Residents displaced after fire guts their homes on Rossmoor Parkway

By Maggie Sharpe  
Staff writer

Forty-seven firefighters responded to a two-alarm fire at 3222 Rossmoor Parkway on Saturday, Sept. 2—the hottest day of the year.

All four units in the two-story building in Third Mutual sustained major fire, smoke and water damage—charred rafters are all that’s left of the roof and the whole building has been boarded up and fenced off.

Fortunately, all the residents got out safely, but their homes are completely uninhabitable.

The fire started during a family barbecue on the patio of one of the first-floor condos. The resident was trying to light his propane barbecue when it “flashed on him and set the deck on fire,” according to Captain Lisa Martinez of the Contra Costa County Fire Protection District (CCCFPD).

“The fire started when the man was using the propane igniter on the barbecue and flames flashed on him, singeing the hair on his arms,” said Martinez, adding that the resident refused medical treatment for the minor burns. “The flames spread to two other units before firefighters extinguished it. The fourth unit sustained mainly water damage.”

The resident was quick to call 911, shepherd his family from the condo and alert other residents in the building to get out.

Martinez said the propane barbecue didn’t operate the way it was designed to.

“In this case, the propane igniter didn’t work the first time the man tried it, causing a buildup of gas. When he hit the igniter again, the flame flashed on him,” said Martinez. “The insurance company engineers will take it apart and look at what caused the malfunction.”

She added that since propane barbecues don’t use coal or wood chips or fire lighter, or have hot embers that drift into the fire, the fire is normally contained within the unit.

Everyone in the building will have to find a temporary place to live. Three people are getting assistance from the American Red Cross, according to CCCFPD.

Firefighters from the San Ramon Valley Fire Protection District and Moraga-Orinda Fire District came to assist CCCFPD firefighters in battling the blaze. Martinez said they wanted to make sure there were sufficient firefighters there on the hot Saturday night.

“In those kinds of high temperatures, we make sure we have sufficient crews,” Martinez said.

Continued on page 2A

Flu shots given tomorrow

By Randy Bergen, M.D.  
Kaiser Permanente

Kaiser Permanente will be in Rossmoor again this year to give flu shots on Thursday, Sept. 14, from 9 a.m. to 1 p.m. in the Fireside Room at Gateway. The flu shots will be free-of-charge to all Kaiser Permanente members and non-members.

It may still feel like summer, but it’s time to start preparing!

Continued on page 8A

World War II veterans and Rossmoor residents, from left, Richard Leong, Rhoda Conrad and Carmine Juliano spent three days in Washington, D.C., courtesy of Honor Flight Bay Area.

It was a once-in-a-lifetime experience for three WWII veterans from Rossmoor

By Cathy Tallyn  
Staff writer

There’s one thing three Rossmoor World War II veterans agree on—their trip to Washington, D.C. to view the nation’s war memorials was one of the best and most moving experiences they’ve had in their lives.

The Rossmoor trio—Rhoda Conrad, Carmine Juliano and Richard Leong—went on a whirlwind three-day tour of the nation’s capital earlier this year.

While the three lived within blocks of each other, they had never met before they attended an orientation session before their trip.

The experience was sponsored by and paid for by Honor Flight Bay Area. It brings U.S. military veterans to Washington, D.C., to visit the memorials dedicated to honor their service and sacrifices.

The veterans pay nothing.

It was a once-in-a-lifetime trip.

Rhoda Conrad

“It was a very exciting and moving experience,” Conrad said.

She’d been to Washington, D.C., before and seen the memorials, but this was a different experience, she said. Conrad was in a group of 50-plus people, 25 were veterans, 25 were “guardians” who assisted them and a handful were sponsors.

Continued on page 10A
Fire Department determines Rossmoor Parkway fire an accident

Continued from page 1A available so we can rotate them out more frequently and make sure they stay hydrated," said Martinez. "When you’re putting out a fire over 200 degrees, your body temperature can get very high, so we rotate the crews out frequently so they don’t have a medical incident."

What happens now? Martinez said that since firefighters know the cause of the fire, CCCFPD’s role in the investigation ended when they left the scene, "so it’s just like he’s done many times before, when the propane extinguished the fire broke out. “He was having a barbecue, just like he’s done many times before, when the propane exploded,” said McKiernan, who heard the fire engines and

Residents can sign up for Nixle notifications.

Residents who do not use the Internet can call 988-7688 and leave a message. Callers will be asked to leave their name and home phone number.

Sign up for Nixle notifications.

Residents can sign up for Nixle, a community notification system, to receive important information via their cell and landline phones. By signing up for Nixle, residents will receive notifications for wide-ranging topics including floods, traffic situations, police activity and other local events.

Sign up through the Rossmoor website at www.rossmoor.com. Click on the Nixle box located in the center of the home page and it will go directly to the Nixle link to sign up. Sign up is free.

Papaya has been missing since the fire. Her owner Margaret Leary doesn’t know whether she will ever be found and is scared and hoping. Call Leary at 916-837-9711 if you see Papaya.

One female resident got out safely with one of her two cats, but was unable to find her other pet – an orange cat called Papaya. Anyone who finds a stray orange cat should call the resident at 916-837-9711.

Barbecues at Rossmoor

When it comes to barbecues, Third Mutual abides by the California Fire Code, according to the Mutual’s policy “Outdoor Barbecue.”

However, Mutuals’ policies on barbecues differ, so residents should check the barbecue policies for their own Mutual, which are posted on Rossmoor’s website under Resident Info. Rossmoor Gover-
Residents on the scene of Rossmoor Parkway fire

Rossmoor residents sent these photos of the fire to the News
Thanks to all for the ‘newsy’ shots

Continued from page 2A

Rossmoor Parkway fire: fire code for barbecues

In other words, residents may use a propane barbecue with a one pound or less propane gas capacity (the typical camping size). They may also use electric grills.

Martinez says that while the state Fire Code provides a “model code” for cities, counties – as well as HOAs – those entities vote on the specific parts of the code they will or will not adopt.

“Cities and counties can add to the code, but they can’t make it less restrictive,” said Martinez, adding that CCCF-PD does not regulate private barbecue use in its district. “People get charged up about barbecues, but we don’t regulate what private citizens do with barbecues.”

At Rossmoor, she said, that is left up to the Mutuals.
Counseling sponsors lecture Friday on ‘A Matter of Balance’
Program will be explained at 11:30 a.m. at Fireside

Rossmoor Counseling Services presents a lecture in the 2017 Optimum Wellness Lecture Series called “A Matter of Balance” on Friday, Sept. 15, from 11:30 a.m. to 12:30 p.m. in the Fireside Room at Gateway.

The 45-minute lecture will be presented by resident Joe Bettencourt who recently became certified in A Matter of Balance. Bettencourt will explain the Matter of Balance program. There will also be a question-and-answer period and refreshments will be served.

For interested residents, Bettencourt will lead an eight-part series of workshops on A Matter of Balance through Oct. 31. All sessions will be led by coaches and provided free to Rossmoor residents.

The original A Matter of Balance program was developed and evaluated by Boston University with a grant from the National Institute on Aging. This award-winning program, which is part of the Meals on Wheels Outreach Program, is designed to help residents who have concerns about falls reduce the fear of falling and help them increase activity levels.

The program is designed for people age 60 and older who are concerned about falls, have sustained falls in the past, find that activities have been restricted by concerns of falling and interested in improving flexibility, balance and strength.

Statistics show that more than 40 percent of people hospitalized from hip fractures do not return home and are not capable of living independently again; 25 percent of those who have fallen pass away each year; on average, two older adults die from fall-related injuries every day in California. In California alone, 1.3 million older adults experience an injury due to falling.

A Matter of Balance has been initiated in 36 states and participants report significant improvements. After completing A Matter of Balance:

- 97 percent of participants are more comfortable talking about fear of falling
- 97 percent feel comfortable increasing activity
- 99 percent plan to continue exercising
- 98 percent would recommend A Matter of Balance

The program goal is to reduce fear of falling, stop the fear of falling cycle and increase activity levels among all in Rossmoor.

To register for this event or more information, call Counseling Services at 988-7750.
Get educated about an emergency at preparedness fair

By Kerin Baker  
EPO correspondent

The Rossmoor Emergency Preparedness Fair will be held on Saturday, Sept. 23, from 9:30 a.m. to 1 p.m. in the Diablo Room at the Hillside Clubhouse.

This fair is under the auspices of the Emergency Preparedness Organization (EPO). EPO provides continuing education and regular training seminars for entry coordinators here in Rossmoor.

“Residents have insurance on their homes, on their cars, on their lives, but EPO and the Community Emergency Response Team (CERT) provide training for residents in case of emergencies and this is basically your free insurance,” said Sheila Gorsuch, EPO secretary. “We hope residents never need our insurance, but we shouldn’t be without it.”

When residents attend the fair, they will have an opportunity to talk to people, many of whom are volunteers involved in Rossmoor residents’ safety. Learn about all the work that goes on right here in Rossmoor and see how the community is connected to the Walnut Creek network of emergency responders.

The EPO motto is YOYO (You’re on Your Own) and SIP (Shelter in Place). Each home needs to be self-sufficient should a disaster occur because no one knows how soon help will be available.

“It will probably be many days,” said Gorsuch. “Find out how this system works. We are here to help you prepare.”

Who will be at the fair?

At the fair, residents can meet Rossmoor entry coordinators who are the first responders in an emergency and learn how to become an entry coordinator. In an emergency, the entry coordinators can be in contact throughout the valley, having trained with CERT on Family Radio Service (FRS), which is a private, two-way, very short-distance voice and data communications service for facilitating family and group activities.

CERT people will be on hand to show how they will handle coordinating the emergency response within the Walnut Creek network and outside to Walnut Creek.

A group from Third Mutual will have a demonstration every half hour showing first aid techniques and other emergency procedures. Amateur radio operators, known as hams, and citizens band radio operators, known as CBers, will explain their roles.

“These residents will be our lifelines,” said Gorsuch. Learn about plans for dealing with pets and keeping them safe. Means of assisting people with disabilities will be shown. The Red Cross will explain their local role in emergencies and disasters.

Fire in Rossmoor can mean kitchen fires or wildfires. The Contra Costa County Fire Department has sent helpful information for such emergencies. There will be two volunteers on hand from the Contra Costa County Medical Reserve Corps – Mary England and Mary Frazier.

Lisa Katski will have on display her numerous ReadyCare supplies to help residents through emergencies. See what is available such as amazing solar radios, first-aid supplies and water that lasts and lasts.

Ellen Dietschy can acquaint residents with the Map Your Neighborhood (MYN) program, which is a tremendous help for a beginning entry coordinator and she will be at the fair. There will be an opportunity to sign up.

Learn about the job of an emergency coordinator

Every entry in Rossmoor should have at least one emergency coordinator according to the Emergency Preparedness Organization. Residents who don’t know their entry coordinator, should attend the Emergency Preparedness Fair on Saturday, Sept. 23, at 9:30 a.m. at Hillside.

Residents should also think about becoming emergency coordinators.

The job of the entry coordinator has two parts to it. The entry coordinators distribute information to their neighbors. The information is obtained at EPO meetings held on the first Monday of each month at 9:30 a.m. at Creekside Clubhouse.

The second part comes into play if there is an emergency such as an earthquake. At that time, the entry coordinators make sure they are OK and then they check on their neighbors in their entry.

EPO provides a guide that gives details of the job. To receive a guide, email EPO President Coliene Trintner at trint@att.net.

EPO works with the Community Emergency Response Team (CERT) to prepare residents for an emergency situation and to get along for several days if immediate help from first-responders is not available.

CERT holds missing person search drill

Rossmoor CERT (Community Emergency Response Team) will hold a search drill for finding missing people on Tuesday, Sept. 19, from 3 to 5 p.m. in the Diablo Room at Creekside.

Rossmoor CERT search supervisors, Doug Fountain and Roger Bass, have put together a hands-on drill to help CERT members be better prepared for the next emergency. The supervisors will form teams to look for missing people (using photos, not real people).

Last month Walnut Creek Police Department asked Rossmoor and Walnut CERT to help find a missing Rossmoor resident who was subsequently found. Attendees should bring CERT gear (vest, helmet, backpack, sturdy shoes, water, cell phone, HAM, FRS radio).

Rossmoor CERT also needs HAM operators. For information, contact Amal Moulik at 510-295-8061 or amoulik@comcast.net.

For more information about CERT, contact Marcia McLean at 415-246-1994 or marciacan@comcast.net.
Rossmoor Fund starts new campaign for 2017-18
The theme is ‘gratitude’

By Ellen Gilman
Rossmoor Fund correspondent

The theme of the past year’s Rossmoor Fund campaign (Sept. 1, 2016 through Aug. 31, 2017) was “Can You Help? Yes, You Can.” Well, yes, you did! And all of Rossmoor is grateful.

The 2017 Rossmoor Fund campaign year has just ended, and it has been the most successful year in the history of the Rossmoor Fund. New programs were added to assist those in need. More Rossmoorians were helped with individual and agency grants than ever before, and Rossmoor residents and clubs were more generous than ever.

With the start of the new campaign year, the Rossmoor Fund board will embark on a new theme, one that is most appropriate, that of “gratitude.” The Rossmoor Fund inspires gratitude in all Rossmoor residents, whether they are grant recipients, donors or Rossmoor Fund board members.

In “thank you” notes from grant recipients, the most frequently used word is “gratitude.” The notes are often signed “with gratitude” or “very gratefully.” After expressing “grateful thanks” to his fellow Rossmoorians, one such recipient goes on: “Your altruism and compassion classify all of you as angels!”

Those “angels” consistently explain their altruism by citing their good fortune in living in Rossmoor. Typically, one resident says, “I have been given so many gifts in my life for which I am grateful. One of these ‘gifts’ is my beloved retirement neighborhood, Rossmoor. I feel obliged, and I want, to share my good fortune with my neighbors. I find that sharing is its own reward.”

Fund directors
And the Rossmoor Fund board of directors is inspired by gratitude as well. Three of the founding directors, interviewed here, are still on the Rossmoor Fund board. David Smith, the founder and president of the Fund, while serving as a director and president of the Golden Rain Foundation, noticed a need where he could make a difference.

Smith started the Rossmoor Fund to help people who were experiencing an unexpected financial need, his incentive coming from profound gratitude for his own personal success and his wonderful life in Rossmoor.

Rossmoor Fund Founding Director Claire Levine Wolfe sums up her motivations: “When I first moved to Rossmoor 17 years ago, I was not engaged in the community. As I shifted my priorities, I became more involved and realized how grateful I was for living in this amazing community filled with so many vibrant and interesting residents. When David Smith invited me to be part of the Rossmoor Fund, I was delighted. Every year, as we add new programs and reach more people in need, I continue to be grateful to be able to help my neighbors.”

“Founding Director Reta Wilcox said, “I was quite new to Rossmoor when David (Smith) began looking for help to set up the Rossmoor Fund. I loved my new home and was filled with gratitude for my happy retirement circumstances! So I volunteered immediately, wanting to use my background in non-profit management and fund raising experience to benefit Rossmoor.

Seven years later, I still give my time and money gratefully, and I’m more than repaid with the warmth and appreciation of our community.”

Is “an attitude of gratitude” an overused expression? Not in Rossmoor. Here, the expression may be used a lot, but, judging from the comments of so many residents, it would be hard to overuse it.

Rossmoor Fund information is available in the Counseling Service Office at Gateway. Or check the website at www.rossmoorfund.org.

The Rossmoor Farmers’ Market
The Rossmoor Farmers’ Market is held every Friday from May through October in the Gateway parking lot from 9:30 a.m. to 1:00 p.m. Purchase locally grown fruits and vegetables, heirloom produce, baked goods and spicy tamales.
GRF Board meeting

By Cathy Tallyn
Staff writer

Ways that Rossmoor can “go green” dominated the discussion at the GRF Board meeting on Aug. 31.

GRF Board directors approved hiring a consultant at $60,000 to develop a community-wide recycle plan; heard reports about weed killers used on outdoor landscaping and golf courses; and were briefed on the delay to install the solar farm near the Mutual Operations Department (MOD).

The Board approved hiring of Green Earthology for six months to develop a Rossmoor-wide recycling program. Such a program could cut costs, raise money and reduce waste, said Kevin O’Keefe, the company’s chief executive officer.

“We will consider multiple options that make sense for you,” he said.

News photos by Mike DiCarlo

Landscape Manager Rebecca Pollon briefed the Board on the use of weed killers.

“Weeds are difficult to control because they are very aggressive, she said. One way to get rid of them is to pull them by hand. But, pulling weeds is impractical. “It takes a lot of labor and that requires money,” she said.

Rossmoor uses a glyphosate (commonly called Roundup), a broad spectrum systemic herbicide, she said. “It’s been around since 1974. It’s less toxic than other herbicides.

In answer to some residents concern about the use of chemicals, the Board spent a half hour on what weed killers are used to keep landscaping and the golf courses looking beautiful and green in Rossmoor.

“We want to let residents know we’re listening to them. It’s been our radar … and we have a strategy,” said Rebecca Pollon, landscape manager. “We want to manage landscaping in the most effective and least toxic ways.

Weeds are difficult to control because they are very aggressive, she said. One way to get rid of them is to pull them by hand. But, pulling weeds is impractical. “It takes a lot of labor and that requires money,” she said.

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Kaiser gives flu shots tomorrow at Gateway

Doctor tells ‘Why get a flu shot’

Get a flu vaccine

The flu vaccine is the safest, most effective defense against catching the flu. Most people mistakenly believe that they can get sick from the vaccine. The vaccine is made by growing the virus and extracting certain parts to go into the vaccine. It’s just a piece of the germ and so can’t really cause people to get sick. It can cause the arm to be sore and that can lead to general aches, but to get seriously sick is not possible.

It’s coincidence when people get sick around the same time they receive the vaccine. Antibodies are the agents that fight off the flu germs, so the flu vaccine isn’t as effective during the first two weeks. That’s why Kaiser encourages people to get the flu shot before flu season hits.

Limit exposure

One way to avoid sickness is to avoid sick people because illness-causing germs are spread through touching contaminated surfaces or through the air. If you have a fever, wait at least 24 hours after your fever is gone without the use of a fever-reducing medicine before returning to work, church or other places where people gather.

Healthy living

A healthy lifestyle of eating fruits and vegetables daily, exercising several times a week and regularly getting a good night’s sleep will keep the immune system strong and better the chances of keeping winter illnesses at bay. Many fruits and vegetables are rich in immune-boosting beta-carotene, vitamin C and vitamin E.

If you do get sick, the best thing to do is drink plenty of liquids and rest.

For more treatment tips, visit kp.org/mydoctor/flu or call 1-800-KP-FLU-11 for other flu vaccine clinic information.

Randy Bergen, M.D., is a pediatrician for Kaiser Permanente Walnut Creek, a pediatric infectious-disease specialist and the clinical lead for Kaiser Permanente Northern California’s flu vaccination program.
Bill Leary – Engaging Aging columnist – to speak at Men’s Conference

‘Engaging the Upside of Aging’ is theme

By Penny Reed, LCSW
Rossmoor Counseling

Rossmoor Counseling Services will hold the Rossmoor Men’s Conference on Monday, Oct. 16, from 10 a.m. to 1 p.m. in the Fireside Room at Gateway. Rossmoor Counseling Service is pleased to announce that Bill Leary, “Engaging Aging” columnist for the Rossmoor News, will be the speaker for the Men’s Conference.

The title of his talk is “Engaging the Upside of Aging.”

“In the years I’ve been studying and writing about aging, I have found a troubling narrative about how poorly men age, whether in terms of their mental, emotional and physical health. As a result, it is tempting to make friends or find fulfillment after retirement,” said Leary.

“Increasingly, I find the opposite to be true. We should get together to discuss and celebrate what’s great about this time in our lives. We should enjoy the freedoms and opportunities we have been given that our fathers and grandfathers never dreamed possible.”

Leary continued, “I’m no Pollyanna about growing old. I am mindful that aging has its downside. My energy level is down and my joint pains are up. There is certainly loss and disappointment. But I want to dispel some myths that support the view that aging is just decline into decrepitude. I also plan to describe the upside of aging, and talk some about opportunities for this third stage to be among the best and most meaningful years of our lives.”

Leary was actively involved in helping plan the first two Rossmoor Men’s Conferences realized in the creation of dozens of small men’s groups still active in Rossmoor. He also helped create the Men of Rossmoor Club that meets weekly to encourage conversation and fellowship.

“I’ve studied the leading visionaries on aging,” Leary said. “They are focused upon societal change that must occur because we are living so much longer and there will be so many of us as the boomer generation ages. But as a resident of Rossmoor talking with fellow residents, I’d like to focus upon those impacts more locally. I want to lay out some choices for how we can spend these bonus decades of life we’ve been provided beyond age 65.”

The issues he will discuss are not limited to men, but this is the men’s conference so he will offer a male slant to them.

Leary has written over 65 columns for the Rossmoor News on aging in the past three years. They have addressed such diverse topics as the unexpected pleasures of aging, medical marijuana, assisted suicide, geriatrics, long-term care, grandparental rights, elder abuse, dementia, estrangement from one’s adult children, finding meaning in our lives, longevity, leaving a legacy, family values and overcoming our fears of dying or being forgotten.

He has also focused upon several men’s issues, including the messages men receive in their youth and throughout their lives, friendships, what aging men want and the longest study of men ever conducted, still going after nearly 80 years.

“I’ve spent years studying aging because it fascinates me.” Leary said. “I’m now looking forward to being old. I intend to be good at it.”

Before moving to Rossmoor to be near their daughter, Leary and his wife retired from the Washington, D.C., area to St. Augustine, Fla., where they became heavily involved in the community, including various volunteer and charitable organizations. He was elected to the city commission.

Prior to his retirement, Leary served as a White House environmental advisor to President Bill Clinton and George W. Bush where he helped develop and oversee implementation of environmental policies related to public lands, rivers, lakes and wetlands as well as efforts to protect and restore major ecosystems such as the Florida Everglades, Great Lakes and coastal Louisiana.

His political career began with the Florida Legislature.

“After my talk, I want men to interact with their table mates about the opportunities we have for these to be the most meaningful years of our lives,” Leary said. “You’ll get a great lunch, meet some other guys, and get a short break from your routine. Besides, it’s a Monday, so the golf courses will be closed. Let’s meet.”

Tickets are $15 and the cost includes lunch. Tickets are on sale now and can be purchased at the Excursion Desk in Recreation. For information, contact Rossmoor Counseling Services at 988-7750.

Trump Administration to Reduce Reverse Mortgage Proceeds, Increase Fees. ACT NOW to Avoid the Oct. 2nd Cut in Benefits

Looking for a Reverse Mortgage or need to Refinance your Reverse Mortgage?

GET ANOTHER QUOTE BEFORE YOU DECIDE

As with any loan, you should seek the lowest interest rates and closing costs.

Many people do not realize you get the same gross amount of money (Principal Limit) no matter who you work with. What is most important is getting the lowest interest rate and fees. Others charge higher interest rates and fees. Call for a FREE QUOTE and I will personally show you the difference. Just five minutes of your time could save you thousands of dollars. This only benefits YOU!

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David C. Chee, CPA
NMLS 263222

Residents can get pesticide information

In response to resident requests for information regarding pesticides in common use by the Gold(en) Rain Foundation and its contractors in Rossmoor, a list is now available for inspection by residents in the GRF Board Office at Gateway.

Residents are asked to contact the GRF Board at 988-7710 to schedule an appointment.

ROGA offers comments on CC&Rs on its website

A draft of the new CC&Rs will soon be delivered to Third Mutual residents. Rossmoor Open Governance Advocates (ROGA) website offers comments on the CC&Rs. To find out more, go to the website at www. rossmoorgoa.com.

A petition is being circulated on the website to rescind the recently revised Policy 56 on private gardens in Third Mutual. Print a copy of the petition from the website.

ROGA is an organization formed to support resident rights by encouraging transparent governance by Mutual boards.

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Is a Reverse Mortgage Right for You?

• If you are 62 or older and own your house, a Reverse Mortgage may benefit you.

Benefits of a Reverse Mortgage

• Turn Home Equity into Cash
• Flexible Payment Plan, including No Payments*
• FHA-Insured Program for Seniors

Looking for a Reverse Mortgage or need to Refinance your Reverse Mortgage?

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NMLS ID 263222

*Reverse to remain current on their property taxes and homeowners insurance and HOA fees, occupy home as primary residence and maintain property.
Three WWII vets from Rossmoor take Honor Flight to Washington, D.C.

Continued from page 1A

Rhoda Conrad and Carmine Juliano at the Iwo Jima World War II Memorial

Taking a break on the Washington, D.C. tour, from left, Carmine Juliano, Rhoda Conrad and Richard Leong.

Guides. Most of the veterans on this trip had served in World War II and were in their 90s.

Conrad, 97, was a member of the U.S. Navy WAVES (Women Accepted for Volunteer Emergency Service) from 1942 to 1945. She was a pharmacist mate first class who served in a medical laboratory in the states.

During the two dinners in Washington, D.C., the veterans talked about their war experiences. “Some were very harrowing at times,” she said.

Conrad said she was a feminist back in the early 40s. And like other Americans of that time, she was very patriotic.

“I couldn’t see any reason why women shouldn’t go in (the service),” she said. Her father served during World War I and she was just keeping up the family tradition.

Carmine Juliano

Juliano, 95, entered the U.S. Navy on Dec. 7, 1942—a year after the Japanese bombed Pearl Harbor, catapulting the United States into war with Japan. He was an officer on active duty for 3½ years. He served on an aircraft carrier in the Pacific Theater.

He saw service in five major battles. Among them was the one for Okinawa in April 1945. It was the largest amphibious attack in the Pacific during the war. It was also the largest and bloodiest American battle.

Juliano downplayed his service. “I was just another guy serving his country,” he said.

After the war, Juliano served for a time in the Navy Reserve. He retired with the rank of lieutenant commander. “I’m very proud of my service,” he said. An engineer, he’s now self-employed.

He described the May trip to Washington, D.C., as “marvelous.” He said he’d seen some of the memorials before, but this time it was more significant. In particular, he was affected by the Vietnam War memorial.

Juliano was also struck by how well the veterans got along and that it didn’t matter what rank they’d held in the service.

Richard Leong

Leong, 91, left high school when he was old enough to go into the U.S. Army during World War II. He could have gotten a deferment, but he wanted to serve his country.

He was a communications specialist who worked in the signal corps in Italy for two years at the end of the war. He got his GED after he got out of the service. He tried college, but decided to go into business with his father.

Leong said he’s been on many vacations. “They’ve all been nice, but these three days (in Washington, D.C.) were exceptional.”

Continued on next page
Rossmoor vets saw national war memorials in a new light

Continued from page 10A

He’d been to Washington, D.C., war memorials some 40 years ago and liked visiting the ones that have been added since. It must have been quite a sight for people to see the 25 veterans in matching red shirts and jackets and the 25 guardians in blue shirts and jackets, he said. To speed the trip along, the veterans were all in wheelchairs, which added to the spectacle.

The contingent was treated like VIPs, Leong said. Their airplane was met at Reagan National Airport by hundreds of people. “It was very impressive.”

Don’t fall for the ‘grandparents’ scam

A “grandchild” calls and says he is in trouble in another country and needs money sent to him via Western Union. He does not want his parents to know.

When the elderly person answers the phone, the scammer says, “grandpa?”

The scammer has a catch when the elderly person asks, “Is this John?” Residents who receive calls like this need to ask questions like: What is your name? How old are you? Where do you live? Ask for a phone number and tell him you will call him back. If it is a scam, the scammer will hang up.

While in Washington, D.C., they travelled by bus. They had a police escort complete with sirens blaring that got them through red traffic lights. Wherever they went, people thanked them for their military service.

The group managed to cram in visits to most memorials and Arlington National Cemetery where they saw the changing of the guard.

One day, they ate lunch on the bus so they’d have enough time for visits to Washington, D.C., sights.

“It was one of the best three-day trips anywhere,” Leong said.

Two safety seminars will be presented in October

The Public Safety Department is sponsoring two safety seminars in October that should be of interest to all residents.

The first is Senior Safety Awareness on Tuesday, Oct. 3, at 10 a.m. at the Event Center and it will be presented by Assemblywoman Catharine Baker’s office. Local law enforcement will provide tips and suggestions on ways to improve personal safety.

The second one is Age Well Drive Smart on Thursday, Oct. 5, in the Fireside Room at Gateway and will be presented by the California Highway Patrol. The CHP will provide tips and suggestions to keep seniors driving safely. This program has been held in Rossmoor several times in the past.

More information about these programs will be in future issues of the News. All residents are encouraged to attend.
**Waterford needs dining servers**

The Waterford, Rossmoor's 300-unit condominium living facility, is experiencing a shortage in dining room service staff and is currently hiring.

To address this problem, the Waterford's food service management company, Guckenheimer Services, is raising wages for servers and bussers to meet and exceed other service jobs in this area. In addition, current employees who refer potential new employees who are hired and complete their 90-day introductory period are eligible to receive a referral bonus of $500 for each new employee hired.

The Waterford has a strong history of partnering with local community colleges and high schools within the area. Often attracting students with little or no experience in the workforce, the Waterford helps introduce them to their first “real” job.

They are trained in serving and dining room skills and valuable life skills which they take with them to their future careers and endeavors. For some, it may lead to a later permanent job in the food services industry. If Rossmoor residents have connections with young folks, though family and friends, who are looking for flexible, part-time, skill-building and rewarding first jobs, they are encouraged to pass on contact information and have them reach out to Guckenheimer directly at WaterfordDining@ gmail.com or 977-7700.

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**Rossmoor Games are into their second week**

The Rossmoor Games are into the second week.

The Fitness Center and clubs are hosting events this year. The clubs participating are: Billiards, Partnership Bridge, Domino, Golf, Lawn Bowling, Pickleball, Scrabble, Tennis and American Weekend Mahjong.

The following is the remaining schedule of events, including requirements for participation.

**Thursday, Sept. 14**

- **Scrabble.** Echo Room at the Event Center. 1 p.m. Speed Scrabble and Change the Blank Scrabble. Open to all Rossmoor residents. Sign-ups are completed.

- **Partnership Bridge.** Oak Room at Gateway. 12:45 pm. Usual format of games. Open to all Rossmoor residents. No pre-event sign-up required, but must bring a partner.

**Friday, Sept. 15**

- **Billiards.** 8-ball Tournament. 1 p.m. in the Billiards Room at Gateway. All Rossmoor Residents are eligible. Sign-up ahead of time in the Billiards Room.

- **Scrabble.** Echo Room at the Event Center. 1 p.m. Speed Scrabble and Change the Blank Scrabble. Open to all Rossmoor residents. Sign-ups are completed.

- **Partnership Bridge.** Oak Room at Gateway. 12:45 pm. Usual format of games. Open to all Rossmoor residents. No pre-event sign-up required, but must bring a partner.

- **Lawn Bowling.** Lawn Bowling greens at Hillside. Not a true Rossmoor Games event, but spectators are welcome to watch the Rossmoor Lawn Bowling Club's 50th Anniversary Invitational Bowls featuring some of the best players in the Bay Area.

**Saturday, Sept. 16**

- **Pickleball.** Creekside outdoor courts. Begins at 8:30 and has ongoing competition throughout the day. Twenty-five flights of various levels of playing ability, with 25 winners. Limited to club members. Sign-ups will be through club’s Facebook page.

- **Domino.** Chosen partner event. 9:30 a.m. in Multipurpose Room 2 at Gateway. Sign-ups have been completed.

- **Lawn Bowling.** Lawn Bowling greens at Hillside. Not a true Rossmoor Games event, but spectators are welcome to watch the Rossmoor Lawn Bowling Club's 50th Anniversary Invitational Bowls featuring some of the best players in the Bay Area.

**Sunday, Sept. 17**

- **Partner Bridge.** Oak Room at Gateway. 12:45 pm. Usual format of games. Open to all Rossmoor residents. No pre-event sign-up required, but must bring a partner.

- **Lawn Bowling.** Lawn Bowling greens at Hillside. Mixed/Single round-robins. Two divisions. Three games in the morning, optional group lunch, then three games in the afternoon. Prize money awarded for top three in each division. Open to all club members and Rossmoor residents, but non-members are asked to pay a $7 entry fee. Pre-event sign-up required. See Scrabble articles in the News for details.

- **American Weekend Mahjongg.** Multipurpose Room 1 at Gateway. 1 p.m. Event is ongoing July through September. Cumulates this day with prizes awarded for first/second/third.

**Tuesday, Sept. 26**

- **Lawn Bowling.** Lawn Bowling greens at Hillside. Mixed/Single round-robins. Two divisions. Three games in the morning, optional group lunch, then three games in the afternoon. Prize money awarded for top three in each division. Open to all club members and Rossmoor residents, but non-members are asked to pay a $7 entry fee. Pre-event sign-up required. See Scrabble articles in the News for details.

**Wednesday, Sept. 20**

- **Partnership Bridge.** Oak Room at Gateway. 12:45 pm. Usual format of games. Open to all Rossmoor residents. No pre-event sign-up required, but must bring a partner.

**Thursday, Sept., 21**

- **Scrabble.** Garden Room at Dollar Clubhouse. 1 p.m. Team Scrabble. Sign-ups have been completed.

- **Saturday, Sept. 23**

- **Scrabble.** Fairway Room at Creekside. 9:30 a.m. Scrabble tournament. Six game round-robin. Two divisions. Three games in the morning, optional group lunch, then three games in the afternoon. Prize money awarded for top three in each division. Open to all club members and Rossmoor residents, but non-members are asked to pay a $7 entry fee. Pre-event sign-up required. See Scrabble articles in the News for details.

**Scrabble.** Garden Room at Dollar Clubhouse. 1 p.m. Team Scrabble. Sign-ups have been completed.

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- **American Weekend Mahjongg.** Multipurpose Room 1 at Gateway. 1 p.m. Event is ongoing July through September. Cumulates this day with prizes awarded for first/second/third.

**Tuesday, Sept. 26**

- **After Games Party.** Event Center. 11:30 a.m. (See story below)

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**Games after party planned for Sept. 26**

Attendees asked to pick up ticket in advance at Recreation Department

The Rossmoor Games’ after games party is set for Tuesday, Sept. 26, in the Event Center.

The doors will open at 11:30 a.m. Anyone who participated in the games, whether a winner or not, is invited to attend.

However, attendees are required to pick up a free ticket for themselves (and one guest, if desired) at the Recreation Department beginning today, Sept. 13. Attendees are asked to take a ticket only if it will be used, as this will determine how much food will be needed.

There will be a small snack lunch provided, along with DJ music, dancing and an ongoing trivia contest.

Pictures from the games will be shown on the big screen throughout the event.

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**Bus service delay Sept. 18 due to safety meeting**

There will be no bus service for the 9 a.m. hour on Monday, Sept. 18, due to a mandatory safety meeting of all the bus drivers.

Buses will begin service at the 10 a.m. hour starting at the Gateway Clubhouse bus shelter.

Call the Transportation Department with any questions, 988-7670.

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$ BRING THIS AD FOR $15.00 OFF ANY SERVICE $
Second Mutual is substantially rehabilitating all of its buildings
Also taking part in a pilot recycling program

By Mark Fehlig
Secretary

At the August Second Mutual board meeting, Building Maintenance Manager Mark Marlatte reported on restarting scheduled renovations, rebals, appliance repairs-replacement, minor lube inspections and that entry pavement schedules are on track.

For nearly 15 years, the Mutual has been engaged in a program to substantially rehabilitate all of its buildings on an entry-by-entry basis. By the end of this year, the entire Mutual will have been rehabilitated and painted. The board’s plan then is to paint and rehab each building, as necessary every eight to nine years.

In 2018, the Mutual will start over at the northern end of the Mutual (Tice Creek and Fairlawn). This program will smooth the cost and avoid an accumulation of deferred maintenance.

The 1200 Canyonwood Court building is under engineering study to attend to building settlement and repair issues soon. Delays are mainly scheduling engineering studies and contractor support. Residents are notified.

Landscape requests will be open in the fall for budget and planting planning. Second Mutual Rossmoor landscape management was reviewed by Director of Mutual Operations Paul Donner. He said that significant landscaping renovations are slated in the months to come and will be further detailed soon.

Residents are reminded to report any issues by calling the Mutual Operations work order desk at 988-7650 or preferably by detailed email to WORDER@rossmoor.com.

More reports

Second Mutual finances remain in good shape. There were nine resales in July with a median price of $385,000. Year-to-dates are 77 sales and a median price of $360,000.

Reviews of hardwood flooring, electric vehicle charging and recycle-landfill policies are ongoing. President Sandy Skagg’s report highlighted progress in the carport inspections that will notify non-compliant storage units/practices seen throughout the Mutual. Residents are asked to abide by the storage and use rules posted online to avoid being issued a violation notice. Soon the Mutual’s revised bylaws will be circulated for member approval.

Rossmoor has great emergency preparedness volunteer groups that offer training, participation and emergency radio operations that allow residents to effectively participate or just listen to the emergency teams.

Watch for Rossmoor Community Emergency Response Team (CERT) and Emergency Preparedness Organization (EPO)/entry coordinator monthly program announcements in the News.

Pilot recycling program

A pilot recycling program being offered by Republic Services has downsized some Canyonwood Court two-cubic-yard landfill bins to one-cubic-yard with lower split lids. This program also added a fourth 96-gallon recycle cart. Educational posters and tote bags for recyclables and landfill are posted.

All residents need to sort the refuse. Sorting better will benefit the Second Mutual and the planet. This successful pilot now will be expanded slowly to all of Canyonwood Court in September—hopefully all of Second Mutual within a year. Second Mutual will send letters to all affected entries with details and contacts.

To aid in this effort, Jency James with Republic Services was introduced and addressed the board meeting. Second Mutual often follows Sustainable Rossmoor Club suggestions for this program. The purpose of this campaign is to increase the use of recycling containers and reduce the use of landfill containers. In addition to helping the environment, this will save money.

Pickup of recycling containers is free to the Mutual, while there is a substantial charge for pickup of landfill containers. If the campaign is successful, the savings to the Mutual will be substantial. Therefore, residents’ cooperation and assistance is asked, as the Mutual proceeds with these pilot projects.

Upcoming election

The inspector of elections reported on the pending election. During the past year, Mark Fehlig was appointed to fill a vacancy on the board and was required to stand for election in connection with the annual meeting. He has been an active member of the board, particularly with regard to emergency preparedness, the recycling initiative and seeking ways to accommodate electric vehicles.

He indicated his desire to run for election to a full term. Since no other resident indicated an interest within the time allowed by law, the inspector declared Fehlig elected by acclamation.

Next meetings

The next regular Second Mutual board meeting will be Thursday, Sept. 21, at 9 a.m. in Peacecock Hall at Gateway.

The 46th annual Second Mutual meeting of members will be on Tuesday, Oct. 17, at 9:30 a.m. in the Fireside Room of Gateway.
Lions hearing seminar is Saturday

The Rossmoor Lions Club will hold a hearing seminar on Saturday, Sept. 16, from 10 to 11:30 a.m. in the Fireside Room at Gateway.

The seminar will be divided into two presentations. A question and answer period will follow both presentations.

Barbara Betzner, chairwoman of the Lions Club Hearing Committee, will moderate the seminar. Light refreshments will be provided.

The first half of the seminar will be a presentation by Dr. Leigh Kjeldsen, doctor of audiology, about problems associated with hearing loss, the benefits of hearing aids and advancements in hearing aid technology.

Kjeldsen obtained her degree from the Pennsylvania School of Optometry and Audiology. She is a fellow of the American Academy of Audiology and the California Academy of Audiology.

The second half of the seminar will be a presentation and demonstration of the California Telephone Access Program (CTAP) by a CTAP representative.

CTAP is a statewide organization that provides, at no charge, specialized telephone equipment for the hearing impaired. The program is supported by a small surcharge levied on California telephone bills. Other devices which benefit the hearing and sight impaired, and people with speech impediments and physical disabilities, will also be demonstrated.

Information on how to apply for the free equipment will be provided.

To learn more about the Rossmoor Lions Club, Google Rossmoor Lions Club or visit http://e-clubhouse.org/sites/walnut_creek_rossmoor/.

For information or to become a member, contact club President Skip Zehnder at lionskip.4c3@gmail.com.

AARP Tax-Aide is looking for volunteers for tax season

Contra Costa County AARP Tax-Aide is looking for volunteers to become members of a team providing free tax preparation for individuals of all ages.

Tax-Aide volunteer positions include tax counselors who are trained by Tax-Aide and certified by IRS, and client facilitators, who schedule appointments and assist clients at tax sites.

Orientation is in November 2017, classes for tax counselors start in January 2018. Service is from February through April 15, 2018. Anyone who likes working with people and is good with numbers should apply online at www.aarp.org/taxvolunteer or call LaVerne Gordon at 726-3199 for additional information.

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The Six Human Needs

Q: Can you explain what motivates people to act the way they do?
A: All of us do what we do and act the way we act because we are trying to meet our needs. This brings up the topic of the six human needs. The first fundamental need we all have is the need for certainty. You need to know that there is going to be food on your table, roof over your head, you have a job, and your kids are taken care of. We are talking about your sense of stability. However, the second need kind of contradicts the first one because that is the need for uncertainty. Are you going to go on an adventure. There are healthy ways to meet the need for variety. For example, every time you go to an amusement park or see a movie, you are going on a very safe adventure. It’s also important to be aware of unhealthy ways to meet this need, such as alcohol or drug abuse, committing a crime, or having an affair.

Q: Alright, if certainty and variety are our fundamental needs, what comes next?
A: The third need we have is the need for love and connection. We have to feel that we belong with someone. This is why we want to have a family and close friends; we form social groups or social support groups. However, Mother Nature has a sense of humor, and made the fourth need the opposite of that. The fourth need is the need for significance, and because of it, each of us wants to feel special and important. Psychologists call it ego. You don’t need to look very far; people place photos of the foods they eat, places they visit, and an enormous number of “selfies” on social media. Why? They want others to pay attention, so their ego is important. We all need to feel that our self-esteem is okay and that we are doing things right and, no matter what, we are okay.

Q: OK, so once the four basic needs are met, are there advanced needs?
A: That’s right. The last two needs are considered advanced, because we go after them once we have certainty, variety, connection, and significance. These two advanced needs are the need for growth and the need for contribution. Growth is something we must constantly engage in, learning, improving, and evolving. Tony Robbins said, “If you are not growing, you are dying.” It’s true for everything in the world. If a tree is not growing, it’s dying. If your relationship is not evolving, it’s dying. We have the need to constantly develop, whether it’s intellectually (learning new things), spiritually, or emotionally.

Finally, we have the need to contribute to this world, become part of the bigger picture. This is why many of us want to leave a legacy, publish books, build estates, establish foundations, and spread knowledge. As a teacher and a coach, this is my way of contributing to the world. I share my knowledge and making a positive impact on others’ lives.
ROSSMOOR MEETINGS

BOARD, MUTUAL AND COMMITTEE
MEETING DATES

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

Sept. 14:
First Mutual Budget and Finance .......... 10 a.m.
Board Room, Gateway

Sept. 14:
Aquatics Advisory Committee .......... 1:30 p.m.
Board Room, Gateway

Sept. 15:
GRF Ad Hoc Technology Committee .... 9 a.m.
Board Room, Gateway

Sept. 18:
Mutual 29 board ................................ 9:30 a.m.
Multipurpose Room 3, Gateway

Sept. 18:
Mutual 68 Finance Committee .......... 10 a.m.
Echo Room, Event Center

Sept. 18:
Fourth Mutual board ......................... 1:30 p.m.
Board Room, Gateway

Sept. 19:
Third Mutual Governing Documents ... 10 a.m.
Donner Room, Event Center

Sept. 19:
Mutual 8 board ................................ 1 p.m.
Multipurpose Room 3, Gateway

Sept. 20:
Mutual 48 board ............................... 2 p.m.
Mutual Operations meeting room

Sept. 21:
Second Mutual board ......................... 9 a.m.
Peacock Hall, Gateway

Sept. 21:
Mutual 70 Board ............................... 2 p.m.
Board Room, Gateway

Sept. 22:
Third Mutual Building Maintenance ... 10 a.m.
Board Room, Gateway

Sept. 22:
First Mutual board ........................... 11 a.m.
Donner Room, Event Center

Sept. 25:
Mutual 68 board ................................ 1 p.m.
Board Room, Gateway

Sept. 26:
GRF Finance Committee ..................... 9 a.m.
Board Room, Gateway

Sept. 26:
Third Mutual Governing Documents ... 3 p.m.
Board Room, Gateway

Sept. 28:
GRF Board meeting ........................... 9 a.m.
Peacock Hall, Gateway

Third Mutual to hold town hall meetings to review revised CC&Rs

According to Third Mutual Vice President Judy Bank, the first of several educational town hall meetings to review the Mutual’s proposed CC&Rs has been rescheduled.

Because of the Labor Day weekend and extra time needed to print and distribute the draft document, the Sept. 9 meeting was cancelled, said Bank.

The Third Mutual board of directors accepted the draft of the amended and restated Conditions, Covenants and Restrictions (CC&Rs) at its August board meeting and authorized its distribution to the membership.

Because large capacity meeting rooms require advance booking, Bank had reserved several dates for rooms earlier in the year. In order to allow sufficient opportunity for all members of Third Mutual to attend one of the planned meetings, Bank scheduled them at different days of the week and different times of the day.

The meeting dates still on the schedule are Tuesday, Sept. 19, at 10 a.m. in the Donner Room at the Event Center and Wednesday, Oct. 24, at 6 p.m. in the Fireside Room at Gateway. Additional meetings will be scheduled.

The emphasis of the meetings will be on educating the membership as to which sections of the proposed documents are required by law and which are discretionary. Resident input on the discretionaries of the CC&Rs may result in further consideration by the directors.

When the Third Mutual board believes the documents are ready for membership vote, the final draft of the documents will be sent out with a ballot.

Each project must obtain 75 percent membership approval in order to adopt the amended governing documents.

First Mutual to appoint District 3 director

First Walnut Creek Mutual did not have any candidates come forward for the upcoming vacancy in District 3. District 3 includes Golden Rain Road Entries 1, 2, 3, 4 and 5; Pine Knoll Drive Entries 2, 3, 5, 7, 8 and 9 and Oakmont Drive Entries 15 and 16 (390 manors).

The board has the authority to appoint someone to fill this position. Residents interested and in good standing are invited to contact a First Walnut Creek Mutual board member or Assistant Secretary/Board Services Coordinator Anne Paone at 988-7775 or apacon@rossmoor.com.

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Water Conservation Committee to discuss planned landscaping

The Water Conservation Committee of Sustainable Rossmoor will meet on Thursday, Sept. 21, at 11:15 a.m. in Multipurpose Room 3 at Gateway.

This month’s agenda will include a brief review of landscape Manager Rebecca Pollon’s instructions to the landscape reps for landscape work to be done in late fall and early winter, specifically planting.

All Rossmoor residents are welcome to join in the committee’s discussions, which take place every third Thursday from 11:15 a.m. to 12:45 p.m.

The Water Conservation Committee explores ways to save money and protect water supply while maintaining a beautiful landscape and a full array of recreational activities.

Members keep abreast of water issues and support Sustainable Rossmoor’s educational programs to promote sustainable practices in Rossmoor.

For information, contact chairperson Paula Erickson at pericsonk.ELA@comcast.net.

Former U.S. attorney to talk at Republican dinner

Former United States Attorney Joseph P. Russoniello will be the featured speaker at the Republican Club’s dinner meeting on Tuesday, Sept. 19, at the Event Center.

Social hour begins at 5:15 p.m. with a hosted wine and beer bar. Dinner, which will be catered by Scott’s, is at 6 p.m.

The dinner entrée is stuffed pork loin with Marsala wine sauce and cheddar mashed potatoes. The vegetarian alternative is pasta primavera with roasted garlic, sundried tomatoes, and julienne zucchini.

Russoniello’s topic will be “California vs. Trump, War or Peace: What ignoring or disobeying federal law can mean for all of us.”

Appointed by President Donald Reagan, Russoniello served his first term as U.S. Attorney for the Northern District of California from 1982 to 1990.

He prosecuted Larry Layton of the Peoples Temple for his part in the murder of Congressman Leo Ryan in Jonestown, Guyana, and tried several other high-profile criminal and civil cases.

Russoniello’s office prosecuted the Hitachi and Mitsubishi corporations for their theft of IBM secrets; Jerry Whitworth and James D. Harper, Jr. in separate espionage cases; and dozens of white collar crime cases involving financial institution fraud, money laundering, securities fraud, public corruption, defense procurement fraud, copyright infringement and trademark counterfeiting.

Appointed by President George W. Bush, Russoniello served his second term as U.S. Attorney for the Northern District of San Francisco, and an attorney in private practice. Later he served as dean of the San Francisco Law School.

He was also a member of the U.S. Attorney General’s Advisory Committee, serving as chairman of its White Collar Crime Subcommittee, and was a member of the Economic Crime Council of the Department of Justice.

The cost for the event is $28 for members and, for this month only, $23 (instead of $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 p.m. Reservations are required; walk-ins cannot be accommodated.

An event registration form is included in “The Rossmoor Republican,” which is sent to all club members monthly. The registration form can also be accessed and printed at www.rossmoor-republicans.us.

Reservations checks, payable to the Republican Club of Rossmoor, should be mailed to the Republican Club of Rossmoor, 1001 Golden Rain Road. Alternatively, they may be hand-delivered to the Republican Club mailbox at Gateway. All reservations must be received by noon on Thursday, Sept. 14.

The evening includes a cash prize raffle. Tickets will be for sale during the social hour.

Raffle proceeds support the patriotic charities Fisher House and Semper Fi Fund, which serve wounded military members and their families.

Republican Club dues are $15 per year for an individual, $25 for a household. Nonmembers who join the Republican Club at this dinner will pay club dues only for 2018. They will enjoy membership for the remainder of 2017 at no cost.

For dinner reservation questions, call Gayla Manning at 262-2584. For membership questions, call Marlys Siegel at 262-3185.

Boomers sponsor shred day Sept. 23

Boomers Forever will sponsor an on-site “witness- destruction” shred day on Saturday, Sept. 23, from 10 a.m. until 1 p.m. in the Gateway parking lot.

The cost is $5 per file (bankers size) box or 30 pounds. Only cash is accepted.

Residents can witness the destruction of their confidential information and files by Shred Works, an AAA-certified shredding company.

All the shredded material is recycled.

Only paper is accepted. There is no need to worry about removing staples or paper clips. Help will be available to unload the material from the car.

A portion of the proceeds from the Boomer shred day will be used to help purchase wheelchair accessible picnic tables for various Rossmoor picnic areas in partnership with the Rossmoor Garden Club and the Activities Council.

For information, call Shred Works at 1-800-815SHRED.
Democrats to hear from Labor Center chair

The UC Berkeley Center for Labor Research and Education (Labor Center) Chairman Ken Jacobs will speak at the Democrats of Rossmoor monthly membership meeting on Thursday, Sept. 28, at 7 p.m. in the Event Center.

The social hour and town square begin at 6 and refreshments will be served.

The Labor Center, established in 1964, is a public service and outreach program of UC Berkeley’s Institute for research on Labor and Employment. Jacobs has been a labor specialist at the Labor Center since 2002. His areas of specialization include low-wage work, labor standards policies and healthcare coverage.

Jacobs argues that low-wage jobs, including manufacturing jobs, are a drain on taxpayer-funded programs. In a new report that he co-authored at UC Berkeley, he says that new evidence shows that more than a third of workers in non-supervisory manufacturing jobs receive some form of assistance from public-safety-net programs for themselves or a family member. The costs have been shifted from businesses paying low wages to federal- and state-funded programs, and that those low wages in the manufacturing industry cost taxpayers approximately $10.2 billion each year in public assistance.

Jacobs argues that it’s past time for lawmakers at the federal and state levels to demand not just factory jobs — but good-paying jobs that will once again provide paths to the middle class.

For information on this and all other club events, visit www.democratsofrossmoor.org.

Activities Council seeks male board member

Meets six times a year, variety of issues deliberated

The Activities Council board is looking for additional candidates interested in spending a reasonable amount of time helping with community business.

The Activities Council board has six meetings per year and six general meetings per year, based upon an every-other-month schedule with three months off in the summer. Attendance is flexible.

The women are happy to step forward; however, the board feels it would be nice to have a balance of thoughts and ideas. Thus the board is looking for a man to volunteer.

The focus of the Activities Council board is to identify and direct the monies from the Flea Market and Fall Bazaar table donations for community projects.

Most recently, monies have gone toward the new Peacock Hall screen, with future projects being considered. ADA-compliant picnic tables for Sportsmen’s Park and Shady Glen and proper refuse enclosures have been suggested, as well as assisting in the funding of a permanent structure over the Rotary stage at Dollar.

To offer thoughts or for information, call Trish Dickson at 289-6795.

Visit www.democratsofrossmoor.org for more information.

SCAM ALERT

If it’s too good to be true ... The Rossmoor News only reports suspected scams; it does not investigate claims by residents.

Medicare Back Brace Scam

A Rossmoor resident recently received a yellow card in the mail titled “Urgent — Read Immediately.” She should have thrown away the card based on this one line alone, but she held on to it because it said she could be eligible for a “proven Medicare and insurance back support system.” She needed a back brace and eventually called the toll-free number on the card to find out more.

The person who answered the phone was extremely nice and helpful. But what the resident didn’t know is that she was in the middle of a scam. The scammers wanted her personal information.

The scammer said that Medicare might cover the cost of the brace. The scammer just needed the resident’s Medicare number (which is her Social Security number) to access the benefits. Well, guess what? As soon as the scammer got the number, she told the resident that she was not eligible for the back brace.

The scammer had the resident’s name, address and phone number. To get her Social Security number helps the scammer open credit cards and bank accounts in her name. It could ruin the resident’s credit. The resident was advised to tell her bank what happened and get this information on her credit report of the three major credit report companies: Equifax, Experian and TransUnion.

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Advise

There was nothing on the card that the resident received in the mail that actually said it was coming from Medicare. It just said that it was a special notice about Medicare and Insurance Information. So when the resident asked the scammer for more information and did a little more probing, the scammer turned out to be not so nice. These scammers call on the phone in addition to sending out a card.

Residents need to protect themselves from healthcare scams by following this advice:

• Medicare should already have your basic information. If Medicare or another governmental organization contacts you, they should already have your name, address and other basic information. A caller claiming you have been identified cannot access your personal information.

• Never share your Medicare number with an unsolicited caller. Treat your Medicare number like your credit card information or other personal details. Do not share it.

• For information on other healthcare scams, check Better Business Bureau tops at www.bbb.org/healthcare scams.

• For information about Medicare fraud, check the Medicare website at www.medicare.gov.

Activities Council holds open meeting

The Activities Council board is looking for additional candidates interested in spending a reasonable amount of time helping with community business.

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Country star Lacy J. Dalton

Lacy J. Dalton brings country to Rossmoor

One of the all-time great country performers, the legendary Lacy J. Dalton and her trio, will perform in the Tahoe Room at the Event Center on Saturday, Oct. 7, at 7 p.m. Dalton’s career has spanned decades and touched the hearts of millions. Her signature song, “16th Avenue,” was voted one of country’s top 100 songs ever by Billboard Magazine.

Dalton will perform from her repertoire of hit recordings including “Black Coffee,” “Hard Times,” “Crazy Blue Eyes,” and more classic country tunes.

In March 2017, Dalton was inducted into the North American Country Music Association International Hall of Fame. She was voted best new female artist by the Academy of Country Music in 1979 and has won numerous Grammy nominations and three prestigious Bay Area Music Awards for best country-folk recording.

She has appeared with Neil Young, the Grateful Dead and Grace Slick, and Jefferson Airplane.

Tickets for this program are $15 and may be purchased in advance at the Recreation Department at Gateway. This is an Esse Production and is sponsored by the Recreation Department. This event is open to all residents and their guests.

Recruitment offers free papier-mâché class

Rossmoor Recreation Department is offering a free class on how to make a paper maché napkin ring on Thursday, Sept. 26, from 10 a.m. to noon in the Fireside Room at Gateway.

Students will make napkin rings using cardboard tubes, paper, and decoupage. Students are required to bring a pair of scissors to class. There is a class maximum of 20 students.

To register, call Elena Ybarra at 988-7703.

S.F. Comedy Competition semi-final to be held in Rossmoor on Sept. 27

Come and see up-and-coming stand-up comedians perform at the San Francisco Comedy Competition on Wednesday, Sept. 27, at 7 p.m. in the Fireside Room at Gateway.

The competition is open to all residents and their guests.

The San Francisco Comedy Competition is an annual, multi-week, judged, stand-up comedy competition. Contestants perform 8 to 12 minutes in the semi-finals and top five from the semi-finals move on to the finals. The semi-finals occur on select Wednesdays from 5 to 7 p.m. The finals occur for 15 to 20 minutes in five more shows. A winner is crowned.

Tickets are $15 and may be purchased in advance at the Recreation Department at Gateway. This program is sponsored by the Recreation Department and is open to all residents and their guests.
Scouters of Rossmoor present talk on robots, oceans and Mars

Scouters of Rossmoor invites residents to a free talk by Dr. William J. Clancey on Tuesday, Sept. 26, at 1 p.m. in Peacock Hall.

Last spring, Clancey took part in an expedition of the Pacific Ocean near American Samoa sponsored by the National Oceanic and Atmospheric Administration (NOAA).

Clancey’s role, in part, was to observe how scientists and technicians interact with the natural environment, with each other, and with the multitude of robots and computers used to explore the deep ocean.

Clancey’s talk will review the advances in robotics that allow scientists to remotely explore inner space (underspace) and outer space (Mars). He will address the question, “How does the design of a robotic laboratory enable successfully doing field science on another planet without being physically present?”

His presentation will be rich with multimedia from the NOAA expedition depicting underspace life as well as the computers and robotics scientists utilized.

Additionally, and especially appropriate to this event, Clancy will share how his experiences as an Eagle Scout influenced his work with the National Aeronautics and Space Administration (NASA) and NOAA.

Clancy is a computer scientist whose research relates cognitive and social science in the study of work practices. He received a bachelor of arts in mathematical sciences from Rice University and a Ph.D. in computer science at Stanford University.

He has participated in several studies for NASA, and has developed artificial intelligence applications for medicine, education, robotics and space flight systems. He is the author of several books, including “Working on Mars,” and has received a number of accolades for his scholarly work.

For further information, contact Chuck Sapper at 984-3380.

Lesbian Social Club hosts author event

Rossmoor Lesbian Social Club is sponsoring an author event on Monday, Sept. 25, at 7 p.m., at Dollar.

Contributing authors of the newly released book, “Dispatches from Lesbian America, 42 Short Stories and Memoirs by Lesbian Writers,” will talk about their stories and memoirs.


It took the editors three years to collect the stories from writers all over America (and a few outside) and edit them.

For more information, contact Trudy Poote at 433-2952.

United Neighbors hold Game Day Monday

Interested in meeting new people, making connections, and having fun?

The next United Neighbors of Rossmoor meeting will be held on Monday, Sept. 18, from 10 a.m. to noon in the Fireside Room at Gateway.

Each monthly meeting features an activity. September’s meeting will include a brunch and a fun game involving wacky words. Learn new words, laugh, eat, and make new connections with fellow Rossmoor residents.

Reservations are required and space is limited. To sign up, call Elena Ybarra at 988-7703.

Dixieland Jazz Club welcomes Rich Owens and his band Sept. 27

Dixieland Jazz Club will host Rich Owens’ Throw Together Jazz Band on Wednesday, Sept. 27, at 7 p.m. in the Tahoe Room at the Event Center.

Admission is $10 for club members and $15 for non-members or guests. Register and buy tickets online at www.dixielandjazzrosmoor.com or at the door. Credit cards are accepted online.

The Throw Together Jazz Band focuses on traditional jazz. There will be dance music with jazz, swing, blues, ballads and Latin. The band doesn’t work from arrangements, but plays primarily spontaneous arrangements.

The band was literally “thrown together” when Owens’ brother-in-law asked him to assemble a group to entertain at his annual De Anza Lions Charity Crab Feed in the Bay Area.

“I chose a bunch of good friends that I have enjoyed playing with over the years in various bands,” said Owens. “These guys can play just about any style you can name.”

Band members include Larry Blake on trumpet, Tom Belmessieri on cornet, Jack Gerken on trombone, Guido Fazio on reeds, Carl Lumsford on banjo, Keith Balz on tuba, and Rich Owens on piano.

For more information, contact Bob Burch at 934-1337.

Major Changes Coming to FHA-Insured Reverse Mortgage Program!

If you are thinking about a reverse mortgage call us today! Not tomorrow or the next day. The window of opportunity is extremely limited! We have approximately 2 weeks to get in under the wire.

On August 29th HUD announced major changes to the HECM (reverse mortgage) program. These changes will greatly reduce the amount of money seniors can borrow against their homes and will increase the cost of the loan to most seniors.

Example:

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<th>Savings</th>
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<td>$295,500</td>
<td>$233,300</td>
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</tr>
</tbody>
</table>

DIFFERENCE: $62,000 less to a senior

At The Reverse Mortgage Group, we only offer reverse mortgages. We don’t try to be everything to everyone; instead we specialize in reverse mortgages for our senior clientele.

Beth@YourReverse.com • www.YourReverse.com

925-969-0380

Beth Miller-Rowe
Branch Manager and Reverse Mortgage Specialist
NMLS: 204774/831612/1850 BRE: 00950759/01215943

Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act
Celebrating 10 Years in Rossmoor!

The Jump-In band will perform in the Fireside Room at Gateway on Tuesday, Sept. 19, at 7 p.m. Jump-In is a four-piece acoustic band playing folk, popular and traditional music from the '40s to the '90s, with a preference for early '60s folk era. Like the name suggests, they encourage the audience to jump in and join them in singing familiar favorite songs.

With over 175 years of music between them, they also perform many of their own originals. The show is a cross between a concert and a sing-along led with expert instrumental and multi-part harmony vocals.

The band consists of Paul King on six- and 12-string guitars and vocals, John Koch on guitar, mandolin and vocals, Paul Herzoff on harmonica, percussion and vocals, and Hal Hammer on bass and vocals.

The group has played at venues such as the Freight & Salvage, Orinda Square Music Series, Contra Costa Country Club, Walnut Festival, Danville Hot August Nights, Walnut Creek Art & Wine Festival, Blackhawk Music Series and the Emeryville Bay Street Plaza Concert Series.

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

Autumn Acoustic Jump-In

Anlin Del Mar Series Window

Third annual Rossmoor Follies set
Presented by performing arts groups

The award-winning Gold Coast Chamber Players offer the first of this season’s five concerts, titled, “Family Business” on Saturday, Sept. 23, at 7:30 p.m. at the Lafayette Library Community Hall, 3491 Mt. Diablo Blvd. in Lafayette.

“Family Business” features music by the musical families Bach, Mozart and Mendelssohn. A rarely performed Sonata for violin, viola and piano by JS Bach’s son JCF Bach begins the concert.

Fanny Hensel, Mendelssohn’s talented sister, is featured with selections from her “Das Jahr” for solo piano, followed by Mozart’s E-flat piano quartet. The program finishes with many of their own originals. The show is a cross between a concert and a sing-along led with expert instrumental and multi-part harmony vocals.

The Performing Arts Guild of Rossmoor (PAGR) presents the third annual Rossmoor Follies on Monday, Oct. 9, at 7 p.m. in the Event Center.

The Follies are designed to offer Rossmoor residents a small taste of what Rossmoor performing arts groups do.

Among those performing are the Ashomolian Singers, the Chinese Performing Arts Group, the Drama Association of Rossmoor, the Rossmoor Rhythm Review, the Dixieland Jazz Group, the Happy Hoofers, Hula Dancers and the Ukulele Club.

PAGR is composed of 30 some performing arts groups in Rossmoor and those groups that support the performing arts in Rossmoor. It sponsors the Follies each year to support the performing arts in Rossmoor.

Among the things paid for with funds raised in past years are acoustic panels in the Event Center. The money raised also supports the performing arts in Rossmoor and those groups to bring in professional acts to provide entertainment.

The tickets for the Follies cost $10 and are sold by member organizations. Tickets can be bought at the door. Residents may also buy tickets from David Heflich at 702-349-8182 or by email at dheflich@gmail.com.

For more information, call 283-3728, visit www.gcplayers.org or email gcpg@comcast.net.

Save $500 on New Windows!

Anlin Del Mar– “Taking Quality to the Next Level.”

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Get It Together class offered by Acalanes Adult Ed, teaches how to sort, get organized

The next six-week Get It Together series starts on Tuesday, Oct. 3, from 9:30 a.m. to 12:30 p.m. at Acalanes Adult Education (AAE), Del Valle campus.

Classes run through Nov. 14 (no class on Oct. 24). The course is taught by Melanie Cullen, author of “Get It Together: Organize Your Records So Your Family Won’t Have To” (Nolo, seventh edition), a top-selling estate planning book.

Cullen will walk students through 28 topics – real estate, vehicles, personal property, retirement and pensions, secured places and passwords, estate planning documents, final arrangements, and more.

Cullen will help students organize and safely store their materials and identify additional documents needed to prepare and talk with loved ones.

Class size is small, so there is ample opportunity for questions, discussion and sharing.

For more information and to register, visit acalanes.k12.ca.us/adulted or the AAE office at 1963 Tice Valley Blvd., or call 280-3980, ext. 8001. Text is sold in class.

Nob Hill Sounds band plays for Ballroom Dance Club on Saturday

The Nob Hill Sounds will provide the music for dancing and listening at the Rossmoor Ballroom Dance Club’s fall dance on Saturday, Sept. 16, from 7 to 10 p.m. at the Event Center.

Dressy attire is encouraged, but jackets and ties are not required.

All Rossmoor residents are welcome to attend with a partner of any gender and at any level of dancing ability. Nob Hill Sounds will play popular tunes for ballroom style dancing that includes waltz, fox trot, tango, cha-cha, rumba, West Coast swing and night club two-step.

During the dance, soft drinks and light snacks are served and attendees are encouraged to bring additional beverages of their choice.

Admission is $10 per couple for club members and $20 for nonmembers and guests. Annual dues are $50 for a couple comprised of a leader and a follower, or a single person and a guest partner.

New members are welcome to join throughout the year. For information about membership or the event, contact Marshall Gordon by email at mgdn@aol.com or come to the next dance and inquire at the check-in desk.

The club holds a dance with live music on the third Saturday of every month. Attendees are welcome to dance whatever style of ballroom dance they enjoy, or to come to learn.

On Monday evenings, the club sponsors classes for beginning and intermediate dancers. For details and to enroll, call instructor Alberta Bagneschi at 687-5270.

Marshall Gordon and Patty Uhland enjoy a recent dance. Play Channel 28 Bingo at home on the first Tuesday of the month. It’s free.
Recreation holds class on card making

The Recreation Department will offer a free class on how to make personal greeting cards on Tuesday, Oct. 3, at 10 a.m. in the Fairway Room at Creekside.

The class will be taught by Linda Rogers, who has been creating her own greeting cards her whole life. She began teaching 10 years ago. She has taught at Aegis, Lafayette Community Center and Walnut Creek Senior Center.

This will be the final card-making class taught by Rogers at Rossmoor. Students are welcome to give her a nice send-off and learn more about how to attend her card-making classes off-site.

All participants are required to bring scissors. Class enrollees must arrive on time to be guaranteed a space.

To sign up, call Elena Ybarra at 988-7703.

This class is sponsored by the Recreation Department.

Rossmoor Drama Association hosts talk on Berkeley Rep play Friday

The Drama Association of Rossmoor will present a talk about Berkeley Repertory Theatre’s production of “Ain’t Too Proud.”

This is a new musical by Dominique Morisseau about the life and times of The Temptations, one of the greatest rhythm and blues groups of all time.

The docent talk is on Friday, Sept. 15, from 11 a.m. to noon in Multipurpose Room 3 at Gateway.

This is a story of brotherhood, family loyalty and betrayal. It features such iconic hits as “My Girl” and “Just My Imagination” and the group’s signature dance moves.

The play is presented through Sunday, Oct. 8, at the Roda Theatre, 2015 Addison St., Berkeley.

For information on the docent program, call Barbara Vojta at 278-1637.

The Big Band of Rossmoor has started rehearsals and will have an open house in Rossmoor in October.

Big Band starts rehearsals, plans to hold open house

Big band instruments such as sax trumpets, trombones and piano, as well as violins, clarinets and flutes are welcome. Oct. 4 would be a great night for musicians of any level to observe or sit in with the band.

The Big Band of Rossmoor is made up of seniors and students who play music of the Big Band era. The band performs for clubs, schools, churches and at community events. For information about joining the band or the open house, call the director, Maurice LeVie, at 800-322-3636.

Las Lomas H.S. Car Classic to be held Saturday

The Eighth Annual Las Lomas High School Car Classic will be on Saturday, Sept. 16, from 10 a.m. to 2 p.m. in the Las Lomas parking lot at 1460 South Main St., Walnut Creek.

This community event is a fundraiser for the Las Lomas All-Knighter, a safe and sober graduation celebration for graduating seniors.

All are welcome to enjoy a day of live music, food, entertainment, awards, raffle prizes and fabulous vehicles. General admission is free.

The $25 car registration fee includes a free continental breakfast, lunch, raffle tickets, awards and a lot of fun.

Online registration is available on the Las Lomas Car Classic website at www.LHSCarClassic.org.

For more information, contact Andrea Baldacci at ABaldacci@aol.com.

TRAVELING?
Don’t forget to bring your exercise with you. Check out exercise programs on DVDs produced by Channel 28 TV for your traveling pleasure and health.
Chamber Music Society season opens with Alexander String Quartet Event is Monday, buy tickets at door

The first concert of the Rossmoor Chamber Music Society’s 2017-2018 season will feature the Alexander String Quartet on Monday, Sept. 18, at 7:30 p.m. in the Tahoe Room of the Event Center.

The group will play three wonderful pieces: the Quartet No. 22 in B flat major, Op. 59/6 by Wolfgang Amadeus Mozart; the Quartet No. 9 in E-flat major, Op. 117, by Dmitri Shostakovich; and the Quartet No. 1 in C minor, Op. 51, No. 1, by Johannes Brahms.

The Alexander String Quartet features Zakarias Grafilo, violin; Frederick Lifsitz, viola; Ivo Hora, cello; and Sandy Wilson, cello. The group is a favorite of Rossmoor audiences.

The quartet has also established itself as an important advocate of new music through over 30 commissions from such composers as Jake Heggie, Cindy Cox, Augusta Read Thomas, Robert Greenberg, Martin Bresnick, Cesar Cano and Pulitzer Prize-winner Wayne Peterson.

A new work by Tarik O’Reagan, commissioned for the Alexander by the Booseh Chamber Music Series, had its premiere in October 2016. A work for quintet from Samuel Carl Adams is planned for premiere in early 2019 with pianist Joyce Yang. The group is also collaborating with Kindra Scharich and Lieder Alive! on recordings of Mahler Lieder, arranged by Grafilo for mezzo-soprano and string quartet.

The Alexander String Quartet is a major artistic presence in its home base of San Francisco. It has served since 1989 as ensemble in residence of San Francisco Performances and directors of the Morrison Chamber Music Center in the College of Liberal and Creative Arts at San Francisco State University.

The remaining Rossmoor Chamber Music Society concerts this season are the Milou Trio (piano trio with Gwen-dolyn Mok) on Monday, Oct. 16; the Lee Trio (piano trio) on Jan. 15, 2018; Frequency 49 (woodwind piano sextet) on Feb. 19; and Quartet San Francisco (with Jeremy Cohen) on March 19.

Individual tickets for the Sept. 18 concert will be on sale at the door for $18 (cash and checks only), beginning at 6:30 on the night of the performance. All Rossmoor residents and their guests are welcome. Season tickets for $65 will also be available at the first concert.

For information, visit the website, rossmooorchambermusic.org, or call Rita Ross at 945-1087.

The Rossmoor Chamber Music Society is a member of the Rossmoor Performing Arts Guild (PAGR).

Rossmoor Jewish Community Chorus invites choral music lovers to open house

Lovers of Jewish choral music who are perhaps interested in joining the Rossmoor Jewish Community Chorus are invited to an open house and sing-along. It will be on Thursday, Sept. 28, from 10 a.m. to noon in the Vista Room at Hillside Clubhouse.

Enjoying singing Jewish (and some non-Jewish) songs lead by Achi Ben Shalom on guitar and Barry Brian on piano. Meet new and returning members of the chorus and review the songs members will learn.

Thursday rehearsals start on Oct. 5, and will be from noon to 1:45 p.m. at Dollar. Rehearsals will continue through the fall and winter with a Rossmoor concert at a date to be determined.

Sing a choral song has been scientifically proven to make people happier and contributes to singers’ general health and well-being. Singing in a Jewish chorus provides a deep connection with members’ Jewish heritage. (However, members do not have to be Jewish.)

The chorus is a small community of like-minded folks who share a love of choral music and a desire to conserve and nourish Jewish culture.

Shalom studied music education and conducting at Tel Aviv University and the College of the Holy Names in Oakland. He is well known as a specialist in Jewish and Israeli music.

He has worked most of his adult life as a music instructor, arranger and conductor. He performs as a solo singer/guitarist and with his band, Adama. He conducts chorus groups, such as the Nigunim Community Chorus, the San Francisco Jewish Folk Chorus and the Lake Merritt Singers.

Brian, a Rossmoor resident, has been creating and conducting Jewish choruses for over two generations. Since 1968, he has founded and directed seven Jewish synagogue choirs and a Jewish community chorus.

He has sung in choruses, including two professional ones, since age seven. He minored in music at MIT. A regular attendee of the North American Jewish Choral Festival, he continues to be enriched from the world’s leading Jewish choral directors and singers.

For information, contact Brian at barrybrian@alum.mit.edu or at 215-285-0854. Shalom can be contacted at achibenshalom@gmail.com or at 510-528-8872.

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Lyric...
Richard Devlin is featured author
His book is on display at Library

The Published Writers of Rossmoor will again honor Richard Devlin, this time for the July publication of his book, “The Grotto: A Novel of Heresy, Holy War and Love.” He will have a display of his books in the Rossmoor Library throughout September.

The novel is the second in the “Abraxas Chronicles” series. Abraxas was a mysterious cult figure first praised by Basildes, a Gnostic heretic, who lived in second century Egypt.

Devlin’s first book, “The Cult, A Novel of Two Norman Kingdoms,” was short-listed for Foreword Review’s IndieFab book-of-the-year award in his historical fiction. He won an honorable mention in that category.

The Grotto begins with the murder of a young guard in Normandy. It then traces the fate of the book’s three principle characters, Elise, Edmond and Martin.

Despite having married others, Elise and Edmond remain deeply in love. Edmond risks his life fighting with King Richard’s forces in the Third Crusade.

Martin, now a scholar in Norman Sicily, learns that the monstrous Abraxas cult has reappeared there. Thus, the reader follows the cult’s chilling path from Normandy to Sicily, Cyprus and Malta.

Devlin was chairman of the Art Department at Carlow University in Western Pennsylvania, where he taught both studio art and art history. An artist and published writer on art, he has had 15 solo exhibitions of his paintings. He is currently a member of the Published Writers of Rossmoor and the Rossmoor Writing Group.

Both “The Grotto” and “The Cult” are available through Amazon.com in paperback for $12.95 and as a Kindle e-book for $2.99.

For information, contact Barbara Kirbach at 707-7076 or bkirbach@gmail.com.

Steven Lowe teaches about classical music of Spain and Latin America

Rossmoor resident Steven Lowe will teach the course, "Classical Music of Spain and Latin America" on successive Tuesdays, Oct. 3 to 24, from 1 to 3 p.m. in the Club Room at Creekside. The cost for the class, under the auspices of Diablo Valley College’s Emeritus College, is $64.

Classical music of Spain and Latin American draws from many sources that reflect Moorish influences in the Iberian Peninsula, and folk, jazz, popular music and indigenous native traditions in Latin America.

This course examines wide-ranging musical styles that have captivated music-lovers for many centuries. Composers include Isaac Albeniz, Enrique Granados, Astor Piazzolla, Manuel de Falla, Hector Villa-Lobos and Joaquin Rodrigo. Classes are illustrated by ample recorded examples.

Register online at https://diablo.cc3.rschooltoday.com/public/costoption/class_id/9696/public/1/spl, by phone at 969-4600 or at the first class.

Lowe provides program notes for Seattle Symphony, Seattle Chamber Music Society, the University of Washington’s President’s Piano Series and International Chamber Music Series and the Rossmoor Chamber Music Society.

He serves on the boards of the Rossmoor Chamber Music Society, the Sierra Chamber Society and the Rossmoor Opera Club. He has given many courses on classical music since moving to Rossmoor in 2013.

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The board of the Opera Club of Rossmoor will present its third quarterly event for 2017 on Wednesday, Sept. 20, from 1 to 3 p.m. in the Fireside Room at Gateway.

The program, titled “Simply Sondheim: A Great American Composer and Playwright,” will be offered by Rossmoor resident Jonathan Bailey, an emeritus professor from Pomona College and currently professor of music at the Forman Institute at the University of San Francisco.

Bailey will present an in-depth introduction to the man, his words, and his music. Bailey is known for his innovative presentations, having earlier presented highly acclaimed lectures in Rossmoor about “Hamilton,” the acclaimed Broadway hit. He also taught a well-received course on “An Overview of American Musical Theatre” for the Opera Club.

Sondheim has been a vital contributor to the American musical theater since Leonard Bernstein tapped him to write lyrics to “West Side Story” in the late 1950s. He also penned the lyrics for Julie Styne’s “Gypsy.”

Since then, he has won eight Tony Awards for his groundbreaking work on Broadway (more than any other composer). He created such loved works as “Sweeney Todd,” “Company,” “Follies,” “A Little Night Music,” “Sweeney Todd,” “Company,” “Follies,” “A Little Night Music,” “Sweeney Todd,” “Company,” “Follies,” and “Into the Woods.”

His early work is a protégé of Oscar Hammerstein II and is well documented. As a lyricist, he tapped many sources such as haiku poetry, ancient Roman comedy, pointillist painting, American history, Italian film scenarios and fairy tales.

The stylistic range of his musical composition is no less spectacular. His work represents an entire era in the development of this most American art form of musical theater. This program will be of interest to devotees of singing, acting and Broadway theatre.

Cost for the event is $10 for club members and $20 for others. No advance tickets are available; attendees pay at the door. The program will include light refreshments.

The Opera Club is a member of the Performing Arts Guild of Rossmoor (PAGR). For more information, contact board member Ed Kimak at 464-7692.

**Opera Club presents ‘Simply Sondheim’ next Wednesday in Fireside Room**

**Learn about Cuba trip at slide show**

A trip slide show presentation on the Excursion’s Captivating Cuba trip in February 2018 will be held on Friday, Sept. 22, at 2 p.m. in the Fairway Room at Creekside Clubhouse.

The presentation will be made by Premier World Discovery, which authorizes registred guests to visit Cuba legally.

See the listing in Excursions for the trip details.

Tour highlights include: Havana bus tour, Colon Cemetery, Old Havana walking tour, Havana Club Rum Museum, Museum of the Revolution, home and studio of artist Jose Fuster, La Corona Cigar Factory, Habana Comparsa dance performance, Nacional Hotel tour, Pinar Del Rio and Vinales Valley, Hemingway’s farm Finca La Vigia and San Jose Craft Market and Art Center.

A detailed itinerary and reservation forms are available at the Excursion Desk for the trip details. For more information, contact the Excursion Desk at 988-7731.

**Poetry Corner**

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

**WINTER OAK**

By Ben Slomoff

Barren, gnarled, distressed,
With not a breath of life apparent,
A sanctuary for noisy woodpeckers
Who flee from their staccato pecking
To rest on your naked limbs.

Would that a winter storm might remove
This painful sight, or hurry spring
To give it a budding new life.

**Modern Classical CDs**

Continued from page 24A

The tribute Beach Boys band, Live Beach Boys Experience, will perform at the Hofmann Theatre at the Lesher Center for the Arts in Walnut Creek on Saturday, Sept. 16, at 7:30 p.m.

Mike Amaral, who was born and raised in San Jose and became a musician in his youth, started a band called Flashback in 1995. Having spent a lot of time surfing and bodysurfing around Santa Cruz, Amaral always wanted to form a Beach Boys tribute band.

After early retirement, he rounded up some other musicians, including a couple of cousins, and formed Mike Amaral’s California Beach Boys Experience in 2007.

The band uses authentic equipment and wears original Beach Boys’ outfits and brings plenty of energy, excitement and surf videos to the stage.

The current lineup of band members has played together for six years and includes music director Scott Slaughter, who plays the keyboard and sings. He has worked alongside original Beach Boys Al Jardine and Brian Wilson as well as with such legends as Neil Young, David Crosby, Glen Campbell and Steve Miller.

Other band members are singers and guitar players Richard Schmidt, Dennis Buldo, who also plays saxophone, Josh Meschi, drummer James Nobriga and lead singer Amaral.

The Lesher Center is located at 1601 Civic Drive. For tickets, call 943-7469 or go to www.lesherartscenter.org.

Rossmoor residents will receive a $5 discount off premium seats by using the code “Rossmoor” when ordering. For information, go to www.cabeachboys.com.

**Tribute Beach Boys at Lesher**

**Inaugural Orinda Senior Health and Wellness Fair**

Saturday Sept. 23rd, 2017
1 pm - 4:30 pm
Orinda Community Center,
28 Orinda Way

Come enjoy free yoga and massages, local businesses, free giveaways, and guest speakers! Perfect for a relaxing afternoon with the family.

Free healthy food and prizes

Free for all!

For more information or to sponsor our event, please visit orindachamber.org or call 925-254-3909

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Erickson, Hendry, Braun photos named best in show

By Lynn Letteris
Club correspondent

On the first and third Wednesdays at 7 p.m. in the Vista Room at Hillside, the Rossmoor Photography Club hosts a meeting wherein members who enjoy competition submit their photos, either as a print, shown in a light box, or as a digital presentation where it is shown on a large screen. The competition on Aug. 16 covered the categories of projected images in creative and travel, as well as nature in the print categories.

The value of competition nights is substantially educational, providing a great learning experience for the photographer. Judge’s comments are designed to point out where an image can be improved, commenting on composition, light, etc., and the process is painless as submissions of photographs are anonymous.

Beginning photographers are especially encouraged to join the club and to compete. Entry-level members begin their photo journey in the basic category, graduating up the scale to intermediate, advanced, then masters as their work improves.

This event’s judge was John Goyer who is passionate about photography. By his own words, he admits to spending way too much time and money on this avocation.

In judging, he places much emphasis on impact, pictorial quality and focus of attention in an image. He believes originality and unusual or personal viewpoints add a lot to enjoyment of a photograph.

The winners include:

Creative prints
Advanced: first place and best in show, O.J. Erickson for “Lavender Iris” and second, Jack Zins, “Sanctorum”

Creative projected


Nature prints
Basic: first place, Robert Adler for “Coyote and Magpie”; second, Adler, “Swainson’s Hawk”; and third, Chen, “Male Flat Lizard”
Advanced: first place, Steve Goodall for “Burrowing Owls”; second, Goodall, “Marmot”; and third, Sean McDonough, “Tiger Swallowtail”

Travel projected
Basic: first place, Sharon Sonsteng for “12th Century Church”; second, Adler, “Moscow”; and third, Chen, “Black Rhino”

Continued on next page
The Drama Association of Rossmoor presents two one-act comedies this weekend

The Drama Association of Rossmoor invites residents to an afternoon of hilarious one-act plays by Rich Orloff. The plays are "The Whole Shebang" and "Mars Needs Women But Not as Much as Arnold Schecter." Performances will be on Friday, Saturday and Sunday, Sept. 27, 28 and 29. All shows are at the Hillside Performing Arts Studio (formerly the Las Trampas Room).

This latest Naked Stage production will take residents on a journey that is completely otherworldly.

"The Whole Shebang" asks the question, "What if the entire universe was just some student's science project?" A student striving for a "Master of the Universe" degree gives an oral presentation on an unusual thesis – the creation of the heavens and the earth.

Two professors and a dean interrogate the student and his two visual aids, a "typical" man and woman. Orloff's comedy ponders questions of life, the universe and everything.

"Mars Needs Women, But Not as Much as Arnold Schecter" offers a unique look at the potential pitfalls of the interplanetary dating scene. What does one say to one's girlfriend when she says she's planning to run off with a Martian prince to create a race of super Martians and conquer the universe?

This third in a series of three 2017 Naked Stage productions will be directed by Kevin O'Byrne and ponders the Drama Association's presentation of minimalist play readings for adult theater lovers.

Following a format that is now familiar to Rossmoor audiences, actors and actresses hear a part but remain "on book," referring to their scripts and using their voices, body and facial expressions to dramatize the story.

The imaginative engagement of the audience substitutes for conventional sets, costumes and props, bringing the story to life on a stage that is otherwise "naked."

Tickets are $10 and include complimentary wine, sparkling cider and cookies at intermission. Reservations can be made by emailing Drama-Rossmoor@gmail.com, or by calling Roanne Butler at 930-7556. Pay for the ticket at the door (cash or check only) beginning at 1:15 p.m. Advance early because reservations are only held until 1:45. If the ticket isn't claimed by then, your seat can be sold.

Advance reservations are strongly recommended since the Naked Stage shows often sell out. Doors open at 1:30 and curtain is 2:30 p.m.

The Drama Association is a member of the Performing Arts Guild of Rossmoor.

Ceramic Arts Club offers class on painting ceramic pieces

Jacqueline Proulx will teach her Impressional watercolor-like style of painting on ceramic pieces on Saturday, Sept. 27, from 9:30 a.m. to noon in the Ceramics Studio at Gateway Arts Studio (formerly the Las Trampas Room)."
Italian-American Club shows ‘Mountain May Depart’ Sept. 20

The Italian-American Association of Rossmoor will present “Mountain May Depart” on Wednesday, Sept. 20, at 7 p.m. in Peacock Hall at Gateway.

This is the key character of the 2016 drama. She is an easygoing and pleasant clerk/cashier of a grocery store in a small town in the northern China. She and two close male friends go everywhere together. To celebrate the arrival of a new year, they ignite fireworks on the frozen bank of Yellow River.

Clearly, the love triangle can’t last. Their delicate relation changes profoundly when she chooses a man over the other. In fact, the other man immediately leaves town upon receiving the wedding announcement.

Fifteen years later, Tao is divorced and her son moves to Shanghai with his father and her ex-husband. When Tao’s father passed away, her son comes back to attend the funeral. After the funeral ceremony, she takes her son to the river bank for a walk.

Several years later, the son, now a teenager, moves to Australia with his father. The generation gap and cultural difference makes the father-son relationship increasingly strained.

The movie ends with Tao, one of the original trio, walking on the frozen bank of Yellow River alone.

The movie is 131 minutes long. The language is a mixture of Chinese Mandarin and a local dialect and it has English subtitles.

All Rossmoor residents and their guests are welcome to watch the movie. For information, contact C. L. Chen at 324-9116.

End of Life Concerns Club shows ‘The Suicide Plan’ with discussion

Learn from the film “The Suicide Plan,” about the hidden world of assisted suicide where the lines between legality and criminality are blurred.

Sponsored by the End of Life Concerns Club, the 2012 French drama “The Suicide Plan” will be shown on Monday, Sept. 18, and Tuesday, Sept. 19, at 4 p.m. Both showings will feature English-language captions.

The 2012 French drama “The Suicide Plan” will be shown in Peacock Hall on Monday, Sept. 18, at 4 p.m. and Tuesday, Sept. 19, at 4 p.m. Both showings will feature English-language captions.

The 2015 Ethiopian drama “Difret” will be shown in Peacock Hall on Monday, Sept. 18, and Tuesday, Sept. 19, at 4 p.m. Both showings will feature English-language captions.

The 2015 Ethiopian drama “Difret” will be shown in Peacock Hall on Monday, Sept. 18, and Tuesday, Sept. 19, at 4 p.m. Both showings will feature English-language captions.

The 2014 comedy “A Good Year,” starring Russell Crowe and Marion Cotillard, will be shown in Peacock Hall on Saturday, Sept. 16, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions.

The film tells of the romantic misadventures of an Englishman who inherits a vineyard from his uncle in Provence, France. When failed banker Max Skinner (Crowe) moves abroad to accept what his late uncle (Albert Finney) left him, he meets a beautiful French woman (Cotillard).

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

Sunday Funnies features ‘A Good Year’ from 2006

The 2006 comedy “A Good Year,” starring Russell Crowe and Marion Cotillard, will be shown in Peacock Hall on Saturday, Sept. 16, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions.

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

Shakespeare Society presents ‘Richard III’

“Richard III,” the final installment in the series of Shakespeare’s history plays, will be shown on Tuesday, Sept. 26, at 7 p.m. in Peacock Hall at Gateway. The movie is presented by the Shakespeare Society.

It is the culmination of the long and bloody chronicle that began with the weak “Rich- ard II,” unfolded through six plays about three kings named Richard, and ended with Shakespeare’s first great masterpiece, the evil hunchback Richard III.

Richard of all Shakespeare’s kings is the most nefarious. He plots his way through the court betraying his friends, including his broth- Channel 28 DVDs: Health programs aired on Channel 28 in the last year are available for checkout at the Rossmoor Library at Gate- er who is now King Edward IV. Ruthless and bloodthirsty, Richard cuts a path to the En- glish throne.

But finally Richard is de- feated at the battle of Bosworth Field. Henry Tudor, the Lancastrian Earl of Richmond, becomes Henry VII. He marries Elizabeth, dead daughter and heir of Edward IV. The two houses of Lancaster and York thereby unite, which brings to an end the long and bloody civil war that began with the calamitous period of civil war that lasted almost 50 years.

Richard and his guests are invited to the film. A raffle will be held. A small donation to the Shake- speare Society will be appre- ciated.

James Caan stars in ‘Brian’s Song’ Saturday

The 1971 drama “Brian’s Song,” starring James Caan and Treat Williams, will be shown in Peacock Hall on Saturday, Sept. 16, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions.

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

Table 19’ shows on Thursday and Friday

The 2017 comedy “Table 19,” starring Anna Kendrick and Craig Robinson, will be shown in Peacock Hall on Thursday, Sept. 14, at 1, 4 and 7 p.m. and on Friday, Sept. 15, at 10 a.m., 1, 4 and 7 p.m. Language captions will be utilized on Thursday at 1 and 7 p.m. and on Friday at 10 a.m. and 7 p.m.

After her boyfriend dumps her via text, Eloise McGarry (Kendrick) finds herself demoted at the wedding of her ex’s brother, from maid-of-honor to a seat at the table reserved for guests of little consequence.

This film is one hour and 27 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.

James Caan stars in ‘Brian’s Song’ Saturday

The 1971 drama “Brian’s Song,” starring James Caan and Treat Williams, will be shown in Peacock Hall on Saturday, Sept. 16, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions.

This free program is sponsored by the Recreation Department and is open to all residents and their guests.
Korean-American Club shows ‘Chi-Hwa-Seon’ on Monday afternoon

The Korean-American Club will present “Chi-Hwa-Seon” (“Painted Fire”) on Monday, Sept. 18, at 1 p.m. in Peacock Hall at Gateway. The film is in Korean with English subtitles.

“Chi-Hwa-Seon” is a vivid portrait of the turbulent life of a 20th century master artist. The temperamental and passionate brush master Jan Seung-ik (aka Ohwon) paints with a martial artist’s fervor mixed with a rock star’s single-minded livelihood.

Ohwon fights to escape both the rigid artistic boundaries and the fetters that would deny his lowly born, unschooled genius. The movie’s director won the best director award at the 2002 Cannes Film Festival.

The film runs for two hours, and all are invited. For information, contact Jung Soo Kim at kbgc2002@yahoo.com.

British Heritage Club airs ‘Hope and Glory’ on Tuesday evening

The British Heritage Club presents one of the best films of 1987, “Hope and Glory,” on Tuesday, Sept. 19, in Peacock Hall at Gateway. The movie starts at 7 p.m., and is under two hours long.

Wine and snacks will be served from 5:30 to 6:30 p.m. on the Peacock patio. The cost for the treats is $6. The doors will open at 6:30 for the movie.

In “Hope and Glory,” director John Boorman offers an astonishing and exhilarating portrait of his own childhood, set against the terrors of a London torn apart by the onset of World War II.

For information, call Jean Wilcox at 937-6524.

Serbian film ‘Train Driver’s Diary’ starts Sept. 15 at Orinda Theatre

The International Film Showcase’s September selection is the Serbian film, “Train Driver’s Diary,” which has won 17 international film awards. It will be shown from Friday, Sept. 15, through Thursday, Sept. 21, at the Orinda Theatre.

The film is a “tragicomedy, a romantic, melodramatic and witty story about guilt. It is a story about compassion, solidarity and forgiveness.”

The movie runs one hour and 25 minutes. Show times will be available on Tuesday, Sept. 12, at www.lamorindatheatres.com.

Three-hour parking is available in the Orinda Theatre Square garage and tickets can be validated by theatre staff.

For information, call Jo Alice Canterbury at 451-9585.

Sustainable Rossmoor presents ‘A Sea Change’ tonight at Peacock Hall

Sustainable Rossmoor will show the documentary “A Sea Change” Wednesday, Sept. 13, at 7 p.m. in Peacock Hall. The film takes the audience on a global journey to expose the sources of the declining state of the world’s oceans, and yet, also brings some hope.

A young boy, his grandfather, scientists and entrepreneurs look at the causes, the results and possible solutions for ocean acidification – bringing a crucial and little-known issue to the attention of film goers.

As a lead-in to the Diablo Symphony Orchestra’s October performances, the Diablo Symphony Guild will show the 2013 film, “Romanticism and Verismo,” on Wednesday, Sept. 20, at 1 p.m. in Peacock Hall at Gateway.

The orchestra will include music from such composers as Prokofiev and Tchaikovsky who wrote for “Romeo and Juliet.” This tale about the Montagues and the Capulets also inspired Leonard Bernstein’s “West Side Story.”

Julian Fellows, the noted writer of “Downton Abby” fame, has adapted Shakespeare’s play of this timeless love story. It was filmed in Italy with scenes set in Mantua and Verona.

The film runs 120 minutes, is free and is open to all Rossmoor residents and their guests. For information about the film or the symphony guild, contact Betty Glazier at 934-7371.

The symphony guild is a member of the Performing Arts Guild of Rossmoor (PAGR).

Diablo Symphony Guild presents ‘Romeo and Juliet’ next week

As a lead-in to the Diablo Symphony Orchestra’s October performances, the Diablo Symphony Guild will show the 2013 film, “Romanticism and Verismo,” on Wednesday, Sept. 20, at 1 p.m. in Peacock Hall at Gateway.

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The symphony guild is a member of the Performing Arts Guild of Rossmoor (PAGR).

Republican Club airs ‘American Graffiti’

The Republican Club will show one of the best films of 1973, “American Graffiti,” on Saturday, Sept. 21, at 2 p.m. in Multi-purpose Room 2 in Gateway. All Rossmoor residents are invited to view this classic film.

This 1973 American coming-of-age comedy-drama was directed and co-written by George Lucas. The film stars Richard Dreyfuss, Ron Howard, Candy Clark, Cindy Williams, Mackenzie Phillips and Wolfman Jack.

In a series of vignettes, the film tells the story of a cruising and rock-and-roll culture popular with the post-WWII baby boom generation. Set in Modesto, the movie was selected by the Society of American Film Historians for preservation in the National Film Registry.

This film runs one hour, 25 minutes and will be shown with language captions. For more information call Joan Leonard at 322-5744.

International Book Club discusses ‘Righteous Mind’ at Sept. 22 meeting

Rossmoor residents are invited to join members of the International Arts Book Club on Friday, Sept. 22, at 7 p.m. in Multi-purpose Room 3 to discuss “The Righteous Mind.”

The film offers breathtaking footage of the natural world, a young boy, his grandfather, scientists and entrepreneurs trying to thread his way through the science and sociology of the oceans, a journey that takes him to Northern California, Alaska and the South Pacific.

The film is a “tragicomedy, a romantic, melodramatic and witty story about guilt. It is a story about compassion, solidarity and forgiveness.”

The movie runs one hour and 25 minutes. Show times will be available on Tuesday, Sept. 12, at www.lamorindatheatres.com.

Three-hour parking is available in the Orinda Theatre Square garage and tickets can be validated by theatre staff.

For information, call Jo Alice Canterbury at 451-9585.

Democrats’ book club to read book by Joan C. Williams

The Democrats of Rossmoor will meet on Monday, Oct. 2, at 3 p.m. in Multipurpose Room 2 at Gateway. The book to be discussed is White Working Class: Overcoming Class Cluelessness in America, by Joan C. Williams.

This book has been extensively reviewed in the “Off the Shelf” column in the July 12 issue of the Rossmoor News. The book builds on arguments articulated in a variety of media over the past several years.

The book builds on the tradition of Adrie Hocsheld’s “Strangers” in their “Own Land” and J.D. Vance’s book, “Hillbilly Elgy,” both of which have been studied by the club.

Williams’ book surveys the research and publications in the class-based field. Williams defines the working class by behaviors, values and world view.

The working class has a median income of $75,000, which is the middle 53 percent of the population. The author calls out the hypocrisy of the professional and managerial elites whose sometimes thoughtless condescend-
The newly formed Rossmoor Women’s Col- lective will hold its third monthly meeting on Thursday, Sept. 28, from 10 to 11:30 a.m. in the Fairway Room at Creekside.

Members plan to invite professional women to speak at the monthly meetings. Speakers will offer information and support on issues important to women’s mental and physical health. There will also be time for members to ask questions and share stories about their own experiences.

Members were asked to fill out a survey in July, prioritizing their questions in the following categories: finance, legal, health care and maintaining wellness, real estate, relationship- ships, home, auto upkeep, and contracts and technology.

The category, “relationships,” drew a big response from members, whose questions centered on such topics as family communication, expectations of family visits, handling holidays if alone, how to ask children for help, and how to connect with new neighbors and friends.

Due to this interest, Dr. Linda Brunson was invited to address these issues at the Sept. 28 meeting.

Dr. Brunson, a clinical psychologist, uses both cognitive-behavioral therapy (which explores how people think of themselves and their life situations) and psychodynamic approaches (which focus on underlying conflicts, beliefs, and fears) to help patients increase awareness and understanding of their personal world. Results of the survey will be shared in more detail at the September meeting.

RSVP to Oldenburg at jann@seniorvisionayr- services.com or 699-2295. Refreshments will be served.

Goals of the group

The goal of the Collective is to give female residents the opportunity to meet and discuss issues in a non-threatening environment.

For instance, recent widows, new Rossmoor residents, and those caring for disabled hus- bands will be supported by other women through shared stories and resources. Another goal of the Collective is to form small discussion groups that will meet on their own to further explore monthly topics.

In addition, members have talked about forming a wisdom circle, an idea that will be discussed again at the meeting.

There are several women in the Collective who have offered to facilitate monthly meet- ings and lead the small discussion groups. However, the Collective needs more women to join the planning group.

A meeting for interested planners will be held on Sept. 28, at 11 a.m. at Oldenburg’s home on Fairlawn Court.

Contact her at 699-2295 or jann@seniorvisionaryservices.com to RSVP or for more information.

Lafayette Art and Wine is this weekend

The Lafayette Art & Wine Festival, now in its 22nd year, is consistently voted by readers of Diablo Magazine as, “Best of the East Bay.”

The festival is held in the heart of downtown Lafayette, just steps from the Lafayette BART station, near bike trails (with bike parking provided), two blocks off Highway 24, and an easy walk/shuttle from complimentary parking.

The festival offers continuous music and dancing. The 2017 lineup includes the Kings Steen, Ybarra Band, the Spazmatics, East Bay Mud, Neon Velvet, the Big Jangle, the Bell Brothers, Front Porch, and other local talent.

Other Money’s Money, Jam, Bob Athayde, ZEBOP!, Extra Days Large, D’Jay Weekend, Trouble With Monkees, the Tunes, IDERS, the Riplers and the Covers Cup Finalists.

View the Lafayette Art & Wine Festival schedule, including links to individual band pages, at lafayettefestival.com.

Popular wines, beers and ales are served throughout the festival footprint. The Premium Wine Pavilion offers selections of high-end wines.

More than 20 of Lafayette’s best restaurants are served throughout the festival, including links to individual band pages, at lafayettefestival.com.

Music.

Popular wines, beers and ales are served throughout the festival footprint. The Premium Wine Pavilion offers selections of high-end wines.

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If you’re interested in learning more about Rossmoor or exploring the many amenities and resources available here, please feel free to reach out. We’d love to share our community and all that it offers with you.

Thank you for considering Rossmoor as your home. We look forward to welcoming you to our community.

Lori Young
LoriYoungSmi@gmail.com
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Rossmoor Realty
1641 Tice Valley Boulevard, Walnut Creek CA 94595

Rossmoor Realty is a Division of Rossmoor Properties Inc. CalBRE License No. 012779936.

The Leader in Rossmoor Resales Since 1967

OUR CURRENT LISTINGS

MLS LISTINGS
2 BEDS, 1 BATH


SEQUOIA - REMODELED TO PERFECTION. Quality craftsmanship & materials, newly & upgraded master closet with lots of natural light. Stunning finishes and impeccable design. Enclosed deck. NEW PRICE! $390,000

SEQUOIA - BEAUTIFUL REMODEL. Custom cabinets, quartz counters, stainless steel appliances & subway tile backsplash. Quality carpentry. Beautiful tiled bath w/ walk-in shower & new tile. Mirrored closet doors. Open verandas with pleasant views, close to carport. NEW PRICE! $438,000

SEQUOIA - GORGEOUS REMODEL. Quartz counters, stainless steel appliances, wood floors & pendent light. Bath white tile, quartz vanity, full size WD. Designer finishes, solid core doors, smooth ceilings. NEW PRICE! $444,000

SEQUOIA - Wrap - LIGHT & BRIGHT. Open deck in enjoy the serenity and nature. Living space includes flat screen TV. Luxury walk-in showers. WD & window in bath. Great features. NEW PRICE! $325,000

SONOMA - STUNNING "OVER THE TOP" REMODEL! Designer upgrades, custom closet, tiled shower. Remodeled kitchen, plantation shutters, dual pane windows, to appliances. Stack WD. Enclosed veranda. Carport & close by..... NEW PRICE! $425,000

SONOMA - WELL MAINTAINED WITH PRETTY OUTDOOR. Fresh paint, all white kitchen. Enclosed veranda... NEW PRICE! $235,000

SONOMA - Wrap - WANDERFUL LOCATION. Just across from golf course. Updated kitchen with stainless steel appliances. WD hook ups. Close to carport. NEW PRICE! $325,000

2 BEDS, 2 BATHS

GOLDEN GATE - EXCEPTIONAL CRAFTSMANSHIP. Granite counters, new appliances, updated bathroom with large walk-in shower, crown molding & wood flooring and WD. Luxury setting with open balcony and pleasant outlook. NEW PRICE! $646,000


SAN FRANCISCAN - STUNNING REMODEL. Private front patio & attached. Hardwood floors, dual pane windows, smooth ceilings, recessed light. Gourmet kitchen has custom cabinets, to appliances & natural stone counters. Spa-like bath, walk-in shower, stack WD. Carport close. NEW PRICE! $588,000

YOSEMITE - GORGEOUS REMODEL. Oak wood cabinets, granite countertops, marble back splash, stainless steel appliances. Beautifully remodeled spa-like baths. Privacy & attached garage. NEW PRICE! $525,000

MONTEREY - REMODELED PERFECTION. Granite counters, custom cabinets & ss appliances. Surround sound throughout. Tile bathrooms, custom paint and accent walls, exceptioanl craftsmanship & materials, nestled amongst mature trees & natural. vineyard. Walk to laundry. NEW PRICE! $679,000

MONTEREY - QUIET, SERENE LOCATION - Walk to hillside. New carpet, tile, gas, stack WD. Enclosed veranda. Carport close. NEW PRICE! $595,000


SAN FRANCISCAN - ABSOLUTELY STUNNING! Remodeled, re-decorated & reconfigured to the highest standards with every attention to detail. Dual fireplaces, spa-like baths, gourmet kitchen. NEW PRICE! $699,000

MLS LISTINGS
2 BEDS, 2 BATHS

CASCAD - ENJOY NATURE ALL AROUND. Wonderful location amongst mature oaks & lush lawns. End of court allows for lots of privacy. Bring your decorator to make this home your own.... NEW PRICE! $639,000

LOCALITY - PERFECT VIEW! 10' ceilings. Cherry hardwood floors. Remodeled kitchen/bath w/ upscale cabinets, separate desk/workspace, Corian counters, gas cooktop, fireplace & nook. Spacious master suite with walk-in closet & shower. Large patio windows..... NEW PRICE! $829,000


MLS LISTINGS
3 BEDS, 2 BATHS

PANORAMA - GORGEOUS REMODEL. Custom cabinets, granite countertops, marble backsplash, stainless steel appliances. Beautifully remodeled spa-like baths. Privacy & attached garage. NEW PRICE! $525,000

ắpPLICA - STUNNING REMODEL. Private front patio & attached. Hardwood floors, dual pane windows, smooth ceilings, recessed light. Gourmet kitchen has custom cabinets, to appliances & natural stone counters. Spa-like bath, walk-in shower, stack WD. Carport close. NEW PRICE! $588,000

YOSEMITE - GORGEOUS REMODEL. Oak wood cabinets, granite countertops, marble back splash, stainless steel appliances. Beautifully remodeled spa-like baths. Privacy & attached garage. NEW PRICE! $525,000

MONTEREY - QUIET, SERENE LOCATION - Walk to hillside. New carpet, tile, gas, stack WD. Enclosed veranda. Carport close. NEW PRICE! $595,000


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NEW PRICE! $1,049,000


NEW PRICE! $1,529,000

NEW PRICE! $950,000

EXCEPTIONAL HOME. High ceilings, crown molding, fresh paint, plantation shutters, new carpet & flooring. Eat in kitchen. Spacious master suite w/walk in closet. Bay views. Attached garage....... NEW PRICE! $1,049,000

NEW PRICE!! $488,000

NEW PRICE!! $679,000

NEW PRICE!! $1,049,000

NEW PRICE!! $950,000

NEW PRICE!! $679,000

NEW PRICE!! $349,900

NEW PRICE!! $365,000

NEW PRICE!! $829,000

NEW PRICE!! $639,000

NEW PRICE!! $1,049,000
Magnificent Completely Renovated & Reconfigured Home

TWO BEDROOM, TWO BATH COOPERATIVE. Extraordinary open concept kitchen with custom solid wood cabinetry and Mother-of-Pearl Quartz counter surfaces, high-end new stainless steel appliances & pot filler stove lauter. The exceptional design elements include kitchen & dining room glass front cabinets, arched framed window looking out to a growth of redwood trees, perfectly situated computer desk which doubles as a buffet surface, file drawers, and wine rack. Beautifully designed spa-like bathrooms with double shower and mirrored vanity doors. Master-in-closet in second bedroom with organizers. Gorgeous engineered hardwood flooring throughout. Unique pantry in entry with shelving and cabinets. Stack washer & dryer. Open deck with views of redwoods for your outdoor enjoyment. Everything about this home is more than you could have dreamed of, a home you will enjoy coming home to, time & time again........Offered at $787,000

Presented by Lori Young. Call Lori at (925) 787-6357.

**VILLA DE ANZA** - LEVEL IN REMODEL. Corner unit with spacious bedrooms & views of swimming pool & hills beyond. Renovated kitchen with new appliances & granite countertops. Master suite & fruit, scented Italian pottery. $519,000

**VILLA ROBLES** - OPEN VIEW. Open views from kitchen, living room & dining room. Newly remodeled. New paint, all new appliances. Condo fee includes water, trash, pool. $1,700,000

**VILLA VERDE** - BEAUTIFUL, WOODED SETTING. Fresh paint, new carpet. Fireplace with custom mantle. Kitchen with granite counters & cooktop. Separate laundry. Attic storage. Expansive deck with views of the river. $760,000

**SHOWCASE**

**The Waterfield**

CONGREGATE LIVING - AT ITS BEST

**BROOKGREEN** - TOP FLOOR, ONE BEDROOM, ONE BATH. Beautiful views with tons of natural light. Open balcony............. NEW PRICE! $170,000

**CYPRUS** - TOP FLOOR, TWO BEDROOM, ONE BATH. Eastern exposure to enjoy the sunset. New paint, carpet & flooring. Condo fee includes water, trash, pool. $372,000

**CHATSWORTH** - 4TH FLOOR, ONE BEDROOM, ONE BATH. Beautiful views of the city & beautiful balcony. Condo fee includes water, trash, pool. $338,000

**EARLSHALL** - 3RD FLOOR, TWO BEDROOM, TWO BATHS. Two balconies with ocean views. Beautiful laminate floors. Very close to the pool. $640,000

**WESTBURY** - 2ND FLOOR, TWO BEDROOM, TWO BATHS. One parking space. gorgeous views of the pool & mountains. $499,000

**SPOTLIGHT SAN FRANCISCO**

**Level-In, Single Story, Single Row in Tranquil Setting.**

TWO BEDROOM, ONE BATH COOPERATIVE. Traditional San Franciscan offering tranquil views from the atrium, a wonderful place to entertain friends and family or to just catch up on some reading. Skylights in kitchen and bath provide ample natural light with bath also having a stall shower. Take a stroll with your friends to the Gateway Centre, a major hub of activity in Rossmaro that includes arts and crafts, the Rossmaro Library, and Movie Theatre, or perhaps the Del Valle pool and Fitness Center. The perfect home to make your own..................Offered at $379,000

Presented by Scott Rogers & Connie Rogers. Call Scott at (925) 708-6634

Call The Rossmaro Experts

(925) 932-1162

www.rossmaro.com • 1-800-980-7653 (SOLD)
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<th>Property Type</th>
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<td><strong>CEDAR Condo</strong></td>
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<td><strong>MONTEREY Co-op</strong></td>
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<td><strong>CARMEL Condo</strong></td>
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**SONOMA**

$329,000

Handsome upgraded 2 bed / 1 bath Sonoma – wonderful value for the upgrades! Hardwood floors in main living areas, smooth ceilings, crown moldings, dual-pane windows, recessed lighting, granite counters, fabulous bonus storage. Lovely, peaceful outlook and wonderful location near Hillside Clubhouse. Don’t miss!

Mary Beth MacLennan & Tony Conte
(925) 324-6246 / (925) 708-1396
Pacific Union International
CalBRE# 01970487

**PIEDMONT**

$699,900

3 Beds / 2.5 Baths. Best views-Serenе, peaceful, top of the hill! Stunning remodel. level-in entry. READY TO MOVE-IN. New kitchen w/quartz slab counters, windows, recessed lighting, granite counters, fabulous new paint, new carpet, downstairs bedroom/office. Bright, open. Private.

Carol Altward & Beth Trafton
(925) 997-0400 / (925) 216-6817
J. Rockcliff Realtors Inc
CalBRE# 00777276 / 01048477

**KENTFIELD**

CALL AGENT

Amazing 2 bed/1 bath remodel! You will love the attention to detail and high-end luxury finishes in this just remodeled Kentfield model with great views, stainless steel appliances, washer and dryer, and so much more! Move-in ready condition. Private, quiet location in Kentfield model. This upstairs Sequoia coop has been re-modeled top to bottom. Smooth ceilings, dual pane windows, new carpet, downstairs bedroom/office. Bright, open. Private.

Tom Nevin
(925) 699-0031
Intero Real Estate Services
CalBRE#01970487

**YOSEMITE**

$399,000


Patrice Jensen
(925) 989-2010
Intero Real Estate Services
CalBRE#00883879

**GOLDEN GATE**

$475,000

This spectacular single-story end unit is the latest complete re-build by Toupin Construction. This close-in home features 2 bedrooms/1 bath and the finest finishes including a BIG amazing bath with huge “step-free” shower PLUS front door parking.

The Naeger Team, Mary Ellen Highfield, Broker
(925) 260-0723 & (925) 216-8988
Berkshire Hathaway HomeServices Drysdale Properties
CalBRE#00511097

**GOLDEN GATE**

$429,000

Delightful 2 bedroom/1 bath Golden Gate remodeled top to bottom. Smooth ceilings, dual pane windows, new kitchen and bath with bath in shower. W/D Carport very close with extra storage. Just waiting for a new buyer!

Diane Wilson
(925) 963-2278
Berkshire Hathaway HomeServices Drysdale Properties
CalBRE#00968636

**SAN FRANCISCAN**

$725,000

This is the new home you always wanted. Completely rebuilt from the studs out. You will appreciate the quality and detail in every room. Lots of natural light from skylights and new windows. Gourmet kitchen. 2 bedrooms, 2 beautiful bathrooms, hardwood floors, SS appliances, huge walk-in closet. Enclosed front patio. It’s all here and NO STEPS.

Norma Liddy
(925) 683-0650
Empire Realty Assoc.
CalBRE#00585401

**EXPANDED SAN FRANCISCAN**

$425,000

Wonderful 2 bed/1.5 bath end unit with enclosed atrium. Added 1/2 bath in Master BR. Extra window in dining area. Sliding glass door to outdoor space. Skylights too. Charming entrance through front patio.

Lynne Keefer
(925) 330-3356
Berkshire Hathaway HomeServices Drysdale Properties
CalBRE#00961701

**SEQUOIA**

$439,000

Stunning 2 bedrooms/1 bath remodel with gorgeous detailing throughout and a pleasant view from the large balcony. This upstairs Sequoia coop has been re-modeled from top-to-bottom with rare architectural detailing like coffered ceilings and arched entryways. Too many features to list here!

Ann Cantrell
(925) 639-7970
Intero Real Estate Services
CalBRE# 01058289

**MONTEREY**

$330,000

This lovely Monterey features 2 bedrooms, 2 baths and an updated kitchen. In addition, this upstairs end-unit has a spacious screened-in patio that is nestled in the treetops. Amazing price for a 2-bath home in move-in ready condition.

Ann Cantrell
(925) 639-7970
Intero Real Estate Services
CalBRE# 01058289

**CARMEl**

$399,000

Here’s the Rossmoor “Sweet Spot!” This beautifully located 2 bed bath, popular floor plan is a downstairs end unit with a spacious front patio, bordered by a wrought-iron fence and surrounded by green grass, plus an enclosed sunroom for extra square footage. Inside w/d and nice kitchen updates make this a winner!*

Maria Eberle
(925) 478-7190
Berkshire Hathaway HomeServices Drysdale Properties
CalBRE#01798996

**WYNDHAM**

$1,100,000

Spectacular Level-in 2 Bedroom/2.5 Bath at THE LINKS. Outstanding features include beautiful re-modeled kitchen, huge master suite with remodeled bath, hardwood floors, recessed lighting, built-in wall unit, and custom window coverings. Huge patio with sweeping view of golf course. 2 Car attached garage. Absolutely Stunning!!! Truly Gorgeous!

Dave Caron
(925) 708-6034
Intero Real Estate Services
CalBRE#00427819

**CARMEL**

$725,000

 Outstanding feature is a beautiful remodel, new paint, new carpet, downstairs bedroom/office. Bright, open. Private.

Maria Eberle
(925) 478-7190
Berkshire Hathaway HomeServices Drysdale Properties
CalBRE#01798996

**ANNIVERSARY ISSUE**

Rossmoor News • September 13, 2017

For a complete list of all Open Houses, (some of which are not on this page), and for access through the secure gate, please contact the agent in the listing or call Berkshire Hathaway 280-4920 OR Intero Real Estate 937-6050.
Theater Review: "Five Door Farce"

Continued from page 27

This play introduces a clever and funny new theatrical world where only the characters exist, both on and off stage. It works very well, but the farcical aspect becomes less exciting as the author complicates this world in which they exist by introducing another world. This additional world may become a bit too heavy as a farce in the second act.

Directors Jill Gelser and Geotthy Chapple have done a credible job directing this farcical tragedy to full fruition and the acting is quite good, at times even hilarious. "Five Door Farce" is an entertaining and imaginative theatrical experience.

The production is a production of Contra Costa Actors Theatre, which includes actors Beth Donovan (the wife), Dan Phillips (the visitor), John Chapin (the butler), Susan England (the Nurse), Michael C. Foster (the family's son, Ethel), Tricia Maryanne Banda (the family's daughter), and Carolyn Rising (the doctor) and Bill Chemson (the lawyer).

Check the website at www.orsv.org or call 528-9225 or send a general email to info@orsv.org or Jill at jill@orsv.org, who will reserve the tickets.

The following person(s) are doing business as: All Points Investigations.

The following person(s) are doing business as: Cando Esparta Walnut Creek, CA 94595, Contra Costa County.

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lisahomecare63@gmail.com or lisacurina82@gmail.com

Elisa Curina

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Sheet Vinyl • Laminate • Tile • Hardwood

Special financing options available

10% Discount to Rossmoor Residents

Shop at home! We will bring the samples to you.

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Contact us at info@flamingosflooring.com • www.flamingosflooring.com

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www.DavesWCS.com

**Painting by Jim**

Jim Salerno

510-207-6198

sa@jim46803.com • CA Lic. #952700

**INTERIORS**

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- Countertops • Repairs • Tub Front Cutouts
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- Porcelain • Formica & More

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- Adult Protective Services: 877-839-4347 (Hotline)
- Contra Costa Senior Legal Services: 510-374-3712
- Ombudsman Services of Contra Costa: 685-2070

**Adult Day Programs:**

- Adult Day Services Network of Contra Costa: 682-1000
- Contra Costa Jewish Community Center: 938-7800
- Lamontina Adult Respite Center – Holy Shepherd Lutheran Church: 254-3465
- Millman Respite Center: 938-7800
- Mt. Diablo Center Adult Day Health Care: 682-6350
- Mt. Diablo Adult Education: 685-7440
- Mt. Diablo Center Social Day Program: 682-6350
- Mt. Diablo Center Alzheimer’s Day Care and Resource Center: 682-6350
- The Bedford Center: 776-4177

**Alcoholic Anonymous:**

Alcoholic Anonymous of Contra Costa: 939-4155

**Alarma and Locator for Wanderers:**

- CARE TRAK of California: 800-997-0850
- Safe Return Program – Alzheimer’s Association – < 888-572-8566

**Financial Abuse**

- 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

**Geriatric Assessment:**

- Care Management by Senior Outreach Services: 937-8311

**Meals on Wheels:**

- Meals on Wheels: 937-8311
- Senior Nutrition Program: 646-9137

**Medical Alert Service/Devices:**

- Bay Area Vital Link Inc.: 800-752-5522
- Lifeline: 800-380-3111

**Support Groups:**

- Alzheimer’s Association East Bay Office: 800-272-3900
- Parkinson’s Disease Support Group: 682-0809

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The Guest Clearance System Number is 988-7843

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COMING SOON: AN EXTENSIVELY RENOVATED SONOMA WRAP
This 2 bedroom co-op features a beautifully updated kitchen with Kraftmaid cabinets, granite countertops and recessed lighting, rich hardwood floors, fresh paint, crown and base molding throughout, smooth ceilings and panoramic views of mature trees and soft knolls. $405,000

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 $429,000

A DELIGHTFUL GOLDEN GATE
This well located 2 bedroom co-op has been completely remodeled from "top to bottom". It features smooth ceilings, dual pane windows, a bath with walk-in-shower and W/D, new stainless steel appliances PLUS a completely carport and absolutely NO STAIRS. $429,000

A 2 BEDROOM, 2 BATH CARMEL
A well located EXPANDED end unit which features a large private patio and community maintained lawns all around. It has great views and privacy, a close carport and storage PLUS it is walking distance to the Golf Course and Creekside and Stanley Dollar Centers. $399,000

NEWLY LISTED:
AN EXPANDED SAN FRANCISCO CO-OP
This well located 2 bedroom, 1 1/2 bath home with over 1300 sq.ft. of living space is reminiscent of a cozy cottage. This end unit features an updated kitchen and TWO well-placed side windows that open-up and brighten this very desirable single story home with absolutely NO STEPS. $425,000

AN UPDATED 2 BEDROOM CONDO W/RECENT UPGRADES
This 2 bedroom, 2 bath condo in the Incomparable Waterford offers a spacious wrap around deck with morning sun and tree lined view. The large master bedroom has a walk-in closet and the 2nd bdrm features a built-in desk and MURPHY BED. Reduced to $360,000

JUST LISTED: A COVETED MIDDLETON
This 2 bedroom, 2 bath condo in the Incomparable Waterford offers a spacious wrap around deck with morning sun and tree lined view. The large master bedroom has a walk-in closet and the 2nd bdrm features a built-in desk and MURPHY BED. Reduced to $360,000

NEW LISTING: A PEACEFUL PIEDMONT
If you are looking for space, this town home is for you. This unit features almost 1700 sq. ft., a level entry, 3 bedrooms (one of which is on the main floor), large rooms, a beautifully remodeled kitchen and bath, central HVAC, hardwood floors, a big private terrace, fresh paint and much more. $624,000

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FOLLOW US ON FACEBOOK! www.facebook.com/rossmoorliving
The Third Mutual does not own or control any land or structures. It has bylaws and policies only. The CC&Rs are within the projects. Each project also has its own bank accounts. It is the projects that need to update their CC&Rs to be in compliance with the newly revised Davis-Stirling law—a simple process. Why do the officers of the Third Mutual board think they need to change the structure and have the project CC&Rs disappear and consolidate all power over the projects in their hands? They will eventually also take over the control of the project finances in direct conflict of the 1998 Rossmoor Heineke court case. Residents of Third Mutual will also be giving up substantial personal, legal and financial rights in the legalale wording. This is a lose-lose situation for residents. They are using legal language to take away your rights. Do not be deceived. Do not be bullied by their attorney when she says there is nothing to be worried about. Read the documents. This whole process is nuts. Stay tuned.

Bill Claussen
Terra California Drive

CRITICAL ISSUES NEED TO BE RESOLVED ON CC&Rs

I invite the attention of Third Mutual residents to the proposed CC&R revision Section 2.13. It is an important document. It says if your project does not approve the amended CC&Rs that your project will be kicked out of Third Mutual. The Third Mutual board has also stated that if there is not a sufficient affirmative vote that it will go to Superior Court to attain that objective.

Third Mutual has lost members by going from 2,122 members in 1998 to 1,676 today. This should cause residents of the Mutual to pause and reject this intimidation and subterfuge. There is no legal requirement that we amend our CC&Rs. There are many critical issues that need to be resolved and ROGA is working on them.

Alan Swanson
Terra Granada Drive

WHAT IS FIDUCIARY DUTY OF THIRD MUTUAL’S BOARD?

The current Third Mutual bylaws state the board’s duty “is to manage the affairs of the (Mutual) in the best interests of the members.” The proposed amended bylaws completely leave out such language.

The preamble to the current CC&Rs for most projects in Third Mutual state the CC&Rs: “are intended to benefit the owners of condominium units and their successors.” The proposed amendments state: “The following (CC&R’s) . . . are declared and agreed to be in furtherance of a plan and purpose of protecting, preserving and enhancing the value, desirability and attractiveness of said real property.” Following are some troubling proposed amendments:

Section 2.13: Failure of members of a project to approve the CC&Rs shall serve as request to consider procedures for termination or withdrawal of that project from Third Mutual. Section 8.6: Recognizes Mutual Operations to segregate all projects in a Mutual-wide account (effectively consolidating and combining the funds), as opposed to project-specific accounts presently used. Section 8.18: Members/owners shall waive their rights under the Homestead Act (which protects up to $75,000 of the equity in homes of senior citizens). Section 13.8: Members/owners shall grant to Third Mutual an irrevocable power of attorney to carry out and enforce the provisions of the CC&Rs.

What is the fiduciary duty of Third Mutual’s board? The directors serving on the Governing Documents Committee have produced the above. But the board is split. New directors have joined and not all agree with many of the proposed amendments. We members will have a voice if we review the drafts coming out soon, attend the scheduled meetings and speak up!

Katherine Himmelman
Ptarmigan Drive

RECORDING THIRD MUTUAL MEETINGS

On Aug. 26, I received a letter from Melissa Ward, general counsel to Third Mutual. Ms. Ward’s letter is a demand for Third Mutual board meetings. I found three California legal references justifying my right to record. I have yet to research American With Disability laws. I have been going blind for 20 years. I am now 90 percent blind and struggle daily to adapt and still live a productive, active life. Audio recording devices are one of my primary adaptive tools and give me independence previously denied.

I value the opportunity to serve our community by advocating for change on issues of Third Mutual governance. I have attended board meetings and many committee meetings for more than four years and have gained a great deal of knowledge that I want to convey both to the board and residents.Us ing a recording device helps me to write and report important elements of meetings in a timely manner.

Why are Ms. Ward and some directors so concerned about my recording meetings? Transparency appears to continue to be an ongoing issue for some on the Third Mutual board. The CC&Rs draft is being mailed to TWCM residents. Melissa Ward authored the CC&R revision. Please read it carefully. Many knowledgeable residents are writing critiques on important issues. ROGA (Rossmoor Open Government Advocates) will publish them for Third Mutual residents to read.

Roxanne Stallings
Rossmoor Parkway

OWNER-MAINTAINED GARDENS CAN COME BACK

We can get owner-maintained gardens back in Third Mutual. The recently adopted controversial Policy 56 can be rescinded by a Third Mutual member vote. A petition is currently being circulated to initiate a call for ballots to be sent to members. Not only did some directors force an unpopular policy on the board, they followed up with a CC&Rs segment in order to guarantee that future boards will be unable to allow gardens by changing the policy.

For one year, the Governing Documents Committee said it must put a moratorium on new permits. It said gardens can only be allowed by a provision in the CC&Rs. When Third Mutual residents receive a copy of the CC&Rs draft, review item 3.11, which refers to exclusive use common area. Note that solar is listed as an exclusion to the 67 percent rule. Gardens, solar tubes and skylights should also be included as exclusions. Also, the 67 percent can be reduced to a more reasonable percentage. This is a restrictive rule that may cause problems for Third Mutual residents when submitting alterations requests.

You can read more information about the garden petition on the Rossmoor ROGA website.

Lynne Elkin
Terra Granada Drive

DO NOT BE DECEIVED BY NEW CC&Rs

I have been involved in studying and watching the Third Mutual board and the documents in this CC&R revision process to prevent ordination for the residents of the Third Mutual. One wonders why the board officers and their attorney undertook this project. They did not need to do anything to be in compliance with the Davis-Stirling Act.
A Common Soldier

By John Littig

T
was a monument in the front of the Old Durham County Courthouse. It consisted of a granite base upon which stood an under-sized Confederate soldier. Erected in 1924, the whole works was about 15 feet high. The base was inscribed: “In memory of the boys who wore the gray.”

Two days after the violence in Charlottesville, a group of vandals destroyed that monument. One person climbed the pedestal and looted a rope around the statue. So when the soldier to the ground where it crumbled. The police were present but, apparently wanting to avoid a confrontation, did not intervene. They did, however, film the entire event and have since made several arrests. Regardless where you stand on the issue of whether there should be monuments to Confederate leaders and soldiers, I believe, the vandals’ choice of target was inexcusable. The monument depicted no Confederate leader, no known slaveholder. It was an anonymous soldier. As described on the UNC-maintained website documenting southern history, it was a “common soldier.”

The monument depicted no Confederate leader, no known slaveholder. It was an anonymous soldier. As described on the UNC-maintained website documenting southern history, it was a “common soldier.” The monument had the industrial strength to outfit an army which the South did not.

The base is a study in contrasts. Johnny Reb represented conscripted rifleman, yet it had none, he might eventually acquire a pair when scavenging from the dead on the battlefield.

The same applied to weapons. Johnny Reb may well have arrived on the battlefield with his personal shotgun or hunting rifle. Confederate-issued rifles were less effective than Union rifles.

But again, scavenging from the dead was common. For example, he may or may not have even had shoes. If he had shoes, there probably wasn’t a right and left – his shoes were interchangeable. If he had none, he might eventually acquire a pair when scavenging from the battlefield.

Health...A Human Right?

By Bob Hanson

Most of us in Rossmoor don’t have a big problem about how to pay for our medical bills. Medicare is a bless- ing for those of us who are over 65. I hesitate to think of what my financial situation would have been if I had had to pay for the quadruple bypass surgery I had five years ago. I certainly would have had to file for bankruptcy and my wife and I probably would have lost our home.

I guess most conservatives would have tutt-tutt and said, “Tough bananas, Hanson...you should have saved more money during your working years. It’s your own damned fault that you are now homeless!”

Actually, I think even most of my Republican neighbors admit that Medicare for senior citizens is a good thing. I haven’t heard of anyone refusing it out of principle. The group they won’t support are those who control Congress and the presidency who consider “Medicare for all,” otherwise known as the single-payer plan, the devil. They decry it. They label it... “We can’t af- ford it” is their frequent and tiresome excuse. The real reason that they won’t consider single-payer is that it would jeopardize the profits of the pharma- ceutical and insurance industries – major campaign contributors, all.

It is common knowledge that we pay more for medical care than any other nation on earth, while achieving only average or, not, this vandals’ choice of target was inexcusable. Life expectancy here is also lower than in most advanced countries. Is our government not ashamed to support this sad state of affairs?

So, where would the dollars come from to pay for “Medicare for all”? Thought you wouldn’t know. I would like to say that we can save $13 billion right off the bat by building one fewer aircraft carrier, or maybe even $1 trillion over the next 30 years by eliminating our now-illegal nuclear arms arsenal instead of “modernizing it,” whatever that means. But in truth, single-payer will save our government enough money to fully insure every one of us in the United States today. By eliminating the health industry, in the hundreds of billions in administrative costs and profits. Don’t shed any tears for the likes of Etna and Blue Shield...their execs will be able to retire handsomely on the huge profits and bonuses they have received in recent years.

Another myth is that our children will end up pay- ing more in taxes for single-payer than they are now. The average cost of health insurance, with its escalating premiums, high deductibles and co-pays. (Did you know that today the top 1 percent of the wealthiest Americans own 40 percent of our nation’s wealth?)

Big Pharma will not enjoy negotiating with the bargaining power of the U.S. government. For example, the U.S. Veterans Administration receives a 40 percent discount on drugs because of its sales volume. And everyone knows that you can save money by buying your prescriptions either in Canada or Mexico.

Contrary to what the insurers would have you believe, you would not have to pay a single-dime more under single-payer government-run health care, as opposed to Medicare is government-run health care. With single-payer, our children and grandchildren will be able to go to any doctor or pharmacist in the country. Of course, there would be no cost to our government.

In Canada, single-payer was phased in incrementally, province by province. It was a decade that resulted in age discrimination and reprisal.

In Time magazine, Dr. Bernie Sanders, the Vermont independent who is running for president, has introduced a federal single-payer health-care bill that would be available to the Commonwealth of Virginia. It would be the only state in the nation to have single-payer nationwide. Let your representatives and our governor know that you support the idea.

If Medicare is such a good idea, why shouldn’t it be available to everyone?

Bob Hanson can be emailed at doctoroutdoors@ comcast.net.
BARBECUES AND FIRE SAFETY

Fire is an ever-constant danger at Rossmoor. With this hot dry weather we are in, it is imperative that all fire exits are fully functional. Entry 3 on Rossmoor Parkway and the entire building with four units was burned and had to be evacuated. These residents will be out of their homes for years while still having to pay their monthly coupons. I hope they have some place to live while reconstruction occurs. I remember the Singingwood fire that took two lives in July 2018.

The News needs to run articles about fire safety when using barbecues. That’s what started this fire. It could have and should have been extinguished. Everyone who uses a barbecue should have a fire extinguisher right there. Also, when propane is used as soon as it is turned on it should be lit – immediately. After turning on the valve, you have to light it right away. Seconds matter. Propane vapor in the air is explosive and seconds count. In this case, the vapor exploded and we know what happened.

Barbecues are used in the summer and the News should make all residents aware of their safety and their responsibilities when using any barbecue. This accident was totally avoidable had proper techniques been used. The residents were fortunate that no one was burned or injured.

Fred S. Dias
Rossmoor Parkway

GOLF CARTS SHOULD NOT DRIVE OUTSIDE OF ROSSMOOR

Have you noticed an abundance of seniors driving golf carts out of Rossmoor to Safeway and beyond and back into Rossmoor? The owners/drivers have not obtained their driver’s license. Stop waving them through. Stop them. Have you noticed an abundance of seniors driving golf carts out of Rossmoor to Safeway and beyond and back into Rossmoor without showing a valid driver’s license. Stop them. Everyone who uses a barcode should have a fire extinguisher right there. Also, when propane is used as soon as it is turned on it should be lit – immediately. After turning on the valve, you have to light it right away. Seconds matter. Propane vapor in the air is explosive and seconds count. In this case, the vapor exploded and we know what happened.

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Rye Huber
Golden Rain Road

CHLORINE IN POOL IS NOT POISON

Showering before swimming is always a good idea and may reduce the amount of water treated needed for sanitation. But chlorine-based disinfector is not poison, as suggested by a recent letter to the News. In fact, it is not readily absorbed through the skin. Chlorine is a normal constituent of blood and body tissues (it’s one of the ions measured when your doctor orders a routine test for electrolytes) and our bodies eliminate excess chlorine, mainly through sweat and urine. It does not accumulate in the body so will not poison you no matter how much you enjoy swimming.

In researching this, I found that there is a good deal of alarming misinformation on the Internet about chlorine in water. Perhaps not by coincidence, much of it seems tied to businesses selling water filters. We can safely enjoy swimming in our wonderful Rossmoor pools.

Ellen Bull
Canyonwood Court

GOLF CARTS SHOULD NOT DRIVE OUTSIDE OF ROSSMOOR

If you have noticed an abundance of seniors driving golf carts out of Rossmoor to Safeway and beyond and back into Rossmoor? The owners/drivers have not obtained their driver’s license and their car in an accident or sold their car or it was taken away by relatives. Why would they want to drive a golf cart (500 pounds with max speed of 20 mph) on the streets with cars, trucks and buses? Most cars are 2,000 pounds and drive 40 mph. Most golf carts have no headlights or rear brake lights. Why are they on the road with cars? I don’t drive my Lexus on the golf course!

Security needs to stop these drivers from coming back onto Rossmoor without showing a valid driver’s license. Stop waving them through. Stop them. Call the police and have them arrested.

The News should run articles about fire safety when using barbecues. That’s what started this fire. It could have and should have been extinguished. Everyone who uses a barbecue should have a fire extinguisher right there. Also, when propane is used as soon as it is turned on it should be lit – immediately. After turning on the valve, you have to light it right away. Seconds matter. Propane vapor in the air is explosive and seconds count. In this case, the vapor exploded and we know what happened.

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Rick S. Dias
Rossmoor Parkway

MORE CAPTIONS

The movies in Peacock Hall are exceptional, with much variety and content. It would certainly be nice if the captions could be presented on Friday evenings also.

Adeline Harper
Running Springs Road

DON’T STEAL THE HOSE

Once again, one of my soaker hoses in my ap - proved private gardens in First Mutual has been stolen, so when I turn on the water it free flows. As I was looking for my hose I asked the resident that if there was a problem with my low-flow watering to please come to the door and talk to me. Don’t steal my hose. Stealing the hose causes me to waste a lot of water if I don’t know the hose isn’t there.

Marilyn Allen
Rockledge Lane

A NEED FOR A LENS ADJUSTMENT

The article on Katherine Hoenke and her life in Romania in last week’s News was excellent. Thank you for putting down my thoughts and words.

Queen Marija (Yugoslavia) was Romanian and we Slavs went through the same thing. Katherine’s family did during the war – prisons and concentration camps. Then the communists took over and all Jews were forced to sell their properties (unintended) and the young men are also pleasant.

We worked hard but we are alive and free. Thank you, America.

Teodora Prasek
Canyonwood Court

SAME EXPERIENCES

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Teodora Prasek
Canyonwood Court

A NEED FOR A LENS ADJUSTMENT

I am appalled at the way Irene Baroni has been treated by persons who are apparently of my own political persuasion. (As You Write It, Aug. 16 News). I apologize to her for that. I am more concerned that there is a general need for lens adjustment. Those supporting the president seem to be wearing indelible rose-colored glasses, while those of us who regret his being elected view him as pathetic, but a source of learning about life and our mutual discontent. (Mixing metaphors is a specialty of mine.)

Tim Wise
Ptarmigan Drive

EAGLESCAPE

I am in a men’s group whose members just happen to be in their 70s, 80s and 90s. We are acutely aware of our mutual discontent. (Mixing metaphors is a specialty of mine.)

And yet, here we are, perhaps wondering what it may be like to be 10, 20 or 30 years older than ourselves, surrounded by men and women who are much older than we are. Yet it seldom crosses our minds to befriend them and learn from their acquired experience. It is natural to gravitate toward those who have most in common with us and certainly that includes age. But what a source of learning about life we miss when we “disappear” those who actually know what we otherwise cannot know.

I am an Enthusiast about aging in part because I am in a men’s group whose members just happen on to be, on average, at least 10 years older than myself. I cherish every minute of experience as we discuss issues of the day as well as of the past and future. Through their eyes and minds, I not only get an understanding of issues from their earlier perspective, but a glimpse into my own future. It is a glorious gift.

Let’s value people by who they are, not by what they can do. If you get to know those who have lived longer than yourself I believe you can find great and abiding friendship where you perhaps failed to expect it.

Bill Leary can be emailed at leary.bill@yahoo.com.
Consider carpooling or taking the Rossmoor bus to events at the clubhouses to ease traffic congestion and parking.

**SPORT**

*By Mike Ying*

Club correspondent

The Lawn Bowling Club had its monthly Fun Social Tournament on Aug. 31. It was a warm day with the temperature hovering in the high 80s. The bowlers were fortunate not to have to bowl on the following day, which would have been unbearable as the temperature jumped to 110 degrees.

Forty-eight bowlers entered the tournament. The top bowlers played well enough to secure their positions in the standings. The current leaders are Lionel Guterres (135 points), Rick Oliveira (126), Fred Barnes (125) and Ozzie Ozorio (122).

With three more months to go in the tournament, the elite group is slowly but surely pulling away from the rest of the field. However, it is still premature to predict the winner.

**Labor Day bowls**

The club celebrated Labor Day with the Labor Day Bowl, which was a mixed handicap triples draw match. Forty bowlers dressed in red, white and blue took part in the event. There was no prize involved. It was a day for fun and comaraderie.

After bowling, players and guests were treated to a special lunch of chili. Using different recipes, seven bowlers prepared a variety of chili, served with salad, wine and desserts. The club thanks Jo Nunnelley and Mel Fredlund for organizing the fun event.

**Men’s Singles Championship**

The Men’s Singles Championship was scheduled for Sept. 5. Twenty-four bowlers, including two novices, signed up for the championship.

They bowled for two days in the preliminary rounds and the top four bowlers played in the semi-finals rounds on Sept. 7. The results will be announced next week.

**50th anniversary invitational**

The Rossmoor club will host an invitational bowls event on Saturday, Sept. 16, in celebration of its 50th anniversary. Club members have put into high gear the preparation for both the bowling tournament and the anniversary. Club members have accepted Pacific Inter-Mountain Division (PIMD) have accepted invites to join in the celebration. Over 70 bowlers will fill the greens at Hillside Clubhouse.

After the games, the Lawn Bowling Club will host a celebration party, which begins with a tea party followed by a dinner and the awarding of door prizes. Over 100 Rossmoor and PIMD bowlers are expected to attend the celebration.

**Lionel Guterres leading scorer in Lawn Bowling social**

By Joan Leonard

Club correspondent

The Rossmoor Women’s Nine-Hole Golf Club will have its annual Guest Day Tournament on Saturday, Sept. 30, on the Creekside Golf Course. There will be a 2:30 p.m. shotgun start.

Following play, there will be a social hour at the Dollar Ranch Golf Course. This is the scramble format on nine holes, played from the yellow tees at the Dollar Ranch Golf Course. The cost of the Guest Day Tournament is $35 per person and lunch only is $29. Reservations checks, payable to Rossmoor Niners, and the completed signup envelope should be put in the Niners’ drawer at the Pro Shop. Sign-up envelopes will be available on the Niners’ counter in the Pro Shop.

The tournament is open to all Niners and their guests. Members may invite up to three guests and no handicap is required. Competitors will be flighted and pairings will be assigned if less than a foursome.

The shotgun start will be at 3:00 p.m. Players are encouraged to pay their green fees early and arrange for golf carts, if needed. Reservations are limited to 32 couples.

For information about the scramble or couples golf, contact Joan Leonard at 954-7885 or Karen Mikuls at 938-9951.

The 30s/40s/50s Couples Club is for Rossmoor couples born in the decades of the 1930s, 1940s and 1950s. It is a social club whose purpose is to meet others in the same age group with similar interests.

For information about activities or to join, contact Membership Chairwoman Jill Reiner at 935-7556 or at Jill_reiner@yahoo.com. Jan Widdel may also be contacted at 944-0812.

Current leaders in the Fun Social Tournament, from left, Ozzie Ozorio, Lionel Guterres, Rick Oliveira and Fred Barnes

The Rossmoor Women’s Nine-Hole Golf Club will have its annual Guest Day Tournament on Thursday, Sept. 21.

The golf tournament, sponsored by Intero Realty, will be a Rossmoor scramble format on nine holes, played from the yellow tees at the Dollar Ranch Golf Course. The cost is $12 per member couple. Reservation checks, payable to the 30s/40s/50s Couples Club, may be sent to Gayle Madson at 935-5882.

Following play, there will be a social hour at the Dollar Ranch Golf Course. There will be a 2:30 p.m. shotgun start.

The shotgun start will be at 8:30 a.m. Players are encouraged to pay their green fees early and arrange for golf carts, if needed. Reservations are limited to 32 couples.

The deadline is Friday, Sept. 23. No refunds will be given after that date. Late entries are possible should there be any cancellations.

The club will fill the greens at Hillside Golf Course. There will be a 2:30 p.m. shotgun start.

The tournament is open to all Niners and their guests. Members may invite up to three guests and no handicap is required. Competitors will be flighted and pairings will be assigned if less than a foursome.

The shotgun start will be at 3:00 p.m. Players are encouraged to pay their green fees early and arrange for golf carts, if needed. The green fee is $12 and paid separately to the Pro Shop.

Lunch will follow immediately after golf in the Fireside Room at Gateway.

The menu includes a house salad, medalions of beef and creamy risotto. A vegetarian choice of eggplant parmesan is offered. To request a gluten-free meal, contact the chairwoman. Desert is white cake with strawberry filling. Iced tea, coffee and wine will be included.

For information, contact Fran McDonnell at 954-8188 or Vicki Simpson at 935-5882.

Bowlers in the Men’s Singles Championship. Twenty-four bowlers have signed up to play.

Intero Realty sponsors Niners’ Guest Day on Dollar Ranch Course Scramble will be held on Sept. 21

The club celebrated Labor Day with the Labor Day Bowl, which was a mixed handicap triples draw match. Forty bowlers dressed in red, white and blue took part in the event. There was no prize involved. It was a day for fun and comaraderie.

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Spectators are welcome to see pickleball play at Rossmoor Games

All spectators are welcome to watch pickleball’s Rossmoor Games on Saturday, Sept. 16, starting at 8:30 a.m. and ending at approximately 2:30 p.m.

The games will be held on the Creekside courts. An exciting time is guaranteed as players compete against others within their skill level.

Residents interested in learning pickleball will find this a great opportunity to see the game up close and at different levels of play.

To learn more about pickleball and the Rossmoor Pickleball Club, visit www.rossmoorpickleball.com.

Men’s Golf Club to host Guest Day Invitational Scramble on Sept. 20

The Rossmoor Men’s Golf Club is taking sign-ups for the Guest Day Invitational Scramble on Wednesday, Sept. 20. The event was very popular last year.

Sign-up envelopes are in the Pro Shop. Rossmoor residents may invite one, two or three guests to play in this scramble tournament. Play will be from the white tees or gold tees for those playing 18 holes, and gold tees for those playing nine holes.

The entry fee for the tournament is $24 per person, which includes lunch, soda, beer, wine and prizes.

Green fees for guests will be charged at the member rate.

For more information, contact Curtis Mitchell at 209-483-2005 or email him at camitchjr@aol.com.

Visit Trails Club website for details on its hikes

Most Hikes are in East Bay

September brings great hiking weather so pack trekking poles and plenty of water and enjoy the beautiful regional parks in the Bay Area with Rossmoor Trails Club.

The club offers both physical activity and socializing. The club enjoys several parties and potlucks throughout the year.

Besides the championship flight, there were two more.

The first flight winners were Joanne Kim winning low gross with a 278 along with Peggy Yamada and Jane Lee winning with low net scores of 212 and 214, respectively.

The second flight winners were Teddi Swanson winning low gross with a score of 314 and Joanne Brennan earning net winner with a 228.

Following golf, the women gathered in the Club Room at Creekside for lunch, the presentation of the championship trophy and a meeting.

The club thanks Yamada, tournament chairwoman, and Mark Heptig and Chris Andres, golf professionals, for all their efforts.

Joyce McCann named 18ers’ women golfers 2017 champion

Joyce McCann won the Rossmoor Women’s 18-Hole Golf Club’s 2017 club championship with consistent excellent play. McCann’s name will be placed on the perpetual championship trophy, which honors Rossmoor champions over the years.

This is the most demanding format in the golf year. This tournament is 54 holes played for low gross score over three days.

McCann had a low gross score of 253. Janice Davis was the runner up in the championship flight with a low gross score of 264.

There were two net score winners in the championship flight with Agnes Shin having a total of 212 and Olivia Hsueh with a 222 net score.
Can you take relief from staked tree on golf course?
From the 18ers' Rules Committee

As interesting rules situations arise during the 18ers' weekly play days, the Rules Committee will add these to the regular Rossmoor Women's 18ers News reports. (Page numbers cited below indicate where similar or identical rules can be found in the USGA Rules of Golf or Decisions on the Rules of Golf).

During a recent 18ers' Thursday play day, a player found her ball behind a staked tree in the right rough on hole 13. How should she proceed? Does she get relief?

The first step is to know how the rules designate a tree. Whether or not a tree is staked, it is just a part of the course that we have to try to avoid. Trees are not obstructions (page 39), because only artificial things are obstructions (such as irrigation boxes, sprinkler heads).

Happily, the stake and any protective fencing around the tree are obstructions, and the rule that applies is Rule 24-2 that deals with immovable obstructions. Relief can be taken from an immovable obstruction only if it interferes with the player’s stance or swing (NOT if it just interferes with the line of play. Relief is taken by finding the nearest point of relief no nearer the hole, and dropping the ball within one club length.

In the case of staked trees, it is important to keep in mind that relief can only be taken if the stake or protective fencing around the tree interfere with the player’s stance or swing, NOT if just the tree interferes. Many staked trees on our Rossmoor courses not only are staked, but are fully protected by fencing around the tree (e.g., hole 13). However, some trees (e.g., to the right of the green on hole 15) are staked, but with limited or no fencing.

Players who find themselves behind a staked tree with limited or no fencing should remember that they can only take relief if the stake or fencing interfere with their stance or swing, not if the tree itself interferes. Some clubs adopt a local rule that requires relief from a staked tree even if the stake or protective fencing is not in the way, but that local rule is not in effect at Rossmoor.

As it happened in the case on hole 13 on Dollar, the stake and protective fencing around the tree blocked the line of play of the player’s next shot, but did not interfere directly with her stance or swing. She therefore could not take relief and had to pitch out to the side.

Finding the Rossmoor labyrinth

The labyrinth is located on an eastern hillside just off Saklan Indian Drive. From Rossmoor Parkway, turn on to Saklan Indian Drive. The entrance to the labyrinth is about a half-mile from Rossmoor Parkway and Saklan Indian. Go up past the Eagle Ridge sign. From the sign, the entrance is about 2/10ths of a mile. The entrance is on the right where there is a paved fire road with a chain blocking driver access. There is a sign that says “trail” and “labyrinth.” It is a short walk up the fire road to the labyrinth. It is under the oak trees at the top of the hill on the right. If driving up, do not block the street or homeowners driveways when parking.

The White Line of the Rossmoor bus drives by the entrance. Just ask the driver to stop at the labyrinth.

Tennis Club players brave heat to take part in Rossmoor Games

By Ron Wyman
Club correspondent

On Sept. 2, a day when extreme heat advisories were issued, 24 of Rossmoor Tennis Club’s (RTC) best took to the courts to play in the 2017 Rossmoor Games using the Wild Card tennis format.

Twelve men and twelve women started the day as scheduled. When it was over, three women had bowed out due to the heat. Fortunately, Loc Barnes filled in midway for one of the women.

Later, RTC President Ron Wyman filled in for another woman and, even later, club Vice President Bernie Wolf filled in for another of the female players.

The winners received medals for first-, second-, and third-place finishes. In keeping with the Olympic theme the medals were gold, silver and bronze.

For the ladies, Shari Wiseman got gold with 25 wins. Pauline Hanley took silver with 20 victories, and Jackie Rideau, a new member of RTC, got the bronze with 19 wins.

On the men’s side, Rob Ingalls won gold with 21 victories and Allan Tam and Randy Kuhl tied for the silver medals with 19 wins each. Winning bronze with 17 wins was Chris Christopher.

The acting tournament director, Bernie Wolf, thanks the following: Lonna Wolf for putting together the pastry and fruit platters; the Kuhls for helping with the setup; Joe Potozkin for helping run the show; and finally, Wyman for filling in and helping with cleanup. RTC gives special thanks to Kent Brewster, the Rossmoor Games coordinator, for his assistance, for taking lots of great pictures, and providing the players with medals for the winners.

Men’s doubles

The annual RTC Men’s Doubles Tournament will be held on Saturday, Sept. 23, at Buckeye Tennis Complex. The signup sheet has been posted at Buckeye kiosk.

This is a popular event so early signup is recommended.

For more details, contact Bill Sederowitz, tournament coordinator. See the RTC directory for his phone and email address.

Tennis clinic

The Wednesday free tennis clinic includes instruction from Eugenio Ovalle and Marcia Perry, whose doubles play session has become very popular.

The clinic includes 45 minutes of instruction, followed by 45 minutes of play.

The clinic is for all levels of players, from beginners looking to learn the fundamentals, to more experienced players looking to hone their game.

No appointments or reservations are required.

Just show up at the Buckeye Tennis Complex, Court 1, at 10 a.m. on Wednesdays. The clinic runs for approximately 1-1/2 hours.

For more information, contact Perry at 988-9849

RTC website

More information on all events can be found at www.rossmoortennis.com.
Men's Golf Club sponsors last Twilight golf and social for all golf clubs

The last twilight golf tournament and social of the season is on Friday, Sept. 22. The sponsor is the Rossmoor Men's Golf Club.

There are two symmetrical black king on the upper edge.

All units are used, and all

cases are covered uniquely. It is $23 and no entry is accepted.

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In both cases the mate is an

The Scrabble Club's Rossmoor Games events be-

Judy Ruble and Anne Foreman post 75-per cent in 49er duplicate bridge game on Sept. 1.

It is White to move.

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Residents are invited to play bunco

The Bunco Club of Rossmoor will meet Wednesday, Sept. 20, in the Oak Room at Gateway. Check in between 6 and 6:30 p.m. with play starting at 6:30. Bunco is a progressive game of dice, luck and monetary prizes. It’s a great way to make new friends and have fun. It requires no special skills or previous experience. The cost is $5 per person, which includes prizes, snacks and beverages.

The club meets the third Wednesday of every month. For information, or to arrange a ride, contact Bev Fellows at 949-7628 or at beverlyfellows@comcast.net.

The August winners were Anna Jaredin, Teddy Schrader, Billie Fairfax, Sharon Culshaw and Robin Rahkonen.

Duplicate Bridge Club offers free play for members through September

The Rossmoor Duplicate Bridge Club will offer free play for members in September, except for the Unit game on Sunday, Sept. 17. The Unit game will be $4 for Rossmoor members, $8 for guests and will include lunch. Guest fees will be reduced to $5 during September, except for Friday which will be $4.

Backgammon group forming in Rossmoor

Backgammon (Shesh Besh, Takhteh, Tavla) enthusiasts are forming a players’ group at Rossmoor. Players should meet on Thursday, Sept. 14, at 7 p.m. at Peacecock Plaza. For more information, contact tetelbam@yahoo.com.

Tom and Rose Ramos took trip on bikes cross country

Tom and Rose Ramos will talk about the 4,100 mile long bicycle trip they took from the Presidio in San Francisco to West Point, N.Y. It took them two and a half months to complete the trip.

Tom (O’Brien) Ramos loves adventure. In her middle years, she became an avid cyclist, hiker, skier, snowboarder and trekker. She has seen the world from Himalayan ice sheets to desert pathways, from condos to beaches and from small towns to big cities in Italy, Argentina, Portugal, Switzerland, France, Germany, Austria and Nepal, to name a few countries. In 2005, she participated in the Ride Across America for Pleasanton’s Hope Hospice Organization.

The lunch menu includes Caesar salad, beef pot roast, roasted red potatoes, sautéed vegetables and, for dessert, apple crisp with whipped cream. The cost for the full buffet and hosted bar is $17. For more information, contact Walt Braun at 240-994-1410 or David Heflich at 702-349-8182 and visit the SIR website at www.sirbranch81.org.

The Rossmoor Duplicate Bridge Club will meet on Tuesday, Oct. 3, in the Fireside Room at Gateway Clubhouse. Registration and the open bar start at 11 a.m. Lunch is at noon followed by the guest speaker.

The presenters are Tom and Rose Ramos, who will describe the bicycle trip that they completed in early autumn of 2014. They went from the Presidio in San Francisco to the U.S. Military Academy in West Point, N.Y. The trip was 4,100 miles long and it took them two and a half months to complete.

Tom Ramos earned his bachelor of science degree in 1969 from the U.S. Military Academy at West Point, N.Y. He returned to study nuclear weapons design and became an avid cyclist, hiker, skier, snowboarder and trekker. She has seen the world from Himalayan ice sheets to desert pathways, from condos to beaches and from small towns to big cities in Italy, Argentina, Portugal, Switzerland, France, Germany, Austria and Nepal, to name a few countries. In 2005, she participated in the Ride Across America for Pleasanton’s Hope Hospice Organization.

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If East had counted his winners, he would realize that the defense now had five tricks, 2 diamonds, 2 spades and two club tricks would be set up. If East discarded the ♥K, East won with the A♥, as dummy discarded the J♥, so he exited with the 7♣. But, in East’s mind he didn’t want to set up the ♥K, so he exited with the ♥Q, North would discard the 9♠, which would allow West to win the ♥Q, dummy would discard the ♥K, and with three cards remaining, he played the ♥A and ♥KQ, and with three cards remaining, he played the fateful 10♥, the squeeze card.

If East discarded the 10♥, dummy would discard the ♥Q and two club tricks would be set up. If East discarded the ♥Q dummy would discard the ♥K setting up a heart trick and club trick.

So a sure set disappeared, and Declarer walked away with his 2♥ contract.

David Terris can be emailed at rossmoor.bridgeplay@gmail.com.
Still-life painting class offered by Carol Tarzier

Bay Area artist Carol Tarzier continues her still-life painting class this fall. The class, which premiered last spring, meets on Fridays, Sept. 15 through Nov. 17, from 1 to 5 p.m. in Art Studio 1 at Gateway. Tuition is $200 for 10 four-hour sessions. The extra hour each week allows time for setting-up, for Tarzier to demonstrate techniques and for students to complete or get a good start on their still-life painting.

Oil and acrylic painters of all levels are welcome. Oil painters may use odorless thinner only.

The class focuses on developing techniques to set up the painting and shade to create volume and depth with transparency, mixing grays to make the colors glow and creating beautiful color relationships. Students should bring a color or black and white photo, painting of a still-life, a still-life from their everyday life or from household items.

The series begins with reviewing materials and equipment that make painting easier and fun. It moves on to drawing and shade to create volume and depth with transparency, mixing grays to make the colors glow and creating beautiful color relationships.

Achieving effective color and light does not have to be difficult. The class will focus on creating still-life paintings with realistic color and light.

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**Art and Photography**

**Elizabeth Addison teaches printmaking classes, workshops**

Elizabeth Addison is back from her month-long trip working with artists in Myanmar and will teach a printmaking class in September and October.

The series includes five Wednesday afternoon classes and two all-day Saturday workshops. The series is sponsored by the Rossmoor Art Association (RAA).

The cost is $125 and includes five Wednesday afternoon classes and two all-day Saturday workshops. There is also a $30 materials fee, payable to Addison on the first day of class.

Classes are on Wednesdays, Sept. 20 through Oct. 25, from 1 to 4:30 p.m. in Art Studio 1 at Gateway. There is no class on Oct. 4 so members may attend the RAA October art demonstration.

The workshops are Saturdays, Sept. 30 and Oct. 7, from 10:30 a.m. to 4:30 p.m. The all-day workshops allow artists to immerse themselves in a creative flow and dig deeper into the process. The Saturday workshops are also open to drop-ins. The cost is $40 for each workshop.

Participants in the fall series will learn the basics of monotype printmaking (the painterly method), relief printmaking (linocut, gelli plate) and intaglio (Styrofoam intaglio, photopolymer etching plates) as well as how to operate the Whelan etching press in Studio 1.

Those who have taken previous printmaking classes are invited to build upon their current work, continue with print editions or pursue their own interests.

Students will print their images and designs on a variety of fine papers, using pigment-rich and safe water-based inks. Only safe clean-up methods are used, and solvent is not used.

Addison is a Berkeley-based visual artist, educator and curator whose widely collected works are included in The California Endowment permanent collection and numerous public and private collections. Her primary media include printmaking and multimedia installation.

Class size is limited to seven, so everyone has an opportunity to use the press, experiment with different printmaking techniques and receive individual attention. Pre-enrollment is required.

Reservations checks for $125, payable to RAA, should be sent to RAA class enrollment, 1966 Tice Valley Blvd. No. 278, Walnut Creek, CA 94595. Note on the check memo line: “Addison printmaking class.” Also include an email address and phone number.

Students must be members of RAA to enroll in the series. To join RAA, add annual dues of $10 to the tuition check and include a new member form. The form and a calendar of activities are available at www.rossmoorart.com or in Art Studio 1.

The materials fees cover all materials except printmaking paper ($1 to $4 per oversized sheet) and photopolymer etching plates ($20 each), because use of these varies widely from artist to artist.

For information, contact Addison at elizabethaddison@sbcglobal.net or call her at 510-407-0712.

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**Photography Club presents new art form on Sunday**

Rossmoor Photography Club will present a new gallery showing of unusual photographic art in the Redwood Room at Gateway.

All are invited to an artists’ reception on Sunday, Sep. 17, from 3 to 5 p.m., when wine and cheese refreshments will be served.

Some of the club’s photographers will exhibit their work in unusual forms, depicting contemporary methods of image presentation, allowing artistic expression in a different format.

An in-house committee sorted through many submissions and selected these new-age photographs to put on view in and adjacent to the Redwood Room.

Contributing photographers are Fragrance Liu, Rob in Watanabe, Cre Onoprun, Matt Kozovea, Ojas Kristins, Karl Hoeke, Andrew Neureither, Allen Nordgren, Mark Forrette, Ed Langthorn and Ed Finkas.

$30 donation is advised.

Anyone interested in learning more about their camera or improving their photography skills is welcome to attend the Photography Club.

Photographers who use a phone, tablet, point-and-shoot or DSLR, or who have entry-level skills, are especially encouraged to join or stop by a competition meeting.

For membership information, contact Rob Gendreau at 510-697-6069.

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**Photography Club has new exhibit at Gateway**

The photographers who have their work exhibited in the hallway between the Administration Office and the Fireside Room at Gateway are, from left, Allen Nordgren, Stephen Shields, Alan Garelick, Mark Forrette, Fragrance Lou, Hugh Grey, Jeanine Goodshaw and Jack Zins.

**Photo Club presents evening with Ken Lezin**

Award-winning photographer and past Rossmoor Photography Club president Ken Lezin will present a program titled “Photographic Artistry Unmasked,” on Wednesday, Sept. 27, at 7 p.m. in the Club Room at Creekside.

Lezin will discuss the evolution of artistic photography to photographic art as photographers move into the digital age. By deconstructing some of his own work, Lezin will demonstrate the various tools that are available, and encourage all to become more artistic and creative in their approach.

As photography has moved fully into the digital age, post-processing has played an increasingly larger role in the final presentation of photographic images.

Blending more than one image into a single piece and the ability to change both color and form, have further moved many photographers away from realism, and into the impressionist, abstract and even surrealistic conceptualizations previously reserved for painters, sketchers and the like.

Many manual artists have also moved into electronics and developed what is now known as digital art.

After retirement, Lezin developed an interest in photography first as a hobby, then as an avocation and now as a new career. He attended the Photography School of Santa Monica College, where he took advanced courses in Photo- shop and portraiture, in addition to basic photography. His photography has won many awards and has often been displayed around Rossmoor and in the Rossmoor News.

He was president of the Rossmoor Photography Club for two years, and was the curator for the opening of the club’s photographic art gallery in the Redwood Room, where his work is currently displayed.

For information, contact Lezin at 977-1664 or kenlezinphotography.com.

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**Beading class offered by Lapidary Club**

Option of Monday mornings or Tuesday afternoons

Barbara Johnson will teach a bead class for 10 weeks, beginning the first week of October. All skill levels, from beginner to advanced, are welcome.

Each student will work at their own pace. There will be step-by-step instruction for all skill levels.

Students may take the 10-week class on Mondays or Tuesdays, beginning Oct. 2 and 3, in the Lapidary Studio at Gateway. Monday sessions are from 10 a.m. to 12:30 p.m. and Tuesdays from 2 to 4:30 p.m.

The classes are sponsored by the Lapidary Club. The fee is $55 for the 10 sessions. Classes fill up fast, so early sign up is advised.

Students may give their registration fee to the supervisor on duty in the studio. Non-members will be asked to join the club. The membership fee is $15.

Beginners will learn basic beading. They will be given instruction on how to select beads and stringing material; selecting the correct findings (clasp, crimps, etc.) to finish a necklace; where to purchase supplies; how to make a basic necklace using a number of stringing methods; and following patterns.

The instructor will demonstrate the techniques of basic bead stringing, peyote and flat open square bracelet, wire wrapped button, brick stitch with fringe earrings and a pearl knotted necklace.

Students may bring estate sale beads or items from their own jewelry box to repair or re-design.

Advanced students may choose to work on their own designs.

Most people prefer their own tools, but the Lapidary Club has some tools and instructor’s tools are always on hand when needed.

For information, call Goldsmith at 979-8036 or email her at barb.goldsmith@comcast.net.
RELIGIOUS SERVICES

LUTHERAN
Hope Lutheran Church invites everyone to gather for a spirited worship service in the Fireside Room at Gateway on Sunday, Sept. 17, at 10:30 a.m. Pastor Jack Niemi will preach on Matthew 18:21-35. Maestro Rosario will lead worship with many along with congregation leaders. During this time of worship prayers of thanks-giving will be offered for the Rev. Roger Reaver’s 25 years of ministry at Grace Church as pastor. There will be celebratory branch in the Fireside Room following worship.

The group, Successful Aging, will meet on Tuesday, Sept. 19, at 1:30 p.m. in the Library at the church. A representative from the American Red Cross will present “Preparing your home for downturn.” Participants will learn about making a plan of what to do in the event of a disaster, and being informed of what type of disaster to anticipate. Every Wednesday at 11:15 a.m., Grace Church hosts a grief support group led by Rev. Karen Hastings-Flegel. Newcomers are welcome. For more information, call the church at 926-0922 or visit www.grace-wc.org.

JEWISH
B’nai Israel of Rossmoor will hold Shabbat services on Friday, Sept. 15, at 7:30 p.m. in the Vista Room at Hillside. Cantor Rachel Roth will lead the service and Judy Vida will be the Rosh Ha’Shanah Tashlich ceremony, as part of a prelude to the observance of High Holy Days.

B’nai Israel welcomes everyone to attend and enjoy Shabbat services. For further information, contact Judy Vida at 937-4535 or email tvmc10@sbcglobal.net.

Bonney Robinson Wasson
Bonney Robinson Wasson passed away peacefully on August 29th, 2017 at Aile Care Home in Concord California.

Bonney was born in Wilmington, Delaware along the banks of the Brandywine River on December 29th, 1939. She attended Tower Hill School in Wilmington and will be missed by her classmates. While raising four children, she attended Lesley College in Cambridge Massachusetts earning a degree in Elementary Education while minoring in Art.

Bonney was an accomplished stained-glass artist. She began her passion for the art medium in the 60’s and continued for the next 35 years, creating beautiful stained glass and sharing her knowledge. Bonney attended the Pilchuck Glass School in Stanwood Washington where she studied glass blowing and Stained Glass at San Francisco in 1987 and apprenticed under glass artist Nar- cisus Quagliata. Bonney established her own studio in Oakland in 1995 where she designed and fabricated beautiful stained-glass pieces. She also taught stained-glass at Studio One in Oakland, Berkeley Adult Educa- tion, and in her own studio.

Bonney loved to travel. When her children were young she spent a year traveling the U.S. with them. Later in life she traveled to Honduras, Cozumel, Belize, and Eu- rope. She loved Paris and Italy.

Bonney always supported the arts. She was a member of the Asian Art Museum and the Fine Arts Museums of San Francisco and she was a regular at the San Francisco Symphony.

Bonney moved to Rossmoor with her husband in 2012. She has made many friends here and will be remembered. She was a member of the Rossmoor Travel Club, the Rossmoor Autobiography Group and the Published Writers of Rossmoor. She also loved her French class- es at Acalanes Adult Education. She loved the wildlife in Rossmoor and kept a journal of the animals she saw around her home.

She had a beautiful smile. Three of her favorite sayings were: “To thine own self be true”, “Tell the truth and the devil will leave”, and “Who’s your mother?”

Bonney is survived by her husband of 17 wonderful years, Jay Wasson; her four children, Reyn Snelling, Hayden Snelling, Emily Snelling and Laura Snelling; her two granddaughters, Ben Gervitz and Jessica Snelling and her two brothers, Bill and Campbell Robinson.

Rossmoor News - September 2017
Learn about Grace Church refugee program

Presentation and concert

Grace Presbyterian Church hosts an informative presentation on Sunday, Sept. 24, at 3 p.m. about two refugee families currently being sponsored by St. Perpetua Catholic Church and St. Francis of Assisi Catholic Church.

One family is from Iran and the other from Afghanistan. Learn about the chaos they are fleeing and the challenges before them as they come to a new land. Special Eastern music is planned for the event.

A free-will offering will assist the families through this time in transition and is part of the church’s peace-making season and offering of the church.

The program will be held in the church sanctuary. The church is located at 2100 Tice Valley Blvd., down the street from the Rossmoor entrance. All are welcome.

AAUW meeting features Road Scholar rep

The Oriorda-Moraga-Lafayette branch of the American Association of University Women (AAUW) will meet on Tuesday, Sept. 19, at 9:30 a.m. at Orinda Community Church Fellowship Hall, 10 Irwin Way.

Ann White, an ambassador of Road Scholar, a not-for-profit leader in educational travel, will speak about the history of the organization, its mission, and the wide variety of travel experiences they offer.

Branch Priorities will present a plan for the coming year. Priorities sponsor Burkhalter School in Oakland, Tech Trek STEM camp for eighth-grade girls, and Expanding Your Horizons.

The meeting will include informational presentations about the many interest groups and service opportunities available to AAUW members. Guests and visitors are welcome.

Julia Renwei Zhu

Julia Renwei Zhu passed away in her sleep peacefully after a courageous battle of 8 years of Lung Cancer on 6 August, 2017 in Walnut Creek, California. She was born in Shanghai, China on 15 July, 1945.

In China she completed a major in Chinese Linguistic Literature. She also attended the Shanghai Administrative Management Institute in Shanghai, China. As a director for the teaching group, she taught courses in "Management of City Population" and "Population Sociology." While working with the Shanghai Family Planning Committee in Shanghai she did Policy Research; wrote speeches for the Vice Mayor of the City of Shanghai within the Family Planning Field; drafted different Policies for the country of China then directed and researched the Policy after being implemented.

After coming to the United States, she taught Chinese to Chinese born in the United States as well as teaching Chinese to Americans.

She eventually opened a restaurant in the Moraga Rheem Center under the slogan "here is your kitchen." She created a small restaurant with a big reputation.

From 1999 through her retirement in 2017, she worked at AIS Insurance in Oakland, California where she completed her license as a California Health and Life Insurance Agent.

Julia was preceded in death by her father; Master Artist Zhu Qizhan (died at age 105) of Shanghai, China. She is survived by her mother Chen Rujun of Shanghai, China; Jerry M. Womble, Long Time Partner of the organization, its mission, and the wide variety of travel experiences they offer.

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India Club celebrates Diwali

The India Club invites all Rossmoor residents for an evening of festivities to celebrate Diwali, India’s most joyous and colorful annual event.

Enjoy India’s cultural diversity with music, folk dances and snacks on Wednesday, Oct. 18, from 4:30 to 7 p.m. in the Fireside Room at Gateway.

The cost is $5 per person. Tickets will be available Friday, Sept. 15, through Wednesday, Oct. 11.

For information and tickets, call Dilhar Gohel at 322-8334, Veena Kausoyal at 482-9775, Surekha Vaidya at 465-1112 or Pramila Vivek at 876-4885.

NCJW to hear about impact of climate change on health at Sept. 27 meeting

The National Council of Jewish Women (NCJW) will meet on Wednesday, Sept. 27, in the Donner Room at the Event Center.

The meeting will begin at 9:30 a.m. when coffee and cake will be served. The program will begin at 10 a.m. The speaker is Dr. Cynthia Mahoney, a clinical associate professor of medicine at Stanford University.

Her presentation will cover some of the impacts of climate changes on human health and the special role of fossil fuels in both promoting climate change and solutions. She will focus on preventing further climate changes through specific actions and policies.

Mahoney has been involved in climate issues since 2005. She now focuses on educating people about the critical connection between climate and human health.

The meeting is free and open to all Rossmoor residents.

Miss the News? If your Rossmoor News was not delivered on Wednesday, call 988-7800 between 8 a.m. and noon on Thursday.

Reflected in the heritage of Rossmoor is the value placed on freedom and the right to safeguard individual rights and freedoms.
POOL AND FITNESS CENTER HOURS
SUMMER SCHEDULE
DEL VALLE POOL is closed for construction. The rec center is scheduled for Sept 18.
HILLSIDE POOL is open daily 6 a.m. to 9 p.m. Hilside is closed until 1 p.m. on Tuesdays.
DOLLAR POOL is open daily 6 to 8 p.m. Dollar is closed until 1 p.m. on Wednesdays.
Family Swim will be offered at Hilsde pool Monday, Wednesday, Thursday and Friday from 11 a.m. to 1 p.m. on Wednesdays and Thursdays from 11 a.m. to 1 p.m. on Fridays. No family swim on Tuesdays. EXERCISE equipment, a bridge room and aerobics classes are all available.

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

THURSDAY, SEPTEMBER 14

TIME EVENT LOCATION ORGANIZATION
6 a.m. Strength Class Modifier, DV Rec. Dept.
7 a.m. Luk Tung Kuen Diablo Room, H Luk Tung Kuen
7 a.m. Mat Pilates Modifier, DV Rec. Dept.
8:30 a.m. Aerobic Dance Modifier, DV Rec. Dept.
9 a.m. Bbo At Peacock Plaza Peacock Plaza, G Rec. Dept.
9 a.m. Open Bocce Vista, H Bocce Club
9 a.m. Master Swim Pool, H Silver Bullets Swimming Club
9:30 a.m. Stitchers Sewing Room, G Artisans & Friends
10 a.m. Zumba Class Module, DV Dance, Fitness & Recreation
10 a.m. Domino Lessons Oak Room, G Domino Club
10 a.m. Open Tennis Buckeye Tennis Courts, B Tennis Club
11 a.m. Light Strength Modifier, DV Rec. Dept.
11 a.m. Mat Science Module, DV Rec. Dept.
11 a.m. Rummy Cube Pine Room, H Artisans & Friends
1 p.m. Writers Club Vista, H Writers Group
1 p.m. Chinese Folk Dance Module, DV Chinese Performing Arts
1 p.m. Movie Peacock Hall, G Rec. Dept.
1 p.m. Partnership in Bridge Oak Room, G Bridge
1 p.m. Writer's Club Meeting MP 1, 2, G Writers Group
1 p.m. Line Dancing Diablo Room, H Line Dance
1 p.m. Parkinson Group Oak Room, G
3 p.m. Venice Concert Entire Clubhouse, E Rec. Dept.
3 p.m. Hula Club Module, DV Hawaii State
4 p.m. Chinese Line Dancing Diablo Room, H Chinese/ american
4 p.m. Movie Peacock Hall, G Rec. Dept.
5 p.m. Group Cycle Modifier, DV Rec. Dept.
5 p.m. Aquacise Pool, H Rec. Dept.
5:30 p.m. Strength Yoga Module, DV Rec. Dept.
6 p.m. Moving 2 Music Module, DV Moving To Music
7 p.m. Sing for Fun MP, G Sing for Fun
7 p.m. Movie Peacock Hall, G Rec. Dept.
7 p.m. Duplicate Bridge Oak Room, G Bridge, Duplicate

FRIDAY, SEPTEMBER 15

TIME EVENT LOCATION ORGANIZATION
6 a.m. Group Cycle Modifier, DV Rec. Dept.
7 a.m. Abs / Back Module, DV Rec. Dept.
7 a.m. Luk Tung Kuen Las Trampas, H Luk Tung Kuen
7 a.m. Luk Tung Kuen Vista Room, H Luk Tung Kuen
8 a.m. Strength Module, DV Rec. Dept.
9 a.m. Borean Forum Fairway A/B, C Borean Forum
9 a.m. Qi Gong Vista, H Chinese/american
9 a.m. Brown Baggers Garden Room, D Domino Club
9 a.m. Duplicate Bridge Oak Room, G Bridge, Duplicate
9 a.m. Quilters Sewing Room, G Sewing Arts Club
10 a.m. General Meeting Club Room, C Genealogical Society
10 a.m. Muscle Movers Module, DV Rec. Dept.
10 a.m. Water Exercise Pool, H Rec. Dept.
11 a.m. Flexible Yoga Module, DV Rec. Dept.
Noon Zeniacs Vista, H Rec. Dept.
Noon Mah Jong Oak Room, G Bridge, Duplicate
12 p.m. Group Cycle Module, DV Rec. Dept.
2 p.m. Yoga Vista Room, G Yoga
2:30 p.m. Folk Dancing Module, DV Folk Dancers
3 p.m. Chinese Line Dancing Diablo Room, H
5 p.m. Movie Peacock Hall, G Rec. Dept.
5 p.m. Korean Drum Club Module, DV Korean American

SUNDAY, SEPTEMBER 17

TIME EVENT LOCATION ORGANIZATION
7 a.m. Sunday Service Vista Room, H Salem Community Church
7 a.m. Sunday Service Diablo Room, H Diablo Church
8 a.m. Qi Gong Diablo Room, H Chinese/american
8 a.m. Ladies Ball Team Buckeye Tennis, B Tennis Club
8 a.m. Deep 4 Difficulty Vista, H Rec. Dept.
8:30 a.m. Mens Exercise MP 1, 2, G Men's Exercise Group
8:45 a.m. Strength Module, DV Rec. Dept.
9 a.m. Keeping Fit Diablo Room, H Rec. Dept.
9 a.m. Brown Baggers Garden Room, D Domino Club
9 a.m. Open Bocce Vista, H Bocce Club
10 a.m. Master Swim Pool, H Silver Bullets Swimming Club
10 a.m. TLC Yoga Diablo Room, H Rec. Dept.
10 a.m. Muscle Movers Module, DV Rec. Dept.
10:15 a.m. Water Exercise Pool, H Rec. Dept.
10:45 a.m. Strength Module, DV Rec. Dept.
11 a.m. Joint Efforts Pool, H Rec. Dept.
11 a.m. TlC Yoga Diablo Room, H Rec. Dept.
12:30 p.m. Zumba Module, DV Rec. Dept.
12:45 p.m. Twinges At Hinges Pool, D Rec. Dept.
1 p.m. Needleworkers Sewing Room, G Sewing Arts Club
1 p.m. Duplicate Bridge Oak Room, G Bridge, Duplicate
1 p.m. Chamber Music Concert Entire Clubhouse, E Chamber Music Assc.
1 p.m. Mat Science Module, DV Rec. Dept.
1 p.m. Board Meeting Bunker Room, C Tennis Club
1 p.m. Italian Culture Group Vista Room, H Italian American
1 p.m. General Meeting Main Area, D Caledonian Society
4 p.m. ParkinGrove Module, DV Rec. Dept.
4 p.m. Hula Club Module, DV Hawaii State
4 p.m. Foreign Film Vista Room, H Rec. Dept.
5 p.m. Flexible Yoga Module, DV Rec. Dept.
5:15 p.m. Ballroom Dance Club Room, C Ballroom Dance
6 p.m. Domino Play Oak Room, G Domino Club
6 p.m. Dealer's Choice Pool, H Rec. Dept.
7 p.m. Barre Class Module, DV Rec. Dept.
7:30 p.m. Movie Pool, H Rec. Dept.
7 p.m. AA Open Step Meeting Vista Room, H Rec. Dept.
7 p.m. Movie Peacock Hall, G Italian American

MONDAY, SEPTEMBER 18

TIME EVENT LOCATION ORGANIZATION
6 a.m. Group Cycle Module, DV Rec. Dept.
7 a.m. Luk Tung Kuen Diablo Room, H Luk Tung Kuen
7 a.m. Rhythmrobics Module, DV Rec. Dept.
8 a.m. Qi Gong Diablo Room, H Chinese/american Club
8 a.m. Ladies Ball Team Buckeye Tennis, B Tennis Club
8 a.m. Deep 4 Difficulty Vista, H Rec. Dept.
8:30 a.m. Mens Exercise MP 1, 2, G Men's Exercise Group
8:45 a.m. Strength Module, DV Rec. Dept.
9 a.m. Keeping Fit Diablo Room, H Rec. Dept.
9 a.m. Brown Baggers Garden Room, D Domino Club
9 a.m. Open Bocce Vista, H Bocce Club
10 a.m. Master Swim Pool, H Silver Bullets Swimming Club
10 a.m. TLC Yoga Diablo Room, H Rec. Dept.
10 a.m. Muscle Movers Module, DV Rec. Dept.
10:15 a.m. Water Exercise Pool, H Rec. Dept.
10:45 a.m. Strength Module, DV Rec. Dept.
11 a.m. Joint Efforts Pool, H Rec. Dept.
11 a.m. TlC Yoga Diablo Room, H Rec. Dept.
12:30 p.m. Zumba Module, DV Rec. Dept.
12:45 p.m. Twinges At Hinges Pool, D Rec. Dept.
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1 p.m. Chamber Music Concert Entire Clubhouse, E Chamber Music Assc.
1 p.m. Mat Science Module, DV Rec. Dept.
1 p.m. Board Meeting Bunker Room, C Tennis Club
1 p.m. Italian Culture Group Vista Room, H Italian American
1 p.m. General Meeting Main Area, D Caledonian Society
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4 p.m. Hula Club Module, DV Hawaii State
4 p.m. Foreign Film Vista Room, H Rec. Dept.
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6 p.m. Domino Play Oak Room, G Domino Club
6 p.m. Dealer's Choice Pool, H Rec. Dept.
7 p.m. Barre Class Module, DV Rec. Dept.
7:30 p.m. Movie Pool, H Rec. Dept.
7 p.m. AA Open Step Meeting Vista Room, H Rec. Dept.
7 p.m. Movie Peacock Hall, G Italian American

Calendar information is provided by the News by Room Reservations at the Recreation Department. Residents or groups who would like to make changes to the listing should contact Room Reservations at 988-7780 or 988-7781.
Express payments can be made in person.

Wednesday, Sept. 20

For information, call 988-7731.

Hand-sponsored travel is non-refundable. Refunds will not be issued to participants who cancel their personal reservations, they are responsible for residents who cannot participate in the excursion. The Excursion Desk nor the trip escort can accept responsibility for participants who cannot participate in the excursion.

Take a narrated cruise aboard the River Dolphin around the Oakland Estuary and Alameda Island. Everyone has driven over the bridges from Oakland to Alameda, but how many have cruised under the Bay Bridge, entered the estuary, and continued down the east side of Alameda? This trip is truly a "backdoor view" of both Oakland and Alameda, and gives a good sense of the history as well as current usage of the estuary and Bay sides of the island (formerly the Alameda Peninsula). The Esplanada was named "Empal- nel" (meaning oaks) by the original Spanish explorers, and there are four bridges that will be opened for the tour. After passing through the last bridge, cruise into San Francisco Bay towards San Francisco. Take a look at the San Francisco City Front, Yerba Buena Island and the Transamerica Pyramid, and more on the cruise back to Berkeley. Enjoy a hosted lunch on board. Lunch includes Caesar salad, sandwich (choice of roast beef with Provolone, smoked turkey with Provolone or seafood salad, all served on a croissant), side of fresh fruit, and choice of coffee or tea for each commuter beverage and dessert. The bus will leave at 9 a.m. and return at approximately 3 p.m. The cost is $10.

SMUNI BALLET AT LESHER CENTER

SATURDAY, SEPTEMBER 23, 2 p.m.

Founded in 1994 by Tony and Emmy award winning choreographer and dancer Alena Codura, 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 timeless Tchaikovsky masterpiece, "Sleeping Beauty," boldly set in the 21st century. Schubert’s romantic "Requiem Mass" and intense "Fly Me to the Moon," Smuin’s rollicking tribute to Ol’ Blue Eyes himself.

The Rossmoor Transportation Department will provide free transportation for the first 18 participants. Cost is $40.

LYRICAL DREAMS, CALIFORNIA SYMPHONY AT LESHER CENTER

Sunday, Sept. 24, 2 p.m.

The California Symphony, led by music director Donato Cabrera, is distinguished for its concert programs. The orchestra has performed in several top venues and has performed with the orchestras of the San Francisco Symphony, San Francisco Opera, San Francisco Ballet and others. The fall program at the Lesher Center in Walnut Creek consists of lyrical, expressive style pieces which use dreams as subject matter and contemporary dance.

“AN AMERICAN IN PARIS”

Tuesday, Sept. 26: Wednesday, Oct. 4

Minimal walking in Paris, the new hit musical, is coming to the Orpheum Theatre in San Francisco. It is the thrilling story of a young American soldier, a beautiful French girl and an indomitable European city, each yearning for a new beginning in the aftermath of war. Accredited director-choreographer Michael Arden and 2015 Tony Award winner Christopher Wheeldon bring the magic and romance of Paris into perfect harmony with Tony Award-winning orchestrations of unforgettable works from George and Ira Gershwin, featuring "I Got Rhythm,," "But Not for Me," "Stairway to Paradise," "They Can’t Take That Away" and orchestral music including "In F," "2 Preludes," "2 Rhapsodies" and "An American in Paris." On Sept. 26, the bus leaves Gateway at 6:15 p.m.

Excursions are on sale in the Administration Office at Gateway, Monday through Friday, from 8 a.m. to 4:30 p.m. Cash, check, MasterCard, Visa and American Express payments can be made in person. Credit card payments can be taken over the phone.

Excursion participants are assumed to be able to make their own travel arrangements. Neither the Excursion Desk nor the trip escort can accept responsibility for participants who cannot participate in the excursion.

The Excursion Desk has the right to cancel a trip in advance for any reason. A full refund will be given for all day trips cancelled by the Excursion Desk. If residents cancel their personal reservations, they are guilty of a violation and can be removed from the Excursion Desk at any time. If cancelled at least 15 days before the day-trip departure. Refunds will only be available after that time if a tick-

Listed in the News are the actual times of departures. Names will be called to board the bus 15 minutes prior to this time. For information, call 988-7731.

OAKLAND ESTUARY AND ALAMEDA ISLAND CRUISE

Wednesday, Sept. 20

Minimal walking
**CARMEL-BY-THE-SEA**

**Saturday, Sept. 2**

Moderate to easy walking

 Spend a leisurely day in Carmel, one of the most endearing seaside towns, and see what has inspired some of the world’s finest writers. Join us as we stroll through Carmel’s picturesque streets, admire the architecture and historic homes, and explore the rustic charm of Junipero Avenue to the white sand beach. Lunch not included. The bus will depart Gateway at 9 a.m. and return around 4 p.m. The cost is $67.

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**SONOMA PLAZA**

**Thursday, Sept. 28**

Moderate to easy walking

Visit the site of Sonoma State Historic Park, the birthplace of the state’s Bear Flag. Mission San Francisco Solano de Sonoma, Sonoma Casa Grande and Sonoma Plaza, all contributions to Sonoma’s tourist industry, are an ideal destination for any season. Visit the sites of Sonoma State Historic Park, the birthplace of the state’s Bear Flag. Mission San Francisco Solano de Sonoma, Sonoma Casa Grande and Sonoma Plaza, all contributions to Sonoma’s tourist industry, are an ideal destination for any season. Lunch not included. The bus will depart Gateway at 9:45 a.m. and return around 4 p.m. The cost is $57.

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**SAN ANTONIO HOLIDAY ONE HOTEL STAY**

**Nov. 29 through Dec. 3**

Travel to San Antonio, Texas, with Pre-Message Travel. San Antonio is one of the best cities in the country to visit during the holidays. There are an endless number of attractions, events and restaurants to enjoy.

**Tour highlights:**
- San Antonio city tour
- San Jose Mission
- LBJ Ranch
- Alamo
- Riverwalk cruise
- Fredericksburg
- Fiesta de las Luces

**EXTENDED TRIPS**

- San Antonio river cruises: round trips, half-day trips, lunch cruises, wine tasting cruises and overnight cruises.
- San Antonio tours: historical, ghost, cowboy, downtown, river and romantic cruises.
- San Antonio accommodations: hotels, bed and breakfasts, and vacation rentals.

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**EXCURSIONS**

Continued from page 15B return around 11:30 p.m. on Oct. 4, the bus leaves Gateway at 12:15 p.m. and will return around 4:30 p.m. Rear orchestra seats. Cost is $110.

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**APPLE HILL**

**Tuesday, Oct. 17**

Extensive walking

Apple Hill in Camino near Placerville is a great place to visit any time of the year, but it’s at its very best during the fall, when the fruit is ripe, and the weather is still warm. This tour includes a visit to 18 apple ranches, includes more than 50 orchards, ranches, Christmas tree farms, and wineries. All foods are included in our group rate of $39 per person. This tour starts at 8:30 a.m., and will return around 5 p.m. Cost is $47 (includes admission for the Mall and Quilt Show).

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**ISRAEL PHILHARMONIC ORCHESTRA AT DAVIES SYMPHONY HALL**

**Tuesday, Oct. 31**

Minimal walking

The Israel Philharmonic Orchestra and its longtime music director Zubin Mehta will appear at Davies Symphony Hall in San Francisco as part of Great Performers Series. The Israel Philharmonic Orchestra is one of Israel’s oldest and most successful cultural institutions. Since its founding, the orchestra has dedicated itself to presenting the best in Western classical music to audiences in Israel and around the world. Mehta was appointed music advisor to the orchestra in 1989 and was made music director in 1997. During this 40-year partnership, Mehta has conducted over 3,000 concerts for the orchestra, which has become one of the world’s most important cultural centers. The program includes: Mozart Symphony No. 41 (Jupiter) and Schubert Symphony in C Major (The Great). The bus will depart Gateway at 6:15 p.m. and return at approximately 10:30 p.m. The cost is $55.

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**TANGO BUENOS AIRES: “THE SPIRIT OF ARGENTINA”**

**Saturday, Nov. 11**

Minimal walking

Directly from Argentina, Tango Buenos Aires comes to Zellerbach Hall in Berkeley. Now in its 38th year, Tango Buenos Aires has traveled the world as an ambassador of Argentina’s music and dance. Engaging audiences with the stirring sounds and subtle elegance of the tango to audiences around the world, the troupe is a popular and respected cultural export of Argentina. Witness the soul of the tango style. His heart, mind and spirit lives within Tango Buenos Aires. The bus will depart Gateway at 6:30 p.m. and return around 11 p.m. The cost is $87.

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**NEW LISTING**

**“TEOTIHUACAN: CITY OF WATER, CITY OF FIRE” AT THE DE YOUNG MUSEUM**

**Nov. 8**

Extensive walking

“Teotihuacan: City of Water, City of Fire” exhibit at the de Young Museum in San Francisco explores how artwork from this ancient city can shed light on modern environmental challenges. One of the earliest, largest, and most important archaeological sites in the Americas, Teotihuacan is now a UNESCO World Heritage Site and the most visited archaeological site in Mexico. Teotihuacan is known for its massive pyramids, intricate urban layout and traditional village settlements. The exhibit features extraordinary artifacts and visitors can explore the history of the ancient city, learn about the techniques used by the ancient people to build and maintain the city, and experience the culture and beliefs of the people who lived there thousands of years ago.

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**VIENNA AND CHRISTMAS MARKETS RIVER CRUISE FEATURING ROTHENBURG, VIENNA AND VIENNA**

**Dec. 3 through 11**

Winter cruises on the Danube are a real insider’s secret. The dreamy riverscapes and romantically illuminated towns have a unique charm. Continue on next page
Excursions
Continued from page 168
Christmas markets is a true attraction. Tour highlights:

• Frankfurt Christmas market
• Nuremberg city tour and Christmas market

Regensburg walking tour and Christmas market

Vienna city tour

Welcome and farewell dinners

The tour includes: all transfers, roundtrip airfare, one-night hotel stay in Frankfurt, six nights cruise in deluxe outside cabin, 18 meals (seven breakfasts, four lunches, and six dinners), wine and spirits with dinners, sightseeing per itinerary, onboard entertainment, professional tour director, baggage handling and port charges. Prices start at $2,929 per person, double occupancy, and vary based on cabin category. A deposit of $500 per person is due with application. Stop by the Excursion Desk for a complete itinerary and pricing information. Sign up before April 30 and receive $200 per person early booking discount.

CHARLESTON AND SAVANNAH HOLIDAY
Dec. 3 through 8

Explore the beauty and history of Charleston, South Carolina, and Savannah, Georgia, on this fantastic excursion. Experience the languid pace of long-day-long days of gracious living. A rarefied world of plantations, mansions, magnolias and live oaks2 hang with Spanish moss. Tour highlights:

• Charleston city tour
• Charleston holiday lights drive
• Boone Hall Plantation
• Jekyll Island trolley tour
• Lunch at Jekyll Island Club
• Jekyll Island trolley tour
• Dinner at the Pirates’ House Restaurant
• Boone Hall Plantation
• Charleston holiday lights drive

The cost per person, double occupancy, is $1,425 ($1,760 for single occupancy). Tour includes: roundtrip airfare, one-night hotel stay in Charleston and Savannah, motor coach transportation, driver and stevedore tips, port taxes and government fees, Travel Guard Group Protection Plan and one bottle of wine per cabin. A deposit of $224 per person and vary depending on stateroom choice. Full itineraries and reservations are available at the Excursion Desk. Final payment is due on Sept. 19. Drop by the Excursion Desk for a complete itinerary and prices.

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 residents and their guests. Tour highlights:

• Parade floats decorating site in Irwindale
• Fan Fest Expo Village
• Bandfest Show
• San Diego Zoo
• Tournament of Roses Parade

The cost per person, double occupancy, is $1,125 ($1,460 for single occupancy). Tour includes: deluxe lodging for four nights, eight meals, motor coach transportation, luggage handling and gratuities. A limit of one per guest with reservation (check only). Full itineraries and reservations are available at the Excursion Desk.

CAPTIVATING CUBA: HIGHLIGHTS OF HAVANA, VINALES AND PINAR DEL RIO
Feb. 25 through March 3, 2018

Travel to Cuba, the most exciting island in the Caribbean. Premier World Discovery has been issued a license by the Department of the Treasury, Office of Foreign Assets Control, which authorizes registered guests and their guests to visit Cuba legally.

Tour highlights:

• Havana bus tour
• Colon Cemetery
• Old Havana walking tour
• Fusterlandia Ceramic Club Rum Museum
• Museum of the Revolution
• Home and studio of artist Jose Fuster
• La Corona cigar factory
• Habana Cigar dance performance
• National Hotel
• Former Cuban baseball player discussion
• Pigeon and Pigeon’s paradise
• Tobacco farm and farmhouse
• Hemingway’s farm Finca La Vigia
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SOUTH AMERICAN TRAVEL OPPORTUNITIES

SANTIAGO TO CUSCO–LIMA: THE WONDERS OF THE INCAS
Jan. 15 through Feb. 9, 2018

Cruise aboard the MS Oosterdam from Santiago to Lima, with excursions to the Andes, Lake Titicaca, Machu Picchu, Easter Island, and Cusco. The 13 meals, Cuban travel visa, Cuban health insurance, professional tour director, baggage handling and gratuities. A deposit of $500 per person and a copy of a valid passport are due with reservation confirmation for all reservations. Detailed itinerary and reservation forms are available at the Excursion Desk.

SOUTH AMERICAN TRAVEL OPPORTUNITIES

NEW YEAR’S MEXICAN RIVIERA
Dec. 13 through 16

Travel to Manzanillo, Los Cabos, Ensenada, and Cabo San Lucas. Tour highlights:

• Paradise Bay tour
• San Jose craft market and art center
• Cabo San Lucas and Los Cabos at sunset

The cost per person, double occupancy, is $1,425 ($1,760 for single occupancy). Tour includes: roundtrip airfare, one-night hotel stay in Manzanillo, accommodations, 10 meals (six breakfasts, five lunches and six dinners), local wine and beer, motor coach transfers, roundtrip transfers from Rossmoor to airport, roundtrip airfare to Manzanillo, all meals and entertainment aboard ship, luggage handling, driver and stevedore tips, port taxes and government fees, Travel Guard Group Protection Plan and one bottle of wine per cabin. A deposit of $224 per person and vary depending on stateroom choice. Full itineraries and reservations are available at the Excursion Desk. Final payment is due on Sept. 19. Drop by the Excursion Desk for a complete itinerary and prices.

INDIA’S TREASURES
April 11 through 20, 2018

Be enchanted by India’s rare beauty and vibrant culture as you go from spiritual Delhi to vibrant Jaipur and on to the historic city of Agra. Explore the many ways in which this mysterious land dazzles the senses.

Tour highlights:

• Delhi
• Homemade dinner with local family
• Gadgurdwara Bangla Sahib (Holy Shrine of Sikhs)
• Agra
• Taj Mahal
• Agra Fort and its Mughal architecture
• Jaipur
• Home and studio of artist Jose Fuster
• Museum of the Revolution
• Havana Club Rum Museum
• Colon Cemetery

Enjoy an evening of comedy in the Fireside Room at Gateway at 7 p.m. Tickets are $15 in advance at the Recreation Department. This event is open to all residents and their guests.

MUSIC FROM THE RECREATION DEPARTMENT

THURSDAY AND FRIDAY MOVIE
Thursday and Friday, Sept. 14 and 15

The 1974 film “Girls, Girls, Girls” starring Farrah Fawcett, Tony Curtis, and Robert Mitchum, in which this mysterious land dazzles the senses.

Tour highlights:

• Havana bus tour
• Colon Cemetery
• Old Havana walking tour
• Fusterlandia Ceramic Club Rum Museum
• Museum of the Revolution
• Home and studio of artist Jose Fuster
• La Corona cigar factory
• Habana Cigar dance performance
• National Hotel
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• Museum of the Revolution
• Havana Club Rum Museum
• Colon Cemetery

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LACY J. DALTON IN CONCERT
Saturday, Oct. 7

Country music legend Lacy J. Dalton and her trio will perform in the Tahoe Room at the Event Center at 7 p.m. Tickets for this concert are $15 in advance and the Recreation Department. This event is open to all residents and their guests.

MOVIES FROM THE RECREATION DEPARTMENT

THURSDAY AND FRIDAY MOVIE
Thursday and Friday, Sept. 14 and 15

The 2017 comedy “Table 19,” starring Ana Kendrick and Craig Robinson, will be shown in Peacock Hall at Gateway at 7 p.m. on Friday. A second showing at 11 p.m. will be shown in the Fireside Room at Gateway at 7 p.m. on Friday. This film is one hour and 14 minutes and is rated G. This free program is open to all residents and their guests.

SUNDAY FUNNIES
Sunday, Sept. 17

The 1959 comedy “A Good Year,” starring Russell Crowe and Marion Cotillard, will be shown in Peacock Hall at Gateway at 4 and 7 p.m. The showing at 4 p.m. will feature language captions. This film is one hour and 54 minutes and is rated PG-13. This free program is open to all residents and their guests.

FOREIGN FILM
Monday and Tuesday, Sept. 18 and 19

The 2015 Ethiopian drama “Di- fret” will be shown in Peacock Hall at Gateway at 4 p.m. on both days. Both films will feature English-language captions. This film is one hour and 36 minutes long and is not rated. This free program is open to all residents and their guests.

SPECIAL EVENTS FROM THE RECREATION DEPARTMENT

Holland America aims to provide a level of service that is both never out of reach and never in the sun. Holland America offers many other itineraries and reservations are available at the Excursion Desk.
**Club Trips**

**FROM ROSSMOOR CLUBS**

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<tr>
<th>Month</th>
<th>Trip Name</th>
<th>Details</th>
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<td>Oct. 5 through 15</td>
<td>Call Ralf Parton at 256-7078</td>
<td>HERITAGE OF AMERICA</td>
</tr>
<tr>
<td>Oct. 19 through April 5, 2018</td>
<td>Contact Roberta or Hal Davis at 597-3372</td>
<td>NILES CANYON ESSNAYANT SILENT FILM STUDIOS Friday, Sept. 22</td>
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<tr>
<td>Nov. 4 through 18</td>
<td>Call Bill Knickerbocker at 254-9222</td>
<td>TRAVEL CLUB SUMMARY</td>
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<tr>
<td>Mar. 6 through 19, 2018</td>
<td>Contact Roberta or Hal Davis at 597-3372</td>
<td>RAIL AFFORDABLE COSTA RICA</td>
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<tr>
<td>Mar. 19 through April 4, 2018</td>
<td>Contact Linda Lovell at 464-7130 or Katie Wills at 464-7130</td>
<td>ULTIMATE GALAPAGOS EXPLORATION AND ECUADOR'S AMAZON WILDS</td>
</tr>
<tr>
<td>Apr. 17 through 30, 2018</td>
<td>Contact Maria Gounaris or Gary Schaub at 938-5454</td>
<td>CANADIAN MARITIMES: NOVA SCOTIA, NEW BRUNSWICK, AND PRINCE EDWARD ISLAND</td>
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<tr>
<td>Apr. 18 through 25, 2018</td>
<td>Contact Albione Becnel at 891-4897</td>
<td>UNTENDED ICALED</td>
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<td>Apr. 25 through Sept. 9, 2018</td>
<td>Contact Sally Day at 300-3332</td>
<td>AEGEAN, ATHENS AND EPHESUS CRUISE</td>
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<td>Oct. 16 through 30, 2018</td>
<td>Contact Allison Carter at 322-7198</td>
<td>Morroco Sahara Odyssey</td>
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<td>Oct. 16 through 30, 2018</td>
<td>Contact Joe Tracy at 954-7801</td>
<td>Egypt: Cairo, the Nile and Lake Nasser</td>
</tr>
<tr>
<td>Oct. 16 through 30, 2018</td>
<td>Contact Ralf Parton at 256-7078</td>
<td>Railroad Club Trips</td>
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<tr>
<td>Jan. 25 through Feb. 3, 2018</td>
<td>Contact Ralf Parton at 256-7078</td>
<td>Visit Panama</td>
</tr>
<tr>
<td>Apr. 15 through April 30, 2018</td>
<td>Contact Ralf Parton at 256-7078</td>
<td>In the fall, discover fascinating ancient sites and vibrant cities</td>
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<tr>
<td>Aug. 25 through Sept. 9, 2018</td>
<td>Contact Ralf Parton at 256-7078</td>
<td>17TH ANNUAL ROSSMOOR AFRICAN WILDLIFE SAFARI</td>
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<tr>
<td>Oct. 16 through 30, 2018</td>
<td>Call Ralf Parton at 256-7078</td>
<td>Travel on a spacious bus with ORT to Cache Creek</td>
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</table>

**Excursions**

- Breakfasts, lunches and three dinners, professional tour director and baggage handling. The cost per person, double occupancy, is $3,249 ($4,249 for a single). Book before Sept. 12 and save $250 per person. $500 is due with application. Stop by the Excursion Desk for a complete itinerary and reservation form.

**SPOTLIGHT ON WASHINGTON, D.C.**

- American democracy comes to life in the nation's capital city on an extraordinary tour of America's history and culture in Washington, D.C. Features one hotel stay, so only unpack once.

**U.S. Capitol Building**

- House Visitor Center
- WWII, Vietnam and Korean War Memorials
- Smithsonian Institution
- Mount Vernon
- Arlington National Cemetery
- Old Town Alexandria
- Washington National Cathedral
- Ford's Theatre

The tour includes: all transfers, roundtrip airfare, motorcoach transportation, six nights first-class hotel accommodations, tours per itinerary, eight meals (five breakfasts, three dinners), professional tour director. The cost per person, double occupancy, is $2,549 per person ($3,249 for a single). A deposit of $500 is due with application. Stop by the Excursion Desk for a complete itinerary and reservation form.

**REAL AFFORDABLE COSTA RICA ADVENTURE**

- The Rossmoor Travel Club offers this 14-day trip in an adventurer's paradise. The tour includes a visit to the iconic Monteverde Cloud forest and sounds of indigenous birds, the biodiversity of tropical forests, white water rivers and sun drenched beaches. Book before Aug. 25 for $3,499 for all those who sign up by Aug. 25. This trip is limited to 25 persons on a first deposit basis. Collette Vacations offers the best insurance package for the lowest price of any company in the travel industry. For a flyer with complete information, a list of hotels and a detailed day by day itinerary call Parton at 256-7078.

**Continued on next page**
BEDFORD GALLERY presents “About Abstraction: Bauhaus, Dada, and Surrealism” from Sept. 24 through Dec. 17 at the gallery in the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. The show celebrates artists who have worked in abstraction for years. For information, call 295-1417 or go to www.bedfordgallery.org.

BERKELEY REPERTORY THEATER presents “A Midsummer Night’s Dream” through Oct. 8 at the Roda Theatre, 2021 Addison, Berkeley. The Tempest is considered one of the greatest plays ever written. A cast of all-star actors will provide iconic hits such as “My Girl” and “Just My Imagination.” Tickets are $40 to $125 with a discount available for seniors. For information, call 800-843-8723 or go to www.berkeleyrep.org.

CALIFORNIA SHAKESPEARE THEATER presents William Shakespeare’s “Measure for Measure” through Oct. 4 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. It tells of a jam session in 1956 with Elvis Presley. Jerry Lee Lewis, Carl Perkins and Johnny Cash. For tickets, call 941-7469 or go to www.lesherartscenter.org.

CENTER REPETORY COMPANY presents the hit Broadway musical “Million Dollar Quartet” through Oct. 6 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. It tells of the first full day in Paris, there are three options: a bus tour to the American Cemetery, a pre-trip to Normandy, the beaches, the American Cemetery and Omaha Beach. Call 295-7015 for information or email www.lesherartscenter.org.

GOLD COAST CHAMBER PLAYERS present “Family Business” on Saturday, Sept. 23, at 7:30 p.m. at the Lafayette Library, 3491 Mt. Diablo Blvd. A preconcert talk is at 7. The event features works by six musical families of Bach, Mozart and Mendelssohn. Senior tickets for those 65 and older are $40. Call 283-7480 or go to www.goldcoastchamberplayers.com.

LAFAYETTE CHAMBER OF Commerce presents the 22nd annual Lafayette Art and Wine Festival on Sept. 16 from 10 a.m. to 7 p.m. and Sept. 17 from 10 a.m. to 6 p.m. in downtown Lafayette. Despite the recent fire that destroyed the chamber office, the annual event will be held as scheduled. The festival includes continuous live and dance music, food and beverages. Free admission. For details, go to: http://www.lafayettenewstival.com.

PACIFIC CHAMBER ORCHESTRA, with Lawrence Kohl conducting, opens its 29th season Saturday, Sept. 16, at 7:30 p.m. at the Lafayette-Orinda Presbyterian Church, 2440 Lafayette Blvd. An emotional journey through Mozart’s overture to the opera “The Abduction from the Seraglio,” Beethoven’s Piano Concerto No. 4 with a full day optional tour to the Andean towns of Chilca and Otavalo. Then, fly from Quito to the Galápagos Islands. Spend the next six days cruising through the “Enchanted Islands” trip leader is a Galápagos naturalist who will help direct the group through the activities of hiking across a volcanic landscape, boarding a small motor dinghy for a wet landing in knee-deep water to the islands and learning the rich natural history. Galápagos Natural Park is a UNESCO World Heritage Site where more than half of the plants and birds – and nearly all the reptiles exist nowhere else on earth. On this trip, see an array of birds – black-footed albatross, frigatebirds, gulls, banded tropic birds and frigate birds. Plus there is an ar-ray of local marine life. There are optional extensions: The trip includes a full day tour to Pinnacle Rock, a full day tour of Espanola, and a post-trip five nights in Ecuador includes the Andes and the Devil Nose Train. The per person cost of the main tour is either $5,695 or $5,995 plus $1,000 airfare from SFO. There is a pre-trip to Machu Picchu and Cuzco Peru departing on March 13 for $1,745 per person. There is a post-trip to Ecuador that runs from April 9 to April 13. Those who are holding space because they have been next in line. A pre-trip extension to private ranch in Cordova. llama Lovelace at 464-7130 or Kitty Wills at 464-7130, lmloveall@me.com or Katie Wills at 886-1123, klwills22@gmail.com.

APRIL IN PARIS ART CRUISE

Ralf Rapp, emeritus professor of art, invites all art lovers to join him on a 10-night Vantage Art Cruise from Paris to Normandy, up the Seine River and back, sponsored by the Railroad Club. The trip starts as low as $3,899 per person, double occupancy. Even though it’s early, Parisian already over 20 people signed up and the ship’s four single cabins are gone. For the best art lovers to join him on a 10-night Vantage Art Cruise from Paris to Normandy, up the Seine River and back, sponsored by the Railroad Club. The trip starts as low as $3,899 per person, double occupancy. Even though it’s early, Parisian already over 20 people signed up and the ship’s four single cabins are gone. For the best

ULTIMATE GALÁPAGOS EXPLORATION AND THE DEVIL’S NOSE TRAIN
March 19 through April 1, 2018

The Rossmoor Travel Club is sponsoring this Overseas Adventure Travel 16-day land adventure – small ship – adventure cruise. Calm waters, abundant wildlife and unique cultural learn-ings await. First, visit the UNESCO World Heritage Site in Ecuador’s capital city, Quito, and the Intiñan Museum. Then to Coca on the Napo River in the Amazon River water shed for birdwatching, a watch in the rain forest, a day in the life of an Amazon village including visiting a local school. Each eve-ning will grace this trip.

The cost of the base trip is $2,795 per person, plus airfare. The cost of the 14-day Grand Circle Travel base trip is $3,295 plus airfare. The cost of the 14-day Grand Circle Travel base trip is $3,295 plus airfare. The cost of the 14-day Grand Circle Travel base trip is $3,295 plus airfare. The cost of the 14-day Grand Circle Travel base trip is $3,295 plus airfare.

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Club Trips
Continued from page 18B

Enjoy local hospitality and cuisine including dining in the home of a family in Akureyri near the Arctic Circle, and taking a boat tour of the July ice free Skutafjordur, the Arctic’s largest marina and a hidden harbor town. Some highlights include visits to Deildartunguhver hot springs, Arnarstapi lava fields, Icelandic horse farms and a three-hour boat tour of Snæfellsfjörður, Lake Myvatn’s volcanic area, Thingvellir National Park, Geysir and active geysers and the National Museum at Reykjavik.

Learn about Iceland’s progressive approach to sustainable resources while visiting the geothermal power plant at Hellisheiði. The forces of nature and the unique Icelandic weather conditions combine for an unforgettable adventure in this unspoiled land of stark beauty. There is an optional three nights pre-trip to the Worlds of Fire: Reykjavik, Thingvellir and Myvatn’s volcanic area, Thingvellir National Park, Geysir and active geysers and the National Museum at Reykjavik. This option is subject to change if the group can be economically independent. ORT maintains 235 schools in 60 countries, educating 300,000 students.

MOROCCO SAHARA ODYSSEY
October 9 through 24, 2018

The Rossmoor Travel Club is sponsoring a 16-day Grand Circle tour to the Aegean Islands, Athens and Ephesus by small ship, a combination of a land tour and small ship cruise on Monday, Oct. 16, starting at the Conrad Cairo for two nights to discover Coptic and Islamic art, and visit King Tut Tomb, UNESCO World Heritage Site of Giza. Embark another ship and continue trip up the River Nile to Abu Simbel and discover the Temple. Board a five-star deluxe cruise ship and cruise up the Nile and experience the fascinating ancient ruins of ancient Co-Roman cities in the world. Sites include the Basilica of St. John, built in the fifth century over the tomb of the evangelist, and the Temple of Artemis, one of the original Seven Wonders of the Ancient World.

The ship will return to Athens overnight; there will be a guided after dinner tour of downtown Athens, including the Acropolis and its neighborhood, Plaka. The last day offers free time to visit the National Archaeological Museum or visit the National Art Museum. The trip includes all excursions and tour tips.

The Rossmoor Travel Club is sponsoring a 16-day trip to Morocco and the Sahara from Casablanca to Marrakesh, crossing the Atlas Mountains to Erfoud, a small trading village, before reaching private tented campsite in the Sahara. Ride camels, hike on top of sand dunes, visit a farm, hearbed stories and much more. This trip is for the group of travelers who want to explore the ancient imperial city of Marrakesh, the world famous city of Fez, the Sahara, the world’s largest desert. This trip is limited to 18 travelers. The price of this trip is $4,895 per person. Airfare from San Francisco Airport is $1,200 per person. This cost includes all land transportation and one internal flight, airport transfers unless air arrangements are made, government taxes, accommodations for 10 nights, 22 meals, 22 small group activities, services of a local OAT trip leader, gratuities for local guides, drivers and luggage porters and 5 percent frequent traveler credit toward next adventure, an average of $313. The Westman and luggage porters and 5 percent frequent traveler credit toward next adventure, an average of $313. The Westman and luggage porters and 5 percent frequent traveler credit toward next adventure, an average of $313. The Westman and luggage porters and 5 percent frequent traveler credit toward next adventure, an average of $313.

This trip is subject to change and the price is subject to change. Additional information is available in the Rossmoor Travel Club mailbox at Gateway.

Rossmoor Travel Club
AEGEAN, ATLANTIS AND EPHESUS CRUISE
Aug. 25 through Sept. 9, 2018

The Rossmoor Travel Club is sponsoring a 16-day Grand Circle tour to the Aegean Islands, Athens and Ephesus by small ship, a combination of a land tour and small ship cruise on Monday, Oct. 16, starting at the Conrad Cairo for two nights to discover Coptic and Islamic art, and visit King Tut Tomb, UNESCO World Heritage Site of Giza. Embark another ship and continue trip up the River Nile to Abu Simbel and discover the Temple. Board a five-star deluxe cruise ship and cruise up the Nile and experience the fascinating ancient ruins of ancient Co-Roman cities in the world. Sites include the Basilica of St. John, built in the fifth century over the tomb of the evangelist, and the Temple of Artemis, one of the original Seven Wonders of the Ancient World.

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Fireside Club to hold dinner dance
Manny Gutierrez Quartet entertains
Fine dining, live music, friendly atmosphere

The next Fireside Club dinner dance will be on Friday, Oct. 6, in the Fireside Room at Gateway.

The club holds six, every other month, dressy dinner dances each year for Rossmoor members and nonresident member couples.

Those who like fine dining a friendly atmosphere, dancing or just listening to live music may enjoy belonging to the club.

Rossmoor or just interested in meeting other couples, guests are welcome.

The attire is coat and tie for men, cocktail attire for ladies.

Barrie Christensen has hand selected the floral flower arrangements that will adorn each table featuring the “Autumn Leaves” theme.

At 6 p.m., the evening begins with the fully hosted cocktail hour in the Fireside lounge. Hot and cold hors d’oeuvres will be served.

At 7, Creekside Grill staff will serve the three-course dinner in the Fireside Room.

The entrée selection is stuffed chicken breast with jasmine rice or the vegetarian choice of a stuffed couscous tomato. The menu also includes a wedge salad and carrot cake for dessert.

To complement the meal, each table will be supplied with bottles of red and white wine.

Decaffeinated coffee or hot tea will be served with dessert.

The Manny Gutierrez Quartet will play music for dancing and listening enjoyment from 7:15 to 9:45.

The band will play dance tunes and top hits from its extensive repertoire.

The full evening is $70 for member couples and $85 for guest couples.

Reservations are now being accepted. Reserve checks payable to the Fireside Club, may be mailed to Treasurer Ced Ferret at 3466 Tice Creek Drive No. 1. Entry 13, or left in the drop box outside his front door. Be sure to note the vegetarian option on the check.

The deadline for reservations is Friday, Sept. 29. Those who want to sit together should mail their checks in the same envelope. Reservations will be assigned based upon the postmark or receipt of the envelope.

For information, call Membership Chairwoman Mary Richard at 530-701-0879 or President Bob Shelton at 989-2454.

Chinese-Americans hold mid-autumn festival

Sunday with lunch, play

The Chinese-American Association of Rossmoor’s (CAAR) mid-autumn festival luncheon will be on Sunday, Sept. 17, at noon in the Tahoe Room at the Event Center.

“Mo Yan’s Zoo,” a black sateen comedy, will be presented at the luncheon, starting at 1 p.m.

Mo Yan’s novels and short stories have been characterized as “hallucinatory realism” which combines fairy tales, legends, history with contemporary events.

This satirical sketch describes a wealthy, well-educated, earnest, hardworking citizen, Ximen Nao, who is wrongfully shot and killed, and then reincarnated five times as different animals: first as a donkey, then a cow, pig, dog, and finally a monkey.

Each time, he is reborn into his hometown where he encounters the same set of characters, his wife, children, workers, except the times have changed and people have aged.

He lives through the most recent social events of contemporary China, such as the land reform movement and the Cultural Revolution, among others. These events, however, are now seen through the eyes of these lowly animals at their stations in life.

“Mo Yan’s Zoo” is staged by members of the Hua Yi Performing Group, located in the South Bay. The group has performed frequently in the Bay Area. This will be their first venture to the East Bay.

The play will be performed in Chinese, but English subtitles will be provided for non-Chinese speakers.

All Rossmoor residents are welcome. However, tickets are required for the luncheon and performance. Tickets are $23 per person for CAAR members and $28 for nonmembers.

For more information, contact Zong-Yi Li at 206-883-6629.

The Financial Forum welcomes Randy Williams of the Keiretsu Forum to speak.

Tuesday, Sept. 26, at 3 p.m. in the Fireside Room at Gateway.

His topic will be “Angel Investing – Inside a Shark Tank.” Williams founded Keiretsu Forum in 2000 to provide a structured approach to angel investing. Williams’ passion for investing and bringing together like-minded community leaders has created a valuable and giving environment for entrepreneurs.

With over 2,500 angel investor members throughout 52 chapters on three continents, Keiretsu Forum has become the largest angel investment community in the world.

There have been over 1,000 funding since its inception. Headquartered in San Francisco, Keiretsu Forum has offices throughout the United States, Canada, Europe and Asia. Williams is also a general partner of Keiretsu Capital.

Williams has 35 years of marketing, finance and real estate experience. He was co-founder and director of Diablo Valley Bank and president of Pacific Union Commercial Brokerage, founder of Lamorinda Bank and managing director of Kennedy-Wilson International, an international real estate investment company.

He is also chairman of the advisory board for Heritage Bank of the Bay Area.

Williams is a frequent guest speaker on alternative asset investment and entrepreneurship.

He holds a bachelor of arts degree from UC Berkeley.

For more information, contact Joe Hoffman at 954-7912.

French Club meets Friday night

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For more information, contact Joe Hoffman at 954-7912.
The Makalapua Dancers will be featured at the Hawaii State Club dinner.

Hawaii Club readies for autumn dinner Sept. 23

The Hawaii State Club has planned a Kanikapila weekend of music and dance performances. A colorful hula program will follow, with dancers from Rossmoor’s hula group, Na Kupuna O Malo’aloha, a hula hui from Concord. Taking turns dancing their hula moves, these two groups will entertain all in the spirit of Kanikapila.

The selection of food will be varied with teriyaki sauce, egg rolls and shrimp muffins.

Guests, members and non-members alike, can look for a colorful hula program.

Welcome to an evening of varied music and dance performances. A colorful hula program will follow, with dancers from Rossmoor’s hula group, Na Kupuna O Malo’aloha, a hula hui from Concord. Taking turns dancing their hula moves, these two groups will entertain all in the spirit of Kanikapila.

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Guests, members and non-members alike, can look for a colorful hula program.
Caledonian Society heads Monday Features slideshow of trip to Scotland

Caledonian Society of Rossmoor will meet on Mon., Sept. 18, at 1:30 p.m. at Dollar. There will be a short business meeting followed by a slide presentation of the recent society sponsored trip to Scotland. Participants attended the Royal Military Tattoo at Edinburgh Castle. Members will finish the afternoon with pizza and beer, wine or soft drinks. All members and potential members are invited. There is no charge.

Dues for the calendar year 2018 will be collected at this meeting. Dues are $15 per person. This is a change from the old rate of $15 per single person and $20 per couple.

For information or reservations, contact Doug Hipsey, chieftain of the clans, at dhipacito@gmail.com or at 954-1041. The next major event will be the holiday party combined with the celebration of St. Andrew’s Day on Thursday, Nov. 30. St. Andrew is the patron saint of Scotland. The Scottish flag features the St. Andrew’s Cross.

A traditional Scottish meal with meat pies, mashed potatoes, peas and shortbread will be served at the holiday party. Neil O’Neill will provide the entertainment after participating in the Scottish games in Pleasanton. There will also be a paper. The cost and location have not yet been finalized.

The Robert Burns Supper will be Jan. 23 in the Event Center. Members may invite friends and family. This is the signature event of the Caledonian Society of Rossmoor. Everyone who attends Burns Supper gets bigger and better.

The purpose of the Caledonian Society of Rossmoor is to foster programs connected with Scottish culture, traditions, history, clans and genealogy. Scottish heritage is not a membership requirement. Membership is open to all persons with an interest in any aspect of Scottish life.

Shipmates offers variety of activities for singles

Shipmates is a social club for single men and women aged 35 and over. Activities offered to members include bowling, parties, picnics, potlucks and dinners at restaurants.

Shipmates holds many events in venues throughout the Bay Area, including Rossmoor. Several events are scheduled each week.

For a free copy of Shipmates’ monthly newsletter, which lists activities for the coming month, call Joanne Campbell at 284-9147.

Prime Time Couples Club hosts its September dinner at Dollar Tuesday

The Prime Time Couples Dinner Club will hold its next dinner on Tuesday, Sept. 19. There will be a social hour from 5:30 to 6:30 p.m. on a bring-your-own beverages basis, during which members and guests will be served a variety of hors d’oeuvres. Dinner is at 6:30.

Dinner will be served by Simple Elegance Catering. The cost is $50 per couple or $25 each. reservations are sometimes required. Call Shipmat 939-2132 for information.

Prime Time Couples Club is a social club for couples that meets the third Tuesday of every month for a catered dinner and conversation, followed by trivia and humor. Bring favorite jokes to share. For information call club Vice President Wanda King at 934-2291. Couples (married or not married) are invited to learn about the club by coming to dinner as paying guests on a space available basis.

STANFORD CLUB OF ROSSMOOR

STANFORD CLUB OF ROSSMOOR

FINANCIAL FORUM ANALYSTS

The first fall meeting of the Apple User Group of Rossmoor (AUGR) on Monday, Sept. 18 at 10 a.m., will be a help session.

Bring in any problem Mac, iPhone or iPad and club troubleshooters will try to solve the problem and bring it back to standard.

AUGR’s regular meetings, called focus sessions, are held on the first and third Mondays of each month in the Vista Room at Hillside. Most are discussions of Mac and iPhone capabilities and operations, or of related software and hardware.

Meetings are free, and all users of Apple products are welcome to attend.

To attend email jim_russ2@comcast.net, and include address and phone number in the body of the email to get weekly updates on the club’s activities. If there are no dues to join, there are no policies or regulations to cover costs of focus sessions and special meetings.

Home assistance visits are available at a suggested minimum charge of $10. To schedule a visit, call Dian Overly at 945-6055.
Travel Club experiences wildlife, culture, people of Peru

By Christine Barclay
Travel Club correspondent

Twenty-one members of the Rossmoor Travel Club experienced a true adventure on the recent trip to Peru, South America.

After an historical and cultural tour of Lima, the capital of Peru, the adventurous travelers left for Iquitos, Peru, to board a small ship on the Amazon River. Overwhelmed with the sheer enormity, the travelers gazed out into the jungle to observe and hear wildlife. Every day, the group would offload into small skiffs with a Peruvian naturalist who had grown up in the Amazon River rain forest.

Dugout canoes were used to ride deep into the jungle in canoes. The canoes would pull up alongside of small villages and the travelers would walk into another world, where indigenous people lived. Through a translator who spoke both Spanish and Quechua, the group learned about their food, their animistic worship and their schools. Local shamans demonstrated how the spiritual healers perform their rituals and cure medical problems with herbs from the area.

This is one of the areas where Western medicine is studying the benefit of the natural elements throughout the jungle including the tree canopies. The group interacted with a rural medical clinic where a physician trained equally well as here works with the locals learning from them as he or she takes care of the sick. In Peru, all fully trained and board certified physicians must go to the locals learning from them as they set up their own practice in the cities.

Most of the travelers went on to Cusco, Peru, where to again connect with the history of 10,000 years during the time of the great rulers of the Inca people. The ninth king designed the city of Machu Picchu to escape the ever invading and colonization by the Spaniards. Architects and engineers from all over the world still come to marvel at the integrity of the foundations and capture the seasons and time through strategically placed openings in the various dwellings.

The attention to detail in everything Peruvian is magnificent, whether it is a simple meal cooked and served on leaves in the jungle or a gourmet dinner, there is an aesthetic to the served meal. Additionally, Peru grows more fruits and vegetables than any country on earth. The plants are watered by rainwater, organic material is used in the rich soil—no pesticides needed. The people are soft spoken, polite and ingenious in doing so much with so little. But the take away is that they, and the country, are self-sustaining.

And as usual, for the travelers with the Rossmoor Travel Club, a nice rebate to offset some of the trip cost was received by everyone.

Canoeing through the rainforest

Linda Ingalls wears live butterflies as earrings.

Bob Howell was presented with a guinea pig feast in a local home for his birthday celebration.

The magnificent Machu Picchu in the Andes Mountains of Peru

Boomers Forever host Games Night Saturday

The Boomer Forever Club is hosting Games Night on Saturday, Sept. 16, at 7 p.m. in the Oak Room at Gateway.

(The date was changed from the originally scheduled Sept. 30.)

All Boomers Forever members and their guests are welcome as well as any other boomer-age residents who enjoy games or just want to get to know more about the club.

Attendees are asked to bring finger food to share and their beverage of choice. The club supplies paper goods. Bring a glass to help cut down on plastic waste.

Attendees may bring a favorite game to play or try something new. Boomers have played such games as Trivial Pursuit, backgammon, Mexican train dominoes, poker, cribbage, Fact or Crap, Pictionary, and more—depending on what games people bring.

There are always several games going on at once so there are multiple opportunities to learn or play something different.

The event is free, but donations to the club’s charitable fund, Feed the Pig, are welcome. Feed the Pig helps low-income residents.

Boomers host Games Night every other month, alternating with Pub Trivia Night competitions.

Details on Games Night, Pub Trivia, and all other Boomers events and activities can be found on the club’s website at www.rossmoorboomers.com.

Mindful Living Club explores auras and chakras in new series

Series of classes starts tomorrow

The Mindful Living Club invites residents to explore the world of auras, chakras and the energetic body.

The eight-session course will be held on the second and fourth Thursdays of the month, from Sept. 14 through Dec. 28, 1 to 3 p.m., in Multipurpose Room 3 at Gateway. The cost of the program is $20, which covers all course materials.

The classes take participants on a journey of self-discovery, exploring the energy of thoughts and turning negative into positive. Discover how to use innate intuitive abilities to heal negative energies and discard judgments and criticisms that have built up over the years. Learn about the chakra system, the different qualities of each chakra, and how they work together. Attendees will learn the tapping technique, which helps release old stored emotions and emotional patterns.

Classes will be led by Della Temple, author, intuitive healer and teacher. Students will use Temple’s book, “Tame Your Inner Critic: Find Peace and Happiness to Live Your Life on Purpose” as a class guide.

Each class will include meditations, discussion questions and tools to use to create more joy in life.

For information and to register, call Temple at 482-0248.

For information on the Mindful Living Club, visit www.MindfulLivingClub.org

Call to find out if you may walk the golf course

Residents may walk Rossmoor’s golf courses on days when they are closed. They are closed on most Mondays and on other days when conditions are not appropriate for golfing. To find out if the course is closed, call the Pro Shop, 988-7861. The shop is open daily at 7 a.m. Tuesday through Sunday and on Mondays when tournaments are held. Don’t walk on the course during golfing days even if nobody is golfing. Serious injuries can result from golf balls, as well as cart accidents.
Yoga anyone? Explore the different styles of yoga

From vivehealth.com

Which yoga is right for you? Factors such as age, level of fitness, medical health and physical condition all influence what type of yoga you choose. Personal preference plays a role of course, and it’s worth trying a few different classes and varieties to see which is right for you.

Regardless of age, if it comes to different types of yoga. There’s beginner to advanced, fast or slow, and everything in between to balance and so many more. If you’re not familiar with the options, choosing a class can get confusing and even a little intimidating. Here are the best types of yoga for seniors to choose from.

Gentle yoga for seniors

The term “gentle yoga” is used to describe a variety of different types of yoga which can be considered non-strenuous, less intense, meditative, or restorative. Gentle-style yoga classes are ideal for seniors, new practitioners, people with limited mobility, and those looking to reduce stress levels.

The following styles fall into the category of gentle yoga.

Iyengar- places an emphasis on tailoring postures to all abilities through the use of props for support and props or alignment. Teachers have a good understanding of anatomy and how to modify poses.

Vinyasa- an adaptive type of yoga that tailors poses to individuals’ needs.

Kripalu- a practice which tailors postures to the individual, and allows each person to work at their own pace.

Sivananda- appropriate for beginners and those who require poses to be modified to their physical condition.

Ashtanga- often used to describe classes which combine different yoga styles to create a simple activity that’s ideal for beginners and those who want to stick to the basics.

Other types of yoga

In the various types of yoga, adaptive practices help seniors with even very limited mobility to do yoga. Adaptive yoga practices include:

Chair yoga- a great way to modify more challenging poses and ideal for those who cannot stand for long periods of time or who cannot work on a floor mat. Poses are modified with a chair for balance or formed seated. Chairs, walls and other props are commonly used during class to provide additional support.

Water yoga- ideal for a low-impact exercise that is easy on the joints. It is most commonly performed in a pool. Water yoga is a gentle and low-impact activity, which is extremely beneficial for those with joint pain. These classes are often held at community centers or gyms.

If you’re looking for a more active style of yoga, and have reasonable flexibility and mobility, Anusara may be for you. Anusara means “flowing with grace” and it focuses on experiencing joy in your life through yoga practice. Teachers of Anusara generally have a good understanding of anatomy and how to modify poses.

More challenging forms, which require flexibility and are not recommended for beginners or those with mobility issues, include Ashtanga and Bikram (hot) yoga.

Please don’t feed the animals

Residents are reminded not to feed wild animals in Rossmoor.

While seeing wild animals up close is enjoyable, providing them with a reliable food source leads to unintended consequences, such as:

• Young animals who depend on a human-provided food source may not fully develop foraging skills they will need when they leave their parents’ territory.

• Wild animals fed by humans often lose their fear of people. When they later approach humans, they can be mistaken as rabid or aggressive and be killed for it.

• The food humans feed to wild animals is not nutritionally complete and can cause serious health problems, especially to young, developing animals. It can also cause mouth injuries, throat obstructions and death.

• A constant food source may attract many more animals than normal to an area. This increases the risk of communicable diseases and fighting between competing animals. It may also disrupt normal migration patterns.

• When an unnatural food supply is available, animals may produce more young, creating an imbalance in the number of animals an area’s food supply can naturally sustain.

• Wildlife can misinterpret human actions. They may not know where the food stops and begins.

• Many people do not think of the impact on their neighbors when they feed wild animals. Wild animals who have lost their fear of humans do not discriminate between one person and another and can pester the neighbors, expecting to be fed.

• Leftover food can attract rats and other unwanted rodents.

Mutual Maintenance

FROM THE MUTUAL OPERATIONS DIVISION

FOR SERVICE, CALL 988-7650 or send non-appointment maintenance requests to Order Desk: workorder@rossmoor.com

September Schedule

LANDSCAPE ENTRY MAINTENANCE:
First, Second, Third and 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, 56, 59, 61
Tuesday: Mutuals 5, 28, 30, 48, 56 and 68
Wednesday: Mutuals 5, 28, 48, 59, 61 and 68
Thursday: Mutuals 5, 28, 30, 65 and 68
Friday: Mutuals 8, 28, 48, 56, 59, and 68

TREE MAINTENANCE: Building clearance by Waraner Bros. in SWCM, 4WCM, 5WCM, Mutual 28 and Mutual 65.

LAWN MAINTENANCE: Mow weekly, fertilize with 16-6-8.

PEST CONTROL: Call 988-7640 for service order.


TRASH AND RECYCLING PROBLEMS: 988-7640.

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

For assistance regarding the following, call:

Billing inquiries and information.............................................. 988-7670
Bus information............................................................... 988-7650
Building and manor repairs: interior/exterior.................................. 988-7650
Bus information ............................................................... 988-7670
Comcast .............................................................. 1-800-407-2997
Dial-a-Bus............................................................... 988-7676
Landscaping maintenance and pest control............................................. 988-7640
Marin alterations and resales.................................................. 335-8300
Animal Control Contra Costa County .................. 335-8300

FWCM = First Mutual
5WCM = Fifth Mutual
TCWM = Third Mutual
4WCM = Fourth Mutual
28WCM = Second Mutual

FOR ASSISTANCE REGARDING THE FOLLOWING, CALL:

Questions about your property, call 988-7650.

GOLDEN RAIN HANDYMAN SERVICE

For service or questions, call 988-7650

Email: handyman@rossmoor.com

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• Young animals who depend on a human-provided food source may not fully develop foraging skills they will need when they leave their parents’ territory.

• Wild animals fed by humans often lose their fear of people. When they later approach humans, they can be mistaken as rabid or aggressive and be killed for it.

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• Leftover food can attract rats and other unwanted rodents.

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

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• Dishwasher
• Furnace

*Price as of Jan. 1, 2016

GOLDEN RAIN HANDYMAN SERVICE

For service or questions, call 988-7650

Email: handyman@rossmoor.com
Celiac and Gluten-Free Support Group meets

The Celiac and Gluten-Free Support Group meets on Thursdays, Sept. 21, from 7 to 8:30 p.m. in the Club Room at Creekside. Meeting fee is $3 per meeting. Sign-in and setup for the meetings begins at 6:30 p.m.

The group was formed to provide education and discussion on living a gluten-free life. Members discuss products, restaurants and related topics and are always interested in finding speakers to address the group on topics of interest.

This meeting will focus on a tasting of a couple of new gluten-free products. Gatom Foods and chef Laura Stetc will provide a tasting and demonstration on the many uses of fonio, a grain that National Geographic dubbed “the most nutritious grain ever grown.”

Fonio has been discussed in such publications as Saveur Magazine, the Daily Mail and the New York Times. According to foodies, this gluten-free, nutrient-dense ancient grain, packed with protein, essential amino acids, minerals and vitamins, cooks in only 8 minutes.

Stetc will demonstrate easy ways to incorporate this superfood into breakfast, lunch/dinner and snacks.

Gatom Foods is a superfood company that empowers sub-Saharan farmers to combat poverty and malnutrition, and is focused on becoming a leading supplier of healthy foods to world consumers.

Stetc is the chef and educator with Laura Stec Innovative Cuisines, author of “Cool Cuisine - Taking the Bite Out of Global Warming” and food blogger for Embarcadero Media’s “The Food Party.” Visit http://www.gatomsfoods.com for information.

Attendees can also sample gluten-free Sesame King Tahini, the only pasteurized and gluten-free tahini in the United States. Sesame King Tahini comes in seven delicious flavors including roasted, light roasted, olive oil, honey, garlic, Cajun and chocolate.

The club’s next meeting is on Tuesday, Nov. 14, at 11 a.m. at Whole Foods Market, 3502 Mt. Diablo Blvd., Lafayette. The club is currently developing a schedule for the meeting.

The 2018 meeting schedule will be published before the New Year at https://celiac.com/iccouncil/celiac.html.

Check out this website where a database of people with celiac disease and gluten intolerance is being built.

For information or suggestions, email GlutenFreeWC@gmail.com or call Walter Moeller at 930-8875.

Parkinson’s support groups meet

The Parkinson’s Network of Mt. Diablo support groups will meet on Saturday, Sept. 17, from 9 a.m. until noon at nearby Grace Presbyterian Church, 2100 Tice Valley Blvd. All are welcome. No reservations are needed.

Three concurrent support group meetings are held from 9 to 10:15 a.m.

Men with Parkinson’s disease only have a time to share, laugh and learn from each other. The meeting is in the Fireside Room. The contact person is Gregg Riell at gregriell@gmail.com or at 254-8348.

Women with Parkinson’s disease only also have time to share, laugh and learn from each other. The meeting is in the Library Room. The contact person is Sandy Clark at sandyclark@aol.com or at 944-0769.

Caregivers only will discuss issues relating to their roles. The meeting is in the sanctuary. The contact person is Norma Kibbe at nkibbe@aol.com or at 935-9322.

From 10:15 to 10:30, refreshments will be served in the Oak Room. Bring fruit to share. 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 at this time.

The meeting is in the Fireside Room. The contact person is Marilyn Stebbins from UCSF, along with UCSF pharmacy students, will present a discussion for people living with Parkinson’s titled “All You Ever Wanted to Know about Pharmacy.”

Marilyn Stebbins from UCSF and UCSC pharmacy students will present a discussion for people living with Parkinson’s titled “All You Ever Wanted to Know about Pharmacy.”

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Flu clinic given tomorrow sponsored by NCJW

The National Council of Jewish Women (NCJW) and Rite Aid Pharmacy will sponsor a flu clinic on Thursdays from 9 a.m. to noon, in Multipurpose Room 3 at Gateway. The clinic is free to all Rossmoor residents who have Medicare as their primary health care insurer and some Medicare Advantage Insurance participants. Medicare Advantage Insurance participants should check with their insurance company to see if they are eligible.

Those who do not have insurance will be charged $35 for each quadrivalent flu shot or $74 for each high dose flu shot.

Grace Church hosts talk on the vegan lifestyle

Grace Presbyterian Church invites all Rossmoor residents to an informational group about living a plant-based lifestyle for weight loss and better overall health. The kick-off meeting will be on Wednesday, Sept. 13, at 1:30 p.m.

Many people have discovered the health benefits of a whole food, plant-based diet. After maintaining this lifestyle for a year, and enjoying the benefits, Prahl will introduce the basic principles and share her knowledge with friends and neighbors.

The focus of the group will be to answer questions and share tips and recipes for maintaining this way of eating. Each month, there will be food preparation demonstrations and samples to enjoy.

Upcoming topics will include: Tips for Eating Out, How to Survive the Holidays and Family Gatherings, and What to Look for on Food Labels. Helpful and educational websites and books will be shared.

Whether considering a meat-free lifestyle, already a veteran of the plant-based diet, or simply curious, everyone is welcome to come with questions and insights as well as tips and recipes.

Tuesdays are located at 2100 Tice Valley Blvd., down the street from the Rossmoor entrance. For information, call the church at 935-2100 or visit www.gracewc.org.

Hope Hospice hosts workshop on Five Wishes

To help community members create a document that can be used as a helpful guide and record of their wishes, Hope Hospice is conducting a free workshop, Five Wishes, on Saturday, Sept. 16, from 10 to 11:30 a.m. at Atria Valley View, 1228 Rossmoor Parkway, Walnut Creek.

Five Wishes is one of America’s most popular living wills because it’s written in everyday language and helps people express what matters most – the personal and spiritual in addition to the medical and financial.

People can describe what good care means to them, whether they are seriously ill or not. This allows their care giver to know exactly what they want.

Hope Hospice medical director Epi DeLeon, M.D. and Hope Hospice social worker Veronica Martin, MSW, will present information on the Five Wishes document and offer an understanding of the options at the end of life so final wishes can be documented.

Participants will have an opportunity to review their Five Wishes with clinical staff. For reservations, call 478-7413.

Orinda hosts Senior Health and Wellness Fair on Sept. 23

Orinda Senior Health and Wellness Fair will be held on Saturday, Sept. 23, from 1 to 4:30 p.m. at Orinda Community Center, 28 Orinda Way.

The 3-hour, free event will feature Dr. Patrick Arbore as the keynote speaker talking about senior empowerment.

Self-empowered aging means taking control of one’s life, learning, updating and improving skills, taking risks, building confidence, assuming power over personal circumstances, and developing the resilience to overcome inevitable challenges to come.

He will be followed by an expert panel, which will address: “Quality of Life: taking care of the body and soul.”

The panel will present effective ways to improve health and wellness through alternative medicine, nutrition, lifelong learning and cognitive fitness, medicinal cannabis and exercise.

Vendors and associations from the medical, legal and senior facilities sectors will also be present to answer questions from seniors and from children of aging parents.

There is a winner of the Jeffrey Silver Award and a nationally recognized speaker and expert in the field of elderly suicide prevention and grief services.

The expert panel will include: Dr. Vera Singleton from Lafayette, a member of the California Naturopathic Doctors’ Association; Jennifer Monahan from UC Berkeley Osher Lifelong Learning Institute talking about cognitive fitness; Stuart Moore, long-time senior fitness practitioner and Arac dia Wellness representatives talking about medical and legal aspects of medicinal cannabis.

Free healthy snacks will be provided courtesy of Aegis of Moraga and Vitality Bowl. Free chair massages will be offered by Moraga Massage Envy.

Attendees will also have the opportunity to enter their names in a raffle for the chance to win unique giveaways and raffle prizes.

The event is organized by the Orinda Chamber of Commerce with support of the City of Orinda, the Orinda Association, Lamorinda Village, IndeLift and the Orinda Care Center. For more information or to sponsor the event, visit www.orindachamber.org or call 254-3909.

Counseling offers grief support group

Nancy Coxwell, LCSW, of Rossmoor Counseling Services will conduct a bereave ment support group for anyone who has lost a loved one.

The group will meet for six consecutive sessions on Fridays from 10 to 11:30 a.m. in a private conference room at Gateway, beginning Sept. 9.

Former group members shared that the support of others significantly helped their own healing.

The group fills up quickly, so interested residents should call the Counseling Services office at 988-7750 to reserve a space and get directions to the meeting room.

Yoga classes offered in modulars

The following yoga classes are now in the modulars of Del Valle parking lot, unless otherwise noted.

MONDAY

Integrated Yoga

Time and place: 10:10 to 11:20 a.m.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in mindfulness-based stress reduction methods.

Fees: $12 per drop-in or 10 sessions for $90.

TLC Beginner Yoga

Offered as a series Time and place: 11:15 to 12:30 a.m.

Instructor: Leena St. Michael Must pre-register 200-5130. Call for dates and prices

Flexible Yoga

Time and place: 5 to 6 p.m.

Instructor: Barbara Bureker. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

TUESDAY

Gentle Yoga

Time and place: 12:15 to 1:15 p.m. in the Diablo Room at Hillside.

Instructor: Sarah Harvey. Call 925-788-4128 for information.

Fees: $10 per class, or $53 per month for four classes, or $60 for eight sessions. Drop-ins welcome.

Active Yoga

Time and place: 1:25 to 2:25 p.m. in the Diablo Room at Hillside.

Instructor: Sarah Harvey. Call 925-788-4128.

Fees: The drop-in fee for the active yoga class is $10 per session. Participants also have the option of buying a series of four classes for $35, or eight classes for $60.

Stretch Yoga

Time and place: 5 to 6 p.m.

Instructor: Barbara Bureker, yoga instructor for 35 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

WEDNESDAY

Gentle Yoga

Time and place: 11 a.m. to noon.

Instructor: Bonnie Maeda. For information, call 510-548-0966.

Fees: $10 per class or $8 for four classes.

THURSDAY

Integrate Yoga

Time and place: 10 to 11:30 a.m.

Instructor: Leena St. Michael, who is trained in mindfulness-based stress reduction methods.

Fees: $12 per drop-in or five sessions for $50; 10 sessions for $90.

Continued on page 28B

Summer

AQUATIC THERAPY & FITNESS, LLC

NICOLE SUMMERS, PT, DPT

FONDER

WEB: WWW.SUMMERSATFITT.COM

TEL: (925) 384-AQUA | (925) 384-2782
EMAIL: NICOLE@SUMMERSATFITT.COM

One-on-one treatments by a Doctor of Physical Therapy

AUX-air physical therapy and fitness in a private or any community Rossmoor pool.
Yoga classes
Continued from page 27B

Yoga classes

StrongStyle Yoga

Time and place: 8 to 7 p.m.

Instructor: Barbara Bureker. For information, call 934-7837.

Fees: $7 per class, one class per week; $6 per class, two to three per week. $8 for drop-ins.

FRIDAY

Flexible Yoga

Time and place: 11 a.m. to noon.

Instructor: Barbara Bureker. For information, call 934-7837.

Fees: $7 per class; one class per week; $6 per class, two to three per week; $8 for drop-ins.

Gentle Yoga

Time and place: Noon to 1 p.m.

Instructor: Sarah Harvey, a graduate of Younger Yoga Institute. Call 925-788-4128.

Fees: $10 per class; $35 for four classes, $60 for six classes.

SATURDAY

Tibetan Kyn Nye Yoga

Second and fourth Saturday

Time and place: 9:30 to 11 a.m.

Coordinator: Edny Stark. For information, call 938-4481.

Fees: $10 per class.

Cathy Steen offers exercise classes daily

Cathy Steen offers daily exercise classes. The sessions have been moved from the Fitness Center and Del Valle pool, which are closed for renovation.

Her classes focus on maintaining and improving strength, balance, and cardiovascular conditioning.

The strength training class is offered Monday, Wednesday, and Friday from 8:45 to 9:30 a.m. 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 Monday, Wednesday, and Friday from 10 to 10:45 a.m. in the Hillside pool. This is a fun-filled exercise class to happy music.

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 drop-in, but the first class is free.

A 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 a 10-minute stretch followed by 30 minutes of fun dance moves. There is a $5 fee per class and $5.50 for drop-in, but the first class is free.

For information, call Steen at 277-2955 or stop by a class to observe or participate.

TV Guide for Channel 28

ROSMOOR COMMUNITY CHANNEL 28

Programs running from Sept. 14 through 20

- BARN Owls. Talk on nature. 20 minutes.

Rossmoor Nature Association member and member of the board of directors of the Mt. Diablo Audubon Society, Brian Murphy, discusses the mutually beneficial relationship people can have with barn owls, detailing the benefits of creating habitat for these beautiful creatures, called by some the winged cat, which in return provide environmentally sound long-term pest management.

- "LIONEL Asbo." Book discussion. 55 minutes.

Written by renowned author Martin Amis, Lionel Asbo, a terrifying yet weirdly loyal thug, has always looked out for his ward and nephew, orphaned Desmond Pepperdine, providing him with fatherly career advice (always carry a knife, for example) sharing the joys of pittbulls, internet porn, and all manner of criminality. Des, on the other hand, desires nothing more than books to read and a girl to love. Enter a win of 250 million in the lottery; things change. Lionel’s true nature remains uncompromised and Desmond’s problems seem only to multiply. Amis is a British novelist and the London Times has listed him as one of the 50 greatest British writers since 1945.

- MUSCLE Conditioning. Fitness and exercise. 30 minutes.

Karel Nunnink has been coaching fitness for 35 years. He is a certified personal trainer, a resistance training specialist and indoor cycling certified. In this program Karel expresses the need for keeping fit and ways to do so. Nunnink works at the Fitness Center and can be scheduled for classes or personal instruction.

- HISTORY of Rossmoor. Part seven. 30 minutes.

The Teen Years. 1975-1985. A period of experimentation and a time when a whole new financial system was put into place at Rossmoor. This program was written and narrated by Rossmoor Historical Society president, John Nutley. History of Rossmoor, part eight, follows immediately.

- Troubles, tragedies, trials and triumphs. Difficulties continue through out the 1990s, when confusion and uncertainty reign. Trouble comes between the Mutals and GRF Board, lawsuits and court cases, but the community forgives on. This program was written and narrated by John Nutley.

- "Conversation With the CEO." Many current topics of interest specifically selected for this event. Stone’s compositions reflect more than books to read and a girl to love. Enter a win of 250 million in the lottery; things change. Lionel’s true nature remains uncompromised and Desmond’s problems seem only to multiply. Amis is a British novelist and the London Times has listed him as one of the 50 greatest British writers since 1945.

- Flexible Yoga

The following programs are all scheduled to broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 998-7820.

- POST IT! is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

- CLASSIC Arts Showcase includes video samplings of animation, architectural art, 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.

- GRF BOARD mid-month meeting and review of the 2018 budget. This two-day review took place Sept. 12 and 13 with the GRF Board, GRF Finance Committee and GRF senior managers making their budget presentations. The results of this discussion will be presented at the regular meeting of the GRF Board on Sept. 29. Note: If this meeting extends longer than this time slot allows, all programs following will be readjusted as needed. This meeting and past copies of the GRF are available in the Library.

- Q&A with CEO. Interview. One hour.

Rossmoor’s CEO Tim O’Keefe is interviewed by Director of Communications Maureen O’Rourke in this program called “Conversation With the CEO.” Many current topics of interest to the community are covered, including updates regarding the remodel of the Fitness Center, Del Valle’s pool renovation, earthquake insurance, traffic safety, emergency alerts for the valley through Nixle and the update on the drop-creek structure.


Dwight Stone with special guest flutist Meriel Ennik perform selections of music starting with classical composers including pieces by Chopin, Beethoven, Debussy and Rachmaninov, followed by Stone’s original compositions for piano specifically selected for this event. Stone’s compositions reflect his lifelong experience in all facets of music, including vocal, choral, brass, orchestra and piano.

Programs running from Sept. 14 through 20

When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.

Thu

9-14

9-15

9-16

9-17

9-18

9-19

9-20

6 a.m.

POST IT!

POST IT!

POST IT!

POST IT!

GRF BOARD

POST IT!

POST IT!

7 a.m.

BARN

DWHIGHT

LIONEL

Q&A

DWHIGHT

BARN

8 a.m.

MUSCLE

HISTORY

Q&A

HISTORY

LIONEL

8:30 a.m.

9 a.m.

FITNESS

FITNESS

FITNESS

FITNESS

FITNESS

FITNESS

9:30 a.m.

POST IT!

GRF BOARD

GRF BOARD

GRF BOARD

GRF BOARD

10 a.m.

DWHIGHT

DWHIGHT

DWHIGHT

11 a.m.

11:30 a.m.

Q&A

12:30 p.m.

BARN

DWHIGHT

1:30 p.m.

MUSCLE

GRF BOARD

2 p.m.

GRF BOARD

2:30 p.m.

3 p.m.

BARN

3:30 p.m.

MUSCLE

4 p.m.

GRF BOARD

HISTORY

4:30 p.m.

5 p.m.

Q&A

GRF BOARD

Q&A

5:30 p.m.

6 p.m.

BARN

LIONEL

6:30 p.m.

MUSCLE

7 p.m.

DWHIGHT

HISTORY

7:30 p.m.

8 p.m.

Q&A

BARN

LIONEL

8:30 p.m.

MUSCLE

9 p.m.

CLASSIC

CLASSIC

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