GRF Board looks at capital expenditures, learns about pension plan

By Wilma Murray
Staff writer

The GRF Board should create a system for project prioritizing before it makes any further decisions on capital expenditures for 2014, directors said at the mid-month informational meeting held Oct. 9. This came after staff presented the Board with a long laundry list (spreadsheet) of needed items for improvement and maintenance that staff said should be undertaken within the next 30 years.

The document is a draft of the Long-Range Comprehensive Capital Improvement and Trust Maintenance Program and includes items expected to cost at least $10,000. Included in the package is every major facility, from clubhouses to open space, golf courses and streets, as well as information technology (IT), vehicles and equipment. Projects ranged from new flooring, paint and air-conditioning, to landscaping, tees and roadside paving and lighting.

Introducing the document, Resident Services Director Jeff Matheson said there were three goals to be addressed: to review the clubhouse renovation programs, especially Dollar; to review a list of potential energy-conservation projects; and to look at a list of future Trust programs.

Matheson said staff recommends moving forward with upgrades to Dollar Clubhouse in 2014. Many of the projects, he said, could be funded by the Trust. Maintenance projects.

Continued on page 8A

New police chief to talk about making Rossmoor safer

Walnut Creek’s new Police Chief Tom Chaplin will speak at the Toward a Safer Rossmoor’s (TASR) annual meeting on Thursday, Oct. 24, from 1 to 3 p.m. at Creekside meeting rooms 1 and 2.

Though only recently in office, he will announce two important plans that should make Rossmoor safer—both in terms of crime and traffic. He will introduce his senior command to the audience and explain how his new crime-reduction model and includes items expected to cost at least $10,000.

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Continued on page 8A

Ceramics Studio will have lots to offer at the Fall Bazaar

By Maureen O’Rourke
News manager

The craft studios at Gateway are some of the most popular spots for buyers at the Rossmoor Fall Bazaar on Saturday, Nov. 2, from 9 a.m. to 2 p.m.

A real attraction on Fall Bazaar day is the Ceramics Studio, which not only offers members’ wares for sale, but also hosts a silent auction of ceramic pieces and sculptures, holds a raffle, has a wheel and hand-building demonstrations and gives away ornaments to the kids.

The studio sells gifts, dishes and decorative pieces for all occasions during the bazaar. The buyers will find vases, pots, plates, pitchers, trays, sculpture, masks, plaques and tree ornaments.

Members of the Ceramics Club donate all the raffle prizes and all of the items that are sold in the shop, as well as all the pieces sold during the silent auction.

The members even hold workshops to prepare for the bazaar where they make pieces that will be donated to the studio to sell. The money raised during the bazaar is used to buy materials such as glazes and to keep the shop running.

Patty Taylor is this year’s Ceramic Arts Club Fall Bazaar chairwoman and is especially proud of the items donated for the silent auction.

“The silent auction is going to feature pieces by some extremely talented and creative ceramicists who have so graciously donated a wide variety of unique pieces,” she said. “The pieces are wheel-thrown and hand-built sculpted, some of which are functional decorative, and one particular piece that has been glazed with all the new high-fire glazes.”

The piece she is talking about is a vase that was glazed by several residents.

Continued on page 10A

Panels of experts come to Rossmoor next month to talk about ‘Aging Well’

Contra Costa County Area Agency on Aging is sponsoring “Aging Well,” a presentation from scholars and aging experts, on Thursday, Nov. 7, from 9:30 a.m. to 2 p.m. in the Fireside Room at Gateway.

The keynote speaker will be V. J. Periyakoil, M.D., a Stanford professor who will talk about cultural factors and aging.

A panel of experts will discuss “Important Decisions and Choices” that need to be made by the aging population.

Ruth Aitkin, from the Health Insurance Counseling and Advocacy Program (HICAP), will present the five most important things to know about the Affordable Care Act.

Attorney Gerald Richards will present a program on the power of attorney.

Laurie Ulrick, consulting gerontologist, will talk about her work in narrative gerontology and show a short documentary titled “Forget Me Nots.”

Linda Groobin, program manager at John Muir Health Caring Hands, presents “Combatting Isolation.”

The University of California Alumni Club will perform and conduct a sing-along. The program will also feature guided medication, tai chi, and entertainment on the guitar, native flutes and drums.

Lunch will be provided by Meals on Wheels of Contra Costa County and the Area Agency on Aging.

Early pre-registration is encouraged. The first 200 registrants will receive a goodie bag with a pediometry, medication book, pill box and more.

Register by Thursday, Oct. 31, to guarantee a seat and lunch. This event is on a first-come, first-served basis.

To register, call Jaime Ray at 602-4172 or email jray@ehsd.con.acounty.us.
Moving in

Residents return to fire-damaged building

Isabel Johnson, 92, was one of the first residents to move back into her Running Springs Road building that was destroyed by a fire more than two years ago. She is still getting settled and hanging photos, but she says she loves her sparkling new manor. Johnson received help moving in from members of the Luk Tung Kuen class. Thirteen residents lived in the eight-unit co-op building in Entry 6 when it burned in a three-alarm fire in July of 2011. Some of the other owners are still moving in and couple of the residents chose not to move back and are putting their manors up for sale.

Correction regarding Mutual coupon

The front-page article in last week’s News, “Water increases, insurance add to First Mutual’s coupon rise,” the math was wrong. First Mutual’s $12.88 coupon increase plus Golden Rain’s $6.97 increase equals $19.85 per manor per month, not $18.85 as stated in the article. The News apologizes for the error.

Hearing loss seminar held Saturday in Fireside Room
Sponsored by Rossmoor Lions

A seminar dealing with the loss of hearing due to aging will be held on Saturday, Oct. 19, at 9:30 a.m. in the Fireside Room at Gateway. The speaker will be Dr. Troy Cascia, a doctor of audiology who is a senior audiologist at UCSF Audiology Clinic.

Participants will learn that there are several means available to help them cope with hearing loss or even deafness.

The seminar sponsor is the Rossmoor Lions Club.

Cascia specializes in adult and pediatric hearing evaluations, hearing aid dispensing and programming, dizziness and balance assessment and tinnitus assessment and counseling.

He has been a contributing co-author to a medical textbook on the subject of aural rehabilitation and hearing aids. He is a fellow of both the California and American Academies of Audiology and served as president of the California Academy of Audiology.

Barbara Betzner, chairwoman of the Lions Club Hearing Committee, will be the seminar moderator. There will be a question and answer period following the presentation.

Rite Aid will offer flu shots in Rossmoor Monday

The local Rite Aid pharmacy is gearing up to fight flu season.

Rite-Aid will offer an on-site flu clinic on Monday, Oct. 21, from 10 a.m. to 12:30 p.m. in Multipurpose Room 3 at Gateway.

Most insurance will cover the cost of the flu vaccine. For those paying cash, the cost will be $22.99 for regular flu dose and $44.99 for high dose flu shot. All that is required is to stop by during the clinic hours, complete the required paperwork, provide Rite-Aid with an insurance card and get vaccinated.

The Rite Aid pharmacist will be available and there will be an ice cream social on the day of the flu clinic.

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The Health and Wellness Fair returns to Rossmoor after a hiatus on Monday, Nov. 4, from 10 a.m. to 1 p.m. at Gateway. The fair is for everyone, whether feeling tip-top and wanting to keep it that way, or are dealing with numerous health issues.

The fair, sponsored by Counseling Services, will offer information on preventive care and a variety of ailments. Also, more than 40 services will have informational and interactive exhibits to be explored, while all residents enjoy complimentary refreshments throughout the day.

A medical expert, Dr. Eric Freitag, will speak briefly on brain health and will allow questions. His topic is “The Stage for Cognitive Health.” He will speak at 10 a.m. in Peacock Hall.

Freitag is a licensed clinical psychologist and neuropsychologist whose expertise includes assessment and treatment of dementia, traumatic brain injury and sport concussion. He is the co-founder and executive director of the Mt. Diablo Memory Center in Walnut Creek. He is also the program director of the Sport Concussion Program at the Mt. Diablo Memory Center and the Marin Neuropsychology Center.

He is a graduate of the Wright Institute in Berkeley. He completed his pre-doctoral training at the Portia Belle Hume Center in Concord and served a two-year post-doctoral fellowship at the Marin Neuropsychology Center in San Rafael, working extensively with patients with traumatic brain injury and older adults with memory disorders.

He is a member of the American Psychological Association Division of Neuropsychological Practice, National Academy of Neuropsychology and the International Brain Injury Association.

Freitag provides treatment and care to individuals presenting with a broad array of cognitive difficulties, from older adults presenting with memory concerns secondary to dementia, stroke, or other causes of cognitive difficulties; to adults experiencing brain-functioning difficulties due to a multitude of etiologies including traumatic brain injury, substance abuse, medication side effects and neuromedical disease.

Comcast will hold an Awareness and Education Event in Rossmoor on Thursday, Nov. 14. Five Comcast representatives will be available from 9 a.m. until 1 p.m. in Creekside Meeting Room 3.

The event will include a demonstration of four of Comcast’s services and products — video, Internet home and Xfinity Home. Four demonstration stations will set up an explanation pricing and how the products work.

The demonstration on the video service will include accessing On Demand, using the guide and going over search capabilities. There will also be a demonstration of the app that allows people to download, view content and set recorders remotely.

The Internet service demonstration will feature information on speed tiers.

The phone service demonstration will cover voice-to-go and caller ID on the television. The demonstration on Xfinity Home will explain how this automation product works. It allows homeowners to remotely arm and disarm a home protection system.

The event will also feature two 15 to 20-minute breakout sessions with a trainer who will show residents how to take advantage of On Demand and search options on their televisions.

Representatives from the Hallmark Channel, the Hallmark Movie Channel and Retirement Living TV will be on hand to talk about their programming and lineups.

All residents are encouraged to attend this free event.

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 Residents Forum and obituaries

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.
New Third Mutual resident organization has a mission statement

Following is the mission statement of the proposed Third Mutual resident organization:

It outlines in general terms the purpose and goals of the organization. Residents in the Third Mutual are asked to take time to review it and give feedback to Fred Barnes, the organizer of the new group. Constructive criticism and positive comments are equally welcome.

The resident organization is open to all residents of Third Mutual with the goal of striving to improve their quality of life and communication between the board and residents.

The organization hopes to accomplish this by:

• Soliciting resident views and communicating them to the Third Mutual board
• Presenting varying views and news on pertinent issues effecting Third Mutual residents
• Providing unbiased, factual information on board candidates to encourage informed decisions by the voters
• Studying governing documents and recommend modifications and additions
• Seeking qualified candidates for board and committee participation
• Encouraging voter turnout on all elections

This organization is unique in that it focuses on the Mutu-al. The Mutual portion of the coupon comprises about two-thirds of the total. The new organization wants a voice in how that money is spent. The organization will neither dictate to the board, nor will it be subservient to it. The intent is to make the board more sensitive to resident needs and improve the board’s performance, but primarily to have resident voices heard and acted on.

For information on this organization or how to improve life in the Third Mutual, call Barnes at 279-2223, or email him at fredloc@hotmail.com.

Penny Reed is the new social worker in Counseling Services

Has worked in British health care system

By Kathy Tallyn
Staff writer

Penny Reed is the newest member of Rossmoor Counseling Services. Reed, 39, is a licensed clinical social worker and she has been on the job for about four weeks.

During her career, her jobs have ranged from working at an adult day care center for people with dementia in San Diego, helping people with developmental disabilities in Marin County and assisting people being discharged from a hospital in a London suburb. She also has a private practice in Oakland.

Reed earned her undergraduate degree in social work from San Diego State University and her master’s degree in social work from San Francisco State University.

Right out of college, she was recruited to work for six months outside London as a hospital discharge planner. She was exposed to universal health care. “It had its flaws – won’t get into the political debate,” she said.

While living in London, Reed took the opportunity to travel in Europe. She is something of an adventurer. While abroad, she traveled to Iceland, which was a favorite. “It’s the most beautiful country with intense blues and greens.” At another point in her life, Reed went by herself to spend a month scuba diving in Honduras.

Many of Reed’s jobs have been with people with developmental disabilities. Her previous job, for example, was as a director of a day program for people with developmental disabilities in Marin County.

Reed has worked with seniors in the past. She worked at the Center for Elder Independence in East Oakland, for example.

It was her work with seniors that drew her to Rossmoor.

“I like the idea of helping people maintain their independence as long as possible. That draws me to help the elderly,” she said.

As a full-time social worker in Rossmoor, Reed works with residents individually and in groups. She leads a support group for caregivers. In November, she will restart the popular autobiography group where members write the stories of their lives. She also meets with residents in her office at Gateway and in their homes.

There are challenges, which is good, she said.

She’s an East Bay resident, but is still learning about the various resources in the community that are available to seniors in Contra Costa County.

She’s had many pleasant experiences with residents during her first few weeks at Rossmoor. Some residents have telephoned to thank her for her help.
Put more social in your life.

Meet your friendly neighbors and experience the warm welcome of Atria communities.

Join us!

Atria
Senior Living

ATRIA MONTEGO HEIGHTS
Independent Living | Assisted Living
Breast Cancer Awareness Tea
Enjoy refreshments and enter to win a prize during this special fundraising event.
Thursday, October 17
2:30 pm
RSVP to 925.938.6611.

ATRIA VALLEY VIEW
Independent Living | Assisted Living
Sundae Social
Treat yourself to frozen sweets and good company.
Saturday, October 19
1:30 pm
RSVP to 925.937.7300.

ATRIA LAFAYETTE
Independent Living | Assisted Living | Memory Care
Roaring ’20s Gala Grand Reopening
Enjoy live jazz, hors d’oeuvres and cocktails. Dress in costume or come as you are.
Wednesday, October 23
4 pm
RSVP to 925.932.9910.

ATRIA MONTEGO HEIGHTS
1400 Monatego | Walnut Creek
License #017800092

ATRIA VALLEY VIEW
1228 Rossmoor Parkway | Walnut Creek
License #017800093

ATRIA LAFAYETTE
1545 Pleasant Hill Road | Lafayette
License #017800035
Second Mutual forms Trust Agreement Committee

By Dick Unitan
Second Mutual secretary

A t the Second Walnut Creek Mutual meeting Sept. 19, the board approved the creation of an ad hoc Trust Agreement Committee (TAC) for the purpose of informing Second Mutual members about the activities of the Trust Review and Revision Committee.

In addition, the new committee would provide information regarding the Trust Agreement and its revisions to solicit and gather input and questions from the membership. The committee would make recommendations to the board and draft a position statement to be presented to the board and membership.

The committee would include up to five members who shall be in good standing with the Second Mutual. The committee shall deliver a report to the board at its regularly scheduled monthly meeting. The committee will stand until such time as it is terminated by board action.

President Barbara El-Baroudi urged members to consider volunteering for this important committee by contacting Dunning at 210-0606 or Kasmai at 465-2152.

Residents’ forum

A Stanley Dollar Drive resident thanked the board for having the laundry rooms throughout the Mutual thoroughly cleaned. She mentioned that there were excessive amounts of twigs in the guest parking area, and that some areas in her entry needed landscaping attention. Director of Mutual Operations Rick Perona.

A Leisure Lane resident reported leaf-blowing crews were blowing debris onto the walkway. She also reported six unhealthy shrubs in her entry. Donner said he would look into these issues. A Leisure Lane resident expressed his concerns over the use of pesticides in Rossmoor.

He felt that the bird and bee population were in jeopardy because of pesticide use. Donner explained that the pesticide used in Rossmoor is Roundup, for weed control, and is primarily composed of salt. The ant pesticide is used by technicians only, and those pesticides are within acceptable health standards.

Annual membership meeting

El-Baroudi announced that the Second Mutual annual membership meeting is scheduled Tuesday, Oct. 22, at 9:30 a.m. in the Diablo Room at Hillside Clubhouse. A review of the year will be presented.

Donner will give a Power Point presentation as an overview of the work performed by the Mutuals and Mutual Operations and present the budget for 2014. The meeting will end with a residents’ forum for comments and questions. Light refreshments will be served.

Treasurer’s report

Chief Financial Officer Rick Chakoff reported that year to date, through August 31, Mutual fund balances were $121,843 in the operating account $1,116,510 in reserves. Operating expenses were over budget $109,990, mostly due to overruns in water expenses. Revenue is favorable $39,000.

He said that water rates increased by 9.75 percent in July, and an additional 9.75 percent increase is expected next July. Residents are urged to conserve water.

El-Baroudi reported 13 re-sales in August with a median price of $203,750.

Building and facilities report

Building Manager Mark Marlate reported routine maintenance has moved to Canyonwood Court, Entry 11. The roofing program is completed and a roof list is being prepared for 2014. The cost of appliance replacements for August was $23,243.

The residents in the fire-damaged building on Running Springs were expected to begin moving in by the end of September.

Work orders

Residents requiring work to be performed at their manors or complex should call the Work Order Desk at 988-7650 or send an email to workorder@rossmoor.com. Work orders are created, assigned to staff contractors and tracked until completed. A resident can call the Work Order Desk to track the status of a work order.

Announcements

Since the membership meeting will be held Oct. 22, there will be no regular board meeting in October.

The next regular board meeting will be Thursday, Nov. 21, at 9 a.m. in Peacock Hall.
Governor signs a bill sought by resident
AB 620 protects the vulnerable

Just over a year ago Rossmoor resident Denise Lester’s daughter went missing from a care home. Lester was not informed until she went to the home to pick her daughter up. By that time, the young woman had been missing several hours.

Though her daughter was found, the event was traumatic for both mother and daughter, and Lester immediately began an action plan to make sure this would not happen to another family.

Lester contacted Assemblymember Joan Buchanan and Buchanan created a bill – AB 620 – last October. The bill requires certain care facilities serving adults with developmental disabilities and the elderly to develop plans to notify family members and law enforcement when an individual under their care goes missing.

Now, a year after Lester put the gears in motion, Governor Jerry Brown signed the legislation that will safeguard other families like Lester’s and their loved ones.

Lester was present on Oct. 9 when Brown signed the measure. Lester said the bill will protect disabled adults and give family members peace of mind knowing that proper procedures are in place should their loved one go missing.

AB 620 passed out of the Legislature with strong bipartisan support and was supported by AARP, Alzheimer’s Association, State Council on Developmental Disabilities, the Arc and United Cerebral Palsy California Collaboration and many other organizations and individuals.

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Capital expenditures, pension plan discussed by GRF Board

Continued from page 1A

are necessary, but there is also some new construction projects that could be undertaken to “enhance usability” of the clubhouse for years to come, he said.

Two lists of options were made available, the first to the tune of $341,000 and the second, $1,371,000. The major differences between the two were larger renovations in the second category including updating the heating and air-conditioning system (HVAC), renovating and expanding the patio, and replacing all windows and doors.

A third option, to completely gut and remodel the house; would cost somewhere in the ballpark of $4-5 million.

CEO Warren Salmons said the clubhouse needs more work than is currently suggested in either of the first two options, but for now, these basic changes are affordable. “We’re trying to get something going,” he said.

Director Jim Giffin said that, while he is a supporter of Dollar Clubhouse, he fails to understand why the Board would focus on spending for a facility that is used by a comparative few while refusing to spend on the Fitness Center, which has large usage. “We’re not being consistent,” he said.

Salmons asked the Board to decide what the priorities are. Maintenance is one thing, but determining the sequence for handling all the other potential projects within the community is something for which staff needs direction, he said.

Both directors Geri Pyle and Alice Lau said it is imperative to create a system for prioritizing, to which Giffin said, “Let’s form a committee on Dollar (like the ad hoc Fitness Center task force) so we can delay decisions on that, too.”

Again, Giffin emphasized that the Fitness Center should be addressed as soon as possible because of the needs of that usage group.

The other focus for the discussion was the list of energy-conservation opportunities. These include retrofitting GRF facilities and streets with LED lighting, making HVAC improvements, creating cogeneration plants at all pools; and installing photovoltaic systems on canopies and roofs.

President Don Liddle asked for closer cost estimates to be presented, particularly on the LED indoor lighting.

Matheson reminded the Board that the purpose of the long-range plan is to help with prioritization.

Treasurer Ken Haley said a time should be set aside for that discussion and Liddle agreed. “We need to get the priorities lined up,” Liddle said.

Residents offer priorities

In the Residents Forum, a half-dozen residents tried to encourage the Board to make their projects on top of those priorities. Four of the six re-encouraged the Board to see the importance of improvements to the Rossmoor garden; Patricia Zuker reminded the Board that the dog park surface needs upgrading; and Kathleen Solares returned for another pitch for Dollar Clubhouse, requesting a task force be created that has overall “vision” for the venue.

Dust and security were the themes for the Garden Club members who spoke, imploring the Board to install a gate at the entrance to the garden and to pave the roads into it.

Felicia Jongordon expressed concern for the safety of herself and anyone else in the garden when alone. “Anybody can walk into that garden,” she said, and asked that the Board fund a security gate.

Mike Bradshaw agreed and said he believed the access system could be made compatible with Rossmoor’s entry system.

Access for emergency vehicles is also impaired by the lack of paving, Julie Blade said. A paved road is a “need to have,” not a “nice to have,” she said, and added that the “dust is not a minor thing.”

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Rossmoor R News

GRF has a policy, 301.3, titled “Holiday Outdoor Displays.” The policy states that for the purpose of outdoor displays that the holiday season runs from Dec. 1 through Jan. 31 – a two-month span. The area that can be used for holiday display(s) is designated by GRF as the grassy area immediately north of the tennis courts on Rossmoor Parkway. Any display appropriate to the holiday season (i.e., non-commercial) may be displayed for a period not to exceed 21 days per display. Requests for displays must be made to the GRF CEO by Nov. 15.

Requests for holiday displays must be filed by Nov. 15 with CEO

Jim Batka

Julie Blade told the GRF Board that the dust in the Rossmoor garden is unhealthy to humans and plants.

Board given overview of Defined Benefit Pension Plan

Continued from page 8A Defined Benefit Pension Plan

The Board was also given an hour-long overview of the defined benefit pension plan for employees, which was begun in 1968. GRF’s CFO Rick Chakoff, General Counsel Tony Grafals, Investment Advisor Jim Batka and representatives from Mass Mutual, the plan administrator, made the presentation and covered a description of the plan, how it has been managed over the years, the qualifications and track record of the administrator, compliance and the plan’s future status.

Batka talked about the performance of the plan under his tenure and said the plan had high returns. He compared GRF’s investment returns over the past five years with that of CalPERS, which handles retirement benefits for 1.6 million public employees, and said GRF stands up well to the comparison. For example, over the past year, he said, the CalPERS fund’s investment return was 12.5 percent while GRF’s was 14.5 percent. "Overall, I think your fund has done very well," Batka said.

Grafals explained that there will be no new growth in the pension plan’s number of recipients since the Board in 2009 decided to discontinue the plan for any new employees from that year forward.

Director Richard Hurley said, in speaking for the “man on the street,” he had to point out two areas he doesn’t like: that pension plan meetings are not open to the community and hence have a “veil of secrecy,” and that there is only one person on the pension committee (Treasurer Ken Haley) who speaks for the community. But Grafals told him that the committee, by law, is supposed to be biased toward employees, not residents. There was some discussion about options for reducing the plan further, and Lau wanted to know if the benefit formula could be reduced. Grafals said it could only be adjusted by adding a new formula.

By conference call, Mass Mutual actuary Marc Condon told the Board that a close watch is kept on minimum funding standards each year to ensure GRF meets those standards with its contributions. Condon told the Board that during the holiday season (i.e., non-commercial) may be displayed for a period not to exceed 21 days per display. Requests for displays must be made to the GRF CEO by Nov. 15.

To make a request, email Warren Salmons at wsalmons@rossmoor.com.

One Sunday morning, I decided to enjoy a quiet moment. Away from the chaos and deadlines that I have become accustomed to, I stopped by a small breakfast place with an ocean view. The wind was chilly and the atmosphere was serene. Then I saw an old man in his 90’s come in, staggering with each labored step. He was with his family. As he sat down slowly, his son handed him the menu. The old man started to look at the menu; he was obviously having a hard time reading each word. After a few minutes his son blurted out, “There’s not much choice there, what’s taking you so long?”

I was taken aback by his son’s behavior. Growing old is not easy. Some people are fortunate that they are able, or given a chance, to deal with aging gracefully. Older adults do not like to be rushed. When they are allowed to function at a moderately slow pace, their comprehension is enhanced.

The incident that I witnessed is the opposite of what I’d like to see. I have provided care to many seniors and I know that a loving relationship with their family is a positive influence during this stage of life.

Perhaps the best gift that we can offer our seniors is compassion. Encouraging our seniors to make decisions that affect their lives seems only natural, but it is frequently ignored. With sufficient information and time, most individuals will make sound decisions. Decisions can involve something as simple as ordering a meal for themselves—without being rushed.

Our seniors fear losing their independence. Sometimes we need to step back and understand what it’s like to be in their shoes. Have you ever wondered how challenging it is to read with failing vision? Have you thought how difficult it would be to access basic services in the community when you can no longer drive? Have you imagined how hard it is to walk, or even write, when you suffer from arthritis? If and when you see an elderly who is struggling to sign his name, give him time.

Let’s value and treat our seniors with respect. Let’s help them maintain a positive self-image. Let’s encourage them to participate in life’s pleasurable activities. Let’s listen to their stories; this will help us learn what is important to them or what they truly want during life’s final chapter.
Ceramics on sale during bazaar

Continued from page 1A

the glaze class. They created new colors through layering and came up with beautiful shades of yellow, blue, green, orange and brown. Other pieces to be sold in the silent auction include a mask with elaborate colors made by Judy Johnson; a raku decorative vase in charcoal and blue made by Shin Kim; a figurative dancer made by Lucia Tsang; a plaque showing a young woman on a horse by Anne Shulenberger; and even a raku sculpture made by Taylor. “There will also be pieces that have been elaborately under-glazed and then high-fired, making for a unique surface,” Taylor said. “There will be some fabulous surprise pieces.” The artists will set a minimum bid on their own pieces sold at the auction. Raffle tickets will be sold for other pieces that will be raffled off every hour.

Many members of the Ceramic Arts Club took a holiday ornament workshop so they could make dozens of ornaments to be given to kids who visit on bazaar day. “We are thrilled to welcome grandchildren into the studio and let them choose a free holiday ornament as a remembrance of the bazaar,” Taylor said.

The Fall Bazaar takes over the Fireside and Oak rooms at Gateway and, in addition to the Ceramics Studio, all of the hobby shops – Art Studio, the Wood Shop, the Lapidary Studio and the Sewing Studio – will be open to sell their handmade items.

Free guide for aging drivers

The Department of Motor Vehicles has published a handbook specifically for senior drivers. Call 1-800-777-0133 to request a copy of the “Senior Guide for Safe Driving” or go online at dmv.ca.gov.

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Rossmoor residents who serve as ombudsmen and patient advocates for elders in Contra Costa County are, from left, Stu Bolinger, Dr. Mike Wener and Dave Moore.

Residents Ombudsmen Find Value in Elder Program

By Pauline Kelzer
Contributing writer

Three residents of Rossmoor find meaning, purpose and camaraderie in their community service work as volunteer ombudsmen.

These men, Stu Bolinger, Dr. Mike Wener and Dave Moore, belong to a county-wide network of volunteers devoted to assuring fair treatment of elders living in residential care facilities. These facilities include assisted living, convalescent homes, skilled nursing homes and other licensed facilities for elders.

The network is part of a nationwide program originally authorized by the Older Americans Act of 1972 and statewide legislation passed in 1977 implementing provisions of the act in each county. Contra Costa County's program is known as Ombudsman Services of Contra Costa County, and, according to its executive director, Etta Maitland, was the second county in California to establish the program.

Reductions in state budget support over the years resulted in conversion of the program in 1991 to an independent nonprofit organization. Since then, the program has grown to approximately 50 trained, certified volunteers, and has six permanent staff members, including the executive director. Funding for the program comes from private donations and fund-raisers, and from a variety of public sources at the national, state, county and city levels.

Rossmoor residents serving as volunteer ombudsmen are planning a golf tournament fundraiser in June 2014, and are also recruiting to sign up new volunteers who want to make a difference in the lives of elders.

For those in Rossmoor who feel called to serve in assuring the quality of care for elders living in licensed care facilities, the Ombudsman Program of Contra Costa offers the same meaning, purpose and camaraderie found by Bolinger, Wener and Moore.

For information, visit the program's website at www.sccombudsman.com or contact the program office at 925-685-2070.
FWCM landscape, maintenance on schedule, concerned about water usage

The following is an attendee’s (Barbara Cotton, member of Informed Rossmoor Voices) informal report (not minutes) of First Mutual September meeting highlights. It does not constitute a comprehensive report of all matters discussed and it is not in any manner to be considered an official document.

All directors of the First Mutual, except Barbara Gilbert, were present, as well as the Mutual’s attorney Stephanie Hayes at the September meeting.

Landscape report
Landscape Manager Rich Perona reported that lawn mowing will continue weekly until November; watering will decrease as evaporation decreases; six tree removal permits have been approved by the city of Walnut Creek; landscape upgrading at the corner of Pine Knoll and Golden Rain is being paid for by money from the Bartlett Trust; and portions of various lawns are being reseded.

Maintenance report
First Mutual’s Maintenance Manager Doug Hughes reported on various carpentry projects. Paving rehab will be ending in October, carport building roofs are being replaced, and repair of the landslide at Oakmont Entry 13 is still awaiting approval by city. Trust Agreement review and revision
Mary England distributed copies of the latest Mutual’s Trust Agreement Review and Revision Monitoring Committee’s 10 recommended changes to the language of the Restated Draft Trust Agreement, created after careful analysis. Included is a brief description of the purpose of each change. These changes would clarify the role of the Mutuals in the governance of Rossmoor.

After discussion, it was agreed that these recommendations could be presented to the Trust Agreement Review and Revision (TARR) Committee as those of the First Mutual Committee. First Mutual’s board wants input from all Mutual residents (will probably hold at least one town hall meeting), as well as attorney input, before it makes any recommendations. Mel Fredlund, chair of the TARR Committee, was present and spoke briefly, stating there is still a long process ahead for the Trust Agreement revision process.

Treasurer’s report
Treasurer Sheryll Almon reported that the Mutual’s total is decreasing again in 2014 because of increases in EB MUD and insurance charges.

Fortunately, the Mutual Operations refund helped decrease the impact of the increased water charges for 2013 somewhat. During 2014, planned Mutual wide rehab work will begin to be completed and money will become available for other purposes, such as increasing Mutual reserves, something some residents feel is important.

Almon is preparing an explanatory article for publication in the News. The 2014 budget will be reviewed at a meeting on Monday, Oct. 21 at 10 a.m. in the Fireside Room at Gateway. The next Budget and Finance Committee meeting will be Wednesday, Nov. 20, at 11 a.m. in the Board Room at Gateway.

Residents’ forum
Two residents spoke on smoking in manors and the city’s new ordinance and its consequences and there was a short general discussion. Policies for electric car recharging outlets and for carport/golf cart rentals are still being discussed. A final set of the new policies will be mailed out to every manor when completed for member comment.

Mutual presidents’ forum
President Sue Adams reported that the Mutual website may be renovated because GRF is having its website updated and its web designer attended the presidents’ forum. Mutuals are urged to create consistent websites. The First Mutual boardchat will probably be included on the renovated website.

Announcements
Adams gave the August sales report: eight sales at a median price of $224,750.

The next new resident orientation session will be on Tuesday, Nov. 12, at 10 a.m. in the Delta Room at Del Valle.

Next regular board meeting will be on Friday, Oct. 25 at 11 a.m. in the Delta Room at Del Valle.

First Walnut Creek Mutual was formed in 1967 and is composed of manors on the following entries: Fairlawn Court, entries 1 to 10; Rockledge Lane, entries 1 to 10; Tice Creek Drive, entries B and C; Oakmont Property, entries 1 to 16; Pine Knoll Drive, entries 1 to 9, excluding 7a; and Golden Rain Road, entries 1 to 9.

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**Timeout**
Elder Fraud Seminar to be held in Rossmoor

An Elder Fraud Seminar will be held Thursday, Nov. 14, at 10 a.m. in the Fireside Room at Gateway.

The Golden Rain Foundation and Securitas have partnered with Contra Costa County Supervisor Candace Andersen and the Contra Costa County District Attorney’s Office to host this Elder Fraud Seminar. Two deputy district attorneys, Jun Fernandez and Ken McCormick, who are both assigned to the Elder Fraud Unit, will be the speakers.

The speakers will discuss topics such as home repair fraud, identity theft, investment/securities fraud, opportunistic thefts, sweetheart swindles, sweepstakes/lottery scams and real estate scams.

Securitas is co-sponsoring this event and will provide morning snacks and an information table with some giveaways. Additional information will be in future issues of the News.

Third Mutual holds annual budget meeting Oct. 28

Third Mutual will hold its annual budget meeting on Wednesday, Oct. 23 at 9 a.m. in the Las Trampas Room at Hillside Clubhouse. Each of the 12 district directors will present the 2014 budget for their respective projects.

Mutual Operations Director Paul Donner will also provide a breakdown of the GRF budget for next year and its impact on the Third Mutual budget. The meeting should take about one hour and all residents of the Mutual are invited to attend.

Refreshments will be served.

Contact the Mutual Board Office at 988-7718 for information.

SWCM cleaning crew receives recognition

The crew members from Contra Costa Community Support Services, who keep the Second Mutual laundry room and garbage enclosures clean, relax on the lawn at Hillside picnic grounds after enjoying a watermelon party given to them by the Second Mutual board to say “thank you” for their hard work. The crew members are Dennis Deskin, Steve Boykin, Erik Osiander, Penny Ghiggeri, Burockuse Thompson, Kerrick Eisenbarth, Tami Walker, Brandon Jacka, Raquel Simmons and Neil Guard.

Elder Fraud Seminar to be held in Rossmoor

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Family Specials
Fitness instructor, trainer has many specialties – rehab, core, strength
She enjoys helping residents achieve their goals

By Barbara Leonard
Vice-chairwoman Fitness Center Advisory Committee

Rachel Anderson started working at Rossmoor Fitness Center in February 2006. She has a bachelor’s degree with an emphasis in exercise science. She talked recently about her work at the Fitness Center.

Q: What are your qualifications for this job?
A: In addition to a bachelor’s degree in kinesiology with an emphasis in exercise science, I am a certified personal trainer through the American Council on Exercise (ACE) and a certified health fitness instructor through the American College of Sports Medicine (ACSM). I am a nutrition specialist through American Academy of Sports Dietitians and Nutritionists (AASDN), a medical exercise specialist, a certified TRX instructor and a swim instructor.

Q: What is your specialty?
A: I have several areas of specialization: strength training; post rehab for joint replacements; nutrition guidance; swimming instruction (learn to swim and stroke technique); circuit training; core exercises; general fitness and TRX training (total body resistance training).

Q: What classes do you teach?
A: I teach the abs and back class at 7 a.m. on Monday, Wednesday and Friday, and the circuit training class at 6:45 p.m. on Tuesday and Thursday.

Q: What do you like most about your job?
A: I knew from a young age I wanted to have a profession where I could help people and I feel like this has been the perfect job for me. I enjoy working with the residents. It’s exciting to see them progress and achieve their goals. I have also enjoyed getting to know people on a more personal level. I feel that I have developed some great friendships with a lot of my clients.

I have enjoyed exercise from a young age: swimming, hiking, biking, etc. and I want to be able to show people that they can have fun while they exercise. I know how important it is to stay healthy and fit throughout your life and I am glad I can share that with others. I also enjoy seeing a person’s confidence increase as they start exercising and getting stronger.

Q: What other programs/offerings would you like to see at the Fitness Center?
A: I would like to see a few more high intensity group exercise classes offered. I got trained with the TRX a year ago and have been waiting to teach a class here. I think it would be beneficial to a lot of people. I would also like to see more small-group training for specific needs.

She enjoys helping residents achieve their goals
Rossmoor Playmates want residents to buy FORF fundraising calendar

By Carol Green

FORF correspondent

Ziggy, the 2014 “Rossmoor Playmates” December calendar boy, says that the calendar makes great gifts to give to friends and family for the holidays. They also make great stocking stuffers. Ziggy has purchased several to give to his friends at the dog park because he knows how cute he looks.

The calendar is a high quality, well done compilation of over 240 pictures of all types of Rossmoor pets. There are dogs, cats, birds, horses and even Orlando Bunny and a hamster named Blond Jovi. The resident photos are so much fun that anyone who loves animals will love the calendar.

The calendars will be on sale on the following dates at the following locations:
- Thursday, Oct. 17, from noon to 1 p.m. at Peacock Hall;
- Friday, Oct. 18, from 9 a.m. at the Gateway entrance;
- Saturday, Oct. 19, at noon at Peacock Hall;
- Monday, Oct. 21, at 8:30 a.m. in the Redwood Room at Gateway;
- Tuesday, Oct. 22, from 11 a.m. to 1 p.m. at the Rossmoor Diner in the Rossmoor Shopping Center;
- Thursday, Oct. 24, at 8:30 a.m. in the Redwood Room; and
- Tuesday, Oct. 29, at 1 p.m. at the Fitness Center.

The calendar will also be sold at the Fall Bazaar on Saturday, Nov. 2. Calendars are always for sale in the Pro Shop at Gateway or at the Fitness Center.

Residents who don’t find the calendar sales at the scheduled sales location can fill out the order form below or pick up order forms at the FORF mailbox at Gateway. Checks must be received by no later than 5 p.m. on Friday, Oct. 18.

There will be great raffle prizes and the 2014 “Rossmoor Playmates” calendar will be on sale.

For information, call Carol Green at 256-9591 or Beverly Louie at 947-5428.

FORF is a club that hosts all types of events, both social and educational, related to health, aging, fitness and other subjects. Proceeds help to support those needs of the Fitness Center and pools that are not covered by the budget.

ORDER FORM FORF 2014 PET CALENDAR

Resident Name (print)
Address
Phone Number

Calendar Costs: $10 each or for every 4 purchased, get one free!

# Calendars Requested

Calendar Sales Location

FORF to hold fundraising lasagna/spaghetti feed Wednesday at Fireside

Friends of Rossmoor Fitness (FORF) will hold its annual Lasagna/Spaghetti Feed on Wednesday, Oct. 23, at 5 p.m. in the Fireside Room at Gateway.

The social hour will begin at 5 and dinner will be served at 6. Dinner will include a combination of lasagna and spaghetti, salad, garlic bread and dessert. Vegetarian lasagna will also be available. Beer, soda and wine will be available for a small donation.

The featured speaker will be Dino Giannakis, one of the Fitness Center trainers.

The cost of the dinner is $13 for members and $15 for non-members and those who pay at the door.

Send a check payable to Friends of Rossmoor Fitness to Beverly Louie at 4153 Terra Granada, 3A or drop checks off in the FORF mailbox at Gateway. Checks must be received by no later than 5 p.m. on Friday, Oct. 18.

There will be great raffle prizes and the 2014 “Rossmoor Playmates” calendar will be on sale.

For information, call Carol Green at 256-9591 or Beverly Louie at 947-5428.

FORF is a club that hosts all types of events, both social and educational, related to health, aging, fitness and other subjects. Proceeds help to support those needs of the Fitness Center and pools that are not covered by the budget.

Residents can get information from the Rossmoor website: www.rossmoor.com.
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AARP driver safety courses offered

AARP Driver Safety Program classes are offered in Rossmoor to help residents refresh their skills, as well as learn the latest driving laws.

After taking the course, many residents are eligible to receive discounts on their car insurance rates. (It is advised that residents call their own insurance carriers to find out about AARP discount rates.)

The eight-hour course is broken up into two sessions. Both classes must be attended to receive credit. The next session will be offered on Fridays, Nov. 15 and 22, from 12:30 to 5 p.m.

A refresher class is offered to residents who have taken the eight-hour class within the last three years. The next refresher course will be offered on Tuesday, Nov. 26, from 8 a.m. to 1 p.m. Classes are taught in Multipurpose Room 3 at Gateway.

The cost of the class is $12 for AARP members and $14 for nonmembers. Payments must be made by check only. All students are required to bring their driver’s license to the class.

Residents must sign up in person in the Recreation Department at Gateway. Members of AARP must bring proof of membership when signing up.

For information, call 988-7766.

There will be some changes to AARP driver safety courses in 2014. The name of the course will change to “Smart Driver.” In addition, the fees will increase to $15 for AARP members and $20 for nonmembers.

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Mutual 59 Pinnacle Ridge has annual meeting

The board of directors of Mutual 59 (Pinnacle Ridge) will hold its annual meeting of members on Monday, Nov. 4, at 9:30 a.m. in the Vista Room at Hillside Clubhouse. The purpose of the meeting is to seat two directors to the board, each to serve a three-year term; to hear reports from the officers and committees; and to discuss any matters that may properly come before the assembly.

Directors Mary Jane Hargrove and Gus Dorough decided not to run for another term. Residents Linda Fletcher and Dave Peters presented themselves as candidates by the Aug. 31 deadline and were declared eligible to run. No other nominations were received by the deadline; therefore, both Fletcher and Peters were approved by acclamation of the membership pursuant to bylaws section 5.7 and will be seated on the board of directors at the annual meeting.

The board thanks outgoing directors Hargrove and Dorough for their time and efforts dedicated to Pinnacle Ridge. Mutual members are encouraged to attend the meeting.

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Founders of Rossmoor Grandmothers for Peace honored
By Mt. Diablo Peace Center

By Cathy Tallyn
Staff writer

For their work in the peace movement, Nancy Landfield and Jane Loebel have been awarded the Peace Hero Award from the Mt. Diablo Peace and Justice Center in Walnut Creek.

“Jane Loebel and Nancy Landfield were concerned about this county’s rush to war with Iraq and decided to do something about it,” said Bob Hanson, a Rossmoor resident and peace activist who is a previous award winner.

The two women along with Gina Kozak, now deceased, founded Rossmoor’s Grandmothers for Peace. (The group has since changed its name a couple of times to reflect changing times.)

Members of Grandparents for Peace and Justice stage a weekly protest on Friday afternoons at the corner of Valley Boulevard; lobby elected officials; and meet once a month to listen to speakers on a variety of topics. They sometimes march in protest.

The two women and the Rossmoor Grandparents group were instrumental in starting the Crosses of Lafayette project, a memorial to the 3,500-plus U.S. soldiers killed in Iraq.

The project appears in different forms elsewhere, said Landfield. For example, there’s a Boots on the Ground. For every service worker killed, a pair of boots is added to a memorial.

The idea to start a chapter of Grandmothers for Peace started with some conversation at a meeting of the Interfaith Council about 10 years ago. Members started to talk about the situation in Iraq and some were brought to tears, said Loebel.

“That was the subject on everybody’s mind — were our grandchildren going to die (in a war)? It was scary,” she said.

The women shared their sadness. Loebel was seated at one table, Landfield at another and Kozak at a third. The trio got together soon after.

“I had a vision of 100 elderly people in Rossmoor standing around the golf course lake holding hands,” said Loebel.

The women got in touch with Jane Loebel, left, and Nancy Landfield founded what has become Rossmoor Grandparents for Peace and Justice.

After a few years, some men asked to join. The women told them they could be an auxiliary group, but the men balked. Grandmothers for Peace then became Grandparents for Peace and Justice.

Loebel has six grandchildren. (The group has since changed its name a couple of times to reflect changing times.)

Although Landfield and Loebel aren’t as active in the peace movement, Rossmoor’s Grandparents for Peace and Justice still seeks a peaceful world.

“It’s a shame we have to have such an organization,” said Loebel.

The Rossmoor women will receive their award at a dinner on Wednesday, Nov. 23. Last year, Congresswoman Barbara Lee was honored.

The awards have been given for the past four years to recognize local citizens who have made extraordinary contributions to the peace movement.

Lost something? Check the Redwood Room between 9 a.m. and 2 p.m., Monday through Friday. Ask one of the volunteers at the café to open the lost-and-found cabinet.

Items left at the swimming pools or Fitness Center will remain at those locations, however. Ask staff for help.

Valuables (wallets, purses, cell phones, jewelry) are kept in the Recreation Department.

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Financial planning seminar offered

The Rossmoor Diablo Symphony and City National Bank invite residents to join a brunch and educational presentation, “Orchestrating Your Legacy,” on Saturday, Oct. 26, at 10 a.m. in the Fireside Room at Gateway.

Local estate planning attorney, Laura W. Patton, will discuss practical ideas for structuring estates, and certified financial planner Darrell R. Claridge will discuss time-

ly tax issues and the benefits of charitable giving.

Seating is limited. RSVP to Phyllis Hardiman at 627-2771 or Phyllis.Hardiman@CNB.com no later than Tuesday, Oct. 22.

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Blue Star Moms’ Treats for Troops drive successful in Rossmoor

Rossmoor volunteers recently concluded the Blue Star Moms’ ninth annual Treats for the Troops drive to collect gift items to send to overseas troops.

Contributions of gift items as well as cash or check donations were significantly lower this year than in past years. Volunteer leaders attribute it to the United States military’s withdrawal from the Middle East and America’s continued sluggish economic recovery.

All monetary and gift item donations received have been turned over to the Dublin, Calif. chapter of Blue Star Moms. In turn, they package an assortment of collected items into holiday or Christmas gift boxes.

Once packed, Blue Star Moms will mail the packages and assure that they arrive for troops in dangerous overseas destinations in time for the 2013 holiday season.

However, Blue Star Moms must pay the United States Post Office roughly $15 for each box they mail. So, although the drive has ended in Rossmoor, donations by check are still welcome to help cover packaging and postage costs.

Donations are fully tax-deductible and should be made payable to “Blue Star Moms.” Mail them to Devon or Noel Olson at 6200 Horseman’s Canyon Drive. The checks will then be forwarded to Blue Star Moms.

The Rossmoor volunteers, on behalf of Blue Star Moms, extend their sincere thanks to the Rossmoorians who donated to this worthy cause.

No Green Line on Oct. 22

There will be state-managed training sessions for all GRF bus personnel on Tuesday, Oct. 22. In order to accommodate this, the Green Line bus to downtown Walnut Creek will not be running on that day. The Bus Transportation Department apologizes for any inconvenience this may cause the residents.

For information, call 988-7672.

Blue Star Moms’ Treats for Troops Drive volunteers include, from left, Steve and Maggie Kilmer, Carol Worthington, Noel Olson, Samee Aron and Devon Olson.

From left, Joan Galvin, Kathleen Moschel and Evelyn Provaznik collected donations for Blue Star Moms Treats For Troops Drive at Gateway Clubhouse.

Are You Looking For a New Car?

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

I hope to see you on the golf course!

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SERVING THE ROSSMOOR COMMUNITY SINCE 1980!
Talk to your friends and neighbors!
**ROSSMOOR MEETINGS**

**BOARD, MUTUAL AND COMMITTEE MEETINGS**

All Golden Rain Foundation, Mutual and committee meetings listed here are open to Rossmoor residents. Meeting times and locations are subject to change. For information on GRF Board meetings, call Senior Manager of Executive Services Paulette Jones at 988-7711; for information on Third Mutual meetings, call Sharon Fees at 988-7718; and for information on all other Mutual meetings, call Dyann Paradise at 988-7775.

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**MEETING DATES**

**Oct. 21:**

- Third Mutual building maintenance committee 9 a.m.
- Third Mutual board 1:30 p.m.
- Audit Committee 11 a.m.

**Oct. 23:**

- Second Mutual work session 9 a.m.
- Mutual Operations meeting room 1 a.m.
- Mutual 68 landscape committee 9 a.m.
- Mutual 70 board 2 p.m.
- Board Room, Gateway

**Oct. 25:**

- Mutual 70 budget and finance 9:30 a.m.
- Icy Room, Dollar

**Oct. 27:**

- Mutual 70 board 9 a.m.
- Board Room, Gateway
- First Mutual board and finance 10 a.m.
- Fireside Room, Gateway
- Fourth Mutual board 1:30 p.m.
- Board Room, Gateway

**Oct. 29:**

- Second Mutual annual meeting 9:30 a.m.
- Diablo Room, Hillside
- Third Mutual budget meeting 9 a.m.
- Las Trampas Room, Hillside
- Mutual 28 board 10:30 a.m.
- Mutual Operations meeting room
- Mutual 30 board 1:30 p.m.
- Board Room, Gateway
- Mutual 48 member budget meeting 2 p.m.
- Board Room, Dollar
- Second Mutual new resident orientation 7 p.m.
- Las Trampas Room, Hillside
- Third Mutual building maintenance committee 10 a.m.
- Mutual Operations meeting room
- First Mutual board 11 a.m.
- Board Room, Gateway
- Mutual 68 board 1:30 p.m.
- Fireside Room, Gateway
- Mutual 68 member budget meeting 3 p.m.
- Fireside Room, Gateway
- GRF Finance Committee 9 a.m.
- Board Room, Gateway
- Audit Committee 11 a.m.
- Board Room, Gateway

**Oct. 31:**

- GRF Board regular meeting 9 a.m.
- Peacock Hall, Gateway

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**Democrats to hear from Berkeley superintendent of public education**

Retired administrator will discuss achievement, budgets

Former Berkeley Unified School District Superintendent Bill Huyett will speak at the Democrats of Ross- moor’s monthly membership meeting on Thursday, Oct. 24, in the Fireside Room at Gateway. Social hour begins at 2:30 p.m., with his presentation beginning at 3. Huyett had his work cut out for him when he took the helm of Berkeley’s public school system in 2007: The district leadership, educators, students, and the community would have to work together to minimize the racial achievement gap in Berkeley’s elementary schools. They’d have to do it while keeping the district afloat in tough econom ic times and creating a new standards-based curriculum.

By the time of his retirement last year, Huyett, a committed Board, dedicated staff, and an involved community had helped to narrow that gap and did so within a tough budget.

Huyett began his 38-year career in education as a math and physics teacher at Elk Grove High School, southeast of Sacramento. He served as school principal in three Elk Grove schools before moving into management. During that time he made what he describes as one of his most significant contribu tions through work on a state document titled “Second to None,” a three-year study that prompted California’s Small Schools Movement.

Huyett later helped found, and became principal of, southern Sacramento’s Florin High School, which served as a model for the movement. Though Huyett began by studying mechanical engineer ing in college, he turned to education as his life’s calling with the intention of trying to make the world a better place.

Refreshments will be served and there will be time for questions from the audience. There is no charge and everyone is welcome.

For information, call Gary Hansen at 954-8425.

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**SECURITY REPORTS**

**FROM SECURITAS**

The following are the major incidents reported to Securitas, Rossmoor’s security service provider. They appear here as they were initially reported to Securitas. After investigation, details of a case may indicate a lesser or different incident.

**Oct. 6:**

- Police: A Terra Granada Drive, Entry 19, manor was broken into. The front window was broken and the resident’s TV and computer were stolen.

**Oct. 13:**

- Police: A Tice Creek Drive, Entry 18, manor was broken into. The front window was broken and the resident’s TV and computer were stolen.

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**Be safe and support a cure**

**Toupin Construction will install a white or chrome grab bar in your bathroom for a $100 donation to Light the Night**

a fund-raising walk for the Leukemia & Lymphoma Society.

Toupin Construction will pay both the cost for labor to install and the cost of the grab bar. The walk starts at Civic Park in Walnut Creek on Saturday, Oct. 26, at 7:00 p.m. Festivities start at 5 p.m.

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**Be Prepared**

Prevent falls by installing a grab bar next to your toilet or in your shower.

For information on Light the Night, go to Lightthenight.org. Call 925-937-4200 if you’d like to join the Toupin Construction walk team or to find out about the donation. Anyone who has donated in the past may send a check made out to Leukemia & Lymphoma Society to Toupin Construction. Checks should be made payable to Leukemia & Lymphoma Society. Check the website for more information.

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CERT will talk about search and rescue at its monthly meeting

This month’s Rossmoor Area Community Emergency Response Team (CERT) meeting will be held Thurs- 
day, Oct. 17, at 10 a.m. at Creekside Clubhouse meeting rooms 1 and 2.

At this month’s meeting, the second hour will offer part 2 of the search and rescue training, Part 1 presented at the September CERT meeting with well-attended and presented. Part 2 will expand search and rescue abilities.

CERT for the Rossmoor area is a group of dedicated Rossmoor resident volunteers who trained and were certified by this national program, to aid in the community’s response to an emergency such as an earthquake, power failure, structure or wildfire or other disaster. The next Walnut Creek CERT training classes will start in April 2014.

Beginning January 2014, Rossmoor area CERT membership meetings will be held on the third Tuesday of the month. Starting Jan. 21, the meeting will be in the Vista Room of Hillside Clubhouse from 10 a.m. to noon. The second hour will always be training.

CERT needs supplies Rossmoor area CERT presently is in need of large hand-cranked AM/FM radios, a small copy machine, a minimum 2000-watt generator, lumber crayons and some long heavy duty extension cords. The needs list is quickly getting shorter thanks to generous donations.

Residents or friends who can donate any of these items listed above should contact Carl Pischke at Carl4cert@sbcglobal.net or 286-9211. FRS radio check-in Every Saturday at 9 a.m., CERT members and Emergency Preparedness Organization (EPO) entry coordinators with Family Radio Service (FRS) radios are offered a time to practice using their radios. This gives FRS radio owners the opportunity to familiarize themselves with the operation of their radio. The more they use their radios, the smoother the Saturday call-in will be and the more they will be prepared to use the radio in a real emergency.

This low-cost, easy-to-use communication device is like a walkie-talkie, and has been adopted by Rossmoor as an effective communication tool for emergencies, as it works better than other systems within the hilly topography of Rossmoor.

EPO will host entry coordinator training

There will be an EPO (Emergency Preparedness Organization) Entry Coordinator Training on Saturday, Oct. 19, from 10 to 11:30 a.m. at Multipurpose Room 3 at Gateway Clubhouse. Training will be led by Rose Kasmai. Residents wanting to become an entry coordinator or refresh their skills as an entry coordinator are encouraged to reserve a spot by calling Kasmai at 465-2132.

The focus will be on neighbors working together to determine their need and resources, while building the relationships and connections necessary to effectively respond to a disaster.

Kasmai, an entry coordinator, is the current EPO president and the emergency coordinator for Second Mutu- al. She is a professional nurse with more than 15 years of experience in quality management and facilitating teams.

Recommend room names

An ad hoc subcommittee has been appointed by the GRF Board to recommend names for meeting rooms 1 through 5 at Creekside as well as the rooms at the new Event Center, including the events room, two meeting rooms and the fireplace room.

The committee is headed by GRF Board Director Barbara Jordan. She would like resident to call her at 943-1327 with their suggestions. The final recommendations will be presented to the GRF Board.

Project 51 sets date of annual dinner meeting

Project 51 will have its annual dinner on Wednesday, Nov. 6, in the Fireside Room at Gateway. A reservation form with details about the dinner will be mailed to each Project 51 residence.

Bring your own beverage to enjoy with appetizers of phyllo cups with caramelized onions, brise and Fuji apples.

Dinner will be catered by Simple Elegance. The entrée choices are marinated grilled tri tip with bordelaise sauce, grilled salmon with pineapple mango salsa or a stuffed portabella mushroom. Included are salad, vegetables, potatoes, assorted breads, coffee and dessert. The cost is $32 per person.

The annual dinner is a time for neighbors to get together. A short meeting will provide residents with a summary report on projects underway.

Residents who have questions about the dinner or who did not receive a reservation form should contact Carol Green at 256-9591.
Jean Autrey joins Rossmoor Fund board as treasurer

David Smith, president of the Rossmoor Fund, announced that Jean Autrey has agreed to serve on the Rossmoor Fund board as treasurer.

Autrey holds a degree in business administration from UC Berkeley, with an emphasis in accounting. Much of her accounting career has been spent in highly responsible positions in the film industry. She has also worked with a variety of small companies including the nonprofit St. Vincent DePaul.

After moving to Rossmoor in 2000, she became affiliated with several clubs, serving as treasurer of the Duplucate Bridge Club and the Art Association and providing accounting services for several local organizations.

Besides Autrey, the board includes the following directors: Smith, Carol Worthington (secretary), Barbara Jordan, Reta Wilcox, Claire Alvey Wolfe, Trudi Garland, Louise Dibble and Fritzie Davis Noble.

Second Mutual Trust Agreement Committee to meet

The Second Walnut Creek Mutual Trust Agreement Committee will meet Thursday, Oct. 24, from 10 a.m. to noon in Peacock Hall at Gateway.

All Second Mutual residents are encouraged to attend. The Trust Agreement is the governing document between the Mutuals and the Golden Rain Foundation.

The committee seeks input concerning trust revisions such as interpretation of the Trust Agreement, transfer fee, loans and borrowing and operating reserves.

Copies of the relevant documents may be picked up at the Second Mutual Board Office at Gateway.

Jean Autrey

Third Mutual to hold new resident orientation

Third Mutual’s new resident orientation meeting is set for Wednesday, Oct. 23, at 7 p.m. in the Las Trampas Room at Hillside Clubhouse. Residents who have moved into Third Mutual since April have received individual invitations, but any resident of the Mutual is welcome to attend.

An overview of the Mutual will be presented and this will give residents an opportunity to meet their district directors. Refreshments will be served.

For information and to RSVP, call the Board Office at 988-7718.

Women are needed to help plan Women’s Conference

Counseling Services is looking for Rossmoor women interested in being part of the committee to plan the 2014 Women’s Conference.

Previous conferences have featured lunch and a keynote speaker followed by discussions at each table where women share their thoughts, experiences and wisdom with one another. These are often referred to as wisdom circles.

Those who have ideas about possible speakers, formats or topics are sought to participate on the planning committee. The first meeting of the committee is scheduled for Friday, Nov. 1, at 2:30 p.m. in the Conference Room at Gateway Clubhouse.

For information or to attend the meeting, call Deborah Ott, 988-7750.

Medicine disposal available at Gateway

A prescription drug drop-off box is located at Gateway between the Library and the Oak Room. The box is only for prescription medicines and cannot accept over-the-counter medicine and vitamins in pill or capsule form. The box is tamper proof and is identified as a prescription drop-off for medications no longer needed. Liquid medications and needles cannot be put in the box.

Pills can be left in their original prescription bottles. Golden Rain Foundation has enlisted the help of Curbside, Inc. in creating this drop-off collection box. Curbside, Inc. retrieves the medicines in a timely manner and burns them.

Do not dispose of medicines into the toilet or sink. Medicines in wastewater can be served.

First Mutual to review coupon Monday

First Walnut Creek Mutual invites its residents to the 2014 budget review on Monday, Oct. 21, from 10 a.m. to noon in the Fireside Room at Gateway.

Residents are invited to hear what the board is proposing as a budget and to share their thoughts. There will be a question and answer session.

The staff, First Mutual Budget Committee and directors have been working hard on the proposed 2014 budget.

The First Mutual portion of the coupon is increasing in 2014 over 2013 by $12.88 per manor per month, or 3.5 percent, which covers both operating and reserve assessments. The monthly increase added to the GRF increase of $6.77 amounts to $19.85 per manor per month (amount was incorrectly stated in last week’s News).

Before Aug. 31, First Mutual had a $131,898 overrun on water usage costs. The 2014 budget will need to make up the shortfall and plans to accommodate a 20 percent rate increase that has been added since the 2013 budget plan. Half of the water rate increase is now in effect, the other 10 percent will begin in 2014.

Insurance was also underestimated for 2013 and there is an additional increase for 2014. The water and insurance costs are the two main drivers of the operating increase.

In 2013, the Mutual cut the reserve funding below spending levels to ease the increase for our members; however, it cannot continue to do this.

The major entry landscaping has been completed and that budget item reduced in 2014. There are other repairs or upgrades that need to be reviewed going forward to maintain the aging buildings and infrastructure in an economical way.

All residents are invited to see the proposed budget numbers and get an understanding of the process and factors that are considered when creating a budget. The reserve activities continue to be catching up on major work such as building roof and bridge replacements and painting.

Mutual Operations staff and an independent consulting company, the Helsing Group, requested by law, track reserve work and the funds needed for that work so as to avoid special assessments.

The First Mutual board will vote to accept the budget recommendations at its regularly scheduled Board meeting on Friday, Oct. 25.

For information about the First Mutual budget, call Sheryl Almon, First Mutual Budget and Finance Committee chairwoman, at 935-3045.

Mutual 68 to discuss budget Oct. 28

Mutual 68 members are encouraged to attend this year’s budget presentation meeting on Monday, Oct. 28, in the Fireside Room at Gateway, beginning at 3 p.m. This is a great opportunity to find out about the Mutual’s current finances and plans for next year, and ask questions regarding the proposed budget.

A regular meeting of the board will precede the budget meeting beginning at 1:30. Light refreshments will be served.

Support Rossmoor News

When you choose to support Alta Bates Summit Foundation with a gift annuity, we express our thanks in some very important ways. First, you’ll receive fixed, tax-advantaged payments for the rest of your life. You’ll also earn an income tax deduction for the year of your gift. More importantly, you’ll leave a legacy that will benefit the health of your East Bay neighbors for generations to come.

2013

November 12
‘Love Is All You Need’ is Thursday, Friday comedy

The 2013 comedy “Love Is All You Need,” starring Pierce Brosnan, will be shown in Peacock Hall at Gateway on Thursday, Oct. 17, at 1, 4 and 7 p.m., and Friday, Oct. 18, at 10 a.m. and 1, 4, 7 and 9 p.m. Language captions will be used on Thursday at 1 and 7 and on Friday at 10 and 1. Much of this film is spoken in Danish with English captions.

Brosnan stars in this romantic comedy about several people in Sorrento, Italy, searching for love and dealing with jealousy, passion, romance and loneliness as they struggle to change their lives for the better. This film is 112 minutes long and is rated R.

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

Saturday’s film features Rock Hudson in ‘Seconds’

The 1966 drama “Seconds,” starring Rock Hudson, will be shown in Peacock Hall at Gateway on Saturday, Oct. 19, at 1, 4 and 7 p.m. The showings at 1 and 4 will feature language captions.

In director John Frankenheimer’s chilling exploration of midlife malaise, aging Arthur Hamilton (John Randolph) feels stuck in a dead-end existence until he discovers a mysterious organization that will provide him with a young body and a changed identity. He fakes his death and starts over with a swinging-bachelor persona (now played by Rock Hudson). But he soon learns that his newly purchased life comes at a price.

This film is 106 minutes long and is rated R. This free program is open to all residents and their guests.

Pygmalion is Sunday’s comic film

The 1938 comedy “Pygmalion,” starring Leslie Howard, will be shown in Peacock Hall at Gateway on Sunday, Oct. 20, at 4 and 7 p.m. The showing at 4 will feature language captions.

When snooty phonetics professor Henry Higgins (Howard) meets Cockney flower girl Eliza Doolittle (Wendy Hiller), he bets his friend that he can elevate her lowbrow speech and pass her off as a duchess at a grand ball in just three months. Through an unrelenting string of exasperating drills, Henry transforms the uncultured Eliza into an elegant lady. Along the way, he falls in love with her, but he’s too stubborn to admit it.

This film is one hour and 29 minutes long and is not rated. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

International Film Showcase presents ‘Touch of Light’ at the Orinda Theatre

This month’s International Film Showcase presentation is “Touch of the Light,” a Taiwanese drama. It will be shown at the Orinda Theatre for one week, starting Friday, Oct. 18.

Show times are at 1, 4 and 6:30 p.m. On Friday and Saturday, it will also be presented at 9 p.m.

Senior tickets are $7 and there is validated parking. For information, call the theater at 254-9060.

This film is based on true events related to the life of Taiwanese prodigy Huang Yu-Shiang (played by himself). Born to a rural family in Taiwan unprepared for the birth of a blind son, Siang was a curious and precocious child. Touch and sound were everything to him and he was clearly gifted.

With the love of his mother and support of his family, he grew up having attended schools for the visually impaired. But, having qualified for a place studying music at a Taipei university, he must leave home and function on his own in a challenging world that includes competing on the same basis as sighted students.

He crosses paths with Jie (Sandrine Pinna), a beautiful, but frustrated, cold drinks vendor who longing to dance. She struggles against the traditional morality of her life, her mother’s compulsive spending that prevents her from studying dance. Witnessing Siang’s determination and optimism, she is inspired to follow her dreams.

This was Taiwan’s official Oscar submission in the category of best foreign language film.

More information and the trailer for the film are available at www.internationalshowcase.org.

‘Bert Stern: Original Madman’ shows Wednesday

The 2011 documentary “Bert Stern: Original Madman” will be shown in Peacock Hall at Gateway on Wednesday, Oct. 23, at 4 and 7 p.m. The showing at 4 will feature captions.

After quickly rising from a mailroom boy at Look Magazine to an internationally sought-after photographer in the 1950s, visual pioneer Bert Stern has led a fascinating, tumultuous life and is open to all residents and their guests.

MEICOR film documents a modern-day exodus

MEICOR is presenting a repeat showing of a documentary that addresses the nearly one million Jews from Arab countries and Iran who were either forcibly expelled from their homes or otherwise compelled to leave. The film, “The Forgotten Refugees,” will be shown in Peacock Hall on Monday, Oct. 21, at 1 p.m.

This film is the centerpiece of a campaign to educate the world about the destruction of hundreds of vibrant Middle Eastern Jewish communities. Most of the refugees resettled in Israel; the rest in America or Latin American countries but they have never been a burden on the world’s relief organizations or on the United Nations.

The film explores the history and destruction of Middle Eastern Jewish communities, some of which had existed for over 2,500 years. Using extensive testimony of refugees from Egypt, Yemen, Libya, and Iraq, the film recounts the stories of joy and suffering that nearly one million individuals have carried with them for so long.

Segments on the contributions of Middle Eastern Jews to politics, business and music testify to the enormously rich cultures fleeing Jews left behind.

This film will be shown with dramatic archival footage of rescue missions, historic images of exodus and resettlement and analyses by contemporary scholars to tell the story of how and why the Arab world’s Jewish population declined from one million in 1945 to a mere several thousand today.

For information, contact Stan Newman at 939-5168.

‘War of the Buttons’ is shown by ORT Wednesday

ORT will show the movie, “War of the Buttons,” on Wednesday. On a summer day in 1944, in a small town in Germany, two rival kid gangs are put to the test, during World War II.

Set during World War II in September 1944 in occupied France, “War of the Buttons” tells the tale of pre-teen rebel Lebrac (newcomer Jean Texier) and the “war” he leads between two rival kid gangs from neighboring villages.

Once Lebrac falls for Vi- ollette (Llona Bachelier), a young Jewish girl who is new in town and in danger of being exposed by the Nazis, he learns to put his own conflicts aside to protect her and confront the very real war happening around them.

Based on a classic novel by Louis Pergaud, the film is 2 hours and 39 minutes and has English captions.

A $1 donation to ORT (Organ- ization for Rehabilitation and Training) schools will be appreciated.

Rossmoor Medical Associates
1210 Rossmoor Parkway, Walnut Creek, CA 94595
(925) 933-1210
All patients welcome
Medicare, Affinity HMO and most PPO insurances will be billed.
Call for an appointment, or drop in

Epi DeLeon, M.D., Javier DeLeon, M.D., Jonathan Frank, M.D., Edgar Kwan, M.D., Elizabeth Seet, M.D.

Rossmoor Medical Associates physicians are Board Certified in Internal and Geriatric Medicine, and are currently accepting new patients. We accept Medicare, HealthNet Seniority and most other major insurances. Call for more information or to schedule an appointment, (925) 933-1210. Visit us on the web at www.rossmoorodom.com

Available now Monday thru Friday 8:30 AM to 4:30 PM
Fall Bazaar is Nov. 2

The Fall Bazaar, which is co-sponsored by the Activities Council and the Recreation Department, will be held on Saturday, Nov. 2, in the Fireside Room, Oak Room and Arts and Crafts studios from 9 a.m. to 2 p.m. There will be over 70 Rossmoor resident vendors selling a wide variety of handmade items and baked goods.

This free event is open to all residents and their guests.

Veteran History Project will air on Channel 27

Contra Costa TV (Channel 27 in Rossmoor) is airing the following interviews of Rossmoor veterans five times a week for six weeks. The programs will air through the end of November.

The following residents, who were interviewed as part of the Rossmoor Veterans History Project, are featured: Leonard Saunders, sergeant, U.S. Army infantry, WWII; Herbert Jorgensen, warrant officer, U.S. Navy, WWII; Hamilton Chisholm, captain, U.S. Air Force; Nathan Stone, battle specialist and navigator, U.S. Navy, WWII; Gloria Saunders, sergeant, U.S. Army infantry, WWII; Herbert Weinberg, warrant officer, U.S. Coast Guard, WWII; and Richard Berman, warrant officer, U.S. Navy, WWII.

The Rossmoor Veterans History Project was founded by the late Ed Berman and was under the guidance of residents Jerry Swansstrom of the Video Club, Leo DeGaetano and the late Ed Berman and was under the guidance of residents Jerry Swansstrom of the Video Club, Leo DeGaetano and the late Ed Berman and was under the guidance of residents Jerry Swansstrom of the Video Club, Leo DeGaetano and the late Ed Berman and was under the guidance of residents Jerry Swansstrom of the Video Club, Leo DeGaetano and the late Ed Berman and was under the guidance of residents Jerry Swansstrom of the Video Club, Leo DeGaetano and the late Ed Berman.

The Rossmoor Veterans History Project dissolved on Sept. 1, 2010, after eight years of gathering the war stories of nearly 300 Rossmoor veterans and civilian wartime workers. Since 2002, Rossmoor volunteers videotaped their fellow residents as they recalled their wartime service.

For information about the program, call Swansstrom at 938-4388.

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Camera Club member wins Oakland Zoo photo contest

The Oakland Zoo recently sponsored a contest inviting people to submit a photo they had taken of an animal in the zoo. Rossmoor Camera Club member Steve Goodall was the winner with his picture of Baby Mocha chomping down on a breakfast of broccoli.

His shot, posted on the zoo’s Facebook page, received the most likes. The judging committee narrowed selections down to the final 11, then down to the winner.

All Rossmoor residents are invited to attend any of the Camera Club meetings.

Residents interested in learning about their cameras or who want to adopt a new hobby will find members of the club ready and willing to assist. New photographers with entry-level skills are encouraged to join.

For information, call either Stan or Carol Scott at 934-9998.


camera club

WINNER

Baby Baboon Mocha,” by Steve Goodall

2013 Oakland Zoo photo contest

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Jonathan Poretz salutes Sinatra and the Rat Pack Performance is this Friday

Joni Morris and the After Midnight Band present a tribute to Patsy Cline Performance is Oct. 25 in the Sierra Room

Shakespeare Society will present ‘Merry Wives of Windsor’ Next Tuesday at Peacock Hall

Danville Community Band presents Fall Music Fest Sunday in the Sierra Room

DAOR presents ‘Lisa Strada,’ a play written by resident Sherman Brown

Dixieland Jazz Club’s concert is tonight Jazz trio to perform in Fireside Room

Joni Morris at 2 p.m. Clubhouse on Friday, Oct. 25, the Vista Room at Hillside
Sierra Chamber Society concert is at Grace Church

Former concertmaster will perform

Stuart Canin, former concertmaster of the San Francisco Symphony, will perform Cesar Franck's Violin Sonata in A major with Helene Wickett, piano, in the opening concert for the 2013-14 season of the Sierra Chamber Society on Sunday, Oct. 27, at 3 p.m., at Grace Presbyterian Church, just outside the gates of Rossmoor.

San Francisco Symphony members Yukiko Kurakata and Amy Hraga, violinists; Christina King, viola; and Barbara Andres will play folksongs for String Quartet by Frank Bridge and Beethoven's String Quartet op 59 No 1.

Steven Lowe, program annotator for the Seattle Symphony, will give a pre-concert talk at 2 p.m. All ticket-holders are welcome to participate.

Now in its 27th year, the Sierra Chamber Society, under the direction of Stevan Cavalier, pianist, programs both familiar and surprising works for chamber music ensembles. Tickets – $24 for general admission and $21 seniors – will be available at the door or by calling 930-8880.

All concerts are held at Grace Presbyterian Church, 2100 Tice Valley Blvd. For information, call Mary Harvey, 952-9040.

Banjo Express plays for Fun Day

The Banjo Express, a quartet of musicians comprised of three banjos and a gut-bucket/washboard maestro, will perform at Fun Day in the Sierra Room at Del Valle on Thursday, Oct. 17, at noon.

The four members of Banjo Express have been playing music for many years and regularly perform at pizza parlors, wedding receptions, senior living communities and private parties. Their style of music runs from danceable 1900s tunes such as “Five Foot Two” and “Yes Sir, That’s My Baby,” to military marches and popular songs and a sampling of railroad-themed music like “Wabash Cannonball” and many more.

Family Kitchen Catering will have a variety of food items for sale prior to the show such as sandwiches, salads, doughnuts, cookies and more. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

Penguin Dance Club will hold a dinner dance in Fireside Room

The Penguin Dance Club will have its Fall Fantasy dinner dance on Saturday, Nov. 9, in the Fireside Room at Gateway.

The social hour begins at 6 p.m. There will be appetizers and a fully hosted bar staffed by Ced Ferrett and his crew.

Dinner, by Simple Elegance Catering, will be served at 7. The entrée choices are prime rib of beef with scalloped potatoes, grilled salmon with spinach and parmesan rice or vegetarian lasagna.

Accompanying the entrees will be carrots and a Caesar salad. Dessert will be an ice cream sundae. Decaffeinated coffee and hot tea will be served, and red and white wine will be on each table.

Entertainment will be provided by the Manny Gutierrez Quartet, playing a variety of music for listening and dancing. Creative decorations by Barrie Elrod and her assistants will be on display.

City National & The Diablo Symphony Orchestra cordially invite you to attend an educational presentation on estate planning & planned giving

Orchestrating Your Legacy

Laura W. Parson
Attorney at Law
Estate Planning

Darrell Claridge
Private Client Advisor
City National Bank

Saturday, October 26, 2013
10:00am – 11:30am Brunch will be served

Rossmoor, Fireside Room
1001 Golden Rain Rd. Walnut Creek, CA 94595

Complimentary Self Parking

RSVP by October 22 to Phyllis Hardiman at (925) 274-2771 or Phyllis HARDIMAN@cbn.com

For further information on City National services, please contact Phyllis Hardiman.

Seating is Limited By Invitation Only
Democrats show climate change film for October Ballroom Dance Club event

Bob Gutierrez Quartet will play for October Ballroom Dance Club event

Time to Start Thinking About the Holidays...

Starrsteppers will perform at Waterford

Poetry Circle Salon meets Monday in the Garden Room

Big Band Ballroom Dance Show

Wednesday, November 6th

Tickets $5 at the door and includes FREE Root Beer Floats

Sponsored by: Generations In Jazz Foundation
Big Band plays at Del Valle
Last show at that venue
The Big Band of Rossmoor will give its final performance at Del Valle Clubhouse on Wednesday, Nov. 6.

This performance will feature dance tunes from the World War II songbook as well as movie tunes from Broadway's most popular shows. In addition, the songs that Fred Astaire danced to on the movie set will be included in the Fred Astaire Medley written by Rossmoor’s own Frank Como.

The concert is presented by Generations in Jazz Foundation. The Big Band features musicians ranging from 12-years-old to 92.

Enjoy this multi-generational band in the last of its 14 performances during 2013. Come dance or watch the show. Tickets are $5 at the door. Doors open at 7 p.m. and the show and dance begin at 7:30.

Live root beer floats are provided to celebrate the 21st year of the Big Band of Rossmoor.

Playwrights from the Drama Association will be presenting a showcase of 10-minute plays Friday at Hillside. Looking over their scripts are, from left, seated, Milton Maz, Edna Hall, Pearl Schwartz and Jane Lindemuth; and standing, Sherman Brown, Carrie Knowles, Bud Lembke, Rod McFadden and Willycox.

Drama Association presents its Playwrights Showcase on Friday

By Bud Lembke
Club correspondent

Yes, Broadway, the legendary theater district in New York that is the promised land for untold hoards of aspiring playwrights, is 3,000 miles away.

That does not discourage nine students of playwriting who gather in a Rossmoor meeting Room at Gateway for two hours every Wednesday. Their immediate goal is to perfect their craft and stage it for Rossmoor audiences.

Residents will have an opportunity to take a look at part of their work this Friday.

The class is sponsored by the Drama Association of Rossmoor (DAOR) and taught by Rod McFadden, 53, who has his own plays in production at small theaters throughout the country. McFadden graduated from UCLA with a degree in English literature and playwriting but worked in the retail field for 26 years before retiring four years ago to write plays.

In Rossmoor, his students take turns having their 10-minute plays read at showcases once a month that are open to the public.

The roles are cast from a pool of 33 Drama Association actors who participated in auditions earlier this fall.

The latest showcase will be Friday, Oct. 18, at 2 p.m. in the Las Trampas Room at Hillside. There is no admission charge.

“Although the class includes some students who have written plays for years, I enjoy seeing how those new to the art of playwriting embrace the form and the opportunity to tell their stories theatrically,” McFadden said. “It is also encouraging to see writers of fiction and poetry translate their ideas into dramatic form. Like all writing genres, playwriting has its own unique challenges and rewards. Writers of all levels of experience benefit from each other when these are examined and discussed.”

Featured in this showcase of 10-minute plays will be: “Can Therapy Save This Marriage,” by Sherman Brown and directed by the author. Will a very cheerful therapist be able to help solve the problem? Cast members are Jim Gibney, Judy Scott and Larry Tubelle.

Also featured will be “True or False,” by Bud Lembke, also directed by the author. A hard-bitten woman campaign manager, hired to elect Jim Barry governor of California, threatens to quit because she knew nothing of deep flaws in the candidate’s character. Cast members are Lorrie McCurdy and Tubelle.

“A Short Walk to Main,” by Jan Lindemuth, directed by the author, is about how a bereaved woman, whose main companion is a parakeet, learns to stand on her own feet. Cast members are Aki Rasmussen, Jon Rasmussen and Edna Coulson Hall.

“Why Knot?” by Milton Matz, and directed by Natalie Dunn, looks at love in the ’80s. This is a socio drama. Cast members are Sherman Brown and Barbara Fexa.

Finally, the program includes “The Test of the Touchstone,” by Rod McFadden and directed by the author. In this piece, a young apprentice learns the truth about alchemy. Cast members are Tubelle, Hall and McFadden.

Ballroom Dance Club will host a four-week class in tango and waltz

The Rossmoor Ballroom Dance Club is sponsoring a four-week dance class starting Monday, Oct. 14, and will continue on Oct. 21, 28 and Nov. 4. The class will teach the tango and waltz.

The session for beginning dancers will go from 6:30 to 7:30 p.m. and the more advanced dancers from 7:30 to 8:30 p.m. Both sessions will be held in the Diablo Room at Hillside Clubhouse.

The instructor for the class is Alberta Bagneschi, a Bay Area ballroom dance teacher who has been teaching for over 25 years. She is known for her skills in teaching beginning students and her challenging patterns for the more advanced dancers.

During the class, beginning dancers will learn the basic moves for tango and the waltz. More advanced students will add new and exciting patterns to their repertoire.

The cost for the four-week course is $50 per couple. If both sessions are taken, the cost is $75 per couple. The class is open to all Rossmoor residents as well as nonresidents. For information, call Bagneschi at 687-5270.
DAOR presents a Master Acting Showcase

Noted Bay Area actor, director and teacher, Julian Lopez-Morillas, will once again be introducing the Master Acting Showcase on Tuesday and Wednesday, Oct. 29 and 30, at 2 p.m. in Peacock Hall at Gateway.

The event is sponsored by the Drama Association of Rossmoor.

Lopez-Morillas said he always looks forward to working with the Drama Association. Members are enthusiastic about performing, focused and attentive and respond so well to his input, he said.

The showcase will feature scenes from the plays: “Death of a Salesman,” “Equus,” “The Prime of Miss Jean Brodie,” “Angels in America” and “August: Osage County.”

Admission is $3 for club members and $5 for nonmembers, and seating is limited.

Julian Lopez-Morillas discusses interpretation of her character with Roanne Butler.

SF Shakespeare Festival presents ‘Julius Caesar’ at Creekside tomorrow

The San Francisco Shakespeare Festival will come again to Rossmoor to present a live performance of a Shakespeare play.

A cast of professional actors will perform an hour-long version of “Julius Caesar” on Thursday, Oct. 17, at 2 p.m. in Meeting Room 3 at Creekside.

For more than 25 years, the group has traveled across California with costumes, sets, props and recorded music to bring a Shakespeare play to students at schools and adults at senior centers. This year, the tour will present more than 200 performances to more than 20,000 people.

In its two previous appearances at Rossmoor, the festival presented “Macbeth” and “A Midsummer Night’s Dream,” both to great acclaim.

At the conclusion of the show, the cast will stay to take questions from the audience after which all will enjoy refreshments.

Admission at the door is $7 for members of the Rossmoor Shakespeare Society and $10 for nonmembers. Call 934-3204 for more information.

More and more people are interested in good camaraderie and breaking the ice.

Fourth Sunday Dance opens fall season

Frolic into fall at the Fourth Sunday Dance on Oct. 27 from 7 to 9:30 p.m. at Del Valle Clubhouse.

Residents and their guests enjoy the waltz, fox trot, the swing, tango and more at this popular dance. It features music played by MC and disc jockey, Gere Foley.

For each dance, gentlemen hosts work around the room and ask single women to come and don’t have to worry about their dancing abilities because there are plenty of women who can offer assistance. The Fourth Sunday Dance offers a great opportunity to meet new people.

The Fourth Sunday Dance on Oct. 18, at 2 p.m. in the Vista Room at Hillside.

The event is sponsored by the Drama Association of Rossmoor.

Lopez-Morillas said he always looks forward to working with the Drama Association. Members are enthusiastic about performing, focused and attentive and respond so well to his input, he said.

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Julian Lopez-Morillas discusses interpretation of her character with Roanne Butler.

Secure a spot by emailing Jean Wilcox at jdwilcox@sbcglobal.net.

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The second Berkeley Repertory Theatre docent presentation of the 2013-2014 season will be on Tuesday, Oct. 29, at 3 p.m. in the Vista Room at Hillsdale Church. The program is hosted by the Drama Association of Rossmsoro.

The overview is about “The Prairie of Willisden Lane,” based on the book of the same title by Mona Golabek and Lee Cohen. It’s been adapted and directed by Hershey Felder (of last season’s popular one man shows “George Gershwin Alone” and “The American Song Book Sings”).

Set in Vienna in 1938 and in London during the Blitz-krieg, “The Prairie of Willisd- den Lane” tells the true story of Lisa Jura, a young girl, whose life and musical aspirations are interrupted by the Nazis. Golabek relates the story of her own mother’s survival in her musical solo performance.

The 90-minute play runs from Friday, Oct. 25, through Sunday, Dec. 8, on the Thrust Stage at 2025 Addison St. in downtown Berkeley. For information on the docent presentation, call Joanna Kraes at 939-3658.

Cocktails at Creekside gather first Friday of the month

The Cocktails at Creekside Club will gather on Friday, Nov. 1, at 5 p.m. in meeting room 1 and 2 at Creekside Clubhouse. It will be a special event, thanking its members. Reservations must be received no later than Wednes-day, Oct. 30.

Cocktails at Creekside meets on the first Friday of the month for cocktails, conversation and hors d’oeuvres. Many stay for dinner at Creekside Grill as well. The cost for each event is $15 and includes two drinks from an open bar and a se-ciality drink. Additional drinks may be pur-chased for $4 each.

Membership in Cocktails at Creekside is open to all and limited only by the number of people allowed by fire regula-tions to meet in rooms 1 and 2 at Creekside.

The cost for membership is $20. When the membership limit is reached, there is a wait list and people on that list are asked to attend a get-to-gether when room allows. Members receive an email in- vitation and are asked to respond by email and to pre-pay for themselves and a guest by the Wednesday before each party. Those who do not email may call 954-8497 for reservations.

For information about the club or the upcoming Thank-You party, call Stephanie Skidmore at 949-8127.
By Tom Mader

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30A
etermined to seize all the double eagle coins it could
nine of them. One of those coins even made its way
jeweler had owned 19 of the coins and he sold at least
two double eagle coins in existence. A Philadelphia
illegal. They would be compensated in paper dollars.
1933. However, they had a very short life. President
and it was in currency from 1907
worth $20. The sculptor Augustus
your guests when you are present and also when
GRF can establish rules for the use of facilities by
lands and buildings. The Mutual is not here to tell
for the safety, preservation and improvement of the
DOMAIN OF MUTUALS
HOME RENTAL IS NOT
Clearly we have a conflict between homeowners
and Mutuals on the topic of renting your home. Here
is why home rental is not the domain of Mutuals:
You own your home and you can use it to meet
your needs. You can leave and travel; you can leave your
home empty; and you can rent it to supplement your
travel income. This is a simple right of home
ownership. The Mutual's main purpose is to be responsible for the safety, preservation and improvement of the lands and buildings. The Mutual is not here to tell you how to live your life through ordinances. It can set standards for leaf blower noise, etc.
Walnut Creek is the source of everything from
fire to building and zoning. These are not the domains of Mutuals or the GRF.
The Golden Rain Foundation provides facilities and services in exchange for a membership fee and monthly dues. GRF owns all the land and buildings used by Mutuals. GRF controls if renters can use selected facilities and services. Mutuals are for the purpose of buildings and Mutual improve-
ments.

A HISTORY LESSON
Carol Johnson's letter in the Oct. 2 Residents Fo-
um (“A Little Unity Is Needed”) is historically in-
correct. Christian Americans did not help save the Jewish people during World War II, as she wrote. In fact, no one did! The six million Jews in Europe were brutally annihilated by Nazi Germany.
Some conscientious European Christians risked their lives to save their Jewish neighbors, and Swe-
den helped many Norwegian Jews to escape; but the total so rescued was insignificant compared to the
numbers murdered.
I admire President Roosevelt for many reasons, including his conduct of WWII. However, his ad-
ministration turned away many Jewish refugees (who were later murdered in the German death
camps), and his secretary of war rejected pleas to
bomb the rail lines into Auschwitz, which might have saved hundreds of thousands of Jews. (After the war, I saw a photocopy of that letter.)
Moreover, it was not just Christian Americans who helped defeat Germany. As a patriotic Jewish American, I volunteered for the U.S. armed forces shortly after Pearl Harbor, and after infantry train-
ing at nearby Camp Roberts, I served with Patton's
Third Army in Europe until the war ended in 1945.
Many of my Jewish friends served in the Navy or
Army, including my brother who was wounded twice while serving in the Third Armored Division
(also in Europe).
I did not volunteer to help save European Jews. That was a job for governments. Rather, I (and my Christian and Jewish friends) volunteered to help save our country from being dominated by Nazi Germany.
A. David Redding
Cactus Court

To contact the GRF Board
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• E-mail:grb@rossmoor.com
• Mail: GRF Board, P.O. Box 770, Walnut Creek, CA 94595
• Message phone: 988-7710
• Drop-off: Board Office at Gateway

At Wit’s End
The Mona Lisa of Coins
By Tom Mader

T
The Mona Lisa of Coins is also
known as the Hope Diamond
of American currency. It is a
gold coin encapsulated in a
smallest gold coin ever made. Shaped as a circle, it is roughly 20 mm in diameter and weighs 20 grams (about 0.72 ounces). The coin was minted in 1987 and contains 91.7% pure gold, the highest content possible for a minted coin.

The Mona Lisa of Coins is a gold coin that was minted in 1987 and contains 91.7% pure gold, the highest content possible for a minted coin. It is a coin that was created to commemorate the Mona Lisa, a famous painting by Leonardo da Vinci. The coin was minted to commemorate the 500th anniversary of the painting and to raise money for the restoration of the painting.

The coin was minted in a limited edition of 7,500 pieces and was sold for a price of $50,000. The coin is made of 91.7% pure gold, which is the highest purity possible for a gold coin. The coin is also encapsulated in a protective case to protect it from damage.

The coin is a unique and valuable object. It is a piece of art that has both aesthetic and monetary value. It is a coin that was minted to commemorate a famous painting and to raise money for its restoration. It is a coin that is both beautiful and valuable. For these reasons, it is a coin that is highly prized by collectors and investors.

At the time of its minting, the coin was the most expensive gold coin ever made. It was sold for $50,000, which was a record price for a gold coin. The coin was also the first gold coin to be encapsulated in a protective case, which added to its value.

The coin is also significant because it is the first gold coin to be minted in the United States in over 100 years. The United States stopped minting gold coins in 1933, and the Mona Lisa of Coins is the first gold coin to be minted in the United States since then.

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At Wit’s End
The Mona Lisa of Coins
By Tom Mader

T
By Tom Hensley

I want to tell you an intriguing story that illustrates the power of a free enterprise system, and also clearly demonstrates that if the government frees the hands of an entrepreneur to build a business—good things happen! This account also illustrates that without governmental bureaucratic intervention, a business enterprise, driven by a creative entrepreneur, can actually create jobs.

The wife of my friend—we’ll call my friend John—made a commitment to him, without his knowledge, to publish a book written by one of her craft teachers. John said to his wife, “Publish a book! I don’t know anything about publishing! Not only that, I don’t want to know!” Well to make a long story shorter, she coerced him. Perhaps some pillow talk was involved? John’s wife told him to explore the library and find a book about how to publish a book, to be a publisher, and reluctantly, he did. John came across a book published by Parachute Press: “How to Self-Publish.” He informed me that the book was filled with technical publishing details, including where to register a copyright. So, he began to plan.

John knew that to be successful, he had to introduce his book to the public and to potential producers of products related to the book’s subject. First, he calculated the cost to promote the book. Then he had to consider how to prepare the book and present it to a national marketplace. This included all of the many other details. John had to contemplate: What would an attractive price for the book be? Would color help book sales? How many pages should it have?

He considered the Small Business Administration (SBA), but decided the project wouldn’t be completed within his time frame, and he didn’t relish the idea of the government looking over his shoulder.

When the planning was finished, John reckoned that he would need about $25,000 to produce and promote the book. Well, he didn’t have that much money to invest. John’s home was mortgaged to the hilt. So, what to do? He went to his bank and asked for a loan. He showed them his business plan and cost calculations. The loan officer responded, “We can’t give you the second cut of the money. We can’t make the loan because the first cut of 10,000 books if you can’t make the payments.” Obvioulsy, they turned him down. He considered the Small Business Administration (SBA), but decided his project wouldn’t be completed within his time frame, and he didn’t relish the idea of the government looking over his shoulder.

John then had to think about raising the money he needed. He knew there were many people in the local community who respected the author and believed in her project. They also already had the ability to make up the first cut of the project work. He drew up a limited partnership agreement making himself a general partner, and offered shares as a limited partner for $1,000. The agreement also allowed potential shareholders for the original investment. In other words, each investor would be paid dividends amounting to 10 times their initial investment and we were bought out. Meanwhile, John realized he needed more than one book to be a successful publisher. He bought out several small self-publishers and in three years had a stable of about 30 moderately to highly successful books. He also began to solicit potential authors in the field to write books. Within seven years his company was publishing six new titles a year and was grossing approximately $1 million per year.

Today the company publishes 25 to 30 new books per year. It also produces and distributes related products such as calendars, note cards, puzzles, craft supplies and other goods. His company acquired its own offices and warehouse, and employed 26 people, including computer experts, photography experts, and a sales force of about 10 salesmen. John’s children, who bought the business about 15 years ago, carry on the company to this day.

As I stated in the beginning, this story illustrates that a reasonably talented person in this country can create a business environment that allows him to do so. However, with the current atmosphere of government intrusion and regulations, I am not sure John’s success could be repeated today.

Tom Hensley can be emailed at tomhls@msn.com.
Every American who purchases an item of cloth- ing at a price “too good to be true” is complicit in the deaths of thousands of sweatshop work- ers in Southern China and elsewhere.

Many shoppers would be offended by such an indictment. The corporate propaganda machine has done such a good brainwashing job that many of us no longer recognize the concept of American corporate responsibility: responsibility to be a loy- al member of the American nation; responsibility to employ American workers; responsibility to be headquartered in the United States; responsibility to pay their workers a fair wage; responsibility to pay their fair share of American income taxes.

It is shocking to find this on the desperately poor foreign people, working in despi- cable conditions, making $2 a day, to sew our cloth- ing – clothing that we can purchase at “safe” pric- es in the US, and, if need be, how they work, how much they are paid. What many fail to recognize is that the root cause of this reality is the savage corporate greed underlying it. We have been tricked into believing the corpo- rate mantra that all of the above is necessary in order for America to compete in the global econo- my. That same repetitive lying machine wants us to believe that WE – the struggling survivors of what used to be the American middle class – WE are the problem! If only we (who still have jobs) would just work a little harder – for less money; if only the unions would simply disappear; if only those pesky government regulations would go away, then everything would be just fine. Of course, all of this propaganda is part of the signature Big Lie: Ameri- can corporations are “the job producers.”

The truth is exactly the opposite. Today’s Ameri- can corporations are the job killers. The only jobs they create are in overseas sweatshops. The Amer- ican jobs they cannot ship overseas, they replace with machines; those jobs they cannot robotize, they downgrade – either by lower pay or longer hours for the same pay.

It was not always this way. In the golden age of the American middle class (1950 through 1980), corporations and unions had a symbiotic relation- ship. They fought fiercely, but when a deal was struck, both sides abided by it. When unions did well, management did well, for the salaried person- nel always received pay raises to stay ahead of the hourly wage increases won by the union employees. All Americans benefited from this system because the middle class then had enough money to fuel our economic engine. But, somewhere along the way, they became infected with both sides, leaving the American middle class in its wake.

People today need to be reminded that the com- monplace concepts of the minimum wage, overtime pay, paid holidays and vacations, retirement plans, sick leave, worker safety laws and other benefits did not exist before the union movement fought for them, and gained them for the American middle class. The corporate financials that resisted them every step of the way. The real- ity, of course, is that those corporate predators never existed independently of the unions. The right who do the work of the business have valid rights to those proceeds, but those who do its work are primary because they produce the fruits of that en- terprise. It is in their interest to disperse profits to share- holders of a business until a living wage has been paid to its producers. Until those who worked to produce the product have been justly paid, there ARE no valid profits.

Those among us who are critical of, even angry at, the remaining labor unions (BART, for exam- ple), the same as the business owners who may yet be the ultimate heroes at the gates, once again stemmoing the floods of evil greed threatening the endangered middle class. Unions of course are no longer the sole bastions left to save American workers from sweatshops here at home.

James Brennan can be emailed at jjim@jool.com.

As You Write It

Sweatshops
By James Brennan

Every American who purchases an item of cloth- ing at a price “too good to be true” is complicit in the deaths of thousands of sweatshop work- ers in Southern China and elsewhere.

Many shoppers would be offended by such an indictment. The corporate propaganda machine has done such a good brainwashing job that many of us no longer recognize the concept of American corporate responsibility: responsibility to be a loy- al member of the American nation; responsibility to employ American workers; responsibility to be headquartered in the United States; responsibility to pay their workers a fair wage; responsibility to pay their fair share of American income taxes.

It is shocking to find this on the desperately poor foreign people, working in despi- cable conditions, making $2 a day, to sew our cloth- ing – clothing that we can purchase at “safe” pric- es in the US, and, if need be, how they work, how much they are paid. What many fail to recognize is that the root cause of this reality is the savage corporate greed underlying it. We have been tricked into believing the corpo- rate mantra that all of the above is necessary in order for America to compete in the global econo- my. That same repetitive lying machine wants us to believe that WE – the struggling survivors of what used to be the American middle class – WE are the problem! If only we (who still have jobs) would just work a little harder – for less money; if only the unions would simply disappear; if only those pesky government regulations would go away, then everything would be just fine. Of course, all of this propaganda is part of the signature Big Lie: Ameri- can corporations are “the job producers.”

The truth is exactly the opposite. Today’s Ameri- can corporations are the job killers. The only jobs they create are in overseas sweatshops. The Amer- ican jobs they cannot ship overseas, they replace with machines; those jobs they cannot robotize, they downgrade – either by lower pay or longer hours for the same pay.

It was not always this way. In the golden age of the American middle class (1950 through 1980), corporations and unions had a symbiotic relation- ship. They fought fiercely, but when a deal was struck, both sides abided by it. When unions did well, management did well, for the salaried person- nel always received pay raises to stay ahead of the hourly wage increases won by the union employees. All Americans benefited from this system because the middle class then had enough money to fuel our economic engine. But, somewhere along the way, they became infected with both sides, leaving the American middle class in its wake.

People today need to be reminded that the com- monplace concepts of the minimum wage, overtime pay, paid holidays and vacations, retirement plans, sick leave, worker safety laws and other benefits did not exist before the union movement fought for them, and gained them for the American middle class. The corporate financials that resisted them every step of the way. The real- ity, of course, is that those corporate predators never existed independently of the unions. The right who do the work of the business have valid rights to those proceeds, but those who do its work are primary because they produce the fruits of that en- terprise. It is in their interest to disperse profits to share- holders of a business until a living wage has been paid to its producers. Until those who worked to produce the product have been justly paid, there ARE no valid profits.

Those among us who are critical of, even angry at, the remaining labor unions (BART, for exam- ple), the same as the business owners who may yet be the ultimate heroes at the gates, once again stemmoing the floods of evil greed threatening the endangered middle class. Unions of course are no longer the sole bastions left to save American workers from sweatshops here at home.

James Brennan can be emailed at jjim@jool.com.

40 Years Ago This Week

GRF Board Had a Busy Fall
By John H. Nutley, Rossmoor historian

The Golden Rain Board was busy in the fall of 1973. At its September meeting, it reduced the charges for cancellation of clubhouse reservations and trips. Hippos have only been known at the horse barn. It allowed the Activities Council to install four lighting fixtures in the barbecue area at Dollar picnic grounds. It authorized $3,000 for the study of ways to rehabilitate the pond in the golf course.

The Board agreed to work with the city of Walnut Creek on a study of the eucalyptus trees on the di- divisional properties both inside and outside. Games, entertainment and hot dogs with all the trimmings would be only $50 cents.

The Ecology Council of Rossmoor recommend- ed support for the Save Mt. Diablo Committee and the enlargement of that park. The Las Tram- pas Room at Hillside Clubhouse was re-opened and the Regional Park also received the support of the council. The council heard a report on the County Ombudsman proposal, the county density control regulations, and some upcoming meetings.

Occasionally, we hear of strange animals. The jackalope is supposed to be a cross between a rabbit and an antelope. It looks like a large jackrabbit with antlers like those of a deer or antelope. If you doubt its existence, the Oct. 31, 1973 issue of the Rossmoor News had a picture of it on page 18.

More residents now use medical alerts
By Trudi Garland

The Rossmoor Fund hosted a seminar in July about Medical Alert Systems – how they work, who needs them, how to acquire one, the cost, available financial support and so forth. Over 200 residents attended this event, and three representative vendors addressed the gathering about their products.

Subscribers express gratitude that this technology is available to them and seem to be pleased with the service and customer support provided for by the Rossmoor Fund.

It is likely that another seminar will be offered. The Rossmoor Fund is working on a schedule of events. Updates will be announced later.

By Trudi Garland

The Crisis Response Spiritual Support Team (CRSST) welcomed Nancy Coxwell, Rossmoor Counseling Serv- ices supervisor, at its October meeting. At the next gen- eral meeting, to be held Monday, Nov. 4, CRSST mem- bers will participate in ongoing training.

The meeting will be from 1:30 to 3 p.m. in the Las Trampas Room at Hillside Clubhouse. The topic will be “Crisis Intervention: Conditions: Verbal First Aid in Non-Emergency Situations.”

All members are urged to read Chapter 9 in the train- ing book before the meeting.

The Crisis Response Spiritual Support Team is a group of caring well-trained volunteers ready to listen and give support to residents. Sponsored by the Interfaith Council of Orange County, CRSST is a part of the National Counseling Services, the Community Emergency Response Team (CERT), the Emergency Preparedness Organiza- tion (EPO), and Rossmoor Public Safety.

For questions about CRSST, call Donna Shaw at 938- 7231 or Rae Joyce Maysula at 817-9422.

CRSST’s next training is verbal first aid

The Crisis Response Spiritual Support Team (CRSST) welcomed Nancy Coxwell, Rossmoor Counseling Serv- ices supervisor, at its October meeting. At the next gen- eral meeting, to be held Monday, Nov. 4, CRSST mem-
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NAME STATEMENT

The following persons or businesses as: Onoré Field, Pleasanton, CA 94588, Martinez, CA 94553-0135 and in each case, the same persons or businesses as: Joyce Y. Yamagishi, 8 Prime Grove Cir, Walnut Creek, CA 94596, Contra Costa County, CA 94597.

Business conducted by an Individual.

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

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

CONTRA COSTA COUNTY CLERK
555 Escobar St., P.O. Box 350
Martinez, CA 94553-0150
FILED: Sept. 10, 2013

CONTRIBUTION OF A TRUSTEE’S SALE
FILED: Oct. 2, 9, and 16, 2013
FILE NO. 0-000556-03

A Stuning Custom Remodeled
Mariposa Condominium

With colorful autumn views of the valley, granite kitchen, high end cabinets with roll outs, SS appliances, smooth ceilings, new paint and carpet. Closet organizers in both bedrooms. Garage + carport. Updated baths, crown moulning and more.

$650,000.00

Heritage Oaks – The Valley Oak

Rossmore's largest home boasting over 2,523 sq. ft., with 3 bedrooms, 3 baths, 2 linen, separate dining room. Fully equipped with chef's kitchen and an extensive suite with huge family room, 2nd bath, in-closet, tub and shower. $13,000.00

CONTRA COSTA COUNTY CLERK
555 Escobar St., P.O. Box 350
Martinez, CA 94553-0150
FILED: Sept. 10, 2013

M. Paulino, Deputy County Clerk
Contra Costa County
FILE NO. 0-000556-03

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New Listing, Sequoia

• Kitchen w/granite slab counters, SS appliances • Re-textured walls & ceilings • Painted • Crown moldings & basewalls & new doors • Remodeled bath, new shower • Enclosed veranda, close parking

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Published Oct. 2, 9, and 16, 2013
Pinehurst with Panoramic Views

This immaculate 2-bdrm, 2-bath home has an exceptional setting with a tree lined view of Rossmoor’s gorgeous natural landscape and golf course. The kitchen has been remodeled with granite counters, full decorator tile back splash, built-in microwave, stainless steel sink and updated appliances. New carpet, vinyl and fresh paint. $435,000.

What a Bargain!!!

Here’s the “Must See” property of the week, a 2-bed, 2-bath Kentfield with wonderful hill views, and open balcony and an enclosed wrap for added living space! There’s an inside W/D, and stall shower in the master bath. The kitchen was remodeled by Toupin Construction, and the home has new paint, carpert, and vinyl. Just $250,000.

A Very Private Saratoga

A 2 bedroom 1 bath condo with enclosed deck. Plantation shutters and a forested view. This rare unit is approved for a Reverse Purchase Mortgage. $218,000.

Coming Soon: A Serene Carmel

Enjoy the private setting from the back patio of this very desirable 2-bedroom co-op. Featuring new paint and carpet, an updated kitchen with side-by-side refrigerator, micro, dishwasher and self cleaning oven. The bath has a jetted tub with overhead shower plus there is side by side Bosch W/D. Please call for pricing!!

Spectacular Expanded Piedmont

Don’t miss this latest total remodel by Toupin Construction. No expense has been spared in bringing this amazing 3-bedroom, 3-bath home with almost 1900 sq. ft. up to the latest designer standards. This spacious townhouse-style end unit is located in a park-like setting with absolutely no steps to the front door. $595,000.

A Newly Listed Golden Gate

Fabulous Oakmont location! This 2-bedroom, 1-bath is in pristine condition with new carpet, fresh paint, decorator light fixtures, crown molding, raised paneled doors and more! Kitchen offers granite counters and quality appliances. Bath updated with custom walk-in shower. Top quality vinyl dual pane windows and doors throughout. $299,900.

A Remodeled Mendocino

This highly desirable 1-bedroom, 1-bath level-in has been completely remodeled from the top to the bottom. It includes a washer/dryer, one car garage, a completely remodeled bathroom and a kitchen with a gas stove. The private patio is a gardener’s paradise. Don’t miss this one. $219,500.

A Newly Listed Diablo

This upper Diablo unit is in a four-plex building and features beautiful views of the hills and trees AND there isn’t one building in sight. This unit is clean and fresh with some feature up grades. $379,000.

Coming Soon: Renovated Sierra

This lovely upper end-unit with 2 large bedrooms and 2 baths has been completely remodeled with a modern yet classic look. It overlooks the entire valley and is filled with light and inspiring views. Conveniently located within walking distance to “downtown” Rossmoor. $559,000.

A Special Sequoia

A lovely 2-bedroom/1-bath Sequoia model overlooking the 19th fairway! Balcony and Hillside Clubhouse. Light and bright, with a wonderful outlook, and an updated bath including walk-in shower and large stacked washer/dryer. New paint, new carpet, and a super location. $199,000.

Waterford

A Brand New Cypress Listing

A pristine two-bedroom, 2 baths with tree-top views and eastern exposure. Light and bright with granite counters and a large master suite with a new walk-in closet. New decorator paint and carpet. $311,000.

Fantastic Middleton

This ideally located 2-bedroom, 2-bath Middleton Model is one of Waterford’s most popular. Enjoy the beauty and fragrance of the surrounding gardens and Waterford’s south entry garden. Easy walk to dining, social activities, transportation and garage parking. $315,000.


current listings

a newly listed sequoia co-op

This light and bright 2-bedroom upper unit features new neutral carpet and paint. Additionally, it features a huge open deck with wonderful hillside views. Close to carport, laundry and Rossmoor’s world-class bus system. Only ……………………………………………………………………………………………………………………………………………………………… $189,990.

a picturesque chatsworth home

Nestled in the canopy of lovely and fragrant Magnolia trees! Offers new carpet, fresh paint, spacious living/dining area and custom window treatments! Very convenient to transportation and common area. Master suite with walk-in closet! One-bedroom home and 1-1/2 baths. $255,000.

a brand new cypress listing

A pristine two-bedroom, 2 baths with tree-top views and eastern exposure. Light and bright with granite counters and a large master suite with a new walk-in closet. New decorator paint and carpet. $311,000.

a newly listed golden gate

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a newly listed crown point

A 2 bedroom 1 bath condo on the lower level with private patio and access to the 1 car garage. Stainless steel appliances, granite counters and quality appliances. Bath updated with custom walk-in shower and large stacked washer/dryer. $255,000.

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Rossmoor News - October 16, 2013 41A
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Bus information: 988-7670
Dial-a-Bus: 988-7676
Landscape maintenance and pest control: 988-7640
Manor alterations and resales: 988-7660

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FOR ASSISTANCE REGARDING THE FOLLOWING, CALL:

Billing inquiries and information: 988-7637
Building and home repairs: 988-7600
Bus information: 988-7670
Dial-a-Bus: 988-7676
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Five Star Professional Real Estate Agents

Better Homes and Gardens Mason-McDuffie Real Estate proudly announces Loc Barnes, Ann Cantrell, Elizabeth Haslam, Yvonne Jakovleski, Vito LoGrasso and Sheron McCormick as Five Star Professional Real Estate Agents. Five Star Professional surveyed San Francisco East Bay Area residents who purchased a home priced at more than $150,000 within an 8-month period (July 2012 to March 2013). The final list of 2013 San Francisco East Bay Five Star Real Estate Agents is a select group, representing less than 2% of real estate agents in the area. These agents deliver outstanding customer service and client satisfaction. The Five Star Professional research team contacted thousands of recent homebuyers, as well as other consumers. Evaluations were collected by mail, phone and online.

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Single-row beautiful park-like setting San Franciscan model. Two bedrooms, 1 bathroom with central air and heating. Smooth textured ceilings with crown moulding. Home has wood flooring in hallway and kitchen. Wonderful large back patio with Dutch doors leading out to carport and lots of guest parking. Cute as can be, a must see! $299,700.

SONOMA IN NICE ENTRY

Very original 2-bedroom and 1-bathroom Sonoma model. 1-car entry with lots of guest parking. Nice outlook off the back balcony. $145,000.

PENDING

PIEDMONT IN AN OUTSTANDING LOCATION

Stunning golf course views from this 3-bedroom and 2-bathroom end-unit Piedmont townhouse! This unique wrap-around view offers views of the surrounding hills from the large patio and the balcony off the master bedroom. Over 1700 sq. ft. of living space in move-in condition with upgraded kitchen, W/D and more. $450,000.

SONOMA WITH A NICE OUTLOOK

Two bedroom end-unit Piedmont Condominium! Remodeled bathroom. New carpet, washer and dryer inside. $179,000.

CONDOMINIUMS

COMING SOON

Level-in Santa Clara with expanded room. Park at door. Nice setting. Call for more info.

PENDING

PENDING

PENDING

PENDING

PENDING

SPECTACULAR GOLF COURSE SETTING!

Beautiful Cascade model with upgraded kitchen and baths. Approx. 1500 sq. ft. with 2 bedrooms and 2 bathrooms, vaulted ceiling and fireplace. New carpets and paint. Large deck overlooking sixth fairway. $579,000.

SONOMA WRAP COMING SOON

Two bedrooms, 2 baths and a finished extra room on the side wrap. Hardwood floors and a gas stove. $299,000.

STUNNING SATTLER REMODEL TAHOE MODEL

Fabulous views and too many upgrades to list. Possibly Rossmoor’s most exquisite Tahoe. Two bedrooms, 2 bathrooms plus a den. New carpets just installed. Must see! Call for price.

Since entering the real estate profession in 1999, I have built a business on the premise that “people don’t care how much you know until they know how much you care.” Customer service is my passion, and it shows in everything I do. My greatest happiness is derived from being of service to other human beings.

I am a native Californian, having grown up in Oakland, graduated from Campo-Lindo High School in Moraga, and raised my children in Pleasant Hill.

After years of caring for elderly parents and two kids as a single mother, I am grateful to have arrived at a place in my life where I can relax a little and dedicate myself to a career that I love. This wonderful community known as Rossmoor is the perfect place for me, both as a resident and full-time real estate consultant at Better Homes and Gardens Mason-McDuffie.

If you want great service from a patient and proactive professional, please call me directly at: 925-997-9981. I would love to give you, your family or friends a tour of Rossmoor and introduce you to this hamlet I call home.

Call Better Homes and Gardens/Mason McDuffie (925) 937-6050
1950 Tice Valley Blvd., Walnut Creek
New table tennis players vs. old in upcoming tournament

The Rossmoor Table Tennis Club will have a new member/"old" member doubles tournament on Tuesday, Oct. 22, at 12:30 p.m. in the new Table Tennis Clubhouse at Hillside.

This tournament provides an opportunity for new members to play in their first tournament. All matches will be doubles with each side consisting of a randomly drawn new member, male or female, randomly partnered with an existing club member, male or female.

Matches will consist of three games; each game will be an 11 point game. Interested players should add their names to the new/"old" tournament sign-up.

Referees are needed and volunteers should contact the tournament director, Len Boone at 946-1832.

Table tennis workshops are offered as a skill building program for potential members who wish to become involved with players. Workshops will span two weeks, beginning Monday, Oct. 28. All sessions will be from 1to 3 p.m. in the Table Tennis Clubhouse.

On Mondays, Wednesdays and Fridays, training on both the robot and the new serve practice net will be offered. On Tuesdays and Thursdays, there will be intermediate and advanced player advancement rules and further coaching in table tennis techniques.

The workshops are also an opportunity for new members to meet others who are playing at their skill level. Members may attend one class or as many more as they wish. Interested members should add their names to the workshop signup sheet located in the clubhouse.

For information, call Jane Vinson at 938-3843.

Fran McDonnell will be Niners captain next year

Eclectic Tourney results announced

By Sherry Marks

Fran McDonnell was elected captain of the Niners for 2014 at the general meeting held Oct. 3. Pat Baker is co-captain; Vicki Simpson, secretary; and Mary Jane Hargrove, treasurer. McDonnell has chosen most of her committee chairpersons.

The 2013 captain, Lydia Bolinger, introduced her officers and board members and asked them to give brief reports.

Membership Chairwoman Mary Beth Hodge asked that new members stand while she thanked them for their gifts. Hodge said that renewal notices had been sent out to the 166 current members.

She added that this week she had a three women making membership inquiries to hold off joining until mid-November.

The social co-chairwoman, Allison Howells, reminded members that they should always arrive at the check-in before meals have to be ordered, noting the number of the check on the sign-up list.

Fran Elvin, rules, spoke about how the four golf clubs are working together to coordinate rules and their enforcement. She showed the membership different rule books in use.

Bv Meinhass, handicap, said that a most improved player award is usually announced at the holiday lunch and installation of officers in December. She said that to be eligible a golfer must have posted at least 20 games in 2013.

Sherry Marks, publicity, mentioned the Niners' participation in thegolfclubatrossmoor.org website. She said that next year, the contact person for the Niners’ pages would have a separate position on the board.

Results of the 2013 Eclectic Tournament were announced and Carol Homer, co-chairwoman, Joan Bel lows. This tournament was held over five different days spread out through the summer months and was designed to award golfers for personal improvement from the first day they played.

First through fourth places in all four flights were given to only the top winners.

First flight: Sarah Buhrer, Elaine Matsui, Carolyn Smith and Marie Lowell

Second flight: Gerda Peterson, Judy Ross, Barbara May and Karen Larkin

Third flight: Ann Donald

Continued on page 4B

Silver Bullets provide more of a challenge to swimmers

By Brian Stack

Club correspondent

When a Rossmoor resident has a desire to participate in an aquatic activity she or he finds they have a large number of options. There’s water exercise like aerobics or simply water walking, soaking in the hot tub or swimming laps to perk one’s interest, some folks have even tried dancing in the warm pool.

A little over a year ago, several residents decided they wanted a little more from their aquatic experience. They found they’d like to do a bit more exercise perhaps, or some skill development.

In addition, the group considered speed work and ideas on strength building through swimming.

After a consultation with a local masters swim coach, Kerry O’Brien of the Walnut Creek Masters team, an idea was hatched to start a branch of Walnut Creek Masters in Rossmoor.

The dedication and enthusiasm of the organizers and the Rossmoor staff brought the Silver Bullets into being in the Spring of 2012. Workouts started at the Hillside Pool, at first with a few core members.

Then, several residents joined and word spread about the opportunity to swim with a local masters swim coach, Kerry O’Brien of the Walnut Creek Masters team. Rossmoor residents inspired me to be the best coach I can be.

Was pleasantly surprised when a number of her swimmers responded positively to her proposition to compete in a masters swim meet. The swimmers went through some extra training to familiarize themselves with the things they needed to know to ascend to that “next level.”

Swimmers learned the rules of competition, how to do a dive start and which turn to use in each event.

The Silver Bullets attended the meet and swam events of their choice with the main goal of all masters swimmers firmly in mind, “have fun.” Many of the Silver Bullets exceeded their expectations and that of their coach. The participants returned to the next practice to regale their swim buddies with tales of fun and excitement from the meet.

There are certainly many physical benefits available through mastering swimming and the Silver Bullets, and there is a strong social benefit as well. One of the founding members of the Silver Bullets, Ann Hirsch, put it best, “We like to party.” Masters swimmers don’t need much encouragement in that department.

Coffee after practice, impromptu lunches and evenings out are an essential part of the program appreciated by all of the members.

Various reasons to join Silver Bullet members have their own reasons for joining. Kathy Briner and Herb Salomon shared their thoughts on the benefits of joining the Silver Bullets.

Briner said, “I have always enjoyed swimming, but have never been on a swim team before. I joined the Silver Bullets six months ago to get some exercise and to help structure my time to get to the pool on a regular basis at least twice per week. What I found when I arrived on my first workout day was much more than structure. “This is what I found: smiling faces, good company, new friends. Professional coaching, motivation and personal challenges. Refreshment, rejuvenation and self-healing.

“Oh yes, and the exercise is awesome too. I feel happier and healthier overall. I am now swimming three days per week and looking forward to competing in my first swim meet ever in October. I didn’t realize that moving to this ‘senior community’ would afford me the possibility to feel younger and healthier than I have in a long time.”

“Thank you coach Lisa and my Silver Bullet friends and teammates for welcoming me and encouraging me to continue on page 2B
Enjoy the fall golf!

By Mark Heptig, golf course director

Sometimes when I am teaching I will use the analogy that a good golf swing is like cooking with a great recipe. In other words, you have to have the correct ingredients and in the right proportions. If you are making a cake and put in too much of one thing, it will not taste right. In fact, if the proportions get way out of whack, it becomes uneatable and a mess.

The golf swing can be similar; too much rotation, too much weight moving, too much wrist cock are some of the things that can spell disaster.

So, when you think about your swing, keep in mind that too much of anything can be harmful. Often I see this when players are trying to shift their weight. I believe if you make a good shoulder turn in the backswing, your weight shift will occur automatically. If you then try to “add on” and move the feet, legs and hips more, the result can actually be a lack of power in some instances topping and missing the ball completely. This happens from trying to do too much of one thing.

Another common error is the neverending wrist cock. You really only want a 90-degree angle formed at the wrist at the top of the swing. However, there are many times I see players with very acute angles making it almost impossible to get back to the ball. Often this player is forced to unhinge early on the downswing, creating “fat” shots or pulls and pushes. Almost all these efforts are in the hope of hitting the ball farther. But, generally the opposite will happen because the extra movement leads to off-center hits. Some of the best contact you will ever make is when you are relaxed, swinging effortlessly and just meeting the ball.

This leads to another statement I often make when teaching: “Players come for lessons expecting me to add things to their list. I try to make their list and movements simpler.” Enjoy the fall golf!

Remember

Daylight-saving time doesn’t change until Sunday, Nov. 3. So, the Twilight rate will remain the same (2) until that time, when it will move to 1.

Please fix your ball marks and replace your divots. Leave the golf course better than you find it!

The golf swing can be similar; too much rotation, too much weight moving, too much wrist cock are some of the things that can spell disaster. So, when you think about your swing, keep in mind that too much of anything can be harmful. Often I see this when players are trying to shift their weight. I believe if you make a good shoulder turn in the backswing, your weight shift will occur automatically. If you then try to “add on” and move the feet, legs and hips more, the result can actually be a lack of power in some instances topping and missing the ball completely. This happens from trying to do too much of one thing.

Another common error is the neverending wrist cock. You really only want a 90-degree angle formed at the wrist at the top of the swing. However, there are many times I see players with very acute angles making it almost impossible to get back to the ball. Often this player is forced to unhinge early on the downswing, creating “fat” shots or pulls and pushes. Almost all these efforts are in the hope of hitting the ball farther. But, generally the opposite will happen because the extra movement leads to off-center hits. Some of the best contact you will ever make is when you are relaxed, swinging effortlessly and just meeting the ball.

This leads to another statement I often make when teaching: “Players come for lessons expecting me to add things to their list. I try to make their list and movements simpler.” Enjoy the fall golf!

Remember

Daylight-saving time doesn’t change until Sunday, Nov. 3. So, the Twilight rate will remain the same (2) until that time, when it will move to 1.

Please fix your ball marks and replace your divots. Leave the golf course better than you find it!

Be careful where you drive your carts this time of year as there are more soft spots because of the change in seasons.

Golf carts are not allowed on the sidewalks or in the clubhouse courtyards. Golf carts can only be driven on Rossmoor streets.

Rossmoor’s Pickleball team that participated in a round robin with the Oakmont Pickleball Club.

Rossmoor and Walnut Creek Pickleball clubs hosted the Oakmont club

Oct. 9 turned out to be a perfect day for outdoor pickleball at Hillside Clubhouse. The combined Rossmoor and Walnut Creek pickleball clubs hosted a three-hour round robin with the newly-formed Oakmont Pickleball Club in Sonoma County.

Each team consisted of an Oakmont player with a player from Walnut Creek. Jim Heick and Audrey Sherley won the gold medal, defeating Yvette Pezzaglia and Joan Seliga, 15-12, Dick Hildebrandt and Diane Hom won third place, beating Nancy Smith and P.J. Savage, 15-6.

The club thanks Duff Danilovich and Valerie Robertson for organizing a smooth-running event.

Pickleball Club announces new schedule for players to play at same skill level

Beginners encouraged to join winter play

Here is the new schedule:

- Experienced players: Fridays, 8 to 9:30 p.m., and Saturdays, 12:30 to 2 p.m.
- Novice players: Fridays, 9:30 to 11 a.m., and Saturdays, 11 a.m. to 12:30 p.m.
- With winter coming, residents are invited to try out a sport where they can hit balls indoors. Paddles are available to loan for newcomers.
- For information, contact Addie Mattox, 943-7641.

Valerie Robertson, Duff Danilovich, Addie Mattox, and Dick and Lynne Hilderbrand are the new Pickleball Club board members for 2014.

Silver Bullets swim and socialize

continued from page 1B

To be all I can be in the pool and beyond

Found more than exercise

Salomon added, “Initially, I joined the Masters Swim Club in January 2013 to have a place to exercise twice a week, a self-imposed regimen. The coach, Lisa, told me to attend for a while and if I liked it, I could officially join. I soon found myself in a relaxed atmosphere that promoted self-improvement.

“The coach, as well as the other swimmers, were friendly and helpful, encouraging me to keep up with the drills and exercises. The swimmers were an inspiration for me to persevere. I have found my swimming skills improving along with my endurance.

“The Master Swim Club has proved to have many tangible benefits such as becoming a better swimmer plus the intangible benefit of being part of a wonderful group.”

Rossmoor residents who want to know more about the Silver Bullets can drop by for two swims to try the program. The Silver Bullets swim at 9 a.m. on Monday and Thursday at the Hillside pool until the end of November. The team then moves to the Del Valle pool to swim on Tuesdays at 9 a.m. and Thursdays at 10 a.m.

For information before trying a swim, call Hirsch at 930-294 or Maureen Heuga at 296-9276.
Halloween Trick or Treat Mixer hosted by Men’s Golf Club

The Rossmoor Men’s Golf Club is the sponsor of a fun new tournament for Halloween, the Trick or Treat Mixer. The tournament is on Sunday, Oct. 27, at 1:30 p.m. and is open to all.

There has been a change in format. It was previously announced that all players would sign up as individuals. Now all Rossmoor men and women golfers who have an established handicap may sign up either as individuals or as a couple. The Pro Shop will make up foursomes.

The first trick or treat is that golfers may not want to play with their usual partner. Golfers may not want to play their partner. Golfers may not want to play with their usual partner. Golfers may not want to play with their usual partner. Golfers may not want to play with their usual partner.

The tournament is open to all. The sign-up deadline is noon Saturday, Oct. 26, for those huge golfers who have an established handicap. Women golfers who have an established handicap may sign up in the Pro Shop on Thursday, Oct. 17, with a friend. There will be prizes for the best foursome, plus 2 in the eighth to take their first lead, at 8-7.

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Las Trampas, Mt. Diablo are Trails Club destinations

The Trails Club offers a variety of hikes on Wednesdays and Saturdays and a walk around the golf course on Monday mornings when the course is closed to golfers.

Hikers are divided into four groups. Generally, Ambler hikes three to five miles at a moderate pace with up to a 500-ft. elevation gain. Ramblers hike live to seven miles. Trekkers hike six to eight miles and Scrubbers hike six to nine miles. Each succeeding group may hike areas with more elevation gains or at a faster pace.

To join, go to trailsclubofrossmoor.com. Go to Club Information, Join Membership. Print the application packet and send it to the registrar.

An orientation is required before hiking in a hike with the club. Call Harriet Schwartz at 394-7402 for information about the club or orientation. No last minute “walk-ups” on hiking days will be allowed to hike without prior orientation.

Monday walkers meet at 8:45 a.m. on the large patio between Peacock Hall and Gateway Clubhouse. Amblers, Ramblers, Trekkers and Scrubbers meet Wednesdays and Saturdays behind Gateway’s Multipurpose Room 3 at 8:45 a.m. to arrange carpools to trailheads; departure is at 9.

Hikers should bring cash to share gas costs with the driver. Most trips cost between $2 and $6 based on roundtrip distance (and occasional park fees). Also, hikers should bring a lunch to eat on the trail. Hikers are usually back by 2 or 3 p.m. Some hikes return later; 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.

In addition to the hike schedule printed in the News, the schedule, along with changes and updates, is available on the continents of Tuesday, Sept. 30, at Monthly Hike Calendar and click on Agenda.

Planned hikes for October

- Saturday, Oct. 19: Amblers, Marian Herndon, Kieffer Trail; Ramblers, Annette Stiefbold and Ed Bell, Las Trampas, 6 miles, elevation 1040; Scrubbers, George Potter, Diablo Foothills; and Trekkers, Richard Rex, Moses Rock Ridge in Mount Diablo State Park
- Wednesday, Oct. 23: Amblers, Barbara Crum, Sugarloaf Trail; Ramblers, Linda Ritz, Mount Diablo; Scrubbers, Barry Grossberg, Eugene O’Neill’s Tao House and Trekkers, Arlene Pittman, Brushy Peak in Livermore
- Saturday, Oct. 26: Amblers, Charlotte Katz, Joaquim Miller Park; Ramblers, Stan and Janet Maiski, Briones Scrubbers, Ta-hsia Kuo, TBD; and Trekkers, TBD

Wednesday, Oct. 30: Amblers, Merylin Lovett, Shell Ridge; Ramblers, Idelle Lipman and Bari Mantel, Mountain View Cemetery, docent-led; Scrubbers, Larry Frederick, Shell Ridge; and Trekkers, Teddi Swanson, China Wall

Happy Hackers hold final scramble of the year this Saturday

The Happy Hackers final scramble of the year will be held on Saturday, Oct. 19, on the Creekside Golf Course. It will be a 2:30 p.m. shotgun start (note the time change). Check in no later than 2 p.m. Dinner at Creekside will follow play. Agendas are still being taken in the Pro Shop.

The 2013 annual meeting will be on Thursday, Nov. 7, at 5 p.m. in the Diablo Room at Hillside Clubhouse. Beverages and appetizers will be served. This is an opportunity to get to know club members.

The cost is $5 for members who have paid their 2014 dues and $6 based on roundtrip distance (and occasional park fees). Also, hikers should bring a cash to share gas costs with the driver. Most trips cost between $2 and $6 based on roundtrip distance (and occasional park fees). Also, hikers should bring a lunch to eat on the trail. Hikers are usually back by 2 or 3 p.m. Some hikes return later; the leader will advise in advance.

Lots of Hats, which is an integral part of this yearly membership meeting, is another way for members to spend time together and meet other members. The events schedule, along with changes and updates, is available on the continents of Tuesday, Sept. 30, at Monthly Hike Calendar and click on Agenda.

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Niners Hat and Visor Day is Oct. 31

Continued from page 1B

- son, Vicki Simpson, Judy Fletcher and Shirley McCarty
- Fourth flight: Doris Eggers, Pat Picchi, Marion Manos and Barbara Budach

Hat and Visor Day

Hat and Visor Day is Thursday, Oct. 31. Last year’s tournament brought out so many interesting entries in the Parade of Hats, which is an integral part of this tournament, that judges are preparing a more detailed scoring sheet to aid them in selecting winners.

The parade usually takes place after golf and before lunch, but there is often a preview of what is to come during early morning sign ins at 8:30.

Sing up singly or in pairs using the envelopes in the club area of the Pro Shop. An assistant pro will make up the foursomes for the scramble with tee off at 9. Cost is $16 per person plus green fees. Deadline for entries is Saturday, Oct. 26. For information, call Hazel Gentley at 932-0538.

Work continues on the improvements to the Buckeye tennis courts while golfers play unimpeded by the nearby construction work. Buckeye completion has been delayed to late November.

RTC plans November membership meeting

The Rossmoor Tennis Club (RTC) will hold its general membership meeting on Monday, Nov. 18, at 1:30 p.m. in Meeting Room 1 at Creekside.

GRF Resident Services Director Jeff Matheson notified the RTC that the contractor on the Buckeye improvements project would not complete the work last Friday as originally scheduled. Along with other issues, the primary reason for the delay is the late delivery of pervious pavers, now scheduled for Monday, Oct. 28.

Once they are delivered, the installation takes three weeks. Though the contractor will look for ways to accelerate the work, completion is now expected in late November. The rainy season is approaching and wet weather could further delay the project.

Partnership Bridge

On Oct. 4 at partnership bridge, the scores were: Fran Barnes/Caryn Nelson 3420, Joan and Jim Chenevey 3140, Hazel Gentry/Helen Dailey 2960, Nancy Magee/Joyce Towne 2530 and Sue Adams/Dick Bockius 2520.

Low score was 270. For information, call Helen Dailey at 934-1902 or Carolyn Nelson at 256-1032. On Oct. 8, 34 people played partnership bridge in the Oak Room at Gateway. Joan and Jim Chenevey topped the winners with 3830 points. Other winners were: Eva and Dick Bockius 3460, including a small slam in diamonds; Joe and Robin Monasch 3070, Helen Field/Ellen Doerfer 2990; Judy and Ted Augustine 2950, and Vicki LaBatt/Mary Keeler 2830. Low score was 1310.

Director Dolores Clark was assisted by Shari Siegel. For information, call Dolores Clark at 330-8612.

Partnership bridge on Oct. 10 had these winners: Lillian Katzberg/Ed Leibson 4010 with a small slam in 6 no trump, Neal Monasch/Edna Nebingher 3760, Lou Horning/Bobbie Roth 3430, Vicki LaBatt/Mary Keeler 3120, Lili Haraz/Gail Stract 3030, Lila Kennedy/Io Malanowski 2980 and Marlene Weiss/Shari Siegel 2870.

For information, call Neal Monasch at 933-9429.
Dominoes are played twice a week.

The domino winners for Oct. 7 were: Mike Flanagan, 307; Lee Barry, 305; Bruce Thom, 298; and Jeanne John- son, 297.

The Domino Club meets regularly twice a week.

Experienced players meet on Monday evenings in the Railroad Clubhouse. Participants should plan to arrive at 6:30 as play begins promptly at 7 p.m.

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

Because the player can use all of the doubles to play from, it is a faster, higher-scoring game than the other Fives versions. Play is with partners, but it is not necessary to bring a partner.

Duplicate Bridge

Tuesday, Oct. 1
Section A

Wednesday, Oct. 2
Section A
Section A

Monday, Oct. 7
Section A

Section B

Railroad Club to see film

The Rossmoor Railroad Roundhouse (RRR) also known as the Railroad Club will have a luncheon meeting on Thursday, Nov. 7, at 12:30 p.m. in Dollar Clubhouse.

Lunch includes a sandwich, fries, a bag of chips and a cookie as well as a cold soda, coffee or tea. The cost is $5 for members and $6 for guests.

After lunch, the program will be the film, “Steam Giants Across America” plus “Giants and Monsters.”

Reservation checks, payable to RRR, should be put in an envelope with the attend-ee’s name on the outside along with the notation, “November luncheon.” Envelopes should be put in the club mailbox at Gateway. The deadline is noon Friday, Nov. 1.

In addition, all Rossmoor residents are welcome.

PT Cruiser Club to lunch at Lucille’s tomorrow

The Rossmoor PT Cruiser Club will hold its next meeting on Thursday, Oct. 17, at Lucille’s Smokehouse Bar-B-Que at Sun- set Hall. The meeting begins at 1 p.m.

Reservations have been made for 5:30 p.m. Lucille’s is a restaurant with southern charm and serves brisket, fried chicken and baby back ribs. The restaurant also has live music.

The club invites all Rossmoor PT Cruiser owners to join its meeting for this event.

Consider carpooling to popular Gateway and Del Valle events.
Dr. Michael Harris talks to MEICOR Sunday about Israel, Middle East

MEICOR’s next speaker will be Dr. Michael Harris, whose topic is “An Update on Israel and the Middle East.” The presentation will be in the Diablo Room of Hillside Clubhouse on Sunday, Oct. 20, at 4 p.m. Dr. Harris, who did his doctoral research in Israel, will discuss what the “Arab Spring” ultimately means for Israel? How will the situation in Syria impact Israel, and will it spill over into Israel’s relationship with Iran? Join us to discuss these and other important issues.

HCRT’s next meeting will be held in the Vista Room at Hillside Clubhouse on Monday, Oct. 21, at 10 a.m. HCRT meets the third Monday of every month. This month’s topic is “Advocacy in California,” presented by the California Legislative Information Service (CAIS).

NCJW will hear about Common Cause

The National Council of Jewish Women (NCJW) will meet Wednesday, Oct. 23, at 9:30 a.m. in the Delta Room at Del Valle Clubhouse. The speaker will be Helen Grieco, Northern California Common Cause organizer. Refreshments will be served and there will be an open business meeting followed by the speaker at 10:30.

Grieco joined California Common Cause as an organizer in northern California in 2010. She educates members on issues, advocacy and organizing tactics, and recruits new members for the organization.

She has two decades of experience as an advocate and spokesperson for social, political and economic justice. She has a bachelor’s degree in women’s studies and a master’s degree in clinical psychology.

Common Cause is a nonprofit, nonpartisan organization. It was founded in 1970 to hold elected leaders accountable to the public interest. It has since become one of the most active, effective and respected nonprofit organizations working for change in America.

NCJW is a volunteer organization that works to improve the quality of life for women, children, families and communities throughout the United States through advocacy and education programs supported by its membership. For information, contact Helen Field at 280-7206.

This meeting is open to all Rossmoor residents and guests. Light refreshments will be served. There is never a charge for MEICOR’s programs, but all donations are gratefully accepted. For information, contact Stan Newman, 939-5168.

Rotary to hear about nuclear testing

The Rotary Club’s meeting on Wednesday, Oct. 23, will feature Larry Rampsott, a Rossommer author and retired geologist, who will talk about his role in restarting the United States nuclear test program after the shutdown following massive venting of radiation from the Baneberry nuclear test.

Rampsott will discuss his role as a consultant to the US Navy working for change in America. He also writes for the blog BlueTruth (www.bluetruth.net). In his spare time, he is a pediatrician in Marin County.

Rampsott has written about this incident in “The Baneberry Vent: A Geologist Remembers,” his first book intended for the general public – an insider’s view of the little-known world of nuclear testing.

Rossmoor residents and potential new members are invited to this luncheon. For information, call Nancy Flaunt at 943-1522.

Nature Association holds bird walk Monday morning

The Rossmoor Nature Association’s monthly bird walk will be on Monday, Oct. 21, at 9 a.m. starting from the Creekside parking lot (at the corner of Rossmoor Parkway and Stanley Dollar Drive). Visitors are always welcome to attend these casual walks, which are led by MCBA member and professional bird guide, Bobby Carlson.

Participants will be on the lookout for migratory birds. October is also a peak month for sightings of the northern flicker and killdeer fending broken wing to distract predators.

Lions to hear about TJ’s

The guest speaker for the Lions Club meeting on Thursday, Oct. 17, will be Antonio Kaulakis, who will talk about the history of the Trader Joe’s chain of grocery stores.

Nonmembers are invited to join the Lions Club for the luncheon at 11:30 a.m. in the Diablo Room at Hillside Clubhouse. For information, contact Bob Carlson at 280-8129 or at RLCarlson35@gmail.com.

Companions Club will be at Fall Bazaar, to hear from social worker at meeting

The Rossmoor Companions Club will participate in the Fall Bazaar on Saturday, Nov. 2, so members are urged to start working on crafts to sell. The proceeds from this sale will support the club’s education program and website development.

For information about the club or its monthly activities, contact Bob Carlson at 280-8129 or at RLCarlson35@gmail.com.

New Greek Club to hold first meeting

The newly organized Greek Club of Rossommer will hold its first meeting on Thursday, Oct. 17, at 11 a.m. in the Vista Room at Hillside.

The club is open to all Rossommer and their friends who are interested in Greek culture and traditions. The meeting will introduce and decide making on the direction of the club.

For information, call Alex Kokkinidis at 300-9726 or Nicholas Nigro at 943-2103.
Friends of Animals will hold Oktoberfest in dog park

Friends of Animals will host their annual Oktoberfest party on Sunday, Oct. 27, from 3 to 5 p.m. at the dog park at Del Valle.

The contest will be followed by free-style dance music until 9 p.m. at the dog park.

There will be a raffle and tickets cost $3 for three or $10 for a book. Raffle tickets will be sold on Thursday, Oct. 10, from 10 a.m. to 1 p.m. in the Redwood Room at Gateway.

The Bacchus Society will celebrate Oktoberfest by enjoying the foods, beers and wines that are the highlight of Oktoberfest in Munich, Germany.

The celebration is on Tuesday, Nov. 5, at 7 p.m. in the Vista(hot) Room at Hillside Clubhouse. Doors will open at 6:50 p.m. or shortly thereafter. Arrive accordingly, as early entry will not be permitted.

Celebrities will enjoy a selection of Hofbrau Munchen beers and German wines. Dinner will be catered by one of the area’s restauateurs known for authentic German and Bavarian cuisine.

The cost is $28 per member. Guests of members, on a waitlist basis only, will be $32 per person. Make out a separate check for guests, and include their names. No glasses are necessary.

Guests can purchase a glass of wine, the proceeds of which are payable to the Bacchus Society, should be mailed or delivered to Joyce Capece, 2101 Golden Rain Road No. 7, Entry 14.

Tickets for the Bacchus Society events have been sold out. Members are urged to get their reservations in quickly. There will be no entries at the door without prior paid reservations.

The reservation is confirmed only after the check is received and space is still available. Deadline for reservations is Friday, Oct. 25. No refunds will be given after that date.

The club encourages Rossmoor residents with an interest in wine to join the good company to join the group. For information: call 938-9635.

Since the enjoyment of wine is enhanced by its bouquet, attendees are asked to refrain from using perfumes, colognes, after shaves lotions or anything that might interfere with the enjoyment of the wines.

LGBT to hold Halloween dance

Rossmoor’s Lesbian Social Club and Gaymoor will sponsor their first Halloween dance and potluck buffet for lesbian, gay, bisexual and transgender (LGBT) people. It will be on Sunday, Oct. 27, from 4 to 9 p.m. in the Diablo Room at Hillside Clubhouse.

This event is for Rossmoor residents who are LGBT and their family and friends. Bring a main dish or hearty salad to share and your beverage. Cost is $10.

No dance experience is required. No partners are necessary. At 4, there will be dance lessons. At 5, there will be partner dancing. Prizes will be awarded for the Waltz, Line Dancing, Nightclub two step, swing, salsa and cha-cha. It starts with Country Night disc jockey Joanna Gritz.

At 7, the optional costume contest will be judged by a former Miss America judge, Larry Crummer, and his partner, Bill Orman. The contest will be followed by free-style dance music until 9.

Sunday Salon will host Oktoberfest Group gatherings at restaurants on Thursdays

Sunday Salon will host an Oktoberfest at Dollar Clubhouse on Sunday, Oct. 20. The evening begins with a hosted reception and seasonal beers under the direction of Bill Race and Al Anderson at 6 p.m.

Attendees will enjoy a selection of passed hors d’oeuvres including bite-sized bratwurst and kolaches. Dinner, catered by Simple Elegance, will begin at 7. The entrée is a choice of sauerbraten, consisting of roasted beef in a sweet-sour marinade, jaeger schnitzel (pork cutlets in mushroom sauce) and a veggie option of eggplant and Portobello schnitzel.

The menu also includes sides such as Swiss potato salad, spatzle, candied parsley carrots and assorted rolls and butter. A dessert of German chocolate cake tops off the meal. Red and white wines will be available at each table, and coffee and tea will be served.

Entertainment will be provided by local musician Steve Kitsmiller and renowned Mandolinist Nada Lewis of Folkloric Productions. She was voted the best accordion instructor in the East Bay by the East Bay Accordion Society for two years running. She will perform her brand of fun-filled polkas, European folk music and gypsy melodies to the contemporary flavors of France and Italy.

The cost is $35 for members and $45 for invited guests. Members may remit checks to Diane Williams, noting their choice of entry. Guest attendance will be accepted on a space-available basis.

Sunday Salon is in active social organization for single men and women who enjoy a variety of activities including evening events at the Dollar Clubhouse every other month, sampling cuisines at local restaurants, and small dinner groups at members’ homes, as well as trips to the movies and local theater events.

Each Thursday, Sunday Salon members gather at a designated club event and will play se- cond to YIT (Yeah It’s Thursday!) happy hour beginning at 4:45 p.m. This is a popular occa- sion for Sunday Salon members to meet for wine, cocktails, food and conversation. It is the perfect opportunity for nonmembers to drop by, spend time with Sunday Sa- lon members, and learn more about this unique organization.

YIT for Oct. 17 will be at Vic Stewart’s, as the original location, Cypress, has closed. For information about YIT, call Bill Race at 459-0960.

Boomers Forever Halloween event to have entertainment by East Bay Mudd Boomer watch Monday Night Football at Dollar

Halloween is coming and so is the Boomers Forever fourth annual Halloween dance bash on Saturday, Oct. 26, in the Sierra Room at Gateway.

This year, the featured entertainment will be the powerhouse band, East Bay Mudd. The band is well known for virtual "wows" and audiences throughout the Bay Area with soul, funk and rhythm and blues classics.

In addition to the usual vocals, guitar, bass, drums and keyboards, the band has a fabulous horn section with trumpet, sax and trombone. Members of the band have opened for and played with the likes of BeBe Scaggs, Stanley Clarke, Tower of Power, Dave Mason, The Drifters and more.

The doors will open at 6:30 p.m. and the band will perform at 7.

This is a potluck event. Bring finger food to share. The club will provide trick-or-treat candy so go easy on desserts. Soft drinks will be provided, but only during breaks in the action.

There is no charge for these events but donations to the club’s feed the pig fund are always welcome.

For information on Boomers’ Monday Night Football, call Eva King at 368-8251.

Boomers Forever is a social club for both single men and couples born in the 1940s, ’50s and ’60s.

There is a free weekly schmooze held in the Sugar Room from 6 to 7 p.m. on Wednesdays from 6:30 until about 9 p.m. All boom- er age residents and friends are invited to attend and schmooze with other boomers.

It is the perfect opportunity to spend time with Sunday Salon members, and learn more about this unique organization.

Boomer birthdays will be celebrated at the first schmooze of each month with a cake provided by the club. Anyone with a birthday in that month will be invited to celebrate with friends old and new. New- comers will be made especially welcome with a special nametag that lets everyone know who we are.

The Boomer Forever club has a chat board where members post updated information about a wide variety of informal get-to-gethers, announcements of local events or recommendations for restaurants and other events.

Recent postings, for example, have included an announcement of an international film showing in Orinda, an invitation to attend a Supernova party in Berkeley, a posting of an architectural tour, a wine event and a source for custom furniture. The club also has a data- base, which lists referrals for repair folks, dentists, pet-sitters and more.

To subscribe to the chat board, which is the main communication method used to announce events and items of interest, send a request to subscribe@ya- hoogroups.com (be sure to include the dash). For information on the Boomers Forever club or events, send an email to boomerforever1@gmail.com.
**Kratins, Hendry photos best in show at Camera Club competition**

_By Lynn Letteris_

On the first and third Wednesdays of each month, the Rossmoor Camera Club hosts a meeting wherein members who enjoy competition submit their photos either in the print format, viewed in a light box or as a digital presentation where it is shown on a large screen. The Sept. 18 competition featured the digital categories of Creative and Nature, as well as the category of Creative Prints.

To those who wonder how a photographer’s ranking is achieved, it is established for competitors based on a point system. Winning photographs earn the photographer specific points depending on where the image placed in a competition. These points are accumulated and evaluated at the end of the year at which time an updated ranking is assessed to the competitor.

An experienced photographer/judge, usually a professional, is hired to critique and grade the entries as they are either projected on a screen or, in the case of prints, viewed physically in a light box. All members are encouraged to participate, particularly “newbies” as there is nothing to lose but increased understanding of your work. Critiquing of entries is anonymous, so the judge’s comments do not result in any embarrassment to the photographer, but do provide useful tips on improving skills.

For members and nonmembers alike, competition nights are a wonderful venue for learning more about the art form that is photography. This competition’s judge was Jeff Dunn who has been a professional photographer for the past 16 years. He is also an outdoor photography specialist and has had two books published on his Death Valley photography.

Whether shooting with a smartphone or a digital single-lens reflex camera, attendance at a competition can be entertaining and gratifying. The Camera Club invites Rossmoor residents of all skill levels to attend.

Winners are:

<table>
<thead>
<tr>
<th>Category</th>
<th>Place</th>
<th>Winner</th>
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<tr>
<td></td>
<td>Advanced:</td>
<td>first place, Steve Goodall for “Snowy Egrets”, second, Goodall, “Black Swan”; and third, Don Hardin, “Oattillo”</td>
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</table>

Creative projected


The camera club invites all Rossmoor residents to attend any of the club meetings. Those with an interest in learning about their camera or who want to adopt a new hobby are welcome. New photographers with entry-level skills are encouraged to join. For information, call Stan or Carol Scott at 934-9998.

**Great Books Club topic is D.H. Lawrence**

The Fourth Monday Night Great Books Club will meet Monday, Oct. 28, at 7 p.m. in Multipurpose Room 1 at Gateway.

The group will discuss “The Rocking-Horse Winner,” by D.H. Lawrence. It’s the ninth story in the Seven Deadly Sins Sampler and focuses on greed, the central theme for the evening will be David Helfich.

The group is no charge to participate and all are welcome, but the selection should be read beforehand. For information, contact John A. Marsyla, 817-9422.

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**RMUG will hold focus sessions Monday**

The Rossmoor Mac User Group (RMUG) will hold its Oct. 21 focus sessions in the Delta Room at Del Clubhouse beginning at 9:30 and 10:45 a.m.

In the first session, Jim Drommond will explain how to organize files and folders, a topic that continues to interest attendees as they complete more documents and save more pictures. Where do they all go? This session should help.

The second focus meeting, at 10:45, will be a “help” session emphasizing the use of the iPAD and the iPHONE. Various RMUG members will be available to help with attendees’ devices on a one-to-one basis, and attendees will have an opportunity to share their skills as well.

The new iOs7 upgrade is available for the devices now. The download is available for owners of iPhone 4 and later, though some features will not be available in older models such as the fingerprint identification and iRadio.

The upgrade is a major change in the look and the operation of the iPhone.

The focus session will be a good time to discuss these changes. The upgrade is only for the devices, so the Mavericks operating system update for the Mac computers will be available later in the fall.

**Classes**

The Acalanes Education Center, 1963 Tice Valley Blvd., has begun the fall term classes. The Mac workshop is always a choice for those who do not want only one topic for the 10-week term. This special workshop is both lecture and question-and-answer format.

Class is held Thursdays, from 2 to 4 p.m. in Room 110. The cost is $31 for all sessions. Instructor John Gilmore gives presentations on a wide variety of topics relevant to the use of Apple hardware and software. The remaining topics for the fall term include:

- Oct. 10: The World of Social Media, Facebook, Twitter, Pinterest, LinkedIn
- Oct 17: Printing and Scanning on the Mac
- Nov. 7: Compatibility Explained, Macs and Windows, Galaxy, Kindle.
- Nov. 14: Backing Up Explained, Easy Cheap Insurance Policies

The RMUG group does not collect dues but accepts donations at the focus sessions and home visits. To join, and receive weekly updates on club activities, email jimruss2@earthlink.net and include address and phone number.

The best way to keep up on the coming Mac focus sessions is to visit the website, rossmoomacusers.org, or drop by the Computer Center at Gateway between 10 and noon on Wednesday mornings.

Call Dian Overy for home visits, 945-6055, or Jennifer Langan, 280-0081, for information.

**TIP of the week**

HOLD the option key down when moving a document. A copy will be created and it can be moved to another location and the original remains in place.
The operators of the Oakland Zoo’s ZooMobile will make a presentation to the Volunteer Exchange Program on Tuesday, Oct. 22, as well as bring small animals, reptiles and insects for all to see. The meeting will be held from 1:30 to 2:30 p.m. in the Fireside Room at Gateway Clubhouse. All Rossmoor residents are welcome to attend. Volunteer Exchange Program members trade a variety of short-term services, such as transportation to doctor’s appointments, plant and pet sitting, tutoring during vacations, and friendly visits to homebound residents. General club meetings usually occur on the fourth Tuesday of the month. For information about the Volunteer Exchange Program or to become a member, contact Deborah Ott at 988-7750. Membership fee is $15 a year.
**RELIGIOUS SERVICES**

**JEWISH**

B’nai Israel Congregation Cantor Rachel Brot will conduct Sabbath services on Friday, Oct. 18, at 8 p.m. in the Vista Room. Hillside Clubhouse, Katherine Hoenke will serve as greeter and will lead the motzi. Mike and Elaine Harris will provide the oneg. Elaine will bless the Shabbat candles. After the service, Robert Backlund will give a talk about Yona Szebehely. World War II freed his father and his mother. Backlund is an immigrant from Hungary. He has spoken on this topic on the East Coast to various groups; this will be his first presentation on the West Coast. B’nai Israel invites all members and guests to come, participate in the service and enjoy the program and the social hour.

**CONGREGATIONAL UCC**

Rossmoor Pilgrim Congregational Christian United Church of Christ’s Sunday worship service will be held Oct. 20, at 10:30 a.m. in the Vista Room at Hillside Clubhouse. The Rev. Daryl Clemens, pastor, is on vacation. Guest worship leaders will be Mike and Lili Fay, with preaching and music from the text for the 22nd Sunday after Pentecost, Luke 18:1-8 “Ask Boldly, Live Justly.” A social time will be held after the service. Bible study will be postponed until Tuesday, Oct. 29, from 10 a.m. to noon in Room 5 at Creekside. 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 rosmoorpcucc@aol.com.

**LUTHERAN**

Hope Lutheran Church invites everyone to gather for a spirited liturgical worship service in the Delta Room at Del Valle Clubhouse at 10:30 a.m. on Sunday, Oct. 20. Pastor Jack Niemi will preach on Luke 18:1-8. Wayne Anderson is the organist, and Don Gurley will serve as cantor. Immediately following worship, all are invited for refreshments and fellowship.

The people of Hope Church gather in the Delta Room to be transformed by a warm and friendly time of liturgical worship and high-spirited fellowship. Rossmoor Dial-a-Bus delivers attendees to the Delta Valley Clubhouse off loop outside the Delta Room. Large-print bulletins and hearing aid T-coil complement the accessibility of worship. Arrive early for a time of fellowship and stay for coffee and conversation after the service. For information or pastoral concerns, contact Pastor Niemi at 349-5111.

**EPISCOPAL**

St. Luke’s Episcopal Church invites all Rossmoor residents to a service of “caring and sharing through inspirational worship and fellowship” on Sunday, Oct. 20, at 10 a.m. in the Diablo Room at Del Valle Clubhouse. On this 22nd Sunday after Pentecost, the Rev. Robert Kessler will offer a sermon titled “The Squeaky Wheel,” based on Luke 18:1-13. The service will include a Sung Eucharist; all are welcome to participate fully, and to stay for refreshments and fellowship at the potluck coffee hour following the service. Bible study is held each Tuesday at 2 p.m. at Meeting Room 4 at Creekside. Call the church office for more details, 937-4820.

**METHODIST**

Tice Valley United Methodist Church invites all Rossmoor residents and guests to the weekly Sunday worship service at 11 a.m. in Peacock Hall. Worship service is wheelchair accessible with large-print bulletins and aids for hearing. For Sunday, Oct. 20, Rev. Joanne Peterson’s sermon will be “Be Faithful to Your Call,” based on John 21:15-23. After worship, worshippers are invited to stay for fellowship and light refreshments in the Fireside Room. Everyone who comes is greeted with “open hearts, open minds and open doors.” For information, call the church office 939-2100, Monday through Thursday, or visit the website at tvumc.org.

**CATHOLIC**

St. Anne’s Catholic Church Masses will be at 9 and 11:15 a.m. Schedule of Masses for the weekend of Oct. 19 and 20 are as follows: Fr. George DaBoza will preside at the 9 a.m. Mass on Saturday and the 9 a.m. Mass on Sunday. Fr. Joseph Parekkatt will preside at the 5 p.m. Vigil Mass on Saturday and the 11:15 a.m. Mass on Sunday. The Sacrament of Reconciliation iscelebrated from 4 to 4:30 on Saturday and 4 to 4:30 by appointment. The ROSARY IS RECITED EVERY DAY AT 1 P.M. IN THE FIREPLACE ROOM.

**PRESBYTERIAN**

Grace Presbyterian Church invites everyone to worship on Sunday, Oct. 20, at 10 a.m. The style of worship at Grace is traditional with hymn singing and organ music. The Reverend Roger Reuber will continue his series, “Reimagining the Kingdom.” This week’s theme is “A Sacred Dance,” which will be based on Psalm 150 and Jeremiah 31:1-14. After worship all are encouraged to stay for a time to socialize in the Fireside Room. The adult education series, “Painting the Stars: Science, Religion and an Evolving Faith,” continues at 11:20 in the library (repeated on Tuesday evenings at 7). This video-based curriculum features over a dozen leading theologians and progressive thinkers exploring the promise of evolutionary Christian spirituality. On Wednesdays all are invited to join the Squeaky Wheel, a study of the book of Jeremiah, at 10:30 a.m. in the library and enjoy a game of bridge at 1 p.m. in the Fireside Room.

**REMEMBER TO ADVERTISE YOUR SERVICES**

St. Anne’s Society presents a pizza and bingo night on Monday, Oct. 21, at 8 p.m. in the Vista Room at Hillside Clubhouse. The menu includes pizza, salad, wine, and soft drinks. There will be a raffle for cash prizes. The cost is $15 per person, which includes a bingo ticket. Checks, payable to St. Anne’s Society, in the amount of $15 per person, should be mailed to Mary Lou Delpech, 2916 Tice Creek Drive No. 8. For information, call Delpech at 937-6742.

**B’nai Israel moves Shabbat services to an earlier time**

B’nai Israel is announcing a change in the start time of Friday night Shabbat services. The new start time, effective Nov. 8, will be 7:30 p.m.

This change has been voted on by the board of directors as a three-month experiment to determine if it is more convenient for members. The location, Vista Room at Hillside Clubhouse, remains the same. Watch the News for more program details.

Members are asked to let the board of directors and/ or Rev. Joanne Morris know what they think about this change.

**Noah and ark discussed at Bible Study this Thursday**

The Bible Study Group continues its fall study of Genesis on Thursday, Oct. 17. The class meets at Dollar Clubhouse from 9 to 10:40 a.m.

This week’s lesson and lecture covers Genesis 7:1 through 8:19 with special emphasis on Noah and the ark. This is a well-known part of the Bible and deserves careful study.

The Bible Study Group meets in small group discussions from 9 to 9:40 based on material studied individually during the previous week. From 9:45 to 10, the entire class meets for hymns led by Dr. John Reppart.

At 10, there is a lecture by Earl Fries over the passage. Fries has taught the class for the past 14 years.

Refreshments and fellowship follow at 10:40. All residents and friends are invited, no matter their level of knowledge or lack thereof. For information, phone Fries at 926-0307.

**Recycle used eyeglasses**

Residents may recycle eyeglasses they no longer use in receptacles at the clubhouses or the white mailbox at Gateway.

**SINAI MEMORIAL CHAPEL CHEVRA KADISHA (FD#1523)**

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**SHARON MACE, FDR 2379 • Lic# FDF1810**

**2 Eckley Lane, Walnut Creek (corner of Eckley Lane and Walnut Blvd.)**

Sunday 9:30 and 11 a.m. • Wednesday Evening 7:30 p.m. 934-4527

**B’NAI ISRAEL CONGREGATION**

Friday Evening Service 8 p.m.
Vista Room–Hillside Clubhouse
For information call 287-1500

**GRACE PRESBYTERIAN CHURCH**

2520 Tice Valley Blvd. at Rossmoor Pkwy.
937-2100
Sundays: Worship 10 a.m., Pastor: Roger Reuber

**ST. ANNE’S CATHOLIC CHURCH**

Sunday Masses 9:30 & 11:15 a.m.
Sat. & Sun., 9:30 a.m. Confessions Sat. 3:30-4:30 p.m.
New Office: 1944 Tice Valley Blvd.
934-9224

**TICE VALLEY UNITED METHODIST CHURCH**

Services every Sunday at 11 a.m.
In Peacock Hall at Gateway
Rev. J. Webster Murray, Pastor, 937-6751
New Office: 1944 Tice Valley Blvd.
937-6751

**ST. LUKE’S EPISCOPAL CHURCH**

Service 10 a.m., Rector: The Rev. Anne Cox Bailey
317-4203 (Office)

**NEARBY**

FIRST CHURCH OF CHRIST, SCIENTIST
#2 Eckley Lane, Walnut Creek (corner of Eckley Lane and Walnut Blvd.)
Sunday 9:30 and 11 a.m. • Wednesday Evening 7:30 p.m. 934-4527

**TO ADVERTISE YOUR RELIGIOUS SERVICES, CALL DARLENE AT 988-7809**
Men's support group forming in Rossmoor

A man's support group is being formed at Rossmoor. It will be a safe place to talk about important issues in a man's life and work on things he might want to change.

It will also provide an opportunity to develop deep friendships with other Rossmoor men.

The initial meeting time and place in October will be announced. Interested men are encouraged to contact Ed Bell, 944-1970, or rob@414.com.

The End-of-Life Concerns Club invites residents to attend a talk by Mary Tuchscherer about legacy work and the ethical will process. Tuchscherer is a transformative leader who has a master's degree in spirituality and culture and is an adjunct faculty member at John F. Kennedy University in Pleasant Hill. She is the founder of Voiceclame Writers. She is trained in the Amherst Writers and Artists methodology and is a nationally certified facilitator with Women's Legacies.

For information about the meeting, contact Rita Bogaert at 988-7800.

**PAID OBITUARY**

**JUNE EVA (VARWIG) DORENBECHER MACY,** of Napa, CA, died peacefully on May 22, 2013, at Queen of the Valley Hospital, four days before her 92nd birthday. Her granddaughter Kati Dorenbecher of Yountville, Calif., passed away on Oct. 5 after suffering a long-term illness. She was born in Cranford, NJ, to Charles R. and Louise March (Hill). June was preceded in death by her husband William Mac Galloway and her son Larry Mac Galloway.

June retired from her position as the bookmobile librarian for Hickeyville Public Library in 1978 and moved with her husband, from NY to the San Francisco Bay Area to be near their children. After her husband passed away in 1982, she moved to Rossmoor, CA. In 1989, she married Stanley E. Macy of San Francisco and Rossmoor. She preceded him in death in 2004.

June enjoyed traveling internationally and was a lifelong avid reader. She sang for many years in the South Coast church choir, and organized a choral group at Rossmoor.

June is survived by her daughter Janice Claire (Dorenbecher) Miller and her husband, Dan Miller, of Denver, CO; her daughter Janice (Dorenbecher) Macy and her husband, Larry Mac Galloway, of Napa, CA; her daughter Janice (Dorenbecher) Macy and her husband, Larry Mac Galloway, of Napa, CA; her daughter Janice (Dorenbecher) Macy and her husband, Larry Mac Galloway, of Napa, CA; and her granddaughter, Kati Dorenbecher of Yountville, Ca.

June was born on May 26, 1921, in Cranford, NJ, to Charles R. and Louise (March) Varwicke.

**JOHN ROBERT ANGELL**

Walnut Creek

John Robert Angell (Rob), 95, died on Sept. 29, at his home in Rossmoor. He passed away peacefully with his daughter at his side. He was born in Moscow, Idaho, along with his identical twin brother Donald to Mary Angell and Samuel Angell, Dean of the College of Letters and Science at the University of Idaho. He had two sisters Eunice DuSault of Moscow, Idaho and Virginia Blore of Portland, Ore. Rob attended elementary school in Moscow, Jr High school in Janesville, Wis., and High school in Hyattsville, Md. In May of 1942 Rob married Laura Elizabeth Armstrong (Betty) his college sweetheart. Betty was the daughter of Maudie and Dr. Clifford O. Armstrong. Dr. Armstrong was a surgeon and general practitioner in Moscow, Idaho. Betty preceded him and passed away in 1991.

Rob joined Army ROTC while attending the University of Idaho and was called to serve in World War II before graduating as a second lieutenant in the infantry. He went to officers communication school at Fort Benning, Ga., and was part of a cadre that formed the 90th Infantry Division. He was promoted to Captain, Regimental Communications Officer before going overseas. His regiment was http://www.endoflifelegacies.com/ to the 4th Infantry Division for the landing at Utah Charley Red beach on D-Day. He was in Czechoslovakia when the war ended. He was awarded a Silver Star.

After the war Rob finished his university education and graduated in 1946 with a Bachelor of Science degree in Electrical Engineering from the University of Idaho. He then went to work for Kaiser Aluminum and Chemical Company in their Trentwood, Wash., rolling mill. He was transferred to the Ravenswood, W.Va., aluminum plant during a brain injury. He resigned from the company in 1955.

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The following calendar information is provided to the News by Room Reservations at the Recreation Department. Residents or groups who would like to make changes to the listings should contact Room Reservations at 988-7780 or 988-7781.

**2013 POOL AND FITNESS CENTER HOURS**
- Dollar and Hillside pools are open from 6 a.m. to 8 p.m. Hillside pool is closed for cleaning Tuesday, Thursday, and Saturday from 11 a.m. and Dallas pool is closed Wednesday until 1 p.m.
- Del Valle pool is open 6 a.m. until 9 p.m. Monday through Friday, except Thursday when it opens at 1 p.m. after cleaning; and a 6 a.m. until 9 p.m. Saturday and Sunday.
- Fitness Center is open Monday through Friday, 6 a.m. to 9 p.m. and Saturday and Sunday, 6 a.m. to 6 p.m.
- KIDS SWIM hours at Hillside are as follows: Monday, Wednesday, Thursday, and Friday 11 a.m. to 1 p.m. Saturday, Sunday and holidays from 11 a.m. to 2 p.m.

No kids swim on Tuesday. For information on pool hours, call 988-7854.

<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>Open Swim</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<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 Adv</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Luk Tung Kuen Exercise</td>
<td>Diablo Rm., H</td>
<td>Luk Tung Kuen</td>
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<tr>
<td>8 a.m.</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>8 a.m.</td>
<td>Open Draw</td>
<td>Lawn Bowling Greens, H</td>
<td>Lawn Bowling Club</td>
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<tr>
<td>9 a.m.</td>
<td>Bible Study</td>
<td>Main, D</td>
<td>Bible Study Group</td>
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<tr>
<td>9 a.m.</td>
<td>Open Play</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Open Play</td>
<td>Bocce Courts, H</td>
<td>Bocce Club</td>
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<tr>
<td>9 a.m.</td>
<td>Stitches</td>
<td>Sewing Rm, G</td>
<td>Sewing Arts Club</td>
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<td>9 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Rm, G</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>9 a.m.</td>
<td>Zumba</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>PVC Open Swim</td>
<td>Las Trampas Rm, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>Open Play</td>
<td>Table Tennis, H</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Qi Gong</td>
<td>Shasta Rm, G</td>
<td>Chinese-American Assoc.</td>
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<td>10 a.m.</td>
<td>Kid Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
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<td>11 a.m.</td>
<td>Light Stretch</td>
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<td>Rec. Dept.</td>
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<td>11 a.m.</td>
<td>Luncheon</td>
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<td>Lions Club</td>
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<td>noon</td>
<td>Italian Conversation</td>
<td>MPR 3, G</td>
<td>Ital. Cons. Group</td>
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<td>noon</td>
<td>Pool and Fitness</td>
<td>Shasta Rm, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>MPR 1, 2, 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>Open Swim</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m.</td>
<td>Osteo/Balance</td>
<td>Shasta Rm, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m.</td>
<td>Partnership Bridge</td>
<td>Oak Rm, G</td>
<td>Bridge</td>
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<td>1 p.m.</td>
<td>Parkinson’s Group</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>2 p.m.</td>
<td>Beg. Tap Rehearsal</td>
<td>Shastra Rm, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>2 p.m.</td>
<td>Beginning Line Dance</td>
<td>Diablo Rm., H</td>
<td>Line Dance Club</td>
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<tr>
<td>2 p.m.</td>
<td>Meeting</td>
<td>Las Trampas Rm, H</td>
<td>Atheists and Agnostics</td>
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<tr>
<td>2 p.m.</td>
<td>Rehearsal</td>
<td>MPR 3, G</td>
<td>Harmony</td>
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<tr>
<td>2:30 p.m.</td>
<td>Ballet</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>3 p.m.</td>
<td>Heary Lose Support Group</td>
<td>Pool, H</td>
<td>Counseling Dept.</td>
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<td>3 p.m.</td>
<td>Inter. Line Dance</td>
<td>Diablo Rm., H</td>
<td>Line Dance Club</td>
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<tr>
<td>3 p.m.</td>
<td>Open Play</td>
<td>Table Tennis, H</td>
<td>Table Tennis Club</td>
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<tr>
<td>3:30 p.m.</td>
<td>Sing-along</td>
<td>MPR 3, G</td>
<td>Acalanes/Rec. Dept.</td>
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<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>Chair Yoga</td>
<td>Shasta Rm, DV</td>
<td>Rec. Dept.</td>
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<td>4:30 p.m.</td>
<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>5 p.m.</td>
<td>Aquacise</td>
<td>Pool, D</td>
<td>Rec. Dept.</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>5:30 p.m.</td>
<td>Strength Yoga</td>
<td>Shasta Rm, 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>AA Meeting</td>
<td>Garden Rm., D</td>
<td>Counseling Dept.</td>
</tr>
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<td>Aquacise</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
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<td>7 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
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<tr>
<td>7 p.m.</td>
<td>Movie</td>
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<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Deep Water</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Dominos</td>
<td>Garden Rm, D</td>
<td>Brown Baggars</td>
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<td>Farmers Market</td>
<td>Parking Lot, G</td>
<td>Art Association</td>
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<td>9 a.m.</td>
<td>Open Play</td>
<td>Bocce Courts, H</td>
<td>Bocce Club</td>
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**THURSDAY, OCTOBER 17**

**FRIDAY, OCTOBER 18**

**SATURDAY, OCTOBER 19**

**SUNDAY, OCTOBER 20**

**MONDAY, OCTOBER 21**
TUESDAY, OCTOBER 22

<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>Open Swim</td>
<td>Pool, D, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>6:30 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 a.m.</td>
<td>Pilates Mat Class</td>
<td>MPR 3, G</td>
<td>Dept. AARP</td>
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<tr>
<td>7:30 a.m.</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>8 a.m.</td>
<td>Yoga Oil Painting</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Open Draw</td>
<td>Pool, D, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Tai Chi</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9:30 a.m.</td>
<td>Women’s 4-Part Harmony</td>
<td>MPR 1, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>9:45 a.m.</td>
<td>Zumba</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>Tai Chi</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>Open Draw</td>
<td>Table Tennis, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>10:30 a.m.</td>
<td>Qi Gong</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>11 a.m.</td>
<td>Gentle Yoga</td>
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<td>Rec. Dept.</td>
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<td>11:45 a.m.</td>
<td>Tai Chi Chih</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
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<tr>
<td>12 p.m.</td>
<td>Active Yoga</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>12:30 p.m.</td>
<td>Bridge</td>
<td>Oak Rm., G</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Yoga Oil Painting</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Rec. Dept.</td>
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<td>2 p.m.</td>
<td>Open Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>2:30 p.m.</td>
<td>Bridge</td>
<td>Carpenters 1-2, D</td>
<td>Rec. Dept.</td>
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<tr>
<td>3 p.m.</td>
<td>Portrait Drawing</td>
<td>Art Studio &amp; Back Rm., G</td>
<td>Rec. Dept.</td>
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<tr>
<td>4 p.m.</td>
<td>Discussion</td>
<td>Garden Rm., O</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Open Draw</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
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<td>5 p.m.</td>
<td>Open Draw</td>
<td>Table Tennis, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>5:30 p.m.</td>
<td>Social Dance</td>
<td>Diablo Rm., H</td>
<td>Rec. Dept.</td>
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<tr>
<td>6 p.m.</td>
<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>6:30 p.m.</td>
<td>Aquacise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 p.m.</td>
<td>Circuit Training</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>7:30 p.m.</td>
<td>Partnership Bridge</td>
<td>Oak Rm., G</td>
<td>Rec. Dept.</td>
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<tr>
<td>8 p.m.</td>
<td>Movie</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 p.m.</td>
<td>Supervised Bridge</td>
<td>MPR 1, 2, G</td>
<td>Bridge Club</td>
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THURSDAY, OCTOBER 24

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<tr>
<td>6 a.m.</td>
<td>Open Swim</td>
<td>Pool, D</td>
<td>Rec. Dept.</td>
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<tr>
<td>6:30 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>7:15 a.m.</td>
<td>Pilates Mat Class</td>
<td>MPR 3, G</td>
<td>Dept. AARP</td>
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<tr>
<td>8 a.m.</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>8:30 a.m.</td>
<td>Open Draw</td>
<td>Garden Rm., O</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Masters Swim</td>
<td>Boccie Courts, H</td>
<td>Rec. Dept.</td>
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<td>9:30 a.m.</td>
<td>Stretching</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<td>Tai Chi</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>Tai Chi</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
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<td>10:15 a.m.</td>
<td>Open Draw</td>
<td>Table Tennis, H</td>
<td>Rec. Dept.</td>
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<td>Qi Gong</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<td>11 a.m.</td>
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<td>Rec. Dept.</td>
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<td>Tai Chi Chih</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
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<tr>
<td>12 p.m.</td>
<td>Active Yoga</td>
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<td>Rec. Dept.</td>
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<tr>
<td>12:15 p.m.</td>
<td>Bridge</td>
<td>Oak Rm., G</td>
<td>Rec. Dept.</td>
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<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>1:30 p.m.</td>
<td>Yoga Oil Painting</td>
<td>Art Classroom &amp; Gall., G</td>
<td>Rec. Dept.</td>
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<td>2 p.m.</td>
<td>Discussion</td>
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<td>Rec. Dept.</td>
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<td>Open Draw</td>
<td>Table Tennis, H</td>
<td>Rec. Dept.</td>
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<td>3:30 p.m.</td>
<td>Social Dance</td>
<td>Diablo Rm., H</td>
<td>Rec. Dept.</td>
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<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<td>Rec. Dept.</td>
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<td>6 p.m.</td>
<td>Movie</td>
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<td>6:30 p.m.</td>
<td>Supervised Bridge</td>
<td>MPR 1, 2, G</td>
<td>Bridge Club</td>
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WEDNESDAY, OCTOBER 23

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<thead>
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<td>6 a.m.</td>
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<td>Rec. Dept.</td>
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<td>Open Swim</td>
<td>Oak Rm., H</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 a.m.</td>
<td>ABS Back</td>
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<td>Rec. Dept.</td>
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<td>Luk Tung Kuen Exercise</td>
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<td>Luk Tung Kuen</td>
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<td>Open Swim</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>8 a.m.</td>
<td>Strength</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
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<td>Strength</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>9 a.m.</td>
<td>Deep Water</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
<td>Vista Rm., H</td>
<td>Rec. Dept.</td>
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<td>9:45 a.m.</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>10 a.m.</td>
<td>Masters Swim</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<td>Masters Swim</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<td>Keep Fit</td>
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<td>Rec. Dept.</td>
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<td>Keep Fit</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
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<tr>
<td>12 p.m.</td>
<td>Open Swim</td>
<td>Boccie Courts, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>12:30 p.m.</td>
<td>Open Swim</td>
<td>Boccie Courts, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Open Swim</td>
<td>Boccie Courts, H</td>
<td>Rec. Dept.</td>
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<tr>
<td>1:15 p.m.</td>
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<td>Boccie Courts, H</td>
<td>Rec. Dept.</td>
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<td>2 p.m.</td>
<td>Open Swim</td>
<td>Boccie Courts, H</td>
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<td>2:30 p.m.</td>
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EDWIN OWINT WATER CONDUCTS PROKOFIEV'S PIANO CONCERTO NO. 3 Thursday, Nov. 23

Minimal walking

Edwin Orint, the newly appointed music director of the Kitchener Waterphone Symphony in Ontario, Canada, returns to the San Francisco Symphony to lead a spirited program of Eastern European repertoire, full of dance, drama, and gypsy flair. The program includes Lidet's folk-influenced "Concert Romanesc" and Dvorak's evocative " Legends" and one of the 20th century classics, Elgars's "Sala Lutoslawski's kaleidoscopic concerto for Orchestra. At the program's center is Prokofiev's Piano Concerto No. 3, which features the renowned pianist of piano powerhouse Simon Trpceski. Born in the Republic of Macedonia, Trpceski has won prizes in international piano competitions in the UK, Czech Republic and Italy, and was awarded the Young Artist Award by the Royal Philharmonic Society in 2003. In 2009, he received the President Merit and Golden Medal of Archeology. Rossmore has great orchestra seats available. The bus will depart Gateway at 12:15 p.m. and return at 5:30. The cost is $99.

STANFORD UNIVERSITY AND CANTOR ART CENTER Wednesday, Oct. 30

Extensive walking

Stanford University, located in the heart of Silicon Valley in Palo Alto, is among the world's 20 leading research and teaching institutions. Spend an hour with a student guide exploring the highlights of the Stanford campus. This tour covers the main quad, Memorial Church and White Plaza. After the tour, explore the campus without a guide. See the Stanford campus from the bus as you head to the Hoover Observation Platform. Completed in 1941 to celebrate the universi- ty's 50th anniversary, the 285-foot tower is a landmark for students, alumni and the local community. Celebrate "French Season" at the Cantor Arts Center. The center's collection of 32,000 objects from around the world includes many works by French artists. The special exhibit, "Maritoni and the Graphic Arts. In France, 1860–1980," features prints, drawings and photographs from the decades before and after. Make sure to visit the Rodin Garden, the largest presentation of Rodin bronze outside Paris. The garden features 24 of the best-known works. The bus will depart Gateway at 8:45 a.m. and return at approximately 5 p.m. The cost is $35.

SHANGHAI BALLET: THE BUTTERFLY LOVERS Saturday, Nov. 2

Minimal walking

The Shanghai Ballet, one of the world's premier international ballet companies, comes to the Zellerbach Hall in Berkeley for five performances this weekend. For more than three decades, the Shanghai Ballet has been dazzling international audiences with its unique blend of traditional Chinese and classical Western masterworks. Since its founding in 1979, many of the ensemble's student and rising young dancers have won numerous awards in global and nationwide competitions. Their performance of "The White Peacock" puts the artistry of the ba- list of the first-class dance works of the 20th century in China. For the company's Berkeley debut, the audience will be treated to the Chinese folklore version of "Romeo and Juliet" and "The Butterfly Lovers." The free leaves Gateway at 6:30 p.m. and will return around 11. Cost is $99.

"PETE R AND THE STARCATCHER" Tuesday, Nov. 5

Minimal walking

The winner of five Tony Awards, "Peter and The Starcatcher" comes to the Curran in San Francisco. This fast-paced, puppet-filled, buckling prequel to "Peter Pan" is a wildly theatrical, hilarious and inventive retelling of the boy who would not grow up, with the aim of rescuing him. "The Boy Who Would Not Grow Up." "Peter and the Starcatcher" upends the centu- ries-old story and adds a new twist with Peter Pan. "Peter and the Starcatcher" is a tale of adventure, adventure, adventure, and one of the highlights for 2013 in the world. Tickets are $89.

DAY AT THE RACES Thursday, Nov. 7

Minimal to moderate walking

Horse races are on again at the Golden Gate Fields. Golden Gate Fields has offered world-class horse racing in the Bay Area since 1941. The track is located right along the San Francisco Bay in Berke- ley, with spectacular views of the Bay and the Golden Gate Bridge. Horse racing offers a unique, interactive experience like no other sport. Watch the horse races from reserved seats on the main grandstand and get the ultimate view of the track. Each table also has a monitor to view the racing action. Enjoy a hearty lunch at the fine buffet at the Turf Club. A select few will also be chosen to take a picture in the winning circle with a winning jockey and horse. The bus will leave Gateway at 10:45 a.m. and return at 5:30 p.m. The cost is $59.

"PORGY AND BESS" Sunday, Nov. 10

Minimal walking

Winner of the 2012 Tony Awards for Best Revival of a Musical, the Gershwin's "Porgy and Bess" is coming to the Golden Gate Theater in San Francisco. The produc- tion features a cast of seasoned Broadway performers, five of the Broadway cast accompanied by a lush 23-piece orchestra. This re-envisioned Broadway musical includes such legend- ary songs as "Summertime," "I Ain't Ne- cessary So" and "I Got Plenty of Nothing." "Porgy and Bess" is about a poor black WWII veteran who has lost his wife, his family and his way in Charleston's fabled Catfish Row, where the beautiful Bess struggles to break free from the prejudices of the past, and the courageous Porgy can rescue her is the courageous Porgy. The couple must face numerous demand- ing challenges as they seek to be together. The bus leaves Gateway at 12:15 p.m. and will return at 7:45 p.m. The cost is $99 with a Grand Prix ticket for $59.

AMALUNA" Thursday, Nov. 14

Minimal walking

Tango comes to Berkeley's Zellerbach Hall in Argentina Thursday, presented for a new audience by a talented ensemble cast of professional come- dians who are known for their family-friendly and a sexual-hirsute ring circus. This is a French farce from an earlier, less-graphic period performed by two gifted dancers and choreographers. Claudia Codega and Esteban Moreno. Utilizing the music and sets of tango as the foundation for their creative process and by incorporating elements of their own folklore dance, Union Tanguera cre- ates new frontiers and ways of re-imagine- ing the possibility of tango. Union Tangan- era's "La Cigarette" work, "Nuit Blanche," captures the spirit of a dance club, where strangers meet on the dance floor, expressing pow- erful emotions through dance. The bus will depart Gateway at 5:30 p.m. and return around 10. The cost is $77.

DAVE HOCKNEY: A BIGGER EXHIBITION Tuesday, Nov. 19

Extensive walking

Visit the de Young Museum in San Fran- cisco for a private docent-led tour of Dave Hockney: A Bigger Exhibition. Assembled by Hockney exclusively for the de Young, the exhibition marks the return to the United States of the most influential and best-known British artist of his generation. This exhibi- tion features Hockney's latest work, "The A Bigger Message," his 30-canvas re-working of Claude Lorrain's "The Ser- mon on the Mount." Also included are more intimate works, like the artist's portraits de- dicated to his friends and family, and mem- bers. These reveal the artist's personal and intimate relationships, and illustrate a par- ticularly tender understanding of the human condition. The Fine Arts Museums of San Francisco will also be the first to exhibit and publish "The Bigger Message." This work consists of 25 charcoal drawings, finished in May of this year, and has been described by Hockney as capturing "the bleakness of the winter and its exciting transformation to the summer." The bus leaves Gateway at 7:45 a.m. and will return around 11. Cost is $37 for museum members and $59 for non-members.

CIRQUE DU SOLEIL: "AMALUNA" Friday, Nov. 22

Moderate walking

Cirque Du Soleil, the world-famous acrobatic troupe, returns to the Bay Area with a new show under the Grand Chapite- au Teatro Park. "Amaluna" invites the audience to embark on a mythological journey of the moon's waters, led by Prospera's daughter and a brave young man lands on the island, triggering the ancient. The Bus Departs Gateway at 2:30 p.m. and will return around 11. Cost is $89.

What Is a Dress for Dinner? Tuesday, Nov. 26

Minimal walking

Center Company presents a revival of a French sex farce by Marc Camoletti titled "Don't Dress For Dinner." This play is classic with sparkling dialogue, sparkling with–and gain mastery of–a wide variety of tools and media. More than 300 works will be on display, including a 19,000-square-foot installation. The bus leaves Gateway at 6:15 p.m. and will return around 11:30. Cost is $99.

"NIGHT BLUE" Thursday, Nov. 28

Minimal walking

Using tools and media. More than 300 works will be on display, including a 19,000-square-foot installation. The bus leaves Gateway at 6:15 p.m. and will return around 11:30. Cost is $99.
Excursions
Continued from page 148

The holiday season starts with a Chan
ticleer Christmas. Travel to Jekyll Island and take a trolley tour of the island's historic homes and restored buildings including a stop at the City Market. Enjoy a dinner at a local restaurant, visit the Tabuchi, featuring one of the best support
ing of music. There will be live concerts in Branson today. There will be free
time to explore Branson. Then you'll return to Hotel Amazing Grace at 5 p.m.
Duff at the Branson Events Center. Dinner is hosted at the Grand Buffet followed by an
on the river. The cost per person double
occupancy is $2,270 ($320 single supplement). The tour includes a guided tour of the Alamo, a visit to the SAS Shoe Factory. After a host-
ed lunch at Buckhorn Saloon, visit the Texas Ranger museum for a self-guided tour. Travel to Grunge, home of the oldest dance
dessert will be at the historical Grist Mill Restaurant. Enjoy a hosted dinner cruise on the river. The cost per person double occupancy is $2,425 ($3,075 single). A $500 deposit is due with application. Price includes five nights' lodging, nine meals, round-trip air to San Antonio, motorcoach transportation, sightseeing per itinerary, luggage handling, transfers and gratuities on all hosted meals. Detailed itinerary is available at the Excursion Desk.

CHARLESTON AND SAVANNAH HOL
Thursday, Oct. 17

Enjoy the beauty and history of Charleston, South Carolina, and Savannah, Geor-
gia, on a six-day excursion. Spend the first two nights in Charleston, a beautifully pre-
tered home on the historic Battery, a restored building including a stop at the City Market. Take a boat trip to Fort Sumter where the battles were fought during the Civil War. Enjoy a dinner at a local restaurant. Visit one of the most photographed plantations in America, Boone Hall Plan-
tation, a 738-acre estate once the center of a cotton plantation. Travel south along South Carolina's historic coast route arriving in the charming town of Beaufort. A stop in Sa-
vannah is next. Enjoy a Savannah city tour with a local for a guided tour through the city's history and stroll along the cobblestone streets of Factors Walk and River Street. Enjoy a hosted dinner at the fancy Jekyll Island Club Hotel. Then tour to view the "grand cottages" that once belonged to such notables as the Rocke-

EXTENDED TRIPS

BRANSON HOLIDAY
Nov. 14 through 19

Celebrate the holidays with this six-day tour to America's Entertainment Capital—Branson, Missouri. The group will stay at the Crowne Plaza Hotel and enjoy five nights of spectacular music in Branson. The tour includes five nights' lodging, nine meals, round-trip air to San Antonio, motorcoach transportation, sightseeing per itinerary, luggage handling, transfers and gratuities on all hosted meals. Detailed itinerary is available at the Excursion Desk.

NEW YORK'S AT THE PASADENA ROSE PARADE AND DISNEYLAND
Dec. 29 through Jan. 2

Celebrate New Year's in Southern Cali-
rage captions. This film is one hour and 46 minutes long and is rated R. This free program is open to all resi-
dents and their guests.

SUNDAY FUNNIES
Sunday, Oct. 20

The 1938 comedy "Pygmalion" starring
Henry Higgins will be shown in Pea-
cock Hall at Gateway at 4 and 7 p.m. The showings at 4 p.m. will feature lan-
guage captions. This film is one hour and 29 minutes long and is not rated. Both shows will feature English lan-
guage captions. This film is one hour and 55 minutes long and is not rated. Both shows are open to all residents and their guests.

ART HOUSE MOVIE
Wednesday, Oct. 23

The 2011 documentary "Bert Stern: The Original Madman" will be shown in Peacock Hall at Gateway at 4 and 7 p.m. The showings at 4 p.m. will feature lan-
guage captions. This film is one hour and 29 minutes long and is not rated. This program is open to all residents and their guests.

FOREIGN FILM
Monday, Oct. 21

The 1955 French drama "Lola Montes" will be shown in Peacock Hall at Gateway at 4 and 7 p.m. The showings at 4 p.m. will feature lan-
guage captions. This film is one hour and 29 minutes long and is not rated. This program is open to all residents and their guests.

SPECIAL EVENTS
FROM THE RECREATION DEPARTMENT

T he following are the current special events sponsored by the Rossmoor Recreation Department. For more information on any of these events during the month, check the Rossmoor News website at www.rossmoornews.com. Events are free unless otherwise noted. This information is posted throughout the month on the Rossmoor News website at www.rossmoornews.com.

FUND DAY
Thursday, Oct. 17

The Banjo Express will perform at noon in the Sierra Room at Del Valle. This free program is open to all residents and their guests.

JONATHAN POREZ TRIBUTE TO FRANK SINATRA AND THE RAT PACK
Friday, Oct. 18

Jonathan Porez and his mini-big band will perform the music of the Rat Pack at 8 p.m. in the Diabo Room at Hillsdale. Tickets for this event are $15 in advance at the Excursion Desk at Gate-
way or $20 at the door. This is an Essex Production and is open to all residents and their guests.

THURSDAY AND FRIDAY MOVIE
Thursday and Friday, Oct. 17-18

The 2013 romantic comedy "Love is All You Need" starring Pierce Brosnan will be shown in Peacock Hall at Gateway at 1 and 4 p.m. and on Friday at 10 a.m., 1, 4, and 7 p.m. Language captions will be provided on Thursday at 1 and 7 p.m. and on Friday at 10 a.m. and 1 p.m. This film is one hour and 56 minutes long and is rated R. This free program is open to all residents and their guests.

SATURDAY MOVIE
Saturday, Oct. 19

The 1986 drama "Seconds" starring Rock Hudson will be shown in Peacock Hall at Gateway at 1 and 4 p.m. The showings at 1 and 4 p.m. will have language captions. This film is one hour and 46 minutes long and is rated R. This free program is open to all residents and their guests.

JONI MORRIS TRIBUTE TO PATTY CLINE
Friday, Oct. 25

Joni Morris and the After Midnight Band will perform a concert tribute to
Patty Cline at 5 p.m. in the Sierra Room at Del Valle. Tickets for this show are $10 in advance at the Excursion Desk at Gate-
way or at the door. This event is open to all residents and their guests.

DANVILLE COMMUNITY BAND
Sunday, Oct. 20

The Danville Community Band will perform at 3 p.m. in the Sierra Room at Del Valle. This free concert is open to all residents and their guests.

MOVIES
FROM THE RECREATION DEPARTMENT

NUTCRACKER
Tuesday, Dec. 17

Minimal walking

On Christmas Eve 1944, the audience at the European War Memorial Opera House experienced the American premiere of "Nutcracker." An instant sensation, the ballet story of a young girl and her magic gift has been performed every Christmas since. The first strains of Tchaikovsky's magical score begin and the "Nutcracker" opens on a street where a raggedy clown is chasing the toy soldier Hans in many of the unique shops in town. Hosted dinner in the lodge. The next day includes a visit to the SAS Shoe Factory. After a host-
ed lunch at Buckingham's restaurant, watch the world in search of her "Prince Charming". This legendary tale is spectacularly danced by an all-male chorus and its male voices ranging from contralto to bass and its original interpretations of vocal literature, from Renaissance to jazz, and from gospel to venturesome new

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Excursions

Continued from page 158

Expo Village, which is a place to interact one-on-one with many of the Tournament of Roses participants. Purse the array of booths and displays, and shop for the Rose Parade merchandise. Visit the Band Fest to see the bands of the Tournament of Roses parade. A one-day Park Hopper ticket allows visits to both parks. There will be parades, entertainment, and all parades in a fashion only Disney is capable of providing. On Jan. 1, depart for Pasadena. The most popular event of this trip is the Rose Parade. This year’s theme is “Dreams Come True” and promises to be full of fun, flowers and floats. The Rose Bowl parade is reserved grandstand seats. After relaxing afternoon back at the hotel, travel to Knott’s Berry Farm and have a hosted dinner at Mrs. Knott’s Chicken Din- ner Restaurant. On final day, depart hotel after breakfast. Stop for a hosted farewell lunch at Harris Ranch. The cost per person, double occupancy, is $1,140 ($475 for single) and the deposit of $250 is due with application. Includes: deluxe lodging for four nights, eight hosted meals, touring per itinerary, all entrance fees, deluxe motor coach transportation, luggage handling and gratuities. Full itineraries and reservation forms are available at the Excursion Desk.

The Palm Springs Folkie’s Final Season

Feb. 3 through 7

Travel to Palm Springs for the last chance to see the most ghoulish of NCL Jade in this fun-filled adventure. In New Orleans, the hotel stay will be in the French Quarter for two nights. Enjoy a French Quarter walking tour featuring the St. Louis Cathedral with ad- joining Cabildo and rectory, Bourbon Street, and French Quarter markets. Visit the Café Du Monde and in the evening enjoy dinner at the Court of Two Sisters, one of New Orleans’ most famous run-of-the- restaurants. Transfer to the Port of New Orleans to begin the cruise aboard the NCL Jade. Enjoy a full day featuring the Lascas, a Spanish style casino, Roman spa and fitness center, pools and a library. While onboard, enjoy breakfast, lunch and dinner daily, as well as nightly entertainment in the Stardust Theater. The ports of call include Cozumel, Mexico; Puerta Vallarta, Mexico; Roatan, Bay Islands; Honduras and Costa Maya, Mexico. Cozumel is known for its fishing, snorkeling and beaches; Puerto Vallarta is one of the architect- tural treasures of the lost Mayan civilization in Belize City. Roatán is teeming with marine life and home to one of the best coral reefs in the Caribbean. Visit the coastal paradise known as Costa Maya. The tour includes two meals in New Orleans and all meals on- board ship, all port charges and government taxes, hotel, ship and transfers. A deposit of $500 per person is due with application. The non-refundable deposit is $500, the deposit is $2,399 to $2,799 (depending on cruise ship room choice), $2,999 to $3,799 single. Travel by coach to San Diego. In San Diego, visit the San Diego Zoo and Balboa Park, China, India and Japan. The cost per person, double occupancy is $1,095 per person, $1,495 single. Stop by the Excursion Desk for a complete itiner- ary and reservation form.

New Orleans and Western Caribbean Cruise

April 4 through 13

Visit the culturally rich city of New Orleans with Premier World Discovery and cruise aboard the gorgious NCL Jade in this fun- filled adventure. In New Orleans, the hotel stay will be in the French Quarter for two nights. Enjoy a French Quarter walking tour featuring the St. Louis Cathedral with ad- joining Cabildo and rectory, Bourbon Street, and French Quarter markets. Visit the Café Du Monde and in the evening enjoy dinner at the Court of Two Sisters, one of New Orleans’ most famous run-of-the- restaurants. Transfer to the Port of New Orleans to begin the cruise aboard the NCL Jade. Enjoy a full day featuring the Lascas, a Spanish style casino, Roman spa and fitness center, pools and a library. While onboard, enjoy breakfast, lunch and dinner daily, as well as nightly entertainment in the Stardust Theater. The ports of call include Cozumel, Mexico; Puerta Vallarta, Mexico; Roatan, Bay Islands; Honduras and Costa Maya, Mexico. Cozumel is known for its fishing, snorkeling and beaches; Puerto Vallarta is one of the architect- tural treasures of the lost Mayan civilization in Belize City. Roatán is teeming with marine life and home to one of the best coral reefs in the Caribbean. Visit the coastal paradise known as Costa Maya. The tour includes two meals in New Orleans and all meals on- board ship, all port charges and government taxes, hotel, ship and transfers. A deposit of $500 per person is due with application. The non-refundable deposit is $500, the deposit is $2,399 to $2,799 (depending on cruise ship room choice), $2,999 to $3,799 single. Travel by coach to San Diego. In San Diego, visit the San Diego Zoo and Balboa Park, China, India and Japan. The cost per person, double occupancy is $1,095 per person, $1,495 single. Stop by the Excursion Desk for a complete itiner- ary and reservation form.

Portugal and Its Islands: The Estoril Coast, Azores and Madeira Islands

April 16 through 29

Collette Vacations offers a view of Portu- gal that few travelers have seen. The trip includes four nights in Lisbon, four nights in Madeira, four nights on the Estoril Coast and three nights in Madeira. Explore Lisbon with a tour that features the Moorish Alfa- tama, Jeronimo’s Monastery, the Monument to the Discoveries, and the Tow- er of Belém. Later, explore the town of Sin- tra and their resident purple mountains for six centuries. Continue to Cascais and Estoril, coastal resorts dotted with special- ty shops. Travel to Portugal’s Silver Coast, a region of sleepy villages, rich vineyards and age-old castles. Begin in the pilgrim- age town of Fatima and see the famous Ba- silica. Next, view the Batalha Monastery. Continue to Nazare and Obidos, where all homes are wooden with windows guarded by medi- eval city walls.

Fly to St. Michael, the largest of the Azores islands. Explore the Ponta Delgada and Pico Island. Discover the São Miguel, a mystical lake surrounded by mountains. Stroll through the botanical garden of Terra Nostra Park, home to the world’s largest collection of cacti. Explore calderas das Furnas, the town’s famous hot springs. Discover the comorants and the Pico Island. Travel to Furnas, where the vineyard- s will be guided by the tour guide’s love of history and native culture. Visit Butch Garden in Horta, the world’s highest wine producer. Enjoy a floor level visit to the Red Hawk Casino. Enjoy a floor level visit to the Red Hawk Casino.

Fly to Madeira, the “pearl of the Atlantic.” Visit Câmara de Lobos, a tradi- tional village with a bay. Continue along the coastline to the south, passing by con- tinents and vineyards on the way to Cabo Girão, the world’s second highest cliff. Travel to the winding Gold Road and enjoy more spectacular scenery. Explore the lively coastal towns of Funchal, the capital, and its natural volcanic pools. Also visit Calhe- ta, home to a working sugar mill. In Poiso, visit the famous Monte Palace, surrounded by forests and woods of the Dona Amelia. Next, visit Ribeiro Frio (“cold river”), famous for its trout farm. Continue to the Republic of San Marino, one of the few remaining free cities in Europe. Enjoy a free day at leisure in Funchal or shop and spend the remainder of the day at your leisure.

Included are all transfers, round-trip hotel accommodations, extensive touring per itinerary, 18 meals, taxes and fees. The cost per person, double occupancy is $1,940 and is open to all Rossmoor residents, subject to space restrictions, the News reserves the right to edit or delete the articles.

Travel Club Trip Summary

All of the Request of the Travel Club, the News lists upcoming Travel Club trips. Details of each trip are in the regular Club Trip listings.

Cuba

Oct. 27 through Nov. 8, 2013

Contact Sandy Williams or Ced Ferrer at 510-919-3398

Mississippi/Tennessee/Tombigbee

April 29 through May 7, 2014

Contact Joe Tracy at 954-7801

Splendors of the Deep South

April 29 through May 7, 2014

Contact Hal and Roberta Davis at 510- 919-0307

Eastern to the Black Sea

May 26 through June 7, 2014

Contact Barbara Crane at 300-3358

HIDDEN GEMS OF THE DALMATIAN COAST

June 3 through 19, 2014

Contact Joe Tracy at 954-7801

China and the Yangtze River

Sept. 9 through 30, 2014

Contact Judy Nixon at 933-6165

Grand Norwegian Coastal Voyage

Sept. 10 through 24, 2014

Contact Dave Ming at 926-0899

Nepal and the Mystical Himalayas

Oct. 21 through Nov. 7, 2014

Contact Christina and Larry Barclay at 324-9131.

Regular Listings

Red Hawk Casino

Friday, Oct. 25

Join the Lawn Bowling Club on their trip to the Red Hawk Casino. Enjoy a floor level of smoke-free gaming and dining. The cost is $30. Receive casino bonus of $15 slot machine play or $20 table game play. This trip is open to all Rossmoor residents, their family or guests. Reservations are neces- sary. Call Eileen Napolit at 937-6290.

Red Hawk Casino

Sept. 24 through Oct. 11

Red Hawk Casino

Sept. 10 through 17, 2014

Casino Cruise

Oct. 21 through Nov. 7, 2014

This is a Grand Circle Travel trip, spon- sored by the Rossmoor Travel Club. Travel to Cuba, which includes Havana for four nights plus the eastern portion of this island, including Santiago de Cuba (four nights), which is the birthplace of Castro. Americans have had the opportunity to visit- est eastern Cuba, so expect that People to People exchanges in this region will prove to be enlightening. Santiago de Cuba, with a past steeped in revolutionary history to Cuba in Dublin in the new millennium. The largest city, remains a cultural melting pot. Baracoa is Cuba’s oldest Spanish settle- ment and the country’s first capital. With a town center of quaint streets lined with pastel-colored colonial homes, Baracoa is a preferred spot by the most sophisticated travelers. This sense is home to meticulously restored colonial buildings, cobblestone squares, historic plazas, cafes and restau- rants. 13-day People to People program includes free round-trip airfare from San Francisco, the cost is $4,795 double occu- pancy with a single supplement of $695; only two rooms for singles are available. Contact Gilbert is Sandy Williams, 937- 4345. Call for brochures. Travel to Cuba is authorized under OFAC license N- CT-1927.

Cape Creek with ORT Mountain Retreat

Nov. 2 through 15

Travel with ORT to Cape Creek Casino for five hours of fun and games. The bus departs Gateway at 9:30 a.m. and returns at 3:30 p.m. Cape Creek includes $10 to play at table or machines and $5 food coupon. The cost is $28 inclusive and is open to all Rossmoor residents. Friends are welcome. Make checks out to ORT at 2200 N. N. San Lucas Rd., San Lu- cas, CA 93431. For information call up to 35-2240. ORT helps train and re- habilitate people in 58 countries worldwide and is open to everyone.

Crystal Cruise from Rome to Barcelona or Lisbon

Nov. 2 through 15

Join in the fun at Thunder Valley Casino and support cancer research at the City of Continue on page 178
**Club Trips**

Continued from page 168

Hope. Stay five hours at the casino. Leave Gateway at 8 a.m. and return about 5:45 p.m. Play bingo on the bus for fun prizes, including a free future trip. Bring friends and neighbors. Casino gives $15 player credit and $5 food credit. For reserva-
tions, call Lynne Keefer at 945-7665. Send check for $30, made payable to the City to Hope, to Keeter at 1360 Tice Blvd. Wayne, PA 19087-9455.

**VICTORIAN CHRISTMAS IN NEW ENGLAND Dec. 11 and 12**

The Railroad Club is sponsoring its sixth two-day excursion to the quaint, gold country town of Nevada City for its annual Victorian Christmas celebration. This overnight event is jam-packed with sights, sounds andfeasts. Stay at the Gold Country Inn in twin queen-bedded rooms and enjoy a wine and cheese hour in Grass Valley. Enjoy a private tour of the Nevada Narrow Gauge Railroad Museum, home to a steam engine made famous in Hollywood movies. Visit two private homes with renowned train collections and elaborate operating layouts. A highlight of this trip is the stroll through the highly decorated downtown pedestrian-
square. The trip includes a visit from the conductor/ 
clown, a local music performance, a romantic dinner on the Nevada Narrow Gauge Railroad Train and a deli lunch on return, two nights at the El Dorado, ban- 
gustin and restaurant fees. Price is based on double occupancy. Single occupancy rate is $380.50. For information, contact Gale Lydecker at 945-7377.

**SMALL-SHIP CRUISE IN THE SOUTH April 16 through 24**

Sail on an 88-passenger Blount Small Ship and take a river cruise to the South sponsored by the Upper Sacramento River. Depart from and end in New Orleans. Cruise the Tenn-Tom Waterway visiting Muscle Shoals, Huntsville, Tennessee; Decatur, Ala., Columbus, Miss., Pickett, Tenn., Kuttawa, Ky., then down the mighty Mississippi southward to New Orleans, Tenn. Memphis, Vicksburg and Natchez, Miss., and Baton Rouge. Enjoy Civil War history, French-in- 
spired architecture, bluegrass bands and local music along with onboard culinary 
demonstrations. The cost ranges from $4,990 to $5,890 double occupancy. Events and other activities promoted by the club are for the convenience and pleasure of members and participants. Club dollars may be used to encourage participation. For information, contact Joe Tracy at 954-7801.

**SPLENDORS OF THE DEEP SOUTH IN THE SPRINGTIME April through May**

Take part in this unique opportunity to visit the Asheville, N.C., area, the Savan-

nah, Ga., and the Charleston, S.C., area in the upper South by traveling with the Railroad 
Club on this trip with Collette Vacations. It departs Rossmoor to Asheville via 
Dulles airport in Washington, D.C., and includes an overnight stay and an experience in three lovely cities in the 

springtime with gardens in full bloom. See the jazz minstrels, a piano lounge car, and a café/ 

restaurant car in the Grand Canyon. It includes a round-trip transportation from 

Rossmoor by bus, a light meal aboard the cruise ship going out and a light meal 

on return, two nights in the El Dorado, bag-

age handling in Reno and resort fees. Price is based on double occupancy. Single occupancy rate is $380.50. For information, contact Gale Lydecker at 945-7377.

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**Around the Bay Area**

ATRIA MONTEGO HEIGHTS in Walnut Creek offers a class, “The Gifts of Aging – Explore the Genius of the Aging Process.” It will be presented by Roger Desmarais, Ph.D, on Oct. 30 from 2 to 4 p.m. Cost is $19. To register, call 938-6611.

BAYZECHE presents a concert featuring Ivan Zenaty on violin and Sandra Shapiro on piano on Oct. 24 and 26 at 7:30 p.m. located at the Roda Theatre, 2015 Century Ave., Concord. Tickets are $35. For information, call 925-335-4774 or visit rodatheatre.com.

BERKELEY REPERTORY Theatre presents the 2013 Tony Award winning f

om, “Vanya and Sonia and Masha and Spike” on Oct. 17 through Nov. 2, at the Berkeley Rep, 2020 Addison St. in downtown Berkeley. Vanya and Sonia have fr

tered their lives away in their family’s farmhouse. Emma, their younger sister, returns home. Cost is $30. To register, call 510-644-2900 or go to www.berkeley Rep.org.

CALIFORNIA SHAKESPEARE Theatre presents Shakespeare’s “A Midsummer Night’s Dream” Oct. 24 through Nov. 24 at the Spirits Amphitheater, 100 California Shakespeare Theatre Way in Orinda. For tickets, call 510-944-3380. There is a $15 discount for seniors and students.

CENTER REPUBLICAN COMPANY presents the farce, “Don’t Dress for Dinner,” the sequel to “Boeing-Boeing.” Set 10 years later, Robert and Bernard are happily settled down, but the shenanigans continue. Performances are Oct. 25 through Nov. 23 at the Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets range from $32 to $52. For information, go to centerrep.org. For tickets, call 943-7469 or go to lestersharcen ter.org.

CONTRA COSTA MUSICAL THEATRE opens its 53rd season with “Tarzan,” based on the 1999 Academy Award winning Disney film and the classic adventure story by Edgar Rice Burroughs. Performances are through Nov. 10 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $45 to $54 with a ten percent discount available to seniors. Call 943-7469 or go to www. lestersharcen ter.org.

DALSIS GARDENS will have a holiday boutique on Nov. 17 from 9 a.m. to 4 p.m. located at 3616 Terraza Blvd., Del Sol in Concord. There will be gifts, raffles and lunch. For information, call Sherri Bufla at 510-409-5484.

DANVILLE COMMUNITY PEOPLE present their Fall Music Fest on Oct. 20 at 3 p.m. at Del Valle Clubhouse. There will be a variety of music, including a variation on “Johnny Comes Marching Home Again,” highlights from “Cats,” excerpts from “The Sound of Music,” “Beauty and the Beast” and “Wicked.” The guest conductor is Jonathan Elkis who will lead his arrangement of “Tippicano Quicksorp” and guest soloist Ilene Marie Collado Concertino in a minor Feng general admission. For information, go to www.danvilleband.org.

FANTASY FORUM Actors Ensemble presents “Hansel and Gretel” Oct. 17 through Nov. 19 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $14. Call 943-7469 or go to www.lestersharcen ter.org.

FRIENDS OF THE LAFAYETTE LIBRARY and Learning Center present a de Young Museum docent presents the show, “Home: A History of Art,” in e minor. Free general admission. For information, go to deyoungmuseum.org.

LAFAYETTE LIBRARY and Learning Center presents its Distinguished Speaker Series with Joyce Maynard on Oct. 22 from 6:30 to 8:30 p.m. at the library, 3491 Mt. Diablo Blvd. New information will be discussed her newest novel, “After Her.” There will be a book signing and raffle. The cost is $20 and the proceeds will benefit the library. LAFAYETTE SENIOR SERVICES presents “Autumn Leaves” jazz piano concert with the Contra Costa Performing Arts Society on Oct. 18 from 1:30 to 2:30 p.m. at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd. New information will be discussed her newest novel, “After Her.” There will be a book signing and raffle. The cost is $20 and the proceeds will benefit the library.

EASTERN EUROPE TO THE BLACK SEA Departs May 26

This Grand Circle River Travel Cruise sponsored by the Rossmoor Travel Club departs from Cunard in London on May 26, 2014 and ends in Budapest 13 days later. This trip is an intimate, up-close experience in an under-explored corner of Europe. Visit cities and towns that have played major roles in some of the 20th centu-

ry’s most important events, including the Balkan conflict of the 1990s. The ships are small – about 150 passengers – and carry about 160 passengers and average about 160 square feet – large enough to share comfortably. Per-
sonal guides provide detailed commentary and airfare and $4,045 with airfare from SFO 

on deck plans to provide professional program directors who manage activities and tours during the cruise. The price includes airfare and/or flight to Rome or Prague are available at an extra cost. The price includes six 

round-trip cruises and airfare and/or flight to and from Rome or Prague are available at an extra cost. The price includes six 

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By Doug Herger

M ontana is geographically the fourth largest state, after Alaska, Texas and California, yet it ranks 48th in population density. The vastness of the land and the loneliness of life: These themes are palpable in Ruth McLaughlin’s memoir of growing up on a farm in northeastern Montana. “Bound Like Grass: A Memoir from the Western High Plains” (University of Oklahoma Press, 2011, 184 pages).

This book begins with an exquisitely polished chapter titled “Destiny.” In 2001, McLaughlin – married and the mother of two young children – travels east across Montana from her home in Great Falls to revisit the site of her childhood. Her parents’ farm has been sold to agribusiness. The farmhouse where she grew up has recently burned to the ground – intentionally, it turns out, by the action of the new owner.

She takes this moment to reflect on the 97-year history of her family in the region: Her Scandinavian grandparents, paternal and maternal, had moved there in the early 1920s. Each generation has added to the family holdings, and now the farm is more than just a home; our farm was more than just a home. Our fenced pastures and oblong fields on slopes of hill seemed small, but when you are in a farm, you think in terms of acres. But our farm was more than just a home. Our fenced pastures and oblong fields on slopes of hill seemed to cover through writing the book how much I am ‘bound’ to the presence of my family – so deeply, briefly here, and to witness the triumph of the grass.”

McLaughlin published her spellbinding memoir during her last years in Montana. She now lives at Rossmoor. She received her last years in Montana. She now lives at Rossmoor. She received a special gift from the house, what I gave her last time. I return on trips and in my dreams to a lonely corner of Montana and seek my family in the same way. She is at a loss; never in his life had he held a football in his hands. When McLaughlin finds herself raising two children and guiding them through their school years in “normal” Great Falls, she also is sometimes at a loss: “School sports and clubs and music lessons are all new to me, and I sweat the details. ‘Is this how you do birthday parties?’ I asked my daughter as we arranged her first one. She was a veteran of several at six years old.”

In a final chapter, McLaughlin once again returns to her home region – obsessively, to be sure – to investigate the mysterious history of a death that occurred during the time of her grandparents. This is her excuse for the trip, but we read between the lines: Even with new and satisfying life commitments – her husband Mike, two children – she can’t escape. There is nowhere away from her childhood. “I return on trips and in my dreams to a lonely corner of Montana because it is a source. It’s an origin of my tendency toward isolation that Mike mourns, but I am also entangled with the hope that my brain-damaged sisters – compounded by our isolation and trying to scratch out a living in that space. But I discovered through writing the book how much I am ‘bound’ to that country.”

Doug Herger can be emailed at dah@msn.com.

Contra Costa Jewish Book and Art Festival is under way

Under One Tent event offered at several East Bay venues

The Under One Tent Contra Costa Jewish Art & Book Festival begins this month and continues through the end of March.

A diverse array of authors and cultural events are part of the 24-event festival, which started as a week-long program at the Alameda County Fairgrounds.

The topics range from Wyatt Earp’s Jewish common-law wife to American Israelite relations with Middle East analysts Gil Hoffman.

The festival will also feature Bay Area writer Helen Wecker who will speak on her recent novel, “The Golem and the Jinni,” and Joshua Safran, Walnut Creek attorney-author whose newest book is “Free Spirit: Growing Upon the Road and Off the Grid.”

Other East Bay residents include Mark Cohen, Iban Ben-Jamin, Elaine Starkman, Rabbi Gordon Freeman, Shoshana Barkan, Sydney Beltz, Rosenthal and Liz Delaney.

A teacher at the Contra Costa Jewish Day School, Delaney has created Sniffers, a canine detective who is popular among young readers.

Under One Tent is presented by a partnership of congregations and organizations, including Beth Chaim Congregation, Congregation B’nai Tikvah, Shalom, Congregation B’nai Tikvah, Contra Costa Jewish Community Center, Contra Costa Jewish Day School, Diablo Valley Hadassah, Jewish Federation of the East Bay, Reutlinger Community for Jewish Living and Temple Isaiah.

This is a week-long program at the Alameda County Fairgrounds.

The schedule includes:

Wednesday, Oct. 16, 7:30 p.m.: “What Happened at the White House: The Helen Thomas/David Nessex Story,” Contra Costa Jewish Community Center, 2800 Tice Valley Blvd., Walnut Creek (the JCC will open its doors for a few programs until the building is sold).

Thursday, Oct. 24, 7:30 p.m.: “A Journalist’s Perspecti ve on the American-Israeli Alliance” with Middle East analyst Gil Hoffman, Contra Costa Jewish Day School, 955 Risa Road, Lafayette, Tuesday, Oct. 29, 7:30 p.m.: “The Myth of Biblical Homophobia,” Beth Chaim Congregation, 1800 Holbrooke Drive, Danville

Sunday, Nov. 3, 2 p.m.: “Sniffer Investigates: The Case of the Crown Jewels” (a program for kindergarten through third grades), Contra Costa Jewish Day School, 1835 Risa Road, Lafayette, Sunday, Nov. 3, 6:30 p.m.: “Free Spirit: Growing Upon the Road and Off the Grid,” Congregation B’nai Tikvah.

Members of the 30s/40s/50s Couples Club are invited to enjoy special wines and food with friends on Sunday, Nov. 10, from 4 to 6 p.m., in the Fireside Room at Gateway. There will be hot and cold hors d ’oeuvres, together with a selection of wines. Members will have an opportunity to view the selected events for 2014, which include many fun activities. Cost of the event is $7.50 per person; and reservation checks, payable to the 30s/40s/50s Couples Club, should be sent to Susie Sockel at 3355 Rosemo PKwy. No. 2. Checks must be received no later than Saturday, Nov. 2. No refunds will be issued after that date.

For the afternoon are the Mersons, Littigs, Tiflouns and Dulls, and Sokol, Blum and Hailey. For information call Carol Dull at 932-3050.

The 30s/40s/50s Couples Club is a group of married couples born in the decades of the 1930s, 1940s or 1950s. The purpose is to meet others in the same age group with similar interests.

To join or gather information about other club activities, contact Membership Chairwoman Janey King at 922-0727.
The Star Community Home is located at 4350 Geary Blvd., in the Rossmoor Shopping Center.

The meeting will feature the Manny Guitierrez Band. Men's attire is coat and tie and women's is dressy. Hosts for the evening will be Jo-hanne and Wayne Einrich. The dinner is $27 for members and $30 for guests. Send reservation checks to Yo-landa Jutina at 1200 Rockledge Lane No. 3, Entry 5. Do not place reservations in the club mailbox at Gateway. Those who want to be seated as a group must send checks and names in the same envelope.

Deadline for reservations is Friday, Nov. 1. Reservations and cancellations will not be accepted after 5 p.m.

Those who are unable to at-tend after the deadline can make arrangements by noon the day of the event with Pat Hines at 944-1246 to pick up their dinner at 7:30. No pick-up dinners will be available to those who did not call by noon to reserve the dinner for pickup.

For all those who love to photograph everything from bugs with bulging eyes and flowers with waving stamens, an upcoming Rossmoor Camera Club session may be of interest.

Richard Nicholes, a club member and expert on cameras and editing, will demonstrate the how-to of macro photography. The program will be Wednesday, Oct. 23, at 7 p.m. in the Vista Room at Hillside Clubhouse.

Nicholes will demonstrate the use of the camera and various macro attachments such as extension tubes, macro lenses, macro filter lenses, flash and other attachments, as well as standard lenses that photographers may already own.

A printout tutorial will be handed out to accompany the pre-sentation. Attendees are invited to ask questions. All Rossmoor residents are invited to attend club meetings.

Those who have an interest in learning about their camera or who want to adopt a new hobby will be welcome and assisted. New photographers with entry-level skills are encouraged to join.

For information, call Stan or Carol Scott at 934-9998.
Poetry Circle discusses poems
will benefit libraries
Murder mystery event
International Affairs Book Club to discuss Saudi Arabia

Rossmoor residents are invited to join members of the International Affairs Book Club as they read and discuss “Saudi Arabia on the Edge: The Uncertain Future of an American Ally,” by Thomas Lippman.

The meeting will be on Friday, Oct. 25, at 7 p.m. in the Multipurpose Room 3 at Gateway.

Of all the countries in the world that are vital to the strategic and economic interests of the United States, Saudi Arabia is the least understood by many Americans. Saudi Arabia’s unique place in Islam makes it indispensable to a constructive relationship between the non-Muslim West and the Muslim world. Lippman writes that for all its wealth, the country faces daunting challenges and lacks the tools to meet a restless and young population, a new generation of educated women demanding opportunities in a closed society, political stagnation under an octogenarian leadership, religious extremism and intellectual backwardness, social division, chronic unemployment, shortages of food and water, and troublesome neighbors.

Basing his work on extensive interviews and field research conducted in the kingdom from 2008 through 2011, under the auspices of the Council on Foreign Relations, Lippman dissects this central Saudi paradox for American readers including diplomats, policymakers, scholars and students of foreign policy.

Lippman is a former Middle East bureau chief of the Washington Post and an award-winning journalist who has written about Middle Eastern affairs and American foreign policy for more than three decades.

The club reading for Friday, Nov. 22, is “Standing on the Sun: How the Explosion of Capitalism Abroad Will Change Business Everywhere,” by Christopher Meyer with Julia Kirky. Club members have worked together to get a handle on current developments as the new global economy evolves. The discussions are animated and informative.

For information, contact Gary Hansen at gmustang61@aol.com or 954-8425.

Murder mystery event will benefit libraries

In the mood to solve a good mystery? ABC Anchor Dan Ashley, former Walnut Creek Mayor Sue Rainey and Contra Costa Supervisor Karen Mitchoff will be among the celebrity suspects at Murder, Maestro, Please! — An After-Dinner Mystery Party on Saturday, Oct. 19, at the Walnut Creek Library.

The evening includes desserts and wine. Doors open at 7 p.m.; the club will begin promptly at 7:30.

At this fundraiser for local libraries, guests will mingle in the library and find clues to solve the mystery of the death of a “not-so-famous” local person. The evening includes desserts and wine.

Tickets are $45 per person and can be purchased online at www.WCLibrary.org or by calling 935-5395.

The Opera/Ballet Club board of directors includes, from left, seated, Ed Hartman, Barbara Cotton, President Diane Mauch, Bell Sheldon and Delores Mathews; and standing, Gene Gordon, Dawn Ming, Millie Tinkler, Don O’Neill, new Volunteer Coordinator Frances Owre, new Program Chairwoman Dietlind Goricke and Roberta Meyer.

The Opera/Ballet Club board of directors includes, from left, seated, Ed Hartman, Barbara Cotton, President Diane Mauch, Bell Sheldon and Delores Mathews; and standing, Gene Gordon, Dawn Ming, Millie Tinkler, Don O’Neill, new Volunteer Coordinator Frances Owre, new Program Chairwoman Dietlind Goricke and Roberta Meyer.

Opera/Ballet Club elects new board

Two directors have recently left the board of the Opera/Ballet Club of Rossmoor. Both have been members of the club since its inception in 2009.

Dietlind Goricke, resident of Walnut Creek, has been appointed program chairwoman, and, in that capacity, will contact and engage artistic personnel for programs, such as the Quarterly Events and the smaller “Arts for All” programs. This involves performers in dance and voice; conductors; composers; choreographers; arts administrators; coaches; lecturers and professors.

Goricke’s professional life was an accountant, but she has spent a lifetime of work in the field of opera as well. She was a volunteer, in many capacities, for Festival Opera over several years and is familiar with many artists in San Francisco and in the East Bay Area.

Owre is the club’s volunteer coordinator. As such, she will arrange for members to assist at check-in for the monthly films, for Quarterly Events and for the “Arts for All” programs. She will contact volunteers to serve in other capacities as work shows a need to the needs of the club.

Owre is a native New Yorker, her love of involvement in the arts was strongly fostered by living in that center of world arts. She was also an Army wife and has traveled extensively, which has given her a wide awareness of performing styles and audience tastes. She has served many different types of organizations.

Board meetings are held the second Wednesday of each month, at 3:30 p.m. in Multipurpose Room 3. Club members are always welcome to attend.

Officers include: president and opera representative, Diane Mauch; vice president, Barbara Cotton; secretary, Delores Matthews; treasurer, Bill Sheldon; and ballet representative, Roberta Meyer.

Designated area coordinators are: Gene Gordon, films; Millie Tinkler, membership; Dawn Ming, hospitality; and Don O’Neill, publicity. Ed Hartman is member-at-large.

The club’s final event of the year will be the holiday gala on Wednesday, Dec. 18, at 6 p.m. in the Fireside Room.

Membership for the upcoming year will be set at $20 per person.

POETRY CORNER

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

Summer’s End

By Jon Lindemuth

I folded up the striped awning yesterday.
I stacked the poles and closed the case and put it all away.

Summer overstayed her short allotted gig allowing tardy tourists more departure time.
Hurry now, the thunderheads are high, the rioting leaves lie gashing on the path, and every feathered thing will fly to Southern clime.

Behold, pale sunbeams, summer’s last bequest.
I hanker now for hearth and furry nest.

Jon Foyt signs copies of his new novel

Published Writers Club author Jon Foyt will be in the Redwood Room at Gateway Monday, Oct. 28, from 6:30 to 8:30 p.m. to sign copies of the new book, “Time to Retire.”

The event is sponsored by the Published Writers Club (PWC) of Rossmoor. Refreshments will be served.

In this new book, mystery and romance abound in an active retirement community in the foothills of Northern California. Local reporter, Willy, along with his sidekick, Sally, investigate the suicide of a prominent resident and other suspicious actions.

Foyt has a background in reporting as he earned a bachelor’s degree in journalism and other suspicious actions.

The book party also launches the Published Writers of Rossmoor’s Author Events Program, which is designed to help its members introduce and promote their latest works. Program Coordinator Helen Munch said that in addition to Foyt, the following PWR members will be celebrating the publication of their new books:

Tuesday, Nov. 12, 6:30 p.m., Redwood Room, Gateway: Jane Stallings, “Bridge to Survival”
Tuesday, Nov. 19, 6:30 p.m., Redwood Room, Gateway: Diane St. James, “Emma Speaks—A Journey Into the Soul of an Animal Friend”
Monday, Dec. 9, 6:30 p.m., Creekside Meeting Room 4, Annegret Ogdén, “Made in Germany”
Tuesday, Dec. 17, 1 p.m., Dollar Clubhouse, Mike Herr, “The Old Queen and the King.”
For information on the Author Events Program, contact Helen Munch at helenn11212@comcast.net.
Alexander Technique workshop offered Sunday

The Fitness Center will feature a special workshop on the Alexander Technique on Sunday, Oct. 20, from 2 to 4 p.m. in the Aerobics Room at Del Valle Clubhouse.

Instructor Alan Bolton will present the Alexander Technique—how to identify, understand stress, tension and pain and its effect on the way people think. He will also present ideas on how to consciously release tensions that shorten the spine and the joints, which prevent them from moving freely.

Bolton has been teaching Alexander Technique since 2001 after he graduated from a three-year teacher training course at the Alexander Training Institute in San Francisco.

The Alexander Technique teaches people how to stop using unnecessary levels of muscular and mental tension during everyday activities. It is an educational process rather than a relaxation technique or form of exercise.

The main purpose of Alexander Technique is to help people unlearn bad physical habits developed unconsciously over long periods of time. Examples include standing with weight unevenly distributed, posture habits, gait and balance issues. There will be personal attention during this workshop.

The cost of the workshop is $40, payable by check to Bolton. Registration is available in person at the Fitness Center front desk or by calling 988-7850.

For information, call Bolton at 415-331-1876 or go to www.alanboltonalexanderteacher.com.

Support group for those with tinnitus and hearing loss meets tomorrow

The Hearing Loss and Tinnitus Support Group will meet on Thursday, Oct. 17, from 3 to 5 p.m. in the Vista Room at Hillside Clubhouse. The group meets regularly on the third Thursday from April to July, September and October. Different topics are discussed at each meeting.

Research has shown that the majority of people with tinnitus (ringing in the ear or brain) also have some degree of hearing loss. Because of this, the Hearing Loss and Tinnitus Support Group works with both groups. Research also indicates that untreated hearing loss has a major effect on one’s emotional wellbeing and memory.

This month’s topic will be on the anatomy and physiology of the auditory system; signs and types of hearing loss; side effects of untreated hearing loss; ototoxic medications (medication that has adverse effect on hearing); types of hearing aids, the latest technology of hearing aids and effective communi- cation techniques with hard of hearing people. Some issues related to tinnitus will be dis- cussed as well.

Audiotherapist Mimi Salamat, a Rossmoor resident who has a certificate in clinical audiology and is a tinnitus specialist, conducts the meetings. By the end of the meeting, group members will gain a wealth of information regarding hearing loss and tinnitus and how to manage them. There will be time for questions and answers.

In addition to providing education and awareness of the latest issues related to hearing loss and tinnitus, the other purpose of the support group is to help members gain a wealth of information regarding hearing loss and tinnitus and how to manage them. There will be time for questions and answers.

No Massage and Bodywork Club meeting in October

The Massage and Bodywork Club will not meet in October due to scheduling conflicts.

The next meeting will be Saturday, Nov. 16.

Looking to Exercise?

All Channel 28 TV exercise programs can be checked out at the Rossmoor Library.

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Leisure & Fitness
Eldercare Services offers seminar on family caregiver issues

By Linda Fodorini-Johnson
Executive director, Eldercare Services

It is a challenge to find a class that covers caregiver issues, but Eldercare Services and Lafayette-Orinda Presbyterian Church (LOPC) are co-sponsoring a day-long seminar for family caregivers titled “The Family Circus: Walking the Tightrope of Eldercare and Aging” on Saturday, Oct. 26, from 8:30 a.m. to 3:30 p.m. at LOPC, 49 Knox Drive, Lafayette.

There is no charge and the speakers are experts who will offer the guidance needed when embarking on the caregiver or receiver journey. Lunch will be provided and many informative service providers will be there to share their offerings. There is limited seating, so register today.

To register or for information, go to http://tinyurl.com/lkphgl or call 937-2018.

Family members need care

According to research by the Family Caregiver Alliance, almost 30 percent of households in the United States are caring for an aging family member. As baby boomers grow older, the number providing some kind of care or support will rise.

Most people will be unprepared for the role of caregiver because of a sudden new medical diagnosis, an accident or age-related changes in sensory or mobility functions. Most people try to do their best because they truly love and care for the elders in their life or they might be the only person available to care for a family member.

What tools are needed to assist the family caregiver? Here are five things to think about:

1. What is normal: Take a class to learn about some of the normal issues in aging such as changes in taste and touch. When the caregivers become sensitive to these changes, they become more patient with those for whom they are caring.

2. Benefits: Know what benefits you are entitled to both nationally and locally. Check out the government website www.benefitscheckup.org for all the resources that can help with care or finances. Consult with a professional care manager to see if

there are specific programs in your local area.

3. Memory loss: About 50 percent of people who reach the age of 85 will experience some type of memory loss that can affect processing information and the ability to be safe living alone. Learn about illnesses that affect memory that can be reversed, the many different kinds of dementia, and how to interact and preserve the dignity of those with those illnesses. Eldercare Services offers a monthly class and the Alzheimer’s Association has classes as well. It is critical that family caregivers be part of a support group or find a counselor to reduce guilt, stress or burnout.

4. Options for living choices: All kinds of living situations, from staying in your own home and being connected to a “village” to living in a “life care community” are available now. Attend the “Family Circus” on Saturday, Oct. 26, and go to one of the breakout sessions about all of those options. Those who have a plan to stay in their own home may want to educate themselves for the possible “what ifs” of a longer life.

5. Legal tools: Be sure to check in with an estate planning attorney about changes in trust language. Check legal documents once a year. Be sure to obtain a durable power of attorney for health care. For people who have strong feelings about end-of-life issues, complete a POLST (Physicians Orders for Life Sustaining Treatment) form. Most importantly, people who need caregivers should be sure that those chosen to be their advocates know their values, wishes and wants so they can have the life they choose.

Linda Fodrini-Johnson, MA, MFT, CMC, is the founder and executive director of Eldercare Services and a fellow and past president of the National Association of Professional Geriatric Care Managers.
Variety of yoga classes – for all levels – offered at Fitness Center

The Rossmoor Fitness Center offers a variety of yoga and directed movement classes, from Monday through Saturday. Classes are for all levels and accommodate those with physical limitations. Participants are advised to wear loose clothing and come with a relatively empty stomach. Props, used when needed, may include chairs, blocks and straps. The following is a list of all the classes with times, location and style. Contact the instructor for information.

MONDAY

Flexible Yoga
Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Clubhouse
Style: Emphasis is on flexibility using Iyengar-style yoga, which focuses on correct body alignment. Hatha yoga with stretches using props will be practiced when needed.
Instructor: Barbara Bureker has been a yoga instructor for 32 years. For information, call 934-7857.
Fees: $6 per class. Drop-ins welcome at $7 per class.

TUESDAY

Gentle Yoga
Time and place: 11 a.m. to noon in the Shasta Room at Del Valle Clubhouse.
Style: Hatha yoga (based on Iyengar teachings) emphasizing correct alignment and posture while developing strength and balance. May be done seated, standing or on floor. Props (blocks, straps) used when needed. Each class ends with a re- laxation period. Students encouraged to work at own pace and within own limitations and abilities.
Instructor: Sarah Harvey. A certified yoga practitioner for 15 years, Harvey believes her class is a good match for those new to yoga, or those working through injuries or other limitations. For information, call 510-639-4568.
Fees: $8 per class or $30 per month for four classes. Drop-ins welcome.

Active Yoga
Time and place: 12:15 to 1:15 p.m. in the Shasta Room at Del Valle Clubhouse.
Style: This class is geared toward current yoga students who have taking class on a regular basis for at least two years.
Instructor: Sarah Harvey. Call 510-639-4568
Fees: The drop-in fee for the active yoga class is $8 per session. Participants also have the option of buying a series of four classes for $30, or eight classes for $55

Stretcher Yoga
Time and place: 5 to 6 p.m. at the Fitness Center at Del Valle

Flexible Yoga
Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Clubhouse
Style: Emphasis is on flexibility using Iyengar-style yoga, which focuses on correct body alignment. Hatha yoga with stretches using props will be practiced when needed.
Instructor: Barbara Bureker has been a yoga instructor for 32 years. For information, call 934-7857.
Fees: $6 per class. Drop-ins welcome at $7 per class.

WEDNESDAY

Gentle Yoga
Time and place: 11 a.m. to noon, Aerobics Room at Del Valle.
Style: Seated and standing yoga options. Options for the floor for those who wish.
Instructor: Bonnie Maeda, who has been a certified yoga practitioner for seven years. She is a registered nurse and works with students during the healing process. Call 510-548-9566.
Fees: $10 per class or $8 each for four classes.

THURSDAY

Healing Chair Yoga
Time and place: 3:30 to 5:30 p.m. in the Shasta Room at Del Valle
Style: Yoga poses, breathing exercises and meditation methods. The class will also practice qigong to enhance vitality, calmness and focus the mind.
Instructor: Lee Ballen, certified integral yoga instructor. Call 831-588-3199.
Fees: $10 per class

Strength Yoga
Time and place: 5:30 to 6:30 p.m. in the Shasta Room at Del Valle Clubhouse
Style: Stretch to relax and build strength. All are welcome.
Instructor: Barbara Bureker, who has been a yoga instructor for 32 years. For information, call 934-7857.
Fees: $6 per class. Drop-ins welcome at $7 per class.

FRIDAY

Flexible Yoga
Time and place: 10 to 11 a.m. in the Shasta Room at Del Valle Clubhouse
Style: Emphasis is on flexibility using Iyengar-style yoga, which focuses on correct body alignment. A more vigorous yoga class with props practiced when needed.
Instructor: Barbara Bureker.
Fees: $6 per class. Drop-ins welcome at $7 per class.

Peripheral Neuropathy Support Group to view DVD at Hillside
The focus of the upcoming Peripheral Neuropathy (PN) Support Group meeting will be to show a DVD titled “Peripheral Neuropathy: What It Is and What Can Be Done About It.” The meeting will be held Friday, Oct. 25, from 10 a.m. to 11 a.m. in the Las Trampas Room at Hillside. Considered to be one of the best educational films here in this community – live with symptoms of peripheral neuropathy. Typical sensations of tingling, burning or freezing, electric shock, numbness, sensitivity to touch, and loss of balance or coordination.
Everyone is welcome to attend this free PN group meeting. For information, call Carolyn Cash at 254-8195 or Bill Sheldon at 954-7895.

Fire prevention: kitchen don’ts
- Don’t put flaming pan in sink.
- Don’t throw flour on a flaming pan.
- Don’t put flaming pan in sink.
- Don’t run water on oil on top of stove.

Peripheral Neuropathy Support Group
Time and place: 9:30 to 10 a.m., the Shasta Room at Del Valle.
Instructor: Endy Stark. For information, call 938-4681.
Fees: $10 per class.
The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 958-7820.

**POST IT** is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

- **CLASSIC Arts Showcase** includes video samplings of animation, architectural art, opera, orchestral performances, as well as classic film and archival documentaries.

**FITNESS Fun, Exercise, 30 minutes.** This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

- **YOGA for All, Exercise, 30 minutes.** Barbara Bureker emphasis on flexibility is the theme of this program. With her reasurring attitude, she shows a variety of body stretches to keep the body active and limber. Sign up for one of Bureker’s yoga classes at the Rossmoor Fitness Center.

**HISTORY of Rossmoor, part eight, 35 minutes.** Troubles, Tragedies, Trials and Triumphs. Difficulties continue throughout the 1990s in Rossmoor, when confusion and uncertainty reign. Trouble comes between the Mutuals and the GFR Board. There are lawsuits and court cases, but the community forges on. This program was written and narrated by Rossmoor’s Historical Society’s President John Nutter.

- **FRISKY Frolics, Jazz music. One hour, 5 minutes.** Dressing in vintage clothing, and self-described as Tin Pan Alley troubadours, the Frisky Frolics form a five-piece ukulele-driven troupe specializing in long forgotten musical gems from the 1920s and 1930s. The group’s performers are Rick Quisol, vocals, kazoo, ukulele; Steve Merritt, vocals; Pierre Laik, mandolin and vocals; Chris Greve, bass and vocals and Tom Greisser, clarinet.

**EAST Bay Banjo Club, Dixieland jazz music. One hour.** The Rossmoor Travel Club is sponsoring Vantage Deluxe World Travel Grand Norwegian Coastal Voyage. The Norwegian ship Hurtigruten-Richard easens along 1,250 miles of coastline visiting the world’s most unspoiled coastline and destinations stopping at fishing villages, historic towns, fjords and islands. Enjoy fresh caught fish daily. Stroll through 12 ports-of-call with a Vantage guide. The walking is easy. There will be seven on-board lectures. One price includes all meals, tours, lectures and overnight stays at the Radisson Blu Royal Hotel on arrival and departure. The trip leaves from Rossmoor. Fly from San Francisco to Bergen. Cabins prices are from $2,999 inside to $3,749 outside. Round trip air fare is $1,199. Round trip air reservations may be made by calling Vantage Travel 1-800-322-6677. Refer to group G61030. Pay in full in June with the smart-pay discount. Grand Circle credits accepted. Book now and trip guaranteed not to change. For information, contact trip facilitator, Dave McGee at 925- 8989 or Judy Nixon at 286-8617.

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**TV Guide for Channel 28**

*Programs running from Oct. 17 through 23*

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= Screened boxes indicate that programming continues into next half-hour time slot. When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.