New social worker likes working with older adults

By Cathy Tallyn
Staff writer

Rossmoor’s new social worker brings a variety of experience to the job as well as an affinity for older people.

Jasmine Hajyan-Quigley joined Counseling Services last Wednesday. She took the place of Ann Pagliaro who retired.

She has her bachelor’s and master’s degrees in social work and is a licensed clinical social worker. She has worked for about 10 years as a social worker.

“I’ve done a little bit of everything,” she said.

Hajyan-Quigley has experience working at an adult day care center, a VA Hospital, with hospice and at a nonprofit that served children and adults. She’s done some trauma-focused therapy. She was the director of a behavior health program.

Continued on page 9A

First Mutual announces election in District 3

One of First Walnut Creek Mutual’s five districts will be electing a new director this year. Candidates are being sought for a three-year term. This position is currently held by Chris Folger.

District 3 includes Golden Rain Road, Entries 1, 2, 3, 4 and 5; Pine Knoll Drive Entries, 2, 3, 5, 7, 8 and 9; Oakmont Drive East Wednesday, 8:30 a.m.

Note that no First Mutual member in good standing residing in District 3 submitted a candidate’s statement by the deadline; this position is currently held by Chris Folger.

First Mutual residents must file a statement with the assistant secretary by 4 p.m. on Friday, Aug. 11. The statement should be 250 words or less stating the candidate’s qualifications and background plus his/her view on Mutual issues. Assistant Secretary/Board Services Coordinator Anne Paone may be contacted at 988-7775 for information.

Except as otherwise provided in the Mutual’s bylaws, the District 3 director election will take place by secret written ballot; ballots will be distributed to District 3 members only at least 30 days prior to the annual meeting on Oct. 10. Ballots will be counted in an open meeting (to be announced) and the winning candidate will be seated at the annual meeting on Tuesday, Oct. 10.

More information will follow in the weeks prior to the annual meeting.

GRF Board news

Board changes verbiage on guest policies

By Cathy Tallyn
Staff writer

In a housecleaning move, the GRF Board changed the wording of some of its policies that relate to nonresidents’ use of the community’s amenities. The action on June 29 clears the way for the possible issuance of identification cards and the adoption of a user fee schedule for guests who use Rossmoor facilities.

Some residents have complained about guests being allowed to use facilities, in particular the Fitness Center, at no cost.

Director Bob Kelso, chairman of the GRF Policy Committee, emphasized that the Board was not making a decision on guest limitations or fees at the June meeting.

(These “wording” changes to policies are for potential changes that may or not happen in the future,” he said. “No decisions are being made at this point.”

The Policy Committee will consider the issue when it meets Monday, July 18, at 1:30 p.m. in the Board Room at Gateway.

Kelso asked residents to let him know what they think about the issue. The matter will come back to the GRF Board for a decision.

“People don’t understand why we are doing this – they don’t think there’s a problem. There is a problem,” said Director Mary Lou Delpech. “I want everybody to know we’re doing our job.”

CEO Tim O’Keefe said, “Right now you are doing the homework needed for a future decision.”

Continued on page 8A

Work on Del Valle pools stalled due to new building permit requirements

By Maggie Sharpe
Staff writer

Work on the swimming pools at Del Valle has stalled. Instead of the anticipated July 1 reopening date for the two pools and sauna, Director of Resident Services Jeff Matheson projects that the facilities will re-open sometime in August – but that’s not set in stone.

“We hope to submit a revised set of plans to the city of Walnut Creek as soon as possible so that work can get back underway with the goal of re-opening sometime in August,” said Matheson.

Revised plans are needed because the project ran into unforeseen problems when the city said the project needed building permits in addition to the county’s health permits that GRF has already secured.

Since GRF considered work on the pools to be routine maintenance, rather than renovation, it was not expected that building permits would be required.

“This is not something we anticipated. We approached this as maintenance because plastering, pumps and heaters have to be replaced on a pool every few years,” said Matheson. “From our standpoint, this was maintenance, rather than renovation.”

Access issues

Since the Fitness Center is not scheduled to reopen until January 2018, and is blocked off during construction, temporary access to the pools is needed. GRF’s plan to create temporary access to the pools through the patio (located between pools and parking lot) triggered the city’s decision to reaccess access to the pools, specifically for people with disabilities.

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A great Fourth of July
See page 2A.

www.rossmoornews.com
Rossmoor enjoys the 4th of July

Thanks to Recreation for planning a fun day!

Photos by Bie Bostrom
Rossmoor News • July 12, 2017 3A

Tomorrow is first meeting of new Women’s Collective

The Rossmoor Women’s Collective, hosted by Rossmoor Rotary business owners, invites women to attend the first meeting on Thursday, July 13, from 10 a.m. to noon in Multipurpose Rooms 1 and 2 at Gateway. Beverages and snacks will be served.

This first meeting will focus on identifying the issues important to women of Rossmoor and the frequency of meetings. These meetings will feature discussions and/or speakers with topics of interest to women.

The purpose of the Women’s Collective is to offer support, education and services in a non-threatening collaborative environment. The intent is to provide education and information on issues important for women’s mental and physical health as well as socialization. For instance, future discussions may include:

- The group would like to know if annuities are a good investment—a woman financial planner may be asked to address this subject.
- Women may have questions about durable power of attorney for health care and a woman attorney may be invited to speak on this subject.
- Several women may suspect their spouse has signs of dementia—a woman physician may be asked to speak on signs of early dementia.
- The group may be interested in heart attacks in women and how it differs from men—a woman cardiologist might be asked to speak.

Make reservations with Jann Oldenburg at 699-2295, jann@seniorvisionservices.com, or Mary Ann Thode, 813-0882, mat@abcyourcare.com.

City finishes work on Rossmoor Parkway

The road work and striping on Rossmoor Parkway outside the gate are now completed by the city. On Friday, the city’s contractor replaced temporary pavement markers with permanent traffic lane delineators. Street sweeping is scheduled to take place in about two weeks. The patching and the cape seal have made the road smoother—no more bumpy ride from Tice Valley Boulevard to the front gate.

Second Mutual sets annual meeting date

The Board of Directors of Second Walnut Creek Mutual will have the annual meeting of members on Tuesday, Oct. 17, at 9:30 a.m. in the Fireside Room at Gateway.

Candidates are sought for one three-year term on the board. Mark Fehlig currently holds this position.

Any other member in good standing interested in running for this position may do so by contacting Anne Paone in the Mutuals’ Board Office by the deadline of Thursday, Aug. 17. Candidates must submit a statement of no more than 250 words outlining their qualifications and interest in serving on the Second Mutual board. The winning candidate will be seated at the annual meeting.

Security Reports

The following are the major incidents reported to Securitas, Rossmoor’s security service provider. After investigation, details of a case may indicate a lesser or different incident description. If the case warrants it, the News will do a follow-up story.

Friday, June 30
Casualty: A person injured himself when he fell at the entrance of the social building at Gateway at about 4:45 p.m.

Monday, July 3
Hazard: A resident of Terra Granada Drive, Entry 10, reported part of his roof fell off.

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Hillside kitchen improvements completed

The Hillside kitchen is now up and running after a three-week shutdown to add a grease interceptor and a floor drain. The work was required by the sanitary district and the city of Walnut Creek.

The photo to the right shows the kitchen torn apart and the photo below shows the kitchen all put back together. Once the work was completed, the kitchen was put back to the way it was before.

The only difference is the floor drain hidden underneath the counter top and a hatch for the grease interceptor is also underneath the countertop.

Barbecues held two times a month at Peacock Plaza

Fiona’s Pantry and the Recreation Department are holding barbecues throughout the summer. Barbecues will be held at Peacock Plaza at Gateway will be on Thursdays, July 13 and 27, Aug. 10 and 24, Sept. 14 and 28 and Oct. 12. The barbecues are from 11 a.m. until 1 p.m. or when sold out.

The barbecue menu consists of cheeseburgers, $7; turkey burgers, $7; salmon burgers, $8; and veggie burgers, $8. All burgers include chips and a drink. No reservations are necessary. There is plenty of patio seating and there is music.

For information, call Elena Ybarra 988-7703.

Energy upgrades offered through PG&E program

The Energy Savings Assistance Program is now offering energy upgrades and improvement in Rossmoor at no cost to residents. The program is sponsored by the California Public Utilities Commission and PG&E and is conducted by Quality Conservations Services, Inc.

To receive a free in-home qualification and energy assessment, call to make an appointment with energy specialist Joy at 510-417-9821.

Upgrades may include door weather stripping, microwave replacement, water heater blanket, hot water pipe insulation, massage shower head, kitchen and bathroom faucet aerators, incandescent bulb exchange for florescent lights, energy efficient ceiling light fixtures, smart power strips, halogen torchiere floor lamp replacement or refrigerator replacement (for those manufactured before 1999).

All work is performed by energy specialists and technicians trained and certified by PG&E for this program.

Residents should be aware that they will be required to show proof of income to qualify for the program. Residents do not have to give Social Security or bank account numbers, however.

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

MISSED PAPER: Report missed papers by Thursday noon to ensure delivery. Call 988-7800 and give complete address with entry.

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Contributing Writers: Various writers, Democrats 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: Judie Huse and Marilyn Allen.

DEADLINES:
• Wednesday at noon — Religion notices and Club Trips
• Thursday at noon — press releases, club news and event announcements
• Friday at 10 a.m. — Display and classified ads, letters to the 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.
Mutual 48 solar panels are up and ready, but not yet connected

The solar panels in Mutual 48 are up, but PG&E has not made the connection, which was originally scheduled for May 30, leaving 24 homes in the Mutual stranded without their solar power to their homes. PG&E has cancelled the solar panel connection to the grid three times. Many of the subscribers have written to PG&E headquarters and personally contacted their schedulers and the public relations department to complain about not being connected. PG&E recently told the Mutual that it may not be able to make the connection until the end of July.
Water conservation group to discuss EBMUD’s 19-percent rate hike

The Water Conservation Committee of Sustainable Rossmoor will meet on Thursday, July 20, at 11:15 a.m. in Gateway’s Multipurpose Room 3 to discuss the East Bay Municipal Utility District (EBMUD) proposed rate increases.

All Rossmoor residents are welcome to come and join in the discussion. The committee meets every third Thursday from 11:15 a.m. to 12:45 p.m.

EBMUD water rates hike totaling almost 19 percent over the next two years will dramatically impact mutual and GRF budgets unless ways are found to decrease water consumption and use water at maximum efficiency.

The rate increases are needed to help meet the cost of urgent repairs and replacements of EBMUD’s aging infrastructure.

Though Rossmoor was not plumbed with meters for each manor, Mutual directors can assess their Mutual- or project-wide interior water use by comparing the number of gallons billed during the first months of 2017, when rain made irrigation unnecessary, with the number of gallons billed during the spring and summer months, when landscaping needs to be irrigated.

Several directors report per manor interior water use as high as 200 gallons per day last winter. EBMUD’s website reports that the average interior water use per person in its service district is 55 gallons per day, and that super-efficient water users use only 35 gallons per person per day.

The Water Conservation Committee explores ways to save money and protect Rossmoor’s water supply yet maintain a beautiful landscape and a full array of recreational activities.

Members keep abreast of water issues and support Sustainable Rossmoor’s educational programs to protect the environment.

For information, contact Chair Marie Kahn at 954-7494 or marika1571@comcast.net.

Scholarship Foundation presents $2,000 scholarships to 10 Waterford employees

By Frank Wang
Scholarship Foundation Correspondent

It gave me great pleasure to work on the Waterford Scholarship Project. This year, the Rossmoor Scholarship Foundation was honored to award the Waterford scholarships of $2,000 each to 10 of the young people who work in the kitchen and dining rooms. Most of them are college students who work part-time as servers.

The scholarship project was managed by the Rossmoor Scholarship Foundation through a committee headed by foundation trustee Marilyn Sampair. Being the sole trustee living in the Waterford, I had the honor of acting as the coordinator between Sampair’s committee and the Waterford. I witnessed firsthand the tremendous goodwill and generosity of the Waterford residents and the abundant support of the Waterford management for this project.

In the last count, 154 donations were received. Many residents donated more than once during the fundraising process.

After this year’s 10 scholarships of $2,000 each have been awarded, there remains a balance of $461 in the account, which will be used next year.

Thanks to all the donors for their support. Thanks also go to Mutual 58 board President Annette Patch and Executive Director Channa Alperin. Both spoke multiple times at resident meetings, advocating for the scholarship project and distributed reminder notices to encourage resident participation.

Thanks should also go to Jenny Pemberton, one of the dining room hostesses, who patiently assisted the students with their application papers.

Working on the Waterford Scholarship Project was my most rewarding experience since I moved to the Waterford two years ago. No words can adequately express the pleasure I had from working on this project.

Keep plastic bags out of landfill – recycle

No need to throw those plastic bags in the landfill. Plastic bags and other soft film plastics can be thrown right in the curb-side blue recycling cart. Just remember to “bag-the-bags” and put it all inside one bag to create “a pillow.” This really helps to not jam the machines at the recycling facility and the material won’t blow away when the truck empties the cart.

Bags that can be recycled include: grocery bags, clean produce and meat bags, bread bags, dry cleaning bags, clean Ziploc-style bags, newspaper paks, plastic wrap around toiletries, paper towels, plastic around DVDs and CDs, bubble wrap and shipping air pockets, plastic garbage/recycling liners (clean), ice bags, thick plastic around beverage container packs and six-pack beverage holders (cut before recycling).

The Rossmoor scholarship winners who work at the Waterford are, from left, Tomas Urbina Rincon, Edgar Tamayo-Perez, Socorro Tamayo-Perez, Saul Gomez Carranza, Ryan Anchondo, Peyton Rhodes, Joana Castaneda Maldonado, Giovanni Negrozzi and Adriana Mendez. Joel Gonzalez was not available for the photo.
Fourth Mutual will hold its annual membership meeting and dinner on Thursday, Aug. 10, starting at 4 p.m. in the Event Center.

Incumbents Jerome Neuman and Sheldon Schwartz were the only candidates for the board to come forward by the June 21 deadline. They were elected by acclamation and will be seated for a three-year term starting on Aug. 10.

Mutual members are encouraged to attend this important annual event to hear reports from officers and staff and to voice questions and concerns about the Mutual.

Information about the annual dinner will be mailed to each member household.

Comcast Connected Health seeks participants

Comcast Connected Health invites Rossmoor residents to be part of ideation (the formation of ideas or concepts) sessions on bringing meaningful telehealth solutions to Rossmoor. The sessions will be held on Wednesday, July 19, in the Fireside Room at Gateway.

Participants will have the opportunity to share their experiences in managing their health, to brainstorm about using technology to improve their well-being, and to provide feedback on some of Comcast Connected Health’s early ideas in bringing telehealth to Rossmoor.

Enjoy food and socialize with fellow residents while sharing ideas.

Participation is limited to 25 people per session and requires pre-registration in either a break-fast session (8:30 to 11 a.m.) or a lunch session (12:30 to 3 p.m.). Food and refreshments will be provided, and Comcast will raffle the following prizes in each session:

- A $200 gift certificate to enjoy a meal at Fleming’s Prime Steakhouse and Wine Bar
- A $200 gift certificate to enjoy a meal at Walnut Creek Yacht Club

Residents are invited to register online to participate at: https://connected-health.ticketleap.com/ideation-session.

Democrats’ guest speaker to talk about Russia at July 27 meeting

Democrats of Rossmoor host guest speaker, Professor emeritus George Breslauer, on Thursday, July 27, at the Event Center. Breslauer will give the lowdown on the politics between the U.S. and Russia.

The Town Hall meeting will open at 6 p.m. and Breslauer’s presentation will begin at 7 p.m. The free event is open to everyone and refreshments will be served.

Breslauer joined the faculty of the Department of Political Science, UC Berkeley, as a specialist on Soviet politics and foreign relations.

He advanced through the ranks to full professor of political science, was awarded the Distinguished Teaching Award of the Division of Social Sciences in 1997, and was appointed Chancellor’s Professor in 1998.

Breslauer states on his UC website that when he finished grad school he imagined a career cracking coded messages from the Kremlin. When he was instead drafted by academia, he first headed to the Center for Slavic and East Europe Studies at UC Berkeley as a researcher.

When he was later promoted to the Department of Political Science chair, he found the transition from researcher to be a difficult one.

“Graduate school doesn’t train you to be an administrator,” he said. He added that his career was largely shaped by serendipity; he “no more intended to become a Kremlinologist than he did to become Berkeley’s provost.”

As a boy he loved foreign languages. He writes that his “skill as an impressionist … flows from his ear for the spoken word.”

Breslauer has written or edited 12 books on Soviet and Russian politics and foreign relations. His books include “Gorbachev and Yeltsin as Leaders and Khrushchev and Brezhnev as Leaders: Building Authority in Soviet Politics,” which took him nearly 30 years to write.

The central focus of his scholarly work lies in the area of Soviet and post-Soviet leadership. “My interest from a larger theoretical standpoint is on the processes of leadership,” Breslauer said, “how leaders get their way … or not.”

He is a member of the American Political Science Association, the American Association for the Advancement of Slavic Studies, the World Affairs Council of Northern California, the Pacific Council on International Policy, and the Council on Foreign Relations (New York).

For more information, visit www démocrats of rossmoor.org.

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Mutual 30 seeks board candidates

One position is available on the board of Mutual 30 in this year’s election. Harriet-Lee Keller currently holds the position. The incumbent has decided not to seek re-election at this time.

Any other member in good standing who wishes to submit his or her name as a candidate for membership on the board is welcome to do so. Candidates should contact the Inspector of Election Ann Biderman at 933-3888 by Aug. 3 with a written candidate statement. The statement should be no more than 300 words and should express the candidate’s qualifications and interest in serving on the board.

Questions regarding the election process should be directed to Board Services Coordinator Anne Paone at 988-7775.

The winning candidate will be seated at the 45 annual membership meeting on Sept. 13. Additional information will follow in the weeks prior to the annual meeting.

Mutual 30 seeks board candidates

Mary Lou Delpech said the Board needs to look at guests’ use of amenities.

GRF Board mulls guests’ use of facilities

Continued from page 1A

GRF Board actions

Following are the actions taken by the Golden Rain Board on Thursday, June 29:
1. Approved, as recommended by the Finance Committee, the 2018 budget development calendar.
2. Approved, as recommended by the Finance Committee, the 2018 operations budget principles.
3. Deferred, to the July 27 regular meeting of the Board, consideration of the Policy Committee’s recommendation that the Board approve the following proposed revised Policies relating to the Access Control System Project implementation: Policy 102.1.1, Use of Service Charges; Policy 104.1.1, Membership Guidelines; Policy 104.1.2, Use of Community Facilities by Lessees; Policy 304.0, Community Facilities Use; and Policy 304.1, Guest Usage. First reading.
4. Approved, as recommended by the president, resident member committee appointments, effective July 1.
5. Approved establishing a Board Planning Committee and directed the Policy Committee to develop a charter for the committee.
6. Approved a contract with Oak Park Construction in the amount of up to $90,000 from the Trust Estate Fund to complete the Hillside overhead piping project.

How to submit landscaping requests to Landscape Dept.

As part of a larger goal of streamlining operations, the Landscape Department is beginning an effort to educate residents about where and how to submit requests most effectively. The department wants to help residents in a way that satisfies requests in the most efficient and timely manner possible without putting additional burden on the monthly fees. Directing requests to the appropriate parties is an essential part of this goal.

To report a landscape maintenance request, email the Work Order Desk at workorder@rossmoor.com or call 988-7650.

Maintenance requests include the following:
• Irrigation issues (breaks, leaks, greyers, dry spots in lawns)
• Shrub pruning requests
• General cleaning (leaves, tree debris, sidewalks)
• Plant health issues
• Weeds

When submitting a request, include the following information:
1. Name
2. Address
3. Phone number
4. Email address
5. Specific location for the request
6. If possible, cell phone or photo capability, a photo depicting the problem and the location is helpful.

Landscape plant requests

Plant replacement requests of one to four plants should be submitted to the Mutual district landscape representative. These requests are fulfilled in winter when the weather is cool and plant loss is minimized. Residents should submit requests to their landscape representatives (not the Work Order Desk) by Nov. 1 for replacement in the coming winter (December through March). The Landscape Department only replaces plants where there is currently irrigation and the “gap” in plantings is at least 4-feet by 4-feet square.

Landscape rehab

Requests for landscape makeovers, turf renovation or plant replacements of more than five plants are collected by the Mutual landscape representatives for each district and addressed according to priority, condition and budget each calendar year. Requests for landscape renovations for the following calendar year should be submitted by Sept. 1.

Residents can find the landscape representative for their district on the Rossmoor website, www.rossmoor.com. Click on Resident Info/Rossmoor Governance. Representatives are listed under the Mutuals they represent.

The Landscape Department hopes that familiarizing residents with this request process will save residents time and money and help the department complete requests in the most productive way possible. Residents’ help in achieving this goal is greatly appreciated.

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EMAIL: NicoleOrtegaRDHAP@gmail.com
LICENSE #:593
AARP Smart Driver Course offered

The AARP Smart Driver Course is offered in Rossmoor to help residents refresh their skills as well as learn the latest driving laws.

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

The required first class is broken up into two sessions. The next class will be offered on Fridays, July 21 and 28, from 1 to 5 p.m. in Multipurpose Room 3 at Gateway.

At the end of day two instruction, allow an additional 15 to 20 minutes to complete distribution of certificates.

The refresher class is offered to residents who have taken the eight-hour class or a refresher class within the last three years. The next refresher class will be offered on Tuesday, July 25, from 8 to 12:30 p.m. in Multipurpose Room 3.

The cost is $15 for AARP members and $20 for non-members. Residents must sign up in person in the Recreation Department at Gateway prior to July 18 for the eight-hour class and prior to July 22 for the refresher class. Payments must be made by check when signing up for the class. AARP members must bring proof of membership.

Classes are limited to 20 students and registration is on a first-come, first-served basis. All students are required to bring their driver’s license to the class.

For personal comfort, students are advised to bring a light sweater or jacket, as the room temperature can fluctuate. Students may also wish to bring water and a light snack. For information, call Leslie DeWolf at 988-7766.

AARP Smart Driver Course offered

Counseling welcomes new social worker

Continued from page 1A

It’s a good thing for a social worker to have had various experiences, said Nancy Coxwell, manager of Counseling Services. "We are here to serve all." Hajyan-Quigley will counsel individuals, couples and families in her Gateway office or in a home visit. She will also work with the transitions group, which is for women who have lost their husbands, Coxwell said. She will work with the autobiographical group.

At the beginning of next year, the Art of Aging program will probably resume at the Waterford and Hajyan-Quigley will facilitate.

In January, Counseling Services will conduct a needs survey and Hajyan-Quigley will be part of the discussion: "It’s helpful to have some new eyes," Coxwell said.

Hajyan-Quigley was born in Armenia when it was part of the old Soviet Union. She moved to the United States when she was 13. She speaks Armenian fluently and she also knows some Russian and Spanish.

What attracted her to Rossmoor was that she can work with older people.

"I do truly like working with older adults – and I’m not just saying this, I have the upmost respect for older people," she said. "I had a really good relationship with my grandmother. I grew up with her stories. I couldn’t get enough of her stories." Hajyan-Quigley also drew comfort from her grandmother who helped her prepare for adulthood. "You can learn life lessons from older adults," she said.

Another reason Hajyan-Quigley was attracted to Rossmoor was because it’s close to her home and her six month old daughter.

Incidentally, her mother will care for her granddaughter when Jasmine is at fulltime job in Counseling Services. That means her daughter will get to know and appreciate her grandmother as well.

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Rossmoor News • July 12, 2017 9A
David Wolfe will be the featured speaker at the Republican Club’s dinner meeting on Tuesday, July 18, at the Event Center. The social hour begins at 5:15 p.m., with a hosted wine and beer bar. Dinner is at 6.

Wolfe’s topic will be “How to save California from itself and start the new tax revolt.”

He is the legislative director for the Howard Jarvis Taxpayers Association, where he has worked for the past 10 years. He closely monitors the State Legislature, writing position papers on scores of issues, including such important topics as transportation and public education. Wolfe also puts together an annual report card for all 120 legislators, and contributes to the taxpayer association’s quarterly publication, “Taxing Times.” In addition, he has worked on a variety of initiative campaigns to defeat taxes and advocate for property rights.

The taxpayers association is dedicated to the protection of Prop. 13 and the advancement of taxpayers’ rights. These include the right to vote on tax increases and the right to economical, equitable and efficient use of taxpayer dollars.

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Second Mutual updates carport inspections, maintenance and finances

By Mark Fehlig
Secretary

Second Mutual President Sandy Skaggs highlighted proposed changes to the Mutual’s June meeting. The Mutual will notify residents about non-compliant storage units/maintenance concerns that are seen in carports throughout the Mutual. Residents are asked to abide by the storage and use rules posted on the Rossmoor website to avoid being issued a violation notice. Soon the Mutual’s revised bylaws will be circulated for member approval.

This is how to find the rules: www.rossmoor.com. Click on Resident Info/Rossmoor Governance/Second Mutual and scroll down to miscellaneous/carpot rules.)

Skaggs also explained that the telephone-text/email emergency alert system that was implemented by Second Mutual Nixle is now operational and sends out alerts on many of the common concerns/questions such as traffic problems, water and utility issues. Sign up for Nixle on the Rossmoor website.

The sign up box is right on the home page. Residents who do not use the Internet can call 988-7688 and leave a message. Others will be asked to leave their name and home phone number.

Continued on page 12A

Residents who find themselves in a financial emergency can turn to the Rossmoor Fund for help. The Rossmoor Fund offers grants for medical expenses not covered by insurance; optical expenses; hearing aids; temporary caregiving; ambulance service and other unexpected expenses.

Residents are reminded to report any building and landscape issues by calling the Mutual Operations work order desk at 988-7650 or preferably by emailed email to WORKORDER@rossmoor.com.

If needed, follow up email to SWCM@rossmoor.com.

Second Mutual finances remain in good shape. In fact, Second Mutual is the “best in the valley” by many accounts. The Mutual’s year-to-date budget is enjoying the water savings via member water use and the wet weather.

There were nine resales in May with a median price of $330,000. Year-to-date sales are 50 resales and a median price of $369,500.

A review of the golf cart and electric vehicle charging policies is ongoing.

Recycling

The board agreed to proceed with a pilot program being offered by Jency James of Republic Services. The board agreed to place one Canyonwood Court two-cubic-yard landfill bins to one cubic yard with split lids and props. This change will also add a fourth 96-gallon recycle cart.

Educational posters and tote bags for recyclables will be distributed. All residents need to do a better job sorting the refuse and recycling. Taking the time to sort and recycle will benefit the Second Mutual and the planet.

The next regular Second Mutual board meeting will be Thursday, July 20, at 9 a.m. in Peacock Hall at Gateway.

Rossmoor Fund offers grants to help residents with unexpected expenses

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Work on Del Valle pools stalled due to access issues

Continued from page 1A

“As the pool project is associated with the other (Fitness Center) project, the city needs to check access, especially since the temporary access is through the patio,” said Matheson. He said Walnut Creek has a construction valuation threshold of $150,000 for determining how much of the building needs to be brought up to current accessibility code.

Currently, the pools are accessible from the patio via three steps down from the parking lot or there is also a flat path.

There are two doors to negotiate: one security-type double door from the steps and path to the patio, and another single door from the patio to the pools.

The next step is a review of the facility by an access specialist to determine what items need to be brought into compliance.

“These items include such things as lifts, pool deck, hand rails, steps, signage, doors and door handles. The cost of work will depend on what additional work is required,” said Matheson.

The original cost of work on the Del Valle pools and sauna was $466,500, which was approved by the GRF Board earlier this year. That included $165,000 for the plaster job and $182,500 for replacing heaters and pumps.

A new addition of an ultraviolet sanitization system to remove contaminants and improve indoor air quality came in at a cost of $20,000.

An accessible unisex changing room with shower and toilet, located off the pool deck, is also planned.

Any additional work that results from the city’s assessment will doubtless affect the project budget, but the dollar figure is yet to be determined.

“Currently we are evaluating what additional work will need to be included in the project to bring the facility into compliance with current building code with respect to accessibility,” said Matheson.

“Once this is complete we will have a better idea of the impact on the project budget.”

Residents’ reactions

Matheson said there was a “significant outcry” from residents when the pool closures were first announced.

“But the outcry has since subsided, since swimmers have had the chance to use the facilities at Dollar and Hillside pools – there have been just minor adjustments for lap swimming and bee issues.

“All in all, people have adapted well and have been very patient – which we appreciate,” said Matheson, adding that both Dollar and Hillside pools are up to speed on maintenance.

Matheson said that once they get clearance from the city to complete the work on Del Valle – so far, just the plaster and tile have been removed – it is anticipated that the work will take three or four weeks to complete.

And the good news, said Matheson, is that the Fitness Center renovation is right on track.

“We’re looking at furnishing the facility in December and having an early January opening,” he said.

Meanwhile, residents can continue to enjoy exercise classes in the three Modulars located in the Del Valle parking lot.

New rules are in effect for lap swim at Hillside

As of July 5, the Recreation Department has modified the rules for lap swimming at Hillside pool until the Del Valle pool renovation is complete. The revised rules are as follows:

1. Lap swimming is limited to 30 consecutive minutes when another person is waiting.

2. Use of a lap lane may be extended to 60 minutes if two or more swimmers have agreed to share a lane.

3. Swimmers are responsible for monitoring their time in the lane and promptly vacating at the end of their time.

4. If no swimmer is waiting for a lane, then a swimmer may continue swimming for a second 30-minute session.

Emergency information

Here is how residents can find out more information during water and power outages and emergency situations such as a fire: Tune in to Channel 28 and watch for a “crawl” across the bottom of the screen that runs a continuous announcement of the emergency. Check the Rossmoor website, www.rossmoor.com. Hit the News and Events tab and then Breaking News. Or Call the Rossmoor Information Telephone Service at 988-7878. At least one of these forms of communication should have the information.

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Rossmoor Fund grant recipients express gratitude for help

By Ellen Gilman
Fund correspondent

Do you know people who postpone needed health services like dental work or eyeglasses for reasons of cost? In Rossmoor, this shouldn’t happen. Here, help is available through the Rossmoor Fund.

Making a choice between emergency medical or dental care and routine living expenses can be tough. “My dental expenses this year have put me in the negative as far as having any living funds” wrote one Rossmoor Fund grant recipient.

Another Rossmoor resident has described the desperation she felt when confronted by unexpected, but necessary, expenses. While expressing her gratitude to the Rossmoor Fund, she takes note of her life-long financial planning, saying “I had planned all along on growing older, but not to be handicapped and in dire financial straits. The best laid plans…”

Still, asking for help, even from neighbors who are there to help, is understandably difficult. Such a request can invoke several fears: loss of pride, a fear of filling out the paperwork or a sense of not wanting anyone to know. However, once folks discover the confidentiality and ease of filling out a Rossmoor Fund grant application (one page), and once they get the help they need, they are not only relieved but universally appreciative.

One resident gratefully described the help she received as “quick and most generous.” “Appreciation was the word of the day!” said another recipient. Another said, “You have made our life much more livable.” And then there’s simply, “Again, thank you from the bottom of my heart.”

This excerpt from a letter sent to David Smith, Rossmoor Fund board president, says it all: “Thank you so much for your assistance. Rossmoor is great in so many ways. But having the help of the Rossmoor Fund in a difficult time is a real blessing. Last year was very challenging, both health wise and financially. The grant was a huge help and a great encouragement…. You have my gratitude for your kind and generous helping hand.”

Any resident needing help with a temporary, unexpected, but necessary expense should contact the Counseling Center at 988-7750. The Counseling Center can advise applicants how to facilitate grant request and serve as an intermediary through the Rossmoor Fund board.

Guidelines for grant amounts are periodically reviewed and updated, but income guidelines for recipients are fixed at not more than 200 percent of the federal poverty guidelines. In 2016, therefore, the maximum income for grant eligibility was $23,540 for individuals and $31,860 for couples.

Yes, help is available through the Rossmoor Fund. And it makes an undeniable difference in our neighbors’ lives.

For information on how to get a grant from the Rossmoor Fund, call the Rossmoor office of Counseling Service at 988-7750.

Rossmoor insurance program will be discussed at special event on Aug. 2

Understanding Rossmoor residents’ insurance needs and how they are and are not addressed by the Rossmoor master insurance program will be discussed at a special program on Wednesday, Aug. 2, from 9:30 to 11:30 a.m. in the Fireside Room at Gateway.

John Tastor of Arthur J. Gallagher & Co, Rossmoor’s insurance broker, will give a presentation on insurance for Rossmoor owners. This program is an updated version of a similar presentation he made in 2011.

Topics to be covered include a review of the master insurance program that covers GRF and the Mutuals; the Mutuals and the owners’ responsibilities for damage to property; the shared deductible agreement; personal insurance coverages and a discussion of earthquake insurance.

There also will be a question-and-answer period.

Taxpayer advocate talks to Republicans Tuesday

Continued from page 10A

The Chinese-inspired dinner will be catered by Scott’s. The entrée is beef stir-fry with broccoli and carrots over rice. The vegetarian, gluten-free alternative is stir-fried tofu with broccoli and carrots over rice.

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

The evening ends with a cash-prize raffle. Tickets are for sale during the social hour. Raffle proceeds support the patriotic charities Fisher House and Semper Fi Fund, which serve wounded military members.

An event registration form is included in The Rossmoor.

Emergency supplies

The following companies and agencies offer emergency supplies:

- Ready Care Company: Contact Lisa Katzki, 937-5288, or go to the website: www.ReadyCareCo.com
- FEMA: Disaster supplies checklist at this website: www.ready.gov/are-you-ready-guide
- Emergency Essentials: 1-800-999-1863 or go to the website: www.Beprepared.com
- Red Cross: www.RedCrossShop.org
The entire rest of the day, she pointed out every Haian dancers. When invited to the stage at the end music and the tap dancing. But most of all, she was and crafts, the peanuts, popcorn and hotdogs, the old granddaughter enjoyed the petting zoo, the arts July festivities so much fun this year. My four-year- making the day such a wonderful time and now My heartfelt thank you and kudos to the Recreation I enjoyed a variety of events for all of us to enjoy. Other issue. But true or not, it wouldn’t change the other “close quarters” venues such as Rossmoor ex- residents to refrain from using strong fragrances in • Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 988-7800, or in person to verify your submission. • The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News. A WONDERFUL DAY On the occasion of the Fourth of July daylong celebration at Dollar picnic grounds, my family and I enjoyed a variety of events for all of us to enjoy. My heartfelt thank you and kudos to the Recreation Department for all the hard work they invested in making the day such a wonderful time and now fond memories! Rita Curivan Rossmoor Pkwy. GRANDDAUGHTER ENJOYS FOURTH OF JULY Thank you to everyone who made the Fourth of July festivities so much fun this year. My four-year-old granddaughter enjoyed the petting zoo, the arts and crafts, the patatas, popcorn and hotdogs, the music and the tap dancing. But most of all, she was enthralled with the Hawaiian dancers. My granddaughter especially enjoys going to Rossmoor because she wanted to look lovely for the Hawai- ian dancers. When invited to the stage at the end of their performance, she appeared to be paralyzed with stage fright. But then a gentle hand reached out to guide her through the graceful hand motions. The entire rest of the day, she pointed out every Ha- waiian dancer she saw and later talked about the dancer who held her hand. Sometimes it is hard to see how we impact chil- dren, so I wanted to thank the lovely dancers. We are already looking forward to next year. Hallie Smith Terra California Drive FRAGRANCE-FREE IS EASY AND CONSIDERATE I support the proposal for signs reminding res- idents to refrain from using strong fragrances in Rossmoor common facilities. Using fragrance-free personal products in Peacock, the Event Center, and other “close quarters” venues such as Rossmoor ex- cursions, is simple, easy and costs nothing. It makes life better for those with allergies or sensitivities to perfumes and strong fragrances (including “natu- ral” scents). Whether added scents are “toxic” to those who use the product, as suggested by one resident, is an- other issue. But true or not, it wouldn’t change the fact that many of us have asthma, COPD and other respiratory problems. Someone exuding a strong odor can drive us out of the theater or even bring on a medical emergency. And, let’s face it, as we age our olfactory sense becomes less acute, and we seriously overdo the powder or perfume – seriously. We had a fragrance-free policy at the hospital and clinics where I worked, out of consideration for the patients and staff. Everyone cooperated there. Certainly we can do it here. In fact, most of us already do. Fragrance-free sunscreen, deodorant, hairpray, etc. are readily available and will make our facilities welcoming to all. Ellen Bulf Canyonwood Court GARDENS HAVE PSYCHOLOGICAL BENEFITS Those of us who have had gardens before com- ing to Rossmoor know the psychological benefits of creating something beautiful and enjoying it daily. Nature is important to all humans, and although the landscape of Rossmoor is excellent in general, there are many areas that need landscaping or main- tained, where someone’s individual garden would be a great improvement. There is a mania by the Rossmoor boards to want everything to look the same. I do not un- derstand this, and there is insufficient color in the Rossmoor landscape that can be improved upon by individual gardens. A private garden is a haven. Unless there is a fence keeping other people away, there is no reason why others cannot stop and enjoy the efforts of others to beautify Rossmoor. Let’s stop with these restrictive regulations and dictatorial laws restricting the individuality and creativity of Rossmoor residents. Lynne Elkin Terra Granada Drive FIRST MUTUAL NEEDS A CANDIDATE I am writing to state my concern that no First Mutual member in District 3 has applied to run as District 3 director in the upcoming September election. With 390 members in District 3 (Golden Rain Road, Entries 1, 2, 3, 4 and 5, Pine Knoll Drive, En- tries 2, 3, 5, 7, 8 and 9 and Oakwood Drive, Entries 15 and 16), I am sure there are responsible people who could fill that position. Members have expressed concern about build- ing maintenance and why their air-conditioner has failed, or about the landscaping around their house or about the coupon. I urge those same people to consider being on the board and taking a role in decision-making. It is the First Mutual board that addresses those issues and more. Take the oppor- tunity to contribute to the well-being of the Mutual and to ensure District 3 is represented. Nancy Turnier Pine Knoll Drive DON’T PARK IN THE HANDICAPPED STRIPED ZONE On July 4 I attended the wonderful celebration at the Dollar Clubhouse. Upon leaving, I discovered that there was a car parked in the striped zone next to my handicap parking space. This incredibly self-ish action somehow obstruct the blue stripe zone next to an accessible parking space. This blue striped zone exist because the wheelchair ramp and load the wheelchair into the van. Often times I have observed that cars parked in the adjacent handicap parking space believe that the striped zone is an extension of their parking space. All I ask is that you leave me sufficient space in that stripe zone so I can get back into my van and go home. Mark Forrette Stanley Dollar Drive CONFUSED ABOUT PROPOSED POLICY CHANGES I attended the June 29 GRF Board meeting and expressed my confusion over the proposed policy changes. The language seemed vague to me (many current buzzwords) and I was concerned about pay- ing for access to an amenity I already supported with my coupon. I was assured both that the first reading of the proposed policy changes would clear up my confusion, and that an owner would not be required to pay for access to an amenity although there did seem to be some confusion about a second access per household and no explanation of the con- tradictory added statement in 104.1,1, 9. Unfortunately, the reading turned out to be mere- ly a general statement about the changes proposed to each policy item. Since there is no resident input or questions allowed after the Residents’ Forum, my questions, confusion and concerns remained unchanged. Rossmoorians may want to (and should) check this out for themselves, as the clock is ticking on this month for comment before the second read- ing and final vote. Any policy or rule loosely writ- ten could leave a powerful scent of increased reve- nue stream to any future board, even if the original intent was benign. Sheila Peterson Plarmigan Drive RECKLESS AND IRRESPONSIBLE DRIVING I agreed with Jason Stewart (Residents’ Forum, June 7, “Well-Mannered Traffic,”) that the traffic constable hired by our community was out of control. I disagree with the point made about Rossmoor’s “little if any reckless or irresponsible driving.” Rossmoor traffic fatalities and excessive speed- ing happen. Witness the radar speed sign on Golden Rain Road. Watch most folks typically drive nine to 11 miles over the limit. Some drive 15 to 18 over. Don’t take my word for it. Come on over and watch. I have. Read Rossmoor News of July 5: another pe- destrian hit by car. Fatalities? How about the 90-year-old woman killed off Tice Creek? Look it up. More? Roland Scrivener, in his golf cart, killed near Creekside, 3300 Rossmoor Parkway area, in the golf-cart-crossing lane by another car. Also, Ed Phillips on Pine Knoll, was killed by his neighbor’s vehicle. How about wildlife carnage? The six-point buck lying dead on Golden Rain/Oakmont Way is in broad daylight. Securitas was called to move the carcas to the lawn area. How about the doe hit with such massive force up here on Golden Rain, Entry 24, that her body was hurled into the air and land- ed back on the speeding car’s windshield. Another couple and I witnessed it. You read my story. The other day, I watched a driver come down Golden Rain Road and shoot off the body of a clearly visible wild turkey who was safely off the roadside. The turkey had better reflexes than the driver and survived. Another dead goose on Golden Rain grounds. The pavoine is very difficult to witness. Is this considered “well-mannered” traffic? Kim Warden Golden Rain Road MORE LETTERS ON NEXT PAGE
I n 1944, in rural Alabama, some young parents received devastat ing news. Their two-year-old boy had polio—the great crippler of the last century. In 1944, polio was an unbelievable thing, with no known disability, crutches, iron lungs or even death. The young boy’s mother began a frantic search for help. Fortunately for her boy, the president in 1944 had, in 1926, purchased a parcel of land in Warm Springs, Ga., which he and a partner turned into a polio rehabilitation center. That president, too, was a victim of polio. Franklin Roosevelt, in order to provide life-changing treatments for polio victims, appealed to his fellow countrymen to contribute to what was called “The March of Dimes.” Millions of Americans sent dimes to the White House, overwhelming its post office to the point that a separate collection system had to be developed. The March of Dimes fund provided adequate treatment for children, men and women. The two-year-old’s mother made the 50-mile drive with her son from Alabama to Warm Springs for two years and he benefitted greatly—he was able to walk. The hospital and related charges for the 63-year-old were covered by his FEHB policy which is a very large group plan. Insurers who participate in the FEHB exchange have special departments dedicated to federal employees and the rates offered to those employees are reasonable and competitive because of the thousands enrolled in the plans. Like many large corporations’ health care benefit plans, the federal employer pays a large portion of the benefit, and the employee makes a premium contribution. In this case, the employer portion of the benefit is paid by taxpayers.

The March of Dimes exists today. Its mission, now a source of an almost transcendent state of being, was to promote public support for polio research. The millions of dollars that were raised, in large part by public exhibitions of the polio epidemic, led to the development of vaccines and antiviral treatments. The March of Dimes is a reminder of the power of collective action and the importance of supporting causes that are important to us. Its success is a testament to the power of collective action and the importance of supporting causes that are important to us.

I am even more grateful and deeply indebted to Norman Weiner. He deduced that Roundup be discontinued in Rossmoor and alternative methods for weed control be thoroughly researched. I have heard that our nation’s health is not as healthy as it used to be. The clinic is described as “the best in the nation. All不 complete the class. At any age, a completely new environment and different experience can be intimidating! I am grateful that I thought because I was initially hesitant to take the course. However, my experience, however, was the presence of Norman Weiner here at Rossmoor for two years. During that time, my drawings skills increased measurably and my concentration during the class increased. During that time, my drawing skills increased measurably and my concentration during the class increased.

Katha Hartley was a source of an almost transcendent state of being. At any age, a completely new environment and different experience can be intimidating! I am grateful that I thought because I was initially hesitant to take the course. However, my experience, however, was the presence of Norman Weiner here at Rossmoor for two years. During that time, my drawings skills increased measurably and my concentration during the class increased.
 Politicians, pundits, folks across the political spec- trom cried out for some redress of this injustice. It was a terrible decision to go tourists in the DPRK. But his death at the hands of that barbaric regime surely de- serves our sympathy for him and his family rather than our criticism.

But along comes 62-year-old Katherine Dettwyler, an adjunct professor of anthropology at the University of Delaware. Washingtonpost.com reported that Dettwy- ler’s subsequently-deleted Facebook post said Warm- beir was “typical of a lot of the young, rich, clueless males who come to these classes.”

She also wrote: “These are the same kids who cry about their grades because they didn’t think they’d really have to study the material to get a good grade. His parents ultimately are to blame for his growing up thinking he could get away with whatever he wanted. Maybe in the U.S., where young … rich, clueless white males routinely get away with raping women. Not so much in North Korea.”

Campus Reform reports that in another since-deleted comment she posted: “If you knew these kids you’d be appalled. They think nothing of raping drunk girls at frat parties and snorting cocaine, cheating on exams and threatening professors with physical violence.”

So Dettwyler, who likely never met Warmbier and likely knows nothing about him except what has been in the media, links him to raping, drug use, violence and cheating on exams. Her abrasive rants smear young white males in general, and Warmbier in particular. Her writings reek of racism, sexism and a callous disdain for the tuition-paying parents of her rich white male frat boy students.

But her most odious comment was this: “Is it wrong of me to think that Otto Warmbeir got exactly what he deserved?”

Responding to the backlash that followed, the univer- sity rightfully disowned Dettwyler: “We condemn any and all messages that endorse hatred and convey insen- sitivity toward a tragic event such as the one that Otto Warmbier and his family suffered. We find these com- ments particularly disturbing and inconsistent with our values. Our sympathies are with the Warmbier family.”

Adjunct professors work on contract and are not tenured. At the time of Dettwyler’s comments she was between semesters. The university’s statement said Dewt- wyler “will not be rehired to teach at the university in the future.”

Apparently Dettwyler’s hateful comments were not an anomaly. The Review, a student newspaper, said that she had a reputation for being politically outspo-ken. One student who had taken two courses from her said Dettwyler’s Facebook post was typical of her: “the most Kathy thing I’ve ever seen.” So apparently she was known for doling out her ugly opinions in the classroom.

If she had not posted her despicable message on so- cial media, Dettwyler’s behavior would probably never have been exposed. Donors, parents and alumni would probably never have learned of her existence, let alone her hateful mindset and statements. So there would have been no public outcry and the university would never have had to denounce and terminate her.

What’s worse, she would still be in the classroom projecting her hatredfulness. And the parents she so de- spises would still be paying her salary to preach her hateful opinions to their children.

John Littig can be emailed at jlittig@lula.com. Read more Littig columns at getsmartusa.blogspot.com.
Drama Association presents workshop on comedy Tuesday

The Rossmoor community is invited to participate in the workshop, “Comedy in Film,” on Tuesday, July 18, from 10 a.m. to 2:30 p.m. in the Performing Arts Studio at Hillside. The discussion will be led by Meranda Broder, a film appreciation and English teacher for the Acalanes adult school. She has also taught English at other public schools as well as at Diablo Valley College. The Drama Association of Rossmoor (DAOR) is the sponsor of this event.

Broder poses the question of why it is worthwhile to analyze films. She said thinking about, writing about and discussing films can be just as fun as watching them.

When the viewer becomes aware of all the elements that go into a film, the level of enjoyment increases, she said.

Students will get a micro-lesson in the language of film and they will review what the different sub-genres in comedy are. An acclaimed comedy film director will speak to the group, which will watch a film, they will discuss all its elements and what makes it a “good comedy.”

Throughout the four hours, students should keep in mind what makes people laugh and which comedies endure the test of time.

There will be a 30-minute lunch break. Students should bring their own lunch.

The fee is $10. Registration checks, payable to DAOR, should be put in the club’s mailbox at Gateway. (Membership in the Drama Association is not required.)

For information, contact Peg Rimler at 658-2417 or at pegrimler@gmail.com.

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**Everyly Brothers tribute group returns to Rossmoor this month**

The Zmed Brothers bring their genuine and youthful Everyly Brothers Experience back to Rossmoor on Saturday, July 29, at 7 p.m. in the Tahoe Room at the Event Center.

Zachary and Dylan Zmed celebrate the intimacy ever-present in the harmonies created by Don and Phil Everly.

When the guitar became electric, the Everyly Brothers bridged the gap between country rhythm and blues, creating rock ’n’ roll that had never been heard before.

With countless hits, the Everyly Brothers inspired artists like the Beatles, Bob Dylan, Simon and Garfunkel and many groups that utilize the blend of two-part harmony. Their career spanned three decades and they continue to influence artists around the world.

Enjoy classics like “Wake Up Little Suzie,” “I’ll Have My Baby,” “Cathy’s Clown,” “When Will I Be Loved” and “Bye Bye Love.”

The Zmed Brothers skillfully cover the Everyly Brothers with their own style mixed in. Tickets are $12 in advance or $14 at the door.

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**Jack Wright sings Neil Diamond’s timeless hits at Lesher Center show**

Jack Wright will perform the songs and stories of Neil Diamond on Saturday, July 29, at 8 p.m. at the Lesher Center for the Arts in Walnut Creek.

The 90-minute performance includes Diamond’s timeless hits and fan favorites. It’s a show that captures Diamond’s poetic expressions of wide-ranging emotions and the eclectic mix of his varied musical styles.

The show goes beyond the music with the sharing of stories about Diamond’s life and explaining the deeper meanings of his sometimes complicated lyrics.

Wright is not an impersonator. He relies on his natural singing voice, which closely resembles Diamond’s, and his ability to connect his audiences with the same openness as the master entertainer himself.

Tickets are available online at www.lesherartscenter.org and by phone at 943-7469.

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Walnut Creek Concert Band summer pops concert is Tuesday at Lesher Center

The Walnut Creek Concert Band will celebrate its 30th anniversary with its annual summer pops concert on Tuesday, July 18, at 7:30 p.m. at the Lesher Center for the Arts in Walnut Creek.

The concert will feature favorites ranging from the chairman of the board, Frank Sinatra, to the march king, John Philip Sousa. There will also be a tribute to the late Carrie Fish- er, best known as Princess Leia.

The band is under the direction of Director Harvey Bernstein and Assistant Director Johnny Johnson. The band promotes the patriotic spirit of the community.

The band puts on three indoor concerts each year at the Lesher Center. It also presents ParKonsert in Walnut Creek’s Civic Park. The band also participates in civic ceremonies for Memorial Day and Veteran’s Day.

Tickets to the pops concert are $14 for seniors. Tickets are available online at www.lesherartscenter.org and by phone at 943-7469.

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**Bonnie Weiss talks about Lorenz Hart**

She will show rare videos, share anecdotes

Bonnie Weiss will discuss the musical career of song lyricist Lorenz Hart on Monday, July 17, at 11 a.m. in Peacock Hall at Gateway.

Wright will perform the songs and stories of Neil Diamond on Saturday, July 29, at 8 p.m. at the Lesher Center for the Arts in Walnut Creek.

The concert will feature favorites ranging from the chairman of the board, Frank Sinatra, to the march king, John Philip Sousa. There will also be a tribute to the late Carrie Fisher, best known as Princess Leia.

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**THEATER REVIEW**

Starlight Village Players

**Take a Fresh Look at “Oz”**

By Charles Jarrett

I t was recently re-commissioned by one of my favorite children’s stories, L. Frank Baum’s “The Wonderful Wizard of Oz,” presented by the Starlight Village Players in Orinda. This new adaptation, which runs through Aug. 12, is a wonderful fresh and different version of Baum’s original concept that is not adapted from the 1939 Metro-Golden-Mayer version that stole our hearts many years ago.

It is created by local au-
thor, Malcolm S. Cowler, who is a familiar figure on stage in the Starlight Village Players community theater productions.

Until I sat in the audience for this company’s produc-
tion, I had no idea just how much MGM had taken literary license with the original story, rewriting Baum’s work to fit its own design and pro-
duction fantasy. I have now discovered that in many ways MGM completely changed the sequence of events, the char-
acters’ appearances, added a schedule and totally created scenes that were not even in the book, making it scarier than Baum originally intended.

What I love about Cowl-

er’s musical version of the “Wizard of Oz” is his orig-

inal book more closely than any other adaptation, and Bar-

bara Streisand’s 1980 film to date. While Cowler has contributed his own delightful and fitting lyrics, Cowler and Chris Kula crafted the excel-

lent and appropriate music and arrangement.

The musical’s canvas is broad, with actors ranging between 3 years of age and 85. The cast selection is quite excellent with some of my fa-

vorite actors frequently seen in this company, such as Tom Westland as the Scarecrow, Geot-

ty Chappell as Uncle Henry and the Wizard of Oz, along with Bill Chessman as the Tin Man and Audrey Tu.

Susie Chappell plays the Witch of the North, Dan Phillips plays the King Crow and Monica Bonning-

ton comes alive as Glinda, the good Witch of the South. Also new is Brenda Ng, who is alive and vibrant as a se-
ral roles throughout. In ad-

dition, the mouse queen is played by Jenna Peters-Ring. And, most important and most memorable of all, is the charming Emily Joy Kessel, who steals the show as the lovable Dorthy.

Cowler’s direction is very good, and the digital RPG graphics interface work that he created worked quite well, providing a visual animated background that is familiar to our fantasy and game-playing children and kids at heart. The costumes are appropriate and the char-

acters are entertaining and well defined.

This delightful play be-
gins on Friday, July 21, and continues on Fridays and Saturdays at 8:30, with one matinee on Aug. 10, through Saturday, Aug. 12. The the-

ater is located at the Orinda Community Center, 28 Orinda Way, across the street from the Rite Aid Drug Store.

Go to their webpage at

[www.orsvp.org](http://www.orsvp.org). Call 528-

9228 or send a general email to info@orsvp.org or Jill at jill@orsvp.org, who will re-

serve the tickets. Tickets are a reasonable $18, annual dona-

tion, $10 for children and only $8 for se-


des (cash or check only).

Dress warmly or at least in layers as this is an open amphitheater that can get chilly at night when that cold wind comes down the hills into the Orinda Vil-

lage. Further, since this is an outdoor amphitheater, you might want to bring a portable folding chair or a suitable cushion, as the nat-

ural rocks can get hard. The company does provide cushions, but I just prefer my personal ones.

This musical is absolute fun for old and young alike!

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**KELLY BRANDENBURG SINGS TRIBUTE SONGS OF BARBRA STREISAND**

Kelly Brandenburg will perform “My Favorite Strei-

sland – A Tribute to the Songs and Career of Barbra Strei-

sand” on Thursday, July 20, at 7 p.m. in the Table Room at the Event Center.

Brandenburg received BroadwayWorld's Best Solo Performance in a cabaret tribute for this program.

She is currently perform-
ing regular cabaret perform-
cast member of San Francis-

cio’s long-running hit revue Steve Silver’s “Beach Blan-

ket Babylon,” and is known to Bay Area audiences from co-starring roles in the pop-


cabaret revues “The World of Webber” and “The Broadway Divas.”

Other shows she has starred in local and throughout the country including “Oliver,” “Catch Me If You Can,” “Jekyll & Hyde” and “The Wizard of Oz.”

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**ROSMOOR OPERA CLUB PRESENTS GREAT VOICES COURSE TAUGHT BY DIANE MAUCH JULY 28 - AUG. 25**

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**Sign up for smart phones, tablets class**

Elizabeth Knefel, a Rossmoor resident and former tech journalist and college professor, will be teaching a class on navigating smart phones and tablets on Monday, July 24, from 10 to 11 a.m. in the Fairway Room at Creekside.

The seminar will cover basics, hardware vs. software, Wi-Fi, 4G, iCloud, email, Internet and Apps.

Class size is limited to the first 40 signups. Smart phones and tablets can be powerful tools that go beyond just calling. It can be confusing to navigate smart phones and tablets with today’s continuously advancing technology.

To sign up for the class, call Elena Ybarra at 988-7703. Bring smart phone or tablet to class.
The drama association of Rossmoor offers a six-week acting and directing class starting in August: A Team: Scene Study for Actors and Directors. The class will meet on Mondays, from 9 a.m. to noon, in the Performing Arts Studio at Hilltop Elementary School. It's a "start where you are" acting and directing opportunity for actors and directors, seasoned or new to the craft. In large groups, students will work to develop an ensemble and acting skills that enhance both the actor’s and director's work. For information, call HAOR 995-8316, or by email at conradmontell@gmail.com.

Garden Club honors the tomato at festival
Gourmet cooking, silent auction and more

The Rossmoor Garden Club will hold its seventh annual fundraising Tomato Festival on Saturday, Aug. 26. All residents and guests are welcome to attend. Garden Club members are celebrating all things tomato and garden at Sportsmen's Park. The festival will open at 2 p.m. with tomato tasting of a huge variety of tomatoes - red, yellow, blue, purple, cherry, Berlina, Early Girl, Striped German and Radiator Charlie. The club gardens are filled with juicy, flavorful tomatoes and the event offers unlimited tastings. The club has purchased canopies to provide plentiful shaded seating and all tables will be graced with colorful blooms from club flower growers.

Gourmet cooking demonstrations, with samples, will be presented by Rick Della-Mattei, chef and owner of the award-winning Cypress Restaurant. Garden Club President Carol Young, a marketing industry veteran, will offer recipes that showcase the tomato and other garden vegetables. Attendees will be offered complimentary Bloody Mary cocktails with a fresh veggie topper along with tomato-themed munchies available for enjoyment.

Garden Goodies Tent
A new addition to the event this year will be the Garden Goodies Tent. Club members will be busy leading up to the festival creating baked goods, jams, herb vinegars and more for sale. Other goodies on offer will include bags of tomatoes, local honey, potted succulents, and other garden produce. All attendees will receive a door prize ticket for the chance to win something delicious from the Garden Goodies Tent.

The silent auction will offer a range of items up for bid including gift cards, vacation rentals, fine wines, custom silver jewelry, fine ceramics, framed art and much more. Just like public television, ta- bles of auction items will be sold off one by one throughout the event and will be accepted for both auction and Garden Goodies pur- chases.

A complete barbecue dinner, catered by Englands, will be served at 5 p.m. The menu includes both smoked barbecue and grilled, turkey, chicken, potato salad, tossed salad, fruit salad, baked beans, a selection of desserts and coffee. Bottled water and soft drinks will be available throughout the event. A veg- etarian option is available throughout the event.

Advance purchase is required. Cost for the event is $35 per person and checks can be mailed/dropped to the club mailbox at Gateway, 1001 Golden Rain Rd. Make checks payable to the Rossmoor Garden Club and include the names of all attendees so name tags can be created and waiting for the day of the event.

The deadline to purchase is Friday, Aug. 19, or when sold out. All proceeds will be returned. Net proceeds from the fes- tival are plowed back into the garden infrastructure. Club members, through initiation fees, dues and this fundraiser, are helping to maintain the underground irrigation system, retaining the garden and gardens for the benefit of all attendees.

For information on the fes- tival and the Garden Club in general, send an email to rossmoorgardenclub@gmail.com.

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By Robert Moon
It's hard to imag- ine how difficult it was to be Polish Jew in the mid-20th century. But the terrifying events that continue to haunt Weinberg experienced never prevent- ed him from choosing a life in music. He was an ac- complished pianist and had written one string quartet by the age of 20 when Hitler's invasion of Poland in 1939 forced him to flee to Minsk, Russia. Two years later he met a Nazi from whom he learned the art of murder and burned his mother and sister.

In 1943, the German invasion of Russia forced Weinberg and his wife, Tashikhina, to flee to Moscow. They became close friends and Weinberg lived there for the rest of his life. Though Weinberg com- posed a string quartet and piano quintet, he was not a prolific composer. Though he has conducted literature courses at Rossmoor for 17 years, he is a $5 fee.

The teacher, Conrad Montell, is a published author who has conducted literature courses in Rossmoor. His most recent book is a collection of his best-known essays, "The Power of Poetry: A Guide for Teachers." Montell is also the author of the book "The Power of Poetry: A Guide for Teachers." He has taught literature courses at Rossmoor for 17 years. Contact him at 510-995-8316, or by email at conradmontell@gmail.com.

Lamented: Robert Moon is the au- thor of "Copland, Ger- man in America: Celebrating American Diversi- ty" and can be emailed at moon2780@comcast.net.
Tribute to the Troops at Lafayette Reservoir features Rossmoor Big Band

Join the Rotary Club of Lafayette on Saturday, July 15, from 5:30 p.m. to twilight, at the Lafayette Reservoir to show support for active military, reserves, veterans and Gold Star Families whose children have died while in service to their country.

Also in attendance will be the Blue Star Moms who work tirelessly to provide a piece of America to military who are serving overseas and who support Gold Star Families keeping the memories of their children alive.

This is a wonderful opportunity to meet members of the military, reserves, veterans and families of fallen heroes and to enjoy the outdoors and each other.

Also, meet the организорs from the Veteran’s Center who support returning veterans.

Master of Ceremonies for this unique concert is Lafayette Police Chief, U.S. Army veteran and fellow Lafayette Rotarian, Eric Christensen. Attendees will pay special tribute to Gold Star Families and Blue Star Moms. In attendance will be Blue Star Moms, Chapter 101, Danville, and Contra Costa Blue Star Moms, Chapter 20, Concord.

This event at the beautiful Lafayette Rotary stage and picnic area overlooking the lake includes:

The Big Band of Rossmoor; special guests – Midnight Flyer (Eagles tribute band – acoustic set); program honoring active duty troops, reserves and veterans; Mobile Vet Center with onsite counseling on veteran benefits, healthcare, finances, education and housing; Rides 4 Veterans; VFW; American Legion; Rock March Team; Marines Memorial Club of San Francisco; San Francisco Fleet Week; Team Red, White & Blue; and Vietnam Veterans of Diablo Valley.

The 32-piece Big Band of Rossmoor, presented by Generations in Jazz, was first established over 25 years ago and is comprised of musicians ages 14 to 93. Its goal is to build community by providing educational and performance opportunities for all ages.

Midnight Flyer is a tribute band reprising the legendary Eagles. They provide great harmonies, musicianship and dead-on vocals of Glenn Frey and Don Henley.

Bring a blanket, lawn chairs and a picnic. Lafayette Reservoir is located west of downtown Lafayette. Golf cart shuttles will be available from the main parking lot up to the Rotary Stage.

For more information, visit www.rotarylafayette.org.

Learn about Jane Austen at Live! from Library event

The life, works and fame of universally beloved author Jane Austen will be revisited in a presentation by Mills College professor Dr. Kirsten T. Saxton.

She will speak on Wednesday, July 19, from 7 to 8:30 p.m. in the Oak View Room at the Walnut Creek Library, 1644 N. Broadway.

Sponsored by the Walnut Creek Library Foundation, this Live! from the Library event is free and open to the public.

This year marks the 200th anniversary of the death of Austen. The occasion has prompted a series of exhibitions, talks and performances around the world celebrating her novels.

At the Walnut Creek Library Foundation commemoration, Saxton will examine how Austen has been imagined 200 years since her death, how and why Austen’s work captures our imaginations and why her books continue to inspire both scholarly and popular attention.

Austen’s novels include the classics “Pride and Prejudice,” “Emma,” “Mansfield Park” and “Sense and Sensibility.”

Reservations are encouraged and can be made online at www.wclibrary.org/live or by phone at 935-5395.

An award winning professor and scholar, Saxton directs the master’s program in literature at Mills.

She publishes on 18th century literature and culture, women writers (including Jane Austen), crime fiction and the history of the novel.

For information about this and other Walnut Creek Library Foundation programs, visit www.WCLibrary.org, or call 935-5395.

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Photography Club invites residents to program on how to take, edit photos

Award-winning photographer John Mentil will present a program about how to take an outstanding photo along with the editing that follows the shoot.

The presentation is on Wednesday, July 26, at 7 p.m. in the Club Room at Creekside. His presentation will be divided between the process he uses in shooting a picture and the series of steps he uses in editing an image, thereby producing an award-winning photograph.

Mentil will cover location, subject, light, the right time of day to shoot and composition, among other things. He will also take the mystery out of the proper use of the camera, tripod, lens, aperture, speed and filters. The program is sponsored by the Rossmoor Photography Club.

Mentil has won awards from the Rossmoor club as well as from N4C, the mother club of the 16 Bay Area camera clubs. He joined the Photography Club in May 2014 and serves on the club’s board of directors. He is a retired CEO of an engineering company.

Mentil subscribes to blogs and online classes to stay current. To view his work online, see 500px.com/jmentil.

The club welcomes those who have an interest in learning about their camera and how satisfying it is to take a good picture. No matter if you shoot with a phone, tablet or DSLR, you’re welcome to join. New photographers with entry-level skills are especially encouraged to join. For membership information, call Rob Gendreau at 510-697-6069 or email rob.gendreau@gmail.com.

Residents put on program of Hawaiian song and dance

The Hawaii State Club’s hula dance troupe, Na Kupuna o Kealoha, led by teacher Lea Hadlich, has been working with the local men’s quartet, the What four?, led by Roger Hadlich.

They will present a series of traditional hula dances, most of which will be accompanied by ukulele and the men’s voices. The group will perform to some of the more popular Hawaiian songs, for example, “Lovely Hula Hands,” “Beyond the Reef,” “Little Grass Shack” and “Blue Hawaii.”

The program is scheduled at several Walnut Creek venues, and will be available for any Rossmoor clubs having Hawaii-themed parties during the summer.

For information, call Roger Hadlich at 946-2892.
David Wilcox, Drama Association present his new short play

As part of the Drama Association’s “Your 2 Cents” series, David Wilcox’s new play “The Road Less Traveled By” will be performed as a developmental reading on Tuesday, Aug. 1, from 10 a.m. to noon in Las Trampas Room at Hillside. Admission is free.

“Your 2 Cents” features plays read aloud by veteran Drama Association of Rossmoor (DAOR) actors who have adhered to a deliberately shortened rehearsal schedule. Audiences are thus encouraged to focus on the spoken word.

After the presentation, the audience is invited to provide comments on a survey form about their impressions of the play’s characters, plot, motivations and theatrical impact. These valuable contributions help the playwright further polish and refine the play.

“The Road Less Traveled By” is a melodramatic action-adventure set in the remote Middle Eastern country of Turkmenistan, reflecting issues occupying today’s international headlines.

American neurosurgeon Dr. Ross Armstrong is invited to the land-locked desert country of Turkmenistan to demonstrate brain surgery techniques. But once there, he is caught up in an intrigue of secrets and lies that endanger his very life. The play’s title is taken from Robert Frost’s poem “The Road Not Taken,” wherein the poet bemoans a life-changing decision he has made.

Playing various roles are DAOR actors Daniel Hoppe, Stu Klotner, Kevin O’Byrne, Jean Wilcox and Tim Wise. Duke Robinson will read staging directions. Wilcox directs the presentation.

Wilcox didn’t start writing seriously until his retirement in 1998 when his short stories and poetry were published. But his love of theater prompted him to start writing plays. He has written for the stage “Latent Image” (a finalist in the 2014 Eugene O’Neil Foundation Competition) which was produced as a staged reading by Lafayet-ette’s Town Hall Theatre in 2015. His “The Real Inspector Hound Kisses the Spider Woman” took first prize at the Chameleon Theatre in Minneapolis.

Other plays have been featured at festivals and community theaters locally, in the Midwest and in New York. “The Code,” one of Wilcox’s 10-minute plays, won first prize in the Gun Play Competition at the University of Illinois. And his one-act play “Getting It Off in Ought Eight” was selected for the 2009 Marin Fringe Festival and again in the 2013 Between-Us One-Act Festival in New York.

For information, contact Wilcox at jdwilcox3@comcast.net.

Shadelands Museum holds barn sale of collectibles

The Walnut Creek Historical Society barn sale at Shadelands Ranch Museum will be on Sunday, July 23, from 9 a.m. to 2 p.m. The museum is located at 2609 Ygnacio Valley Road, Walnut Creek.

The closets, barn, attic and basement have all been cleaned out. The museum is selling antiques and collectibles including vintage clothing (1888-1940), Victorian ribbons and trims and beautiful linens and china.

Among the furniture for sale is a chair that converts to a stool and a Victrola housed in a sideboard. There are books of all kinds and myriad miscellaneous items too numerous to mention.

There will be two appraisers from Michaans Auction House on site to appraise the treasures, $10 per item, three for $25. To avoid waiting in line, call the museum at 935-7871 to reserve a time slot. The barn sale will not be held again for several years.

Poetry Circle has meeting

The Rossmoor Poetry Circle will meet Monday, Aug. 1, at 3 p.m. in the Ivy Room of Dollar Clubhouse. Bring 15 copies of a poem by you or someone else.

The Poetry Circle exists to support and encourage the writing and reading of poetry.

For information, contact Marc Hofstadter at 934-8194 or at mhofstad@comcast.net.
Rossmoor Opera Club seeks new president

The Opera Club of Rossmoor is looking for a new president. Since 2008, Diane Mauch has served as president of the board. Under her leadership, the club has featured vocal artists, conductors, coaches, authors, lecturers and arts management personnel. The club is seeking a committed opera lover to take over the helm of the club.

Bruce Kaufman has joined the board as treasurer. He is a longtime opera enthusiast with strong associations with area companies. Barry Crawford who filled this position has recently decided to step down and enjoy the art he loves.

Publicist Steve Lowe, a frequent teacher/lecturer and program note writer, will leave the board, though he will remain an active member of the club. To find out more about this position, call him at 300-3296 or email him at stevelowesmnn.com.

Ideally, new board members will volunteer before Mauch and Lowe vacate their positions. This will enable newcomers to learn their roles from the current board members.

The only prerequisite for all positions on the board is a passion for opera and other vocal music. No training in music, journalism or accounting is required.

The Opera Club is a member of the Performing Guild of Rossmoor (PAGR). More information may be obtained by contacting Diane Mauch at Mauch at 988-9898 or by email at dianemauch@gmail.com.

There is a blueprint of procedures for all positions on the board. The club has formed close relationships with artists, promoters and performing arts organizations – all of which will remain in place.

The president will work with many dedicated people in sustaining the educational and artistic mandate that has inspired the Opera Club, its board and members in enriching the lives of Rossmoor residents and their neighbors throughout the region.

Mauch will remain on the board in an advisory capacity.

To learn more about the role of the president, contact Mauch at 988-9898 or by email at dianemauch@gmail.com.
Support Diablo Symphony Guild of Rossmoor at its annual fundraiser on Sunday, July 30, starting at noon on the patio area at Dollar.

Guests are welcome to attend these casual walks, which are only canceled in the event of rain or heavy fog.

These guided bird walks have been a popular activity for Rossmoor birders for over 20 years. A typical walk is conducted along the level cart paths of the Creekside golf course (which is normally open for walking on Mondays).

An average outing, birders can expect to see approximately 20 different species during the 1½- to two-hour walk. Recent walks have featured sightings of killdeer, chickadees, robins and titmice.

A complete record of the club’s past documented bird sightings (including dates and locations) can be found on RNA’s website at http://www.jardine-electronics.com/rna/rnahome.html.

For information about RNA and its activities, contact Brian Murphy at 937-8835 or murphybrian234@gmail.com.

Dogs are not allowed in any of Rossmoor’s clubhouses unless they are trained special-needs pets, such as guide dogs.

Dee and I welcome every possibility that knocks on our door. We know that the outcome could either be good or bad, but we choose to dwell on the positive, and that is what matters the most. At Care Indeed, we receive blessings everyday. Blessings could be people who visit or work here, or challenges that help us grow.

I used to live with fear of failure, and I was so concerned with looking good on the outside. This was the kind of life I had for years. I lived a life with emphasis on what people thought of me: my looks, my accent, and my past. I lived with self-doubt, but that has changed.

Care Indeed is on its 7th year. Dee and I recognize that we will never be perfect, but we can assure you that we strive to be better every day. We are excited to share more possibilities with all of you. Care Indeed continues to thrive not because we are the best, but because we strive to improve and remain true to everything we do and say. It is possible to go through life feeling genuine happiness, this I’ve learned.

Thank you for being with us on our journey. Thank you for giving us an opportunity to maintain our connection with you, deliver on our promise, and build loyalty and trust. We can’t wait to celebrate our 8th year with you all.

Sincerely,

[Signature]

Dee Bustos, LVN
CEO
deeb@careindeed.com
(925) 402-4411

Vanessa Valerio, RN, CMC
COO and VP for Patient Care
vanessa@careindeed.com
(925) 317-9840
Ceramic Arts Club has glazing classes

The Ceramic Arts Club (CAC) offers two classes on glazing techniques in July. A basic glazing class, focusing on brushing and dipping, will be held Wednesday, July 19, from 9 a.m. to noon. A second class on spray glazing will be held on Friday, July 21, also from 9 a.m. to noon.

These classes are open to all members of CAC. Members are asked to sign up in advance on the lists on the white board near the display windows in the Ceramics Studio. A deposit check for $10 (for each class) to hold a place should be placed in the wooden box right below. When participants come to the workshop, their deposit will be refunded. (If someone does not show up, however, it will be forfeited.)

Grandkids’ Days

CAC will host its annual Grandkids’ Days on two Wednesdays, July 26 and Aug. 9, from 1 to 4 p.m. each day. Members of the club are invited to bring their grandchildren for a time of creative energy and fun. Grandparents must accompany the children and are also responsible for the clay, tools, inspiration and cleanup. Grandkids and grandparents may attend one or both sessions. Coming to both sessions is recommended, however, since on the first day the children will create things with clay, then there is time to have them bisque-fired before they return for the second day. That way the artists can decorate their projects on the second day and leave them in the studio, all ready to be high-fired.

Treats will be provided for all young aspiring artists. There is no charge for CAC members to participate; however, attendance is limited to 20 children. Sign up in advance on the list posted on the front desk of the Ceramics Studio.

Show and tell

CAC holds its informal show-and-tell meeting on Friday, July 28, from 11 a.m. to 12:30 p.m. All members are welcome and encouraged to ask questions or bring one or two pieces of their recent work to show and discuss with the group.

Contact Anne Shulenberger at 954-1429 for more information.

Get knives sharpened in Wood Shop

The popular knife sharpening service offered by Rossmoor’s Woodshop craftsmen will again be available. It will be on Fridays, July 14 and 28, in the shop at Gateway. The cost is about half of what such sharpening costs elsewhere. There have been many satisfied customers. For convenience, knives and other items in need of sharpening (for example, scissors) may be dropped off those days and picked up later when the shop is open.

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Sewing Arts Club meets, bring show and tell item

The Rossmoor Sewing Arts Club will have a short business meeting on Tuesday, July 25, at 10:15 a.m. in the Fairway Room at Creekside. This is the umbrella club that sponsors the Needle Workers, the Knitters, the Stitchers, the Quilters, the Origami Crafters and those who sew independently. In addition, the club provides supervisors in the Sewing Studio to orient members to the machines and assist them with independent sewing projects.

At this meeting, members will be asked to make a decision about the location for 2018 meetings. Information about open positions for 2018 and the nominating committee will also be provided.

Members are encouraged to bring “show and tell” items to display and discuss at the meeting.

For information about the Rossmoor Sewing Arts Club, contact Dorothy Legocki, vice president, at 954-1841 or Joan Greland, secretary, at 947-2924.

The Rossmoor Sewing Arts Club has glazing classes

John Hopper offers watercolor classes

John Hopper first day of class.


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Sewing Arts Club meets, bring show and tell item

The Rossmoor Sewing Arts Club will have a short business meeting on Tuesday, July 25, at 10:15 a.m. in the Fairway Room at Creekside. This is the umbrella club that sponsors the Needle Workers, the Knitters, the Stitchers, the Quilters, the Origami Crafters and those who sew independently. In addition, the club provides supervisors in the Sewing Studio to orient members to the machines and assist them with independent sewing projects.

At this meeting, members will be asked to make a decision about the location for 2018 meetings. Information about open positions for 2018 and the nominating committee will also be provided.

Members are encouraged to bring “show and tell” items to display and discuss at the meeting.

For information about the Rossmoor Sewing Arts Club, contact Dorothy Legocki, vice president, at 954-1841 or Joan Greland, secretary, at 947-2924.
Mutual 48 holds roundup

Mutual 48 (Entries 19 and 20 at the top of Ptarmigan Drive) will hold a summer roundup party on Saturday, July 22, from 5 to 8 p.m. in Dollar Clubhouse. Happy hour will be from 5 to 6 with a buffet dinner beginning at 6 or so, all including a full bar.

The event will be catered by Back Forty Texas Barbecue. The menu will feature three meats – pork ribs, smoked beef brisket and barbecue chicken. In addition, there will be tossed green salad, fruit salad, barbecue beans, mini corncob and ranch rolls. The meal will be topped off with assorted cookies.

The price per person is $30. Reservations and checks (payable to Mutual 48) need to be sent to Diana Mosher, 3250 Ptarmigan Drive 1A, by Friday, July 14. For information, residents should contact her at 510-708-7290.

Prime Time Couples plan July dinner

The Prime Time Couples Dinner Club will have its next dinner on Tuesday, July 18, at Dollar.

There will be a social hour from 5:30 to 6:30 p.m. on a bring your own beverage basis. Members and guests will be served a variety of hors d’oeuvres. Dinner, by Simple Elegance Catering, is served at 6:30.

Dinner will include Caesar salad, smoked barbecue chicken legs, garlic mashed potatoes, corn off the cob and New York style cheesecake with raspberry sauce. A vegetarian option is available on request. Wine, coffee and tea will also be served with the meal.

The cost is $20 per couple for members and $25 per couple for nonmembers.

Reservation checks can be dropped off at the club’s mailbox at Gateway. Or, they may be mailed or delivered to club Treasurer Tom Meszet at 2132 Golden Rain Road No. 1, Entry 13. Reservations must be received by Thursday, July 13. Late phone reservations are sometimes possible. Call Meszet at 930-2132 for information.

Seating, as usual, will be determined by a random drawing to mix couples and promote maximum acquaintance.

The Prime Time Couples Dinner Club is a social club for couples that meets the third Tuesday of every month for a catered dinner and conversation, followed by humor and trivia. Bring your favorite joke to share.

For information, call club Vice President Wanda King at 510-955-0970 to ask about availability.

On Thursdays when Singles Salon is not dining out, its members and guests get together for happy hours called YITs (for “Yeah It’s Thursday”). Call Marlene Eastman at 472-0907 or Bill Race at 459-0960 for more information about YITs. Call Bill Race at 459-0960.

Singles Salon also holds catered Dollar Dinners at Dollar Clubhouse and smaller Dining In Events at members’ homes, both on a bimonthly basis.

The next Dollar Dinner will be on Sunday, Aug. 20. Reservations are required. Non-members will be invited to attend Dollar Dinner when space is available.

Dining In Events allow members to get to know one another better in a private setting, but are limited to members who agree to take their turn either hosting a dinner at their home or helping to plan and cook in another member’s home.

Singles Salon also holds get-togethers for “Escapes,” usually involving musical or other activities outside or within Rossmoor. The next Escape will be on Saturday, July 15, when some members and friends will attend a barbecue and music event at Viano Winery in Martinez.

For more information about Singles Salon and its membership policies, contact Membership Chair Diane Williams at 933-9077.

Financial Forum hosts financial advisor

The Financial Forum welcomes guest speaker Megan Thompson from Merrill Lynch, Fenner and Smith on Tuesday, July 25, at 3 p.m. in the Fireside Room at Gateway.

She will talk on “Longevity: Retirement: income, risks and next generation, how to navigate today’s landscape with a clear lens.”

Thompson is a senior financial advisor and assistant vice president with Merrill Lynch Private Client Group and is based in Walnut Creek.

She studied resource management with two minors, business and economics, at Ohio State University. She has been a financial advisor since 2006, first with Morgan Stanley Smith Barney, and with Merrill Lynch since 2012.

She specializes in retirement planning, wealth management, investment analysis, estate planning and consulting for 401K plans.

Thompson currently resides in Oakland. She enjoys skiing, biking, running, sailing and bike riding.

This event is free to members of Financial Forum.

Singles Salon dines at Casa Orinda

Singles Salon, a Rossmoor social club for single men and women, will hold one of its bimonthly Dining Out Events tomorrow, July 13, at 6 p.m., at Casa Orinda (Bryant Way, across from the Orinda Theater).

For $30, attendees will have their choice of Casa Orinda’s famous fried chicken, capon picatta, or top sirloin steak, plus salad and dessert. Carpoools to and from the restaurant will form at 5:30 p.m. in the Gateway parking lot.

It is too late for firm reservations, but there may still be room for a few members and maybe even guests. Call Marlene Eastman at 472-0907 to ask about availability.

On Thursdays when Singles Salon is not dining out, its members and guests get together for happy hours called YITs (for “Yeah It’s Thursday”) at 4:45 p.m. at local restaurants.

The next two YITs will be on Thursday, July 20, at Vic Stewarts on South Broadway in Walnut Creek and on Thursday, July 27, at the Bistro in the Lafayette Park Hotel on Mt. Diablo Boulevard in Lafayette. Nonmembers are welcome to attend a few YITs without invitation to learn more about the club, its members and its membership policies.

LOVING LIFE AT TIFFANY COURT

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

Tic Tac Day

By the late Martin “Mike” Portnoff

Dawn’s first rays creeping from the East catch edges of lightly lit rows, strictly ruled, fundamentally straight.

Green’s razored pungency stings July. Hard to tell where spraying leaves off and growing begins. Heat, bloated heat, stretches hours like a balloon at the bursting point.

Freckle-faced, a towhead with two pigtails, she’s a bunch of years short of tractor driving. Hand-me-down work shirt drapes both knees.

She grabs a stick from the wood pile, drag two perfect vertical lines in the dirt, then two more horizontal.

An X scratched in the center square is followed by an O, then another X, another O, another X—it’s a draw. She scrapes the dirt, starts over...scrapes the dirt, starts over...scrapes the dirt...
Ladies Who Lunch head to Cooperage

The Ladies Who Lunch group of the 30s/40s/50s Couples Club, which meets monthly, will dine at the Cooperage American Grill on Wednesday, July 19.

Located at 32 Lafayette Circle in Lafayette, this restaurant features American favorites using the freshest of local and seasonal ingredients. New club members as well as established members are invited to dine and visit together.

The group will meet at 11:30 a.m. in the far corner of Gateway parking lot to form carpools to the restaurant.

Soft drinks and bottled water will be provided. Bring any other beverages desired to be enjoyed tableside. Ice buckets will be available to chill wine, beer and other beverages. Advance purchase is required. Admission is $22 for members and $25 for guests. Reservations are required, along with the names of all attendees, may be made to Boomers Forever, 1001 Golden Rain Road or left in the club mailbox at Gateway.

At the conclusion of the meeting, members and guests are invited to attend the optional, no host lunch with the speaker.

For information on how to join, contact Barrie Christian, membership chairwoman, at 935-3751 or barriedelta304@bellsouth.net.

Genealogical Society to learn about WPA records

The Mt. Diablo Genealogical Society will meet on Friday, July 21, at 10 a.m. in the Club Room at Creekside. The speaker will be Gena Philibert-Ortega who will discuss using Works Progress Administration (WPA) records and WPA images in research.

Philibert-Ortega was a researcher for the first season of the “Genealogy Roadshow” on PBS. She has authored hundreds of articles published in genealogy newsletters, including Family Tree Magazine, Internet Genealogy, GenWeekly and the World VitalRecords Newsletter.

She is the editor of the Utah Genealogical Association’s journal, Crossroads, and is the past president of the Southern California Chapter of the Association of Professional Genealogists. She has spoken to groups throughout the United States and virtually to audiences worldwide.

At the conclusion of the meeting, members and guests are invited to attend the optional, no host lunch with the speaker in the Creekside Grill.

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Good grub
And just the right amount of it.

The TGF Club presents “Americana” on Friday, July 21, at the Event Center, with the Bob Gutierrez Band providing musical entertainment for listening and dancing.

Cocktail hour starts at 6 p.m. with a variety of appetizers to be served by Creekside Grill.

Dinner at 7 p.m. features lemon pepper salmon with creamy pesto risotto served with vegetables. The menu includes a Waterloo grape salad and dessert is apple pie. A vegetarian option is offered.

Red and white wine and decaffeinated coffee and tea will be available. Party-goers are welcome to bring their own wine.

The cost of the event is $35 for members and $40 for guests. Members are encouraged to bring guests; guest names should be included with the reservation check.

Reservations are now being accepted. Reservation checks, payable to TGIF Club, should be mailed to Sally Kennedy, 1114 Skycrest Drive No. 3, Lafayette 94549. Reservations fill up quickly so members are advised to send in payment early. Reservations will be filled in the order received. Those who want to sit together must attach a note.

The Mt. Diablo Genealogical Society meets the third Friday of the month at 10 a.m. in the Club Room. Visitors and guests are always welcome. Information is available at the society’s website at mdgs.webs.com and its Facebook page.
ITALIANS HEAD TO RED HAWK CASINO

The Italian-American Club is sponsoring a bus trip to Red Hawk Casino in Placerville on Thursday, Aug. 17. The bus will depart Gate- way parking lot at 9 a.m., arriving at the casino about 11 a.m.

Fun activities are planned for the bus ride. The bus will depart Placerville for Rossmoor at 3 p.m., arriving at Gateway at approximately 5 p.m. All attendees must have a valid government photo ID.

The casino has 2,000 slot machines, 75 ta-
ble games and six restaurants. Each person will receive $10 free slot play and a $5 food credit. With new signup, seniors 55 and over can earn 100 points, swipe their card at the kiosk and get an additional $5 free play and $5 food coupon.

The cost is $25 per person. Send reservations checks, payable to the Italian-American Club, to Rita Curri
van, 3304 Rossmoor Parkway No. 2, by Monday, July 24.

For information, contact Curri
van at 322-8666 or RitaCurri
van@ItalianAmericanClub.org.

TRAVEL CLUB TOPIC IS TRAVEL INSURANCE

The Rossmoor Travel Club offers an event for Rossmoor and others on Tuesday, July 18, from 3 to 5 p.m. in the Fairway Room at Creekside.

Brian Hughbanks from the Travel Insurance Center in Omaha, Neb, will talk about buying travel insurance.

He will speak to questions, such as:

• What are travelers purchasing when they purchase travel insurance?
• What is the difference, if any, between can-
cancellation insurance and trip interruption?

30s/40s/50s COUPLES CLUB TO LEARN ABOUT PEACE CORPS FROM FORMER MEMBERS

The 30s/40s/50s Couples Club Speaker Sa-
lon is on Sunday, July 16, at 1:30 p.m. in the Club Room at Creekside.

Stanley and Janet Male
ski will share their experiences as post-retirement international volunteers. Following their presentation, there will be time to answer any audience questions.

Stanley, former assistant superintendent of business services at the Dublin Unified School District, and Janet, a retired clinical microbiologist at UC San Francisco Medical Center, shared their skills to promote, on a personal level, international development.

Their volunteer adventures took them to sev-
eral remote areas of the world including Central Asia and Cambodia as well as four countries in Africa. In April, they returned from almost two months working on a project in Myanmar. The Speaker Salon offers programs for club members, by club members, for their enjoyment and enrichment. Those interested in presenting a topic may call Sharon Garel at 279-4304.

VOICES FOR JUSTICE PRESENT BOOK READING

Voices for Justice in Pales-
tine presents a book reading of "A Passion for Learning: The Life Journey of Khalil Totah, a Palestinian Quaker Educa-
tor and Activist" by Joy Totah Hilden on Tuesday, Aug. 1, at 5 p.m. in the Fireside Room at Gateway.

The reading will be present-
ed by Hilden, who will read from and talk about her biog-
raphy of her father.

Totah’s life spanned the late Ottoman Empire, the British Mandate in Palestine, and the founding of Israel. His passion for learning took him far from his birthplace in Ramallah, Palestine, to the United States, from the late 19th century to his death in 1955.

His books reveal his ideas and insights about the trajec-
ory of events in the Middle East. Many of his predictions are playing out now.

He spoke of the lack of uni-
ty among Arab countries and the damage that resulted. In his final book, published post-
humously in 1955, he wrote of the dangers caused by co-
lonialism lying in wait, now exploding throughout the Arab world.

All are welcome to this event. For information, con-
tact Mary Lrett at 464-7653 or Mahmoud Oghadi at 289-7020.

APPLE USERS GROUP WON’T MEET THIS MONDAY

The Apple User Group of Rossmoor (AUGR) is available to help Mac users during the year with computer-related discus-
sions on varied topics, called focus sessions.

It’s easy to join. Email jim_russ20@comcast.net, and include address and phone number in the body of the letter. Weekly emails of coming events will be sent to any new applicant.

The group meets on the first and third Mondays of the month at 10 a.m. in the Vista Room at Hillside, except in the month of August. On Monday, July 17, there will be no meet-
ing due to renovation of the Vista Room.

Users of Apple products can get assistance in the Computer Room at Gateway every Wednesday morning from 10 a.m. to noon.

The annual Film Fed jointly sponsored by Diablo Valley Mac User Group (DVMUG) and AUGR will be held on Tues-

The group will review and build on their June lessons.

New students who know some of the basics of these dances are welcome in any class.

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

Enright is a well-known Bay Area ballroom dance teacher. For more information, contact Enright at 284-1003 or gailen-
right@comcast.net.

BALLROOM CLASSES OFFERED

Gail Enright offers Wednesday ballroom dance lessons for beginning and advanced continuing students on Wednesdays, July 19 and 26, in the Diablo Room at Hillside. Note that there will be no classes on July 5 and 12.

The instructor for beginner classes for beginning students start at 2 p.m. Learn both East Coast swing and waltz. Classes for continuing students begin at 3 p.m., focusing on West Coast swing and waltz.

Both groups will review and build on their June lessons.

New students who know some of the basics of these dances are welcome in any class.

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

Enright is a well-known Bay Area ballroom dance teacher. For more information, contact Enright at 284-1003 or gailen-
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The cost is $25 per person. Send reservations checks, payable to the Italian-American Club, to Rita Curri-
van, 3304 Rossmoor Parkway No. 2, by Monday, July 24.

For information, contact Curri-
van at 322-8666 or RitaCurri-
van@ItalianAmericanClub.org.
I found Williams’ exploration of the class divide and its consequences for wellbeing when she re-veals unexpected population data and other statistical research in contrast to her bolder generalizations. For example, she quotes Nate Silver in his 2016 article “The Mythology of Donald Trump’s Working Class Support” where he reports that “his (Trump’s) vot-ers are better off economically compared with most Americans.” (The median income of Trump primary voters was $72,000, well above the national median of $56,000).

Williams emphasizes that class is not just about in- come but is defined by tradi-tions, behaviors, values and ways of life, what she refers to as “folkways.” To better understand the white working class, Williams uses her research to highlight this values difference between the white working class and the elites is Hillary Clinton’s re-garded goal of breaking the “glass ceiling.” For privileged, professional women, Clinton’s dream was one they could passionately relate to; learning that the glass ceiling was more shatter- ing than many of us thought was stunning and unexpected. Gender and gender-equality means something very different in the working-class context, for both men and women. “Many working class women have the same kinds of pink-collar jobs their mothers did,” Williams found out in her research. Why should the working class care about shattering the glass ceiling when their family is in precarious economic shape?

Another of Williams’ findings in the arena of gen- der equality surprised me. She reports that when it comes to gender roles, elite men tend to talk the talk, but don’t walk the walk. Working-class men on the other hand, walk the walk but don’t talk the talk, expos-ing less egalitarian gender behavior, yet spend-ing more time caring for their children. She cites a study demonstrating that emergency medical techni-cians were far more involved in family life than were white-collar physicians.

Williams’ final chapter is titled: “Why are Demo-crats Worse at Connecting with the White Working Class than Republicans?” The turning point in this divisive culture gap between the working class and the elites can be traced back to a shift in the liberal-coalition that had begun with the New Deal. That liberal-coalition, anchored by blue-collar workers, white southerners, and African-Americans, led to the Democrats winning the presidency seven out of ten-times between 1932 and 1968.

After the civil rights legislation in the late 1960s and early 1970s, Democrats and white southerners parted ways and Democrats, according to New York Times columnist, Thomas Edsall, split into two fac-tions: “downscale” Democrats (minorities, union members, public employees, the poor) and “upscale” Democrats – the “bluebloods” refer to them. Although this well-educated relatively affluent progressive elite forms a minority (40 percent) of the Democratic voters, Edsall, “it is this activist stratum that sets the agenda for the Democratic Party today.”

Williams’ take home message is that the hidden class-clueless metaphor Williams uses to explain the injuries of class…have become visible in politics so that we need “to begin the process of healing the rift be-tween white elites and white workers so that class conflict no longer dominates and distorts our politics.” We need to begin now.”

Dale Ann Westbrook can be emailed at dale.westb-rook@gmail.com
Saturday’s movie is ‘The Black Stallion’

The 1979 drama ‘The Black Stallion,’ starring Mickey Rooney and Hoyt Axton, will be shown in Peacock Hall at Gateway on Saturday, July 15, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions.

This film is an adaptation of Walter Farley’s classic children’s novel in which an American boy is rescued after a shipwreck off the coast of North Africa by a seemingly untamable wild horse. The movie is one hour and 56 minutes long. The dialogue and the cast are understood by the narrator. The story has a happy ending.

Romantic comedy ‘What Women Want’ shown by Chinese-American Club

The Chinese-American Association of Rossmoor will show “What Women Want” on Wednesday, July 19, at 7 p.m. in Peacock Hall at Gateway. The 2000 romantic comedy is similar to a 2000 biopic profile of company founder Ray Kroc, whose cunning instincts turned McDonald’s into a golden brand.

This film is one hour and 55 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

Shakespeare Society shows ‘Henry VI’

The Rossmoor Shakespeare Society, continuing with its series of Shakespeare history plays, will screen “Henry VI” on Tuesday, July 25, at 7 p.m. in Peacock Hall at Gateway. The story has a happy ending.

This film is one hour and 43 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

‘Moon over Parador’ is Recreation’s Sunday Funnies

The 1988 comedy “Moon Over Parador,” starring Richard Dreyfuss and Sonia Braga, will be shown in Peacock Hall at Gateway on Sunday, July 16, at 4 and 7 p.m. The showings at 4 and 7 p.m. will feature language captions.

While toiling on a film in the tiny Caribbean country of Parador, Broadway actor Jack Noah (Dreyfuss) is offered a role he can’t turn down: impersonating the nation’s deceased dictator, to whom he bears an uncanny resemblance. The film is one hour and 43 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

Sustainable Rossmoor and Vegan Club show ‘The Garden’ documentary

Rising from the ashes of the Rodney King riots in 1992, a garden was to appear on the very souls of the gardeners, and the cinema- tography is so exquisite viewers can just o taste the fruit and smell the flowers. The 80-minute-long film was nominated for an Academy Award for Best Documentary of 2008. It has won more than a dozen internation al awards. All Rossmoor residents and their guests are invited. A raffle will be held before the film. Also, gardeners are encouraged to bring their home-grown produce to swap.

More movies are on page 30A
SIR to hear progress on Fitness Center

Rossmore Sons in Retirement (SIR Branch 81) will meet on Tuesday, Aug. 1, in the Fireside Room at Gateway.

The guest presenter will be Jeffrey Matheson, Director of Recreation Services for the Golden Rain Foundation, who will speak about the progress of the Fitness Center renovation and other projects planned for remodeling or renovation.

Hired by GRF in 2010, Matheson now overviews the following departments: recreation, custodial, bus transportation, fleet maintenance, fitness and aquatics. He also oversees the planning and development of capital improvements such as the current Fitness Center renovation and Buckeye tennis courts improvement.

Prior to coming to Rossmore, Matheson worked for the City of Dixon for 10 years, first as the Community Services director, then as the Public Works director.

He has a bachelor of science and a master’s in recreation administration from Chico State University. He is married and has three boys ages 11, 14 and 17. Having grown up in the town of Mendocino, he loves the coast and small towns.

Registration for the meeting and the open bar starts at 11 a.m. Lunch is at noon followed by the guest speaker. The menu includes Caesar and potato salad, smoked chicken pieces with baked beans, watermelon slices and peach cobbler with whipped cream. The cost for the full buffet and hosted bar is $10.

All Rossmore men are welcome to attend SIR luncheons. No reservations are required.

The luncheons and guest speaker meetings provide an opportunity to maintain and enhance old friendships and make new acquaintances.

For more information, contact Walt Braun at 240-994-1410 or Dave Hefflich at 702-334-1984 for visit the website at www.sirbranch81.org.

NCJW presents scholarships to Diablo Valley College re-entry students

The Women’s Re-Entry Scholarship Program at Diablo Valley College (DVC) is for women 25 years and older who are returning to college to continue their education and complete the necessary degrees for their chosen fields. The Contra Costa Section of the National Council of Jewish Women (NCJW) has been raising funds for these scholarships for more than 20 years. The funds are raised solely through donations.

The recipients of these scholarships have a childhood battle trying to achieve their goals of self-sufficiency and financial independence through education and future careers to become productive members of society and ensure a better life for their children.

This year, NCJW presented scholarships to Priscilla Helen, Maricela Hernandez, Amy Landry, Tiffany Posey and Aikisha Reeves. The recipients attended the NCJW annual installation and scholarship awards luncheon on June 28, along with Shari Keller, the DVC scholarship coordinator.

NCJW members and attendees were impressed and deeply touched by the accounts of the women of their struggles and successes to achieve an education.

For information about NCJW, call Helen Magen at 256-6548.

How Long Will My Car Last?

I’m often asked, “Dave, I’m approaching 100,000 miles on my car, how much longer will it last?” I usually reply, “With proper care, a car can easily go 300 to 400,000 miles.” One of my customers, Loren, has a 1996 Toyota Camry with 375,000 miles on its odometer. I drive a 1995 Dodge Ram Van with 215,000 miles and it still purrs like a kitten and tows my boat easily.

I recently read in the Times about a guy that’s got a million miles on his 1990 Honda Accord. Amaz- ingly, it still has the original engine and transmission. He attributes this to following all the maintenance schedules, using good quality parts, and not driving like an idiot.

So I guess my answer now should be “a million miles.” And of course the make and model can make a big difference here. Try googling “oil sludge problems,” and you’ll see what I mean. And there is a lot to be said for “quality parts.” Mom used to tell my brother and me, “You get what you pay for.” Cheap is an expensive word when it comes to car care.

I kind of like the idea of someday driving my Van with over 400,000 miles on it. Putting my head heading to Lake Shasta. (Go doesn’t count days “Gone Fishing” as part of my life span, you know?)

“Longevity,” Dave

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Snakes come out this time of year – watch out

It’s the time of the year when the snakes come out of hibernation and move into patios, carports and walkways. There are several different kinds of snakes in the valley, including garter, gopher, King, whip and rattlesnakes.

Garter, gopher and king snakes, although intimidating, are not poisonous, and will generally not strike at people unless frightened. Whip snakes are protected, and their bite is painful. Rattlesnakes are poisonous, and can be dangerous if disturbed.

Residents who find a snake on their patio or on their deck, in the carport or on the walkway should not poke at it. Go quietly and calmly to a telephone and call for assistance.

Rattlesnakes do not have a person on staff in Mutual Operations who is trained and qualified to remove the snakes safely. From Monday through Thursday, 8 a.m. to 4 p.m., call the Service Order Desk at 988-7650. The Service Order Desk offers these reminders concerning rattlesnakes, California’s only native poisonous snakes:

- Know that rattlesnakes are not confined to rural areas. They have been found near urban areas, in rivers and lakeside parks, and at golf courses.
- Never go barefoot or wear sandals when walking through grassy areas. Wear hiking boots.
- When hiking, stick to established trails and wear over-the-ankle boots and loose-fitting long pants. Avoid tall grass, weeds and heavy underbrush where snakes may hide during the day.
- Use a walking stick when hiking in snake country for probing areas where snakes may be hiding.
- Do not step or put your hands where you cannot see, and avoid wandering around in the dark. Step on logs and rocks, never over them, and be especially careful when climbing rocks or gathering firewood. Check out stumps or logs before sitting down, and shake out sleeping bags before use.
- Never grab sticks or branches while swimming in lakes and rivers. Rattlesnakes can swim.
- Be careful when stepping over doorsteps. Snakes like to crawl along the edge of buildings where they are protected on one side.
- Never hike alone. Always have someone with you who can assist in an emergency.
- Do not handle a freshly killed snake; it can still inject venom.
- Teach children early to respect snakes and to leave them alone. Children are naturally curious and will pick up snakes.
- What happens if you’re bitten by a snake? The first thing to do if bitten or helping someone who has been bitten is to stay calm. Generally, the most serious injury to an adult is local tissue damage that needs to be treated. Children, because they are smaller, are in more danger if they are bitten.
- Older people, whose bodies are more fragile, are also at higher risk, which makes staying calm and getting aid quickly the priorities. Stay calm and get to a doctor as soon as possible. Frenetic, high-speed driving places the victim at greater risk of increased heart rate, which speeds the poison through the body. And driving while panicked can lead to an accident.
- The California Poison Control Center advises to stay calm; wash the bite area gently with soap and water; remove watches, rings, etc, which may constrict swelling; immobilize the affected area; and transport safely to the nearest medical facility.

Orange Flags – The Golden Rain Foundation has equipped many crosswalks in Rossmoor with orange flags to help pedestrians. Look for the white tubular flag around beverage container receptacles mounted on sign poles, grab a flag then proceed.

FOR ASSISTANCE REGARDING THE FOLLOWING, CALL:
- Billing inquiries and information……………………………………………………… 988-7637
- Building and minor repairs: interior/exterior……………………………………… 988-7650
- Bus information…………………………………………………………………………… 988-7670
- Dial-a-Bus……………………………………………………………………………… 988-7676
- Landscape maintenance and pest control……………………………………….. 988-7640
- Manor alterations and resales………………………………………………………… 988-7660
- Animal Control Contra Costa County………………………………………………. 335-8300

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- Landscape maintenance and pest control……………………………………….. 988-7640
- Manor alterations and resales………………………………………………………… 988-7660
- Animal Control Contra Costa County………………………………………………. 335-8300

Snakes come out this time of year – watch out

**Mutual Maintenance**

**FROM THE MUTUAL OPERATIONS DIVISION**

**FOR SERVICE, CALL 988-7650**

or send non-appointment maintenance requests to Order Desk: workorder@rossmoor.com

**July Schedule**

**LANDSCAPE ENTRY MAINTENANCE:**
- First through Fourth Mutuals: Once-a-month for routine maintenance. Shrub and ground cover trimming, weed control.

**LANDSCAPE ENTRY MAINTENANCE: INDEPENDENT MUTUALS:**
- Monday: Mutuals 28, 30, 48 and 61
- Tuesday: Mutuals 5, 8, 22, 29, 65 and 68
- Wednesday: Mutuals 5, 28, 48, 59, 61 and 68
- Thursday: Mutuals 8, 29, 48, 56, 59 and 68

**TREE MAINTENANCE:**
- Building clearance by Warner Bros. in Third Mutual Projects 40, 41, 42 and 44.
- Lawn Mowing:
  - Monday: Mutuals 29, 30, 48 and 61
  - Tuesday: Mutuals 5, 8, 22, 29, 65 and 68
  - Thursday: Mutuals 8, 29, 48, 56, 59 and 68

**Pest Control:**
- Call 988-7640 for service order.

**Exterior Lighting:**
- To report exterior walkway and carport lighting problems, call Mutual Operations at 988-7650.

**Trash and Recycling Problems:**
- 988-7640.

**For an explanation of maintenance services, call Tess Molina at 988-7637.**

**FOR ASSISTANCE REGARDING THE FOLLOWING, CALL:**
- Building and minor repairs: interior/exterior……………………………………… 988-7650
- Bus information…………………………………………………………………………… 988-7670
- Dial-a-Bus……………………………………………………………………………… 988-7676
- Landscape maintenance and pest control……………………………………….. 988-7640
- Manor alterations and resales………………………………………………………… 988-7660
- Animal Control Contra Costa County………………………………………………. 335-8300

**Fwcm = First Mutual SwcM = Second Mutual**
**TwcM = Third Mutual S 4Wcm = Fourth Mutual**
**5Wcm = Fifth Mutual**

**RECYCLE PLASTIC BAGS**

No need to throw those plastic bags in the landfill. Plastic bags and other soft film plastics can be thrown right in the curbside blue recycling cart. Just remember to “bag-the-bags” and put all inside one bag to create a “pillow.” This really helps to not jam the machines at the recycling facility and the material won’t blow away when the truck empties the cart.

Bags that can be recycled include: grocery bags, clean produce and meat bags, bread bags, dry cleaning bags, clean Ziploc-style bags, newspaper bags, plastic wrap around toilet paper and paper towels, plastic around DVDs and CDs, bubble wrap and shipping air pockets, plastic garbage/recycling liners (clean), ice bags, thick plastic around beverage container packs and six-pack beverage holders (cut before recycling).

Rossmoor
Home Service Contract

Only $200* per Year for Cooperatives
and $250* per Year for Condominiums

Income generated lowers the GRF coupon

Experienced Rossmoor staff perform all repairs

Most parts included in service

Friendly office staff are familiar with your Mutual policies

**Covered:**
- Electrical Repair
- Plumbing Repair
- Plugged Drains & Toilets
- Garbage Disposal
- Bathroom Fans
- Light Fixtures
- Table & Floor Lamps
- Air Conditioners
- Refrigerator
- Oven, Range & Hood
- Dishwasher
- Furnace

*Price as of Jan. 1, 2016

**GOLDEN RAIN HANDYMAN SERVICE**

For service or questions, call 988-7650

Email: handyman@rossmoor.com

**Three Mutual Projects**
**Seeking Employment**

**Carports & Garages Wanted**

**Room/Shared Housing**

**Business Services**

**Real Estate For Rent**

**Professional Services**

**Real Estate Wanted**

**Real Estate For Sale**

**Free Stuff**

**For Sale**

**Wanted**

**Business Opportunities**

**10 PERSONALS**

**FOR SALE**

**70 WANTED**

**BUY 1950S FURNITURE!** Danish modern, Widdicomb, Herman Miller, Knoll, Dunbar. All pieces no price. Call 510-219-9644.

**BUY 1955 FURNITURE!** Danish modern, Widdicomb, Herman Miller, Knoll, Dunbar. All pieces no price. Call 510-219-9644. Fast, courteous house calls.

**BUYING JEWELRY:** Mexican/Nava - I specialize in buying jewelry and sterling and watches. Monica at Sundance Antiques, 2323 Boule- vard C. 925-953-2920. Great prices. Ask for Monica. Received 5/36-920. Any gold or silver.

**BUY, SELL AND APPRAISE U.S. and world currency and coins. 36 year resident of Moraga will come to your home upon request. Brian German, Moraga Numismatists. 925-283-8079. FREE PCGS and NGC Dealer. 925-288-1306. ltcabli-cents.com or email kingfish454@gmail.com

**SELL YOUR ITEMS ON EBay!** I'll pick up your items and sell. Top prices realized for sterling-silver flatware, fine and costume jewelry, antique, vintage items, de- signer handbags. Julie, daughter of Rossmoor resident, eBay regis- tered, Call 925-204-4981.

**100 BUSINESS SERVICES**

**Art/Photography**

**MANICURE PEDICURE SERVICES**

**CARPET**

**CARPET CLEANING:** Fast and professional service. Same-day appointment available. Highly qualified and experienced. Low, low price. Call today 925-383-1253.

**CARPET REPAIR: PATCHING**

**CLEANING**

**BEAUTY/FASHION**

**MAKEUP**

**MANICURE/PEDICURE SERVICES**

**SAME-DAY APPOINTMENT AVAILABLE.** Highly qualified and experienced. Low, low price. Call today 925-383-1253.

**CARPET REPAIR: PATCHING**

**PAINTING**

**MANICURE/PEDICURE SERVICES**

**SAME-DAY APPOINTMENT AVAILABLE.** Highly qualified and experienced. Low, low price. Call today 925-383-1253.

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**CARPET REPAIR: PATCHING**

**PAINTING**

**MANICURE/PEDICURE SERVICES**

**SAME-DAY APPOINTMENT AVAILABLE.** Highly qualified and experienced. Low, low price. Call today 925-383-1253.
**REPAIRS**


**RENT-A-DAUGHTER** - Repairing for driveways and patios. Also, do window washing. Call Jaime, 925-639-7970.

**FAIR AND HONEST** - Handyman. No project is too small, I do repairs, maintenance, carpentry, installation and odd jobs. Change, 530-870-2485.

**HANDYMAN** - Kitchen bathrooms, plumbing, driveways, fencing, electrical, casting. For anything big or small. Rossmoor references. Call 925-365-3959.

**HANDYMAN & CARRPENTRY** - Painting, painting, tile, flooring, remodeling, bathrooms and kitchens, landscaping, plumbing, electrical, cabinet refinishing. Pressure washing for driveways and patios. Also, do window washing. Call Jaime, 925-639-0288, 925-671-2917.

**JUEZ-HANDYMAN** - Painting, carpentry, electrical, flooring, tiling, drywall, decks and windows. No job too big. We look after the elderly. Call Kevin, 925-586-0940.


**LEW'S HAULING** - Prompt service. Starting at $32. Rossmoor references available. Call 925-639-7797.

**TONY'S HAULING SERVICE** - We do packing supplies for moving, storage, hauling, and a full service moving company. Call 925-382-6544. Email through website at www.tonyshaulingser vice.com.

**LEA'S WINDOW CLEANING/Hauling** - Professional in homes and offices. Big and small. No minimum charge - free estimates after the first call. Reduction for salvageable items. Same day service 925-944-0606.
CARING HAND Home Care Referral Agency has a registry of professional caregivers who can provide non-medical services. Experience includes personal care and light housekeeping services. Call Betty Sanchez at 925-406-3975, 707-360-0041.

FLORIDY CARE WITH FLAIR
Excellent references, for stove, Alzheimer’s, dementia, diabetes, heart problems, hospice care, etc. Cooking, errands, errands, excises, medication, light housekeeping, Live-in, long and short hours, Mary or Sylvia, 529-788-5718.

LAVATORY CARE 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 Lelia or Mary at 529-418-2242.

BEST QUALITY CARE Dependable, honest, loving, kind registered nurse with 30 years experience. 20 years in Rossmoor, excellent references. All daily needs, you name it. Live-in-hourly. Licensed, insured. Affordable rate. Mary, 529-497-7378.


FREINDLY, CHERIFUL, EXPERIENCED, HONEST, LOVING and CARING caregiver over 10 years experience in Rossmoor. Excellent references. Providing excellent care services to many of our residents in their own home. Live-in or live out. Call Luisa, 925-497-4962.

Home care services. Friendly, cheerful, certified home care aides available for companionship, housekeeping, laundry, meal prep, personal care, mediation, shopping and transportation. Ambu- lent Home Care Services (Rossmoor Home Assistants) is a Home Care Organization Program and is licensed by the California Department of Social Ser- vices. Call us today, we’re looking for you.

Live-in/Live-Out Caregivers: We offer 20 years of experience in non-medical care. We are fully licensed and bonded. We welcome anyone in Rossmoor. Call Susan, 925-849-5659 or 669-6094.

HOMECARE PROFESSIONALS Refers professional, licensed under Social Services of California. www.angelshomecare servicesofcalifornia.com. 888-899-2527. We do not take care of stroke, Alzheimer’s, emphy- sema, cancer patients.

We are a team of native Californian caregivers dedicated to providing in-home compassionate care (medical/non-medical) to clients, 24-hour minimum. Call Priscilla (925-330-0192). Susan (925-788-9605), or 510-710-2249.

We are honest, loving, kind registered nurse with 30 years experience. 20 years in Rossmoor, excellent references. All daily needs, you name it. Live-in-hourly. Licensed, insured. Affordable rate. Mary, 529-497-7378.

Providing excellent care services to many of our residents in their own home. Live-in or live out. Call Luisa, 925-497-4962.

We offer 20 years of experience in Rossmoor. Excellent references. Providing excellent care services to many of our residents in their own home. Live-in or live out. Call Luisa, 925-497-4962.

We are looking for someone to care for a senior woman in Rossmoor. We are a medical assistant in all phases of health care. We are fully licensed and bonded. 20 years of Rossmoor experience. Call Susan, 925-849-5659 or 669-6094.

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120 SEEKING EMPLOYMENT

DUST-NO-MORE! Your housekeeping solution. We cater to your individual cleaning needs. Reliable, dependable, quality service with Rossmoor references. Licensed and bonded. Call Barbara, 925-228-9841.

CLEAN AS THE SPRING House cleaning services. Offering a professional, thorough and honest job. Fairly priced, our major concern is to see you happy with our work! Rossmoor references. Licensed, insured. Average call: 925-458-9125.

GREAT HOUSEKEEPING! 15 years experience. We do all your house needs: weekly, bi-weekly, monthly or one time. Reasonable rates. We’re honest and friendly. Free estimates. Call Hilda, 925-786-0707.


TIRED OF CLEANING? You’re not alone. We can help you clean your home! Rossmoor reference. Over 20 years experience in Rossmoor with many repeat clients. We’ll clean your home back to tip-top shape, from rooms to Rossmoor and patio. Call 925-212-6831 or email: homeclean6a1@gmail.com. Credit card accepted.

CLEANING WITH CARE Providing quality service and keeping our satisfied client is my main concern. 14 years experience. Trustworthy, reliable, affordable, all house cleaning needs—mere care assistance. Available. Long-time clients. References available. Call Frances, 925-586-3536.

145 REAL ESTATE FOR SALE

OWNER SALE - NO REALTORS

Rossmoor Home

FOR SALE

Selling at a Great Price

$675,000

$579,000

$300,000

$325,000

$220,000

$175,000

$139,000

$120,000

$110,000

$105,000

$100,000

$95,000

$90,000

$85,000

$80,000

$75,000

$70,000

$65,000

$60,000

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76000
Crown molding, smooth ceilings, & recessed lighting.

with pleasant views, close to carport...........

Granite counters, stainless steel appliances & custom cabinets. Slate atrium. Stack WD................$498,000

2 BEDS, 2 BATHS

GOLDEN GATE - BEAUTIFULLY MAINTAINED. Crown molding, smooth ceilings, & recessed lighting. Granite counters, stainless steel appliances & custom cabinets. Slate atrium. Stack WD....$498,000

2 BEDS, 1 BATHS

SONOMA WRAP - BEAUTIFULLY MAINTAINED featuring fresh paint and smooth ceilings. Updated bathroom with new vanity. Kitchen offers new quartz counter tops. Close to carport & parking....$458,000


2 BEDS, 2 BATHS

SEQUOIA - QUIET PARK LIKE SETTING. Freshly painted. New carpet, linen Closet, toilet, refrigerator, stove, and dishwasher. Laundry at bottom of stairs!! Peek-a-boo view of Mt. Diablo.............$319,000

2 BEDS, 1 BATHS

GOLDEN GATE - EXCEPTIONAL CRAFTSMANSHIP. Granite counters, new appliances, updated bathroom with large tile shower, crown molding, wood flooring, and convenient WP. Private open atrium.....$385,000

2 BEDS, 2 BATHS

GOLDEN GATE - BEAUTIFULLY MAINTAINED. Crown molding, smooth ceilings, & recessed lighting. Granite counters, stainless steel appliances & custom cabinets. Slate atrium. Stack WD.........$498,000

2 BEDS, 1 BATHS

MONTEREY - WELL MAINTAINED home in serene setting with view golf course & creek from open deck. Skylights in kitchen and guest bath.............$376,250


SAN FRANCISCAN - MASTERFULLY REDESIGNED. Dual fireplace. Gourmet kitchen with solid maple cabinets, stainless steel appliances. Beautifully tiled bathrooms. WD ++.......

2 BEDS, 2 BATHS

SEQUOIA - BEAUTIFUL REMODEL. Custom cabinets, granite in kitchen & bath. Smooth ceilings, crown molding, mirrored closet doors, new carpet, tiled floor, plantation shutters............$448,000

2 BEDS, 1 BATH

MENDOCINO - PRISTINE CONDITION. Stunning fixtures & impeccable design throughout. Crown molding, recessed lighting, mirrored closet doors, new flooring. Stack WD. Wonderful patio garden and outlook. MOVE IN READY!.............$340,000

VILLA DE ANZA - NEW PRICE! $549,000

PAINT & DECOR - 1,840 sq.ft. One of a kind, 2 bedrooms, 2 baths. Beautifully remodeled. New paint, designer colors, plantation shutters, new flooring, new appliances. NEW PRICE! $498,000

2 BEDS, 2 BATHS

EXP. TAHOE - BEAUTIFULLY MAINTAINED. Crown molding, new carpet, stainless steel appliances, updated bathrooms, stack washer and dryer. VLWS, front yard with large stall shower, crown molding, wood flooring. NEW PRICE! $395,000

MONTEREY - WALK TO GATEWAY! Beautiful granite in kitchen & bath. Smooth ceilings, crown molding, mirrored closet doors, new carpet, tiled floor, plantation shutters..............$438,000

2 BEDS, 1 BATH

DEL MONTE - WONDERFUL SETTING. Light & bright and very well maintained. Stack washer dryer. Updated bathroom..........................$214,000

EXP. KENTFIELD - BEAUTIFULLY MAINTAINED with loft & carport. New paint, carpet & vinyl. Great entry location!...........

EXP. MONTEREY - BEAUTIFULLY MAINTAINED with large stall shower, crown molding, wood flooring and convenient WD. Private open atrium......$385,000

MONTEREY - QUIET, SERENE LOCATION - Walk to Hillside. New carpet, lino, paint. Stack washer dryer. Enclosed veranda. Close to carport.............$370,000

KENSINGTON - BRIGHT & SPACIOUS. New carpet, fresh paint, beautiful hardwood floors. WD & custom cabs. Walk-in closets in beds, updated baths, large patio. NEW PRICE! $579,000

PINEHURST - PANORAMIC GOLF COURSE VIEWS. Remodeled kitchen with Corian countertops, new appliances & custom cabs. Walk-in closets in beds, updated baths, large patio. NEW PRICE!! $579,000

DEL MONTE - WALK TO GATEWAY! Beautiful granite in kitchen & bath. Smooth ceilings, crown molding, mirrored closet doors, new carpet, tiled floor, plantation shutters..............$448,000

2 BEDS, 1 BATH

MENDOCINO - LEVEL-IN, WONDERFUL SETTING. Large open patio. Scenic outlook. Skylight in kitchen & bath. Full size WD.............$318,000

ASH - EXCEPTIONAL EAGLE RIDGE HOME. High ceilings, crown molding, fresh paint, plantation shutters, new carpet & flooring. Eat-in kitchen. Spacious master suite with walk-in closet. Charming valley view deck. Attached garage.........NEW PRICE! $1,118,000

EXP. SAN FRANCISCAN - BEAUTIFULLY MAINTAINED with large stall shower, crown molding, wood flooring and convenient WD. Private open atrium......$385,000

VILLA DE ANZA - EXPERTLY REMODELED TO THE NINES. Gourmet kitchen with s/s appliances & quartz counters. Dual pane windows & slider, recessed lighting, beautifully tiled bathrooms, vaulted ceilings, bonus room, ++++............................$559,000

2 BEDS, 2.5 BATHS

KENSINGTON - RARE DEVONSHIRE LOCATION. Formal dining room with covered patio. Spacious family room with gas fireplace. Kitchen features a Butler’s pastry, access to expansive patio. Master suite includes walk-in closet, double vanity, walk in shower and tub. Separate laundry room. Attached garage. Approx 2,000 sq ft of living space........$1,449,000
Beautiful Churchill in Highly Sought After Devonshire Location.
Two car attached garage with newly painted floor and lots of storage.-------Offered at $1,475,000

PRESENTED BY ROBERT PARRISH. CALL ROBERT AT (925) 360-5889.

FEATURED LISTING

Lovely Sequoia Wrap Filled with Natural Light.
TWO BEDROOM, ONE BATH COOPERATIVE. Open deck to enjoy the serenity and nature. Living space includes mounted flat screen TV. Light & bright kitchen. Luxury walk-in shower, washer dryer and window in bath. Great location and pleasant views.-----Offered at $348,888

PRESENTED BY DONNA HILL (925) 457-9296.

SPOTLIGHT SEQUOIA

Attractive Sequoia.
TWO BEDROOM, ONE BATH COOPERATIVE. Remodeled to perfection with quality craftsmanship & materials, accented with designer colors in a lovely setting nestled amongst mature trees bringing the feel of nature indoors with lots of natural light. Stunning finishes and impeccable design flow beautifully throughout the home. Enclosed deck creates extra living space.-------$390,000

PRESENTED BY LORI YOUNG (925) 787-6357.

SPOTLIGHT SAN FRANCISCAN

All Level San Franciscan.
TWO BEDROOM, ONE & ONE HALF BATH COOPERATIVE. Beautiful lawn outlook. Fresh paint, new carpet & vinyl, refinished hardwood floors. New stainless steel appliances. Half bath, mirrored closet doors and access to atrium in master. Stall shower, stack washer dryer and skylight in bath. Tiled entry courtyard and rear atrium. Close to carpert and plenty of guest parking.-------Offered at $395,000

PRESENTED BY ROBERT PARRISH (925) 360-5889.

The Watersford
CONGREGATE LIVING AT ITS BEST

Beautiful Brookgreen
TOP FLOOR, ONE BEDROOM, ONE BATH. Beautiful top floor unit with lots of natural light. Fully equipped kitchen. Open balcony. Rare carpet parking.------Offered at $189,000

Charming Cypress
THIRD FLOOR, TWO BEDROOM, TWO BATH. Approx. 1,200 sq. ft. Two balconies with vinyl views. Beautiful laminate flooring. Open spacious floor plan. Very close to elevator.------Offered at $460,000

Wonderful Westbury
THIRD FLOOR, TWO BEDROOM, TWO BATH. Rare corner unit with wrap balcony and lovely views. Spacious living room. Walk-in closet in master. Close to elevator & garage parking.------Offered at NEW PRICE! $660,000

Elegant Westbury
SECOND FLOOR, TWO BEDROOM, TWO BATH. All play & No War! That is how you will feel about this spacious condo! Desirite touches throughout. Hardwood floors. Extra storage closet.------Offered at $699,000

Country Club Living at Its Best Including Daily Meal & Weekly Housekeeping.

Call The Rossmoor Experts
(925) 932-1162
www.rossmoorrealty.com • 1-800-980-7653 (SOLD)

Nikki Nielsen 310-8801
Robert Parrish 360-5889
Drew Poirier 639-9929
Sally Roberts 334-6277
Connie Rogers 330-7570
Gail Spirides 510-384-5662
Nancie Straub 287-3351
Marlyn Van Story 209-1046
Lori Young 787-6357

Peggy Martinez 330-0260
Tina Parrish 858-4267
Valerie Petersen 623-3076
Nancy Reilly 323-1504
P Scott Rogers 708-6634
G. Frank Rogers 899-6223
John Saunders 260-2946
Walt Straub 285-1605
Sonja Weaver 323-2671
Chuck Lamb, Manager 899-9651

John H. Russell, Jr.
Broker
150 Real Estate For Rent

155 Real Estate Wanted

180 Pets

FELINE-FRIENDLY CAT VET Spe- cializing in cats and small animals in 3 luxury suites! Over 30 years of veterinary experience in Peninsula area. Graduated, diploma, derma- togy, surgery for all pets. Prices less than corporate-owned clinic! All- amogapets.com, call 802-2200.

CATMAN-DO The man all felines love! Serving you and your felines. To cats while you are away, in vaca- tion rental, has been trained, $15 per visit covers feeding, scooping, ensuring clean living is available and cleaning up. I chat with you through texts and emails. Call Rob at 407-407, 534 for pet sitting, dog walking, light grooming and based in Southern California. Experienced pet care with excellent references and reasonable rates.

PAWS ‘N’ PURR S PET SERVICE Loving attention for your pets. Dog walking and cat care. Call Angela, 907-478 for cat claw clipping and dog walking, or Kathy, 932-0734- Rossmoor residents.

TRAVEL PLANS COMING UP! I will give your pet the loving care they so need while you are away. You can take care of yard or indo- plants too. Dog walking or cat care anywhere. Respectful, loving, and reliable pet sitters. Debra Marcus, 905-465-4694.
Two Years in a Row – Best of East Bay!

SAFETY
Located in the Rossmoor Shopping Center

ASPEN Condo
1 | 1.5 | $359,000
- Charming setting - mature trees
- Upper unit - private balcony
- Huge master - walk-in closet
- Walk to Creekside

VILLA SEVILLE Condo
1 | 2 | $320,000
- Light & bright penthouse
- Spectacular views
- Three patios
- Reverse Mortgage approved

SIERRA Condo
2 | 2 | $585,000
- Stunning golf course views
- Expansive enclosure
- Updated modern kitchen
- Desirable garage parking

SAN FRANCISCAN Co-op
2 | 2 | $495,000
- Level in, single row end unit
- Gorgeous remodeled kitchen
- Hardwood & tile flooring
- Atrium w/ backdoor to carport

SAN FRANCISCAN Co-op
2 | 1.5 | Mid-$400’s
- Completely level-in
- Single row, end unit
- Back door on patio to parking
- Beautiful upgrades throughout

SONOMA Co-op
2 | 1 | $421,000
- Beautifully remodeled kitchen
- Updated baths - marble tile
- Dual pane windows, built-ins
- Recessed lighting and more

VILLA NUEVO Condo
1 | 2 | $785,000
- Spacious open floor plan
- Indoor/outdoor living space
- Beautiful views
- Extra large den

DEL MONTE Co-op
2 | 2 | $205,000
- Light and bright
- Cozy 733 sq ft home
- Fresh paint and carpet
- Close to golf, event center

GOLDEN GATE Co-op
2 | 2 | $539,900
- Fabulous remodel
- Level-in no one above or below
- Rare Jacuzzi tub
- Designer details throughout

WOODSIDE Condo
2 | 2 | $570,000
- Dramatic vaulted ceilings
- Serene Valley views
- Elevator for easy access
- Pristine move in condition

CARMEL Co-op
2 | 1 | $418,000
- Two beautiful patios
- Decorator detailing throughout
- Inside washer/dryer
- Level-in access from the back

VILLA VERDE Condo
2 | 2 | $745,000
- Private location - hill views
- Rare attached garage w/storage
- Beautiful hardwood floors
- > 1500 sq ft - high ceilings

MENDOCINO Co-op
1 | 1 | $330,000
- Two private patios
- Many upgrades
- Washer/dryer in unit
- New flooring, appliances

SHASTA Condo
1 | 1 | $379,500
- Great location near clubhouse
- Updated kitchen appliances
- Light and bright

YOSEMITE Co-op
2 | 2 | $399,000
- End-unit – no one above/below
- Level-in - accessibility for all
- Newer counters - kitchen, bath
- Inside washer/dryer

Mary Beall
Broker Manager
708-0800

Ann Cantrell
Elizabeth Haslam
Loc Barnes
639-5934

David Bonde
510-663-1924

Dave Carol
708-0934

Jeanette Evans
428-5172

Suzanne Chenault
209-206-6606

Linda Stephens
323-9966

Sheron McCormick
212-2605

Mary Orfali
787-7625
The notice of Trustee’s Sale refers to a property located at 4029 W Lakeshore Drive, Pittsburg, CA 94565. The sale will be held on the day of the sale at 1:30 PM at the Pittsburg Civic Center located at 55 Civic Avenue, Pittsburg, CA 94565. The sale is for the purpose of paying off any accrued balance and other charges. The notice includes the terms of the Deed of Trust, including interest and late charges. The buyer at the sale will be the highest bidder and will receive clear title to the property. If there are multiple bidders, the successful bidder will pay the accrued principal sum of the loan, fees, charges, and expenses of the trustee. The sale will be advertised and conducted in accordance with California law, and the proceeding is subject to the terms of the Deed of Trust. The notice also includes a reminder that there are risks involved in bidding at a trustee auction, and it advises bidders to consider the terms of the sale before bidding.

The notice also provides information about the property being auctioned, including its address, size, and amenities. The property is located at 4029 W Lakeshore Drive, Pittsburg, CA 94565. It is a 2-bedroom/2-bathroom home with a washer/dryer, a patio, and a separate office/hobby room. The property is described as being in a private setting with a large driveway and a large patio. The sale is set to take place on July 12, 2017, at 1:30 PM. The notice also includes contact information for Quality Loan Service, a real estate broker handling the auction.

In summary, the notice provides important information about the auction, including the terms of the sale, the property being auctioned, and contact information for those interested in participating. Bidders are advised to carefully consider the terms of the sale before participating.
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The Rossmoor website: www.rossmoor.com

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Case Management/Counseling Services – Diablo Valley Find for Aging: ............ 945-8040
945-8040
Linkages: .................................................. 800-510-2020
Older Adult Services: – Jewish Family and Children’s Services: .................. 927-2000
Financial Assistance:
Adult Protective Services: ........................................ 877-839-4347
Elder Law Clinic: ........................................ 969-3341
ElderAngels Inc: ...................................... 415-284-1160
Information and Assistance for Seniors and Dependent Adults: ......................... 800-510-2020

CALIFORNIA REGISTRY: ............................................. 800-777-7775
Hospice of the East Bay: ...................................... 887-5678
In-Home Supportive Services: ............................................. 602-9379
In-Home Personal Assistance Program – Diablo Valley Find for Aging: ............. 945-8040
Senior Services – John Muir Health: ............................................. 947-3300
Sutter Visiting Nurse Association and Hospice 800-577-9777
Meals on Wheels:
Meals on Wheels: .................................................. 937-8311
Senior Nutrition Program: ............................................. 646-9137
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Bay Area Vital Link Inc: ............................................. 800-752-5522
Lifeline: .................................................. 800-380-3111

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Mayor’s Office: .................................................. 256-3504
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Bedford Gallery: .................................................. 295-1400
Capital Improvement Programs: ........................................ 943-5839
Civic Arts Education: .................................................. 943-5846
Community Development Department: ........................................ 943-5834
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Public Services Department: ........................................ 256-3556
Recreation - Sports/Classes: ........................................ 943-5858
Street Maintenance: .................................................. 943-5858
Animal Rescue Foundation (ARF) @ 2800 Mitchell Dr., Walnut Creek 256-1273
Chamber of Commerce: .................................................. 934-2067

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| ROSSMOOR NEWS | JULY 12, 2017 | 43A |
**COMING SOON**

AN EXPANDED CARMEL WITH WONDERFUL VIEW
Don’t miss this 2-bath home. The Carmel model is arguably one of the most popular plans in Rossmoor. Add a fabulous hilltop mountain view, a nicely enclosed rear patio, tastefully updated kitchen and baths and a huge private front patio, you will have all of the best buys in Rossmoor today. Just a few steps to the Hillside recreation and swim center. ................................................................. $419,000

CAPTIVATING SINGLE STORY CASCADE
Situated across from the golf course, it features BOTH an enclosure and a patio, an updated kitchen, a fireplace and new paint and carpet. .................................................................................................................. $775,000

**CURRENT LISTINGS**

A WINNING MONTEREY
This two-bedroom upper co-op has been totally reno- vated over the last couple of years. Thoughtfully planned and meticulously executed, this home features custom finishes and fixtures, a laundry and en- closure overlooking a beautiful private setting. ................................................................. $450,000

A GLORIOUS GOLDEN GATE
The latest complete re-build by Toupin Construction. This 2 bedroom single story end unit is close to everything Rossmoor and features the finest finishes available including a big amazing bath with huge “step-free” shower PLUS the potential to park your car OR catch the bus at your front door. Absolutely NO STEPS .............................................. $495,000

AN EAGLE RIDGE “BAY” WITH AMAZING VIEW
A spectacular upper condo with 2 bedrooms, 2 baths and an exquisite open kitchen, recently remodeled by Toupin Con- struction, spacious living/dining area plus a sepa- rate family room, volume ceilings throughout, a large deck overlooking Mt Diablo and an attached garage with lift chair. .................................................................................. $995,000

OPEN AND LIGHT SONOMA
The latest complete remodel by quality builder, Western Construction. This beau- tiful 2-bedroom, 1-1/2 bath home features the latest in top-notch, sleek, modern finishes, a huge private, wrap around terrace and wonderful views of the entire Rossmoor valley. Walking distance to GOLF and the Creekside and Dollar Centers. ... Reduced to $499,000

A DARLING DORAL
A lower condo with tree-top views of the hills and valleys of Rossmoor. This lovely end unit features a kitchen with nook opening to a private terrace, a big formal dining room, two master suites, two baths, a laundry room and an enclosed garage .................................................................................................................................................. $575,000

A TANTALIZING TAHOE CONDO
This highly coveted 2 bedroom PLUS den, 2 bath lower end unit has lots of windows that give the effect of living in the middle of your own park. It features front and rear patios, fresh paint and carpet, an enclosed garage and a fabulous close-in location................................................................. $660,000

NEWLY LISTED: A SWEET SONOMA
A light and bright 2-bedroom co-op that has been lovingly maintained by its cur- rent owner. It features an updated kitchen with granite counters, a reconfigured bath with a full-sized W/D and stall shower, newer paint and carpet and a lovely outlook. ............... $360,000

**FEATURED LISTING**

A DEAL ON THE GOLF COURSE
Don’t miss this lower 2 bedroom Kentfield with it’s own spacious private patio overlook- ing a wonderful park, creek and the 13th green of the DOLLAR RANCH GOLF COURSE. Situated on a small entry, this unit is only steps to its own carport and lots of off-street parking ....................... $325,000

WATERFORD

A DESIRABLE EXPANDED BROOKGREEN CONDO
These units are the “hot ticket” in the incomparable Waterford. This one-bedroom home over- looking the north entry is close to the dining commons and a quick walk to the Del Valle Fitness Center. The unit is freshly painted and features a fully equipped kitchen and stacked washer/dryer plus a wonderful terrace with eastern exposure. .................. $189,000

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Wild Card Tournament winners are, from left, Diana Frankel, Pauline Hanley, Shin Kim, Alex Gioulis, Roger Artley and Dave Kern.

**Rossmoor Tennis Club names winners of 12-man, 12-woman Wild Card Tournament**

By Ron Wyman  
Club Correspondent

The Rossmoor Tennis Club (RTC) Wild Card Tournament featured great tennis, food and socializing with 12 men and 12 women competing for seven rounds of tennis, each round consisting of four games.

Shin Kim displayed a variety of shots to win first place on the women's side with 25 games won. Pauline Hanley and Diana Fraenkel tied for second with 18 games won. Both played aggressive net games with steady groundstrokes.

In a competitive men's group, Alex Gioulis was the winner with 19 points. His spinning serves and forehand slices proved to be difficult shots for his opponents to return.

Second-place winner Roger Artley garnered 18 games with a laser-like forehand. Dave Kern finished third using a variety of drop shots and lobs to keep his opponents off-guard.

Tournament director Randy Kuhl thanks everyone who participated, and reminds that the next Wild Card Tournament is Aug. 1.

**Calcutta party and tourney**

The Calcutta is a three-day tennis event starting with the Calcutta auction party in the Fireside Room at Gateway on Friday, Sept. 15. Happy hour starts at 5 p.m. and the auction starts at 6 p.m.

The auction party includes beer, wine, other beverages, and finger foods. Attendees bid for ownership of their favorite teams for a chance to share in the winner's money. All players get a handicap based on each team's abilities in order to level the playing field and give every player a chance to win.

The Saturday tournament starts at 9 a.m. at the Buckeye tennis courts. Sixteen men and women make up the mixed doubles teams that will compete to see who will play in the main draw and who will play in the consolation group.

Breakfast, snack, a barbecued lunch, beer, wine, and soft drinks will be served. All players are guaranteed at least two tennis matches.

On Sunday, the main and consolation groups play separate semifinals and finals. The semifinals and finals team winners in both groups and their owners win prize money.

Registration forms are available at the Buckeye kiosk. There are only 16 men and 16 women spots available, so register early to claim a spot. Entry fee, which includes all events, is $20 per person.

For information, call Dave Sperry at 212-5879.

**Margarita Saturday**

The Jimmy Buffett Cheeseburger in Paradise barbecue on Saturday, Aug. 5, features free margaritas for as long as they last. Tennis starts at 4 p.m. followed by dinner at 5:30 p.m.

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**Bocce Club to hold wine and cheese party on Sunday afternoon at Hillside**

The Rossmoor Bocce Club will have a wine and cheese party on Sunday, July 16, from 4 to 6 p.m. in the Diablo Room at Hillside. The party is for club members and guests of members. For reservations, contact Jan Jones at welshgirl1990@me.com or at 817-8718.

The deadline is Wednesday, July 12.

**Lionel Guterres leads Lawn Bowling Club’s Fun Social competition**

By Mike Ying  
Club correspondent

The Lawn Bowling Club’s monthly Fun Social Tournament took place on June 29. Fifty-two lawn bowlers participated in the June event, which marked the halfway point of the year-long tournament.

Lionel Guterres, with team mates Syvli MacDonald and Carol Lee, took no mercy on opponents to score a top-sided win of 22-8 to emerge the undisputed leader of the tournament. Guterres snatched the top spot from Washington resident who missed out on the June event for a family reunion.

It is still a long way to the finish line. Contenders should adjust their schedules to avail themselves of the remaining rounds.

Currently holding the top spots are Guterres (105 points), Rick Oliveira (99), Fred Barnes (95), Ozzie Ozorio (93) and Marcia Cozens (90), the lone female bowler in the top five spots.

Among the leaders in the monthly Fun Social Tournament are, from left, Fred Barnes, Marcia Cozens and Rick Oliveira.

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**Men’s Golf Club sets new member event for July 25**

The Rossmoor Men’s Golf Club will have a “meet and greet” for new members and golfers that are interested in joining. It will be on Tuesday, July 25, from 4 to 5:30 p.m. in the Fairway Room at Creekside.

This get together will give golfers the opportunity to meet Men’s Club Board members and learn about how the golf club operates. The events and functions planned for the remainder of the year will be discussed.

There will be light snacks and drinks available. To attend, contact Michael Weisenberg at weisenbe4@aol.com or at 300-3405 before Saturday, July 15.

**Men’s Golf Club to host twilight tourney and social**

The Rossmoor Men’s Golf Club will sponsor a twilight golf tournament and social on Friday, July 28. The tournament is open to all members of Rossmoor’s golf club (the men’s and the women’s 18- and nine-hole) with official handicaps.

Golf will be on nine holes of the Dollar Ranch Golf Course. The format is a Rossmoor scramble, a fast and exciting variation on the usual scramble that adds some strategic considerations.

Competitors will be flighted by handicap. Singles and less-than-foursomes will be matched up by the Pro Shop. A shotgun start will be at 2:30 p.m.

After-golf festivities begin with beer and wine at 5 at the Event Center. Dinner will follow at 6.

The cost for dinner and golf prizes is $31, Dinner only is $23. Golf entry without dinner is $8. Sign-up envelopes are available in the Pro Shop. Be sure and fill out the entry forms completely.

The deadline for signups is Friday, July 21, at 4 p.m. There will be no refunds for cancellations made after the deadline.

Green fees are extra and should be paid in the Pro Shop prior to play. All players must register in the Pro Shop on the day of the tournament.

Information is available at the Pro Shop or contact Richard Fuller, event chairman, at 954-1987 or email at 4rfuller@gmail.com.

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**RMGC news**

**Free tennis clinic**

The Wednesday free clinic runs for approximately 1-1/2 hours, with half the time devoted to tennis instruction by Eugenio Ovalle, one of the tennis instructors approved by RTC and the free clinic organizer, Marcia Perry.

After instruction, participants play tennis with the instructor offering advice when needed.

The clinics are an opportunity to improve groundstrokes, volleys, overheads, and serves.

The clinic is for all levels of players from beginners to more experienced players. No appointments or reservations required. Just show up at the Buckeye Tennis Complex, Court 1, at 10 a.m. on Wednesdays.

For more information, contact Marcia Perry at 988-9849.

**Upcoming events**

On Wednesday, July 26, Rossmoor has a home match with Round Hill Country Club. Team captain is Barry Brian.

**RTC website**

More information can be found at www.rossmoortennis.com.

**Continued on page 3B**
Niners’ annual Jamboree tournament draws 108 golfers

By Joan Leonard
Club correspondent

The Rossmoor Women’s Nine-Hole Golf Club held its annual Jamboree tournament on June 29. The event drew 108 golfers, including Niners and their guests. They enjoyed playing nine holes on the Dollar Ranch Golf Course on a beautiful day.

Berkshire Hathaway HomeServices, the tournament sponsors, contributed greatly to the success of the event. They generously provided the golfers with golf towels and refreshments, both on the course and at the luncheon. In addition, they donated 12 gift certificates for the Rossmoor Pro Shop that were raffled off at the luncheon.

This is the 30th year that Berkshire Hathaway HomeServices has sponsored the Niners’ Jamboree. A plaque in appreciation for their 30 years of generous support was presented to Berkshire Hathaway executives Jim Olson and Catherine Myers by Captain Penny Ittner and Co-Captain Jean Moulaison.

Golfers were divided into four flights.

The first flight winners were Pat and Barb Iacullo, Yan Sun and Chuck Benson. Bob Wright, Roseanne Wright, Laura Leong and Doug Amsden took first in the second flight.

There was a tie for the third flight honors between the foursome of Bruce Hicks, Carol Andreini-Hicks and Bob and Marcia Thomson as well as the foursome of Jerry and Karen Mikuls and Joan and Frank Aloi. The fourth flight winners were Mary Kelly, Donna Liming, Susan French and Pat Baker.

Contests were held for the longest drives and closest to the pin. The winners of the longest drives were Chuck Benson and Sharon Kiley on hole 5 and Bruce Hicks and Olivia Hsueh on hole 15. Closest to the pin honors were won by Jerry Mikuls and Judy Taylor on hole 14 and Bob Wright and Sharon Kiley on hole 16.

Following golf, participants enjoyed lunch, catered by Creekside Grill at the Event Center. Raffle drawings provided winners with cash prizes and gift cards.

The Niners thank their many members who volunteered their time to make this a successful event, including Lynne Osmundsen, Judi Southcott, Barbara May, Frosty Andersen, MaryBeth Hodge, Joyce Nebur, Penny Ittner and Myrna Murray. Jean Moulaison chaired the event.

Special thanks also go to the 18ers for swapping courses with the Niners on this tournament day to allow for the many golfers who participated in Jamboree 2017.

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30s/40s/50s Couples Club golfers to hold scramble Aug. 5 on Creekside

The Couples Golf group in the 30s/40s/50s Couples Club will have a scramble/mixer on Saturday, Aug. 5, with a 2:30 p.m. start time on the Creekside Golf Course.

Following play, there will be a bring-your-own-beverage happy hour at the Dollar picnic grounds.

The cost is $12 per couple. Reservation checks, payable to the Niners’ drawer in the Pro Shop, must be postmarked by Wednesday, July 26. No refunds will be given after that date.

Players will be responsible for paying the greens fees and arranging cart rental, if needed. Reservations are limited to 32 couples.

For information about the scramble/mixer or couples golf, contact Sue Cannon at sheriep@comcast.net or at 254-2269. Jan Widdel at 944-0812 can also be contacted.

Mark Heptig to talk at Niners meeting

The Niners Women’s Golf Club will hold its second General Meeting on Thursday, July 20, in the Donner Room at the Event Center. A buffet lunch of sandwiches, iced tea, lemonade, a coffee bar and dessert begins at 11:30 a.m.

The meeting, which starts at noon, will include selected board member reports, followed by a presentation by Rossmoor Director of Golf Mark Heptig, who will discuss short- and long-range plans for the Creekside course.

He will also clarify golf rules specific to Creekside and offer ways for making golf more fun for everyone.

Hike with the Trails Club:
Deduplicate Bridge posts latest results

Summer weather is here, so break out those trekking poles and head to the regional parks in the Bay Area.

Residents who enjoy the outdoors may enjoy the Trails Club for both physical activity and socializing. Club members enjoy several parties and potlucks throughout the year. Club members are well-traveled and friendly.

The club offers a variety of hikes in the East Bay every Wednesday and Saturday. These hikes may be on Mt. Diablo, at Briones, Redwood Park, Castle Rock or in the Berkeley hills, for example.

Occasionally, hikes are planned in San Francisco and at the Marin Headlands. On Wednesday and Saturday. These are well-traveled and friendly.

The latest handicap list was published in the latest newsletter. Close to 60 members of the Trails Club members are confident that the status quo will be easily maintained.

The 30s/40s/50s Couples Club offers a chess problem or a clever opening as well as the answer for the previous week.

On July 5, members may be exposed to independent Bridge posts latest results or go to www.trailsclubofrossmoor.com. Go to the website, click on Club Information, then Membership. Print out an application packet and send it to the registrar. Call Mary Ann Garvey, membership coordinator, at 932-6505 for information.

The cost is $20 per couple. Depending on response, a second couple of 10 couples might be formed.

Open to intermediate and above players, 20 hands will be played at each monthly game with cash prizes awarded at an event in June.

For more information about the Rainbow Scramble, contact Acting Membership Chairwoman Sherie Pederson at sheriep@comcast.net or at 932-1909.

The Rossmoor Men's Golf Club (RMGC) will have a Four-Min Rainbow Scramble Tournament on Wednesday, July 19. Sign-up envelopes are now available in the Pro Shop.

All members of the RMGC are eligible to enter and play. There will be an 18-hole event on the Dollar Ranch Golf Course beginning with an 8:30 a.m. shotgun start and a nine-hole event on the Creekside Golf Course at 10:30 a.m.

Golfers have several choices for selecting partners. The tournament will be four-somes and players may select their entire team, partial teams or sign-up as an individual. The Pro Shop will complete the pairings.

The field will be divided into flights which are limited to 12 players and “handicaps” will be established. Prizes will be awarded in all flights.

The Rainbow format will be using a combination of gold, red and white tees with each player in a foursome being required to use a minimum of three tee shots.

For information call Karl Assis at 934-9081.

The entry fee is $24 per player, which includes lunch at the Event Center, sodas, beer, wine and prizes. Players who were registered for the Match Play Championship and were eliminated in the first round on July 15, may enter the Rainbow Scramble at a rate of $8. Checks only will be accepted and should be payable to RMGC.

Green fees are charged at the member rate and are payable in the Pro Shop prior to play. All players must register at the Pro Shop by the day of the tournament.

Entries close on Sunday, July 16, at 5 p.m. No refunds for cancellations will be granted after that date.

For information call Karl Stinson, tournament director, at 934-8150.

30s/40s/50s Club offers marathon bridge

A new activity group for the 30s/40s/50s Couples Club is couples marathon bridge. Limited to the first 10 couples to register, the competition will begin in September and run through May with cash prizes awarded at an event in June.

For more information about the 30s/40s/50s Couples Club, contact Judy Klein at 934-0812.

A new activity group for the 30s/40s/50s Couples Club is couples marathon bridge. Limited to the first 10 couples to register, the competition will begin in September and run through May with cash prizes awarded at an event in June.

For more information about the 30s/40s/50s Couples Club, contact Judy Klein at 934-0812.

For more information about the Rainbow Scramble, contact Acting Membership Chairwoman Sherie Pederson at sheriep@comcast.net or at 932-1909.

Jan Widdel may also be contacted at 944-0812.

CHess FORum

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

For the July 5 problem is 1.Qx7f check ... Rx7f 2.Rxf check ... Kh8 3.Ng mate.

For another problem offered to tease the mind, White to mate in three. The answer will be included in the Chess Room in the back corner on the first floor of Dol- lar Clubhouse. Players are welcome on Fridays from 12:30 to 5 p.m. On Saturday, there's a nice crowd from 10 a.m. to 4 p.m. Play is on Sundays from 10 a.m. to 4 p.m. Call or email a player to meet you there.

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

Lawn Bowling Club results

Continued from page 1B

of points of every active bowler in the club.

The latest handicap list was published in the latest newsletter. Close to 60 members of the Trails Club members are confident that the status quo will be easily maintained.

The overridding concern was how to be graceful winners, after all many spouses would be on the losing side.

Lo and behold for the men, over confidence turned sud- denly and unexpectedly to pressure, which played tricks on the players' memory and ability. When all was said and done and the final tally taken, the women beat the men seven matches to two.

After bowling, everyone moved on to Sportsmen's Park for a barbecue party. Game of bowling for the day, Ed de Assis had toiled all morning single-handedly getting lunch ready.

For the men, the day was fi- nally salvaged by a cold beer and steak, grilled to perfection by Ed de Assis and served with a salad and chips. The women bowlers couldn’t be happier, having the satisfaction of beat- ing their other halves and the right to brag for a whole year.
Tips for disposing of what does not go in the regular garbage in Rossmoor

- **A3** 9852 64
- **QK5** A10
- **QJ6** S KQ73
- **QJ6** A107
- **QJ6** 9

1 – As for a club lead
2 – Shows 4 spades and 5 hearts

Obeying South’s request, North led the ♣. Dummy played the ♣ and South played the 10♣. How should declarer (West) play the hand to make 3NT?

No holdup is necessary because the ♣ is now a second stopper, so declarer wins his 10♣. He observes that he has 7 top tricks, 5 hearts, 1 diamond and the club just won. He must develop two more tricks. It’s tempting to take the diamond finesse, but if South holds the A♠ and Declarer takes the ♠ then Declarer will make 3NT. It’s tempting to take the diamond finesse, but if South holds the A♠ and Declarer takes the ♠ then Declarer will make 3NT. It’s tempting to take the diamond finesse, but if South holds the A♠ and Declarer takes the ♠ then Declarer will make 3NT.
MINDFUL LIVING STUDIES POWER OF MEANING

The Mindful Living Club continues its Practicing Mindfulness series with Part 2 of “The Power of Meaning” with Bob Nozik, M.D., on Saturday, July 15, from 9:30 to 10:30 a.m. in the Fairway Room at Creekside. It is preceded by a 30-minute meditation from 8:30 to 9 a.m.

The series is based on Emily Esfahani Smith’s new book “The Power of Meaning: Creating a Life That Matters,” which offers pointers for a richer, more satisfying life. Nozik believes there are untapped sources of meaning all around us. He will summarize the issues and also welcomes questions.

Nozik also teaches Mindful Living Club’s monthly class, In Search of Ideal Happiness. There is no charge for the classes, although small donations help offset room charges. For more information, contact club founder Dick Powell at DickPowell13@aol.com or 238-6366 or visit www.MindfulLivingClub.org.

UNITARIANS HOLD PICNIC

Unitarian Universalists of Rossmoor invites the community to join them for the annual picnic at Sportmen’s Park on Friday, July 14. (Bastille Day) from 4 to 7 p.m.

Bring a potluck dish to serve six to eight hungry folks. Plates, silverware and glasses will be available. Guests should bring their drink of choice. A small electric grill will be available for those who wish to grill their own food. Musicians are invited to bring a musical instrument to accompany guests on a singalong.

Everyone is welcome at this event.

RELIGIOUS SERVICES

EPISCOPAL
St. Luke’s Episcopal Church invites all Rossmoor residents to a service of “caring and sharing through inspirational worship and fellowship” on Sunday, July 16, at 10 a.m. in the Diabe Room at Hillside. On this sixth Sunday after Pentecost, the Rev. Coryl Lassen will offer a sermon based on Matthew 13:1-9, 18-23. The service will include Healing Eucharist. All are welcome to participate fully and stay for refreshments and fellowship at the potluck coffee hour following the service.

“Bible Study for People Who Question” is held every Tuesday at 2 p.m. in the Bunker Room at Creekside. Call the church office for more details at 937-4820.

PRESBYTERIAN
Grace Presbyterian Church invites everyone to worship on Sunday, July 16, at 10 a.m. The Rev. Roger Reaber’s sermon, “Drop Everything,” will be based on Mark 4:18-22 and 1 Peter 2:9-10. Immediately following worship there will be a time to socialize and enjoy refreshments in the Fireside Room.

On Sundays in July at 11:30 a.m., Rev. Reaber will lead a class on the book of Proverbs. Watch the story of Founding Myself in the Story of Race.” Copies of the book may be purchased at Grace Church. Throughout July, Grace Church will collect school supplies to support children served by Contra Costa County Interfaith Housing. Donations may be left at the church office, Monday through Friday, or brought to worship on Sundays. For more information, call the church at 935-2100 or visit www.gracewc.org.

JEWISH
B’nai Israel of Rossmoor will hold Shabbat services on Friday, July 14, at 7:30 p.m. in the Vista Room at Hillside. Cantor Rachel Brott will lead the service. Judy Vida will be Rosh Ha’Ayov and Susan Lieber will be the greeter. Suzanne Ellis will host the Oneg in celebration of the summittime birthdays of her son Michael and David Ellis.

All are welcome at B’nai Israel events. Anyone needing a ride to a B’nai Israel event may contact Harry Stout at 788-8006.

METHODIST
Tice Valley United Methodist Church invites everyone to a joyful and hope-filled worship experience on Sundays at 11 a.m. in Peacock Hall. This Sunday, July 16, Pastor Joanne Peterson will preach on Daniel 6:10-16. Her sermon title is “Daniel: The Problem of Power.” 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. A small electric grill will be available with large print bulletins and aids for hearing. For information or pastoral care, contact the church office, Monday through Thursday, 9 a.m. to 1 p.m., at 937-4555, or tkvumc@bcsglobal.net.

LUTHERAN
Hope Lutheran Church invites everyone to gather for a spirited worship service in the Fireside Room at Gateway on Sunday, July 16, at 10:30 a.m. for a joyful celebration of light and love. The 11:30 a.m. service on Matthew 13:1-9, 18-23. Maestro Wayne Anderson serves as pianist and Don Gurley serves as Cantor. Special music will be presented by Andrea Cano. The weekly bulletin is available as a PDF at the church office, printed with large print bulletins and helps for hearing. For more information, contact the church office, Monday through Thursday, 9 a.m. to 1 p.m., at 937-4555, or tkvumc@bcsglobal.net.

CATHOLIC
St. Anne’s Catholic Church schedule of Masses for Saturday and Sunday, July 15 and 16, is as follows: Rev. George Da Roza will celebrate the 9 a.m. Masses on Saturday and Sunday. Rev. Joseph Parekkatt will preside at the 5 p.m. Mass on Saturday, and the 11:15 a.m. Mass on Sunday.

Catholic Church in America will hold a service on July 16 at 8 a.m. to 9 a.m., followed by a procession and reception. Rev. William Rosario will preach on the Epistle reading from Romans 12:1-8 and the Gospel reading from Matthew 10:37-40.

The Sacrament of Reconciliation is available on Saturdays, from 4 to 4:30 p.m. or by appointment. All are welcome at St. Anne’s Church, celebrating “Faith, Hope and Love” since 1965. For information, call the church at 932-3234.

RELIGIOUS SERVICES

B’NAI ISRAEL CONGREGATION
Weekday Morning Services 7:30 a.m. to 8:15 a.m.
Vista Room–Hillside Clubhouse
For information call 925-997-300-325
GRACE PRESBYTERIAN CHURCH
2100 Tice Valley Blvd. at Rossmoor Parkway
935-2100
Sunday: 8 a.m. Weekly worship Pastor: Roger Reaber Associate Pastor: Karen Hastings-Hogel
ST. ANNE’S CATHOLIC CHURCH
Sunday Masses at 9:30 a.m. and 11:15 a.m.
Sat. 5 p.m., Weekdays 8 a.m.
Confessions Sat. 3:30-4:30 p.m.
Liturgy: Joseph Parekkatt
600 Rossmoor Parkway, 932-924
ST. LUKES’ EPISCOPAL CHURCH
Service 10 a.m., Diablo Room, Hillside,
Rector: the Rev. Coryl Lassen
932-4820 (Office)
TICE VALLEY UNITED METHODIST CHURCH
Services every Sunday at 11 a.m. in the Fireside Room, Gateway Clubhouse. For info, call the church office: 937-4871
ST. ANNE’S CATHOLIC CHURCH
Sunday Masses at 9:30 a.m. and 11:15 a.m.
Sat. 5 p.m., Weekdays 8 a.m.
Confessions Sat. 3:30-4:30 p.m.
Liturgy: Joseph Parekkatt
600 Rossmoor Parkway, 932-924
ST. LUKES’ EPISCOPAL CHURCH
Service 10 a.m., Diablo Room, Hillside.
Rector: the Rev. Coryl Lassen
932-4820 (Office)
FIRST BAPTIST CHURCH OF WALNUT CREEK
Services: Sunday School 9:30 a.m.
Morning Worship 10:45 a.m.
2336 Buena Vista Ave., WC
934-2119
FIRST CHURCH OF CHRIST, SCIENTIST
Services: Roadside Services
2457 WIlmington Rd., Concord
937-2319
HOPE LUTHERAN CHURCH
Weekday Morning Services in the Fireside Room, Gateway Clubhouse For info, call the church office: 937-4555
ORDINA COMMUNITY CHURCH CONGREGATIONAL U.C.C.
10 Irwin Way, Orinda, CA 94663 925-254-4906
Sunday Worship at 10:30 a.m. All are welcome!

Mindful Living Club hosts class on happiness

The Mindful Living Club class with Bob Nozik, M.D., continues on Wednesday, July 19, from 10:30 a.m. to noon in the Solarium at Dollar. The topic is “Happiness Key #4: Acceptance.” Nozik’s book, which is the text for the class, “Happy Life – here’s how to do it,” will be available for sale for $15.

“Leading a happy life does not require that we pretend there are noills in the world. There is pain, real pain,” says Nozik. “Being truly happy asks only that we face life’s downsides honestly and courageously. The Serenity Prayer has within it everything necessary for us to live happily in the face of the world’s tough stuff.”

The Serenity Prayer reads: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” This insightful poem addresses the pain we all face, but in a way that is compatible with enduring happiness,” says Nozik. “Happy people know there is pain and suffering in the world which they must confront and deal with. Acceptance is the way to do that while still remaining happy.”

There is no charge for the class, although small donations are helpful to cover room charges. The class meets every Wednesday at 10 a.m. at the Vista Room–Hillside Clubhouse.

For more information, contact Dick Powell at DickPowell13@aol.com or 238-6366 or visit www.MindfulLivingClub.org for club activities, including the Mindfulness Retreats from Sept. 8 through 18.
Shalom Club holds Dessert Around event

The Shalom Club will host a repeat of its successful Dessert Around event on Saturday, July 22, at 7 p.m. The idea is to meet fellow members in a small home setting of eight to ten people. Participants can volunteer to either be a host house (provide drinks) or be a guest and bring a dessert to the home they are visiting. A signup flyer will be sent via email.

Sign up no later than July 19 by either phoning Sheila Levinsky at 448-2064 or dropping off the flyer form at the Shalom Club Box at Gateway.

Also, any members who have not paid their annual dues of $10 can drop a check in the box or mail it to Ed Goldberg. 889 Terr. California NO 4. Include phone number and email. Make checks payable to Shalom Club of Rossmoor.

Contact Levinsky for more information about this event. The club is a social gathering place for the Rossmoor Jewish community to meet new and old friends and enjoy participating in multiple activities.

For information about the club, call Larry Silver at 954-8823 or visit www.rossmoorshalom.com.

Caledonian Society hosts Scottish fiddler

Learn about clan tartans and upcoming trip to Britain

The next general meeting of Rossmoor Caledonian Society will be Monday, July 17, at 7:30 p.m. at Dollar.

There will be a short business meeting, followed by entertainment by Susan Worland, a classical and traditional Scottish fiddler with an international reputation. Refreshments will be served after the performance.

Prior to the performance, Past Chief of the Clans, Doris Bilse will give a short presentation on Scottish tartans. All members and guests are encouraged to wear their clan tartan on that day.

All members of the International Club and British Heritage Club are invited as well as any perspective member of the Caledonian Society. There is no charge for this event. The Caledonian Society is sponsoring a trip to Britain in August 2017. The highlight will be the Edinburgh Royal Military Tattoo.

The Caledonian Society is hosting Scottish fiddler Mary Fee at the meeting. Ms. Fee is an internationally known Scottish classical and traditional Scottish fiddler with an international reputation. She has performed with numerous bands, groups, and individuals valued at $50 each donat-

India Club sets monthly potluck tonight

The India Club will have its monthly meeting and potluck on Wednesday, July 12, at 5:30 p.m. in the Community Room at 1129 Avenida Sevilla, on the first floor, at Entry 1. Membership is open to all Rossmoor residents at $10 per member, per year. For information, contact Dhillar Goel at 322-8334 or Veena Kaushal at 482-0975.

We wish to thank the staff at John Muir Hospital in Walnut Creek for all the extraordinary care she was given in the last years of her life.

Brenda Foley

Bernadette Foley, a resident of Rossmoor, Walnut Creek, California, passed away peacefully, surrounded by family and friends at John Muir Hospital in Walnut Creek, California, early in the morning of June 30, 2017, at the age of 88. Bernadette was born in Drogheda, Ireland on October 12, 1928 and was one of seven siblings born to Robert (Matthews) Williams and Bridget (Mathews) Williams. She decided to become a nurse (RN) so she pursued the education and training required for that profession in Ireland. During this training, she was introduced to a cousin of a co-worker, John Foley. He became the love of her life. They were married on December 29, 1958 in her hometown of Drogheda, Ireland and remained married for 58 blissful years until her passing. In 1958, they had settled in San Jose, California and remained there until 2014, after which they moved to Rossmoor, Walnut Creek. She is survived by her spouse, John; her children: Anne, Kevin (Cherry), Mary (Thomas), Robert (Janice), Patricia (Howard), along with eight grandchildren, Alicia, Nicole (Harol), Tyler, Katelyn, Bridget, Jessica, John and Samantha. Bernadette was preceded in death by her parents and 4 siblings, Maureen Halpin. She is survived by her siblings, Paddy Williams, Raymond Williams, Robert Williams, Tony Williams, Una Kierans and many in-laws, nieces and nephews. After Bernadette retired from nursing, she loved the visits by her children and grandchildren and relatives from Ireland plus she loved to garden, cook and bake and created beautiful quilts. More than anything, she was a generous and caring wife, mother, sister, grandmother, aunt, and friend.

We wish to thank the staff at John Muir Hospital in Walnut Creek for all the extraordinary care she was given in the last years of her life.
Commercial High School alumni club forms in Rossmoor

A Commercial High School alumni club has been formed at Rossmoor. It meets quarterly in members’ homes for afternoon tea and dessert. The next meeting is on Monday, Aug. 7.

Several Rossmoor residents attended Commercial High School in San Francisco near the War Memorial Building on Van Ness Avenue.

The campus was closed in 1952, but several classmates still get together for reunions. The oldest alumni graduated in 1938 and the youngest in 1951.

The Rossmoor alumni club invites anyone who attended Commercial High School to join. Call Pat De Wilde Trapani at 935-1691 for more information.

Retired teachers meet for lunch, Tom Torlakson to speak

The California Retired Teachers Association invites all educators to its luncheon on Wednesday, Aug. 2, from 11 a.m. to 2 p.m. at the Pleasant Hill Community Center, 320 Civic Drive, Pleasant Hill.

The featured speaker is State Superintendent of Public Instruction Tom Torlakson.

The cost is $25. Call Lorrie Osborn at 937-2808 or email jalosborn@gmail.com. The deadline is Saturday, July 22.

Richard Carlton Allen
July 3, 1923, June 30, 2017
Walnut Creek, CA

Richard Carlton Allen (93), born July 3, 1923 at St. Francis Hospital, San Francisco, CA to Richard Carlton, Sr. and Anna Diestel Allen, spent a lifetime of service to others. Growing up in San Francisco and Oakland he attended University High School, Oakland and St. Mary’s High School, Berkeley. Following high school he enlisted in the Navy at 17 and went to Navy Air Training in Bishop, CA. At 18 he went into the Marines and served on Iwo Jima as a Scout and was there until the clean-up was completed.

In 1948 he married Lois Hostetler. They had two daughters, Nancy and Carol. He and Lois were married for 49 years.

He served in the Berkeley Fire Department as an Apparatus Operator for 28 years, retiring in 1979. During his 38 years of retirement he enjoyed all the social interactions with his fellow retired Berkeley Firemen. During his retirement he drove school buses and buses for children with disabilities, and Alzheimer patients. This brought him to Mt. Diablo Rehabilitation Center Alzheimer Unit in Pleasant Hill, where he lived for seven years, enjoying the community.

In 2000 he married Marilyn Straus of Walnut Creek, CA. They were married for 17 years. They traveled extensively while living in Rossmoor, Walnut Creek.

Dick is survived by his wife Marilyn; daughters Nancy Purkey (Bob) and Carol Massier (Rex); grandchildren Jim Berg, Andy Berg (Janci) and Lindsey Turkov (Eugene); and great grandchildren Henry, Ryan, David and Andy.

No services are planned. Donations in his memory may be made to Food Bank of Contra Costa and Solano counties, 4010 Nelson Ave, Concord, CA 94529.

Winton Edward Mather
March 9, 1932-July 1, 2017

Winton Edward Mather was born as the only son of Kenneth and Alice Mather in Berkeley, Calif., in March 1932. He lived on upper Euclid and went to Cragmont Grammar School and then Garfield Junior High. He took the Key System Trolley to Berkeley High.

While at home, he kept busy sharing the chores of a lady across the street with 28 cats and entertaining friends at the next door neighbor’s pool table. After graduation from Berkeley, he went to Stanford University for a year on a scholarship. Expense dictated his return to Berkeley and he finished four years as an Air Force cadet and graduated as the Cadet Commandant. After receiving his MBA in 1955, he married a Cal gal, Janet Moore. He served two years at Foster Air Force Base in Victoria, Texas, with Janet and the new twins, Timothy and Tamara. A thrill at Foster was flying a T-33 jet at 470 mph from Texas to Oakland as a pilot!

Upon returning to Oakland, he joined IBM Corp., and was thrilled to learn that his first sales territory would be Honolulu. With the territory came travel to all the islands, several trips to the mainland and various training excursions for the new IBM 1401. He sold seven to important accounts. Returning to Oakland after 3½ years, he was the account manager for U.C. Berkeley, and then account manager at Stanford, where he sold IBM’s largest computer (360/91) to the Stanford Linear Accelerator, where it became a showplace to the world!

Then he got a promotion to be the Air Force Scientific Manager in Washington, D.C., and traveled throughout the United States. He was branch manager of San Francisco Commercial, and then manager of state and local government as a watchdog for that industry. He then worked as a Process Industry Manager in Düsseldorf, Germany.

He also played the accordion and collected small accordions on his many travels.

From 1991 until 2013, he made many trips worldwide and gave him a chance to visit 78 countries. Joan and he lived in Orinda until she died from cancer in June 2002. Along the way, he joined several organizations—Rotary, the Masons, Sons in Retirement (SIR), Scottish Rite, York Rite and Orinda Chamber of Commerce. He joined Overseas Adventure Travel, which added another 27 countries to his profile.

Then it was time to move to Rossmoor, where he lived for seven years, enjoying the many clubs, social events, golf and Community Presbyterian Church and CPC Danville. His favorite activities were Duplicate Bridge, Dominos and Bocce with Maxine Northorn, who moved to Rossmoor from Newark, Calif. Several cruises and other travel have kept them busy.

He also played the accordion and collected small accordions on his many travels.

Please join his loved ones and friends to celebrate the extraordinary life of Winton Mather at the Fireside Room at Gateway Clubhouse on Wednesday, August 2, at 2 p.m.

New NCJW officers

The National Council of Jewish Women (NCJW) held its installation of officers on June 28 and approved the officers for 2017-18. The officers are, from left, Corresponding Secretary Helen Feldman, Community Affairs Judy Lichtenstein, Financial Secretary Doris Miller, Recording Secretary Claire Rosenzweig. For information on NCJW, call Jackson at 279-0735.
THURSDAY, JULY 13

TIME
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EVENT
Group Cycle
Abs / Back
Luk Ton Kuen
Rhythmmics
Deep Water Aerobics
Mens Exercise
Strength
Berean Forum
Dance Class
Muscle Movers
Water Exercise
Flexible Yoga
Gentle Yoga
Mah Jong
Songs With Fil & Mil
Mat Science
Movie
Pilates Dance
Italian American Picnic/Golf
Chair Challenge
Korean Drum Club
Pilates Dance

LOCATION
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Diablo Room, H
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Peacock Hall, G
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Pool, H
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FRIDAY, JULY 14

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EVENT
Group Cycle
Abs / Back
Luk Ton Kuen
Rhythmmics
Deep Water Aerobics
Mens Exercise
Strength
Berean Forum
Dance Class
Muscle Movers
Water Exercise
Flexible Yoga
Gentle Yoga
Mah Jong
Songs With Fil & Mil
Mat Science
Movie
Pilates Dance
Italian American Picnic/Golf
Chair Challenge
Korean Drum Club
Pilates Dance

LOCATION
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11 p.m.
New Listing

GIANTS VS. DODGERS
Monday, Sept. 11
Moderate walking
Don’t miss a chance to see one of baseball’s most famous teams, the San Francisco Giants and the Los Angeles Dodgers at AT&T Park in San Francisco. The Giants were off a slow start this season after some injuries and bad luck but have recently been one of the hottest teams in baseball. The team is led by star players such as Madison Bumgarner, Brandon Belt, Joe Panik and All-STAR catcher Buster Posey. The Dodgers are currently in first place in the National League West. The Dodgers feature rookie sensation Cody Bellinger playing center field with leadoff hitter Andrew Toles and with undated pitcher Alex Wood. Enjoy watching the game from the Virgin American Club Level seats (section 230). The bus will leave at 5:15 p.m. and return at approximately 11 p.m. The cost is $105.

SF GIANTS VS. DODGERS
SMUIN BALLET AT LESHER CENTER
Saturday, Sept. 23, at 2 p.m.
Minimal walking
Founded in 1994 by Tony and Emmy award-winning choreographer Michael Smuin, Smuin Ballet Company is committed to creating work that merges the diverse vocabularies of classical ballet and contemporary dance. The fall program at the Lesher Center features the timesteps of 19th century, Schoenberg's romantic "Requiem For A Rose," and ingenious "Fly Me to the Moon." Smuin's rollicking tribute to 'Blue Eyes' himself.
The Rossmoor Transportation Department will provide free transportation for the first 18 participants. Cost is $30.

NEW ORLEANS AND THE DEEP SOUTH
FEATURING NEW ORLEANS, NATCHES AND LAFAYETTE
Oct. 15 through 22
Travel on a cultural journey through America’s southern delight in some of its southern hospitality. Cajun cuisine, antebellum mansions, the bayou and the magic of the French Quarter - make this an experience to last a lifetime.
Tour highlights:
• Three nights in French Quarter
• Panoramic tour of New Orleans featuring French Quarter walking tour
• New Orleans School of Cooking
• Baton Rouge
• Natchez area tour
• Martin Accordions
• Acadian Cultural Center
• Vermillionville
• Bayou Cruise

The tour includes: All transfers, round trip airfare, professional tour director and baggage handling, seven nights first-class hotel accommodations, per tour itinerary, maid service, nine meals (six breakfasts, four dinners), professional tour director and baggage handling. The cost per person, double occupancy, is $2,599 or $3,199 for a single. A deposit of $250 is due with application. Stop by the Excursion Desk for a complete itinerary and reservation form.

CATAINA ISLAND, 3 Sept through 8, 2017
Discover Catalina Island, a place where the gentle wind of the waves makes time bend and create a sense of timelessness.
Tour highlights:
• Queen Mary
• Chinese Express
• Tour of scenic Avalon
• Lovers’ Cove Marine Preserve
• Boat Cruise to Two Harbors and hosted dinner at Two Harbors Restaurant
• Inland expedition tour
• Airport-in-the-Sky and Conservancy Nature Center
• Hilmar Cheese Factory tour and hosted lunch

Tour includes: deluxe lodging for five nights, seven hosted meals, touring per itinerary, all entrance fees, deluxe motor coach transportation, luggage handling and gratuities. The cost per person, double occupancy is $2,095 for single occupancy. A deposit of $250 is due with application. Stop by the Excursion Desk for a complete itinerary and reservation form.

CAPE COD AND THE ISLANDS
FEATURING BOSTON, MARThA’S VINEYARD, NANTUCKET AND NEWPORT
Sept. 17 through 23
Explore New England’s charms, from the cobblestone streets of Nantucket and rich history of Boston to the beautiful islands of Martha’s Vineyard and Nantucket...

Continued on next page
WINTER CRUISES

**NEW YEAR'S MEXICAN RIVIERA**
Dec. 24 through Jan. 3

- Ring in the New Year and experience the festivity of Mexico's golden Riviera with Holland America Cruise Line. This eight-night cruise aboard the MS Oosterdam is a roundtrip from San Diego. The Mexican Riviera is filled with rich culture, bright flavors, scenic vistas, and most definitely, fun in the sun. Holland America aims to provide service that is never too much and never in the way. With a 2 1/2 guest to staff ratio, your personal needs and issues getting the personal attention they desire. Holland America introduced a new program called On Location with activities and entertainment aboard ship, luggage handling and gratuities. A deposit of $200 is due with reservation (check only). Full itineraries and reservation forms are available at the Excursion Desk.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Dec. 29 through Jan. 2

- Celebrate New Year in Southern California. Experience the magic of the Tournament of Roses Parade, exclusive to the streets of Pasadena.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Dec. 30 through Jan. 3

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Jan. 4 through Jan. 7

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Feb. 10 through Feb. 13

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Mar. 2 through Mar. 5

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Apr. 2 through Apr. 5

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
May 14 through May 17

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Jun. 25 through Jun. 28

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Jul. 26 through Jul. 29

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Aug. 17 through Aug. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Sep. 17 through Sep. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Oct. 17 through Oct. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Nov. 17 through Nov. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Dec. 17 through Dec. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.

**NEW YEAR'S AT THE PASADENA ROSE PARADE**
Jan. 17 through Jan. 20

- Travel to Branson, America's entertainment capital. Branson is best known for its live performances, with more than 100 different shows in venues ranging from intimate theaters to a grand 4,000-seat palace. The Ozark Mountains provide a delightful natural setting with blue lakes and green hills.
REGULAR LISTINGS

CACHE CREEK WITH ORT
Aug. 25 through Sept. 6
Travel on a spacious bus with ORT to Cache Creek Resort. The trip includes seven nights’ accommodations in 4-star hotels; breakfast daily, lunch and dinner; entry fees to all sights; transportation to the resort; local transportation; tips to local guides; two-day visit to the old gold mining town of Grass Valley and a stop at the well known Nevada City. Deposit $100 per person, double occupancy, $2,099 single with a $300 single-room supplement. Airfare is not included. The trip is open to Rossmoor residents, not just members of the club. For information, contact Paula Tint at 935-6580 or email paulatint@gmail.com.

COSTA RICA WILDLIFE ADVENTURE
Nov. 1 through 12
Contact Hank Fabian, 926-0676.
HIGHLIGHTS OF AUSTRALIA AND NEW ZEALAND
Nov. 4 through 18
Contact Bill Knickerbocker at 254-9222.
ULTIMATE GALAPAGOS EXPLORATION AND ECUADOR’S AMAZON WILDS
March 19 through April 4, 2018
Contact Linda Lovell at 464-7130 or Katie Wills at 464- 7132.
CANADIAN MARITIMES: NOVA SCOTIA, NEW BRUNSWICK AND PRINCE EDWARD ISLAND
July 27 through Aug. 9, 2018
Contact Maria Gounaris or Gary Schaub at 938-5454.
AEGEAN, ATHENS AND EPHESUS CRUISE
Aug. 25 through Sept. 9, 2018
Contact Sally Day at 300-3332.
MOOROCCO SAHARA ODYSSEY
October 9 through 24, 2018
Contact Allison Carter at 322-7188.
EGYPT: CAIRO, THE NILE AND LAKE NASSER
Oct. 16 through 30, 2018
Contact Joe Tracy at 554-7801.

MINDFULNESS RETREAT IN FRANCE’S DORDOGNE REGION
Sept. 8 to 15
The Ideal Happiness Club is sponsoring an 11-Day and 10-night mindfulness meditation and study retreat in the Dordogne region in Southwest France. The trip begins with seven nights in the valley of the Dordogne and Vezere Rivers. The valleys offer beautiful scenery and numerous prehistoric sites, as well as medieval fortresses, churches and castles hanging above the cliffs overlooking the river valleys. Then transfer to the Plum Village Retreat Center for another three nights to practice at the home of Thich Nhat Hanh, who is one of the most well-respected Buddhist monk, activist and master of mindfulness training. The stays are in small family-run hotels in the village of Carsac-Aillac and Le Poiroux, with an all inclusive menu will be included. Visit the villages of La Roque-Gageac, Domme, Beynac, Castelaunet, Rocamadour, Sarlat, Montignac, Les Eyzies and more. Visit two of the best local markets in the old towns of Le Bugue and Sarlat. Les Eyzies is the prehistoric capital of Europe where Cro-Magnon Man remained were discovered. Numerous prehistoric sites, some going back 40,000 years, medieval fortresses, cycling paths, beautiful countryside to explore by van, on foot, cycling or canoeing, make it the perfect setting for contemplation, meditation and relaxation. Contact Hank Fabian, who has owned a tour company for more than 20 years to organize and lead this tour. For more information, call Hank Fabian at 935-6588 or email him at hankfabian@peralta.net.

highlightS of AUSTRALIa AND NEW ZEALAND
Nov. 4 through 18
Experience the Wonders Down Under with the Rossmoor Travel Club and visit to Australia and New Zealand. This trip offers an opportunity to discover Australia and New Zealand, the world’s last great wilderness. Visit Sydney, Ayers Rock, the Great Barrier Reef, and New Zealand’s North and South Islands. A total of 12 nights in Sydney, Ayers Rock, the Great Barrier Reef and 11 nights in Christchurch and Queenstown, New Zealand. Airfare and hotel accommodations, sightseeing and transportation are included. For more information, contact Ralf Parton at 256-7078.
Panama is Central America’s undiscovered gem. Panama is a little country with a big heart, and via its canals connects the Atlantic to the Pacific. To understand what this “Big Ditch” is all about, travelers must view it from the land. The Miraflores Locks, the Soberania National Park, Volcanoes, jungles, waterfalls and only 4.7 million people. The climate hovers around 70 to 80 degrees all year round. Together with Collette Vacations, Ralph Parker, Director of the Rossmoor Travel Club, is sponsoring a unique 10-day itinerary that includes four different geographic locations: Panama, Colombia, Ecuador and Peru. A round trip to the Galapagos Islands is included and also include a visit to the Museums of Fine Art with paintings by Monet, Degas, Pisaro, Sisley and Dufy. View a light show on the facade of the Louvre and enter the Museum. Sleep in the traditional Jewish quarter and souks (markets), where you can walk through an array ofantique shops and stalls. There will be a walking tour of Honfleur, the largest water lilies paintings. In the evening there will be a private after-hours tour of the Louvre. In Giverny, visit Monet’s house, studio and gardens. Visit the Museum and the ship’s four single cabins are gone. For the best package for all those who sign up before Aug. 25. This trip is limited to 25 persons on a first deposit basis. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25.

This tour is an exclusive learning adventure for the Rossmoor Travel Club, which is sponsoring a 15-day trip with Road Scholar. This is a land and river cruise starting from Aswan, Egypt. Discover the West Bank Valley of the Kings. Disembark to Abu Simbel and discover the Temple. Board a five-star cruise and dinner near Queenstown; across Auckland Harbor to Waiheke Island for an unusual tour of native flora and fauna. Optional extension to Fiji Islands for three nights is $795 per person. The traditional Jewish quarter and souks (markets), where you can walk through an array ofantique shops and stalls. There will be a walking tour of Honfleur. There are several options: pre-trip is five nights in the “blue city” of Ouarzazate. The optional extension to the Coo- rino of Ouarzazate. Visit the UNESCO site Aït Benhaddou, a Post-trip extensions depart Aug. 20 and return on Sept. 13. Pricing depends on the selection of deck rooms on the ship. The optional extension is $795 per person. The optional Good Buy Discount is up to 10 percent. Those who have paid a pre-registration deposit will have first choice of deck rooms. Cruise arrangements to convert their pre-registration to a deposit and payment. For information, contact tour facilitator Sally Day at 300-3332 or email sday1045@comcast.net. Fliers are available in the Rossmoor Travel Club mailbox at Gateway.

Updated Trip
EGYPT: CAIRO, THE NILE AND LAKE NASSER Oct. 16 through 30, 2018

This trip is an exclusive learning adventure for the Rossmoor Travel Club, which is sponsoring a 15-day trip with Road Scholar. This is a land and river cruise starting in Cairo. It will travel to Abu Simbel and discover the Temple. Board a five-star cruise and dinner near Queenstown; across Auckland Harbor to Waiheke Island for an unusual tour of native flora and fauna. Optional extension to Fiji Islands for three nights is $795 per person. The traditional Jewish quarter and souks (markets), where you can walk through an array ofantique shops and stalls. There will be a walking tour of Honfleur. There are several options: pre-trip is five nights in the “blue city” of Ouarzazate. The optional extension to the Coo- rino of Ouarzazate. Visit the UNESCO site Aït Benhaddou, a Post-trip extensions depart Aug. 20 and return on Sept. 13. Pricing depends on the selection of deck rooms on the ship. The optional extension is $795 per person. The optional Good Buy Discount is up to 10 percent. Those who have paid a pre-registration deposit will have first choice of deck rooms. Cruise arrangements to convert their pre-registration to a deposit and payment. For information, contact tour facilitator Sally Day at 300-3332 or email sday1045@comcast.net. Fliers are available in the Rossmoor Travel Club mailbox at Gateway.

VISIT PANAMA
Jan. 25 through Feb. 3, 2018

The Rossmoor Travel Club is sponsoring this Overseas Adventure Travel 16-day land adventure, Experience traditional medinas, mosques, flavorful cuisine, ancient walled cities, oaks and vineyards, and the traditional Jewish quarter and souks (markets), where you can walk through an array of antique shops and stalls. There will be a walking tour of Honfleur, the largest water lilies paintings. In the evening there will be a private after-hours tour of the Louvre. In Giverny, visit Monet’s house, studio and gardens. Visit the Museum and the ship’s four single cabins are gone. For the best package for all those who sign up before Aug. 25. This trip is limited to 25 persons on a first deposit basis. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25.

First, visit the UNESCO World Heritage Site in Ecuador’s capital city, Quito, and the Intifanimal. Then to Coca on the Napo River in the Amazon River water shed. The Rossmoor Travel Club is sponsoring this Overseas Adventure Travel 16-day land adventure, Experience traditional medinas, mosques, flavorful cuisine, ancient walled cities, oaks and vineyards, and the traditional Jewish quarter and souks (markets), where you can walk through an array of antique shops and stalls. There will be a walking tour of Honfleur, the largest water lilies paintings. In the evening there will be a private after-hours tour of the Louvre. In Giverny, visit Monet’s house, studio and gardens. Visit the Museum and the ship’s four single cabins are gone. For the best package for all those who sign up before Aug. 25. This trip is limited to 25 persons on a first deposit basis. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25. Meals, is $3,499 for all those who sign up before Aug. 25.
Super Sunday speaker at Fitness Center will address issues of balance and aging

Nicole Summers, doctor of physical therapy, will be the Super Sunday Speaker on July 16 at 10:45 a.m. in the Fitness Center. She will talk about components that affect balance and physical therapy interventions to address these changes, including how aging affects balance, and provides a unique and safe environment for balance training.

Balance is something people rarely think about until something is awry. Summers will explain how the normal course of aging may impact balance and how the physical, medical, behavioral, and environmental realms interact.

While perfect balance is a lofty goal for even the most elite athletes, physical therapy can help patients to gain balance as they perform everyday activities.

Summers adds a unique approach by training balance in an aquatic environment. Taking advantage of water’s therapeutic and enjoyable benefits. Summers received her doctorate of physical therapy degree from UC San Francisco. She owns and operates Summers Aquatic Therapy and Fitness, providing mobile aquatic therapy and fitness services to clients in private practice and land-based therapy at San Ramon Regional Medical Center.

For more information on Summers’ aquatic therapy, contact SummersAquaticPT.com, call 384-2782, or email Nicole@SummersAquaticPT.com.

For more information or to register for this event, call the Fitness Desk at 988-7850. Space is limited. Wear gym shoes and layered clothing as the Fitness Center is too cool for exercisers.

Golden Rain Foundation (GRF) and staff do not specifically endorse any content or benefit by any of these presentations. The Super Sunday Speaker Series is for informational purposes only.

Neurologist speaks to Parkinson’s support group Saturdays at Grace Church

The Parkinson Network of Mt. Diablo support group will meet on Saturday, July 15, from 9 a.m. until noon at near-by Grace Presbyterian Church, 2100 Tice Valley Blvd. All are welcome. No reservations are needed and there is no charge.

Three concurrent support group meetings are held from 10:15 to 10:45.

Men with Parkinson’s disease meet in the Fireside Room. The contact person is Gregg Kiehl at gkiehl@gmail.com or at 254-8349.

Women with Parkinson’s disease meet in the Library. The contact person is Sandy Clark at sanduchc@aol.com or at 944-0769.

Caregivers discuss issues relating to their roles. The contact person is Norm Kibbe at nkibbe@aol.com or at 935-9322.

From 10:15 to 10:30, Sunrise Bistro will provide refreshments, underwritten by Acadia Pharmaceuticals. There will be general information and questions and answers in the Oak Room. The Parkinson’s Network library, with books, flyers and videos, will be open.

From 10:30 to 10:45, new members will be welcomed and announcements will be made.

From 10:45 to 11:45 in the Oak Room, Dr. Salima Brillman from the Parkinson’s Institute, will speak on “Diagnosis and Treatment of Parkinson’s Disease.” Brillman is a board certified neurologist devoted to diagnosing and managing patients with Parkinson’s disease and other movement disorders. She has expertise in the use of botulinum toxin and deep brain stimulation. Her clinical research experience includes trials of Levodopa intestinal gel infusion (recently FDA approved), Apomorphine pump, sublingual apomorphine and drotexido in the treatment of Neurogen- ic Orthostatic Hypotension (now FDA approved). In addition to Parkinson’s clinical studies, she was also involved in trials for tardive dyskinesia, dementia and Huntington’s disease.

The day will end with questions and answers and a wrap-up.

For general questions, contact Howard Zaklin at 939-4210; Lance Gershon, publicist and program chairman, at 932-1028; or Sandy Mitchell, executive director and program chairwoman, at 687-3976. The website is www.pnmd.net.

Deep water aerobics class offered

Now is the time to join the deep-water aerobics class taught by Janet Braue on Mondays, Wednesdays and Fridays from 8 to 8:45 a.m. at Hillside pool.

Water aerobics is a form of aerobic exercise that involves water-immersed participants. Participants in the class wear a flotation device to keep them upright and make floating in the pool easy.

Residents who take the class say that their balance, stability and muscle strength have improved. The classes focus is on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

As people age, exercise can get more difficult. But deep-water exercise is nonweight bearing and does not put stress on the joints, especially hips and knees, making exercise easier.

Exercising in water can get the heart rate up, increase muscle mass and help build strength. It’s easier to move in the water.

The buoyancy of the deep water reduces body weight by 90 percent, enabling participants to move in ways that strengthen the core.

Braue has taught the class for 14 years. For more information or questions about CERT, contact Brad Waite at bradwaite@comcast.net.

CERT looks for resident volunteers

Residents interested in becoming part of Rossmoor Community Emergency Response Team (CERT) can find information on the CERT section of the city of Walnut Creek website, www.WalnutCreek.org. CERT is a group of volunteers who have been trained and certified by this national program, to aid in the community’s response to an emergency like an earthquake.

For more information or questions about CERT, contact Brad Waite at bradwaite@comcast.net.

Medical Friends to learn about advances in chemotherapy

“Advances in chemotherapy” is the topic at the Medical Friends of Rossmoor speakers’ series on Tuesday, July 18, from 11 to 1 p.m. in Peacock Hall at Gatehouse.

The speaker will be Dr. Gauri Sharma, a John Muir Health hematologist/medical oncology physician. She will talk about emerging areas in chemotherapy.

Aduence friends will learn about ongoing research to advance chemotherapy, and therapies that are becoming a standard of care.

Medical advances in chemotherapy can significantly improve the prognosis for people living with cancer.

No preregistration is necessary.

For information, contact Jenevieve Holman, community outreach coordinator, Wellness Services, John Muir Health, at 941-7923 or at Jenevieve.holman@johnmuirhealth.com.

Celiac and gluten-free support group to meet

Walnut Creek Celiac and Gluten-Free Support Group will meet on Thursday, July 20, at 7 p.m. in Room 3 at Dollar.

Ellen Gilman will talk on “What it means to be gluten-free.” Her talk will include major medical reasons for eating gluten-free, pitfalls of eating gluten-free, and hints about maintaining a gluten-free lifestyle.

The talk is an overview for those who have started to eliminate gluten from their diet, and their families and friends. However, Gilman hopes to present a couple of “gems” for “old-timers” as well.

Gilman was born, raised and spent her entire life in the Boston area before moving to Walnut Creek for 20 years, and is sure that she would have been certified by this national nonprofit educational foundation, and the Health Medicine Center for Celiac, person-centered, preventive healthcare model called “Health Medicine.” He is the founder of the Health Medicine Forum, a nonprofit educational foundation, and the Health Medicine Center in Walnut Creek. He is the author of “Science, Spirituality and Medicine.” He is also involved in research at UCSF on the use of infrared light therapy for pain management.

The Wellness Group is dedicated to providing a forum for information about healthy aging. All residents are invited. Members attend for free and nonmembers are required to make a small donation. Membership for the year is $15 for a single individual and $20 for a couple.

For information, call Brad Waite, president, at 285-4146.

Wellness Group hears about infrared light therapy

The Rossmoor Wellness Group meets on Monday, July 24, at 7 p.m. in the Fireside Room at Gateway. The speaker is Dr. Len Saputo who will talk about the use of near infrared light therapies in treating Alzheimer’s, Parkinson’s, traumatic brain injury, stroke and much more. He has used this therapy in his practice in Walnut Creek for the last year with good success.

Saputo has pioneered the development of an integrative, holistic, patient-centered, preventive healthcare model called “Health Medicine.” He is the founder of the Health Medicine Forum, a nonprofit educational foundation, and the Health Medicine Center in Walnut Creek. He is the author of “Science, Spirituality and Medicine.” He is also involved in research at UCSF on the use of infrared light therapy for pain management.

The Wellness Group is dedicated to providing a forum for information about healthy aging. All residents are invited. Members attend for free and nonmembers are required to make a small donation. Membership for the year is $15 for a single individual and $20 for a couple.

For information, call Brad Waite, president, at 285-4146.
Yoga, movement classes offered in modules and at Hillside

The Rossmoor Fitness Center offers a variety of yoga and movement classes, from Monday through Saturday. Most classes are held in the modulars in Del Valle parking lot unless otherwise noted. Classes are for all levels and accommodate those with physical limitations. Participants are advised to wear loose clothing and come with a relatively empty stomach. Props, used when needed, may include chairs, blocks and straps. The following is a list of all the classes with times, location and style. Contact the instructor for information or check the schedule in the Fitness Center.

**MONDAY**

**Integrated Yoga**
Time and place: 10 to 11:20 a.m.
**Style:** Involved in mindful awareness, relaxation and movement. This class emphasizes correct alignment posture while developing strength and balance. May be done seated, standing or on the floor. Props (blocks, straps) used when needed. Each class ends with a relaxation period. Students encouraged to work at own pace and within own limitations and abilities.
**Instructor:** Barbara Bureker, yoga instructor for 39 years. She is a registered graduate of Iyengar Yoga Institute. Call 925-788-4128.
**Fees:** $7 per class, one class $35, or eight classes for $60.

**TUESDAY**

**Gentle Yoga**
Time and place: 12:15 to 1:15 p.m. in the Diablo Room at the community center.
**Instructor:** Sarah Harvey. A certified yoga practitioner for 16 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.

**WEDNESDAY**

**Gentle Yoga**
Time and place: 11 a.m. to noon.
**Style:** Seated and standing yoga. Options for the floor for those who wish.
**Instructor:** Bonnie Maeda, who has been a certified yoga practitioner for seven years. She is a registered nurse and works with students during the healing process. Call 510-543-9566.
**Fees:** $7 per class, one class $35, or eight drop-ins.

**FRIEDAY**

**Flexible Yoga**
Time and place: 11 a.m. to noon.
**Style:** This class puts an 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.
**Instructor:** Barbara Bureker. For information, call 934-7857.
**Fees:** $7 per class, one class $35, or eight drop-ins.

**SATURDAY**

**Tibetan Kum Nye Yoga**
Second and fourth Saturday
Time and place: 9:30 to 11 a.m.
**Style:** Renew a spirit of ease and appreciation through gentle yoga. Relax the body and mind.
**Coordinator:** Emyk Stark. For information, call 938-4681.
**Fees:** $10 per class.

**Active Yoga**
Time and place: 9:45 to 10:45 a.m. on the first, third and fifth Saturday of the month.
**Style:** This class is geared toward current yoga students who are taking 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.

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**Senior Symposium on Aug. 5 in Lafayette will focus on ‘Aging by Design’ choices**

The Ninth Annual Senior Symposium, “Aging by Design,” will be held on Saturday, Aug. 5, from 8:30 a.m. to noon at Lafayette Elementary School, 950 Moraga Road. The symposium is offered by Lafayette Community Foundation (LCF).

This free event is an informative resource fair that features presentations by senior community leaders, with more than 40 booths sponsored by local vendors of services to seniors, as well as non-profit organizations that serve seniors in the community.

There is plenty of parking in the back of the school on the black top in the play area, or on the street in the city lot, or in the lot of the library.

Advanced registration qualifies for a special raffle prize. Call 284-8214 or visit LCF’s website at www.lafayettecf.org.

The vendors will set up the courtyard under the trees, and the speakers will be in the gymnasium. Speakers will include... (details omitted)

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**Cathy Steen offers exercise classes in the modulars**

Cathy Steen’s exercise classes have moved since the Fitness Center and Del Valle pools are closed. Steen’s classes focus on maintaining and improving strength, balance, agility and cardiovascular conditioning.

The strength-training class is offered Mondays, Wednesdays and Fridays from 9:45 to 9:50 a.m. in the aerobics modular in the Del Valle parking lot.

The class works both the upper and lower body by using dumbbells, bands, medicine balls and elastic tubes. There is a $4 fee per class and $4.50 for drop-in, but the first class is free.

The shallow water aerobics class is offered Mondays, Wednesdays and Fridays from 10 to 10:45 a.m. in Dollar pool.

This is a fun-filled exercise class to happy music, where the emphasis is on core strength, breathing and utilizing the resistance of water to improve muscle tone. There is a $4 fee per class and $4.50 for drop-in, but the first class is free.

The low-impact aerobics dance class is offered Tuesdays and Thursdays from 8:30 to 9:30 a.m. in the aerobics modular. It is a low-impact but high-energy dance class where participants start with 10 minutes of low-impact Wii games followed by 45 minutes of exercise moves. There is a $5 fee per class and $5.50 for drop-in, but the first class is free. The last 15 minutes in the Tuesday class are devoted to core and upper body workouts, whereas Thursday classes set aside 15 minutes for relaxation.

For information, call Steen at 827-2955 or stop by class to observe or participate.

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**Senior Symposium on Aug. 5 in Lafayette will focus on ‘Aging by Design’ choices**

The Ninth Annual Senior Symposium, “Aging by Design,” will be held on Saturday, Aug. 5, from 8:30 a.m. to noon at Lafayette Elementary School, 950 Moraga Road. The symposium is offered by Lafayette Community Foundation (LCF).

This free event is an informative resource fair that features presentations by senior community leaders, with more than 40 booths sponsored by local vendors of services to seniors, as well as non-profit organizations that serve seniors in the community.

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embark in Luxor and explore the splendor of the Kings and King Tut Tomb, UNESCO World Heritage Site of Thebes. Spend the next three nights at the Winter Palace Pavilion in Luxor. Then transfer back to Cairo on the Nile at the end of the trip to discover Coptic and Historic Cairo. Visit Ben Ezra, Egypt’s oldest Synagogue and take two nights to enjoy the activities of Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

- **CLASSIC Arts Showcase** includes video samplings of animation, sculpture, visual art, ballet, chamber and choral music, dance, folk art, museum art, musical theater, opera and orchestral performances, as well as classic film and archival documentaries.

- **FITNESS Fun, Exercise, 30 minutes.**

This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

- **ELITE Jazz Band. Jazz and more. One hour.**

The ELITE Jazz Band features top Bay Area musicians including Jack Convery on banjo and vocals, Gary Newman on piano, John Stafford on reed, and Bob Scott on drums. The band performs.

- **Tales of Wo-Chi-Ca.** Book discussion. 40 minutes.

June Levine and Gene Gorden, a married couple and Rossmoor residents, are interviewed by Bobbie Rabinowitz, who grew up in the neighborhood and had a chance experience as a young girl at Camp Wo-cho-ica. This story centers on a summer camp that was run from the 1930s to 1950s in rural New Jersey by the International Workers Order (IWO). The name of the book sounds like an Indian name but actually stands for Workers Children’s Camp, a link to the Communist Party of the U.S. The authors share stories about the memories of the happy days, the good friendships that were built between different racial groups and the paths in life taken by some of the children. This book is filled with pictures and letters from that time.

- **Music of Bach, Lecture and music. One hour, 40 minutes.**

Steven Lowe, a lecturer from Alcalanes Adult Education and Diablo Valley College’s Emeritus College, talks about the vocal and choral music of Johann Sebastian Bach. Lowe’s talk is accompanied by extensive recorded examples from Bach’s Passions, Magnificat, B-minor Mass and the virtuoso solo cantata “Jauchzet Gott in allen Landen,” BWV 51, a tour-de-force for soprano, solo trumpet and instrumental ensemble.**