Rossmoor tree-lighting is Monday in Fireside

Start off the holiday season by attending Rossmoor’s annual tree-lighting ceremony on Monday, Dec. 5, at 5 p.m. in the Fireside Room at Gateway.

The event will feature musical performances and sing-a-longs led by pianist and baritone Dwight Stone and friends followed by the always popular San Ramon Valley High school singers.

Also on the program will be Carol Kessler, soprano, and Tom Stone, euphonium. Carols, sacred and secular, Christmas and Hanukkah, will be sung and played. Stone will play his new "Variations on ‘O Tannenbaum.’” Stone will solo on euphonium on "Rudolph, the Red-nosed Reindeer" and Kessler will sing "O Holy Night."

A Rossmoor resident, Stone has performed numerous concerts in Rossmoor and solo appearances in the last decade. He appears frequently with the Contra Costa Performing Arts Society and in solo piano performances.

San Ramon Valley High School (SRVHS) is the home of the Rossmoor News. Continued on page 2A

Residents invited to join work group to discuss forming Technology Innovation Committee

One of the GRF Board’s goals for 2016-17 is to create a Technology Innovation Committee. To establish the committee, its purpose, mission, goals and membership must be determined.

Three GRF Board members have indicated a strong interest in the committee formation: Carl Brown, Bob Kelso and Steve Roath. The Board has been informed that there are several qualified residents who have the necessary experience and skills to help with the formation of the committee.

Residents who have an interest in being part of the Technology Innovation Work Group are welcome to participate. The group will discuss the formation of a Technology Innovation Committee.

A meeting of the work group is scheduled for Thursday, Dec. 8, at 9 a.m. in the Board Room at Gateway.

Residents who wish to participate should leave their name, email address and phone number with Paulette Jones in the GRF Board Office at Gateway by Thursday, Dec. 1. For information, call Jones at 988-7710 or email her at pjones@rossmoor.com.

Tennis courts converted for pickleball

Rain delayed the work on converting the old tennis courts on Rossmoor Parkway to official pickleball courts. The work includes resurfacing the court area and adding game lines for three courts. In the photo, a workman puts paint on the court surface. The Pickleball Club was involved in the placement of the courts and their colors. While the work continues, players can always use the courts in the Sierra Room at Del Valle. The courts should be completed by week’s end, weather permitting.

GRF Board considers 2017 capital, machinery and equipment budgets

The $1.5 million comes from Trust Estate Fund

At its meeting on Thursday, Dec. 1, the Golden Rain Board will consider expenditures for the 2017 capital budget and the machinery and equipment budget totaling $1,569,500 to be paid from the Trust Estate Fund. The meeting will be at 9 a.m. in Peacock Hall. The following are some of the items that will be presented to the Board for approval:

Capital expenditures
- Repave Tice Creek Drive (between Avenida Sevillia and Ptarmigan Drive), Terra Granada Drive (between Entry 21 and Avenida Sevillia)
  1. Complete the renovation of the kitchens in Multipurpose Rooms 1 and 2. 2. Update the audio visual system in the Las Trampas Room.
  3. Construct a permanent structure to cover the food service area in Sportsmen’s Park.
  4. With the renovation of the Fitness Center, a new electrical panel will be installed in the pump room. This will create the needed capacity to install the UV system. The UV system will help with air quality inside the covered pool area by eliminating chloramines which is a byproduct of chlorine.
  5. Install automatic shades for the Fireside Room.

Machinery and equipment budget

Golden Rain Foundation
- Vehicles
  1. To replace a 1990 vehicle
  2. To replace a 1987 vehicle
  3. To replace a 2001 vehicle
  4. To replace a 1998 vehicle Golf/lawn bowling
  5. Replace a fairway mower that was purchased in 2005

Information technology
- 7. The fiber core switch is the primary switch that splits the incoming fiber optic connection and sends it to all of the main foundations. The fiber optic cable transmits light and sends it to all of the main foundations.

for information about or...
Take a bus to shop at Sunvalley Mall, Crossroads

The Rossmoor Transportation Department offers residents a ride to Sunvalley Mall in Concord and Crossroads Shopping Center in Pleasant Hill on Friday, Dec. 2.

This is the last chance before the year ends to take a Rossmoor bus to the shopping centers. The estimated arrival and departure times are 9:45 and 11:30 a.m. and 1:45 and 3:45 p.m.

To reserve a seat, call 988-7670 on Thursday, Dec. 1, between 8 a.m. and noon. Residents will need to leave their name, street name and entry number.

Seating is limited, on a first-come first-served basis. Shoppers will be picked up and dropped off on the street at their entry.

Bus or carpool to events

Parking is at a premium in Rossmoor, especially since there are so many events scheduled at the main club houses.

Residents are advised to take the bus or carpool when going to an event at the Gateway, Event Center, Creekside and Rossmoor Center in Pleasant Hill on Friday, Dec. 2.

Take a bus to shop at Sunvalley Mall, Crossroads Shopping Center in Concord and Crossroads Shopping Center in Pleasant Hill on Friday, Dec. 2.

Learn to make holiday swags

The Recreation Department will sponsor its annual holiday swag-making event on Thursday, Dec. 8, from 9 a.m. and 1 p.m. in the Fireside Room at Gateway.

This free event is sponsored by the Recreation Department. The class will help residents make fresh green fern swags for the front door or table centerpiece. Tables will be set up for the class sessions that will include a bow-making seminar. Recreation will supply all the items needed. However, due to the extreme popularity of this event, supplies are limited to one holiday swag per person.

Pre-registration is required. Light refreshments will be served. Bring scissors. To register, call Kelly Berto at 988-7780.

Rossmoor tree-lighting is next Monday

Enjoy snacks and entertainment

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Rossmoor tree-lighting is next Monday

Enjoy snacks and entertainment

Continued from page 1A

of multiple award-winning choirs, all under the direction of Ken Abrams. The SRVHS Concert Choir and the Treble Clef Choir were both first place winners at the 2009 Golden State Choral Competition and the SRVHS Chamber Singers took first place in 2010.

While at the event, enjoy cookies donated by the Rossmoor Rotary Club, along with eggnog and cider served by the Lions Club of Rossmoor.

This free event is sponsored by the Recreation Department.

The class will help residents make fresh green fern swags for the front door or table centerpiece. This year, there will be two class sessions that will include a bow-making seminar. Recreation will supply all the items needed. However, due to the extreme popularity of this event, supplies are limited to one holiday swag per person.

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Rossmoor News

The Rossmoor News (927080), established April 15, 1965, is published every Wednesday, for a subscription rate of $45 per year, by the Golden Rain Foundation, 1006 Stanley Dollar Drive, Walnut Creek, CA 94595. Periodical postage is paid in Walnut Creek, CA. POSTMASTER: Send address changes to the Rossmoor News, 1006 Stanley Dollar Drive, Walnut Creek, CA 94595.

TELEPHONE: General information and display and classified advertising: 925-988-7800 Fax: 925-988-7862

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WEBSITE: www.rossmoor.com and www.rossmoornews.com

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Contributing Writers: Various writers, Democrat of Rossmoor; various writers, Progressive View; Charles Jarrett, Entertainment Notes; Bill Leary, Engaging Aging; Tom Mader, At Wit’s End; Ed Manning, Republican Perspective; Robert Moon, Modern Classical CDs.

Volunteers: Judy Huse and Marilyn Allen.

DEADLINES:

• Wednesday at noon – Religion notices and Club Trips

• Thursday at noon – press releases, club news and event announcements

• Friday at 10 a.m. – Display and classified ads, letters to the 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.
The following is the agenda for the GRF Board meeting on Thursday, Dec. 1, at 9 a.m. in Peacock Hall at Gateway. The full agenda package is now on the Rossmoor website.

1. Consider accepting the audit proposal from Burr Pilger Mayer reviewed by the Audit Committee to perform an examination of the financial statements of GRF and of the employees’ pension plan and 401(k) plan to prepare the necessary income tax returns for the year ending Dec. 31, 2016.

2. Consider approving the proposed 2017 machinery and equipment and capital expenditures totaling $1,569,500 to be paid from the Trust Estate Fund.

3. Consider purchasing earthquake insurance for GRF facilities.

4. Consider approving the request for proposal for development of a comprehensive landscape design plan of an interconnected park system along the perimeter of the Rossmoor golf courses.

5. Consider approving Mary Jean Hargrove, as recommended by the Women’s Nine-Hole Golf Club, as the appointment of the club’s representative to the Golf Advisory Committee for a two-year term, and the reappointment of Robert Montgomery as the Men’s Golf Club representative to the Golf Advisory Committee for a two-year term.

6. Consider approving an exemption under Policy 302 for a non-resident as president of the Rossmoor Rotary Club for the year 2017-18.

7. This project will convert the current storage of printed document to a digital format. This will enable the staff to search over 500,000 scanned documents to quickly access needed information. This new scanning system would also be the foundation for all digitization of printed documents for all departments allowing us to better serve our customers. The current system relies on temporary help or current staff to manually scan documents to access documents from a computer providing almost instant access to required documents. The implantation of this system will ultimately free up two large rooms currently being used only for storage. The cost is shared between GRF and Mutual Operations. Clubhouse and facilities

8. Historically, one of the two pool heaters at Dollar pool gets replaced every year due to complete failure. The pool heaters at Dollar have a shorter lifespan due to the high temperature of the pool. Mutual Operations

9. To replace a 1984 vehicle

10. To replace a 1991 vehicle

11. To replace a 1999 vehicle

12. To replace a 2001 vehicle

13. Purchase a letter folding inserter machine that will fold up to four different sheets of paper into a single envelope and will also insert a return envelope.

14. Upgrade the large conference room at Mutual Operations.

Residents are reminded that they can report dangerous drivers to the police. Drivers who see a traffic incident or a bad driver should get the license plate number, the type and color of the vehicle and any other identifying features. Pull over and call Walnut Creek Police at 935-6400, then press zero. The police like to get the call as soon as possible after the incident and want to know where it took place. The police department then notifies a police vehicle nearby. The driver is given a warning and a letter is mailed to the person saying a driver of this vehicle was seen driving dangerously. If the police see this auto reported more than once or twice, they go to the home to interview the person. Sometimes, the driver can no longer drive safely and is fined.
Rossmoor Fund sees a surge in donations this year

By Ellen Gilman
Fund correspondent

The Rossmoor Fund’s annual fundraising effort is off and running, and what a year it promises to be. Ads in the Rossmoor News and a letter of appreciation sent to previous donors have sparked a surge in donations.

The theme of this year’s campaign is “Can You Help?” Rossmoorians are responding in large numbers with an enthusiastic and generous, “Yes We Can!”

Claire Levine Wolfe, who is on the Rossmoor Fund’s board of directors, said “The board of directors is overwhelmed by the generous response to our current fundraising campaign. This assures our ability to continue serving our neighbors in need for our many different programs.”

To be sure, one reason for the enthusiasm of donors to the Rossmoor Fund is the number of different programs supported by it. The fund provides direct help to individual Rossmoor neighbors who have unexpected financial emergencies, such as medical and dental expenses.

In the last two months alone, almost $20,000 has been given to assist needy residents through a variety of these small, individual (usually between $1,000 and $2,000) Rossmoor Fund grants. Safeway gift cards will again be distributed at holiday time, thanks to a generous donation from the Boomers Forever Club.

The fund also gives grants to organizations – grants that have supported caregiving, emergency response systems and legal services, among others, for Rossmoorians.

While some services are made available through organizations and some through grants to individuals, all programs serve the fund’s charitable and educational goals of improving the health and well-being of Rossmoor neighbors.

Another reason for the enthusiasm surrounding the Rossmoor Fund is donors’ appreciation of the fact that all their contributions go directly to help people in Rossmoor, with administrative expenses covered by sponsors and volunteer board members. Many of Rossmoor’s clubs and organizations have found the Rossmoor Fund to be a valuable partner in realizing their charitable goals. Individual donations are sometimes made as tributes to a remarkable person on a special occasion or in memory of a beloved Rossmoor resident.

Donating to the Rossmoor Fund is easy. A check can be mailed to the Rossmoor Fund at P.O. Box 2070, Walnut Creek, CA 94595. Or a check may simply be left in an envelope in the Rossmoor Fund mailbox in the Gateway Administration Office. All donors receive a letter of thanks that can be used to confirm the donation as a tax deduction, so it is best to include the donor’s name and address in the envelope.

This year, there has been an increase in the number of donations being made online. This is easy to do at www.rossmoorfund.org. Just click on the “donate” button at the bottom of the home page. Remember, “Can You Help?” “Yes, You Can!” Like so many generous neighbors who are helping others in record numbers, all residents can make a difference, one that will be met with deep appreciation.

Special bus schedule Dec. 14
Rossmoor bus service will be suspended for a while on Wednesday, Dec. 14, so that bus operators may attend an employee function.

The change in schedule is:
- The Red Line will not run from 11:32 a.m. until 1:48 p.m.
- The White Line will not run from 10:45 a.m. until 1:27 p.m.
- The Blue Line will not run from 10:46 a.m. until 1:23 p.m.
- The Yellow Line will not run from 11:02 a.m. until 1:50 p.m.
- The Green Line will not run from 11:33 a.m. until 1:50 p.m.

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Residents invited to traffic safety meeting

Residents are invited to a community meeting on Monday, Dec. 5, at 9:30 a.m. in the Fireside Room at Gateway to hear an update on Rossmoor’s ongoing traffic/pedestrian safety study and to offer their feedback.

In June, GRF Board authorized Pleasanton-based TKJM Transportation Consultants to conduct the study which is focused primarily on the following:

1. Evaluating the street system design, intersections, signage/markers, speed, and pedestrian accommodations on main arterial roads - Rossmoor Parkway, Tice Creek Drive, Golden Rain Road and Stanley Dollar Drive;
2. Improving pedestrian safety, especially near clubhouses and recreation and community centers;
3. Improving traffic safety and flow, particularly at intersections and parking access driveways;
4. Identifying solutions, such as addition of medians, restriping, lighting, signage, traffic calming measures, traffic flow, and pedestrian safety/travel/accessibility;
5. Evaluating the two golf cart crossings on Rossmoor Parkway between Entries 1 and 2, the crossing at Rossmoor Parkway/Tice Creek Drive intersection, and the crossing on Stanley Dollar Drive near the Event Center and Creekside Clubhouse;
6. Evaluating pedestrian and traffic safety concerns on all secondary roadways within Rossmoor; and
7. Programs, activities and policies to address senior driver and pedestrian behavior and physical challenges.

Holiday hours extended for Walnut Creek’s free downtown trolley

Walnut Creek’s free downtown trolley will have extended hours during the holidays thanks to additional funding by the city.

The trolley, also known as County Connection Route 4, will be available until 10 p.m. through Dec. 16 and again Dec. 26 through 31. From Dec. 12 through Dec. 23, trolley hours extend to 11 p.m.

Note that extended hours are not offered on Sundays. The last trolley leaves Walnut Creek BART at 6:20 p.m. Sundays.

The free-ride trolley loops between Walnut Creek BART and Broadway Plaza, traveling along Locust and N. Main streets.

For a detailed route map, go to countyconnection.com/schedule4.
COUNSELING CORNER

Counseling Services Provides a Great Deal of Information and Help to Rossmoor Residents

By Ann Pagliaro, LCSW

In Counseling Services’ ongoing effort to address recent survey results, the top identified needs will be highlighted in the “Counseling Corner” column. This week’s “Corner” focuses on obtaining and utilizing information about services and benefits. Counseling Services has an abundance of resource information and is staffed by three licensed clinical social workers who will help residents identify and benefit from the resources and programs they need.

Some of the most frequently requested information:

• Advance planning including current Advance Health Care Directive and a workbook to record personal and financial information
• Assisted living homes and placement agencies that provide no-cost assistance to meet with individuals and help tour selected facilities
• Caregiver information including hiring guide and in-home help agency list
• Cancer support and transportation programs

• Care management agencies that provide ongoing oversight of care needs
• Dementia resources including Counseling Services’ caregiver support groups and free in-home care
• Emergency response pendants including information on Rossmoor Fund grants to cover cost for low-income residents
• Financial assistance programs including the Rossmoor Fund, Safeway cards, food bank, caregivers and housing
• Health insurance counseling
• Legal services including free Rossmoor legal clinic provided by the Rossmoor Fund
• Low-vision and hearing-impaired services including California phones
• Meal services including Meals on Wheels and other home delivery programs
• Support groups facilitated by Counseling Services including bereavement, caregivers for residents with dementia, stress management, autobiography, transition for single women new to Rossmoor, creative visualization and support groups in nearby communities
• Transportation options
• Twelve-step programs, schedules, brochures
• Veterans services
• Volunteer opportunities

All this and more await residents at the Rossmoor Counseling Services Office. All services and programs are confidential and do not have a fee. Drop by the office at Gateway to peruse the information racks or call 988-7750 to speak with a counselor.

Reflex in Rossmoor?
Lymphedema in Lafayette?
Wellness in Walnut Creek?

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Activities Council has holiday meeting

Members of Rossmoor clubs are invited to attend the Activities Council’s general meeting on Tuesday, Dec. 20. The meeting starts at 9 a.m. in the Fireside Room at Gateway.

There will be a festive social half-hour for mimosas, coffee and tea, a holiday cake and conversation with other attendees followed by the brief business meeting at 9:30.

The holiday program will feature the Chorale, one of Rossmoor’s favorite musical groups. Harmony now numbers 70 members, including singers, support- ers and accompanists. Under director Meriel Ennick, the chorus will present familiar favorites of the season as well as less well-known vocal selections.

This is a good opportunity in the midst of this busy time of year to relax, network and learn about upcoming activities at some of Rossmoor’s 200-plus clubs and organizations.

The meeting ends as usual with a drawing for raffle prizes, which for this special occasion will be gift baskets.

Those who plan to attend are asked to call Tancred Agius at 947-6925 by Thursday, Dec. 15.

The Activities Council’s mission is to help the Recreation Department serve everyone in Rossmoor. The bi-monthly general meetings are open to all.

The council is seeking a volunteer to serve on the board of directors for a two-year term. Duties are light: attendance at six board meetings and six general meetings a year as well as helping to brainstorm about the community betterment projects that the Activities Council supports financially.

Interested residents are asked to contact council President Trish Dickson at pdickson@sbcglobal.net.

Residents invited to be part of health series

Comcast invites Rossmoor residents to be a part of an NBC video series on health that will air in 2017 on Channel 28. Residents who have some personal stories or health tips to share about healthy aging are encouraged by Comcast-NBC to be part of this series. Residents might be part of a developing series on healthy aging, which is part of a Comcast-NBC partnership with UC Davis.

Rossmoor residents interested in being part of this series should contact Channel 28 Manager Susan Ritner through email at ssritner@rossmoor.com or call 988-7620. Leave a message with name and phone number.
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Beginning in 2017, clubs must pay for room reservations in advance

Beginning in 2017, Rossmoor clubs will be expected to pay in advance for any room rentals scheduled in a given month. The Recreation Department has set up a guide for residents and clubs on the new policy. In 2014, GRF purchased a software program for Recreation Department and Fitness Center. This system is for facility reservations, class registration, Excursions, point of sale, and clubs on the new policy. In order to make the process a little clearer, GRF is meeting with clubs to complete annual bookings and explain how it will work in 2017.

At the meetings, the representatives of the club are provided with written instructions on how billing will be processed in the future. They are also provided clear verbal instructions. So if Club “XYZ” has two events scheduled in February 2017, it will be expected to pay for those events by the beginning of February. The club may, but will not be required, to pay for any reservations on the books beyond February. Payments will be sent to the Recreation Department to be applied to the rentals for the upcoming month.

Clubs are provided with a contract showing the dates of each rental and the corresponding charges. This means that for the two February rentals for Club XYZ, the treasurer will see on the contract that the club has a reservation on Feb. 10 in the Event Center for a total of $140 and a reservation on Feb. 23 in the Fireside Room for $120. The treasurer would need to make payment for those two rentals totaling $260 by the beginning of February. The club has the paperwork showing the dates and charges for their records.

According to Recreation, this new method is consistent with industry standards and is straightforward. Recreation has said that for the clubs that have already met and discussed this new system, the reception has been positive.

Clubs that need to set up a room reservation should contact the Recreation Department at 988-7780.

WC Police to wear body cameras

The Walnut Creek City Council on Nov. 1 approved a recommendation by Police Chief Tom Chaplin to develop a body-worn camera program. Before the program is implemented, Chaplin will return to the council with a fleshed-out budget along with funding recommendations to cover up front and ongoing costs.

Once a budget is approved and policies are in place, the cameras will be introduced in phases to address any issues that may arise. It will take about 12 months to fully implement the program.

Community surveys show strong support for use of body-worn cameras by Walnut Creek police. In an open town hall survey conducted on the city’s website, 92 percent of people who responded supported the idea.

Dr. Weenig Has Experienced the Science of Hearing Engineering

Dear Dr. Magilen,

As a physician and a college science major, I have utilized three different audiology offices in my quest to improve my hearing. My visit to your office ended my quest.

Your Ph.D. in Biophysics has provided you with an understanding of the science of sound transmission and the pathology of hearing loss. Those two skills allowed you to accurately diagnose the nature of my hearing loss, much more so than any of the other audiology offices. Armed with this diagnosis and the state of the art of your audiology equipment, you were able to customize everything to fit my specific needs.

The Siemens hearing aids you customized on my behalf, and the various sound control settings of those hearing aids, provided me with the ability to easily adjust them for the setting (crowd, dinner table, movie etc.) in which I was using them.

The improvement the Siemens equipment provided, compared to the prior hearing aids I was sold is remarkable. Your explanation of the science behind your approach, and the quality of the service from your staff is first rate.

I am recommending to my physician colleagues who specialize in Ear, Nose and Throat (ENT or Otolaryngologists) that they consider sending their hearing loss patients to you for evaluation and trial of these state of the art hearing aids.

Sincerely,

Clair S. Weenig, M.D.
Clinical Professor Emeritus
Univ. of Calif. Medical Center, San Francisco
Dept. of Anesthesiology
Retired Physician John Muir Medical Center, Walnut Creek

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Fourth Mutual holds special meeting to discuss settling building, 2017 coupon

The Fourth Mutual board will hold a special meeting with its members Friday, Dec. 2, at 11 a.m. in the Fireside Room at Gateway. The meeting was called to discuss a problem with one of the Mutual’s buildings that is experiencing settlement of the foundation that is causing uneven floors and cracking interior walls and ceilings. It is estimated that $300,000 is needed to repair the building.

The Mutual board will also discuss why it chose to add the cost of the repair of the building to the 2017 monthly coupon rather than charge a one-time special assessment.

A group calling itself Concerned Members of Fourth Mutual has started a recall of all five directors of the Mutual’s board over this issue. Concerned Members feel that the board is not willing to consider input from the members regarding a 2017 coupon increase to cover the costs to repair the building that is settling.

The Concerned Members, and the 86 Mutual members who signed the recall petition, believe that there should be a one-time $1,000 special assessment of all 286 homeowners to cover the costs of repair rather than adding $43.71 per manor per month to the monthly coupon for two years.

A letter was sent to all Mutual members explaining the recall of the five directors. Votes will be cast using a secret ballot and opened by the Mutual’s inspector of election at a special membership meeting on Wednesday, Jan. 18, at 9:30 a.m. in the Fireside Room at Gateway. No business other than the tabulation of ballots will be conducted at the meeting.

If the recall is successful, an election of new directors has to be done immediately.

The Mutual is now soliciting candidates to run for the board in the event of a successful recall. Members of the board can also submit their names to be candidates.

If the recall is not successful, then there is no vote for candidates and the present board will remain.

For information about the recall, email Mutual Board Services Coordinator Anne Paone at apaone@rossmoor.com.

Preparing an emergency kit is topic of Emergency Preparedness Organization meeting Monday

The Emergency Preparedness Organization (EPO) will have its last meeting of 2016 on Monday, Dec. 5, at 9:30 a.m. in the Fairway Rooms at Creekside.

EPO welcomes a return visit by Lisa Katzki, the CEO of ReadyCare, an emergency preparedness company that is also the national distributor for the FRIO insulin-cooling wallet.

Her hour-long presentation will teach attendees how to make a plan, build or enhance their personal preparedness kit for an event such as a natural or man-made disaster and how to stay informed.

Katzie is also a Walnut Creek Community Emergency Response Team (CERT) instructor; a disaster preparedness, CERT and first aid instructor for the American Red Cross; and a registered nurse.

She brings over 20 years of experience teaching health and safety classes as well as personal preparedness. She has worked with Rossmoor residents for many years and always brings her own special brand of humor to this subject.

Katzki helps take the procrastination out of emergency preparation. Emergency supplies can be ordered at the meeting.

For information, contact Sheila Gorschuch at 256-9546 or at sgorschuch@hotmail.com.

Volunteers needed for Tax-Aide program

Residents who like working with people and who are good with numbers should consider volunteering with the Contra Costa County AARP Tax-Aide program.

The AARP Tax-Aide program is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages. Tax-Aide volunteer positions include tax counselors who are trained by Tax-Aide and certified by the IRS, and client facilitators, who schedule appointments and assist clients at tax sites.

Orientation is offered in November. Classes for tax counselors start in January 2017. Service is from February through April 15, 2017.

If interested, apply online at www.aarp.org/taxvolunteer or, for information, call LaVerne Gordon at 726-3199.

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We Also Do Entry Doors!
Rotary's One Warm Coat Drive underway at Gateway

The One Warm Coat collection barrels are set up in the lobby at Gateway Clubhouse. Sponsored by the Rossmoor Rotary Club in conjunction with the San Ramon Valley Rotary Club, the drive will continue through Jan. 13. Donations of coats, sweaters and blankets in good condition and clean for men, women, children and infants are welcome.

Barcodes Used at Del Valle Complex

For smooth and efficient entry into the Fitness and Aquatics Center at Del Valle, be sure to get forms to sign up for a bar code. Stop by the Fitness Center front desk for information and forms.

Comcast introduces ‘Telehealth’

In 2017, Comcast will introduce to the Rossmoor community a new program called “Telehealth.”

“Telehealth” is the use of technology to provide services like health education and virtual medical interactions by using the home TV screen, computer, tablet and phone. This technology will enable residents to provide communication directly with their doctor and pharmacist. “Telehealth” offers other quality of life services such as alerts when a door is left open.

To get this two-way technology, Rossmoor residents will need to get a free upgrade to an Xfinity box on the X1 Entertaining Operating System. With this upgrade, residents will have access to two-way technology capabilities right now and in the near future, newly developing technology for personal emergency response systems, personal monitoring and video chats.

To find out more, call Comcast at 1-800-407-2997.

It’s time to reserve a Gateway display case to advertise clubs

The Recreation Department is putting together the 2017 display case schedule. The display cases are located between the Sewing Studio and the multipurpose rooms at Gateway.

Sixteen small individual cases are available for use on a six month basis. These cases measure 23½ inches by 23½ inches. These display cases give clubs a unique opportunity to display to the community who they are and promote upcoming events. The cases also are an enticing recruitment tool for new members.

Learn about the different clubs and their upcoming events by taking a look at the display cases.

There is no charge for use of these cases. Availability is based on a first come, first serve basis. Clubs not assigned a case July to December 2016 will be given priority.

All cases need to be vacated no later than Dec. 30. These units are self-maintained and any items left behind past the due dates will be disposed of.

To reserve a display case, contact Elena Ybarra in the Recreation Department at 988-7703.

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VANESSA VALERIO, RN
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Vanessva@CareIndeed.com

DEAR VANESSA,

My father is 78 years old and has COPD. What can we do to lower his risk of getting pneumonia? What are complications of pneumonia? Thank you. DENISEA

DEAR DENISE,

Pneumonia can occur at any time throughout the year, but the number of pneumonia cases tends to rise during the flu season. The elderly are more susceptible to pneumonia because they are more frail, have weaker immune systems, and may have other ailments which put them at higher risk for pneumonia. They don’t tolerate infections as well as younger people.

Learn more about pneumonia. Know its symptoms: cough, green or yellow sputum, chest pain, fever, chills, or shortness of breath. Keep an eye out for nonrespiratory symptoms like malaise or weakness, confusion, delirium, or dizziness.

Make sure that your father gets vaccinated against bacterial pneumococcal pneumonia. It’s a onetime vaccine that can prevent or reduce the severity of pneumonia. It’s also a good idea for him to get the influenza vaccine since pneumonia often occurs as a complication of the flu.

Good hygiene habits are essential: frequent handwashing and using an alcohol-based hand sanitizer, practicing dental hygiene (pneumonia can arise around tooth and gum infections, so daily brushing and flossing are a must), cleaning frequently touched surfaces, and avoiding contact with people who have colds, the flu, or more serious diseases like measles or chickenpox. If you or your father smokes, quit; smoking damages the lungs’ natural defenses against respiratory infections. Lastly, good health habits like exercise, rest, and healthy eating can increase one’s resistance to pneumonia.

When a person has pneumonia, the affected air sacs become inflamed and filled with fluid. This leads to breathing problems, a lack of blood flow to the infected sections of the lungs, and a decrease in the bloodstream’s oxygen level. Complications include sepsis (a serious condition that can result in lowering of blood pressure and failure of oxygen to reach the tissues of the body), pleural effusion (the accumulation of fluid in the space between the lung tissue and the chest wall lining), and collection of pus within the lungs or airways.

Disclaimer: The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, diagnosis or treatment by a healthcare professional.
Clubs must follow film guidelines when showing to public

Each year the Recreation Department pays an annual licensing fee to the Motion Picture Licensing Corporation to allow film projection by clubs. Clubs and residents may take advantage of films they've purchased from studios and show them in Rossmoor.

Many clubs and organizations have had questions regarding donations when they show movies and want to know if they are permitted. Donations can be accepted if the following guidelines are followed:

- All films shown in Rossmoor are legally obtained from studios covered in the blanket policy agreement with the Motion Picture Licensing Corporation.
- No admission fees are charged.
- Donations must NOT be related to the showing of the movie.
- There should be no solicitation of donations such as standing at the door with a donation basket and asking movie-goers to make a donation to watch the film. However, announcements can be made at the event that notifies guests that donations are accepted.
- Failure to abide by these guidelines may result in film screening privileges being revoked. The club/resident will be responsible for any fines imposed by the Motion Picture Licensing Corporation, due to a violation of this rule.

All club presidents or private resident wishing to screen movies will need to sign this agreement.

Residents who have questions regarding these guidelines should contact the Recreation Department Supervisor Kelly Berto at 988-7780.

CEO’s Report

Updates on Rossmoor Projects and Postal Service Issues

By Tim O’Keefe, CEO

There were 45 home sales in October 2016 compared with 41 in October 2015. Thirty-five of the sales paid a membership transfer fee. Two non-sale transactions also paid a fee for a total of 37 paid memberships. As of Nov. 16, there have been 18 sales for the month generating 16 membership transfer fees and there are 42 pending escrows.

Employee transition

In October, GRF welcomed Utility Repair Worker Isaiah Moncada to the Golden Rain Foundation staff. Also, Life guard Irena Havlik concluded her employment with GRF.

Postal delivery issues

Following a series of postal delivery issues and lack of responsiveness from local postal officials, I met with Congressman Mark DeSaulnier to register a formal complaint last spring. Earlier this month, a meeting was finally held with the new Walnut Creek Postmaster to describe numerous issues Rossmoor residents have experienced with postal delivery. The Postmaster explained that the Postal Service is in the process of restructuring and are hiring new staff to better serve the local community. The postmaster agreed to host a community forum with Rossmoor residents in 2017 to listen to and address concerns. Watch the Rossmoor News for details.

Fitness Center renovation

Following the recommendation of Walnut Creek’s city manager, staff submitted the preliminary design plans to the City Planning Department for comment prior to developing the request for proposal (RFP) for bidders. The city returned with several pages of suggestions that should reduce the number of change orders once the construction permits are pulled, which should help reduce costs. The staff and architectural design team are making modifications and expect to submit RFPs to several potential bidders in the next couple of weeks. Bids will be expected in January with a potential award to the successful bidder as early as the mid-February GRF Board meeting.

Traffic and pedestrian safety study

Due to many complaints from residents about traffic speeds and pedestrian safety over the last several months, the Golden Rain Foundation Board of Directors authorized a study by a traffic engineer with the goal of creating a safer environment for vehicles and pedestrians. Despite some recent vandalism to their equipment, the study is ongoing. The traffic engineering company will be conducting a resident forum to solicit your input. Residents who are interested in this issue should plan on attending the forum on Monday, Dec. 5, at 9:30 a.m. in the Fireside Room at Gateway.

Comcast update

The equipment installations are proceeding on schedule. Comcast has already scheduled or completed more than 1,000 modem/router and HD installations. If Comcast hasn’t contacted you yet, don’t worry. Over the next five weeks, Comcast will notify residents when they will be in their neighborhood and will schedule a time convenient for residents to install the equipment.

The goal is to have every manor connected by Dec. 31. For residents who don’t want to wait for Comcast to contact them and are “tech savvy,” a self-install kit is available. Be sure to let the representative know if you want the free upgrade to the X1 Xfinity platform, including the very popular voice-activated remote control. There is no cost for the installation or the equipment.

Anyone having questions about their Comcast services may visit with a Comcast representative on Monday or Friday from 10 a.m. to noon or Wednesday from 10 a.m. to 1 p.m. in the Fireside lobby at Gateway. However, Comcast occasionally alternates the location with other venues due to scheduling conflicts.

Watch for the schedule in the News. Alternately, you may call the special Rossmoor Comcast Call Center number at 1-800-407-2997 and speak to a Comcast representative who will be familiar with the services provided in Rossmoor’s new Comcast contract.

Longtime WC city manager Ken Nordhoff steps down

After 26 years in the public sector, the last six as Walnut Creek’s city manager, Ken Nordhoff is leaving to become a principal with HdL Companies, which provides an array of fiscal services to public agencies. His final day with the city is Dec. 30.

The City Council is in the process of selecting an executive search firm to assist with the recruitment of a new city manager.

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Rossmoor scholarship recipients reflect on visits abroad

Rossmoor Scholarship Foundation holding 2016 Fund Drive

By Pat Ryan
Foundation correspondent

During these months of the fall, trustees of the Rossmoor Scholarship Foundation are busy raising money to support the foundation. They also meet with counselors at seven high schools and Diablo Valley College, whose job it is to encourage their students to apply for Rossmoor Scholarship Foundation awards.

In the spring, Rossmoor Scholarship Foundation trustees interview all the applicants at their respective schools.

Last March, at Concord High School, trustees learned how some of the 2016 scholarship recipients from that school had unique perspectives about life because they had lived or vacationed in countries abroad.

When Rhonda Labib, an Egyptian, travelled to Egypt during her summer vacation, she found herself thinking, “See, there is bravery in the world.” She didn’t expect courage would exist in a place where subservience was expected.

However, when she used her free time as a mentor and tutor for handicapped individuals who do a lot of unskilled labor, she wrestled with the constraints of her conservative religion: how to dress, could she talk to boys in class, could she do sports or sleep over with girlfriends.

She decided not to be bound by Sikhism and instead embraced Buddhism, which enlightened her life and empowered her. When Lally graduated from Concord High School, she was captain of the girls’ basketball team, president of the class, lieutenant governor of Key Club and she worked at the Food Bank and a job at a local restaurant. Her counsel or described her as intelligent, compassionate and a born leader.

These are mini-biographies of just three of the 42 young adults who received 2016 Rossmoor scholarships. Kimberley Lopez and Raymundo Sanchez were Concord High School students who also received Rossmoor scholarships. They were just as impressive as those other three. All were excellent students and excelled in leadership, a sport, and/or community service; and all of them needed financial help.

Residents who have an interest in assisting similarly outstanding students are invited to fill out the coupon that accompanies this article. Any and all amounts are tax deductible.

For information about the Rossmoor Scholarship Foundation, contact Jan Geczy by email at jgchez@yahoo.com or phone at 949-8282, or Charlotte Misner, by email at misners@sbcglobal.net or at 977-9386.

First Mutual has routine business in November, announces meeting dates

By Nancy Turnier
Secretary

Routine business took place at the Nov. 18 First Mutual Board meeting. In attendance were President Ken Anderson, First Vice President Gerald Priebat, Second Vice President Shanti Haydon, Treasurer Sally Nordwall and Secretary Nancy Turnier. Mutual Operations Director, Operations Paul Donner, Chief Financial Officer Rick Chakoff, and Landscape Manager Rebecca Pollon.

Two residents spoke during the residents’ forum. One resident questioned the parking of contractors in guest parking spaces and one questioned the need for her insurance company to pay for water damage to personal property.

Donner said contractors are able to park in guest parking during weekday hours and that research would be done to confirm all the water damage that has happened to personal property.

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Phil Magen will be studying the saving of water with the new air conditioners. A clarification of how electric golf cart owners are billed is requested.

A new mission statement for the committee was given to the board to review and vote on at the next meeting.

Future meetings

The following are the future board and committee meeting dates: new resident orientation, Tuesday, Jan. 10, at 7 p.m. in the Donner Room at the Event Center; Budget and Finance Committee, Thursday, Jan. 12, at 10 a.m. in the Board Room at Gateway; Landscape Committee, Friday, Feb. 3, at 11 a.m. in Multipurpose Room 1 at Gateway; First Mutual Board Friday, Jan. 27, at 11 a.m. in the Donner Room at the Event Center.

Residents are invited to attend all meetings.
Walter Rimler’s book on Harold Arlen wins prestigious award

Composer wrote ‘Over the Rainbow’
By Maggie Sharpe
Staff writer

When Walter Rimler was 13 or 14 years old, he remembers getting a really bad dose of the flu and having to stay in bed. He also recalls it was the day he had a musical revelation.

“I was so sick that my mom stayed home from work with me,” says Rimler. “I remember her putting a record on the phonograph. It was Gershwin’s ‘Rhapsody in Blue.’ I was amazed that music could be that great. Gershwin became my hero from that moment on.”

Rimler says that, to this day, he doesn’t know if it was the music of Gershwin’s music that caused this epiphany – but probably a bit of both.

Much later in life, Rimler, who belongs to the Rossmoor Republican Club, met his wife Margaret and their terrier mix, Stella, wrote a book called George Gershwin: An Intimate Portrait. The book was published in 2009. Last year, Rimler wrote another biography, this time about a lesser-known composer from that era, Harold Arlen (1905-1986).

“This is only the second biography ever written about Arlen, though he composed many famous songs, including ‘Over the Rainbow,’ ‘Stormy Weather’ and ‘Come Rain or Come Shine,’” said Rimler, who also composes music and calls himself “an indifferent pianist.” “At a gathering of songs by Arlen, I called Arlen ‘the best of us.’ And Judy Garfand was his biggest champion.”

 Aptly titled “The Man That Got Away: Life and Songs of Harold Arlen,” Rimler’s book, written by Arlen’s daughter and editor in Portland, Myra Arlen, has been published by University of Chicago Press, are available including Arlen.

Coincidentally, Paul McCartney, who grew up listening to the music of Gershwin and Arlen, bought the rights to Arlen’s musical catalog and is now his publisher.

Words describe music
As Tony Award winner Martin Charnin states on the cover of Rimler’s book, “Walter Rimler’s biography is not only rid of complicated, but with intimate, carefully researched, and heretofore unknown details. This book has done a remarkable thing. It allows words to describe music.”

Rimler recounts in his book how Arlen grew up in an Orthodox Jewish family – his father was a “great cantor” in the synagogue. It was not always plain sailing for the young Arlen.

“Harold fell in love with a 17-year-old showgirl called Anya, who was brought up in the Russian Orthodox Church. His parents were not pleased – and her parents weren’t pleased either, that he was Jewish,” said Rimler.

The couple married, despite their parents’ disappointment. The marriage endured a lifetime, but Anya developed severe mental illness and eventually had to be institutionalized. She died of a brain tumor in 1970. Meanwhile, Arlen sank into alcoholism.

“It became so bad, it almost killed him,” said Rimler. “But the all the time he kept writing songs, though I think they became darker over the years, songs such as ‘One For My Baby’ and ‘One More for the Road.’”

Rimler likes another snippet about Arlen’s father. “Although Harold’s father was a bit of a tyrant to his wife and two sons, musically he was very talented and a great cantor,” said Rimler. “After Harold became a success, his father used to say ‘Somewhere Over the Rainbow’ in the holiest day of the year.”

“A writer all his life” Rimler was born in Brooklyn, New York. His family moved to Los Angeles when he was just six months old. He graduated from UC Berkeley in 1968 with a major in history and a minor in music. He says he’s a writer all his life. “I’ve always been a writer, but I never earned my living that way,” said Rimler, who worked for law firms in the Bay Area, summarizing documents, until his retirement 10 years ago.

On the day that Harold was buried, many people reported seeing rainbows in fact, a columnist at the New York Times even reported on that in his column,” said Rimler.

Rimler writes on the last page of his book: “As for the rainbows that filled the sky that day he was buried and whether [they] witnessed a cosmic display in the sky? What we do know is that the melody of ‘Over the Rainbow’ came to him out of the blue – an occurrence that seems just as unlikely and inexplicable.”

Walter Rimler’s books about Gershwin and Arlen, published by University of Illinois Press, are available through Amazon.com.

Rossmoor Republicans to enjoy holiday music in December

The San Ramon Valley High School Chamber Singers will provide a program of holiday music at the Republican Club’s dinner meeting on Tuesday, Dec. 20, at the Event Center. The program begins at 5:15 p.m. with a hosted wine and cheese social hour. The dinner follows at 6:50. Reservations are required; walk-ins cannot be accommodated.

An event registration form is included in The Rossmoor Republican, which is sent to all club members monthly. The registration form can be printed and sent to The Rossmoor Republican, 1001 Golden Rain Road. Alternatively, they may be hand-delivered to the Republican Club mailbox at Gateway. All reservations must be received by noon on Thursday, Dec. 15.

For dinner reservation questions, call Susie White at 788-4479. For membership questions, call Marilyn Siegel at 262-8185.

Walter Rimler, pictured at left, won an award for his book “The Man That Got Away” about composer Harold Arlen. Rimler also wrote a biography of composer George Gershwin.

Rimler is honored to receive the ASCAP award for his book. “It’s a nice award – and I discovered that there are some real heavyweights among the previous winners, including Duke Ellington, so I’m in good company,” said Rimler, who’s now thinking of writing a book about President John F. Kennedy.

Rainbows Rimler recalls an odd thing that he first read in Edward Jablonski’s biography of Harold Arlen – the only other biography of the composer ever written.

“On the day that Harold was buried, many people reported seeing rainbows – in fact, a columnist at the New York Times even reported on that in his column,” said Rimler.

Rimler writes on the last page of his book: “As for the rainbows that filled the sky that day he was buried and whether [they] witnessed a cosmic display in the sky? What we do know is that the melody of ‘Over the Rainbow’ came to him out of the blue – an occurrence that seems just as unlikely and inexplicable.”

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The Chamber Singers are known for their excellence in singing and for their high placement in competitions. They won first place in the Northern California Golden State Choral Competition in 2002, 2007 and 2010. They also have performed in New York, Philadelphia, Atlanta, Chicago, Anchorage, Salt Lake City and Dallas, as well as in every major city in California, Oregon, Washington and Arizona. They have also traveled to Europe four times, and once to New Zealand and Australia where they competed in the Sydney Opera House, receiving a gold medal for their performance. Last year, they performed in Italy, Croatia and Slovenia, as well as in Austria, including a mass performance at the Vatican.

The dinner is catered by Scott’s. The entrée is spicy crusted roast prime rib of beef with au jus along with garlic mashed potatoes, carrots and roasted Brussels sprouts. The vegetarian alternate is roasted vegetable ratatouille.

The cost is $28 for members and $30 for non-members. To hear the musical entertainment only, without dinner, the cost is $5. Those coming for the entertainment only should arrive at 6:50. Reservations are required; walk-ins cannot be accommodated.

An event registration form is included in The Rossmoor Republican, which is sent to all club members monthly. The registration form can be printed and sent to The Rossmoor Republican, 1001 Golden Rain Road. Alternatively, they may be hand-delivered to the Republican Club mailbox at Gateway. All reservations must be received by noon on Thursday, Dec. 15.

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Walter Rimler, pictured at left, won an award for his book “The Man That Got Away” about composer Harold Arlen. Rimler also wrote a biography of composer George Gershwin.
The Rossmoor Food Drive, sponsored by the Rossmoor Interfaith Council for the benefit of the Food Bank of Contra Costa and Solano, started on Nov. 21 and will continue in Rossmoor throughout the holiday season.

Food barrels for the drive will be set up at Gateways and Creekside clubhouses through the end of December. All of the food and monetary contributions will benefit the Food Bank of Contra Costa and Solano. Send financial donations to the Food Bank of Contra Costa and Solano, P.O. Box 63246, Concord, CA 94524. Be sure to write “Rossmoor” on the outside of the envelope.

Check the website at www.foodbankccs.org

Here is a list of the most needed items:
- Iron-rich cereal
- 100-percent fruit juice in plastic containers
- Canned fruit (in juice)
- Dry beans (any type)
- Canned vegetables
- Enriched rice
- Canned meat, poultry and fish
- Peanut butter in a plastic container
- Pre-packaged meals
- Do not donate fresh food or food in glass containers. Be sure that the donated food does not have an expired date.

The Food Bank of Contra Costa and Solano is an organization – 96 cents of every dollar donated goes towards food distribution. The Food Bank has a staff of 70 employees at warehouses in Concord and Fairfield. Additionally, the Food Bank relies on volunteers, who on average work an equivalent of more than 80 full-time employees.

The Food Bank has several different kinds of programs to help the hungry in two counties. The Community Produce Program has refrigerated trucks customized for the exclusive purpose of distributing fresh produce to communities in need. Clients are able to pick up an average of 20 pounds of produce twice per month.

The Extra Helpings program offers supplemental food for clients referred by the Concord County Health Department.

The School Pantry Program offers shelf-stable food items to high schools and middle schools where 50 percent or more of the students receive free or reduced-price lunch.

The Senior Food Program helps low-income senior citizens receive free groceries twice a month.

The Food Bank partners with over 180 area nonprofits like emergency food pantries, community kitchens and group homes to distribute food to more people in need throughout Contra Costa and Solano counties.

For information about the Rossmoor Food Drive, call Eleanor McGrath at 937-5261.

The Rossmoor News offers a free obituary up to 120 words. For information on how to place a free or a paid obituary, call 988-7800.

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residents would be a step in the right direction. Who knows what solutions we might find if we at least begin to look for them.

Michael Budnik
Terra California Drive

peDESTrian SAFETY
Intelligent, physically competent, law-abiding drivers are the most important guarantors of pedestrian safety. Pedestrians can help themselves, too, by crossing at crosswalks, especially at busy intersections, and making sure that they are visible.

Now that hours of daylight are shorter, it’s particularly important that walkers wear outer clothes that are light in color or have a reflective area. Especially from behind, someone wearing a dark jacket, jeans, and dark hat or hood (this is the Rossmoor winter uniform) is almost invisible to drivers.

Rossmoor’s Public Safety Department could also make a simple improvement to the orange safety flags available at the busiest intersection. Add to these flags a stripe of reflective tape. It could make all the difference to someone out and about on foot at dusk or after dark.

Jane Viator
Skycrest Drive

thANKFUL FOR WATER EXERCISE
I am particularly thankful this year for Julie and Becky whose work I was attending in Del Valle pool. The routines they guide us through are challenging and fun and good for our muscles. They smile and laugh and gently encourage participants to do what works for each individual.

I am also thankful for the staff who keeps the locker room so beautifully clean and the Aquatics Advisory Committee that arranges the programs. I hope everyone had a happy Thanksgiving.

Ruth Ahearn
Golden Rain Road

GReAT COLUMN
Kudos to Mary Jean Odmark for her “As You Reckon” (Nov. 16) on improper use of spelling and grammar. Great article. Let us have more of them.

Carrol Stockbridge
Pitnagrove Drive

to contact the GRF Board
Residents who would like to contact the GRF Board can do so in the following ways:
• E-mail:grb@rossmoor.com
• Mail: GRF Board, P.O. Box 2070, Walnut Creek, CA 94595
• Message phone: 988-7710
• Drop-off: Board Office at Gateway

today’s word
By Roger Hadlich
This series selects and presents English words that are both interesting and useful. Since a word’s provenance often enriches one’s understanding and enjoyment, each word will be accompanied by its etymology. To offer input on a word, email Hadlich at rthadlich@yahoo.com.


Rossmoor residents who are interested in meeting new people, making connections and having fun are invited to join the Recreation Department’s United Neighbors of Rossmoor group.

United Neighborhoods of Rossmoor will hold a third meeting on Monday, Dec. 12, from 10 a.m. to noon in the Fireside Room at Gateway Clubhouse. Monthly meetings are held when residents meet their groups and decide on which activities to attend. Each monthly meeting features an activity. This month’s activity will consist of getting in the holiday spirit by making holiday greeting cards and snacking on cookies, hot cocoa and coffee.

There are a multitude of activities to do and people to meet in Rossmoor, but it can be overwhelming to navigate. Residents new to Rossmoor or looking to make new connections are invited to attend the meetings and be assigned to a group of residents.

Residents who are more familiar with Rossmoor are encouraged to mentor fellow Rossmoor residents by attending different activities with them and also attending the monthly meetings.

Mentors, residents new to Rossmoor and residents wanting to make new connections will arrange to attend different activities in a month.

The program is free. Residents interested in attending should call Elena Ybarra in the Recreation Department at 988-7703.

United Neighbors of Rossmoor helps residents make connections

By Roger Hadlich
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A View of Trump From Without

By Otto Schnepf

I lived and taught in Israel for 13 years of my life and still subscribe to news alerts from Ha’aretz, a leading Israeli newspaper with a liberal-leaning world philosophy. It is therefore natural and of great interest to me to report on Israel’s reaction to the president-elect Donald Trump’s triumph in the recent United States presidential election.

Not unlike the United States, Israel is a divided country with distinct liberal and conservative viewpoints. After the recent elections and the victory of Trump, Israeli Prime Minister Benjamin Netanyahu, known by his nickname Bibi, was delighted to at last be free of President Obama. Outgoing President Obama consistently criticized Israel’s continued expansion into occupied Palestinian territories, especially settlements in the West Bank, so-called because of its location relative to the Jordan River.

Here at home the so-called “alt-right,” an ultra-conservative extremist fringe group associated with white supremacists, welcomed Trump’s victory with the frightening salutation “Heil Victory,” a Nazi salute that raises the specter of genocide and extreme nationalism during World War II.

Egyptian President Abdel Fattah el-Sisi expressed the opinion that it is too early to judge Trump. He called for patience, adding that we should all refrain from jumping to premature conclusions. He stressed that our biggest test is one thing and governing is another; he also said he expects the president-elect to give more thought to the problems of the Middle East.

Trump has already announced some key cabinet appointments in the area of national security. U.S. Representative for Kansas Mike Pompeo has been designated to lead the CIA. Former CIA Director Michael Hayden said he is pleased with Pompeo’s selection to head up the agency. “I actually am aware that the broader intelligence community was heartened by that pick,” Hayden said in an interview with ABC Global Affairs Correspondent Martha Raddatz on “This Week with George Stephanopoulos.” Pompeo is, however, expected to advocate rolling back what he calls the “disastrous” Iran nuclear agreement, which is a complaint heard in his home state of Kansas. As a Republican hawk, he has warned that Iran is “intent on destroying America” and has castigated Obama for enabling Iran’s ayatollahs to “expand their power.”

Throughout his campaign, Trump called for harsher interrogation techniques, a position Pompeo supports. Pompeo claims that the unlawful interrogation torture technique known as waterboarding is in fact in line with both the law and the United States Constitution.

The Trump transition team has brought in former Secretary of State Henry Kissinger as a consultant, adding that Trump should not be expected to keep all of his campaign promises. Hayden has further said that Pompeo’s remarks described procedures that are within the law, performed by people who enjoy a penchant for fiscal irresponsibility, and that those procedures produced “good intelligence for America.” Hayden added that “we should begin with actual acknowledgement of the enemy and armed conflict” before moving on to different tactics that at initial approach does not work.

Egyptian President Sisi met both American candidates during United Nations meetings in September and recalled that Trump spoke of cooperation in regional problems while Hillary Clinton talked about freedoms and lawful processes in Egypt. Sisi was impressed with Trump’s approach and expected closer ties with America under the Trump presidency.

The most controversial appointment made by Trump so far is former business executive and campaign manager, Steve Bannon. He is executive chairman of the ultra-right-wing media organization Breitbart News, and has come under intense criticism for his alleged anti-Semitic remarks.

Breitbart News is widely perceived as an extremist fringe group popular with white supremacists. In his defense, he has stated that he is an economist, rather than an ethnic, nationalist. Similar conservative extremists in Israel welcomed Trump’s election and cheered the with clannings of “Heil Bannon.” Bannon has been appointed chief strategist in the incoming Trump administration.

The Union of Reform Judaism, the largest organization of American Jews, routinely speaks out against hate rhetoric and the vilification of any single group. Liberal Jewish groups have appealed to Trump to both condemn anti-Semitism and to “dump Bannon.” As of this writing, there has been no response from Trump’s transition team.

Otto Schnepf can be emailed at ottoeschnepp@gmail.com.
When the Phone Rings

By Tom Mader

There's something missing. A few weeks ago, I contacted the Federal Trade Commission about what I consider a nuisance call from Omaha Steaks. Now the steaks may be perfectly fine, but the method of advertising them is annoying. I got a FTC form on the Internet to complain. I indicated that the calls were coming from Omaha Steaks. I was then asked what they were calling about.

At this point, I felt a bit dazed. First, I assume Omaha Steaks was calling to sell steaks; they weren't calling to sell me insurance. Second, I've read that I shouldn't answer the phone when I don't recognize the caller's phone number. If it's a nuisance caller, the caller learns there is a victim and that means they'll continue calling. So if I don't answer the phone, it's impossible to know what they're calling about—unless it's Omaha Steaks. (I emphasize I have nothing against Omaha's product; I just don't like their advertising approach.)

Fairly often I get a call from Livermore. I don't answer the phone. I don't have any idea why they're calling about, so the next time they call I'm going to contact the FTC and request they do something about this annoyance. But I won't be able to tell the FTC what Livermore is calling about, which makes answering the question why Livermore called impossible.

I know that a few people who respond to these pest calls often tell the caller to remove them from their list. This does no good; it simply lets the caller know there's someone who responds to calls and therefore the calls will continue.

As You Write It

A Column for Creativity

Meeting Survivors of the Holocaust

By Linda Waldroup

My mother, née Doris Goldschmidt, lived with her family in a small town near Frankfurt, Germany, when the Nazis began their destruction of European Jewry. Unable to leave, her parents were able to secure passage for her and her brother Peter. Thousands of Jewish children were saved from certain death when they boarded trains bound for England. In 1939 she was 9 when her parents had to forcibly place their clinging daughter on the train. She never saw her parents again and lived until she was 17 in an orphanage before coming to the United States.

My sister Judy and I are “second generation” attendees of an international conference of the Kindertransport Association (KTA) in Irvine in 2013 where we met other “children” (children rescued by the Kindertransport) and their descendants. As survivors are becoming fewer and fewer, the Kindertransport Association conferred this month in Los Angeles with the World Federation of Jewish Child Survivors of the Holocaust and Descendants. At a conference this month held in Los Angeles, over 580 survivors and their descendants came from around the world to be part of “Generations together—We will continue to have a voice.”

The survivors were in high spirits. When the Holocaust took place. They gathered to meet by country of origin and attended workshops such as “Recovering Memories—Coming to Terms with My Past” and “Documenting Our Resilience.”

A speaker, for example, “Speaker Training: Best Practice Techniques and Strategies for Speaking Publicly about the Holocaust and its survivors,” demanded to know who was calling and then discovered it was someone Diane knows very well. This necessitates an apology and an explanation as to why I am such an unpleasant individual. Fortunately, such callers are very understanding—they also are subject to nuisance calls. It’s probably overdoing it to propose that these pests be sent to prison for more than a few years. It might be eminently reasonable to take the caller’s name, demand to know who is calling, and demand that they don’t call again. That might be worse than solitary confinement.

However, here are two approaches that may be worth trying. If the call seems suspicious, answer the phone and say: “I'm not interested and please don’t call again.”

You don’t have to be a psychologist to explain how you came to know Diane. I’m sure you’ll understand why I need this information. If by chance you don’t understand my concern, your best solution is to hang up before you get through the second sentence. Now, I haven’t checked with the Walnut Creek Police as to whether this piece of fiction is legal, and I admit that asking the Walnut Creek Police if they mind your calling. If it appears that for some reason I am suspicious of who you are, I’ll ask you to exhaustively explain how you came to know Diane. I’m sure you’ll understand why I need this information. If by chance you don’t understand my concern, your best solution is to hang up.

Tom Mader can be emailed at ditoma@comcast.net.

Rossmoor's clubhouse dogs are not allowed unless they are trained special-needs pets, such as guide dogs.
Harmony presents joyous holiday concert on evening of Dec. 15 at Event Center

Harmony, a women’s vocal ensemble, will present a joyous holiday concert on Thursday, Dec. 15, at 7 p.m. in the Tahoe Room at the Event Center.

Now entering its seventh year of singing, Harmony is conducted by founder and director Merel Ennik.

Harmony continues to delight audiences with its full, rich, blended sound and expressive singing.

The program contains a variety of music ranging from J.S. Bach and his contemporary George Frederic Handel, to contemporary composers; from the serious to the light-hearted to the sublime.

As part of its new youth in music effort, Harmony welcomes high school violinists Jaclyn Thach and Claire Wu, who are students of James Greening-Valenzuela, who will accompany them in a performance of “The Snow” by Edward Elgar.

Several versions of this work may be heard on YouTube. The work itself is set for three-part women’s voices, two violins and piano. The libretto is by Alice Elgar, wife of the composer.

The talented young violin students will also be heard in performance of the second movement from Bach’s Double Violin Concerto, accompanied by pianist Perry Leyden, who is the piano accompanist for this concert.

At the end of the program, concert-goers are invited to meet with the performers for coffee and cookies.

Tickets are $10 and may be purchased at the door, or in advance. Tickets will be sold at Creekside from 11 a.m. to 1 p.m. on Wednesday, Nov. 30, as well as Friday, Dec. 2; Wednesday, Dec. 7; and Friday, Dec. 9. Tickets may also be purchased in the Redwood Room at Gateway from 10 a.m. to noon on Thursday, Dec. 1; Monday, Dec. 5; and Friday, Dec. 9. Payment is by cash only; no charge cards will be accepted.

For information about Harmony or to arrange a concert, call Ennik at 287-9550.

Harmony is a member of the Performing Arts Guild of Rossmoor (PAGR).

John Denver tribute band plays holiday songs on Friday, sponsored by Recreation

Jim Curry and his band will perform the favorite holiday music of John Denver on Friday, Dec. 2, at 7 p.m. in the Tahoe Room at the Event Center.

A holiday tradition comes to life in “A Rocky Mountain Christmas” as Curry performs the music from John Denver’s many Christmas television specials and Christmas music collections. Enjoy memorable melodies like “Silvery Bells,” “Silent Night” and “O Holy Night,” along with Denver’s own “Christmas for Cowboys,” “Noel, Christmas Eve,” “Aspenglow” and “The Peace Carol.”

In addition, the band will play all-time hits like “Rockey Mountain High,” “Sunshine on My Shoulders” and “Back Home Again.”

Curry began his music career writing and performing the opening song, “The Time of Your Life” for his senior play. The song was then voted to be the 1975 class song and he was awarded a Rotary scholarship to study music in college.

Even at this early stage in his life, Curry’s natural voice resembled that of singer/songwriter John Denver. Embracing the similarities, Curry continued to sing and specialize in the songs of John Denver, sharing Denver’s positive messages of love, humanity and environmental awareness.

The untimely death of Denver in 1997 was a tragedy that was felt the world over. Such a void in the musical world left Denver’s fans demanding that his music survive.

CBS television responded by producing a made for TV movie: “Take Me Home, the John Denver Story” in which Curry landed an off-camera role singing as the voice of John Denver. This experience inspired Curry to produce full-length John Denver tribute concerts.

Curry sings, in his own natural voice, a tribute to the music of Denver. His looks and his voice are a pleasant coincidence that captures the true essence of John Denver’s music.

Curry’s heartfelt delivery rolls out into the crowd as multi-platinum hits like “Rockey Mountain High,” “Annie’s Song” and “Calypso” fill the room. Curry has created the ultimate tribute experience and has emerged as the top performer of John Denver’s music today. He often performs with John Denver’s former band members.

Curry has taken his show on the road to performing arts centers and casinos in the United States and Canada as well as on cruise ships.

Tickets for this concert are $10 in advance at the Recreation Department. This is an Esses Produc - tion and is sponsored by the Recreation Department and is open to all residents and their guests.

Christmas concert at Grace church on Dec. 11 features the Ashmolean Singers

The Ashmolean Singers will give a Christmas concert on Sunday, Dec. 11 at 1 p.m. at nearby Grace Presbyterian Church.

The community is invited to attend this enjoyable way to ring in the holiday season.

Conducted by Steve Mullins and accompanied by Carolyn Wolf, the Ashmolean will present a program of favorite Christmas classics, as well as several “up-tempo” contemporary songs associated with the winter/holiday season.

Their musical selections will be a mixture of well-known secular Christmas tunes along with some traditional devotional carols and songs.

The 72-voice Ashmolean Singers was founded over 11 years ago by Roger Hadlich, with Musical Director Gordon Addison and Joyce Temple.

The Ashmoleans perform both in and around Rossmoor, and reach an audience of several thousand each year. They offer both holiday and spring concerts. Their distinctive cabaret shows feature various musical acts, as well as choral selections, with food and drink served by the famed Ashmolean singing waiters.

In the spring of 2014, Maestro Addison retired from the podium, relinquishing the baton to Mullins, a gifted choral director and talented trumpet-player.

The Ashmoleans continue to grow in number and in the scope of their repertoire, which includes classical selections, Broadway show tunes and favorites from the Great American Songbook. They also perform at the annual Tribute to Veterans held at the Grace Presbyterian Church.

A $5 donation will be gratefully accepted at the door. Grace Presbyterian Church is located nearby at 2000 Tice Valley Blvd. For information, call the church office at 935-2100.
Ashmolean Singers present annual holiday concerts on Sunday afternoon
Two shows will be held at Event Center

Rehearsing for their show on Sunday are Ashmolean Singers, front row from left, Barry and Donna Brian, Valerie Haak, James Hughes and Marilyn Hughes, and back row, Lou Hughes and Larry Chinzar.

The year 2017 is rapidly approaching. The Recreation Department has planned exciting New Year’s Eve events to be held conveniently in Rossmoor on Saturday, Dec. 31.

Cabaret shows at Event Center

There will be two cabaret shows in the Tahoe Room at the Event Center. There will be an early show at 7 p.m. and a second late show at 10:30, which will conclude with ringing in the New Year.

“Happy New Year … And All That Jazz!” will be a memorable musical evening featuring singer Jackie Ryan.

The music ranges from Baroque to Modern, but there’s nothing here that will upset the ears of classical music lovers. Add a veteran soloist and chamber musician, pianist Reiko Uchida, and a lusciously detailed but temperamental stage sound, and you have a show that will be the perfect Christmas gift for your favorite classical music lover.

Lee started playing the violin at age 3 and was featured in Life magazine article. She entered Juilliard at age 14, studied with Robert Mann and Ida Kafavian, where she received a bachelor’s and master’s degree. She won the Grand Prize at the 2005 Concert Artists Guild International Competition, was a member of the Johannes String Quartet and the Chamber Music Society of Lincoln Center Two program. She has toured frequently with Musicians From Marlboro.

The Janacek Sonata is a dream work, given its composer’s struggle with illness and death. It is a passionate, contemplative and beautiful work. The music ranges from the last movement accentuating dreams and San Francisco) in December of 1920, he decided to transcribe these songs for violin and piano. These vivid and colorful tone poems are infused with lyricism, a prelude to his later ballet, “Romanza.”

Lee has chosen works that are a lusciously detailed but musical strength: flawless intonation, a vibrato that is extraordinary sensitive to the musician’s breath, and a sweet tone that is a rare burst of virtuosity.

There will be a disc that sounds as love – a highlight of this disc. The final movement alternates a slow tempo with a lusciously detailed but musical strength: flawless intonation, a vibrato that is extraordinary sensitive to the musician’s breath, and a sweet tone that is a rare burst of virtuosity.

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The Opera Club will finish up the year with ballet – two versions of “Romeo and Juliet” on the screen of Peacock Hall at Gateway. The Royal Ballet production of Sergei Prokofiev’s “Romeo and Juliet,” featuring Rudolf Nureyev and Margot Fonteyn, will be shown on Monday, Dec. 5, at 7 p.m. Sets are elaborate, costumes superb and swordplay realistic. With a mixture of gaiety and tragedy, John Lanchbery conducts Prokofiev’s resplendent score. Kenneth MacMillan has provided delicate and vigorous choreography.

On Tuesday, Dec. 6, at 7 p.m. “Juliet and Romeo” by Swedish choreographer Mats Ek will be screened. The unusual title is only the start of the many differences in this new ballet based on Shakespeare’s play. Instead of romantic Renaissance balconies and warm Italian colors, this work is set in a cold industrial space with smoke and shadows.

The Capulets, looking like police, patrol on two-wheeled, electric vehicles in a place that looks like a city under siege. In this mist and darkness, there are no dancers on pointe shoes. The characters, in ponytails, wear slacks and skirts. There is no Friar Laurence, no poison for Romeo and no knife for Juliet. The most striking departure is the music. It is not Prokofiev’s familiar score, but a number of selections from Tchaikovsky: his Fifth Symphony, Sixth Symphony, “Capriccio Italiano,” the “Tempest Fantasy Overture” and the Piano Concerto No. 1 in B-flat Minor.

All Rossmoor residents and their guests are welcome to attend both screenings. A raffle will be held and a small donation to the Opera Club will be much appreciated.

For information, call Gene Gordon at 934-3204.
Mass Mutual Financial Group presents:

LONG TERM CARE INSURANCE: HELPING FAMILIES MAINTAIN FINANCIAL SECURITY

Tuesday, December 6, 2016 | 5:30pm to 7pm

Glenn Bittner and Jeff Miller, local advisors with Mass Mutual Financial Group will be presenting general information about long term care insurance, its cost, and the role it plays in securing a financial plan through retirement. Understanding the financial and emotional impact of long term care needs on an individual and his/her family is crucial, so join us to learn more.

Refreshments will be served from 5:30pm to 6pm. Presentation starts at 6pm. Space is limited, so call 925.937.1700 to RSVP today! We hope to see you there!
Lapidity Club holds holiday party Dec. 9 at Dollar

The Lapidity Club holiday dinner will be held on Friday, Dec. 9, at 5 p.m. at Dollar Clubhouse. The club will serve tri-tip, roasted chicken and “Theresa’s Famous Ribs.” Each member attending should bring an accompanying dish to share.

APPetizers and drinks will be served from 5 to 5:30. Those bringing appetizers are asked to arrive no later than 5.

This event is usually a festive event that draws a large crowd. There is no charge for club members; the guest fee is $5. Sign-up in the Lapidity Studio, specifying entrance choice, no later than Friday, Dec. 2.

The Rossmoor Lapidity and Jewelry Club dues for 2016 is $15 and is payable now. Anyone who joined the club by Nov. 1 or paid their dues since then is current for the entire 2017.

In addition, locker fees are due. Large lockers are $10, small lockers are $5 and drawers are $10. Please note “dues” and also indicate locker number on the money order or check.

New members are asked to complete a membership form available in the Lapidity Studio. To be a member in good standing, members must pay dues by Tuesday, Feb. 28.

Payment may be turned in to the supervisor at the Lapidary Studio anytime between 9 a.m. and 3 p.m. Monday through Thursday.

Order your shades now and be ready for holiday gatherings. Beautiful Hunter Douglas window fashions are essential to an inviting home décor. What’s more, savings are available right now on a wide range of styles. So, shop today, order early and have your window fashions professionally installed. All in time for your guests to arrive.

Fashionably early.

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$100 REBATE on select purchases of Hunter Douglas window fashions 9/17-12/16.*

Galleria Shades and Shutters
1611 N Broadway Downtown Walnut Creek
925-938-8363
www.galleriashadesandshutters.com

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Published Writers’ December author is Joanna Kraus, book launch is Dec 7

The Published Writers of Rossmoor (PWR) has chosen Joanna H. Kraus to be its featured author for December for her wide range of work. She is an award-winning playwright of 18 produced and published plays, as well as a number of picture books for young readers.

Her latest, “Blue Toboggan,” will be launched at a book signing party on Wednesday, Dec. 7, from 5 to 6:30 p.m. in the Vista Room at Hillside Clubhouse.

The book portrays the loss of a child’s best friend and the ensuing sympathetic support from his teacher and class.

Reservations are requested by Sunday, Dec. 4, by email or phone.

tjkraushouse@hotmail.com, or by phone, 939-3658.

Kraus’ plays, “The Ice Wolf” and “Remember My Name” were both produced off-Broadway.

Her latest script, “Me2,” is scheduled to tour several Utah classrooms next spring.

Kraus received the Charlotte Chorpenning Cup and the Distinguished Play Award from the American Alliance for Theatre and Education.

Kraus has written an anthology, “Women of Courage,” which includes five of her award-winning plays, as well as “Mean To Be Free,” which traces the escape of two children on the Underground Railroad.

Another play, “Remember My Name; A Story of Survival in Wartime France,” was a first-prize winner of an IUPUI National Playwriting competition.

She’s also received commissions to dramatize histories. Among them are: “Sunday Gold,” about the 1840 North Carolina Gold Rush and “Angelf in the Night,” which honors a Polish Catholic teen who protected Jewish refugees during World War II.

Her picture book “The Night of Tamales and Roses” was listed in the Bank Street College of Education edition of Best Children’s Books. Another picture book, “Tall Boy’s Journey” was inspired by her adopted Korean son’s actual adventure. “Christabel and the Amazing Pedal Power Challenge” dramatizes a teen’s fall off a ladder that left her a hopeless paraplegic until she agrees to enter a wacky eight-hour race.

Kraus has written numerous articles, interviews and reviews for the media. Currently, she is a correspondent for Bay Area News Group and is a member of The Dramatists Guild and SCBWl. She is professor emerita of the College at Brockport State University of New York, a graduate of Sarah Lawrence College and she holds a master’s degree from UCLA and a doctorate of education degree from Columbia University.

Kraus moved from Rochester, N.Y. to Rossmoor with her late husband to be closer to their son. She is active in PWR and the Great Books group, along with other organizations.

Make snow globe in free Recreation class Dec. 15

Make snow globe in free Recreation class Dec. 15

Come join the Rossmoor Recreation Department for a waterless snow globe making class.

Students will make a waterless snow globe using a small jar, artificial snow, glitter and mini figurines.

The class will be on Thursday, Dec. 15, from 10 a.m. to noon in the Fireside Room at Gateway.

There is no fee. There is a class maximum of 20 students. For reservations, call Elena Ybarra at 988-7703.
Ballroom Dance Club
holds holiday dance

The Rossmoor Ballroom Dance Club will hold a hol-
iday dance on Saturday, Dec. 19, at the Event Center from
7 to 10 p.m. The Manny Gutierrez Quartet will play a mix
of fox trot, swing, west coast swing, waltz, rumba, and tan-
go.

Rossmoor residents are welcome to attend with a partner regardless of level of
dancing ability. Members and their guests enjoy dancing a wide range of social dance
styles. Guests are welcome to dance whatever style they enjoy, or just come to watch and
learn.

Dressy attire is encouraged and admired, but jackets and ties are not required. During the
dance, soft drinks and light snacks are served and attendees are encouraged to bring additional beverages of
their choice. New members are welcome to join throughout the year. Admission is $10 per couple
for club members, $20 for nonmembers and guests. An-
annual dues are $50 for a couple and $25 for a single person
and a guest partner. For further information about mem-
bership or the event, contact Kay Nitta at 285-3279 or
Kerry Jordan at 754-4646.

The evening group meets on the first Monday of every month. On Mon-
day evenings, the club sponsors classes for begin-
ning and intermediate danc-
ers.

Call the instructor, Alberta Bagneschi, at 687-5270 to
inquire about the check-in desk.

The 30s/40s/50s Couples Club book groups meet monthly and have selected the books to be
read when they meet in January, February and March 2017.
The chosen titles are: “Orphan’s Inheritance” by Aline Ohanesian (January), “The Magic Strings of Frankie Presto” by Mitch Albom (February) and “The Samurai’s Garden” by Gail Tsukiyama (March).
The evening group meets on the first Monday at 7 in Multipurpose Room 3 at Gateway. The
afternoon group meets on the third Thursday at 1 in the Garden Room at Dollar.

Drama Association plans
annual holiday party

The Drama Association of Rossmoor (DAOR) will hold its annual holiday party on Thursday, Dec. 22, at 5:30 p.m. in the
Fireplace Room at Gateway.

Club members and friends will celebrate a memorable 2016, which featured two major play productions; the inauguration of the
popular Naked Stage performances comprised of three well-received comedies; numerous engaging academy classes; several
entertaining salads and showcases; and a first time venture into an interactive murder mystery dinner party.

The evening will commence with wine or sparkling apple cider and hors d’oeuvres.

A full-course dinner will be catered by Simple Elegance. The dinner will feature a full-course dinner with live music on the third
Saturday of every month. On Monday evenings, the club sponsors classes for begin-
ning and intermediate danc-
ers.

Call the instructor, Alberta Bagneschi, who has been teaching ballroom dance in the Bay Area for more than 30 years.

Preregistration is required for all students. To register, call
Bagneschi at 687-5270.

Performing Arts Guild December events

The following are the Performing Arts Guild of Rossmoor (PAGR) events for December.
Rossmoor organizations that offer entertainment and performances belong to the guild and
present a list of their programming once a month.

Both groups will read the same book and club
members are welcome to attend either meeting
with no reservations necessary. For informa-
tion, contact Lynn Eklund at lynnehkulu@ya-
ho.com or at 683-1461.

30s/40s/50s book group selects titles

The 30s/40s/50s Couples Club book groups meet monthly and have selected the books to be
read when they meet in January, February
and March 2017.
The chosen titles are: “Orphan’s Inheritance” by Aline Ohanesian (January), “The Magic Strings of Frankie Presto” by Mitch Albom (February) and “The Samurai’s Garden” by Gail Tsukiyama (March).
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afternoon group meets on the third Thursday at 1 in the Garden Room at Dollar.

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Berkeley Rep docent talks to Drama Association

A Berkeley Repertory Theatre docent will give an overview of “946: The Amazing Story of Alfredous Tips” to the Drama Association of Rossmoor. The talk will be on Tuesday, Dec. 13, from 3 to 4 p.m. in the Performing Arts Studio (formerly the Las Trampus Room) at Hillside.

The play is adapted by Michael Morpurgo and Emma Rice and directed by Rice in association with Kneehigh and Birmingham Repertory Theatre.

It is a tender new coming-of-age tale that uncovers the secrets behind World War II’s D-Day landings. Rice conjures a story of love, war and prejudice that crosses borders both geographical and generational.

The play runs from Dec. 2 to Jan. 15 at the Roda Theatre, 2015 Addison St., Berkeley. For information on the docent presentation, call Barbara Vojta at 278-1637.

RAA holds Unique Critique for artists to get feedback on their work

Event is tomorrow in Art Studio 2

The Rossmoor Art Association’s (RAA) monthly Unique Critique is an opportunity for RAA members to get feedback on their work from fellow students and local artist and instructor, Marcy Wheeler. The next Unique Critique will be Thursday, Dec. 1, at 6:30 p.m. in Art Studio 2.

Unique Critique is designed to help participants learn how to hear and give constructive criticism without losing their personal artistic vision. Hearing what others see in a piece of artwork, and getting feedback on what may or may not be working, can open an artist’s eyes in new ways and give them a fresh perspective.

Wheeler has been leading group critiques in her private painting classes for more than 10 years and has developed techniques to help artists push their work to the next level.

“I see Unique Critique as a fun way for artists to get and help giving ‘stuck’ paintings and to open new doors for them to explore.”

RAA members are invited to bring in one or two pieces for critique, and give help moving ‘stuck’ paintings and to open new doors for them to explore.

The cost is $1 to listen, $3 for one piece for critique, and $5 for two pieces. Payment may be made by exact cash or check made out to RAA, and a completed new member form. Forms and a calendar of activities are available at www.rossmoorart.com or in Art Studio 1.

For information, call Wheeler at 787-9159.

Tapestry vocal and handbell ensemble performs tonight in Fireside Room

Tapestry, the Bay Area’s only combined vocal and handbell ensemble, will present “Festive Favorites from Our Filing Cabinet” on Wednesday, Nov. 30, at 7 p.m. at the Event Center (note change of location from Fireside Room)

Under the direction of Cindy Krausgrill, Tapestry will present familiar favorites, such as “O Come, All Ye Faithful” and “Ding Dong Merrily on High” as well as some not so familiar such as “Nutcracker Jingles” and “Patagan Salsa.”

Bell soloist Carol Smith will entertain with “I’ll Be Home for Christmas.” Tapestry’s newest accompanist, Craig Beattie, will regale the audience with his synthesizing talents in “Wizards in Winter.”

Join Tapestry in ushering in the holiday season with music that celebrates the season of giving.

For information about Tapestry, visit the website www.tapestryringsofsingers.org.

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

Art Association presents workshop with Carol Tarzier on Jan. 14 and Jan. 15

The Rossmoor Art Association (RAA) welcomes artist Carol Tarzier who will present the first workshop of the New Year on Saturday and Sunday, Jan. 14 and 15, from 9 a.m. to 3 p.m. in the Art Studio at Gateway.

Tarzier will teach painting a still life, emphasizing surface features such as metal and glass and the creation of light in a painting.

The cost for the workshop is $200. Reservation checks should be made out to RAA and be left in the RAA mailbox at Gateway.

When the check is received, instructions and list of supplies needed for the class will be sent from the artist.

The event is being advertised early so that artists have time for preparation. Beginners and seasoned painters are welcome. All oil and acrylic painters, as well as pastel artists, are invited to attend this intensive two-day session.

Tarzier is a versatile painter and instructor who is well known in the Bay Area. She is familiar to many Rossmoor artists who have studied with her at her gallery in Oakland and at City College in San Francisco. Currently, she teaches at the Academy of Art University in San Francisco.

Her oil paintings can be seen on her website, www.tarzier.com. Besides oil painting, Tarzier does figurative work in bronze and pastel. Her solo exhibitions in California and Nevada date back a decade and have earned her numerous awards.

The RAA features workshops twice a year. The cost for the Tarzier workshop may be prohibitive for some members, but if this workshop were offered outside Rossmoor, it would cost more.

For information, contact Cecelia Wambach, program chairwoman, at ccwamba@yahoo.com or at 482-0812.
Opera Club sets annual gala dinner
Next Wednesday’s event includes concert

The Opera Club of Rossmoor will have its popular annual gala dinner and concert on Wednesday, Dec. 7, in the Tahoe Room at the Event Center. Doors for the event open at 5 p.m., dinner begins at 5:45 and the concert starts at 7:15.

This year’s event, “Broadway Comes to Rossmoor,” celebrates a significant contribution to the world of musical theater.

If its roots lie in opera and operetta, the Broadway show has spread in popularity around the world, both reflecting and defining the social, political and esthetic issues that are part and parcel of American consciousness.

The entree is a choice of filet of salmon with gorgonzola cheese and roasted zucchini; pork tenderloin in a port wine cream sauce with cheese spinach ravioli; or veal chop with vegetables. The meal also includes a mixed baby greens and a dessert of tiramisu.

For the gala, the cost is $55 for Opera Club members; $65 for all other attendees.

If a group of eight people wants a dedicated table, they should send their reservations to Onelife Roses by Monday, Dec. 5, to diegetic Lorick, 150 Panoramic Way, Walnut Creek, CA 94595. Reservations can be made by calling Steven Lowe at 300-2288.

The proceeds from the book sale are used for the library collection and children’s programs.

Rossmoor women’s barbershop chorus invites new members to join

Rossmoor women’s barbershop chorus, the Grace Notes, invites women who like to sing harmony to join in holiday songs at rehearsals on Tuesdays between 6:30 and 7:30 p.m. and 7:45 and 8:45 a.m. at Gateway Multipurpose Room 1.

Since most all of the holiday songs are familiar, anyone who likes to sing can join in the melody. Songbooks will be provided and refreshments are available during the break.

Come enjoy the fullness of women singing four-part harmony.

Some of the singers were affiliated with an international organization of women who sing four-part barbershop harmony called the Sweet Adelines International.

For information, call Dolores Mendenhall at 934-1096.
MEICOR presents ‘Gentleman’s Agreement’ next Wednesday afternoon at Peacock

The 1947 film was the winner of the Academy Award for best picture, best director and best supporting actress. The political nature of the story resonated with the House Un-American Activities Committee who called producer Zanuck, director Elia Kazan, and various cast members to testify before the committee.

MEICOR, a volunteer organization of Darien, Connecticut, promotes community understanding of the Middle East. MEICOR presentations are free and open to all Rossmoor residents and their guests who want to learn about the history, challenges and current events in Israel and the Middle East.

For information, call Nel Aguas at 984-5552.

Sustainable Rossmoor group presents ‘Rebels With a Cause’ Dec. 14 at Peacock

The awe-inspiring Golden Gate National Recreation Area – an open space including 14 national seashores and over 80,000 acres – is featured in the Sustainable Rossmoor’s award-winning film selection for Wednesday, Dec. 14, at 7 p.m. at Peacock Theater at Gateway Clubhouse.

Titled “Rebels With a Cause,” it is the story of garden clubs, ranchers, farmers, conservationists, politicians from both parties, widows and volunteers working together to preserve open space and help shape the environmental movement in Northern California.

This film will be preceded by the short satire “Bill Nye’s Global Meltdown.” Bill Nye, the “science guy” with a bow-tie, is helped through the five stages of climate change grief by his therapist, “Dr.” Arnold Schwarzenegger.

For information, contact Carol Weed, 510-409-4055.
The 1991 drama “Bugsy,” starring Warren Beatty and Annette Bening, will be shown in Peacock Hall at Gateway on Saturday, Dec. 3, at 1, 4, 7, and 7 p.m. Language captions will be utilized at the 1 and 4 p.m. showings.

Beatty stars as gangster Bugsy Siegel, who worked hard to realize his dream of building a gambling mecca in the middle of the Nevada desert. But his affair with screen siren Virginia Hill (Bening) would ultimately bring him down.

This film is two hours 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.

Vegan Club presents ‘May I Be Frank’ next Wednesday at Peacock Hall

The Vegan Club will present the film “May I Be Frank” on Wednesday, Dec. 7, at 7 p.m. in Peacock Hall at Gateway Clubhouse.

Frank does return every day and becomes friends with the cafe staff. On one visit, Frank is asked by one of the servers, “What is one thing you want to do before you die?” He replies, “I want to fall in love one more time.” And so Frank is taken on a 42-day journey by three guys in their 20s who coach him physically, emotionally and spiritually. He is to eat only raw food, take a colonic every weekend and visit Frank’s transformation is miraculous: a new body, a clearer mind and a sobering spirit.

Vegan Club presents ‘May I Be Frank’ is a very touching movie. All Rossmoor residents and their guests are invited to this film of one hour and 30 minutes. A raffle will be held and a small donation to the Vegan Club will be much appreciated.

For information, contact Gene Gordon at 934-3204.

The Rossmoor Art Association (RAA) will present a film depicting the work and life of Pablo Picasso on Wednesday, Dec. 7, at 7 p.m. in Peacock Hall at Gateway. This film is two hours and 52 minutes long.

The film was part of the award-winning BBC Power of Art series done by Simon Schama. It features a dramatic reconstruction, spectacular photography and Schama's splendidly evocative dialogue and storytelling.

Before the film, RAA President Pat Solari will welcome the audience, and introduce the new RAA board members who will be approved by a show of hands from the audience.

The film concludes with all of Picasso's officers is President Patricia Solari, Vice President Brant Free, Treasurer Jean Autrey and Secretary Barbara Holte.

Picasso's many different periods show the viewer a completely different artist. His early work is traditional, landscapes and still life in a very painterly manner. He moves into color change, cubism and line drawings very naturally, exploring each with a volume at a time. The artist is prodigious and that is rarely heard about and that is part of the wonder of this film.

Born in Málaga, Spain, in 1881, Picasso became one of the greatest and most influential artists of the 20th century and the creator (with Georges Braque) of Cubism. A Spanish expatriate painter, sculptor, printmaker, ceramicist and stage designer, Picasso was considered radical in his work. After a long and prolific career, he died on April 8, 1973, in Mougins, France.

The enormous body of Pi- casso's work remains, however, and his legend lives on – a tribute to the vitality of the "dis-quieting" Spaniard with the "sombre-presencing" eyes who superstitiously believed that work would keep him alive.

For nearly 80 of his 91 years, Picasso devoted himself to an artistic production that would parallel the unscrupulous tactics he used at the Barings Bank in London. Picasso's schemes ultimately brought down the respected Barings Bank in England.

The film was part of the BBC Power of Art series done by Simon Schama. It features a dramatic reconstruction, spectacular photography and Schama's splendidly evocative dialogue and storytelling.
The Hawaii State Club's annual Kalikimaka Aha‘aina (grand Christmas party) will feature a holiday menu and spectacular entertainment or Polynesian dancing. The event will be on Sunday, Dec. 11, at the Event Center. The buffet will open at 5 p.m. for a social hour featuring mai tais, wine and iced tea served at the tiki bar. Partygoers will also enjoy pupus (hors d’oeuvres) of veggie spring rolls, chicken and spinach stuffed mushrooms and meatballs in teriyaki sauce. Rossmoor’s hula dance group, Na Kupuna O Kealoha, will entertain guests with a cheerful hula during the social hour.

Dinner by Simple Elegance is at 6 p.m. The entrée choices are prime rib au jus, grilled salmon with pineapple mango salsa or a spinach, ricotta and vegetable cannelloni. All dinners will be accompanied by a Caesar salad with anchovies on the side, scalloped potatoes, grilled assorted squashes with red bell peppers, red onions and mushrooms, and Hawaii dinner rolls with butter. Dessert will be cherry pie a la mode garnished with whipped cream. Coffee, tea and red and white wine will be provided on each table. Entertainment will be provided on stage at 7 p.m. by Ka ‘Ohi Nani o Mana‘olana (beautiful gathering of hope). Back by popular demand, this Con- cord-based hui will perform an array of Hawaiian and Tahitian dances that reflect the beauty of Polynesian music and dance. The cost of the dinner and show is $32 per member and $37 per nonmember. Reservation checks, payable to the Hawaii State Club, may be placed in the club mailbox at Gateway, or mailed to Michael Herr in the club mailbox at Gate- way. Entertainment will follow, and the speaker at about 1 p.m. will be Lowe served as public informer to provide program notes and discussion. The event is available on request. Wine, coffee and cookies will be served and there will be time for questions and discussions about all things Apple.

The cost of the dinner and show is $32 per member and $37 per nonmember. For information, call Lieu- tenant Governor Les Crobbie at 937-496 or Membership Chair Mike Herr at 938-6215. For those who want to sit together, all checks must be submitted together. Early reser- vations are urged. The reserva- tions deadline is noon on Wednesday, Dec. 7.

The club will be available on request. Wine, coffee and cookies will be served and there will be time for questions and discussions about all things Apple.

Hawaii State Club holds Christmas party with traditional food, dancing

Hawaiian dancers will entertain the Hawaii State Club.

Join Cocktails @ Creekside and get a head start on the holidays. The group will meet on Friday, Dec. 2, from 5 to 7 p.m. in the Fairway Room at Creekside.

For a special holiday treat, members will pay only $10, which includes entree and a wine and a variety of appetizers. Guests and walk-ins pay $20 and are always welcome.

December’s raffle prizes are a $100 gift certificate to Pos- tino in Lafayette, a $50 certificate to La Finestra, also in Lafayette, and a nice bottle of wine. For Rotary information, contact Chuck Shaddt at 256-0664.

Mutual 48 holds its holiday party on Tuesday

Mutual 48 (Entries 19 and 20 at the top of Parmigian Drive) will hold its annual hol- iday dinner on Tuesday, Dec. 6, from 5 to 8 p.m. The menu will feature appetizers, hula dance, choice of beef medallions, grilled salmon or vegetable entree, choc- olate souffle for dessert, plus coffee, tea, wine and full bar. Entertainment will follow. The entry per person is $42. Reservations and checks (pay- able to Mutual 48) should be sent to Diana Mosher, 3250 Parmigian Drive 1A, by Wednesday, Nov. 30.

Apple Users Group shares coffee and cookies Monday

The Apple Users Group of Rossmoor (AUGR) is available to help Mac users during the year with computer-related discus- sions, called focus sessions, on varied topics. The group usually meets on the first and third Mondays of the month at 10 a.m. in the Vista Room at Hillside. Howev- er, in December, only one meeting is scheduled. On Dec. 5, coffee and cookies will be served and there will be time for questions and discussions about all things Apple.

Users of Apple products can get assistance in the Computer Room at Gateway every Wednesday morning from 10 a.m. to noon. There are dues to join AUGR, as the group relies on don- ations to cover costs of focus sessions and special meetings. Home visits are available at a suggested minimum charge of $30. To schedule a home visit, call Dian Overly at 945-6055.

Rossmoor resident Steven Lowe will present a program on American composer Aaron Copland to the Rossmoor RSCA at the Event Center, Dec. 7, in the Diablo Room at Hillside. The meeting starts at 11:30 a.m. with lunch at noon and the speaker at about 1 p.m. Guests and potential new members are welcome to attend.

Copland (1900–1990), was named by Leonard Bernstein as the nation’s “greatest composer.” After studying in Paris in the 1920s, Copland returned to the United States. He wrote some of the most popular clas- sical music of the 20th century, including such beloved scores as “Appalachian Spring,” “Billy the Kid” and “Rodeo.”

Though born in Brook- lyn, he essentially defined the “sound” of the American West.

Lowe’s talk will include excerpts from Cop- land’s irresistible scores.

Lowe served as public infor- mation specialist for the Seattle Symphony from 1996 to 2007. He also has been a contribu- tor and reviewer for the music journals High Fidelity/Musical America, Stereo Quarterly, Keynote and Classical. In ad- dition he has written for The Los Angeles Times and The Wisconsin State Journal.

Lowe has provided program notes for the Seattle Sympho- nies since 1988 as well as other concert series.

In 2013, he relocated to Walnut Creek, and continues to provide program notes and give classical music lectures and classes in Rossmoor.

For Rotary information, con- tact Joy Alaidarous at 954-1002.
**Italian-American Club hosts holiday dinner dance next week at Event Center**

The Italian-American Club will host a dinner dance on Dec. 9 at the Event Center. The hosted bar opens at 5:15 p.m. and dinner begins at 6:30.

The menu includes antipasto, Caesar salad, meat ravioli, New York strip steak with mashed potatoes, and green beans. The price is $32 for members and $38 for guests. Send reservation checks to Bertha Messina at 2666 Saklan Indian Drive No. 8, Entry 12. Those wanting to sit together should use the envelope for the reservation. Checks will be accepted until Friday, Dec. 2. Guests are reminded to bring cash for the $50/50 drawing. A discount coupon to purchase SantaCon attire. For information, call Bill Race at 459-0960.

**Singles Salon get ready for ‘Jolly! Jolly! Holiday Party’ Event is Dec. 11 at Dollar Church**

Singles Salon’s next Dollar Church dinner will be a “Jolly! Jolly! Holiday Party” on Sunday, Dec. 11. The social hour starts at 5:30 p.m. followed by a full Italian dinner and live music.

The price is $40 for members and $55 for nonmembers. The social hour starts at 6 p.m. followed by a full Italian dinner. The cost is $32 for members and $38 for guests. Send reservation checks to Bertha Messina at 2666 Saklan Indian Drive No. 8, Entry 12. Those wanting to sit together should use the envelope for the reservation. Checks will be accepted until Friday, Dec. 2. Guests are reminded to bring cash for the $50/50 drawing. A discount coupon to purchase SantaCon attire. Information is available to members and guests by calling 944-1344.

**Poetry Circle meets Monday at Dollar**

Rossmoor Poetry Circle meets on Monday, Dec. 5, from 3 to 5 p.m. in the Ivy Room at Dollar. Attendees are asked to bring 15 copies of a poem written by themselves or someone else. The audience will respond and encourage and support the writing and reading of poetry. For information, contact Marc Hofstadter at 934-8194 or mhofstad@ifn.net.

For popular events at Rossmoor clubhouses, consider carpooling or taking the bus.

**Red Hats plan to play bingo after Dec. 10 lunch**

The Red Hat luncheon will be on Saturday, Dec. 10, at 11:30 a.m. in the Fireside Room at Gateway.

The Red Hatters welcome Classic Catering. The menu includes antipasto, Caesar salad, ravioli with tomato coulis sauce with grilled zucchini or beel strangooff served over buttercups noodles with garlic bread. Dessert will be chocolate peppermint cake.

The price is $15 for members and $17 for nonmembers. Checks payable to Rossmoor Red Hatters, may be sent to Queen Ruth Koehler at 3117 Golden Rain Road No. 8. Or leave the check in the club’s mailbox at Gateway. Be sure to note the event and check must be in by Thursday, Dec. 1.

Note that checks must be sent to Koehler, not Joan Lockhart.

Any Rossmoor woman wishing to wear a red hat is welcome to join the Red Hug. Mail dues checks to Koehler, or leave them in the club’s mailbox. New members will be contacted by Koehler. Members should call Koehler at 930-9635 if they know of a member who is ill or in need.

Information about the Rossmoor Red Hatters can be found on the website, www.rossmoorboomers.net, maintained by web “wizard” Liz Sloan. Starting in January 2017, the price of the luncheon will be $18 for members and $20 for guests.

On Saturday Red Hat gatherings feature piano music before lunch is served, door prizes, a chance to socialize or deliver a variety of Rossmoor women, entertainment, acknowledgment of that week’s birthdays and, of course, world events.

**Upcoming events**

The holiday tea is Friday, Rossmoor’s annual Holiday Dessert and Coffee Social begins. Tickets are $15 at Dollar Clubhouse and will benefit the Rossmoor Fund.

The Royal Court will provide a light luncheon with salads, sandwiches, and dessert. There is no charge to purchase a ticket to make a donation to the Rossmoor Fund. Checks should be payable to the Rossmoor Fund. Donations are tax deductible.

January’s luncheon will be caraway salmon filet with rice, vegetables, and lemony garlic chicken with mushroom asparagus risotto and chocolate Kahlua cake for dessert.

When signing up for events, write on the front of the envelope or on the front of the check the name of the event and luncheon entree you choose. To notify Sandy Dra Hawkins at 788-9124 or Pat Best at 944-1344.
**Golden State Club celebrates holidays Dec. 13, includes live entertainment**

The Golden State Club’s holiday party is Tuesday, Dec. 13, in the Tahoe Room at the Event Center. Their annual holiday dinner will be served at 6 p.m., and d’oeuvres will be served until 6 and will include chicken and spinach stuffed mushrooms, meatballs with teriyaki sauce and bacon and cheese sourdough muffins.

Dinner, catered by Simple Elegance, will be served at 6.

The choice is a roast prime of beef au jus, chicken cordon bleu or spinach and ricotta cannelonni as the vegetarian option.

Side dishes include a mixed greens salad, roasted root vegetables, garlic mashed potatoes and carrots and dinner rolls. Lemon meringue pie garnished with whipped cream is offered for dessert, along with coffee and tea.

The dinner is chaired by former governor and current parliamentarian, Richard Pratt, and table decorations are by Betty Hagstrom.

The holiday entertainment will be provided by Destinity Muhammad, a recording artist and singer-songwriter, performing on the harp with her trio.

Her genre is electric with a feel of jazz and storytelling. She has opened for the Oakland East Bay Symphony and shared the stage with many jazz masters.

She is an ambassador with Jazz Heritage of San Francisco, and an American Society of Composers, Authors and Publishers songwriter awardee. She also has appeared in the Internation Harmonic Age, and Singapore. She has been a member of the Golden State Club for 20 years and plans to continue being a member.

The dinner is $37 for members and $40 for guests. Reservations are to be made by Wednesday, Dec. 7. Guests are welcome when accompanied by a member.

Reservations checks, payable to the Golden State Club, may be left in the club's mailbox at 1301 Running Springs Road No. 1. The club will open at 5 p.m. Hors d’oeuvres will be served until 6 and will include an appetizer of cheese and crackers, sausages and a variety of fruit.

For information about the dinner, call Ferrell at 464-7266.

Membership is open to anyone born in California, couples with one born here or residents with a combined total of 25 years living in the state.

Dues are $15 per person per year. Call Susan Williamson at 933-7005 for an application or pick one up from the club mailbox. Dues checks may be placed in the club mailbox or mailed to William at 1301 Running Springs Road No. 1.

Place membership checks in an envelope separate from the other do not include. Guests who join now may attend the holiday dinner at the member’s price as well as all 2017 events.

**TGIF holds holiday dinner**

The TGIF Club kicks off the holidays with its holiday ball on Friday, Dec. 16. The celebration begins with a cocktail hour at 6 p.m., with a hosted bar and hors d’oeuvres of teriyaki meatballs, stuffed mushrooms and bar - b-que ribs and sourdough rolls served by Simple Elegance Catering.

TGIF will feature a pie with au jus and horseradish, roasted red potatoes, and broccoli with roasted shallots, all served with a garlic aioli and a salad of baby greens with raspberry vinaigrette, blue cheese and candied walnuts. Vegetarian selection is stuffed portabella mushrooms. Each table will have assorted rolls, red and white wine, and decaffeinated coffee and tea. For dessert, mud pie ice cream cake will be served.

The San Jana Swing Band, led by trumpeter Ken Brock, will be the evening’s live entertainment. The band members for the evening will be coat- and-tie for men and cocktail attire for women.

The cost for the hosted bar, dinner and live music is $30 per member and $38 for guests. Members are encouraged to bring guests. Guests names should be included along with check of receipts. Reservations for the dinner are first come, first served. Those who wish to sit together must send all checks in the same envelope. Note “vegetari- an” on the check or attached note, otherwise the main en- trance option will be presumed.

Reservations are now be- ing accepted. A check, pay- able to TGIF Club, should be mailed to Margaret Ferrari (1457 Oakmont Drive No. 7, Entry 1) or placed in the drop box outside her door. Receipts for your trip to Britain will be accepted. Simply drop them in the mail slot and they will be delivered to the local fire station.

For information about the party, contact Barbara Fender at 448-2995 or at barbarafenre@aol.com.

The TGIF Club will hold its Christmas Dinner Dec. 13 in the Fireside Room at Gateway.

**30s/40s/50s Couples Club to hold holiday dinner dance at Event Center**

The 30s/40s/50s Couples Club annual holiday dinner dance is on Sunday, Dec. 18, at the Event Center.

The Silverheels Band, which plays both oldies and classic rock, will provide mu- sic for listening and dancing. Dress for the evening is dewy dress or pant suit for women and coat and tie for men.

The social hour will be begins at 5 p.m. with champagne, wine and spark- kling cider.

Catered by Creekside Grill, dinner will be served at 7. The menu features filet mignon and shrimp kabobs with ri- lotto, breaded chicken, and a vegetable option of ricotta cheese stuffed raviolis with roasted butternut squash. Additional will be a chocolate lava souffle or brownie. Decaffeinated coffee as well as red and white wine will be available.

The cost is $37 for members and $42 for guests. Guests will be accommodated on a space-available basis in the or- der they signed up.

Reservations checks, payable to the 30s/40s/50s Couples Club, should be sent to or deliv- ered to Maxine and Mike Top- per, 2817 Golden Rain Road No. 6, Entry 20. Note on the check the choice of the vege- tarian option. The deadline is Friday, Dec. 9. There will be no re- funds after Monday, Dec. 12. Members who wish to sit together must submit their checks in the same envelope. If there is a cancellation, notify Maxine Topper at 289-2351 or at maxinetopper@gmail.com so that someone on the waiting list may come.

For those wishing to partic- ipate, bring an unwrapped gift for Toys for Tots, which will be delivered to the local fire station.

For information about the party, contact Barbara Fendel at 448-2995 or at barbarafenre@aol.com.

The 30s/40s/50s Couples Club is for Rossomoo R News • Noember 30, 2016 Rossmoor residents and guests who join now may attend the holiday dinner at the member’s price as well as all 2017 events.

**Second Tuesday Luncheon is on Dec. 13**

The Second Tuesday Luncheon Club will have its Winter Wonderland Luncheon on Tuesday, Dec. 13, at Dollar Clubhouse. The social hour will begin at 11:30 a.m. Lunch will be served at noon.

The menu will be a prime rib/Yorkshire pudding and a hosted bar. A variety of meats and vegetables will be served. A vegetarian option is available.

The cost of $17 includes wine and sparkling cider. For reservations, call Newton at 891-4887. The reservation deadline is Wednesday, Dec. 7. A reminder, the reservation must be made the day of the luncheon.

The Second Tuesday Luncheon Club meets the second Tuesday of each month (except for January and February) at 11:30 a.m. Luncheons are open to all Rossmoor residents, and guests are welcome.

**Caledonian Society plans trip to Britain next year**

The Caledonian Society of Rossomoo R (CSR) is sponsoring the 25th anniversary of the trip to Britain. The highlight will be the Edin- burgh Royal Military Tattoo.

Pipe bands and military bands from Rossomoor and across the state will gather on the parade grounds of Edinburgh Castle Scottish Rite and maxi- nating in the haunting bugle call of “The Last Post.” The Tattoo supports charitable causes for military and civil- ian organizations.

During the first six days, CSR members will visit Lon- don, the ancient stone circle at Stonehenge, the Roman baths in Bath, Exeter, Plymouth, Polperro, Dartmoor, Buckfast Abbey, Glastonbury, Cardiff (Wales), Ludlow, Chester, and Liverpool, home of the Beatles. They will travel by seat level through England, then fly to Edinburgh. From Edinburgh, they will travel to Arran and the Highlands. The Isle of Skye, Mull, Skye, 18th green at St. Andrews, and Edinburgh, where they will stay two nights. The tour manifests may be left in the club’s mailbox at 1301 Running Springs Road No. 1. Note on the check. Otherwise the main entrance option will be presumed.

Reservations are now be- ing accepted. A check, pay- able to TGIF Club, should be mailed to Margaret Ferrari (1457 Oakmont Drive No. 7, Entry 1) or placed in the drop box outside her door. Receipts for your trip to Britain will be accepted. Simply drop them in the mail slot and they will be delivered to the local fire station.

For information about the party, contact Barbara Fendel at 448-2995 or at barbarafenre@aol.com.

The 30s/40s/50s Couples Club is for Rossomoor couples born in the decades of the 1930s, 1940s and 1950s. It is open to all Rossmoor residents.

For information or to join, call Carol Dull, member- ship chairwoman, at 932-3981. Guests are welcome to join for the E-News email for in- formation on this and other upcoming TGIF events.

**Filipino-American Club holds Christmas dinner dance on Dec. 10 at Fireside**

The Filipino-American As- sociation of Rossmoor (FAAR) will host its annual Christmas Dance Party on Saturday, Dec. 10, from 5 to 9:30 p.m. in the Fireside Room at Gateway.

Guests will enjoy a wide array of catered Filipino and American food and folk dance entertainment. Live music will be provided by Larry Miranda and the Boogie Aces Band.

Guests are encouraged to get into the Christmas spirit by bringing a voluntary exchange gift worth $20.

Cost is $25 for members and $30 for nonmembers. All Rossmoor residents and guests are welcome.

For reservations, contact Nel Agas at 984-5552 or ross- mooreslink@yahoo.com or Ev- elyn Noriega at 510-386-1573.
TRAVEL BUZZ

Maui Revisited – An Expensive But Enjoyable Trip

By Steven Shields

I just returned from the Hawaii vacation in

spection trip, sponsored by the Northern California American Society Travel Agents. I’ve written about Maui many times so I won’t repeat hotels I’ve mentioned before, but I do want to give a sense of what to expect if you go in the near future.

The best word to sum it all up is, “What a view!” As we arrived at the RockResort and was closed for several months for remodeling, including a sign-in right at the Deluxe Hotel, the property is on the beach with a view and there is a nice lawn plus barbecues. There is even an herb garden for guests. This is a good budget choice.

One of the new properties we inspected is the Montage on the site of the former Kapalua Bay Hotel and next door to the Ritz Carlton Kapalua. If you book the property with a Signature Travel Agency, breakfast is included. Residences start at about 1,200 square feet and feature one to four bedrooms. Units closest to the beach are Grand Residences. Prices start at about $500 a night.

Another new hotel is Andaz which is a brand of Hyatt. It is about three years old. The hotel has five pools, 290 rooms, 10 villas and five restaurants, one open 24 hours a day. There is a $40 daily resort fee which includes some activities but not the $30-a-day parking fee. Rates are $400 to $800 a night.

Good buy at Residence Inn about every hotel in Maui.

Ferry to Lanai

We took the ferry the next day to Lanai, the island purchased a few years ago by the Bay Area’s Larry Ellison of Oracle. The ferry takes a fast boat in the morning to Lanai about a one-hour trip, laden with suitcases for shopping runs to Costco and Walmart.

We stayed the first three nights at the Hyatt Regency which has been well maintained. I stayed in a beautiful corner suite with great views and (free) daily breakfast. It was free at the Hyatt and just happy to report that Wi-Fi is included for using its Wi-Fi. So I’m happy to report that Wi-Fi was available at Lanai’s other hotel, the Andaz. Good buy at Residence Inn. We had lunch at the Andaz which is a private estate owned by the property in the state.

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A pleasant surprise was the newly built Residence Inn, a Marriott brand in the Wailea area. All Residence Inns include a great breakfast and this property also has a bar and evening entertainment. It is not on the beach but has a shuttle to the beach and the nearby luxury shopping center and there’s a restaurant next door. Specials this year start at $199 but next year will be $239 to $400 a night. There is no resort fee and, by Maui standards, these large and beautiful rooms are a great buy.

We had lunch at the Hana Kai Maui which I wrote about four years ago. Since then, all the condo units have been upgraded. They are all two-bedroom units but with an option to lock off one bedroom, leaving a hotel room and a one-bedroom condo. There is free parking and Wi-Fi as well as a nice restaurant. However, with accommodations starting at $415, it seems overpriced.

We moved on to the Fairmont Kea Lani, an all-suite hotel and always a favorite of mine as it is so beautiful and on a great beach in Wailea. The large pools are open 24 hours a day with one reserved for adults only. We had a great meal at AMA, which is the hotel’s casual restaurant. There are also two highly rated and expensive restaurants, Ko and Nick the Fisherman. Breakfast is $36, but is included in many packages. There are also villas, each with their own splash pools, for $1,500 to $7,500 a night.

Offbeat properties

Now to two more offbeat properties:

The Lumeria Maui Resort is in up-country Maui near the town of Makawao. It was built in 1910 and has 24 rooms and a newly installed pool and hot tub. The $25 resort fee includes breakfast and some classes. This is definitely a place to get away from it all for a day or two.

When I last visited Hotel Wailea, it was Japanese-owned and Japanese-themed. Now it is the only adults-only (16 and up) hotel in Hawaii. All the units are one-bedroom suites. It is up in the hills with a view of the ocean. Guests also have sign-in rights at the deluxe Grand Wailea hotel. Quiet, elegant and expensive, it is the only Relais and Chateaux property in the state.

Trip highlight

A highlight of our trip was Lona Ridge, a private estate built on six acres, 1,200 feet above the town of Kaunolu.

An 80-year-old woman named Leona Wilson built the property in 2010 while building this estate. She was the sixth child of Portuguese cane workers and grew up in a sugar workers’ camp in Maui before joining the army, learning to be a dental assistant, moving to New York to be in the fashion business, and marrying well two times. Her husband died in 2010 while building this estate.

We had a wonderful lunch catered by the local community college while Wilson’s nephew, the parish priest, did the dishes. The estate is not generally open to individual tours, but call 808-242-0818 and see if they can fit you in. It is also open every Monday for potluck and pulling weeds. You won’t be sorry to see this fabulous property.

All the prices I quoted are what you might get if you call the property directly. Tour operators (accessible through travel agents) will have better rates, many of which include breakfast. So, as I’ve said many times, without a travel agent you are on your own.

Stephen Shields is a Rossmoor resident affiliated with Orinda Travel.


20 LOST

Wedding Ring Yellow gold, center diamond, baguettes on sides, features clasp (opens and closes). Lost on Oct. 28 somewhere between Gateway parking lot and Sewing Arts Studio. Your honesty will be rewarded. Call 925-933-2465.

24 WANTED

stationary furnished room, available 2017. 925-932-1162

45 AUTOS WANTED

WE BUY/CONSIGN your CAR All cars are displayed in our private showroom. Check it out at www.bruno.com. Call 925-937-0335.

60 ONE GREAT RUNNING car donation for female Seaview so she can continue to serve! Will verify her 501c credentials. Receipt provided for your tax professional.

68 CARPET CLEANING: 3-drawer plastic cabinet, $10. In bookcase with adjustable shelves, $30. In BRUNO INDOOR STAIR LIFT, $55. Call 925-204-5070.
Anyone performing construction work in California that totals $500 or more in labor and materials must be licensed by the Contractors State License Board.

**Organizing/Decluttering**

Rent-a- Daughter has been helping clients get organized and happy. Rossmoor residence. Call 925-277-3839.

**Audio & Video Conversions**

Let me convert your treasured recordings to CDs or DVDs. I deal with any format, VHS tapes to DVDs or your photo to CDs. If I don’t have a solution you need, I can help you search, organize, create a media center, garden clean up and design, deep cleaning. Rinse, repeat. Whatever you need to feel organized and happy. Rossmoor References. Maureen.

**Home Décor**

Bailey ReMax Accord 925-838-4100. Call for private showing. A Must-see Brookgreen???

**Painting**


**Professional Painter**


**Handyman**

Anyone performing construction work in California that totals $500 or more in labor and materials must be licensed by the Contractors State License Board.

**Painting/Moving/hauling**

Tony’s Hauling Service. We haul your junk. We do trash clean outs. Call Tony at 925-866-6544. Email through website at www.tonyshaulingservice.com

**Remodeling/Alterations**

Pattie Noyes of Redding has been helping clients get organized and happy. Rossmoor residence. Call 925-277-3839.

**Painting**


**Professional Painter**


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**Painting**


**Professional Painter**

Due to Golden Rain Foundation policy, the News cannot print classified ads for estate or garage sales in which the address and times of the sale are listed in the ad.

**LAFAYETTE TAX SERVICE**

**WORTHY ADVICE: TAX TAKEOVER**
To avoid a tax audit, file your 2016 taxes by April 18. Without the help of a tax professional, a voyage of discovery into your tax records may be necessary. Rossmoor resident Ellen Street advises Rossmoor residents should keep all tax records for at least six years.

**ASSISTANCE IN ORGANIZING FINANCIAL, MEDICAL, INFORMA-TION, COMPUTER files and photos for retirement and estate planning. Confidential. In-home visits for women. Dianna Saagiver Duemme, Embellish Coach. 40+ years experience. References. 925-788-9314. Dianna@seagiver.com or saagiver@astound.net.

**TAXES/FINANCE**

**PROFESSIONAL EDITOR, PH.D.**
The editor of the newsletter for the Published Writers of Rossmoor is available to edit your fiction or non-fiction manuscripts. Work in person or online. Editing@yours@gmail.com or 510-770-0249.

**MULTI-AWARD-WINNING**
writing, university teacher and psycholo-gist new to Rossmoor. Mimi Seton assists elders in creating High-points (a 25 page memoir) and The Love Letter, a 5 page letter to your family expressing your emo-tional truth from anger to love. These are personal documents to add to your legacy. See “Projects for Rossmoor” on www.mimisea-givertsmir.com 646-625-8625.

**COMPUTER FILES & PHOTOS**
Available to edit your digital files. 20+ years experience. Work in person or online. Editinggg@gmail.com or 510-419-2044.

**COMMISSIONING CARE SERVICES**
Live-in, live-out, hourly. For seniors with special needs or care. We have 18 years experience, good references. We are honest and trustworthy. Call Lila or Marilyn at 925-419-2044.

**PREVIOUS HOME CAREGIVERS**
Offer quality service on non-med-i-cal care since 1990. Dependable, fully screened, criminal back-ground check. Rates start at $26/hr. 510-909-0197.

**PASSIONATE, HONEST & RELIABLE**

**ACN REFERRAL AGENCY**
Refferal, caring, dependable in-home care services. Fully screened caregivers with criminal background check, Rates negotia-ble. Starting $20/hour subject to asses-sment (live-out) $200 per day (live-in). Please call 925-497-9169.

**EXCELLENT CAREGIVER**

**TRUSTWORTHY, HONEST, CAREGUARD**
30 years experience (19 years in Rossmoor) with excellent references and 33 years good DMV record. Elderly care nurse skilled in hospice and homecare services. Dependable. Cal Eva, 510-610-1550.

**HOME CAREPROFESSIONALS**

**COMING SOON**
**FUN HOUSE in EAGLE RIDGE**
Beautiful end unit nestled next to open space with convenient location. Updated kitchen, wood floor throughout, dramatic, freshly painted interior. $1,425,000.

**RE/MAX Accord – Lafayette**
The Pereira Team
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ThePereiraTeam@aol.com
BRE #01332827/00332986

**RE/MAX Accord – Lafayette**
The Pereira Team
925-787-7625
ThePereiraTeam@aol.com
136 professional services

**LAFAYETTE HAND HOME CARE**

**The Love Letter, a 5-page letter to your family expressing your emotional truth from anger to love. These are personal documents to add to your legacy. See “Projects for Rossmoor” on www.mimiseagivertsmir.com 646-625-8625.**

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**HOMECARE PROFESSIONALS**
Friendly, cheerful, certified home care aides available now. Light housekeeping, laundry, meal prep, personal care, med reminders and errands and transportation. Abun-dant Home Care (formerly Wa-Care Home Attendant) is a Home Care Organization #704700528, licensed by the California Depart-ment of Social Services. Call us today, we’d love to help! 925-280-2800.

**PERSONAL CAREGIVER and ad- vocate qualified to care for all your needs. Available 24/7 (we back up as needed). 25+ years of honest, reliable, competent experience. Rossmoor, Oakland, Richmond, bonded, workers’ compensation, D.O.J. and BBB A + rating. Specializ-ing in memory care. Starla. 925-668-6312.**

**PRIVATE CAREGIVERS:**
Profes-sional caregivers with at least 9 years experience in geriatric care. Providing a wide variety of service including hospice care, memory care, personal, attendant care and companionship. Wendy, 925-434-8625.

**30-YEAR REGISTERED NURSE**
Caring, compassionate, will take excellent care of you or loved one. Grooming, laundry, cleaning, errands, appointments, light housekeeping. Call Rossmoor references. Current cli-ent is moving. Call Kimberly, 925-518-0514.

**CARING WIFE, DNR ADVOCATE:**
Served the elderly back to health providing 24/7 live-in care, direct hourly care. Highly educated, loved, trained as RN, over 7 years PT, dementia care. Assists with exercises and athletic referrals. Mias. 510-593-7066.

**HARD WORKING, TRAINED, CMA**

**HELLO NEIGHBORS!**
Rossmoor resident. Call 925-778-9605 for serv-ices in Rossmoor. Years of expe-rience. We are here to help you! We will assist you with shopping, cooking, household chores and physical therapy needs. Non-smoker, very reliable and trustworthy. Reason-able rates and excellent references. Please call for time or full time.

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Selling or Buying? It's easier than you think

**CLIENTS LOVE US** because we leave nothing to chance. Like your personal project manager, we manage every step and keep you informed. Highly specialized expertise means challenges well before they can become a problem. When you demand excellence, we are here to help. **It’s all up to you, call now.**

**A Berkshire Hathaway Affiliate**

**MARSHA WEHRENBERG**
925-787-7625
Marsha@RossmoorToday.com • BRE #01482014

**LINDA STEPHENS**
925-478-0904
Linda@lindastephens.biz • BRE #01276174

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**CARING CARRIERS: Over 10 years of experience providing personal, professional care. We are 3 professional native Californians. 4-hour service. 925-778-0192, Susan. 925-788-9605, Betty (not an agency) 925-274-3889.**

**PASSIONATE HOME HEALTH**
Serving the elderly back to health providing 24/7 live-in care, direct hourly care. Highly educated, loved, trained as RN, over 7 years PT, dementia care. Assists with exercises and athletic referrals. Mias. 510-593-7066.

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**THE PEREIRA TEAM**
**DIANNE & JOHN**
BRE #01332827/00332986
(925) 297-0321
ThePereiraTeam@aol.com
RE/MAX Accord – Lafayette

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200 SSEEkiNG EMployMENt

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HELPING HANDS/PERSONAL ASSISTANT.
Transportation to doctor appointments, grocery shopping, errands, etc. I am reliable, kind, supportive, and experienced. Rossmoor references. I would love to help you! Call Betty 925-787-1733.

WHEELCHAIR TRANSPORTATION
DRIVING IN ROSSMOOR
RELIABLE, HONEST, FRIENDLY
SENIOR 4 SENIORS
kind, pleasant, professional, better health care. Helping Hands/Personal assistant seeking positions. Dependable, quality service with individual cleaning needs. Reliable, 24/7, no hidden fees. Louie, 925-323-7640.

Rossmoor resident. Call Jay to accommodate your needs. Affordable, prompt driving. Local, long distance. All airports/cruise lines. Jay, 377-3839 or 831-236-8698.

Personal assistant, seeking position. Experienced, 52-year-old female available through the holidays. I love to cook for you, drive you to exercise, and companionship. I will help with many repeat clients. We'll see you happy with our work! Contact owner, Lynn Prakash, 925-222-0051.

510-828-0322.


BEVERLY BELLEHOUSE Call 925-863-2235.

SERENE PRIVATE SETTING 2 Bedrooms, 2 Full Bathrooms
Spacious Sierra Model
~Abundance of Natural Light
~Special Location with Lots of Lush Landscaping
$1,150,000
Please call me for any of your real estate needs. I love to be of service. Calbridge. 925-382-9177.

**WANTED**
Housecleaning / Companion / assistant. Housekeeper to refresh me on QuickBooks. Please call or email abenz5@gmail.com

120 SEEKING EMPLOYMENT

125 HELP WANTED

NEED SHORT-TERM HELP (bookkeeper to refresh me on QuickBooks. 2 hrs./times/month. $20/hour. In Hollister, So. CA. 447-1343)

145 REAL ESTATE FOR SALE


150 REAL ESTATE FOR RENT

All Rossmoor leases and room rentals are invalid unless approved by the appropriate Mutual Board.

ABSOLUTELY SPECTACULAR remodelled and Singled story/level-in Cascade model with beautiful sweeping views. Fully furnished with high quality furniture, dishes, pots, pans, staple, sound system, queen bed and Murphy bed, everything you could possibly need. $2,500/month. 3-month minimum: Calbridge, 925-954-6367.


COMPLETELY REMODELED Sono Ma Strip available for immediate 1-year lease. Inside laundry hookups, hardwood flooring, walking distance to Destination, in town. $3,600/month plus security deposit. Call Calbridge, 925-693-1129.

Newly Rene, 707-477-8062 or email renenal1@comcast.net.


driver/errands

EXPERIENCED, PROFESSIONAL driver available to Rossmoor resident for door-to-door service to doctors, shopping, errands, airports and long distance. Wills available. Licensed, insured, safe, dependable. Call Jonny 925-395-2777.

DRIVING IN ROSSMOOR 16 miles, reliable, experienced drivers, close to Rossmoor, shopping, errands. Available immediately. Call Pat, 925-933-4430 or 503-650-0525 (cell). Thank you.

NEED A RIDE? DOOR-TO-DOOR Services of the needy community. Seniorized, Personalized, safe, prompt driving. Local, long distance. All airports/cruise lines. Will stand by for doctor visits, dentist, shopping etc. Will accommodate your needs. Affordable, dependable, quality service with Rossmoor resident. Call Jay to door.

MIKE IS BACK. To airports, city, jobs, local errands, shopping, dry cleaning, laundry, etc. 35+ Years in the Industry. Dependable, safe, reliable. Calbridge. 925-889-7722.

WANTED: Companion, housekeeper, & conversation a rosey mood, is a rosey mood, and driving your way. To dock the bridge the bridge the bridge, is for the bridge. Call: Betty 925-787-1733.

WANTED: Affordable, safe, professional, licensed companion/housekeeper who is capable, handy van, pre-screened questions, no frills, no fees, mileage rates, one way trip, no how to living without, 24/7, no hidden fees. Louise, 925-896-9645.

WANT A JOB ? Call 925-325-9753.

230 HELP WANTED

NORTHERN VACATION HOME

1641 Tice Valley Blvd., Walnut Creek, CA 94595

WATERFORD

963-8418. Will consider lease-to-purchase.

209-662-5441.


One Story Home, 2BD/1BA in Rossmoor. Remodeled and organized, in town/pet care with excellent references and reasonable rates. Contact owner, Lynn Prakash, 925-222-0051.

THE CAT WHISPERER

Want to know his/her personality before you hire? Call 530-797-4975 for cat claw clipping and grooming, or 530-333-0743 Rossmoor residents.

WANTED: Paws ‘N’ Purrs Pet Service Loving attention for your pets. Dog walking, pet sitting. 503-997-4875 for cat claw clipping and grooming, or 530-333-0743 Rossmoor residents.


driver/errands

EXPERIENCED, PROFESSIONAL driver available to Rossmoor resident for door-to-door service to doctors, shopping, errands, airports and long distance. Wills available. Licensed, insured, safe, dependable. Call Jonny 925-395-2777.

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  - SEQUOIA - BEAUTIFULLY REMODELED. Everything new! Gourmet kitchen features custom cabinets, granite countertops, s/s appliances. **$569,000**
  - SEQUOIA - BEAUTIFULLY REMODELED. Everything new! Gourmet kitchen features custom cabinets, granite countertops, s/s appliances. **$569,000**

**NEW PRICE!!**

- **SONOMA WRAP - IMPRESSIVE DESIGN**
  - Gourmet kitchen with top-of-the-line s/s appliances, custom cabinets, granite, recessed lighting. **$460,000**

**GOLDEN GATE - COMPLETE REMODEL IN WONDERFUL SETTING by Fred L'Estrange Construction.**

- **BUCKEYE - SENSATIONAL STEYAN VIEWS.**
  - Kitchen remodel with top-of-the-line appliances, custom cabinets, granite counters & back splash. **$434,000**

**VILLA VALENCIA - LEVELS IN WITH STUNNING VIEWS.**

- **NEW PRICE!! $485,000**
  - **NEW PRICE!!**

**SEQUOIA WRAP - BREATHTAKING REMODEL**

- Granite galore, enclosed veranda, s/s refrigerator, 5 burner gas stove, alczoves and built-in cabinets, remote fireplace, beautiful baths. **NEW PRICE!! $620,000**

**MLS LISTINGS CONDOMINIUMS**

- **2 BEDS, 1 BATH**
  - **NEW PRICE!!**

**GREENBRIAR - OVERLOOKS 6TH FAIRWAY.**

- Eat-in kitchen with light filled nook. Living room with fireplace. Spacious master suite with walk-in closet. Two view decks. **NEW PRICE!! $675,000**

- **NEW PRICE!!**

**CASCADE - CUSTOM UPGRADES THROUGHOUT.**

- Dramatic vaulted ceilings and walls of windows. Lovely views. Open concept floor plan. **$610,000**

- **NEW PRICE!!**

- **NEW PRICE!!**

**GALWAY - WONDROUS VIEWS.**

- Tile entry, dual pane windows. Tile counter tops in kitchen, eat-in breakfast nook, large open living room with fireplace. **NEW PRICE!! $634,000**

- **NEW PRICE!!**

**SARATOGA - STUNNING REMODEL. Gourmet’s kitchen with granite counters, s/s appliances. Extended living room into den. Remote fireplace. Beautifully tiled baths. Stack WD. **$558,000**

- **NEW PRICE!!**

**BUCKETEYE - SENSATIONAL STEYAN VIEWS.**

- Kitchen remodel with top-of-the-line appliances, custom cabinets, granite countertops & back splash. Gas fireplace, spa inspired baths. Den with built-in cabinets & desk. Quality hardwood floors. Two car garage. $1,150,000

- **NEW PRICE!!**

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Walt Straub 285-1605
Sonja Weaver 323-2671
Chuck Lamb, Manager 899-9651
**LEGAL NOTICES**

**CONTRA COSTA COUNTY CLERK**

P.O. Box 350
Martinez, CA 94553-3075

T.L. Lawson, Deputy County Clerk

(925) 335-7900

**FICTITIOUS BUSINESS NAME STATEMENT**

The following persons are doing business under the fictitious business name:

**NAME:** E. Canciamilla, County Clerk of Contra Costa County

**LOCATION:** Martinez, CA 94553-3075

555 Escobar St.

**DATE:** November 16, 2016

23 and 30

**MUST LOVE DOGS**

Tony the Dog Walker

 located in that certain Deed of Trust as more particularly described in the said Note(s).

The obligations secured by the property are consigned to the Trustor, and the Trustor agrees to

Your sale may not immediately be reflected in the

**TERMS:** This statement was filed with Joseph S. Levy, Deputy County Clerk of Contra Costa County, on date indicated by filing no.

448-494-1052.

If you are the highest bidder at the auction, you are or may be responsible for paying all

The following person(s) are doing business under the fictitious business name(s):

**NAME(S):** M. Fuhrer, County Clerk

**LOCATION(S):** P.O. Box 350

Martinez, CA 94553-3075

555 Escobar St.

**DATE:** November 6, 2016

19, 23, and 30

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME**

The following person has abandoned the use of the fictitious business name(s) below. Notice is hereby given to said person(s) to cease using the said fictitious business name(s) or to attend the scheduled sale: 38A Rossmoor News • November 30, 2016

**NAME(S):** Lynn C. McAuliffe

**LOCATION(S):** Moraga, CA 94556

**DATE:** October 27, 2016

**LEGAL NOTICES**

**CONTRA COSTA COUNTY CLERK**

P.O. Box 350
Martinez, CA 94553-3075

T.L. Lawson, Deputy County Clerk

(925) 335-7900

**FICTITIOUS BUSINESS NAME STATEMENT**

The following persons are doing business under the fictitious business name(s):

**NAME:** Sue Tenerowicz

**LOCATION:** Contra Costa County, CA 94517, Contra Costa County

10 Magee Ct.

**DATE:** November 9, 2016

14, 23, and 30

**STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME**

The following person has abandoned the use of the fictitious business name(s) below. Notice is hereby given to said person(s) to cease using the said fictitious business name(s) or to attend the scheduled sale: 38A Rossmoor News • November 30, 2016

**NAME(S):** Lynn C. McAuliffe

**LOCATION(S):** Moraga, CA 94556

**DATE:** October 27, 2016

Business conducted by an individual.

Business conducted by an individual.

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Martinez, CA 94553-3075

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10 Magee Ct.

**DATE:** November 9, 2016

14, 23, and 30

Business conducted by an individual.

Business conducted by an individual.

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“Mary Orfali is amazing. Three things that really stood out about her was that she’s personable, pays a lot of attention to details, and moves very quickly. She understood our needs and was always a step ahead of us. She walked us through the whole process and continues to support us. We would recommend Mary Orfali to anyone who wants to find their dream home.” — Lucy H.

Better Homes and Gardens Real Estate is collecting Toys for Tots this Holiday Season. Please bring a new, unwrapped toy to our office to benefit children in our area. COLLECTION DATES are now through Dec 14.
Call to find out if you may walk the golf course

Residents may visit Rossmoor’s golf courses on days when they are closed. They are closed on most Mondays and on other days when tournaments are being played. To find out if the course is closed, call the Pro Shop, 988-7861. The shop is open daily at 7 a.m. through 2 p.m. on Tuesday through Sunday and on Mon – Mon when tournaments are held.

Don’t walk on the course during golfing days as it is a condition of the license that golf courses can result from golf balls, as well as cart accidents.
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Prevent blockages

In order to prevent blockages, residents are asked to refrain from disposing of the following items in your garbage disposal: rice and pasta, stringy vegetables, coffee grounds, potato peels, animal bones, egg shells, banana peels, grease, onion skins and excessive laun-
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Residents may recycle eyeglasses they no longer use in receptacles at the clubhouses or the white mailbox at Gateway.
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**Casino Bus Trip to Thunder Valley Casino**

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Play bingo on the bus for fun prizes and a chance to win a free trip in the future. Bonus is $15 player credit and $5 food credit.

To reserve space, call Lynne Keefer at 945-7665 or email lynnehkeefer@gmail.com

**CURRENT LISTINGS**

**A SPECTACULAR GOLDEN GATE**

The latest complete rebuild by Toupin Construction, Rossmoor’s most respected contractor. This reconfigured 2-bedroom, 2-bath home is reminiscent of a Tahoe Chalet. It features a bright kitchen with “top of the line” everything and a walk-in pantry, unbelievable bathrooms, custom floors throughout, amazing trim and closets and absolutely no steps. .................. $590,000

**NEWLY LISTED: A CLOSE-IN SEQUOIA**

This, almost original, bright 2-bedroom upper unit with approximately 1054 sq. ft. of living space features a skylight in the kitchen, a washer/dryer, dishwasher, a large open balcony with a pleasant easterly views, and best of all, it is walking distance to everything Rossmoor. ................. $279,000

**A FABULOUS EXPANDED MONTEREY**

Don’t miss this completely re-built 2-bedroom, 2-bath Monterey co-op with approximately 1300 sq. ft. of living space. It is situated in a private hilltop location and features spectacular views, large rooms, wonderful finishes, a front terrace plus a bright study with glass French doors. ........ $529,500

**BEAUTIFUL AND AFFORDABLE SONOMA**

A recently remodeled 2-bedroom Sonoma co-op with new light-ing, an updated bath with stacked washer/dryer, and a great location close to the carport. Best of all is the price. .................................................. $325,000

**COMING SOON: A VILLA BARCELONA**

Call for a preview showing of this bright condo that has approxi-mately 1367 sq. ft. of living space and features 2 bedrooms, 2 baths, an updated kitchen, 3 balconies PLUS this end unit has a level entry and is only steps to its carport. ........................................ $499,000

**FEATURED LISTING**

**JUST LISTED: A SKYCREST SANTA CRUZ CONDO**

One of the most popular Rossmoor models. This 2-bedroom plus den, 2-bath home with approx. 1212 sq. ft. features quality laminate flooring, newer carpet, a private patio, a newer HVAC system, a W/D, a close carport and absolutely no steps. ........................................ $525,000

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This pristine third floor 1-bedroom, 1-1/2 home with approxi-mately 920 sq. ft. is a real “eye pleaser.” It features a spacious living area, a panoramic tree-lined view, custom window treatments and all of the amenities of the incomparable Waterford. ................ $349,000

**A RARE EXPANDED BROOKGREEN**

This spacious one-bedroom first-floor condo with approx. 698 sq. ft. has the IDEAL LOCATION. It is close to the North Tower lobby, the dining commons and the theater. It features hardwood floors and a close covered carport. .................. Reduced to $198,000

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**FOLLOW US ON FACEBOOK! www.facebook.com/rossmoorliving**
The Rossmoor Men’s Golf Club (RMGC) gathered on Nov. 14 for its fall annual Members Awards Dinner at the Event Center. The festivities commenced with a Thanksgiving-style dinner catered by Creekside Grill. After dinner, new board members were elected. The 2017 RMGC president will be Chuck Leong. He announced his board for the upcoming year: President Elect/Home and Home Co-Chairman Fred Sun; Secretary Pat Iacullo; Treasurer Dick Walsh; Tournament Chairman Curtis Mitchell; Membership Chair Michael Weisenberg; Communication Chairman Jack Meng; Home and Home Co-Chairman Michael Kiefert; Twilight Chairman Steve Pinter; Food and Beverage Chairman Bryan Burnett; Handicap Chairman Edwin Kung and Past President Dickey Nitta. Congratulations to the new 2017 RMGC board. These chairmen will be looking for members to be part of their committees. If interested in volunteering to help the committees, contact Leong or any of the 2017 board members. After dinner, the membership listened to two key speakers. Golden Rain Foundation CEO Tim O’Keefe and Director of Golf Mark Heptig provided insights to Rossmoor’s future during their respective speeches. O’Keefe spoke on the uniqueness of the Rossmoor community and, unlike other developments, Rossmoor can continue to improve its infrastructure through the transfer fees collected. He also hinted that Rossmoor’s drivers really don’t know what 25 MPH means. Everyone is asked to please slow down to protect everything! Heptig began by acknowledging all the members of his staff including the hard-working maintenance and Pro Shop staff. Then Heptig listed all the golf course improvements and repairs completed during 2015 - an impressive list. Of course, taking out the oak tree on hole 14 still wasn’t on the list.

Awards and recognition

The dinner and awards were the highlight of the evening. Throughout the year, RMGC has awarded over $20,000 in Pro Shop credits for tournament winners during 2016. Recognition was given to the winners of the major tournaments – Directors Cup, Match Play, Stroke Play and Member/Member Championships. The Directors Cup was presented to new president of Men’s Golf Club, Curtis Mitchell sweeps RMGC titles, nicknamed ‘Keeper Sweeper’

By Don Carpiux
Club correspondent

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RMGC Director Cup winner Colin Ferrett, left, and flight winners Chuck Moran, Jay Meaden, Bill Herrick and Cecil Chang.

The Rossmoor Men’s Golf Club will hold its annual holiday dinner party on Friday, Dec. 9, in the Fireside Room at Gateway Clubhouse. Catered by Cafe Soleil, the evening will begin at 5 p.m. with appetizers and drinks. Entrées include a choice of roasted salmon, chicken Marsala or eggplant parmesan. Wine and soft drinks will be provided at the bar, and there will be red and white wine, beer, coffee and tea will be provided during dinner. A vegetarian option will be available. The cost is $42.50 per person. A vegetarian option will be available. The cost is $42.50 per person.

In Flight 1, Sarah Bucher came in first and Judy Ruble came in second. In Flight 2, Joyce Niehaus took first place, with Elaine Matson and Penny Ittner tied for second place. In Flight 3, Lou McCorckle won first place, Barbara May was second and Angie Logsdon took third. In Flight 4, Frosty Anderson placed first, Carolyn Hensley second and Jan Butsavich third.

Table Tennis Club to hold holiday party Dec. 9

The Rossmoor Table Tennis Club will hold its annual holiday dinner party on Friday, Dec. 9, in the Fireside Room at Gateway Clubhouse. Catered by Cafe Soleil, the evening will begin at 5 p.m. with appetizers and drinks. Entrées include a choice of roasted salmon, chicken Marsala or eggplant parmesan. Wine and soft drinks will be provided at the bar, and there will be red and white wine, beer, coffee and tea will be provided during dinner. A vegetarian option will be available. The cost is $42.50 per person.

In Flight 1, Sarah Bucher came in first and Judy Ruble came in second. In Flight 2, Joyce Niehaus took first place, with Elaine Matson and Penny Ittner tied for second place. In Flight 3, Lou McCorckle won first place, Barbara May was second and Angie Logsdon took third. In Flight 4, Frosty Anderson placed first, Carolyn Hensley second and Jan Butsavich third.

Holiday luncheon

The annual holiday luncheon takes place on Thursday, Dec. 15, in the Tahoe Room at the Event Center. Social time will begin at 11:30 a.m. with complimentary champagne, wine and Martellini’s. A gourmet tea and water at the dining tables. The cost for members is $20 and guests, $30. All social events are subsidized by the club.

Niners play last round of season, plan for holiday luncheon at Event Center

Twenty-six members of the Rossmoor Women’s Nine-Hole Golf Club closed out the 2016 season on Nov. 17. In Flight 1, Sarah Bucher came in first and Judy Ruble came in second. In Flight 2, Joyce Niehaus took first place, with Elaine Matson and Penny Ittner tied for second place. In Flight 3, Lou McCorckle won first place, Barbara May was second and Angie Logsdon took third. In Flight 4, Frosty Anderson placed first, Carolyn Hensley second and Jan Butsavich third.

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Entertainment, organized by Rita Rosen and performed by members, includes piano by Dick Bertrand, Hawaiian dancing, and Chinese music accompanied by Frank Chiu on piano.

Other evening events will include championship trophy presentations and drawings for door prizes, including a $100 gift card, in addition to multiple additional prizes.

The deadline for sign-ups at the clubhouse is Friday, Dec. 2. Checks should be made payable to RTTC, marked “Holiday Party” on the memo line and dropped in the box at the clubhouse foyer. For information, contact Fran Free, 949-8806.

Table Tennis Club to hold holiday party Dec. 9

The Rossmoor Table Tennis Club will hold its annual holiday dinner party on Friday, Dec. 9, in the Fireside Room at Gateway Clubhouse. Catered by Cafe Soleil, the evening will begin at 5 p.m. with appetizers and drinks. Entrées include a choice of roasted salmon, chicken Marsala or eggplant parmesan. Wine and soft drinks will be provided at the bar, and there will be red and white wine, beer, coffee and tea will be provided during dinner. A vegetarian option will be available. The cost is $42.50 per person.

In Flight 1, Sarah Bucher came in first and Judy Ruble came in second. In Flight 2, Joyce Niehaus took first place, with Elaine Matson and Penny Ittner tied for second place. In Flight 3, Lou McCorckle won first place, Barbara May was second and Angie Logsdon took third. In Flight 4, Frosty Anderson placed first, Carolyn Hensley second and Jan Butsavich third.

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Cullough, Greg Harvey and 2016 RMGC President Dickey Nitta. Match Play flight winners are, from left, John Benshoff, Kevin McPartland, Barbara Phillips, Molly Rossiter, Barbara Jordan, Brigitte Lossing, Peg McFarland, Barbara Phillips, Molly Rossiter, Mary Alice Stadum, Daryl Svoboda and Ben Wright.

**Silver Bullet swim lessons helped 10 people overcome their fear of the water**

The Silver Bullets, the Rossmoor division of the Walnut Creek Masters Swim Team, held its fall session of Swimming Saves Lives during the first week of November.

Ten participants were helped to overcome their fear and to begin to learn to enjoy the water. Silver Bullets Coach Lisa Walsh led the program and Silver Bullets team member, Nancy Thursby, coordinated the program. Volunteer instructors were Dolly Acker, Susie Caso, Janis Hoffman, Paul Jackson, Barbara Jordan, Brigitte Lossing, Peg McFarland, Barbara Phillips, Molly Rossiter, Mary Alice Stadum, Daryl Svoboda and Ben Wright.

**RMGC names new club president for 2017**

Continued from page 1B

sent to Colin Ferrett. Directors Cup flight winners were Chuck Moran, Jay Meaden, Bill Herrick and Cecil Chang. Never in the history of RMGC golf has one man dominated the yearly competition. In winning the 2016 Member/Guest Invitational, the Stroke Play, Match Play and Match Play championships, along with the newly created Member/Member Tournament, presenter Chuck Moran proclaimed the Curtis Mitchell ‘Keeper Sweep.’ Mitchell will have his name engraved on all four trophies during the same year. Big congratulations to Mitchell and the Keeper Sweep.

Match Play flight winners were John Benshoff, Kevin McCullough and Greg Harvey. Member/Member flight winners were Darrell Webb, Bryan Burnett, Michael Weisenberg and Jerry Weinstein.

**Enjoy hikes with Trail Club**

**Variety of hikes in East Bay are posted on club website**

There are many East Bay trails that can be hiked safely during wet weather. If you enjoy the outdoors, you’ll enjoy the Trails Club for both physical activity and socializing. Club members enjoy several parties and potlucks throughout the year. Members are well-traveled and very friendly.

The club offers a variety of hikes in the East Bay every Wednesday and Saturday. These hikes may be on Mt. Diablo or at Briones, Redwood Park, Castle Rock or in the Berkeley hills. For example, occasionally, hikes are planned in San Francisco and in the Marin Headlands.

On Monday mornings, club members walk around the golf course when the course is closed to golfers. Hikers are divided into four groups. Generally, Amblers hike three to five miles at a moderate pace with up to 500-foot-elevation gain. Ramblers hike five to seven miles. Trekkers hike six to nine miles. Each succeeding group may hike areas with increasing elevation gains or at a faster pace. Most hikes, but not all, are within the East Bay.

Check out the complete schedule, along with changes and updates, on the webpage at trailsclubofrossmoor.com. Go to Monthly Hike Calendar and click on Agenda. All the pertinent information about meeting times and what to bring is also on the website.

To join the club, go to the website and go to Club Information, then Membership. Print an application packet, fill it out and send it to the registrar. For information, call Mary Ann Garvey, membership coordinator, at 932-6505.

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

**Pickleball Club plans for post-holiday dinner Jan. 5 Reserve by Dec. 1, save $5**

The Rossmoor Pickleball Club will have its annual post-holiday dinner on Saturday, Jan. 7, in the Event Center. Appetizers will be served at 5 p.m. and dinner is at 6.

The entrees are grilled tri tip, grilled teriyaki salmon and vegetarian lasagna. The menu also includes rice pilaf, augratin potatoes, salad, fresh vegetables, fruit and dessert. Coffee, tea and soft drinks are included, too.

Throughout the evening, Dawn Coburn will provide a variety of music, including waltz, Latin, ‘50’s and ‘60’s music, rock, Motown, country and more. Coburn has performed at several Rossmoor events and has proven to never disappoint listeners or dancers with her vast repertoire of music.

Members who submit their reservation check before Thursday, Dec. 1, will receive the early bird discount and pay $25. After Dec. 1, the cost is $30 for members. Nonmembers eat $30.

The raffle prizes include $100 gift certificates, golf fees and carts for four, a golf bag, hearing screening, wine and cheese basket and a pickleball paddle.

Download a copy of the reservation form from the club website, www.rossmoorpicklesball.com. The completed form and a check payable to the Rossmoor Pickleball Club may be left in the Sierra Room pickleball cabinet.

For information, contact Suzanne Wong at 510-396-2401 or email her at runaboutsue@gmail.com.

**Agnes Shin named winner of 18ers’ low putts tourney**

By Teddi Swanson

Club correspondent

Thirty-eight members of the Rossmoor Women’s 18-Hole Golf Club played in a low putts competition on Nov. 17. Prizes were awarded to the eight women with the lowest putts in the round of 18.

Agnes Shin was first with 28 putts, followed by Peggy Yamada with 29, Anna Kim with 30, Pat Deisim with 31, Setsuko Yusa with 32, Claudia Terry with 32, Del Poire with 33 and Robin Moreau with 33.

In the couple of times there was a tie, it was broken on the back nine.

Birdies were made by Claudia Terry on Hole 4 and Theresa Kim on Hole 16. A chip-in was made by Marian King on Hole 15.

This was last day of group shootguns for the 2016 season.

Going forward until spring 2017, the ladies will need to make their own tee times and set up their own games on Thursdays.

Club members are reminded the annual holiday party is on Thursday, Dec. 1.
Table Tennis posts tournament results

The Rossmoor Table Tennis Club held its annual Club Championship Tournament Nov. 15 through 20. There were 23 competitors playing in five events.

The results were:

Men’s singles: first place Jim Cembara, second Alex Tetelbaum and third Wallace Wong

Women’s singles: first place Janet Choi, second Roz Reiter and third Liz Keeley

Men’s doubles: first place Alex Tetelbaum and Al Schwartz, second Dan McGlinchey and Mietek Bo duszynski and third Rod Dorse and Dutch Helmus

Women’s doubles: first place Roz Reiter and Fran Free, second Janet Choi and Ben Lu, and third Liz Keeley and Tung Chiu

Mixed doubles: first place Janet Choi and Song Chen, second Fran Free and Tony Horan and third Roz Reiter and Rod Dorse

Matches were round robins, best of three games to 11. Winners will be recognized and receive their awards at the annual holiday dinner party Friday, Dec. 9.

For information about the club, review the bulletin board at the Table Tennis Clubhouse at Hillside, visit the website http://rossmoor TTC.wordpress.com or contact Jane Vinson at hillside, visit the website http://rossmoor TTC.wordpress.com or contact Jane Vinson at
http://rossmoorttc.wordpress.com or contact Jane Vinson at Hillside, visit the website http://rossmoor TTC.wordpress.com or contact Jane Vinson at

Golf Shop News

“The Times They Are a Changin’”

By Brent Mulanax, PGA professional

Who would have thought that lyrics from Nobel Laureate, Bob Dylan, could serve as a reminder to all golfers that the hours of operation for the driving range will be modified come Dec. 1? It’s true – the times they are a changin’. The doors to the ball dispenser will remain open until 3:30 p.m. Hitting of balls must be completed by 4 p.m. This allows just enough time for the range staff to safely pick and clean balls for the next day’s use.

Those golfers who wish to continue practice past 4 are encouraged to use the outstanding short-game practice facility. Tip from the pro. Spend at least 50 percent of your available practice time on the short-game (chipping, pitching, putting and sand). Beginning Dec. 1, power carts rented from the Pro Shop must be returned by 4. As always, Sun Mountain Push Carts are available for rent and can be returned at the completion of your round.

Holiday shopping season is now in full swing. The Rossmoor Pro Shop has a number of gift items for that hard-to-shop-for person. Popular this season: double-wall, vacuum-insulated, hot/cold beverage containers. These beverage containers will keep your beverage of choice hot or cold for hours. They sport the Rossmoor logo and come in three sizes. These containers make an excellent gift. The shop is stocked with logoed apparel for men and women. New arrivals (outerwear) from Greg Norman Collection have been discounted for added holiday value.

Several new groups have hit the floor in the women’s department. Be sure to check out holiday offerings from E.P. Pro, San Soleil and Greg Norman Collection. We will gift wrap your purchases while you wait or, you can return post-play, lunch, etc., and your packages will be ready for pick-up. We appreciate your support!

The entire Golf staff wishes all Rossmoor residents a happy and safe holiday season!

Lawn Bowling Club will hold Christmas awards party

Other than the daily draws on Tuesdays, Thursdays and Saturdays, lawn bowling practice is open and encouraged, except Fridays for maintenance of the greens.

The Lawn Bowling Club’s Christmas and awards night party will be held on Monday, Dec. 12, in the Fireside Room at Gateway. It will be a gala night of cocktails, dinner and entertainment.

Mike Ying and Frankie Napoli put their heads together and announced the upcoming winter league will be held on eight Wednesdays, beginning in mid-January through February, allowing for rainouts, absences and substitutes.

Their idea is to dedicate and honor Bob Lewis for his many years of service as the club’s correspondent for the Rossmoor News and as winter league chairman. He also made many other contributions to the club.

Thus, this coming year’s winter league will be known as the Bob Lewis Winter League. More details will be forthcoming.

Free training classes

The club invites prospective lawn bowlers to come give the sport a try. Classes are now scheduled for Mondays and Wednesdays at 10 a.m. Classes for new lawn bowlers are led by Ed and Pauline de Assis, who have conducted the training for the club for many years. Call them at 943-2003 for information.

Learn to play pinochle on Tuesdays at Gateway

The Pinochle Club invites everyone who loves fun and competition to play on Tuesdays from 9 a.m. to noon in Multipurpose Room 2 at Gateway.

This is a social group that enjoys a friendly game of double-deck pinochle. Members will teach newcomers how to play.

For information, call 510-387-4708.

Please recycle this newspaper.
Duplicate Bridge announces latest results

Tuesday, Nov. 15

Eve Misseron 4
NS/1 P. Taylor/K. Young 2
L. Pesavento/M. Sherman 3
F. Atowicz/M. Anderson 4
E/W 1 C. Ip/R. Cunha 2 S. Davis 324
B. Lang/1. Burdick 4 S. Banky

Section B

NS/1 L. Pesavento/M. Sherman 3
F. Atowicz/M. Anderson 4
E/W 1 C. Ip/R. Cunha 2 S. Davis 324
B. Lang/1. Burdick 4 S. Banky

Wednesday, Nov. 16

Domino players name game winner

Domino winners for Nov. 21 were Wint Mather 337, Al Kennin/A. Hollinger 310, John M. Mills 319, and Ted Augustine 3240, Mary Riley/Helen Dailey 4180, Judy Bristow 2920 and Vicki LaBatt/Eliza- 

Partnership Bridge

Each week, the Rossmoor Bridge Club offers a chess problem or a clever opening as well as the answer for the previous week.

The answer for the Nov. 16 problem is 1 Nb6 check... g6x Nb6 check, Kf7 (or Kf8 3.Rx8 mate) 3. Re7 mate.

This week's problem is offered to tease the mind, white to mate in three. The answer will be included in next week's column.

Players at all levels are once again welcome in the Chess Forum on the first floor back corner at the Dolmar Clubhouse on Fridays from 12:30 to 5 p.m. On Saturdays, there's a nice crowd from 10 a.m. to 4 p.m. Play is also on Sundays from 10 a.m. to 4 p.m. For the rest of the year, there will be play on Wednes- 

day at 10 a.m. to 1 p.m. with the possibility of lessons. Call Bob Dickson at 934-1405 with the solution and any questions or comments.

Duplicate Bridge Club schedules

The Rossmoor Duplicate Bridge Club's Holiday STAC Week is Monday through Sat- 

day, Dec. 5 through 10. Ex- 

tra masterpoints are awarded in STAC games.

The cost to play is $4 for members and $8 for guests. Players must be Rossmoor mem- 

bers to play on Dec. 5.

Except for STAC Week, the month of December will be free for all members of the Rossmoor Duplicate Bridge Club for play in regular games.

The annual holiday lunch and annual meeting with elec- 

tions will be held on Monday, Dec. 12. Lunch will be served at 12:30 p.m. followed by the annual meeting and play.

Membership dues for 2017 are now payable. There are en- 

velopes for payment available at all regular duplicate games.

Dog owners

Droppings are a safety and health hazard. Resi- 

dents are asked to pick up after their dogs and properly dispose of droppings.

Using Jacoby and Texas Transfers


By David Terris

The Texas Transfer

After an opening bid of 1NT, the response of four dia- 
monds is a transfer to four hearts. Four hearts is a transfer to four spades. The bid guarantees 6 cards or longer in the implied suit. Example:

<table>
<thead>
<tr>
<th>North</th>
<th>East</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>1NT</td>
<td>Pass</td>
<td>4♠</td>
<td>Pass</td>
</tr>
</tbody>
</table>

*Texas Transfer to hearts

Jacoby or Texas Transfers – which one to use and when

Some players wonder why it’s desirable to use Texas Transfers. What’s the advantage? Consider these three auc-

tions which show that using both Jacoby and Texas Transfers allows flexibility and more precise description in search of the proper contract.

<table>
<thead>
<tr>
<th>North</th>
<th>East</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>1NT</td>
<td>Pass</td>
<td>4♣</td>
<td>Pass</td>
</tr>
</tbody>
</table>

*Jacoby Transfer to 2♣

Tip of the week

What to do if multiple domi-

inos have to be drawn? Count 

how many of each number (0 to 

6) is contained on all the domi-

nos in hand (maximum is sev-

en of any one number). If six or 

seven are in hand (plus already 

played), consider trying to 

block out the opponents (i.e. get 

five consecutive numbers in 

one suit) before beginning to score or “dump” dominoes from hand. Otherwise try to “score out of it.” (More information will be available next week.)

Weekend mah jongg

Rossmoor residents are in-

vited to play American mah 

jongg on Saturday and Sunday 

afternoon sessions in Marl- 

purse Room 1 at Gateway.

The purpose of this group is to create a friendly, pleasant 

and supportive environment 

where members help each 

other. There is an annual fee of 
$5, plus $9 for the national 

hand card.

Lessons are free, if needed. For information, call Claire 

Berry at 934-9695 or email her at claireberrywc@yahoo. 

com.
Published Writers hosts panel of successful Rossmoor writers Saturday at Creekside

The Published Writers of Rossmoor (PWR) has invited four of its most prolific authors to share their insights on how they’ve found to be most helpful in publishing and promoting their books.

The authors will talk at PWR’s Saturday, Dec. 3, meeting from 10 a.m. to noon in the Fairway Room at Creekside.

Program Chair Ron Wren said the club decided to showcase the writing, publishing and promotional techniques used by these writers with the goal of helping other PWR members focus their efforts and learn from their peers.

The panel will include PWR Vice President Patricia Spiegel, who has written 10 books and numerous articles in the areas of ethical misconduct and scientific fraud. She will be joined by PWR President Duke Robinson, a retired Presbyterian minister, who has published a novel and four non-fiction books on how to become a grounded, integrated, balanced and liberated person.

Joanna Kraus, who is an award-winning playwright of 18 produced and published plays and has also written numerous articles, interviews and picture books, will contribute her expertise to the discussion. Annette Ogden, who was PWR’s featured author for her novel “Made in Germany” in 2013, will be honored for the publication of her new memoir, “I Do What I Like, I Like What I Do: Conversations With Well-Aged Friends” and will round out the panel.

Moderator Ron Wren will ask the authors what new approaches to writing, publishing and promotion they have learned during the past year. He will ask about their fail- ures as well as their successes. He will also ask the panelists to discuss the disciplines that have led to their success.

In addition, the panelists will be queried on how they select a title or cover art, as well as an editor or publisher. They will also comment on the costs of self-publishing, marketing and public relations.

At this traditionally informal pre-holiday meeting, PWR will celebrate another successful year of hearing from specialists in the fields of publishing and promotion, who have spoken at monthly meetings.

Members will be asked to tell which topics have been the most beneficial and who and what they would like to hear in the coming year. While enjoying coffee, tea and seasonal treats, PWR members will have an opportunity to display and discuss their recently published books.

For information on this program, contact ronwren@aol.com. For general information on PWR, visit http://www.rossmoor-writers.com.

MEICOR hosts talk by expert on anti-terrorism on Monday

The Middle East Information Council of Rossmoor (MEICOR), sponsored by the Zionist Organization of America (ZOA) West Coast, will present anti-terrorism expert Marc Provisor on Monday, Dec. 5, at 2 p.m. in the Diablo Room at Hillside.

The talk is a departure from the group’s usual Sunday afternoon meetings. Provisor, who is director of security for One Israel Fund, has provided counsel to the United States Department of Homeland Security and lectured on security issues and counter-terror mitigation facing security professionals today.

One Israel Fund is dedicated to protecting the welfare and safety of men, women and children in the Samarian region of Israel, as well as rebuilding the lives of people impacted by the evacuation from Gaza in 2005, a population totaling more than 320,000 people.

Provisor was involved in combating terrorist attacks on a daily basis as the chief army security coordinator in the region from 1996 through 2006. He coordinated all military and civilian security-related issues, including counter-terrorism defense, emergency responses and management.

His skills earned him recognition from the Israeli security establishment, including the Award of Excellence and Valor from the Israeli Defense Forces Central Command General.

Provisor’s experience and expertise are reflected in his presentations, which include the global impact of terrorist activity in the Middle East.

MEICOR programs are open to all residents and their friends. There is no charge. For information, contact Karolyn Rim-Stein at 707-845-9888.

CLUBS AND ORGANIZATIONS

Connection holds holiday dinner Tuesday

The Connection will hold its annual holiday dinner on Tuesday, Dec. 6, at 5:30 p.m. at the Event Center. The menu is a choice of prime rib, salmon or portabella mushrooms.

The cost is $40 for members and $45 for guests. Send checks to Karen McCallister, 1116 Running Springs Road No. 2, or place in the Connection mailbox at Gateway.

For information on this program, contact Antje for their total number of service hours.

Volunteer Exchange annual brunch set for next Wednesday in Fireside Room

The Volunteer Exchange Program will have its annual members only brunch on Wednesday, Dec. 7, at 10:30 a.m. in the Fireside Room at Gateway.

There will be an assortment of festive delicacies provided by the club.

The deadline for reservations is Wednesday, Nov. 30. Reserve via email to apushark@att.net or call 906-9882. If transportation is needed, make this request when making a reservation.

A charge will not be made against the member’s account.

The 2016 invitation will be sent in the mail. The 2017 invitations will be sent via email. If an email account has not been registered with the club, check the News carefully for information.

Changes to member emails or telephone numbers need to be reported to maintain an up-to-date record.

The Volunteer Exchange Program is structured to help Rossmoor residents help one another.

Members provide services to other members and earn credits for doing so. In turn, they can use their earned credits to obtain services from other members.

Dues are $15 annually. For information, check the website http://rossmoorv.ep.weebly.com.

Members who use the transportation service are asked to give a cash donation to the driver providing the service.

Program members are encouraged to call Antje for their total number of service hours.

The next meeting will be Wednesday, Jan. 4, 2017. For details, look in upcoming issues of the News.

Rossmoor’s Acalanes High School graduates to hold holiday dinner Tuesday at Creekside

The Acalanes High School alumni of Rossmoor will hold a holiday dinner on Tuesday, Dec. 6, in the Fairway Room at Creekside.

All Acalanes alumni and guests are invited. The social hour begins at 5:30 p.m. and dinner will be served at 6:15.

The menu will include Caesar salad, chicken Marsala with polenta, seasonal vegetables, rolls, dessert and coffee.

There will be a no-host bar; however, wine will be included with dinner. Other beverages may be purchased from the bar at Creekside Grill. The cost is $27 per person.

The cutoff date for reservations is Monday, Nov. 28. Reservation checks, payable to Susan Williamson, should be mailed to her at 1301 Running Springs Road No. 1.

For information, call Williamson at 933-7005.

Consider carpooling or taking the Rossmoor bus to events at the clubhouses to ease traffic congestion and parking.
Grief Group. Newcomers are welcome. For information, call the church at 535-2300 or visit www.gracewc.org.

JEWSH

B’nai Israel Congregation will hold Shabbat services on Friday, Dec. 2, at 7:30 p.m. in the Vista Room at Hillside. Cantor Rachel Brott and Judy Vida will co-lead an alternative interactive service providing an opportunity to experience a new perspective, uncover deeper meaning in the prayers, and enjoy inter-action with fellow congregants. Dina Schusterman will provide the oneg, celebrating 37 years in the United States. Dina will say the blessing over the cakes. The greeter will be Leah Haber who will say the blessing over the challah. Saturday morning To- rah study, led by Rabbi Jerry Danzig, is held weekly at 9:30 a.m. in the Club Room at Creekside. B’nai Israel’s Board meeting will be on Wednesday, Dec. 7, at 7:30 p.m. in the Bunker Room at Creekside. All members are invited to attend. B’nai Israel’s website can be viewed at www.cbiofrossmoor.com.

METHODISTS

Tice Valley United Methodist Church invites everyone to a joyful and hope-filled worship experience on Sunday morn- ings at 11 a.m. in Peacock Hall. This Sunday, Dec. 4, Pastor Joanne will preach on Matthew 1:18-24. Her sermon title is “Advent Announcers – To Joseph: Adventures of a Bystand- er.” Loni Williams is the music director. The choir sings each Sunday from September through June. Holy Communion is celebrated on the first Sunday of each month. Weekly worship is wheelchair-accessible with large print bulletins and aids for hearing. After the service, worshippers are invited for conver- sation and refreshments in Multipurpose Rooms 1 and 2. On the fourth Sunday of each month, a light lunch is provided. For more information or pastoral care, contact the church office: Monday through Thursday, 9 a.m. to 1 p.m., at 937-4535, or email tvumc1@sbcglobal.net.

CATHOLIC

St. Anne’s Catholic Church schedule of Masses for Saturday and Sunday, Dec. 3 and 4, is as follows: Rev. George Da Roza will celebrate the 9 a.m. Mass on Saturday and the 11:15 a.m. Mass on Sunday. Rev. Joseph Parekkatt will preside at the 5 p.m. Mass on Saturday and the 9 a.m. Mass on Sunday. The Feast of the Immaculate Conception is a Holy Day of Obligation. The Vigil Mass is on Wednesday, Dec. 7, at 7 p.m., and will there- fore be 9 a.m. and 11:15 a.m. Masses on Thursday, Dec. 8. The Sac- rament of Reconciliation is available on Saturdays from 4 until 4:30 p.m. All are welcome at St. Anne’s Church, celebrating “Faith, Hope and Love” since 1965.

EPISCOPAL

St. Luke’s Episcopal Church presents a Festival of Lessons and Carols, featuring Heartstrings, a professional string ensem- ble, on Sunday, Dec. 4, at 10 a.m. in the Diablo Room at Hillside. All Rossmoor residents and their guests are invited to attend. Lessons and carols is a service of about 90 minutes that alter- nates six lessons - readings from the Old and New Testaments, with carols - sacred music for Advent and Christmas. Call the church office for more details at 937-4820. Visit the website at www.stlukeswalnutcreek.org or the Facebook page at St. Luke’s Episcopal Church, Walnut Creek-Rossmoor.

BREAD and popcorn are not healthy foods for ducks and geese. Look for waterfowl feed or duck pellets at feed stores. Other healthy foods include seedless grapes cut in half, shed-ded kale, Swiss chard or romaine lettuce, and grains, including wheat, barley and oats. Make sure anything you give is bite- sized to avoid choking hazards.
Grace Presbyterian holds Advent Tea

For more than 40 years, the women of Grace Presbyterian Church have hosted an annual Advent Tea.

The community is again invited to the Advent Tea on Saturday, Dec. 3. Musical programs will be offered in the sanctuary where attendees will be entertained with holiday carols by the Northgate Madrigal Singers. After the presentation of an Honorary Life membership to an outstanding woman of the church, all will adjourn to enjoy a traditional English tea in the Oak Room. The tables will be decorated for the season and finger sandwiches and holiday sweets will be served, along with tea and coffee.

All Rossmoor residents are invited to attend and bring a friend. The free Advent Tea is a gift to the community. No RSVP is necessary.

The church is located just outside Rossmoor at 2100 Tice Valley Blvd. Call the church office of low at 935-2100 for more information.

NCJW holds Yad-b-Yad with lunch

The National Council of Jewish Women (NCJW) will host its annual Yad-b-Yad (Hand-in-Hand) program on Wednesday, Dec. 21, at 10 a.m. in the Tahoe Room at the Event Center. Established in 1893, NCJW is America’s oldest major Jewish women’s volunteer organization. Through a program of research, education, advocacy, and community service, NCJW works to improve the quality of life for women, children, and families both in the United States and Israel.

This Yad-b-Yad event will be celebrated with a luncheon and entertainment by Isaac Jones, a San Francisco-based musician specializing in Jewish spiritual, folk and family music. The silent auction opens at 10 a.m. with lunch served at 11:30 a.m. The menu includes roasted chicken with all the trimmings and dessert. The cost is $25 per person.

Send reservation checks payable to NCJW, to Helene Magen, 2217 Pine Knoll Drive No. 1, or put in NCJW mailbox at Andover. Those who want to sit together should send all checks in one envelope. Reservations will be accepted until Friday, Dec. 16. The proceeds will help fund some of the following programs in Israel: Fight against trafficking of women and prostitution, training Bedouin women for the workforce, Israel antidiscrimination legal center and women of the wall.

For information, call Rose Jackson at 279-0735 or email rose-jackson@comcast.net. This program is open to all Rossmoor residents.

B’nai Israel Torah study continues

Congregation B’nai Israel’s Torah study will continue on Sundays from about 9:30 a.m. to 10:30 a.m. in the Club Room. The program this winter will again focus on Exodus and resume the discussion about the quest for freedom from slavery under Pharaoh by the nation of Israel. For information, contact Joy Danzig at joyfuld@gmail.com.

Quaker meditation is offered every Sunday

Every Sunday from 10 to 11 a.m., Quakers and friends gather in the Sanctum Room for a dollar for a time of meditation.

For information, call Ian Harris at 942-0564, Bobbi Au-
med at 650-741-612 or Betty Cash at 926-0731.

The proceeds will help fund some of the following programs in Israel: Fight against trafficking of women and prostitution, training Bedouin women for the workforce, Israel antidiscrimination legal center and women of the wall.

For information, call Rose Jackson at 279-0735 or email rose-jackson@comcast.net. This program is open to all Rossmoor residents.

B’na’i Israel Torah study continues

Congregation B’na’i Israel’s Torah study will continue on Sundays from about 9:30 a.m. to 10:30 a.m. in the Club Room. The program this winter will again focus on Exodus and resume the discussion about the quest for freedom from slavery under Pharaoh by the nation of Israel. For information, contact Joy Danzig at joyfuld@gmail.com.

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med at 650-741-612 or Betty Cash at 926-0731.
POOL AND FITNESS CENTER HOURS
WINTER SCHEDULE AS OF DECEMBER 1
DEL VALLE POOL is open from 6 a.m. to 9 p.m. Monday through Friday, except Thursdays when it opens at 1 p.m. after cleaning, and 6 a.m. until 8 p.m. on Saturday and Sunday. DOLLAR AND HILLSIDE POOLS close for the winter on Dec. 1. There is no family swim from 7 a.m. until 6 p.m. on Saturday.

FITNESS CENTER is open Monday through Friday from 6 a.m. to 9 p.m. and Saturday and Sunday, 6 a.m. to 6 p.m.

INFORMATION: Fitness Center, call 988-7850. Pools, call 988-7854.

ROSMORRIO LIBRARY HOURS
Monday and Tuesday from noon to 4 p.m.
Wednesday and Friday from 10 a.m. to 4 p.m.
Saturday from 10 a.m. to 1 p.m.

THURSDAY, DECEMBER 1

<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>Circuit Class</td>
<td>Sierra Room, DV</td>
<td>Rec. Dept</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>8 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>8:30 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>9 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>10 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>10:30 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>11 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>11:30 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>12:30 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>1 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<td>1:30 p.m.</td>
<td>Tai Chi</td>
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<td>Chinese/Asian Club</td>
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<tr>
<td>2 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
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<td>2:30 p.m.</td>
<td>Tai Chi</td>
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<tr>
<td>3 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>3:30 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
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<tr>
<td>4 p.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>4:30 p.m.</td>
<td>Tai Chi</td>
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<tr>
<td>5 p.m.</td>
<td>Tai Chi</td>
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FRIDAY, DECEMBER 2

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<tr>
<th>TIME</th>
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<th>LOCATION</th>
<th>ORGANIZATION</th>
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<tbody>
<tr>
<td>6 a.m.</td>
<td>Group Cycle</td>
<td>Sierra Room, DV</td>
<td>Rec. Dept</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Walk in the Gym</td>
<td>Sierra Room, DV</td>
<td>Rec. Dept</td>
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<tr>
<td>7 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>8 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<td>8:30 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>9 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
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<td>Chinese/Asian Club</td>
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<td>10 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
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<td>10:30 a.m.</td>
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SATURDAY, DECEMBER 3

<table>
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<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Basketball Club</td>
<td>Sierra Room, DV</td>
<td>Rec. Dept</td>
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<tr>
<td>7 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
<td>Chinese/Asian Club</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Room, DV</td>
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</tbody>
</table>

CALIFORNIA NEWS • NOVEMBER 30, 2016

MIDNIGHT TO MIDNIGHT

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:55 p.m.</td>
<td>Board Meeting</td>
<td>MPR 3, G</td>
<td>Basketball Club</td>
</tr>
<tr>
<td>11:55 p.m.</td>
<td>Water Barre &amp; Core</td>
<td>Pool, DV</td>
<td>Rec. Dept</td>
</tr>
</tbody>
</table>

Calendar information is provided to the News by Room Reservations at the Recreation Department.
Excursions

E x c u r s i o n s  a r e  o n  s a l e  i n  t h e  A d m i n i s t r a t i o n  O f f i c e  a t  G a t e w a y ,  M o n d a y  t o  F r i d a y ,  f r o m  8 a . m .  t o  4 : 3 0  p . m .  C h e c k  c h e c k ,  M a s a n d  A m e r i c a n  E x p r e s s  p a y m e n t s  c a n  b e  m a d e  i n  p e r s o n .  C r e d i t  c a r d  p a y m e n t s  c a n  b e  t a k e n  o v e r  t h e  p h o n e .  E x c u r s i o n  p a r t i c i p a n t s  a r e  a s s u m e d  t o  b e  a b l e  t o  m a n a g e  i n d e p e n d e n t l y .  N e i t h e r  t h e  E x c u r s i o n  D e p a r t m e n t  n o r  t h e  A d m i n i s t r a t i o n  D e p a r t m e n t  c a n  a c c e s s  r e s p o n s i b i l i t y  f o r  p e r s o n s  w h o  c a n  n o t  d o  s o .

T h e  E x c u r s i o n  D e s k  h a s  t h e  r i g h t  t o  c a n c e l  a  t r i p  i n  a d v a n c e  f o r  v a r i o u s  r e a s o n s .  A  t o t a l  r e f u n d  w i l l  b e  g i v e n  f o r  a l l  d a y  t r a j e c t o r i e s  c a n -

celled by the Excursion Desk. If residents cancel their personal reservations, they are guaranteed a refund if cancelled at least 15 days before the day-trip departure. Refunds will only be available after that time if a tick - et is able to be resold.

W E D N E S D A Y ,  D E C E M B E R  7

T I D E S A T ,  D E C E M B E R  6

S H A S T A  R O O M ,  D V

A e r o b i c s  R o o m ,  D V

D V

7  p . m .

M o v i e

P o o l ,  D V

R e c .  D e p t.

9  a . m .

K e e p i n g  F i t  C l u b

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

3  a . m .

P i c k e l b a l l  C l u b

P i c k e l b a l l  C l u b

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

5  p . m .

S t r e n g t h

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

8  a . m .

C h i n e s e  B r u s h

A r t  S t u d i o  1 ,  G

A r t  A s s o c i a t i o n

T H U R S D A Y ,  D E C E M B E R  8

S H A S T A  R O O M ,  D V

A e r o b i c s  R o o m ,  D V

D V

A c t i v e  Y o g a

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

5  p . m .

S t r e n g t h

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

8  a . m .

M o v i n g  2  M u s i c  C l u b

M o v i n g  2  M u s i c  C l u b

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

4  p . m .

P a r t n e r s h i p  B r i d g e

P a r t n e r s h i p  B r i d g e

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

1  p . m .

A c q u a s i c e

P o o l ,  D V

R e c .  D e p t.

8  a . m .

K e e p i n g  F i t  C l u b

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

5  p . m .

S t r e n g t h

A e r o b i c s  R o o m ,  D V

D V

R e c .  D e p t.

8  a . m .

C h i n e s e  B r u s h

A r t  S t u d i o  1 ,  G

A r t  A s s o c i a t i o n

T h e  W o r l d - f a m o u s  a c r o b a t i c  t r o u p e  r e t u r n s  t o  t h e  B a y  A r e a  w i t h  i t s  n e w  s h o w  "L U Z I A . "  T h e  s h o w  w i l l  b e  p e r f o r m e d  u n -

i t e d  b y  a  b i g  t a p  a t  A T & T  P a r k .  N a m e d  a f t e r  t h e  S p a n i s h  w o r d  f o r  l a w n  a n d  r a i n  b a r r i e r s ,  "L U Z I A "  t a k e s  t h e  a u d i e n c e  t o  a  n  i m a g i n a -

t i o n a l  M e x i c o ,  i n  a  w a k i n g  d r e a m .  "L U -

Z I A "  i s  a  p o e t i c  a n d  a c r o b a t i c  o de t o  t h e  v i b r a n t  c u l t u r e  o f  a  c o u n t r y  w h o s e  w e a l t h  s t e m s  f r o m  a n  e x t r a o r d i n a r y  m i x  o f  i n f l u-

ences - a l e n d i b r i t i n g l a n d s c a p e s  a n d  a r c h i t e c t u r a l  w o r k s ,  b u i t y o f  t h e  i n d o m i t a b l e  s p i r i t  o f  i t s  p e o p l e .  F e a t u r i n g  a
Excursions
Continued from page 9B
A score that features such beloved classics as “Garlands,” “Sleigh Ride” and an a cappella sing-along. Monterey has no appeared on stage, television and in concert and film for many years. She is the only female to receive a star on the Hollywood Walk of Fame. Monterey’s book of World Records. The California Symphony, led by music director Donato Cabrera, is distinguished for its concert programs that combine classics alongside American repertoire and lesser-known pieces. The orchestra is comprised of musicians who have performed with San Francisco Symphony, San Francisco Opera, San Francisco Ballet, and others. Tickets are $25. No transportation will be provided for this excursion.

MAJESTIC HOTEL

LAKE INDIAN WELLS MARRIOTT

An extended walking tour of the city and its associated stories. The hotel is located on the sixth floor of the hotel, overlooking the city and its surrounding areas. The hotel offers a range of amenities, including a fitness center, restaurant, and room service.

Excursions

Valentine’s Day Hawaiian Cruise
Feb. 14, 16, 18, and 21, 2017

Celebrate Valentine’s Day and explore the wonders of the Hawaiian islands in style. This twelve-night cruise on the Grand Princess is a round trip from San Francisco.

The Grand Princess is an ideal sized ship with special events and amenities, and an itinerary that is guaranteed to please. Ports of call:

- Lahaina, Maui
- Honolulu, Oahu
- Hilo, Big Island
- Nawiliwili, Kauai
- Ensenada, Mexico

Included in the price: 12-night cruise aboard the Grand Princess, all breakfasts and lunches, plus five dinners (dine packages A, B, and C). Transfers from San Francisco are $25. No transportation will be provided for this excursion.

FRENCH RIVERIA EXPLORER: NICE, CANNES, MONACO
March 21 through 29, 2017

Escape the winter blues with this eighteen-day trip to French Riviera (or Côte d’Azur) paradise. It will pay to see the sights of the Sierras in winter. Accommodation for two nights will be at Harrick’s Reno Resort (a short walk from the Amtrak station). A snack pack lunch will be provided on the way up to Reno. You will receive a Harrick’s coupon book ($180 value). Enjoy a Special Evening Concert Jam at Harrick’s Sapphire Room with live music and complimentary hors d’oeuvres. The cost per person double occupancy is $339, $399 for single. Tour includes two nights at the Aloft Foothills and lots of trains. The cost per person double occupancy is $1,895 ($600 single supplement). Included in the price: round-trip air, all transfers, seven nights first-class hotel accommodations, seven meals (seven breakfasts, three dinners), tour itinerary, motorcoach transportation, professional tour director, baggage handling. A deposit of $300 per person is due with reservation. Final payment is due Dec. 28. Detailed itinerary and reservation forms are available at the Excursion Desk.

LAS VEGAS AND DEATH VALLEY
March 26 through April 1, 2017

This seven-day journey will take travelers to two of the most exotic places on earth: the glitz and glamour of Las Vegas and the haunting beauty of the desert. The tour highlights include: Las Vegas tourism, the gaming and the entertainment capital of the world – Las Vegas.

Tour highlights:

- Seven nights at one hotel in Nice
- Nice city tour
- Olympic Museum
- Notre Dame Church
- Fragonard Perfume Factory in Grasse
- Cannes and Antibes
- Monte Carlo
- Casino Monte Carlo
- Antibes
- St. Tropez

The cost per person double occupancy is $2,950. Included in the price: round-trip air, all transfers, seven nights at a five-star hotel (seven breakfasts, three dinners), tour itinerary, motorcoach transportation, professional tour director, baggage handling. A deposit of $300 per person is due with reservation. Final payment is due Jan. 5, 2017. Detailed itinerary and reservation forms are available at the Excursion Desk.

San Diego Spring Training for a baseball fan and a baseball player. Enjoy the game, the players, and the city of San Diego as you wander through the historic Gaslamp Quarter and explore the nearby beaches.

ARIZONA SPRING TRAINING GETAWAY
March 12 through 17, 2017

Take a break from winter with an Arizona Spring Training Getaway, presented by Pre-Travel Service. Just a short flight from the Bay Area, Phoenix is where base- ball fans can watch their teams battle it out during spring training and catch a glimpse of the players off the diamond.

Tour highlights:

- Oakland A’s
- Arizona Diamondbacks
- Hall of Fame Museum of Native American Culture
- Tucson area
- San Xavier del Bac
- Arizona-Sonora Desert Museum
- Sabino Canyon Recreation Area tour from Tucson

The cost per person double occupancy is $1,895 ($600 single supplement). Included in the price: round-trip air, all transfers, five nights first-class hotel accommodations, seven meals (five breakfasts, two dinners), tour itinerary, motorcoach transportation, professional tour director, and baggage handling. A deposit of $300 per person is due with reservation. Final payment is due Dec. 28. Detailed itinerary and reservation forms are available at the Excursion Desk.

San Francisco Lights tours. This is a great way to capture the holiday cheer continues

Excursions

Continued from page 9B
A score that features such beloved classics as “Garlands,” “Sleigh Ride” and an a cappella sing-along. Monterey has no appeared on stage, television and in concert and film for many years. She is the only female to receive a star on the Hollywood Walk of Fame. Monterey’s book of World Records. The California Symphony, led by music director Donato Cabrera, is distinguished for its concert programs that combine classics alongside American repertoire and lesser-known pieces. The orchestra is comprised of musicians who have performed with San Francisco Symphony, San Francisco Opera, San Francisco Ballet, and others. Tickets are $25. No transportation will be provided for this excursion.

MAJESTIC HOTEL

LAKE INDIAN WELLS MARRIOTT

An extended walking tour of the city and its associated stories. The hotel is located on the sixth floor of the hotel, overlooking the city and its surrounding areas. The hotel offers a range of amenities, including a fitness center, restaurant, and room service.

Excursions

Valentine’s Day Hawaiian Cruise
Feb. 14, 16, 18, and 21, 2017

Celebrate Valentine’s Day and explore the wonders of the Hawaiian islands in style. This twelve-night cruise on the Grand Princess is a round trip from San Francisco.

The Grand Princess is an ideal sized ship with special events and amenities, and an itinerary that is guaranteed to please. Ports of call:

- Lahaina, Maui
- Honolulu, Oahu
- Hilo, Big Island
- Nawiliwili, Kauai
- Ensenada, Mexico

Included in the price: 12-night cruise aboard the Grand Princess, all breakfasts and lunches, plus five dinners (dine packages A, B, and C). Transfers from San Francisco are $25. No transportation will be provided for this excursion.

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- Monte Carlo
- Casino Monte Carlo
- Antibes
- St. Tropez

The cost per person double occupancy is $2,950. Included in the price: round-trip air, all transfers, seven nights at a five-star hotel (seven breakfasts, three dinners), tour itinerary, motorcoach transportation, professional tour director, baggage handling. A deposit of $300 per person is due with reservation. Final payment is due Jan. 5, 2017. Detailed itinerary and reservation forms are available at the Excursion Desk.

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The trips listed below are sponsored by Rossmoor clubs and organizations and not by the Recreation Department. The trips are open to all Rossmoor residents, not just members of the club. For information, contact the person listed with each trip. Do not contact the Recreation Department.

Rossmoor clubs and organizations wishing to be included in this column must email an article to the News at rossoornews@tricitymediagroup.com by Wednesday at 4:30 p.m. Due to space restrictions, the News reserves the right to edit or abbreviate articles.

TRAVEL CLUB SUMMARY

At the request of the Travel Club, the News lists the following summary of upcoming Travel Club trips. Details of each trip are in the regular Club Trip listings.

AMAZON RIVER CRUISE AND RAINFOREST TOUR
April 12 through May 2, 2017
Contact Christine and Larry Barclay at 324-9131. SOLD OUT.

NORWEGIAN COASTAL VOYAGE AND LAPLAND
July 17 through July 31, 2017
Contact Barbara White at 295-1283.

IRELAND IN DEPTH
July 28 through Aug. 10, 2017
Contact Gary Schaib, at 938-5454 or creekkhols@yahoo.com.

U.S. WESTERN FRONTIERS: YELLOWSTONE AND GRAND TETONS
Sept. 15 through 23, 2017
Contact: Paula Tint at phone 935-6580 or email paullatinlil@comcast.net.

ULTIMATE GALAPAGOS EXPLORATION AND ECUADOR’S AMAZON WILDS
March 2018
Contact Linda Lowell at 464-7130 or Katie Wills at 464-7130.

MOROCCO SAHARA ODYSSEY
September/October 2018
Contact Allison Carter at 322-7198.

REGULAR LISTINGS

THUNDER VALLEY CASINO – CITY OF HAYWARD
Monday, Dec. 5
Join in the fun at Thunder Valley Casino and support cancer research at the City of Hope. Stay five hours at the casino. Leave Gateway at 9 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 $16 players credit and $5 food credit. For reservations, call Lynne Keeler at 845-7685 or email lynnekeeler@gmail.com. Send checks for $30, made payable to the City of Hope, to Keeler at 1830 Tice Valley Blvd., Walnut Creek, CA 94595.

CACHES CREEK WITH ORT
Monday, Dec. 12
Travel on a spacious bus with ORT to Cachee Creek Casino for five hours of fun and games. The bus departs Gateway at 9 a.m. and returns to Gateway at about 3:30 p.m. Casino bonuses include $15 machines, $20 table play and $5 food coupon. The cost is $28 including the deposit. This trip is open to all Rossmoor residents. Friends are welcome. Make checks payable to ORT and mail to Joyce Kearney, 2909 Tice Main Dr. No. 2, Walnut Creek. For information, call 935-5716; if unavailable, call 932-8449. Email joycekearney@yahoo.com. ORT’s mission is to provide the disadvantaged with skills to be economically independent.

ORT (Organization for Rehabilitation & Training) is a 501c3 non-profit organization serving 35 countries, educating 300,000 students a year.

2017 LISTINGS

RENO SNOW TRAIN ABOARD THE SIERRA SCENIC TRAIN
Feb. 14 through 17, 2017
St. Anne’s Society is again sponsoring a trip on the Reno Snow Train. Onboard entertainment, live music, themes and his- torical information. For information and booking instructions, call at 397-7748 or mail a deposit check, payable to Orinda Travel Club, for $20 or $30 with waiver, to Gale Lydecker, 1412 Stanley Dollar Drive 18. Space is limited, so mail a deposit early. Final payment is due Dec. 15.

LAS VEGAS WITH LUK TUNG KUEN
Feb. 22 through March 3, 2017
This trip takes you to Honolulu and Hilo via Hawaiian Airlines. Trips includes round-trip air from Oakland, ground transportation to the Sheraton Princess Kaiulani, which is three minutes from Waikiki Beach, an Hawaiian luau and show at the Hale Koa Hotel, and bus to the USS Arizona. On the Big Island, stay at the Kilauea Military Camp in one-bed- room cabins. You will enjoy breakfasts, four dinners, three meals, and a Polynesian show. Some breakfasts and dinners included. The cost is $560 per person. A deposit of $50 is due by Jan. 16, 2017.

HAWAII WITH LUK TUNG KUEN
April 26 through May 3, 2017
Thistrip takes you to Honolulu and Hilo via Hawaiian Airlines. Trips includes round-trip air from Oakland, ground transportation to the Sheraton Princess Kaiulani, which is three minutes from Waikiki Beach, an Hawaiian luau and show at the Hale Koa Hotel, and bus to the USS Arizona. On the Big Island, stay at the Kilauea Military Camp in one-bed-room cabins. You will enjoy breakfasts, four dinners, three meals, and a Polynesian show. Some breakfasts and dinners included. The cost is $560 per person. A deposit of $50 is due by Jan. 16, 2017.

NORWEGIAN COASTAL VOYAGE AND LAPLAND
July 17 through July 31, 2017
The Rossmoor Travel Club is sponsoring an unusual travel adventure. The Norwegian Coastal Voyage and Lapland (24-day land and cruise) is taking place in Iceland, with departure from San Francisco. Travel by coastal ship and motorcoach. A home-hosted visit with a Sami family will include lunch. The Hurtigruten Norwegian Coastal Voyage begins aboard the M.S. Polarys in the Arctic Circle. The last port-of-call will be Molde, Norway’s “City of Roses.” On the final leg, pass the mouth of the Bodø Fjord, visit Tromsø, and travel through fjord and deepest fjord, as well as an archipelago of islands near Bergen.

The Pre-trip option will be four nights in St. Petersburg, Russia, – most tours offer only a two-night visit – $1,095. No single supplement. The post-trip option will be four nights in Copenhagen, Denmark, for $1,195. No single supplement. The base price of the cruise tour is $4,295 (inside cabin); with airfare from San Francisco, total is $5,695. Single supplement will be $1,895. Optional tours will be listed in the tour flyer. For information and booking instructions, contact Travel Club facilitator, Barbara White, bxrw@sbcglobal.net or 295-1283. Tour flyers will be available in the Travel Club mailbox at Gateway.

Continued on page 128

SPECIAL EVENTS

FROM THE RECREATION DEPARTMENT

THERE are the following current special events sponsored by the Rossmoor Recreation Department. For more information on any of these events during the month, check the Special Events listing on the calendar page each week, look for the article in the Arts & Leisure section of the News, or call the Recreation Department at 998-7732. Events are free unless otherwise noted. This information is posted throughout the month on the Rossmoor News website at www.rossmoornews.com.

TAPESTRY IN CONCERT
Wednesday, Nov. 30
The women’s handbell and vocal ensemble Tapestry will perform at 7 p.m. in the Tahoe Room at the Event Center. This free concert is open to all residents and their guests.

JIMMY CURR-JOHN DENVER ROCKY MOUNTAIN CHRISTMAS
Friday, Dec. 2
Jimmy Currie and his band will perform holiday favorites and the music of John Denver at 7 p.m. in the Tahoe Room at the Event Center. Tickets for this concert are $20 in advance at the Recreation Department. This event is open to all residents and their guests.

TREE LIGHTING CEREMONY
Monday, Dec. 5
The annual tree lighting ceremony will be held at 5 p.m. in the Fireside Room at Gateway. Kick off the holiday season with musical performances and sing-alongs led by pianist Dwight Stone and friends followed by the always popular Sam Rana- mon Valley High School singers. While at the event, enjoy cookies donated by the Rossmoor Rotary Club, along with eggnog served by the Lion’s Club of Rossmoor. This free event is open to all Rossmoor residents and their guests.

MILT ABEL AND FRIENDS COMEDY SHOW
Saturday, Dec. 10
Bay Area comedians Milt Abel, Patrick McDermott and Kathy Kotz-Guest will perform in Peacehall Hall at Gateway at 7 p.m. Tickets are $10 and are available at the Recreation Department at Gateway. This event is open to all residents and their guests.

MOVIES

FROM THE RECREATION DEPARTMENT

THURSDAY AND FRIDAY MOVIE
Thursday and Friday, Dec. 1 and 2
The 2016 comedy “Captain Fantas- tic,” starring Viggo Mortensen, will be shown in Peacehall Hall at Gateway on Thursday at 1 and 7 p.m. and Friday at 10 a.m., 1, 4, 7 and 9 p.m. Cap- tions will be used on Thursday at 1 and 7 p.m. and Friday at 10 a.m. and 1 p.m. This film is two hours long and is rated R. This free program is open to all resi- dents and their guests.

SATURDAY MOVIES
Saturday, Dec. 3
The 1991 drama “Bugsy,” starring Warren Beatty and Annette Bening, will be shown in Peacehall Hall at Gateway at 4 and 7 p.m. The showing at 4 p.m. will feature language captions. This film is two hours and 29 minutes long and is not rated. This free program is open to all residents and their guests.

SUNDAY FUNNIES
Sunday, Dec. 4
The 2016 comedy “Hello, My Name is Doris,” starring Sally Field, will be shown in Peacehall Hall at Gateway at 4 and 7 p.m. The showing at 4 p.m. will feature language captions. This film is two hours and 29 minutes long and is not rated. This free program is open to all residents and their guests.

AND THE OSCAR GOES TO...
Wednesday, Dec. 6
The 1987 drama “Wall Street,” starring Best Actor Oscar winner Michael Douglas, will be shown in Peacehall Hall at Gateway at 4 p.m. The showing will feature language captions. This film is two hours and five minutes long and is rated R. This free program is open to all residents and their guests.
Take a yoga class at the Fitness Center

The Rossmoor Fitness Center at Del Valle offers a variety of yoga classes to accommodate all skill levels.

**TLC Beginner Yoga**

**Weekdays**

- Time and place: 11:35 to 12:50 a.m. in the Shasta Room at Del Valle Fitness Center.
- Nine classes per semester.
- Instructor: Leena St. Michael.
- Must pre-register 200-5130. Call for dates and prices.

**Flexible Yoga**

**Time and place:** 5 to 6 p.m. in the Shasta Room at Del Valle Fitness Center.

- **Style:** Emphasis is on flexibility using iyengar-style props.
- **Props:** All props are available.
- **Teacher:** Rossmoor resident.
- **Length:** 16 weeks.
- **Instructor:** Leena St. Michael.
- **Pre-registration:** Must pre-register 200-5130. Call for dates and prices.

**Yoga and Movement**

- Time and place: Monday through Saturday. Classes are for all levels and accommodate those with physical limitations.
- Participants are advised to wear loose clothing and bring with them a relatively empty stomach. Props, when needed, may include chairs, boards and blocks.
- The following is a list of several of the classes: Hatha, Vinyasa, Power, and Beginner.
- Contact the instructor for information or check the schedule in the Fitness Center.

**MONDAY Integrated Yoga**

- Time and place: 10 to 11:20 a.m. in the Shasta Room at Del Valle Fitness Center.
- **Style:** Emphasizes energy, focus, strength, balance, and flexibility.
- **Instructor:** Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindful- Based Stress Reduction methods.
- **Fees:** $12 per drop-in. 10 sessions for $90.

*Continued on next page*
Yoga and movement classes offered throughout the week at Fitness Center

Continued from page 12B

TUESDAY

Gentle Yoga

Time and place: 11 a.m. to noon in the Shasta Room at Del Valle Fitness Center.

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 relaxation. 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 925-788-4128.

Fees: $10 per class, or $35 per month for four classes, or $60 for eight sessions. Drop-ins welcome.

ACTIVE YOGA

Time and place: 12:15 to 1:15 p.m. in the Shasta Room at Del Valle Fitness Center.

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 925-788-4128

Fees: The drop-in fee for the active yoga class is $10 per session. Participants also have the option of buying a series of four classes for $35, or eight classes for $60.

STRETCH YOGA

Time and place: 5 to 6 p.m. at the Fitness Center at Del Valle.

Style: Iyengar approach, with emphasis on correct alignment in postures, while developing strength, balance, ease of movement and endurance.

Instructor: Guy King. King has been a yoga instructor for 30 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

WEDNESDAY

Gentle Yoga

Time and place: 11 a.m. to noon, Aerobics Room at Del Valle Fitness Center.

Style: Seated and standing yoga. Options for the floor for those who wish.

Instructor: Bonnie Mauda, 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: $7 per class, one class per week; $6 per class, two to three per week; $8 per drop-ins.

Reproductive Deep Release Yin Yoga

Time and place: 5:15 to 6:45 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Quiet the mind, free the breath, expand the heart, open the hips, increase flexibility. Regular practice develops a progressively increasing relaxing vibration of the body. Practice is gradually introduced to basic essential postures and how to uniquely configure them safely and comfortably to support the body toward harmony and balance.

Instructor: Leena St. Michael, a Yoga Alliance Continuing Education provider. Call 200-5130 or email leena@ompeace.com.

Fees: $12 for drop-in. Ten-day pass for one of her drop-in classes is $30.

THURSDAY

Integrative Yoga

Time and place: 10 to 11:30 a.m. at the Shasta Room at Del Valle Fitness Center. Call the instructor, 200-5130.

Style: Deep therapeutic relaxation and energy renewal.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours and is trained in Mindfulness-Based Stress Reduction methods.

Fees: $12 per drop-in or five sessions for $50; 10 sessions for $90.

STRENGTH YOGA

Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Stretch to relax and build strength. All are welcome.

Instructor: Barbara Bureker, who has been a yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

FRIDAY

Yoga Center

Time and place: 10 to 11 a.m. in the Shasta Room at Del Valle Fitness Center.

Style: This class puts emphasis on flexibility with strength, using Iyengar style yoga with a focus on correct body alignment. A more vigorous yoga class using props is practiced when needed.

Instructor: Barbara Bureker. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

Gentle Yoga

Time and place: 10 a.m. to 12:15 p.m. in the Shasta Room at Del Valle.

Style: This class emphasizes correct alignment of the body and includes some chair work, as well as basic standing poses. Each session ends with a relaxation period.

Instructor: Sarah Harvey, a graduate of Iyengar Yoga Institute. Call 925-788-4128.

Fees: $10 per class; $35 for four classes, $60 for eight classes.

SATURDAY

Tibetan Kinn Nye Yoga

Second and fourth Saturdays.

Time and place: 10 to 11:30 a.m. in the Shasta Room at Del Valle Fitness Center.

Style: This class combines mindfulness, appreciation and health and wellness. Relax the body and mind.

Instructor: Edy Stark. For information, call 938-8681.

Fees: $10 per class.

Active Yoga

Time and place: This class meets on the first and third Saturdays of the month and on the 60th Saturday as allowed by the calendar. 10:30 to 11:30 a.m. at the Shasta Room at Del Valle Fitness Center.

Style: This class is geared toward current yoga students who take drop-in classes on a regular basis for at least two years.

Instructor: Sarah Harvey. Call 788-4128.

Fees: Drop-in fee is $10 per session. Participants also have the option of buying a series of four classes for $35, or eight classes for $60. Class series are good for 90 days.

Barcodes Used at Del Valle Complex for Quick Entry

For smooth and efficient entry into the Fitness and Aquatics Center at Del Valle, be sure to get forms to sign up for a bar code. Stop by the Fitness Center front desk for information and forms.
Memory Fit program offered at Fitness Center Class meets on Tuesday, Saturday afternoons

The Memory Fitness Program, with Live 2 B Healthy Senior Fitness, is an hour-long exercise class that meets on Tuesdays and Saturdays from 1:30 to 2:30 p.m. in the Aerobics Room at the Fitness Center.

Exercises designed specifically for seniors not only maintain physical strength and stamina, but actually improve balance and fitness, and also can improve memory. For Silver Sneakers and Silver Fit members, there’s no fee. For all others, the first month trial is free. Afterward, classes are $40 per month or $5 per session.

All are welcome, regardless of physical ability. Not only are these classes good for you, they’re designed for fun. Can exercise prevent memory loss and improve cognitive fitness? Exercise has many known benefits, including reducing the risk of cardiovascular disease and diabetes, strengthening the bones and muscles and reducing stress.

It also appears that regular physical activity benefits the brain. Studies show that people who are physically active are less likely to experience a decline in their mental function and have a lowered risk of developing Alzheimer’s disease. Exercising several times a week for 30 to 60 minutes may keep thinking, reasoning and learning skills sharp for healthy individuals. Exercise may also improve memory, reasoning, judgment and thinking skills (cognitive function) for people with mild Alzheimer’s disease or mild cognitive impairment. Exercise also may delay the start of Alzheimer’s for people at risk of developing the disease or slow the progression of the disease.

Physical activity seems to help the brain not only by keeping blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging.

More research is needed to know to what degree adding physical activity improves memory or slows the progression of cognitive decline. Nonetheless, regular exercise is important to stay physically and mentally fit.

For information, contact brooke@live2BHealthy.com.

AA now meets on Wednesdays

The daily reflections meeting of Alcoholics Anonymous, which meets on Thursdays at 7 p.m. in the Garden Room of Dollar Clubhouse, will change its meeting day and location.

Effective Dec. 7, it will meet on Wednesdays at 7 p.m. in Multipurpose Room 1 at Gateway.

For information, call Judy R. at 945-7444.
HICAP offers free program on Medicare in Walnut Creek

The Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County has the answers for residents who are new to Medicare and have questions on how it works.

“Welcome to Medicare” is a free class presented on Wednesday, Dec. 14, from 7 to 9:30 p.m. at John Muir Medical Center in Walnut Creek.

During this session, a HICAP representative will explain and answer questions about Medicare benefits and costs, and how to enroll, prescription drug coverage, Medicare Advantage plans (HMOs), Medicare supplemental insurance and will discuss how Medicare coordinates with other coverages.

After this session, participants will be able to make informed decisions on how best to address needs for health insurance coverage with Medicare.

This class is conducted monthly at John Muir hospital in Walnut Creek as well as other locations in Contra Costa County. For information on these classes or other HICAP services, go to www.cchicap.org or call HICAP at 602-4163.

HICAP offers free, impartial information and assistance to all Medicare beneficiaries and their caregivers and does not sell or endorse any products. HICAP is sponsored by Medicare and the California Department of Aging and Contra Costa County.

To register for this class, call John Muir Health Senior Services at 949-7900, option 1 or online at johnmuirehealth.com.

Super Sunday speaker talks about fitness, memory

Joe Bettencourt is the Super Sunday speaker for Dec. 4 at 3 p.m. in the Aerobic Room at the Fitness Center.

Bettencourt, a fitness specialist, will discuss the evidence of how exercise can prevent memory loss and improve cognitive function. Physical activity seems to help the brain not only by keeping blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging.

More research is needed to know to what degree adding physical activity improves memory or slows the progression of cognitive decline. Nonetheless, regular exercise is important to stay physically and mentally fit. As a specialist who has been working with older adults for over 30 years, Bettencourt’s primary goal in working with clients and students is to help them meet their lifestyle and fitness goals in a healthy, safe and fun environment. He works with corporations and non-profit organizations, meeting with executives from a variety of fields to help create solutions for the health of aging populations and communities.

The Golden Rain Foundation and staff do not specifically endorse any content or benefit by any of these presentations. The Super Sunday Speaker Series presentations are for informative purposes only.

For information and to register for this speaker, call the fitness desk at 988-7850. Wear gym shoes and layered clothing as the Fitness Center is kept at a cool 68 degrees.

ME/CFS and fibromyalgia support group meets at Creekside on Thursday

The Rossmoor Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Fibromyalgia Support Group will meet on Thursday, Dec. 1, at 1 p.m. in the Bunker Room at Creekside.

The group invites those with ME/CFS or fibromyalgia (and those in their lives) to meet in a setting of confidentiality and respect to share information and provide support to its members.

The group meets regularly on the first Thursday of each month at 1 p.m. in the Bunker Room. The meeting will include a continued discussion of the results from the research conference in October. One topic will be the different effects of exercise on those with ME/CFS and fibromyalgia.

For information, contact the group coordinator at me.rossmoor@gmail.com.

Strength-training and low-impact aerobic dance classes offered by Cathy Steen

Twenty-two year Rossmoor fitness instructor Cathy Steen offers daily exercise classes at the Del Valle Fitness Center. Classes focus on maintaining and improving strength, balance, agility and cardiovascular conditioning.

Strength training is offered Monday, Wednesday and Friday from 8:45 to 9:30 a.m. Students work both their upper and lower body by using dumbbells, bands, medicine balls and elastic tubes.

Participants go through a series of stretches to warm up before the resistance workout. Occasionally, Steen includes circuit training where class members rotate around the room performing specific tasks.

Residents find they’re more confident climbing stairs, getting in and out of their cars, lifting grandchildren and carrying groceries.

Bud and Mary Lembke said, Steen never runs out of enthusiasm, and new ideas for leading exercise classes in the gym or in the water. There is a $4 fee per class or $4.50 for drop-ins, but the first class is free.

Low impact aerobic dance is offered Tuesdays and Thursdays from 8:30 to 9:30 a.m. It is a low impact but high energy dance class where participants start with a 10-minute stretch followed by 30 minutes of fun dance moves. If you’ve ever done the cha-cha or a grapevine, you’ll fit right in. Burning calories has never been so easy, as you swing and sway with other fun loving residents.

The last 15 minutes on Tuesday are devoted to a continued discussion of the research conference in October. One topic will be the different effects of exercise on those with ME/CFS and fibromyalgia.

Hope Hospice seeks volunteers, Rossmoor residents are welcome

Hope Hospice is currently looking for individuals who live in or near Walnut Creek who are interested in volunteering to assist hospice patients and their families.

In keeping with Hope Hospice’s goal to make sure patients can live their lives to the fullest and with dignity, volunteers provide a variety of services that help enhance the quality of care in patients’ lives. Volunteer opportunities include the following: caregiver relief, friendly visitors, cosmetology, healing touch, Reiki massage and therapy musicians.

Anyone interested in becoming a Hope Hospice volunteer, should contact Director of Volunteers Jill Biggs, RN, at 829-8770. For information, visit www.hopehospice.com.

Keeping Fit class will enjoy breakfast at Rossmoor Diner

Members of the Keeping Fit class will enjoy a breakfast compliments of the club on Wednesday, Dec. 7, at 9 a.m. at the Rossmoor Diner.

Reservations can be made on the class sign-in sheet.

The class meets Mondays, Wednesdays and Fridays at 9 a.m. in the Shasta Room at Del Valle. It is an hour long workout using gentle standing and chair exercises. Equipment and weights are available for use from the storage area.

Dues are $10 annually. For information, call Marie Harp, 274-1318.

Continued on page 16B
Get in walking shape with Front Runners

It’s time to get in shape for the holiday season by joining the Rossmoor Front Walkers on Saturday, Dec. 3, at 9 a.m. outside the Creekside Grill. Participants will walk around Creekside at their own pace. They’ll meet back in the Board Room at Creekside for rest and light refreshments. The Rossmoor Front Walkers is a chapter of the International Front Runners organization and is sponsored by the Rossmoor LGBT Alliance. The Rossmoor LGBT Alliance works to build bridges between and with friends and members of the LGBT community. For information, visit the website at rosmoorgbta.org.

Strength and aerobics classes offered

Continued from page 15B

The Rossmoor LGBT Alliance works to build bridges between and with friends and members of the LGBT community. For information, visit the website at rosmoorgbta.org.

Panel looks at health benefits of marijuana

Continued from page 14B

### TV Guide for Channel 28

**ROSSMOOR COMMUNITY CHANNEL 28**

**Programs running from Dec. 1 through 7**

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 988-7820.

**POST IT!** is a community bulletin board that allows residents to post notices for mat work and relaxation. There is a $5 fee per class or $5.50 for drop-in but the first class is free.

<table>
<thead>
<tr>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
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<tbody>
<tr>
<td>6 a.m.</td>
<td>POST IT!</td>
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<td>6:30 a.m.</td>
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<td>TAPESTRY</td>
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<td>MEDICARE</td>
<td>CONTRA</td>
<td>MARLON</td>
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<tr>
<td>8:30 a.m.</td>
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<td>9 a.m.</td>
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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.]

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Marlon Green is a native Californian who has for the past 25 years as an interior designer. He is the creative force behind several interior design firms, including 20th Century Interiors and Zephyr Interiors. He has been a key player in the development of the Santa Clara Valley Design Center, a leading destination for home design enthusiasts. Green is also a published author, having contributed articles to numerous design and lifestyle publications. He is a regular speaker at design events, sharing his insights on trends and innovations in the industry. With his passion for creating beautiful and functional spaces, Marlon Green has established himself as a respected figure in the world of design. His work reflects a seamless blend of traditional and modern aesthetics, showcasing his ability to interpret his clients’ visions into breathtaking realities. With a strong emphasis on sustainability, Marlon Green is dedicated to bringing beauty and functionality to every project, ensuring that each space serves as a sanctuary for those who inhabit it. His dedication to excellence and his commitment to creating spaces that reflect the personalities and lifestyles of his clients have earned him a loyal following and numerous accolades. Marlon Green’s approach to design is characterized by a deep understanding of the needs and desires of his clients, combined with a mastery of design principles and a keen eye for detail. His projects are not just about aesthetics; they are about making spaces that enhance the lives of those who live in them. His keen sense of color, texture, and materials is evident in every aspect of his work, from the selection of furnishings to the layout of spaces. As a result, his clients are often able to enjoy a sense of comfort and well-being far beyond what they initially expected. Marlon Green is a true artisan in his field, continually pushing the boundaries of design to create spaces that are both visually striking and functionally sound. With his exceptional talent, dedication, and passion, he continues to inspire and delight his clients with spaces that resonate with their individuality and enhance their daily lives. He is a true advocate for design that is both beautiful and life-enhancing, and his commitment to excellence is evident in every project he undertakes. Marlon Green’s work speaks to the enduring human desire for beauty and comfort, and his contributions to the world of design have undoubtedly left a lasting impact. His ability to create spaces that harmonize with the natural environment and reflect the values and lifestyles of his clients is a testament to his enduring commitment to excellence and innovation in design.