Draft CC&Rs and bylaws for Third Mutual have been mailed to members

By Kathy Poling
Secretary

The draft documents of Third Mutual’s proposed CC&Rs and bylaws have been mailed and should now be in the hands of all Third Mutual members.

The package includes 1) a letter from Mutual President John McDonnell and the board of directors; 2) revised and updated CC&R and bylaw revisions; and 3) a chart dealing with the proposed bylaws for the Mutual and best practices for homeowner associations. The first four pages of the chart deal with the proposed bylaws for the Mutual and continue on page 14A.

Third Mutual docs on website

The Rossmoor website has posted information about the Third Mutual’s proposed CC&R and bylaw revisions. Residents of the Mutual can find this information at www.rossmoor.com. Click on About Rossmoor, scroll to Governance and click on Third Mutual.

Neglected spot on Skycrest Drive transformed into small, inviting park

By Cathy Tallyn
Staff writer

A neglected strip of dead grass has been replaced by a small park just off Skycrest Drive at Entry 15. The newly finished pocket park has vibrant green grass, some low-growing plants and plenty of brown wood chips. There are also two benches and a small picnic table.

Neighbors are invited to sit on the benches and at the picnic table to enjoy the magnificent view of Mt. Diablo and the entry’s established landscape. The plan called for much work and a cost, which was $17,000. The view may have been transformed into small, inviting park.

INSIDE THE NEWS

Section A
Arts and Leisure .......... 21-30A
 Classified ............... 31-43A
 Main News ............. 1-16A
 Movies .................. 29-30A
 Op/Ed Columns ........... 19-20A
 Residents Forum .......... 17-18A

Section B
Arts and Leisure listings ... 17B
 Bridge/Games ............ 4-6B
 Calendar ................ 12-13B
 Channel 28 TV Guide .... 24B
 Clubs .................. S-11B, 18-21B
 Examinations .......... 32-36B
 Health ................... 22-23B
 Obituaries ............... 11B
 Religion ................. 10-11B
 Sports .................... 1-4B

Learn about senior safety Tuesday

The Senior Safety Awareness Workshop will alert residents to how to stay safe. There are some people who target seniors and try to take advantage of them. The workshop will give tips that seniors can use to protect themselves.

The workshop is on Tuesday, Oct. 3, at 10 a.m. in the Event Center. The program is sponsored by state Assemblywoman Catharine Baker in partnership with county Supervisor Candace Andersen and the county Sheriff’s Department. The event will last about an hour.

Deputies with the county continued on page 5A
Enjoying the view of Mt. Diablo in the distance are, from left, Bob Becker and Fourth Mutual directors Judy Becker, Judi Southcott and Sheldon Schwartz. Unavailable for the photo were board members Pauline Kelzer and Jerome Neuman.

**Continued from page 1A**

lost on the entry's residents members Pauline Kelzer and Jerome Neuman.

**Area transformed to inviting park**

“...It’s a beautiful area,” she said. “We did something that’s classic, elegant and simple.”

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**ROSSMOOR NEWS**

The Rossmoor News (927080), established April 15, 1965, is published every Wednesday, for a subscription rate of $45 per year, by the Golden Rain Foundation, 1006 Stanley Dollar Drive, Walnut Creek, CA 94595. Periodical postage is paid in Walnut Creek, CA. POSTMASTER: Send address changes to the Rossmoor News, 1006 Stanley Dollar Dr., Walnut Creek, CA 94595. TELEPHONE: General information and display classified rate: 925-988-7800 Fax: 925-988-7862. MISSED PAPER: Report missed papers by Thursday noon to ensure delivery. Call 988-7800 and give complete address with entry. ADDRESS: 1006 Stanley Dollar Drive, Walnut Creek, CA 94595. OFFICE HOURS: Monday through Friday, 8 a.m. to 4:30 p.m. E-MAIL ADDRESS: newsdesk@rossmoor.com. News articles and letters to the editor can be submitted to this email address: news@rossmoor.com. Classified ads and payment information can be emailed to newsdesk@rossmoor.com or faxed to 925-988-7862. Articles and ads cannot be submitted through the website. All emailed ads and articles will receive a confirmation from News staff. WEBSITE: www.rossmoor.com and www.rossmoornews.com STAFF: Maurren O’Rourke, Manager Chrissa Basbas, Editor/Administrative Assistant; Maggie Sharpe, Staff Writer/Editor; Cathy Tallon, Staff Writer/Editor. Production: Lance Beeson, Kerry Curran, Celeste Fitchkamins, Production and Graphic Specialists, Mike DiCarlo, Photographer. Display Advertising: Cheryl Dillard, 988-7811, Account Representative and Trisha Englmann, 988-7809, Account Representative. Office: Jacqueline Blaauw, reception, classified and legal advertising. Website: Linda Liu, web content. Contributing Writers: Various writers, Democrats of Rossmoor; various writers, Progressive View; Charles Jarrett, Entertainment Notes; Bill Leary, Engaging Aging; Tom Mader, At Wit’s End; Ed Manning, Republican Perspective; Robert Moon, Modern Classical DJs.

**Proofreaders:** Judie Huse and Marilyn Allen.

**DEADLINES:**

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

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

**Board Agenda**

Following is the agenda item for the GRF Board regular meeting on Thursday, Sept. 28. A complete agenda package will be on the Rossmoor website beginning Monday, Sept. 25. Go to www.rossmoor.com. Click on Resident Info/ Rossmoor Governance/ GRF Board agenda.

I. Consider approving the proposed 2018 GRF Operations Budget.

For more on the budget, see the CEO Report on 14A

**Now is the time to sign up to be in the Rossmoor phone book**

Don’t be left out of the Rossmoor phone directory. The yellow sign-up card was inserted in last week’s News. Complete the card, put a stamp on it and return it. The address is on the card.

Residents have until Wednesday, Oct. 25, to sign up for the Rossmoor 2017-18 telephone directory. Residents who want to be listed in the new directory should follow the instructions on the card. Be sure to print clearly.

American Directory, which prints the phone book, offers two ways to get information into the directory. Residents can complete the card with name, address, number, entry number and telephone number and mail it (be sure to put on a stamp) or residents can email the same information to rossmoorwp@gmail.com.

The cards are mailed to the UPS store in the Rossmoor Shopping Center. Residents also have the option of dropping the card off at the store.

Even if residents are currently listed in the directory, the information must be provided. American Directory does not automatically put information in the directory from year to year.

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Area transformed to inviting park

Continued from page 1A

lost on the entry’s residents who became used to passing by the dead grass on their way to and from home. Now it’s a place where someone can meditate and where others can have a picnic, Becker said.

“It’s a beautiful area,” she said. “We did something that’s classic, elegant and simple.”

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Each Mutual establishes its own rules for barbecues

Continued from page 1A

ing that he’s nevertheless keep-

ing an open mind about the idea of

an outright ban until he hears

what other board members

think.

Mutuals’ decision

When it comes to setting the rules for barbecues on decks and patios, the final decision rests with each individual Mu-
tual. Residents can read about their Mutual’s barbecue policy on Rossmoor’s website under

Resident Info, Rossmoor Gover-

nance, then click on the specific

Mutual and scroll to “Policies.”

Or call the Third Mutual Board Of-

fice at 988-7718.

Captain Lisa Martinez of the Contra Costa County Fire Pro-
tection District (CCCFPD) em-
phasizes that, “we don’t enforce

anything to do with barbecues in

private residences,” at Rossmoor

or countywide.

“If people [at Rossmoor] don’t want their neighbor district to

barbecue, they need to put it in the

CC&Rs because we don’t enforce it – period,” said Mar-
tinez.

Some Mutuals’ barbecue pol-

cies, for example Third Mutual

where the fire occurred, simply

refer residents to the requirements

in the California Fire Code.

California Fire Code (CFC)

states that all open-flame cook-

ing devices (including charcoal and

propane grills) may not be

operated on combustible balco-

nies or patios within 10 feet of a

combustible structure.

The exceptions to this rule

are:

1. Single-family homes and

duplexes;

2. Balconies and decks with

an automatic sprinkler system;

3. Cooking devices with a

propane container capacity no

greater than one pound.

However, Anderson points

out that Contra Costa County

amended the CFC exception

clause about “single-family homes and duplexes” to read

“residential occupancies.”

“So, whether they use state or

county fire code, at the end of the
day, each Mutual has the final say

on setting policy for outdoor bar-

que use within their domain.”

Anderson says that when

rumors flew around a couple of years ago that First Mutual

might ban barbecues, “peo-

ple came out of the woodwork

against abolishing barbecues.”

“It’s like a religious right

for some people,” said Ander-

son. “Residents want to be able

to have their families over and

eat a barbecue. I think bar-

becues could be made safer

for everyone, without totally abol-

ishing them.”

Here are some tips on how to prevent barbecue fires

According to the National

Fire Protection Association, an average of 8,900 home fires

are caused by grilling each

year, and close to half of all in-
juries involving grills are due to

thermal burns.

While nearly half of the

people who grill do it year-

round, July is the peak month

for grill fires followed by May,

June and August. The three

leading causes of barbecue fires are:

• A failure to clean the grill

was the leading factor contrib-

uting to the fire in one-fifth of all

grill structure fires (19 per-

cent).

• In 17 percent of the cases, something that could catch fire

was too close to the grill.

• Leaks or breaks were the

factor in 11 percent of grill

structure fires and 23 percent

of outside and unclassified

grill fires.

Here are some safety tips

offered by the National Fire

Protection Association:

• Propane barbecue grills should only be used outdoors.

• Never use charcoal barbe-

cues or hibachis within 10 feet of any combustible construc-

tion, such as on balconies or

under eaves.

• The grill should be placed

well away (3 feet) from the

manor, deck railings and out

from under eaves and over-
hanging branches.

• Keep children and pets at

least three feet away from the

grill area.

• Keep your grill clean by

removing grease or fat buildup

from the grills and in trays be-

low the grill.

• Never leave your grill un-

attended.

• Have a Class B fire extin-

guisher nearby and available.

Never spray water on a grease

fire.

• Always make sure your

gas grill lid is open before

lighting it. If the grill does not

turn on right away or if the

flame goes out, turn the grill

and gas tank off, raise the lid,

and wait at least five minutes

before re-lighting it.

Check the gas tank hose for

leaks before using it for the

first time each year. Apply a

light soap and water solution

to the hose. A propane leak

will release bubbles. If you

have a gas leak, by smell or

the soapy bubble test, and there

is no flame, turn off both the gas

tank and the grill.

If the leak stops, get the

grill serviced by a profession-

al before using it again. If the

leak does not stop, call the fire

department. If you smell gas

while cooking, immediately

get away from the grill and

call the fire department. Do

not move the grill.

This is the front of the four-unit building on Rossmoor Parkway that sustained major damage

as a result of a fire that started in a gas barbecue on Sept. 2. The building is fenced off and the

owners of the units have been trying to sift through their personal property to see if anything is

salvageable. The next step is that the ace company takes over the building and decides

what gets torn down. Demolition should begin soon.

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FREE IN-HOME QUALIFICATION AND ENERGY ASSESSMENT, call Joy at 510-417-9821 to make an appointment with Energy Specialists Lisa Monroe & Renee Simpson. Residents should be prepared to show their Medicare Cards to qualify for the program.
When men get together, they’re more likely to do stuff (together) than have a conversation. So what happens to prevent men from developing intimate relationships with their male friends? Some studies suggest that it is the process of socializing a boy into a man that inadvertently discourages close friendships. Competition and aggression are rewarded among boys and men, and many boys are made to feel shame about any needs or traits that could be construed as feminine. However, as we age, both men and women, we sometimes become less able to participate in sports and activities and come to rely on our closer relationships.

The concept of the drive behind Rossmoor Counseling’s Men’s Conference is the conference is one effort to provide a space for men to connect with each other on a deeper level.

The conference will be held on Monday, Oct. 16, at 10 a.m. in the Fireside Room at Gateway. Tickets are $15 and can be purchased in the Recreation Department at the Excursion Desk. A barbecue-style lunch will be provided.

Contact Rossmoor Counseling at 988-7750 with any questions.
The manors on Ptarmigan Drive that were damaged Aug. 26 when a woman drove her car into the carport pillars below the units has been stabilized and reinforced and the residents were allowed to move back shortly after the accident happened with approval from the city of Walnut Creek Building Department. The Building Department also approved the temporary reinforcement on the building. However, the residents are not allowed to use their decks until the reconstruction is complete. The Second Mutual’s engineering firm, Blue Stone Engineering, is working on the plans for a bid. There is no timeframe on the completion.

New name for Fitness Center considered

The Aquatics and Fitness Center Advisory Committees have recommended to the GRF Board a name for the new fitness facility. The Board is grateful for the committees’ recommendation and has formed an ad hoc Board committee to formally consider the Aquatics and Fitness Committees’ recommendation, as well as other suggestions.

A meeting of the ad hoc Board committee is scheduled on Friday, Oct. 6, at 2:30 p.m. in the Board Room at Gateway to review all options.

Free legal services offered to residents

Contra Costa Senior Legal Services (CCSLS), in association with the Rossmoor Fund, is offering a free legal clinic for residents of Rossmoor on Wednesday, Oct. 4, in the Muligan Room at Creekside.

Legal staff will be available to assist with: creating a power of attorney; creating an Advance Health Care Directive; filling out small claims forms; civil lawsuits; obtaining information about debtors’ rights; information about creditors’ rights; and elder abuse.

The clinic will not address more complex legal matters such as estate planning, taxes and criminal issues. Residents may be referred to the CCSLS office in Concord for more extensive work or referred to local agencies or private attorneys when appropriate.

These services are available by appointment only; CCSLS cannot accommodate drop-in clients. Call the CCSLS office at 699-7900 to schedule a free 30-minute appointment.

CCSLS has been providing free legal services to seniors for 40 years. Legal assistance is made available by staff and pro bono volunteers.

For more information about CCSLS, visit www.ccsls.org.
Rossmoor Fund board of directors is also grateful

By Ellen Gilman
Fund correspondent

Basic necessities like food are not an issue in Rossmoor, right? Wrong. Read what one recipient of a Safeway gift card, donated by the Rossmoor Fund and the Boomers, has written to those organizations:

“I can’t tell you how grateful I am to receive the Safeway card. I’m having trouble keeping up with the utilities bills and an almost empty refrigerator. Thank you so much. God bless you.” Here’s another: “We have the Safeway gift card that you sent me. You have no idea how much this will help us get through the months to come.”

Again, the motivating factor for sharing resources for both donors to the Rossmoor Fund and the fund’s board of directors is gratitude for one’s own personal success and fortunate circumstances. Directors Donna Reynolds and Jean Autrey typify this “attitude of gratitude.”

Reynolds joined the Rossmoor Fund board last year, having been an organizer of the Boomers’ Forever house tour that raised significant amounts and underwrote funding for Safeway cards for Rossmoor Fund beneficiaries. She clearly relates gratitude to her gracious volunteerism.

“I have gratitude for moving to Rossmoor and joining the Boomers’ Forever club, where I’ve met many wonderful people. This also gave me the opportunity to be aware of the Rossmoor Fund, to which the Boomers home tour donated over $20 K to help residents in various ways,” Reynolds said.

Rossmoor Fund board Treasurer Autrey presents an excellent example of skills-based volunteerism. As a former accountant, she characteristically manages the Fund’s books and is therefore involved intimately in the disbursement of grants. Autrey writes the checks to the dentists; she buys the Safeway cards and delivers them to the Counseling Center. Here is how she perfectly connects her gratitude with giving:

“I’ve always been blessed with good health, strong family bonds and a myriad of interesting jobs. When I moved to Rossmoor it seemed like time to give back, and since accounting skills are always in demand, I’ve had wonderful treasurer opportunities. (Leftovers thrift store, the Rossmoor Fund and the Rossmoor Schol- arship Foundation among them). I am profoundly grateful for my lucky life, so it’s a pleasure to pass along what I can.”

The Rossmoor Fund is particularly satisfying since it’s truly neighbors helping neighbors. Rossmoor residents are accustomed to sharing so much, including the beauty and benefits of their surroundings. They are also committed to sharing their good fortune with others here who may need help. Each resident has his/her own reason for sharing, but in every instance, that reason involves gratitude.

For information about the Rossmoor Fund, go to the website at www.rossmoorfund.org.
Dollar Ranch Course closed to walkers on Monday afternoon

A charity golf tournament will be held on the Dollar Ranch Course on Monday, Oct. 2, starting at noon.

The Dollar Ranch Course will be closed to walkers on Oct. 2 beginning at noon. The Creekside Course will be open all day to walkers.

Other upcoming Monday charity tournaments in October include the Rotary Club tournament on Oct. 16, the Davis Home Pros Habitat for Humanity tournament on Oct. 23 and an outside event on Oct. 30. Oct. 9 is the only Monday in October when both courses will be open to walkers all day.

For information about the tournament, call the Pro Shop at 988-7861.

Fall Bazaar set for Nov. 4, time to sign up for tables

The Fall Bazaar, which is co-sponsored by the Activities Council and the Rossmoor Recreation Department, will be held on Saturday, Nov. 4, in the Fireside Room, Oak Room and Arts Annex.

This event is not for selling used or commercially manufactured items. This free event is open to all residents and their guests.

First Mutual to hold annual meeting Oct. 10

First Walnut Creek Mutual will hold its 50th annual meeting of the membership on Tuesday, Oct. 10, at 10 a.m. in the Fireside Room at Gateway Clubhouse.

The annual meeting is a breakfast fundraiser Saturday at Gateway

Rossmoor Lions Club will hold its annual Lions Club Breakfast on Saturday, Sept. 30, from 8:30 to 11:30 a.m. in the Fireside Room at Gateway.

Construction underway at Walnut Creek BART

Walnut Creek Transit Village is a new mixed-use, multipurpose development that will contain a 900-plus stall parking garage for Walnut Creek BART patrons plus apartments, shops, restaurants, public plazas, views of Mt. Diablo and improved access to the BART station.

First Walnut Creek Mutual will hold its 50th annual meeting on Oct. 10.

Lions Club holds breakfast fundraiser Saturday at Gateway

Rossmoor Lions Club will hold its annual Lions Club Breakfast on Saturday, Sept. 30, from 8:30 to 11:30 a.m. in the Fireside Room at Gateway.

Tickets will be available at the door and advance purchase tickets will be available at the will call table. Menu includes golden brown pancakes, fluffy scrambled eggs, sausages, orange juice, and coffee or tea.

Tickets are $7 per person.

Come with friends, family, and neighbors to enjoy a hearty breakfast. Everyone is welcome to the event.

The annual breakfast is a major Lions Club fundraiser. The proceeds will go toward community programs for the hearing and sight impaired supported by the Lions Club within and outside of Rossmoor. Visit the website below for a detailed list of programs supported by Lions Club.

For more information, contact Leanne Hamaji at Lhamaji@gmail.com or 289-9696.

To learn more about Rossmoor Lions Club, google Rossmoor Lions Club or visit http://www.clubhouse.org/sites/walnut_creek_rossmoor/

To inquire about becoming a member, email club President, Skip Zehnder at Lionskip4c3@gmail.com.

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Rotary’s Alzheimer’s/Parkinson’s gala has Kentucky Derby theme

Southern food, jazz music, auction, hat contest, information on Rock Steady Boxing

Enjoy Southern cooking, 1930s swing jazz, mint juleps and so much more at Kentucky Derby Night, the Rossmoor Rotary Club’s 32nd annual Alzheimer’s/Parkinson’s Gala. The fundraiser will be held Saturday, Oct. 14, starting at 5 p.m. at the Event Center. All residents are invited. It is not necessary to be a member of the Rotary Club.

The evening will start out with mint juleps and passed hors d’oeuvres. Sunrise Bistro, which has been serving organic food and specialty farm-to-table food since 1981, will serve a Southern meal to carry through the Kentucky Derby theme. The menu includes a winter market salad with champagne vinaigrette, choice of fried catfish or fried chicken, green beans, Cheesy grits and cornbread. Famous Derby pie with whipped cream will be the dessert.

The evening includes a talk by Chelsea Lewis of Rock Steady Boxing, an auction, door prizes a hat contest and entertainment by the Don Neely Royal Society Jazz Orchestra, which will play Southern tunes.

The 10-piece Royal Society Jazz Orchestra is world-renowned for capturing the essence of hot 1920s. It offers syncopated big band jazz and 1930s swing. The innovators of the Jazz Age and Swing Era are the group’s inspiration, the orchestra has a personality all its own.

Lewis has been a personal trainer, holding over six certifications for close to 10 years. Her most recent and proudest certification is with Rock Steady Boxing teaching those with Parkinson’s how to fight back. She has been involved with boxing and martial arts since she was 17 years old.

She will talk about Rock Steady Boxing, which is non-contact and works all the basic fundamentals of a typical boxer, all the while including everyday movements that people with Parkinson’s have a hard time doing.

Supporting local organizations

Last year, the Rotary fundraiser raised $45,000 for the following organizations: Food Bank of Contra Costa and Solano, the Mt. Diablo Center for Adult Day Health Care, Alzheimer’s Association of Northern California, the Family Caregiver Alliance, Meals on Wheels and Senior Outreach Services, Parkinson’s Network of Mt. Diablo, Lamorinda Adult Respite Center, the Alzheimer’s Foundation of America, Contra Costa Search and Rescue and Hospice of the East Bay.

Over the past 32 years, this fundraiser has brought in more than $900,000 for Alzheimer’s and Parkinson’s programs that help patients, their families and caregivers.

The cost is $150 per person. To make reservations, use the accompanying coupon or contact Bea Moulton at 707-328-7595. Or, residents can send a tax-deductible donation to the Rossmoor Rotary Foundation, PO Box 2177, Walnut Creek, CA 94595.
Rossmoor Scholarship Foundation begins fall fundraising drive

By Penny Ittner
Foundation correspondent

Fall is in the air, which means football, the changing color of the leaves and school starting.

This year marks the 51st fall that the Rossmoor Scholarship Foundation has launched its annual fundraising drive in the community. The partnership between the Rossmoor Scholarship Foundation and Rossmoor residents has enabled the granting of more than 1,600 college scholarships totaling well over $2 million since the foundation began in 1967.

Students receiving 2018 scholarships will be selected from Acalanes, College Park, Concord, Las Lomas, Mt. Diablo, Northgate, and Ygnacio Valley high schools and Diablo Valley College. Last year, 50 Rossmoor scholarships were granted, with each recipient receiving $3,000.

Students receiving Rossmoor scholarships are also eligible to win additional awards. These “add-on” scholarships are given by individual residents and groups within Rossmoor. Last year’s special awards included the Sylvia Kaplan Community Service Award, the Calvin Hagstrom Family Trust Award, the Nagesh Reddy Biological Sciences Award, the Elena Peratis STEM Award, the Rossmoor Rotary Awards and the Chinese American Association of Rossmoor Award. The Rossmoor Scholarship Foundation trustees are extremely grateful to Rossmoor donors whose generosity enables the foundation to assist young people today in their pursuit of higher education. While the foundation celebrates a long history of awarding scholarships, it is important to realize that college costs continue to rise and students’ needs have risen along with those costs. Foundation trustees hope Rossmoor residents will continue to give as generously as they have in the past.

Every year it becomes more apparent that Rossmoor scholarship awards make a difference. As Natalie Hill, a previous scholarship recipient, wrote to us, “Thank you so much for awarding me a Rossmoor scholarship. I’m only able to attend UC Davis because of your foundation’s generosity.”

See the Rossmoor Scholarship Foundation ad in this newspaper and respond with a donation. Donations may be sent to the Rossmoor Scholarship Foundation, P.O. Box 2056, Walnut Creek, CA 94595.

The Rossmoor Scholarship Foundation is a 501(c) 3 nonprofit organization. Twenty-seven Rossmoor residents serve as trustees.
Father-daughter get acting bug, team up for scenes in plays

By Marilyn Davin
Contributing writer

It’s an all-too-familiar story, a human story experienced by nearly all of us at some point or other in our own life journeys: Your long-married parents were doing just fine until one of them inevitably falls ill and dies, leaving the other to somehow live on, alone, after often spending a half-century or more with a spouse now suddenly gone.

As the adult child you try and try to help your surviving parent find a reason to go on living, a tricky path when your parent is independent, occasionally ornery and...well...still your parent.

In this case the adult child is new Rossmoorian Lee Gale Gruen, and it was her father who lost his wife, her mother. “My father was scared and withdrawn,” she recalls today. “He and my mother were married 61 years and he spent the last two as her caretaker.” Gruen says he was morose and not interested in doing much of anything she suggested.

It was about this time she was 60 and retired after 37 years as a probation officer in Los Angeles County and he was 85 when Gruen herself had a life-changing experience in the unlikely form of a scene study class at Santa Monica Community College. That was when the acting bug hit her hard and wouldn’t let her go.

Hooked on acting

On her first day of class she said a man handed her a sheaf of papers and asked her to read in front of the class. It was the first few lines by Linda Loman of papers and asked her to read the class, Daddy,” Gruen said to him – more than once. “I think he finally agreed to go just to shut me up,” she laughed.

Turns out dad was no shrinking violet from the get-go. “He walked right up and did an improv. And at the end of the class he asked, ‘When are you picking me up next week for our class?’”

Three-year gig with dad

Thus began their three-year father/daughter acting gig. They joyfully acted together in six plays. Gruen says there were really no roles per se. “I wrote father/daughter scenes,” she said, “about an irascible old man and his daughter pulling her hair out over his antics.” They were the first father/daughter team in the drama class.

“The class went wild,” she said, adding that she and her dad later acted in other venues. “After performances everyone gathered around my father; it was beautiful.”

Their plays centered on the same father/daughter dynamic, one that their audiences clearly related to. But the off-stage, real-life dynamic between the two of them changed. Retired after many years as a mid-level manager at what is now Boeing, in L.A., Gruen’s dad was, like many men of his generation, autocratic with his kids.

“I remember him saying ‘This is my house, I make the rules,’” she said. “I always knew he loved me though there was always a lot of yelling and conflict.”

Getting closer

Gruen says she gained a deeper understanding of her father during their years acting together. “He was always the life of the party but was actually pretty insecure,” she said. She added that that slice of time was also a kind of perfect storm for getting closer.

“I had matured and he had mellowed. I understood him a lot better and we had found our vehicle, our shared passion. She added that, “It changed me and it changed him. He was a little old man with a cane when we started out. It gave me more sensitivity and compassion for him.”

Even after her dad fell, broke his hip and was confined to a nursing home after their three years of acting together, Gruen says he kept his renewed spirit. “He did his last performance in a wheelchair,” she said. “He didn’t let a wheelchair daunt him.”

And he always kept current on her own acting, even when he couldn’t physically do it anymore himself. “He kept his head right in the middle of the cork board and told everyone ‘That’s my daughter, she’s an actress.’ When he died he was very fragile but he was still full of zest and excitement for life.”

Advice

Does she have any advice for other adult kids facing similar family situations?

“You have to have a reason for living, a passion, be motivated to get out of bed, get dressed and get out of the house,” she said, adding that it’s never too late to discover your own or a loved one’s passion.

“What most interests you? What do you always read? What movies do you see? These questions would be a good place to start,” she said.

And don’t let anyone ever tell you it’s too late. “My Dad didn’t let old age get him down. He kept his joy, he was my role model, it’s how I want to be.”
**Rossmoor’s landscape strategies are topic of presentation by landscape manager**

Sustainable Rossmoor will sponsor a free public presentation and conversation on “Landscape Management Strategies at Rossmoor” led by Rossmoor Landscape Manager Rebecca Pollon.

The presentation will take place on Tuesday, Oct. 5, from 7 to 8:30 p.m. in the Creekside Room. Pollon will talk about Rossmoor’s current and future practices.

As with all Sustainable Rossmoor education programs, there will be ample time for questions and comments.

Pollon is a certified Bay Friendly landscape professional. The seed of her career in landscape architecture began 15 years ago when she worked as a designer for a landscape construction company while earning her undergraduate degree at UC Davis.

Upon graduating, she worked at a landscape architecture firm in Los Angeles before moving to Australia in 2006, where she earned her master’s degree in landscape architecture from the country’s top school, the University of Melbourne.

Pollon learned about drought-tolerant landscaping and water conservation first-hand from Australia’s long experience with water shortages.

Upon her return to the Bay Area, she worked in Rossmoor with Valleycrest for three years, first as a landscape supervisor for first Walnut Creek Mutual, then as a landscape enhancements manager, also primarily in Rossmoor. She became Rossmoor’s landscape manager in spring 2016.

All Rossmoor residents and other interested persons are encouraged to attend the program.

The program is part of a series of free sustainability education programs being offered to the Rossmoor community by Sustainable Rossmoor.

The club was founded in July 2014 with the mission of advancing solar power and other sustainable practices throughout Rossmoor. Sustainable Rossmoor also holds regular club meetings open to all on the first Tuesday of every month at 7 p.m. in the Fairway Room at Creekside. At those meetings, club members report on various sustainability projects and share ideas about opportunities for enhancing Rossmoor’s overall sustainability.

For information about Sustainable Rossmoor or the Oct. 5 program, contact Program Coordinator Jim Ware at jim@jimware.com or at 956-1795.

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**Second Mutual to hold annual meeting**

Second Walnut Creek Mutual will hold its annual meeting on Tuesday, Oct. 5, from 9:30 a.m. in the Fireside Room at Gateway.

The event is on Thursday, Oct. 5, from 2 to 3:30 p.m. in the Fireside Room at Gateway. Pollon will talk about Rossmoor’s current and future practices.

As with all Sustainable Rossmoor education programs, there will be ample time for questions and comments.

Pollon is a certified Bay Friendly landscape professional. The seed of her career in landscape architecture began 15 years ago when she worked as a designer for a landscape construction company while earning her undergraduate degree at UC Davis.

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**IRV to check out solar and electric cars**

Informed Rossmoor Voices (IRV) has been presenting a discussion series about how the Mutuals deal with change. At its third event, IRV invites those interested in both solar installations and electric cars to visit Mutual 48 (solar) and Fifth Mutual member Carol Weed’s garage (electric car/charging station).

To find out more, meet at Gateway parking lot in the corner of Golden Rain and Tice Creek on Thursday Oct. 5, at 5:45 p.m.

Drivers who can take up to four passengers are needed to drive the Parmigan Drive, Entry 20, parking lot. Make a right turn into the entry. There, Richard Pancoast will lead a solar project walkthrough. He also has a Kia Soul EV and charger in his garage.

Then we will carpool to Weed’s Avenida Sevilla garage to view her Chevy Bolt and its charging station. IRV’s President Wayne Lanier is enthusiastic about these presentations and thinks other residents will be also.

Residents who can drive in the carpool should email Sally Kirby at sallykirby@aol.com.

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We help you through life’s emergencies. We are the West Family and have proudly served the Residents of Rossmoor since its beginning. We ONLY work in Rossmoor and provide extremely fast service.

**Parts, Labor and Service Calls are included**

- Also Included: Helping Hand Services
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- No monthly call limits

**Our $198.00 per year contract**

- Electrical repairs
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- Sinks, faucets, toilet, tub, shower
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- Dishwashers, stoves, ovens
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- Furnace, air conditioning
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Call Julie at 937-4600 for a copy of the Service Contract
Benefit event held for Rossmoor Fund respite care

Being a caregiver for a family loved one is a heart-felt commitment. To keep up the pace, family caregivers need a break.

The Sandra Slater family is holding a benefit event Saturday, Oct. 7, from 2 to 5 p.m. in the Fireside Room at Gateway in memory of David Slater to assist in the funding of much needed respite care. Donations directly benefit the Rossmoor Fund for Respite Care and are tax deductible.

Enjoy wine, beer, appetizers, a raffle and live music by Smorgy (aka Jeffrey Fetters) of Napa Valley. A wine country favorite, Smorgy entertains with music for everyone’s dancing and listening pleasure.

A $25 donation is requested for adults; children are welcome for free. One raffle ticket will be provided for each donation and additional tickets are $5. Bring payment to the event, with checks made payable to the Rossmoor Fund. The event is sponsored by Rossmoor Friends.

Everyone is invited and the Slater family is looking forward to spending a fun, lively afternoon together while supporting an excellent cause.

Those who cannot attend and who would like to donate, can make checks out to the Rossmoor Fund and send to Sandra Slater at 1157 Singingwood Court No. 6. Call Slater with questions at 285-6711. RSVP by Friday, Sept. 29.

Emergency Preparedness Organization sponsors entry coordinator workshop

An informal workshop for entry coordinators, their assistants and would-be entry coordinators is on Monday, Oct. 2, at 9:30 a.m. in Fairway rooms A and B at Creekside.

The program is under the auspices of the Emergency Preparedness Organization (EPO), whose theme this year is training and communications.

The workshop will be led by EPO President Colene Trinterud who has led EPO seminars for entry coordinators for the last five years.

Bring questions and topics to help solve typical entry coordinator dilemmas.

A special part of the EPO mission is to help residents prepare for an emergency and to train residents to become entry coordinators.

EPO currently is focused on getting more Family Radio Service (FRS) operators in entries to assist entry coordinator communications.

One subject of the seminar will be organizing entry drills, so that when disaster strikes the entry coordinators are ready to lead and the residents know how to follow.

The recent disasters – Hurricanes Harvey and Irma and the earthquakes in Mexico – make EPO training seminars timely. Trinterud will also talk about the vital issue of food storage.

The gathering will be informal and the volunteer entry coordinator will share experiences and learn from each other. What have you done in your entry that works?

Bring success stories to share, as well as problems and potential solutions.

Trinterud will emphasize that entry coordination is a team effort and assistants and communicators should be recruited so that the primary coordinator is not working alone.

All Rossmoor residents are welcome. No reservations are required.

For information, contact Trinterud at trint@att.net.

AARP Tax-Aide looking for volunteers

Contra 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.


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.

Friday Telecare volunteers sought

Telecare volunteers are needed on Fridays. These volunteers help fellow Rossmoor residents.

Telecare is a personalized service that provides daily wellness checks to residents. The service is especially valuable to residents who live alone, are convalescing from illness or don’t have family in the area.

Volunteers call residents from 8 to 9 a.m. every day of the year, including weekends and holidays. Volunteers are required to make the calls from the Computer Room located at Gateway.

If after several attempts, including contacting the designated emergency contact, the Telecare volunteer is unable to reach that resident, Securitas Telecare volunteers will then be sent to do a wellness check.

Telecare is available to residents at no cost. Anyone interested in volunteering or receiving calls may call Elena Ybarra at 988-7703.

Fire prevention: Smokers

• Don’t smoke while in bed.
• Put out cigarettes at the first sign of ping.
• Don’t throw matches and cigarette butts in the trash unless they are doused with water first.
• Use a sturdy ashtray instead of saucer or edge of furniture; cigarette butts can roll.
Lions Club collects for victims of hurricanes

Lions Club International Foundation (LCIF), the official charitable organization of Lions Club International, was established to provide direct relief to the victims of major disasters around the world in addition to other humanitarian efforts.

One hundred percent of the funds received go directly to grants established to help those victims. The funds are often directed to the Lions Clubs in the areas affected, who are in the best position to determine what is needed.

In 2015-2016, LCIF issued over $9,480,060 in disaster related grants. To learn more about LCIF, visit www.lcif.org.

LCIF, through local Lions Clubs, has issued a special request for donations to provide relief to the victims of the recent hurricanes and earthquakes.

To make a donation, send checks, payable to the Rossmoor Lions Club Foundation, to Rossmoor Lions Club, P.O. Box 2181, Walnut Creek, CA 94595. Indicate “LCIF” in the note section.

Donations are tax deductible.

To learn more about the Lions Club, Google Rossmoor Lions Club or email club President Skip Zehnder, lionskip.4c3@gmail.com.

Democrats to hear from Labor Center chairman

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.

Sign up for city’s Community Service Day

Residents are invited to sign up for Walnut Creek’s annual Community Service Day on Saturday, Oct. 14.

This year’s line-up features 50-plus projects, including work at local schools, public libraries, parks and gardens, downtown area, along creeks and in Rossmoor.

Volunteers can help with the following projects:

- Set up the downtown Oktoberfest event; distribute emergency preparation information in local neighborhoods; create seasonal tray favors for meal deliveries to seniors; work in the Lindsay Wildlife hospital; a children’s garden at Heather Farm; make educational “instruments” for a school music program; collect food for the needy; and watch a local company turn the cans into a replica of the Golden Gate Bridge.

Community Service Day kicks off with a free pancake breakfast from 7:30 to 8:30 a.m. at Heather Farm Park Community Center, courtesy of the Lions clubs of Walnut Creek.

From there, volunteers will fan out across Walnut Creek to work on a variety of projects. Space is limited in many of the projects so volunteers are encouraged to register as soon as possible.

For a list of projects and online registration, visit www.walnut-creek.org/service or call the Community Service Day hotline at 256-3505. For information, email serviceday@walnut-creek.org.

Newcomers to hear about bus service

Newcomers will meet on Monday, Oct. 2, at 1:30 p.m. at Dollar Clubhouse. The speakers will be Jeff Matheson, director of Resident Services, and Leslie Young, with bus transportation.

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

Newcomers programs are open to all residents. No reservation is required to attend the meeting.

The program is in its 27th year and is a way to welcome new residents. Monthly meetings provide an opportunity to learn more about the community and are an optimal way to meet other new residents.

For information, call Elena Ybarra at 988-7703.

Rossmoor Scholarship Foundation

The Rossmoor Scholarship Foundation, a 501(c)3 non-profit, celebrates 51 years of partnership with Rossmoor residents providing college scholarships to graduating students from Acalanes (Lafayette), College Park (Pleasant Hill), Concord, Mt. Diablo and Ygnacio Valley (Concord), and Las Lomas and Northgate (Walnut Creek) High Schools and Diablo Valley College (Pleasant Hill).

Scholars Need Dollars

ANNUAL FUND DRIVE

ROSMOOR SCHOLARSHIP FOUNDATION ANNUAL FUND DRIVE

Please accept this donation to help the Rossmoor Scholarship Foundation assist needy college-bound students living in the area.

Name of donor as it will appear in the Rossmoor News:

(Or in memory of): __________________________

Email address: __________________________

Make check payable to Rossmoor Scholarship Foundation and mail to P.O. Box 2036, Walnut Creek, CA 94595.

College costs are rising faster than ever. The students need your help. We appreciate the generous support you have given in the past.

Please complete this coupon and give generously.

YOUR DONATION IS TAX-DEDUCTIBLE
Continued from page 1A

The balance provides information on the proposed CC&Rs. It is open to members to view but not to excerpt. If you do not receive the chart in the mail, it will be available at the upcoming town hall meetings according to management.

New CC&Rs to replace 24 project CC&Rs

Third Walnut Creek Mutual Real Estate Association will be issuing a new CC&Rs document with a somewhat unique governance structure. One set of bylaws applies to all of its members, whereas each of the projects has its own set of CC&Rs. Third Mutual is pro- cessing town hall meetings and should share their comments at the meetings and should be forthcoming in future meetings and should be made available to all members. It will have occurred when this meeting is convened.

The benefit of one set of CC&Rs is consistency throughout the Third Mutual and allows for any future savings by not having to amend project CC&Rs individually.

McDonnell believes the membership would have a vote. The Board has not defined it but it is probably safe to assume that it means providing a relatively safe commu- nity with respect to effective and efficient services and amenities.

This has been a generally consistent and successful model since Rossmoor’s inception more than 50 years ago and requires ongoing investment and upkeep to maintain the stan- dard of service and amenities.

For the last several years, GRF’s boards have kept the GRF rate increase significantly below the rate of inflation, saving residents more than $3.8 million over the last five years compared to what the coupon would have been if increased at the inflation rate. This testimony to the Board’s diligence and concern for many residents on fixed incomes. This process no exception as the increase for the Operating portion of the budget will continue to increase at a rate lower than the current inflation rate.

However, after years of keeping the coupon below the inflation rate, the coupon has caught up to the rate of inflation for several years. GRF’s financial needs are increasing, and regular and periodic maintainance can also extend the useful life of properly maintained assets.

The failure to maintain these critical assets potentially exposes GRF to liability for trips, falls and injuries and can affect the value of individual homes. Lowering the property tax base in a way that is not reflected in the financial needs of individual projects.

The adoption process con- sists of two parts. A member review period will likely run through December, consisting of town hall meetings any project meetings that may be scheduled by individual directors, discussion at board meetings and boards reflecting on the financial needs of individual projects.

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Learn what you need to know about Medicare at October information sessions

Medicare open enrollment is from Oct. 15 through Dec. 7. The Contra Costa Health Insurance Counseling and Advocacy Program (HICAP) will give morning and afternoon talks in Rossmoor to help residents understand and best use their coverage. On Tuesday, Oct. 10, the presentation will be at 2 p.m. in the Fireside Room at Gateway. On Thursday, Oct. 12, it will be at 10 a.m. in the Fireside Room.

Registered HICAP volunteers will first review Medicare basics and then discuss what’s changing for 2018. Detailed handouts about Medicare health and drug plans for 2018 will be provided. HICAP will also share tips for saving money on medications since the cost of prescription drugs can be very expensive regardless of a person’s insurance. Even if you like your current plan, it may no longer be best for you. Plans can and do change their covered drugs, copays, doctor networks and more each year. If you are not representative of the expectations of the Rossmoor community, GRF continues to provide the landscape maintenance on the external medians but the city still owns the parcels and pays for the irrigation.

In June, the city of Walnut Creek notified GRF that the water was going to be cut off temporarily for a project to install drip irrigation. The medians outside our gate on July 1 to comply with the state mandate. Following negotiations with the city and EBMUD, the GRF Board authorized a plan at their July 27 meeting to replace the turf outside the gate with drought-tolerant plants and install a drip irrigation system. The city agreed to provide a $15,000 contribution towards the cost of the project.

GRF’s landscape design plan and traffic mitigation plan are currently under review by the city. It is expected that the city will approve the plans soon and work can begin this fall, which will include the removal of the median turf, the replacement of the irrigation system and the installation of drought tolerant plants and surface treatment. It will also require the closure of at least one lane in each direction for up to several days.

Work will not commence until the adjacent creek work is complete. Notice will be provided in the Rossmoor News and Nixle. If you have not yet signed up for Rossmoor’s free Nixle notification system, visit the www.rossmoor.com home page to do so. If you have not signed up for HICAP you will need to know when the roadwork will commence and finish.

Employee transition

Five employees began employment with the Golden Rain Foundation (GRF) this month. They are: Daniel Alfaro (rehire), golf course; Matthew Davis, bus driver; and Teresa Tillman, accountant, Accounting. Two employees left employment; and Ryan Carroll, custodian/AV tech, Resident Services.

Chairperson’s report

The chairperson’s report continues from page 1A on the Mutual Board Office at the Internet are advised to call the Mutual’s documents on website.

Sustainable Rossmoor meets Tuesday

Sustainable Rossmoor will meet on Tuesday, Oct. 3, at 10 a.m. in the Fireside Room at Creekside. All Rossmoor residents with an interest in the environment are invited to attend.

The club promises a lively meeting with an entertaining video, reports on committee activities, a discussion of whether or not to continue from page 1A.
Rossmoor Republican Club hosts speaker Mary Theroux in October

Mary Theroux, senior vice president of the Independent Institute, will be the featured speaker at the Republican Club’s dinner meeting Tuesday, Oct. 17, at the Event Center.

The social hour begins at 5:15 p.m. with a hosted wine and beer bar. Dinner is at 6 p.m.

The Independent Institute is a non-profit, non-partisan public policy research and educational organization that shapes ideas into profound and lasting impact through publications, conferences, and effective multi-media programs.

Its mission is to advance peaceful, prosperous, and free societies by promoting human worth and dignity.

Theroux’s topic will be: reaching the next generation with the message of liberty. She will review the surprising results of recent studies of millennials and discuss a successful outreach initiative launched by the Independent Institute to engage millennials with the ideas of liberty and free enterprise.

With America’s future in their hands, millennials who famously felt “the Bern” in 2016 – really embrace socialism or is there more here than meets the eye?

Theroux will explain why there is real cause for optimism that enterprise can trump big government among this important cohort.

Theroux is vice president of the C.S. Lewis Society of California, and a member of the Alameda County and national advisory boards for the Salvation Army.

A graduate of Stanford, Theroux regularly writes and speaks on issues of personal and economic freedom and public policy, including local and national media outlets, before business and civic groups, and in testimony to government panels.

The dinner will be catered by Scott’s. The entrée is chicken blanc with herbed rice pilaf, toasted popsyyed Dijonbeurre blanc with herbed rice pilaf. The vegetarian alternative is a mushroom garnish with herbed rice pilaf.

The cost is $28 for members and $30 for nonmembers. A bottle of wine is included with the speaker only, without dinner, the cost is $5. Those coming for the speaker only should arrive at 6:30 p.m. Reservations are required; walk-ins cannot be accommodated.

The evening includes a cash prize raffle. Tickets are for sale during the social hour. Raffle proceeds support the patriotic charities Fisher House and Semaphore Fund, which serve wounded military members and their families.

An event registration form is included in the Rossmoor Republican, which is sent to all club members monthly. The registration form can also 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, Oct. 12.

For dinner reservation questions, call Gayla Manning at 262-2584. For membership questions, call Marysiegel at 262-8185.

Rossmoor Fund offers grants to residents

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

Grants are generally limited to those whose annual income is less than $24,000, or for two-person households with combined income less than $32,000. Assets are taken into account. Many residents report that asking for help can be difficult, but that the financial aid has been significant in improving their lives.

A one-page application is all that is needed to apply. Contact counseling is available at 988-7750 or the Rossmoor Fund at 567-FUND (3863) and be confident that the application will be handled quickly and with complete confidentiality.

The Rossmoor Fund is generously support by residents of Rossmoor as well as organizations.

Performing Arts Guild October events

The following are the Performing Arts Guild of Rossmoor (PAGR) events for October.

Residents of Rossmoor organizations that offer entertainment and performances belong to the guild and present a list of their programming once a month. In addition, the groups have articles in the News with complete details of the programs and how to obtain tickets, if necessary. This month, PAGR, the Drama Association of Rossmoor (DAR), the Dixieland Jazz Club, the Diabolo Symphony Association, the International Club, the Chamber Music Society and the Chinese Performing Arts Club all offer programs open to Rossmoor residents. For information about the Performing Arts Guild, call Marilyn Sampair at 933-1395 or email: mesampair@comcast.net.

Oct. 9: PAGR: Rossmoor Folies …........................................... 7 p.m. Event Center
Annual variety show with Rossmoor clubs

Oct. 13: Diablo Symphony Association …............................... 8 p.m. Fireside Room
“Romeo and Juliet” Guest Conductor Brad Hogarth

Oct. 15: International Club: Mexican Day of the Dead …........... 5 p.m. Event Center

Oct. 16: Chamber Music: Milou Trio …..................................... 7:30 p.m. Event Center
Gwendolyn Mok

Oct. 20/21: DAR, “Rossmoor’s Wild About Oscar” ………………… 2 p.m. Las Trampas
By Tended Agnes

Oct. 20: Chinese Performing Arts Club ….................................. 7 p.m. Fireside Room
Ancient Instrumental Music Tranquil Resonance Studio of San Francisco

Oct. 24: DAR: development reading of plays …............................ 1 p.m. Las Trampas
“A House Divided” by Rod McFadden

Oct. 25: Dixieland Jazz Club ….................................................. 7 p.m. Event Center
Mike Slack, San Francisco Feet Warmers

Quick, easy, and effective multi-media research and educational organizations and committee meetings are open to Rossmoor residents.

Meeting dates 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 Katie Mattison at 988-7718; and for information on all other Mutual meetings, call Anne Paige at 988-7775.

Sept. 28: GRF Board meeting …………9 a.m. Peacock Hall, Gateway
Oct. 2: GRF Ad Hoc Tech Planning Committee …9 a.m. Board Room, Gateway
Oct. 2: Third Mutual Budget and Finance ………………… 2 p.m. Board Room, Gateway
Oct. 3: Mutual 22 budget presentation …………………10 a.m. Main Room, Dollar
Oct. 3: GRF Policy Committee ………………………………………. 1:30 p.m. Board Room, Gateway
Oct. 3: Mutual 61 board ………………………………………… 2 p.m. Fairway Room, Creekside
Oct. 4: Third Mutual Governing Documents …………………… 6 p.m. Educational Hall, Creekside
Oct. 6: First Mutual Landscape Committee ……………………. 11 a.m. Multipurpose Room 1, Gateway
Oct. 6: GRF and Rossmoor Centers ………………… 2:30 p.m. Board Room, Gateway
Oct. 7: Third Mutual Governing Documents ……………………. 10 a.m. Diablo Room, Hillside
Oct. 9: Third Mutual board meeting …………………………………9 a.m. Board Room, Gateway
Oct. 10: GRF Board mid-month meeting …………………… 9 a.m. Peacock Hall, Gateway
Oct. 10: First Mutual annual meeting ………………… 10 a.m. Fireside Room, Gateway
Oct. 11: Fitness Center Advisory Committee …………………. 9:30 a.m. Fairway Room, Creekside
Oct. 11: Mutual 30 board …………………… 9:30 a.m. Gateway
Oct. 12: Aquatics Advisory Committee ………………… 1:30 p.m. Board Room, Gateway
Oct. 13: Golf Advisory Committee ………………………………… 9 a.m. Board Room, Gateway
Oct. 13: GRF Planning Committee ………………… 10:30 a.m. Board Room, Gateway
Oct. 16: Mutual 68 Landscape Committee ………………… 9 a.m. Board Room, Gateway
Oct. 16: Mutual 68 Finance Committee ………………… 10 a.m. Echo Room, Event Center
Oct. 16: Fourth Mutual board ………………………………………. 1:30 p.m. Board Room, Gateway
Oct. 17: Second Mutual annual meeting ……………………. 9:30 a.m. Fireside Room, Gateway
Oct. 18: Mutual 56 annual meeting ……………………………… 9:30 a.m. Fireside Room, Gateway
Oct. 18: Mutual 48 board ………………………………………… 2 p.m. Fireside Room, Gateway
Oct. 19: Mutual 70 board ………………………………………… 2 p.m. Board Room, Gateway
Oct. 23: Mutual 68 board/budget review …………………… 1 p.m. Fireside Room, Gateway
Oct. 24: Mutual 68 Landscape Committee ………………… 9 a.m. Board Room, Gateway
Oct. 24: GRF Finance Committee ………………………………… 9 a.m. Board Room, Gateway
Oct. 24: Mutual 65 board ………………………………………… 9:30 a.m. Fireside Room, Gateway
Oct. 24: Mutual 8 board ………………………………………… 1 p.m. Fireside Room, Gateway
Oct. 24: Third Mutual Governing Documents ……………………. 7 p.m. Board Room, Gateway
Oct. 25: Mutual 28 board ………………………………………… 10:30 a.m. Board Room, Gateway
Oct. 25: Mutual 48 budget meeting …………………………… 2 p.m. Fireside Room, Gateway
Oct. 26: GRF Board meeting ………………………………………. 9 a.m. Peacock Hall, Gateway
Oct. 27: Third Mutual Board Maintenance ……………………. 10 a.m. Board Room, Gateway
Oct. 27: First Mutual board ………………………………………… 11 a.m. Donner Room, Event Center

Rossmoor News • September 27, 2017
POOR PLANNING
What kind of poor planning and lack of foresight goes into not getting the correct permits for the pool renovation? We were originally given the scheduled reopening date as July 4. That when they didn’t happen we were given the date to reopen as Labor Day. Again, that did not happen due to not getting the correct permits. The third absolute certain date to reopen was Sept. 18. Again cancelled due to lack of permitting.

We all pay hefty monthly fees and it would be nice if we could have the use of our facilities as planned. Is anyone being held accountable or have any answers as to why this project was so poorly planned and managed?

Betty Price
Canby Wood Court

DISAPPOINTED
Many residents and I have been very disappointed by the continual delays in the opening of the Del Valle pool. The delays are not caused by Mother Nature. Rather, they can be attributed to issues in planning, anticipation and coordination. The delays could have been prevented.

In future projects, I hope that the Golden Rain Foundation and the Rossmoor Garden Club are able to us here in Rossmoor.

Stanley Sue
Horsemanns Canyon Drive

WAS CONTRACTOR NEGLIGENT?
We were recently notified that the Del Valle pool would not be reopened as scheduled this past week due to brown algae due to locker room facilities by the Health Department. Those whom I’ve asked could not give me any additional information.

Many residents and I try to keep as mobile and healthy as possible by attending water exercise programs. All summer I have had no problem in keeping up with my exercise routines. I have noticed a decrease in outdoor temperatures decrease and the possibility of rain increases, I may find it very difficult to continue.

It seems to me that the contractor hired by GRF should have been aware of Health Department requirements and should have been vigilant in making sure these would be fully met as part of their work. That is a shame in the city of Rossmoor.

We are so blessed to have wonderful people and expert volunteers available to us here in Rossmoor.

Cynthia Mercado
Terra Granada Drive

RESIDENTS FORUM GUIDELINES
Letters must be about 250 words. Letters are subject to verification and editing

Letters are strictly the opinion of the letter writer. The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor and in accordance with common editorial policies. Headings of letters are written by the managing editor.

• Letters must be signed or emailed to news@rossoom.com. Email letters are preferred.
• Letters must be accompanied by full name, address and phone number for verification.
• Letters must be germane to the activities and affairs of Rossmoor. Letters can also respond to political columns published in the News.
• Letters should be about 250 words or less.
• Open letters addressed to anyone other than the editor will not be published.
• Letters’ content cannot include phone numbers, full addresses, email addresses or website addresses.
• Letters are edited for clarity at the discretion of the editor.
• Letters announcing an event with a date, time and location will not be printed.
• Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7804, or in person to verify your submission.
• The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.

WHEELCHAIR ACCESSIBLE PICNIC TABLES
My friend Pat Ranagan has come up with a great idea. She noticed that wheelchair users like me have great difficulty sitting at the picnic tables in group settings like the Dog Clubhouse and Sportsmen’s Park. I have to sit sideways at the end of the table because the bench seats and height do not accommodate a wheelchair use.

Pat decided that these areas need wheelchair accessible picnic tables and unfortunately GRF refused her request to provide some tables. So Pat convinced Boomers Forget Me Not to form a partnership with the Rossmoor Garden Club and the Activities Committee to donate a portion of the proceeds from the up coming Boomers shred day this Saturday to help purchase wheelchair accessible picnic tables.

So, get out your piles of confidential documents you want shredded and help support this project. Thank you to Pat.

Mark Forrette
Stanley Dollar Drive

WHAT YOU GET FOR YOUR MONEY IN ROSSMOOR
Now that it is budget-planning time, it is also time to be thankful for what we get for our monthly coupon. I have been a resident since 1973 and my 2017 coupon is $824.

We get one large Fitness Center, two bocce courts, three lawn bowling greens, four green picnic areas, two woodworking workshops, a large event center with a stage, a dining and dance area, six arts and crafts rooms, four swimming pools and a spa, one billiards room, eight tennis courts, miles of hiking trails, four pick- leball courts and an area for golf cart parking.

We also have two libraries, four card rooms, a computer room, our own TV station, multi-channel cable television, Internet service, our own newspaper, two golf courses, free counseling services, six free bus routes, recreation planning and services, security, five table tennis courts and 200 clubs for leisure activities.

And don’t forget all the free entertainment and great friendship this community provides!

Since I live in a cooperative Mutual, I also get exterior maintenance of the building, roof maintenance, smoke detector, weed control, insect spraying, laundry room cleanup, appliance care and replacement and my property taxes, water and garbage paid.

If my monthly coupon goes up next year, I consider it a small price to pay for that to be available to me.

John Nutley
Golden Rain Road

WATERFORD CONTENTMENT
I am 70, my husband is 71. Some say we are young to have moved into Waterford so soon. Both of us are healthy and we were definitely attracted to the advantages of the Rossmoor lifestyle.

Why the Waterford? We lived in our previous residence for 28 years. We felt we had one more move in our journey together, and we found the right place at the right time. We wait when Waterford and the other communities on Rossmoor’s south side offer to grow old together? We have independent living and if there is a need for more care it is readily available.

Not once have we bought our residence. The opportunities to grow and learn more wisdom daily are too numerous to count. The diversity of residents and all they have to offer is tremendous. Residents follow their interests, readily sharing knowledge and wisdom. There are people treasures at every turn as you walk the hallways, all with ready smiles.

The service is five-star whether it’s the housekeeper, the receptionist or the activity director. The young people who work in the dining room you would be proud to call your kin.

There are so many to give credit to for the smooth running of Waterford. The recycle engineer patient- ly educates a new resident on what is plastic and what designates cardboard or paper.

I find the Waterford cozy, warm, loving, full of new discoveries every day, with all the quality of Rossmoor’s safety team. One new friend said to me, as we enjoyed one of those five-star dinners, “Isn’t it like being on a cruise that caters to your every whim?”

“Yes,” was all I could manage to say. My content- ment was beyond any other comment.

Janet Splan
Tie Creek Drive

STAGES OF LIFE
Life in Rossmoor comes in stages. As we progress into one another place in our lives, we also face age transformations. We go from driving a car, to having to give it up and go into a golf cart and then giving it up to use Rossmoor’s very fine bus service.

I am writing in response to Ian Moss (Resi- dients Forum Sept. 13), who would like very much to have people forced into one of these stages of the golf cart to give it up. He obviously hasn’t reached this stage where we think the shopping area would disagree with him, especially when the improvements have finished. Do golf carts really upset Ian Moss’s lifestyle?

Bernice Witte
Tie Creek Drive

COMPUTER PROBLEM SOLVED
I recently spent two hours of my morning speak- ing to Comcast representatives, technicians, spe- cialists and anti-virus experts. They were trying to help me with a computer problem. Comcast doesn’t have a main call station in the United States–only in Honduras, India and the Philippines.

Out of frustration, I hung up and thought I could call our Rossmoor Computer Club Room. A very kind and understanding volunteer answered and listed to me vent and then suggested I bring down my tablet. She thought someone there would be able to help me.

I was in the Computer Room no longer than 10 to 15 minutes and another knowledgeable volun- teer fixed my computer. I thankfully acknowledge Kathy and Bill, two volunteers who cared and rescued me and solved my problem. We are so blessed to have wonderful people and expert volunteers available to us here in Rossmoor.

John Nutley
Golden Rain Road

More letters on page 18A
More letters

Continued from page 17A

NEW LEADERSHIP NEEDED ON CC&R DEVELOPMENT

At the Sept. 19 town hall meeting where the Third Mutual board intended to sell members on totally new CC&Rs, there was a problem. The members showed up and asked hard questions. “Why?” They wanted to know. We have drafted. My opinion is that these people are not knowledgeable about the attorney is an absolute expert in this area and knows the laws and “best practices” in California. There are those in Rossmoor who think they are and for the members. We need new leadership that will cost the residents of the Third Walnut Creek Mutual a great deal of money in order to certify the CC&Rs in court.

The most important thing here is that all HOA governing documents are out of date when adopted and will always be for governance purposes because the state Legislature can and will change laws. Be satisfied with what we have and cut down the expense to try to keep the documents up to date. We already have a paid coordinator who is supposed to keep up with Davis-Stirling.

Alan Swanson
Terra Granada Drive

CONCERNS ABOUT CC&Rs ARE REAL

There have been many discussions in the Residents’ Forum regarding Third Mutual’s proposed new CC&Rs. One major concern stated in residents’ letters is the attempt by the slim majority of board members to consolidate funds and administration of all 24 projects. The documents finally arrived last week and we quickly realized that the concerns stated by our Third Mutual neighbors are not baseless. On page 1 of the proposed CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs will hurt residents.

The documents finally arrived last week and we quickly realized that the concerns stated by our Third Mutual neighbors are not baseless. On page 1 of the proposed CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs are entitled to engage in and what type of restrictions are combined in the CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs are entitled to engage in and what type of restrictions are combined in the CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs are entitled to engage in and what type of restrictions are combined in the CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs are entitled to engage in and what type of restrictions are combined in the CC&Rs, under Recital C, it clearly states this intent: “Whereas, the current owners of the proposed CC&Rs are entitled to engage in and what type of restrictions are combined in the CC&Rs.

Some residents may think this is a good idea, some may not. I just want to lay it out there so people know what they are being asked to agree to.

Brent Barnhart
Saklan Indian Drive

PUBLIC MEETING ON CC&Rs HELPFUL

Recently the Rossmoor News has printed a lot of letters from Third Mutual residents who are critical of the board of directors for its efforts to update the CC&Rs in the various projects of the Mutual. The letters express fears that the proposed CC&Rs will hurt residents.

I attended the Sept. 19 public meeting about the CC&R updating project and found it very helpful, particularly in addressing resident concerns. For example, Melissa Ward, the Hughes Gill Cochran attorney hired by the board, insisted with the updating, stated unequivocally that project funds will not be comingle but will be kept in separate accounts, as they are now. She explained how changing the CC&Rs will benefit residents financially by helping the board avoid unnecessary legal fees in the future.

It is daunting for many of us who aren’t attorneys to understand legal documents. I can read the same sentence three or four times and still not understand what it means. I need to hear the same sentence three or four times and still not understand what it means.

The Third Mutual board is scheduling more informational sessions about the CC&Rs to explain the revisions, to hear resident concerns and to make changes that are necessary. I urge all Third Mutual members to attend these meetings so that we can vote intelligently on this issue.

Anne Foreman
Terra Granada Drive

AN IMPORTANT COLUMN ON HEALTH CARE

Bob Hanson’s Sept. 13 “Progressive View column “Health Care . . . A Human Right!” importan- tized the fact that a single payer health care system actually saves money. Most of us can’t afford our health insurance companies. But some of it comes from more efficient and compassionate care for the 27 percent of documented citizens who can’t afford any or adequate health insurance.

In California, since the Affordable Healthcare Act (“Obamacare”) went into effect, the rise in health care costs slowed due to treating the ill in doctor’s offices rather than the emergency room. Why didn’t it drop, you wonder? It’s due to exactly what Bob wrote – influences of big pharma, antiquated health care record keeping and fragmented duplications in care.

Sadly, the resistance to adopt a single-payer bill (SB 562) in California stalled in the Assembly, after it passed the California Senate in June with 23 votes, despite a no vote by our Senator Steven Glazer. SB 562 now becomes a two-year bill. If it passes, it is estimated to save Californians money and will actually be better than “Medicare for all.” It will include dental care, eyeglasses, and hearing aids – things that interest many seniors. It will also provide job training for interested insurance workers, but not CEOs.

No one should have to go into bankruptcy to have what all the other developed countries of the world consider a good investment in a strong, healthy, productive society.

Carol Weed
Avenida Sevilla

A FABULOUS JOB

I want to compliment Kent Crosswell who not only ran our domino event, but also the scrabble, tennis and swimming competitions for the Rossmoor Games. He arranged the games, made up score sheets, print- ed out results and took hundreds of pictures. Without him these fun days would not have been possible. Many thanks for a fabulous job.

Karin Romak
Saklan Indian Drive

SECURITY REPORTS

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

Thursday, Sept. 14

Vandalism: Someone drilled the lock out of the Henderson tennis courts on a tennis court. We have tightened security measures. The machine cannot be operated without the machine only takes cred- it cards.

Friday, Sept. 15

Animal: A resident reported at about 8:15 a.m. that a blue black ball was grazing on the front lawn across Quail Hill. A Securitas officer couldn’t locate it.

Gregory Costa Animal Services was notified to dispatch an officer to the scene.

Tuesday, Sept. 19

Animal: A resident reported at about 7:55 a.m. that there was a boa constrictor on Quail Hill. The ranch- er owner was notified. About half an hour later, ranchers came on site to round up the young snake.
**REPUBLICAN PERSPECTIVE**

**Much to Do About DACA**

"To have a lawful system of immigration that serves the national interest, we cannot admit every one at the same time and expect it to come here. It's just a simple thought that would be an open-border policy and the American people have rightly rejected that." — U.S. Attorney General Jeff Sessions

By Ed Manning

The Constitutional violation of separation of powers by President Obama’s 2012 Executive Order Deferred Action for Childhood Arrivals (DACA) was phased out by the Trump Administration this month. Now the president is being accused of placing “dreamers” under threat of deportation. “Dreamers” are the reported 800,000 illegal aliens that are affected by Trump’s decision.

It is somewhat surreal to view clips of President Obama prior to 2012 where he repeatedly stated that a president does not have the unilateral authority to usurp the power of Congress. But usurp it he did. To those in the mainstream media and to his Progressive base, Obama did not usurp, he just evolved.

From January 2009 to January 2011, Obama enjoyed a large majority in the House and a super-majority in the Senate. Why Democrats did not pass immigration reform is a mystery, which I now believe they can always count on the Latino vote.

President Trump did not formally end DACA. Congress is charged with the responsibility to achieve a policy, within six months, to address Obama’s blanket amnesty. Time will tell if a legislative compromise can be reached. In the interim, you can rest assured that DACA will demagogue the Progressive base.

DACA was marketed as a way to keep high school valedictorians, gifted students and other high-achieving young people in the United States. However, the demographic data does not support those claims. DACA accepts applications from illegal aliens who were 31 years old or younger on June 15, 2012. That means 36 year olds may apply this year.

In 2013, the Brookings Institute filed a Freedom of Information Act requesting statistics for the age of illegal aliens who were 31 years old or younger on June 15, 2012. Only 1 percent of applicants were denied. Brookings’ Institute is not considered to be a conservative think tank.

One might ask: What is the big deal of granting amnesty to 800,000 individuals brought here illegally through no fault of their own? The big deal is that under our current immigration migration policy, once these individuals receive green card status, they can immediately turn around and sponsor their illegal parents for a green card. Thus, cherished legal status would be granted to individuals that are guilty of violating our immigration laws. This should give pause to even pro-amnesty activists.

If Democrats are serious about a DACA legislative initiative, they must strip DACA of amnesty benefits. DACA only. They should support the RAISE Act that ends chain migration and places immigration on a merit-based footing. In addition, support of border security (wall), and mandatory E-verify system should be part of any solution.

Democrat Minority Leader Nancy Pelosi was shouted down at her San Francisco news conference Sept. 4th. A group calling themselves the Immigration Reform Movement warned Democrats not to “sell us out.”

A representative of the group grabbed the microphone to say: “We remember all too well how for all that President Obama did to make Democrats laid siege to immigration and deporting nearly three million people, of our family members and loved ones. Where was your resistance then? Ms. Pelosi, did you think we would forget? We send a clear message to our fellow undocumented youth and community: We are the resistance to Trump! Not the Democrats that failed us.”

The former speaker of the House was forced to leave and terminate her press conference. The Immigration Reform Movement wants amnesty for all 11-plus million illegal aliens and not just DACA recipients.

Ed Manning can be emailed at igolfca@gmail.com.
AARP Smart Driver Course offered

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

After taking the course, many residents qualify for discounts on their car insurance rates. (It is advised that residents call their own insurance providers to verify the savings before signing up about AARP discount rates.)

The required first class is broken up into two sessions. The next class will be offered on Tuesdays, Oct. 17 and 24, from 8:30 a.m. to 12:30 p.m. in Multipurpose Room 3 at Gateway.

At the end of day two instruction, allow an additional 15 to 20 minutes to complete a certificate of completion.

The refresher class is offered to residents who have taken the eight-hour class within the last three years.

The next refresher course will be offered on Friday, Oct. 27, from 9 a.m. to noon in Multipurpose Room 3 at Gateway.

The cost is $15 for AARP members and $20 for nonmembers. Residents must sign up in person in the Recreation Department at Gateway prior to Oct. 14, the refresher class is held each hour class and prior to Tues.

Earth Matters
Living Lightly on This Small Planet

The End of Fossil Fuels Is Near

By Bob Hanson

The Trump administration is planning on radical actions to advance a dirty energy agenda. Energy Secretary Rick Perry has issued a report stating that nuclear and coal are vital to our national security. For decades, dirty energy promoters have tried to sell their products under the banner of “energy independence.”

The land island, Chernobyl and Fukushima should make us all leery of nuclear power. For good reasons, all of California’s nuclear power plants have been shut down except Diablo Canyon and its days are numbered.

Coal, natural gas and petroleum are still rather abundant on planet Earth, but because of the threat of climate change, scientists believe that their use should be greatly reduced. It is common sense that at some point in the future they will be gone anyway, because they aren’t being produced any more and the supply is finite.

Wind and solar power are growing by leaps and bounds as alternatives to fossil fuels, but have limitations: The wind doesn’t always blow 24 hours a day and solar power isn’t produced at night. Improved storage capacity is part of the answer here, but I believe that future generations will rely more on a power source that is non-polluting, goes 24 hours a day, won’t ever run out and is virtually unlimited.

A small amount of the electricity we use each day is produced at geo-thermal wells here in Northern California. The area we live in has many hot springs and even a few geysers, which is an indication that the core earth heat is closer to the surface here than in most places. Geo-thermal well have been utilized in Marin County for the past 50 years. What has been done up until now has merely scratched the surface of the Earth. The heat at the Earth’s core exists in huge amounts, is completely clean and is virtually unlimited.

This heat at the core of the Earth has two sources: About a third of it has been stored there since the Earth was formed. The other two-thirds have their origin in the decay of radioactive isotopes in the Earth’s crust. This process produces heat where temperatures rise the deeper one goes. The process involves pouring water into the deep hole and harnessing the steam that comes back up to power turbines.

The reason geo-thermal hasn’t advanced more rapidly than it has is due to the fact that the hot rocks needed are far below the Earth’s surface. Even in most of the western United States the drilling must reach depths of 5,000 feet or more. In the east, the wells must be even deeper. The limiting factor so far has been developing drilling systems which are capable of reaching the needed depths. Fortunately, the Norwegians, Germans and Swedes are working on developing drill bits that are up to the task. The bits must be capable of cutting through rock harder than what we have had to contend with in most petroleum recovery areas.

One Norwegian company is developing an electric hammer that can crush rock by hammer-like blows while the drill-bit turns. Government funded research into geo-thermal was active in the 1970s and 80s, but greatly re- reduced when oil prices dropped. Maybe it’s time to put some money into this again, instead of continuing to subsidize oil and nuclear projects.

The potential for energy sources that badly need research dollars are tidal energy and wave energy. Let’s say goodbye to oil and coal.

Bob Hanson can be emailed at doctoroutdoors@ comcast.net.

Hotmail to GFR is blocked

Residents who send email to Golden Rain Foundation and/or Mutual Operations departments with Hotmail accounts will find that their emails are initially blocked by spam applications. GFR was notified of the problem and our email server is now filtering out spam through its server and releases legitimate Hotmail emails.

Residents who send emails to the News will always receive a response if the emails come through perfectly, and some even improve. Young people can detect a word, but science says that’s primarily because we have well-developed visual and file cabinets in our brains to search than do younger people.

Cognitive decline is inevitable. While some cognitive processes slow as we age, many do not and some even improve. Young people can detect a pattern in a random series of characters faster than we do, but we fill in the absent pattern when there is none. We older folks are much better at tests that require experience and knowledge. We get the gist of a problem quicker and see potential solutions math skills peak at 70. As we age we often use both hemispheres of our brain to process the information, younger people usually only use one. Brain cells continue to grow with age as do processing regions. For example, if one learns to play the violin even after age 65, growth occurs in the areas associated with hearing, memory and hand movement.

Depression is inevitable. Depression occurs at all ages but is more common when we are young. Young people consider depression as a sign that something is wrong with them or their environment. But that doesn’t mean older adults are lonely. Close friendships tend to improve with age. Rossmoor is a perfect example of an atmosphere where the offer to challenge our societal view of aging. I won’t have time to debunk them at the conference and they are hardly limited to men in their mid-life.

Loneliness is inevitable. Social isolation is a major contributor to health problems in our older population but that doesn’t mean older adults are lonely. Close friendships tend to improve with age. Rossmoor is a perfect example of an atmosphere where the offer to challenge our societal view of aging. I won’t have time to debunk them at the conference and they are hardly limited to men in their mid-life.

People who do not keep in touch become age and are hardly limited to men in their mid-life. The male core exists in huge amounts, is completely clean and is virtually unlimited.

The process involves pouring water into the deep hole and harnessing the steam that comes back up to power turbines. The reason geo-thermal hasn’t advanced more rapidly than it has is due to the fact that the hot rocks needed are far below the Earth’s surface. Even in most of the western United States the drilling must reach depths of 5,000 feet or more. In the east, the wells must be even deeper. The limiting factor so far has been developing drilling systems which are capable of reaching the needed depths. Fortunately, the Norwegians, Germans and Swedes are working on developing drill bits that are up to the task. The bits must be capable of cutting through rock harder than what we have had to contend with in most petroleum recovery areas.

One Norwegian company is developing an electric hammer that can crush rock by hammer-like blows while the drill-bit turns. Government funded research into geo-thermal was active in the 1970s and 80s, but greatly re-duced when oil prices dropped. Maybe it’s time to put some money into this again, instead of continuing to subsidize oil and nuclear projects.

The potential for energy sources that badly need research dollars are tidal energy and wave energy. Let’s say goodbye to oil and coal.

Bob Hanson can be emailed at doctoroutdoors@ comcast.net.
Shtyrov Tanaka Duo performs on piano and clarinet next week

The Shtrykov Tanaka Duo will perform a program of classical music on Thursday, Oct. 5, at 7 p.m. in the Tahoe Room at the Event Center.

Comprised of two gifted and acclaimed virtuosos - clarinetist Maksim Shtrykov and pianist Misuzu Tanaka - the Shtrykov-Tanaka Duo has been heard throughout the United States. Clarinet and piano duos are still rare gems on the modern concert stage despite the immense repertoire. With its innumerable combinations, master classes and recitals, the duo transforms the superb instrumental combination from a rare occurrence to a welcomed guest in concert series across the globe.

The musicians first met in December 2012 and, as avid chamber music collaborators, instantly felt an artistic connection resulting in an inspiring and creative friendship. Both artists are graduates of the Juilliard School and enjoy extensive international solo careers, having played to audiences in Weill Recital Hall at Carnegie Hall, Germany’s Leipzig Gewandhaus and Japan’s Izumi Hall.

Tanaka has established herself as an artist of remarkable individuality with a rare combination of poetic sensitivity and breathtaking virtuosity. She has performed in prestigious concert venues throughout the world, from the Gewandhaus in Leipzig and Mozart’s Museum at Villa Bertramka in Prague to Alice Tully Hall in New York.

It is rare for a regular performer for Music from the Frederick Collection, a leading North American venue for performances on historical instruments. Already an acclaimed artist in his native Belarus, clarinetist Shtrykov is quickly gaining renown as an artist of musical sensibility and remarkable charisma. As the recipient of the Artists International New York Debut Award, Shtrykov presented his solo debut recital at Weill Hall at Carnegie Hall in April 2007.

The duo’s upcoming debut album “Epilogues” will focus on the last works of three leading composers – Johannes Brahms, Camille Saint-Saëns and Francis Poulenc. Each of these composers chose the clarinet as the last medium of their genius, referring to its rich sound and soulful expression in the late stage of their lives.

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

Lacy J. Dalton will perform country music Oct. 7 at Event Center

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 Stlick, and Jefferson Airplane.

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

‘Billy Elliot the Musical’ will be presented by Contra Costa Musical Theatre

Contra Costa Musical Theatre presents Elton John’s award-winning “Billy Elliot the Musical” Oct. 13 through Nov. 11 at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek.

The story is set in a northern England mining town during the strike of the mid-1980s. This is the award-winning story of a young boy’s struggle to overcome the burdens of responsibility in the face of a new-found passion.

When 11-year old Billy discovers a local ballet class, he gives up boxing gloves for dance shoes, and awakens a unique gift that unites his family, inspires his community and changes his life forever.

Tickets are $44 to $59 with discounts for seniors. For tickets, call 943-7469 or go to lesherartscenter.org.

Learn to tap dance with Rossmoor Rhythm Revue

As Rossmoor residents who want to learn to tap dance. The Rossmoor Rhythm Revue encourages residents to join its Happy Hoofers beginner class on Mondays from 2 to 4 p.m. in the Las Trampas Room at Hillside.

Club members welcome all those who perhaps have tapped in an earlier life or have never put on tap shoes but would like to now. Tap shoes are not necessary for the first day of class.

Mary Lyons is the tap teacher. She is a member of the Royal Academy of Dance and the Imperial Society of Teachers of Dancing in London. Tap dancers appreciate her patience, her good nature and her choreography. Students are asked to pay $5 a class.

The Rossmoor Rhythm Revue has put out the call because many Hoofers have moved up to the more advanced class of Hot Flashers. Residents are invited to see the Flashers strut their stuff in the upcoming Performing Arts Guild of Rossmoor (PAGR) variety show on Monday, Oct. 9, at 7 p.m. in the Event Center.

Tapping is fun. Dancers can’t help but smile when they are shuffling and flapping.

Consider carpooling or taking the Rossmoor bus to events at the clubhouses to ease traffic congestion and parking.
Diablo Symphony Orchestra performs in Fireside Room

The Diablo Symphony Orchestra will perform on Friday, Oct. 13, at 8 p.m. in the Fireside Room at Gateway. Tickets are $15 and are available at the door.

The orchestra’s 55th season opener centers on two composers inspired by Shakespeare’s timeless love story, “Romeo and Juliet.”

Separated by fewer than 70 years, these compositions imagine the famous tragedy in very different ways, from the unearthly and fierce beauty of Prokofiev’s ballet score to the lush romanticism and high drama of Tchaikovsky’s tone poem.

The orchestra will be led by guest conductor Brad Hogarth and will also feature works by Dukas and Debussy.

At the age of 30, Hogarth has performed extensively throughout North America, Europe and Japan. He is the assistant professor of wind ensemble and conducting at San Francisco State University, the music director and conductor of the Contra Costa Wind Symphony, and maintains a busy performance schedule as a trumpeter.

He has performed with the San Francisco Symphony, San Francisco Opera, SF Chamber Orchestra, SF Contemporary Music Players, Eco Ensemble, Bay Brass, Fresno Philharmonic Orchestra, California Symphony, Modesto Symphony, Monterey Symphony Orchestra, Oakland East Bay Symphony, Marin Symphony, and Symphony Napa Valley.

The orchestra will perform Dukas’ “Fanfare from La Peri,” Debussy’s “Petite Suite,” Prokofiev – selections from “Romeo and Juliet,” and Tchaikovsky’s “Fantasy Overture on Romeo and Juliet.”

A concert will also be performed on Sunday, Oct. 15, at 2 p.m. at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $35 and can be ordered at www.LesherArtsCenter.org, by calling the ticket office at 943-7469, Tuesday through Sunday, noon to 6 p.m., or in person at the box office.

Matilda Hofman is the music director of the Diablo Symphony Orchestra. Hofman has a busy conducting schedule both in California and abroad.

The orchestra depends on season-ticket sales and supporter donations to bring classical music programs to Rossmoor.

For more information, visit www.diablosymphony.org.

Dixieland hosts Rich Owens and his band tonight

Dixieland Jazz Club will host Rich Owens’ Thrown 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.dixieland-jazzrossmoor.com or at the door. Credit cards are accepted online.

The Thrown 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 Lunsford on banjo, Keith Baltz on tuba, and Rich Owens on piano.

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

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Richard Glazier presents ‘Lights, Camera, Music!’

Richard Glazier will perform his program, “Lights, Camera, Music!” on Tuesday, Oct. 3, at 7 p.m. in the Tahoe Room at the Event Center. Classically-trained, award-winning pianist Glazier had an epiphany at age nine, when he saw the film “Girl Crazy” with a score by George and Ira Gershwin. He was so excited by the music he heard, he was prompted to write a fan letter to famed lyricist Ira Gershwin. After corresponding with each other for three years, Gershwin invited his young friend, then 12, to meet him in Beverly Hills.

During their visit, Gershwin asked Glazier to play a Gershwin tune on the piano that once belonged to his brother, legendary composer George Gershwin. Fuelled by Gershwin’s encouragement and interest, Glazier dedicated himself to the music he heard, he was prompted to write a fan letter to famed lyricist Ira Gershwin. After corresponding with each other for three years, Gershwin invited his young friend, then 12, to meet him in Beverly Hills.

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Glazier’s passion for the great American popular song and more contemporary standards has led him to create special programs celebrating both eras. He plays incredible piano arrangements, and then tells the history behind the songs, the shows, the films and the stars. He also shares funny anecdotes.

His programs often include vintage images and rare film clips. He has performed in almost every state and has been a soloist with pops orchestras across the country. His performances include Isaac Albeniz, Enrique Granados, Astor Piazzolla, Manuel de Falla, Hoito Villa-Lobos and Joaquin Rodrigo.

This program is sponsored by the Recreation Department and is open to all residents and their guests. Tickets are $12 in advance at the Recreation Department at Gateway.
The Contra Costa Chamber Orchestra presents “Making Overtures,” a free concert sponsored by the Recreation Department.

Contra Costa Chamber Orchestra plays Oct. 8
Free Fireside Room program showcases overtures

The Contra Costa Chamber Orchestra will perform a concert titled “Making Overtures” on Sunday, Oct. 8, at 4 p.m. in the Fireside Room at Gateway.

In music, an overture is an orchestral composition that forms the prelude or introduction to an opera, oratorio or musical. “Making Overtures” is, literally, a prelude to the orchestra’s new season.

The program showcases overtures in a wide variety of musical styles that span the centuries from late 18th century works by Gluck and Mozart, to early 19th century works by Beethoven, Rossini and Schubert, and works from the mid-late 1800’s by Glinka and Offenbach, to a modern overture by young Spanish film composer Oscar Navarro.

Formed in the late 1970’s, the Contra Costa Chamber Orchestra has established a presence throughout the county. When the Lesher Center for the Arts opened its doors in Walnut Creek in 1990, the group was invited to become the center’s resident chamber orchestra.

After more than 20 years at the Lesher Center, the orchestra continues its tradition of providing high quality performances of varied and dynamic musical works.

The orchestra also maintains its commitment to arts education through a partnership with Saint Mary’s College of California, in cooperation with the college’s Performing Arts Department.

In addition to the five-concert season at the Lesher Center, the orchestra nurtures its dedication to the community by providing affordable performances to the residents of East Contra Costa County.

The orchestra is comprised of 45 musicians whose ages range from the late teens to their 80s. Members are music teachers, accountants, students, electricians, homemakers, lawyers, retirees, dentists, engineers and computer specialists.

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

Dwight Stone and Friends concert is Oct. 5 in Diablo Room, sponsored by Recreation Department

Nika Rejto will team up with Dwight Stone to perform on Thursday, Oct. 5, at 7 p.m. in the Diablo Room at Hillside.

They will play original pieces composed by both performers, including songs from their acclaimed album, “Amsterdam,” which was featured at the 2016 National Flute Festival and the Festival of New American Music.

Stone will also play a set of his piano compositions, including “Approaching Avalon,” “Recurring Theme” and “Daffodils and Dragonflies” along with other award-winning compositions.

Stone is director of music ministries at St. Paul’s Episcopal Church, producer of St. Paul’s Concert Series in Walnut Creek and has won many other awards, including the United States Open Music Competition for original piano improvisation.

Flutist Nika Rejto

A graduate of USC, she has performed with a wide variety of chamber ensembles, professional orchestras and with her own improvisational improvisational quintet “Nika and Friends.” She has also performed with the “Austrian Haydn Quartet” throughout the Western U.S. and has been featured on numerous recordings.

Pianist Dwight Stone

Known for his sensitive interpretation and improvisational skill, he has performed at numerous jazz festivals. He was awarded best jazz flutist in New York City in 2013. He appears on 20 jazz CDs, including several featuring his own compositions.

Richard Bertrand

For brass, solo voice, orchestra and chamber ensemble. Flutist Rejto grew up in a musical family. Rejto studied flute from age seven and holds degrees in drama and music from USC.

Known for her sensitive interpretation and improvisational skill, she has performed at numerous jazz festivals. She was awarded best jazz flutist in New York City in 2013. She appears on 20 jazz CDs, including several featuring her own compositions.

Bertrand will play and improvise on jazz and popular standards, plus a medley based on “Happy Birthday” in honor of Dwight Stone’s birthday.

Refreshments will be provided.

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

Social Dance Club invites all to dances on Tuesdays

The Social Dance Club holds dances throughout the year on Tuesdays from 4:30 to 6 p.m. in the Diablo Room at Hillside Clubhouse. Everyone is welcome to come join the fun.

The annual membership dues are $15 per couple for residents and $20 per couple for nonresidents. The annual membership dues are being accepted at this time. See Marshall Gordon to renew membership.

The club occasionally holds them to enjoy such events as Chinese New Year and Valentine’s Day. Members often celebrate special birthdays or anniversaries with dance performances by member couples. Members look forward to such special events throughout the year.

The welcoming atmosphere gives attendees an opportunity to meet people in a fun way that offers easy social interaction. Dancing is a good form of physical and mental exercise, as well.

For information, contact George Allen, president, at 274-1819, or Howard Brown, vice president, at 510-724-6551.

Gail Enright teaches ballroom dancing on Wednesdays

Gail Enright teaches ballroom dance to beginning students and more advanced continuing students. Classes are Wednesdays, Oct. 4, 11, 18 and 25, in the Diablo Room at Hillside.

One hour classes for beginning students will start at 2 p.m. The more advanced classes for continuing students will begin at 3. Both classes will learn the waltz and cha-cha.

Enright is a well-known Bay Area ballroom dance teacher. New students who know some of the basics of these dances are welcome in any class.

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

For information, contact Enright at 284-1003 or by email at gailenright@comcast.net.

Richard Bertrand

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Gwendolyn Mok returns to Rossmoor
Sponsored by Chamber Music Society

Rossmoor Chamber Music Society presents the Milou Trio on Monday, Oct. 16, at 7:30 p.m., in the Tahoe Room of the Event Center.

Pianist Gwendolyn Mok formed the Milou Trio with her friends and San Francisco Symphony performers David Goldblatt and Diane Nicholeris in order to play chamber music pieces.

The trio will play three works: the Trio in Bb Major, K. 502, by W.A. Mozart; the Trio in Bb Major, K. 502, by W.A. Mozart; and the Piano Trio in Bb Major, K. 502, by W.A. Mozart. The music pieces.

Pianist Gwendolyn Mok, violinist, cello and piano, Opus 67, by Dmitri Shostakovich; the Trio in C Major, K. 498, by W.A. Mozart; and the Trio in D minor, Opus 32, by Anton Arensky.

Nicholeris (violin) studied with Joseph Silverstein at Boston University and Sylvia Rosenberg at the Eastman School of Music, where she received her bachelor of music degree.

She has played with the San Francisco Symphony for many years. She has also appeared as soloist with the Boston Pops Orchestra, the Rochester Philharmonic, and the Music Academy of the West Orchestra in Santa Barbara, and has served as concertmaster for the Monterey County Symphony.

In addition to her solo and symphonic experience, she enjoys performing chamber music concerts throughout the Bay Area.

Nicholeris teaches violin and viola at San Jose University School of Music and Dance and coaches members of the San Francisco Symphony Youth Orchestra. She has also taught master classes at the University of Michigan, the Colburn School of Music, and was invited to coach the New World Symphony in Miami.

Goldblatt (cello) is a professor at San Jose State University. He graduated from Curtis Institute of Music, where he studied with Orlando Cole, Felix Galimir, Mischa Schneider, Arnold Steinhardt, and Isadore Cohen.

A versatile musician, Goldblatt has performed in symphonic, opera, baroque, and rock ‘n’ roll ensembles. He has been a member of the Skyrock ‘n’ roll ensembles. He has also performed with the Monterey County Symphony.

He is a member of the Grand Teton Music Festival, and since 1978 has played with the New Hampshire Music Festival.

Mok (piano) began her career at the Juilliard School of Music. She attended Yale University, where she completed her undergraduate studies, and State University of New York at Stony Brook, where she gained her doctorate. From there she went on to win several piano competitions.

She is currently the coordinator of keyboard studies at San Jose State University School of Music and Dance.

Born in New York, Mok has appeared in many of the world’s leading concert halls including the Barbican, Carnegie Hall, the Kennedy Center, Avery Fisher Hall, Alice Tully Hall, and Hong Kong Performing Arts Center.

She is also frequently invited to solo and record with major international orchestras, most notably the London Symphony, the Philharmonia, Hong Kong Philharmonic Orchestra, Beijing Philharmonic Orchestra and Residentie Orchestra of the Hague.

She is particularly well known as a Ravel specialist, and has played, taught and recorded his music extensively.

This is the second concert of the 2017-2018 subscription series. On Jan. 15, the Chamber Music Society will present a piano trio concert by the Lee Sisters.

Single tickets for the Milou Trio will be on sale at the door only, beginning at 6:30 on the night of the performance, for $18 (cash and checks only). Season tickets for $65 will also be sold for the last time this season.

All Rossmoor residents and their guests are welcome. For more information, visit www.rossmoorchambermusic.org or call Rita at 945-1087.

October Special Events sponsored by the Recreation Department

The following are the October Special Events sponsored by the Recreation Department. For information on any of these events during the month, check the Special Events listing on the calendar page each week, look for details in the Arts and Leisure section of the News or call the Recreation Department at 988-7732 or email bpennebaker@rossmoor.com. Events are free unless otherwise noted. Tickets can be purchased by cash, check or credit card at the Recreation Department at Gateway Monday through Friday from 8 a.m. to 4:30 p.m. Movies are at Peacock Hall at Gateway. Movie caption schedule: Thursday, 1 and 7 p.m.; Friday, 10 a.m. and 1 p.m.; Saturday, 1 and 4 p.m.; Sunday, 4 p.m.; Monday, 1 p.m. Programs are free unless otherwise noted.

Oct. 1: Sunday Funnies “Cross My Heart” 1987, 91 min., R 4, 7 p.m. Peacock Hall, Gateway

Oct. 3: And the Oscar Goes To... “Goodbye, Mr. Chips” 1939 Best Actor: Robert Donat 114 min., not rated. 1 p.m. Peacock Hall, Gateway

Oct. 3: Richard Glazer in Concert 7 p.m. Tahoe Room, Event Center $12 tickets

Oct. 5-6: Thursday and Friday Movie “Born in China” 2017, 79 min., G 1, 4, 7 p.m. (10/5) 10 a.m., 1, 4, 7, 9 p.m. (10/6) Peacock Hall, Gateway

Oct. 5: Shirykov-Tanaka Violin and Piano Duo 7 p.m., Tahoe Room, Event Center

Oct. 6: Dwight Stone and Friends Concert 7 p.m., Diablo Room, Hillside

Oct. 7: Saturday Movie “The Hundred Foot Journey” 2014, 122 min., PG 1, 4, 7 p.m. Peacock Hall, Gateway

Oct. 7: Lacy J. Dalton in Concert 7 p.m. Tahoe Room, Event Center $15 tickets

Oct. 8: Sunday Funnies Movie “Tootsie” 1982, 116 min., PG 4, 7 p.m. Peacock Hall, Gateway

Oct. 8: Contra Costa Chamber Orchestra 4 p.m. Fireside Room, Gateway

Oct. 8: Sunday Showcase Larry Vuckovich Jazz Band Hosted by Lions Club 7 p.m. Tahoe Room, Event Center $12 tickets

Oct. 11: The Spotlight Steve and Laurie Roldan-Vocalists Noon, Fireside Room, Gateway

Oct. 11: Ratpack Revisited Concert 7 p.m. Tahoe Room, Event Center

Oct. 12-13: Thursday and Friday Movie “Paris Can Wait” 2017, 92 min., PG 1, 4, 7 p.m. (10/12) 10 a.m., 1, 4, 7, 9 p.m. (10/13) Peacock Hall, Gateway

Oct. 14: Saturday Movie Continued on page 30A
The Ashmolean Singers will open the Rossmoor Follies with a medley from a Broadway show.

Italian-American Club celebrates the harvest with dinner and dancing

In celebration of the harvest, the Italian-American Club will have a dinner and dance on Friday, Oct. 13, at the Event Center. The hosted bar will be available in the Event Center lobby on the day of the performance from 5 p.m. until show time at 7 p.m. No. 4. Advance orders must be received by Oct. 2. Seating is first-come, first-served. Doors open at 6:30 p.m.

PAGR is an alliance of 17 performing arts groups that embrace the best of music, drama and dance at Rossmoor. The member groups are: the Ashmolean Singers, Chinese Performing Arts Club, a classical quartet (Diablo Symphony Orchestra), Jam Band Irregulars (Dixieland Jazz Club), Drama Association of Rossmoor, Na Kupuna O Kealoha (Hawaii Club Hula Dancers), Rossmoor Rhythm Revue tap dancers, and the Rossmoor Ukulele Club.

General admission tickets cost $10. Tickets will be available in the Event Center lobby on the day of the performance from 5 p.m. until show time at 7 p.m. Tickets may also be obtained by contacting members of the PAGR groups listed below.

Alternately, tickets may be ordered in advance by sending a stamped, self-addressed envelope, the number of tickets requested, a check payable to PAGR, and a contact phone number to: Loretta Casalaina, 2650 Saklan Indian Drive, Danville, CA 94526. Advance orders must be received by Oct. 2. Seating is first-come, first-served. Doors open at 6:30 p.m.

The Rossmoor Follies, the Performing Arts Guild of Rossmoor (PAGR) variety show featuring Rossmoor’s own talent, will be presented on Monday, Oct. 9, at 7 p.m. in the Tahoe Room at the Event Center. This is the third year for this PAC show. Please come and enjoy our own talent! Cookies, sparkling cider and water will be served at 6:30.

Third annual Rossmoor Follies to be presented by performing arts groups on Oct. 9 at Event Center

The Chinese Performing Arts Club will perform a dance of the Tibetan high plateau at the Rossmoor Follies.

The Ashmolean Singers will open the Rossmoor Follies with a medley from a Broadway show.

The dinner is $32 for members and $38 for guests. Mail or drop off reservation checks at Bertha Messina’s manor, 2666 Saklan Indian Drive No. 8, Entry 12. There’s a decorative mailbox where members can drop off checks. Those who want to be seated together should send names and checks in one envelope. The deadline for reservations is Friday, Oct. 6.

Those unable to attend, but who have paid, can arrange to pick up their dinner after 7:30 p.m. by calling Kathy Johnson at 300-375 by noon on the day of the event.

A special dinner dance has been added on Friday, Nov. 10. Look for the details on the website www.italianamericanclub.org.

The center district. Tickets can be purchased through www.shnsf.com and SHN Audience Services at 888-746-1799.

The Berkeley Playhouse is also known as the Julia Morgan Theater, is presenting the wacky musical comedy “Sister Act,” the Heart and Soul of Catholic Comedy” through Oct. 22.

As this story begins, an attractive disco-era aspiring nightclub singer, Deloris Van Cartier (Elizabeth Jones), and her two backup singing friends, Michelle (Vita May Devine) and Dee (Annabelle Gambardella) are auditioning for her music promoter boyfriend, Curtis Jackson (Anthonie Jackson). Believing that this time Curtis is actually going to hire her to perform in his orgre Gershwin tunes, including “I Got Rhythm,” “I’ll Build a Stairway to Paradise,” “S – Wonderful” and “Love Is Here to Stay.”

This musical follows the tale of an American soldier, Jerry Mulligan (McGee Maddox), who stays in Paris at the end of World War II to explore his love of art and painting. While there, he meets another G.I., Adam Hochberg (Stephen Brown) who is a music composer struggling to survive in this post war tough financial atmosphere.

While walking the streets of Paris, Jerry happens upon a lovely young woman, a dancer named Liss Dassin, playing saxophone in a cafe. Essay is Jerry is quickly, almost magically, overcome with love for this beautiful and extremely talented dancer, only to discover that she feels sincerely obligated to another man whose family protected her during the occupation of the Germans. Henri Baurel, the son of that wealthy family that protected Lise is played by Nick Spangler, who is also deeply in love with her. The production is directed and choreographed by 2015 Tony award winner Christopher Wheeldon and the creative team also includes design award winners Bob Crowley (set and costume designer) and Natasha Katz (lighting designer). John Weston (sound designer) and many others. I assure you that this is one entertainment experience that will be hard to match anywhere, anytime.

I recommend taking BART to the Orpheum Theater and its Guild, Dixieland Jazz Club, Drama Association of Rossmoor, the Giving Tree, Harold Wilson, International Club, Jewish Community Chorus, Opera Club of Rossmoor, Rossmoor Chamber Music Society, Rossmoor Community Chorus, Rossmoor Rhythm Revue (Happy Hoofers and Hot Flashers), Shakespeare Society and Rossmoor Ukulele Club.

For information about PAGR or the Follies, contact Casalaina at 482-0919.

By Charles Jarrett

T he wonderful musical inspired by the 1951 American musical film “An American in Paris,” recently opened in the SHN Orpheum Theater to rousing applause. The Broadway musical is on its U.S. national tour and runs in San Francisco through Oct. 8. The musical is the winner of four Tony Awards.

I would think that most Americans are familiar with the love story and wonderful musical created by that musical starring Gene Kelly, Leslie Caron, Vincente Minnelli, Georges Guetary and Nina Foch. Set in Paris with a love story intertwined with dance numbers choreographed by Kelly, “An American in Paris” features some great Gershwin tunes including “I Got Rhythm,” “I’ll Build a Stairway to Paradise,” “S – Wonderful” and “Love Is Here to Stay.”

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For information about PAGR or the Follies, contact Casalaina at 482-0919.

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A special dinner dance has been added on Friday, Nov. 10. Look for the details on the website www.italianamericanclub.org.

The club will mail a ballot to all active members to determine the officers for 2018. Members should return the secret ballot in the stamped, self-addressed envelope that’s provided.

Residents of direct Italian descent or whose spouse is of Italian descent are invited to become members. Guests are always welcome at club events.

Membership forms may be obtained from Sandy Cavallaro at 930-9310 or downloaded from the website.

Continue on next page
Jewish Community Chorus invites choral music fans to open house at Hillside

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.

Enjoy 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.

The 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.

Singing in a chorus has been scientifically proven to make people happier and contributes to singers’ general health and well-being. Singing in a 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 Aviv University and the College of the Holy Names in Oakland. He is well known as a Jewish and Israeli music. He has worked most of his adult life as a music instructor, arranger and choral conductor. He performs as a solo singer/guitarist and with his band, Adama. He conducts choral groups, such as the Nigunim Community Chorus, the San Francisco Jewish Folk Choir and the Lake Merritt Singers. Brian, a Rossmoor resident, has been creating and conducting Jewish choirs for over two generations. Since 1968, he has founded and directed seven Jewish synagogue choirs and a Jewish community chorus.

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

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

FRIDAY LUNCH
IN ROSSMOOR
Menu for Oct. 6
Call 988-7703 for a reservation

Friday Lunch is served at a suggested donation of $2. Lunch is served at 11:30 a.m. at Hillside. Reserve a space for Friday Lunch for the following week in person right after lunch, or call 988-7703 no later than Wednesday by noon. To cancel a reservation, call 988-7703. Please give your name and phone number when cancelling. If you are unable to make lunch, cancel your reservation so another resident can be served a meal.

Menu:
Barbecue beef, chicken noodle soup, potato wedges, broccoli, bun, ice cream (fresh fruit)

Options:
Cheeseburger or garden burger, chef’s salad and seafood Louie salad. Please specify the entree of your choice; otherwise, you will receive the menu item for that day.

Recycle the News and ad inserts.
Publishers Writers hosts talks on how to promote books

The Published Writers of Rossmoor (PWR) will meet on Saturday, Oct. 7, from 9:45 a.m. to noon in the Fireside Room at Creekside. The speaker is Duke Robinson.

He will focus on how authors can use Amazon.com’s various services to promote their books. The two-hour meeting will offer information and support to both aspiring as well as already published authors.

Most authors, Robinson says he prefers to spend his time writing. He also confesses to just now making a serious effort to market his books online. His first and most popular book, published by Time Warner in 2000, continues to sell worldwide, without his help. His four other books, all published since 2011, have sold well in Rossmoor with the support of PWR.

For books of most other PWR authors, they get lost among the tens of millions of publications in the vast reaches of cyberspace.

In his new personal pursuit of Internet marketing, Robinson turned first to Amazon.com, the mammoth online bookstore, which includes the Kindle e-book depository and which hundreds of millions of readers worldwide visit regularly.

The talk will also provide advice not only with an Internet store where they can sell their books but also with various digital features that can help them in promotion.

Most authors know about Amazon’s immediately visible, marketing features, such as reader reviews and Look Inside. Robinson will touch on these briefly but concentrate on those few writers utilize or even realize are available.

He invites all those who have used any of Amazon’s resources to come to this meeting ready to join him in sharing their good experience and expertise.

Robinson holds a bachelor’s degree in philosophy from Wheaton College near Chicago and a master of divinity degree from Louisville Presbyterian Theological Seminary. For 28 years before retiring in 1996, he led the progressive Montclair Presbyterian Church in Oakland.

For several years during that ministry, he served as an adjunct faculty member at San Francisco Theological Seminary, from which he holds an earned doctorate.

Robinson started writing 25 years ago. Each of his five published books address a specific fear that robs you of being fully human.

Robinson’s books may be purchased through Amazon.com or directly from the author by e-mailing lunkenaure@gmail.com. They also are available for check out at the Rossmoor Library.

For information on the meeting, contact Ron Wren at ronwren@aol.com. For information on PWR, visit their website at www.Rossmoor-Writers.com.

The next Fireside Club dinner dance to be held Oct. 6 in Fireside Room at Rossmoor will feature a “Pumpkin Patch” theme.

Those who like fine dining, a friendly atmosphere, dancing or just listening to live music may enjoy belonging to the 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 handpicked thefluted flower arrangements that will adorn each table befitting the “Autumn Leaves” theme.

At 7:15 to 9:45 the band will play dance tunes and tips 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 Drive No. 1, Entry 13, or left in the drop box outside his front door. Be sure to note the vegetable option on the check.

The deadline for reservations is Friday, Sept. 29. Those who hope to attend are asked to mail their checks in the same envelope. Reservations will be assigned based upon the postmark or receipt of the envelope. For information, call Mem- ber Chairwoman Mary Richard at 530-701-0879 or President Bob Sholten at 989-2454.

The next Fireside Club dinner dance to be held Oct. 6 in the Fireside Room will focus on music with a “Pumpkin Patch” theme.

The fire and cheerful atmosphere of the fireside room will be enhanced with the delight of a full menu of food. The fireside staff will serve the three course dinner in the Fireside Room.

The meal opens with a delicious stuffed chicken breast with jasmine rice or the vegetarian choice of a stuffed acorn squash. The menu also includes a wedge salad and carrot cake for dessert.

The meal will be served with bottles of red and white wine accompanied 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 tips from its extensive repertoire. The full evening is $70 for member couples and $85 for guest couples. Reservations are now being accepted.

The second opera, “The Exterminating Angel,” was composed in 1983 and eight years later was premiered by the L.A. Opera. This opera, which is set in Mexico City, is based on the novel of the same name by the Mexican writer Jorge Luis Borges. The opera has been described as a “hypnotic, dreamlike experience” that is “a meditation on the nature of reality and the human psyche.”

In addition, a performance of “The Magic Flute” will be presented by the Los Angeles Opera. This opera, which is set in ancient Egypt, is based on the novel of the same name by the German writer Joseph von Escherich. The opera has been described as a “mystical, otherworldly experience” that is “a meditation on the nature of reality and the human psyche.”

The opera will be performed in the Metropolitan Opera House at Lincoln Center in New York City and will be broadcast live in HD to movie theaters across the country. The opera is scheduled for Oct. 5, 2018.

The opera is also available on DVD and Blu-ray. The DVD is scheduled for release on Oct. 16, 2018. The Blu-ray is scheduled for release on Oct. 23, 2018.

For information on the opera, visit the Metropolitan Opera website at www.metopera.org or call 866-MET-OPERA for additional information.

Another course, featuring the remaining seven operas for the MET 2017-18 season, will be offered in the Fall of 2018.

The instructor is Diane Farrell Mauch, who holds a master of music degree in music theory and vocal performance from the University of Michigan, and pur- suit of Music at the Juilliard School, Manhattan School of Music, Aspen Music School, Hunter College and Indiana University.

Mauch had a professional career as a mezzo-soprano in opera, concerto and recital. She received her musical education on the faculties of Scarlett College, Trevecca College and Ten- nessee State University (all in Nashville, Tennessee) and was a member of the Gateway.

She currently maintains a private voice studio and gives lectures for Bay Area arts institutions.

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**MOVIES**

**‘The Big Sick’ shows on Thursday and Friday**

The 2017 comedy “The Big Sick,” starring Kumail Nanjiani and Zoe Kazan, will be shown in Peacock Hall at Gateway on Thursday, Sept. 28, at 1, 4 and 7 p.m. and on Friday, Sept. 29, at 10 a.m., 1, 4, 7 and 9 p.m.

Language captions will be utilized on Thursday at 1 and 7 p.m. and on Friday at 10 a.m. and 1 p.m. After meeting at a stand-up comedy show, comedian Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship faces challenges.

This film is one hour and 40 minutes long and is rated R. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

**Sustainable Rossmoor will present the movie, “Syriana,” on Wednesday, Oct. 11, at 7 p.m. in Peacock Hall.**

The movie focuses on the political, legal and social effects of the oil industry. Big Oil’s political, economic, legal and social effects are felt worldwide from the players working back-room deals in Washington to the men toiling in the oil fields of the Persian Gulf.

This thriller weaves together multiple storylines that show the human consequences of the fierce pursuit of wealth and power. A career CIA operative (George Clooney) uncovers the disturbing truth about the work to which he’s devoted his life. An up-and-coming oil broker (Matt Damon) faces an unimaginable family tragedy and finds redemption in his partnership with an idealistic Gulf prince. A corporate lawyer faces a moral dilemma as he finesses the questionable merger of two powerful U.S. oil companies, while across the globe, a disenfranchised Pakistani teenager falls prey to the recruiting efforts of a charismatic cleric.

Each plays their small part in the vast and complex system that powers the industry, unaware of the explosive impact their lives will have upon the world. Clooney won the Academy Award for best supporting actor for his role, and Stephen Gaghan’s script was nominated by the Academy for best original screenplay. The film is R rated for violence and language.

For information, call Carol Weed, 510-409-4055.

**30s/40s/50s Couples Club to air ‘The Wedding’ Oct. 10 at Peacock Hall**

The 30s/40s/50s Couples Club will show “After the Wedding” on Tuesday, Oct. 10, at 7 p.m in Peacock Hall at Gateway.

This drama centers on Mads Mikkelsen portraying Jacob Peterson, a Danish composer who dedicates his life to running an orphanage in Asia. But when a wealthy businessman offers Peterson a $4 million donation for the orphanage, contingent upon a personal meeting in Denmark, Peterson returns to his home country. In Denmark, he is further required to attend the wedding of the businesswoman’s daughter. There, past secrets are revealed in this astutely observed and sometimes shattering human drama.

Released in 2006, “After the Wedding” was the recipient of 27 international film and acting awards (including the 2007 Academy Award for best foreign language film). The film is rated R and has a running time of 119 minutes.

Admission is free and open to all Rossmoor residents. For information, contact Jackie Smith at 270-3346.

**Dharma Studies Club presents ‘The Great Transmission’ on Oct. 18**

The 2016 film, “The Great Transmission,” makes its East Bay debut on Wednesday, Oct. 18, from 1 to 3 p.m at Peacock Hall at Gateway.

The movie is presented by the Dharma Studies Club of Rossmoor.

This powerful film combines stunning cinematography, astonishing animation and delicate editing to chronicle the dramatic story of Tar-thang Tulku, a Tibetan refugee whose unique vision and heroic life-long efforts helped preserve the sacred texts of his Buddhist tradition.

The film’s director, Pema Gelluk, Tulku’s daughter, will facilitate a special post-viewing discussion.

The film, which was accepted into several prestigious film festivals, has screened at Lucasfilm in San Francisco, the San Francisco Asian Art Museum, the Berkeley Art Museum and Pacific Film Archive. Rossmoor residents and their guests are invited.

For information, call Diane Keper at 510-318-4549.

**International Film Showcase shows ‘Marina’ movie at Orinda Theatre**

The International Film Showcase’s October selection is the Belgian film, “Marina,” which won nine international film awards. It will be shown from Friday, Oct. 13, through Thurs., Oct. 19, at the Orinda Theatre.

The film is based on the true story of Rocco Granata, an Italian coal miner’s son living in Belgium who followed his passion for music against his father’s wishes and social barriers. The movie runs 1 hour and 58 minutes. Show times will be available on Tuesday, Oct. 10, 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.
African-Americans and Friends presents ‘Eyes on the Prize’ with discussion

The Republican Club will show “Hidden Figures” on Monday, Oct. 2, at 7 p.m. in Peacock Hall at Gateway. All Rossmoor residents are invited to this free event.

This 2016 film is the incredible story of three brilliant African-American women working at NASA. They served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. This stunning achievement restored the nation’s confidence, turned around the space race and galvanized the world’s attention.

The visionary trio played by Octavia Spencer, Janelle Monjae, and Taraji P. Henson crossed race and gender lines to inspire generations to think big. This film runs 127 minutes, is rated PG, and will be shown with language captions. For information, call Joa Leonard at 322-5744.

Democrats show film ‘Putin’s Way’ on Oct. 9

The Democrats of Rossmoor will present three movies in October.

“Putin’s Way” is brought back by popular demand on Monday, Oct. 9, at 7 p.m. in Peacock Hall at Gateway. It is 54 minutes long. This Frontline documentary follows Vladimir Putin from an unemployed KGB agent in East Germany to the highest office in Russia.

“All the President’s Men” will be shown on Monday, Oct. 30, at 4 p.m. in Peacock Hall. The movie is 138 minutes long. It will be followed by a dinner break.

At 7:30, “All the President’s Men Revisited” will air. It’s 88 minutes long, with appearances by Robert Redford, Dustin Hoffman, Bob Woodward, Carl Bernstein and other relevant figures involved in the Watergate investigation. Bring a picnic dinner or wine and cheese to enjoy in Peacock Plaza between the two screenings.

There will be closed captions on the three films. For information, call Jo Alice Canterbury at 451-9585.

October Special Events

Continued from page 25A

Walmart is the largest company by revenue; bringing in approximately $480 billion annually. It is also the world’s largest private employer with 2.3 million employees. Walmart is not without its harsh critics and controversies. The Rossmoor Financial Forum will present “Walmart: The High Price of Low Prices” by Robert Greenwald. The 2005 documentary will air on Monday, Oct. 9, in Peacock Hall at 4 p.m. Featuring archival footage of Walmart CEO Lee Scott praising the corporation at a large employee convention, intact with interviews designed to undercut Scott’s statements.

To avoid accusations of a partisan point of view, most of Greenwald’s interviews are of politically conservative, patriotic, “red state” citizens who are distressed by Walmart’s policies and impact. The film is 97 minutes long.

In November, The Financial Forum will offer the other side of the story, a documentary titled “Why Walmart Works.” For information, call Tri-C spiegel at 954-7377.

Financial Forum presents ‘Walmart: the High Price of Low Prices’ Oct. 9

Computer Club presents the classic ‘2001: A Space Odyssey’ Monday

The Computer Club of Rossmoor will show “2001: A Space Odyssey” on Monday, Oct. 2, at 7 p.m. in Peacock Hall at Gateway. This 1968 film, directed by Stanley Kubrick with a screenplay by Arthur C. Clarke, is a true masterpiece, tracing human existence through time. The interface between a man and computer is explored as a futuristic concept, although it eerily exposes today’s reality of artificial intelligence.

However, there is no charge for this showing and everyone is invited to attend.

Jeanette MacDonald/Nelson Eddy film festival concludes on Oct. 2

The Opera Club will conclude its Jeanette MacDonald/Nelson Eddy Film Festival on Monday, Oct. 2, at 4 p.m. in Peacock Hall at Gateway. A program of 15 short videos will be shown.

Included will be many songs, such as “Wanting You,” “Pretty as a Picture” and the “Sweetheart Waltz.” Also, TV shows with MacDonald from the 1950s, such as “What’s My Line?” and “Eddy’s Pop Quiz,” will be screened.

‘Sister Act’ at Julia Morgan Theater

Continued from page 27A

This is an upbeat and richly entertaining production in the beautiful Julia Morgan Theater at 2640 College Avenue, Berkeley. Call the Berkeley Playhouse box office at 510-845-8542, ext. 351, or go to their website at www.berkeleyplayhouse.org and select the date and number of tickets.
Who to call
Clubhouse and street lights repairs: 988-7630
Clubhouse set-ups and reservations: 988-7780

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JUAREZ HANDYMAN and painting services. Reasonable prices, quality painter. No job too small, repairs, deck painting, fence, window wash, garage doors, fences, toilets, etc. New and departure. Alan, Rossmoor. References available. Call now and make your appointment with Alan, your handyman: 510-772-9699.


ALAN’S HANDYMAN services. Carpentry, plumbing, electrical, tile, painting, caulking. Hauling/cleaning, gar- den, power washing windows, TVs, appliances, toilets, furnaces, etc. Call now and make your appointment with Alan, your handyman: 510-772-9699.

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ROSSMOOR resident will teach piano or mostly for beginners. Attractive home and friendly. No job too small. Call 925-639-7339.

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JOHN’S HANDYMAN services. Carpentry, plumbing, electrical, tile, painting, caulking. Hauling/cleaning, garden, power washing windows, TVs, appliances, toilets, furnaces, etc. Call now and make your appointment with John, your handyman: 510-772-9699.


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HANDYMAN REPAIR SERVICES No job too small. I love all aspects of repairs, mainte- nance, carpentry, installation and odd jobs. Change, 530-870-3245.
ASSISTANT
20 years of experience with many illnesses even, hospice. Name it! Medications management, orga

PRIVATE CAREGIVER can provide some non-medical services, like personal care, housekeeping, light meal prep, companionship, shopping, appontments, family visits, range of motion, observation, daily activi

EXPERIENCED, PROFESSIONAL caregiver available to Rosemoor residents for door-to-door service to doctors, dentists, shopping, airports and long distance. Multi-task services available. Licenced, insured, safe, dependable. Call Jean (530) 593-8181. Excellent Rosemoor reference. I have extensive experience in Rossmoor with many repeat clients. We'll clean your space and turn it around. Contact Jean today! 925-457-7125.

DRIVER/ERRANDS
Serving the needs of our community seniors seeking companionship, prompt driving, Local, long dis
tance. All appointment times. Will stand by for doctor visits, dentist, shopping etc. Will accommodate your needs. Excellent references. Rossmoor residen
call Jay today! (925) 457-7125.

HOUSE CLEANING
Excellent references available upon request.

DRIVER/ERRANDS
Available. Licensed, insured, safe, dependable. Call Jean (530) 593-8181. Excellent Rosemoor reference. I have extensive experience in Rossmoor with many repeat clients. We'll clean your space and turn it around. Contact Jean today! 925-457-7125.

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Level-In Pinehurst

You will never have to worry about stairs with this totally level-in Pinehurst. This beautiful condo has two wonderful outdoor spaces with a large balcony nestled in the trees and a pleasant covered patio off the kitchen. Inside this condo, there is just over 1,300 square feet of pristine living space with a large kitchen, formal Dining Room and cozy Living Room. The Guest Bedroom is situated right next to the Guest Bathroom and on the other side of the unit is a welcoming Master Bedroom with adjoining Master Bath. Desirable features include smooth ceilings, recessed lighting, granite tile counters, beautiful tile floors, walk-in closets and more. Garage parking is just a couple of steps away and has a lift which is perfect for storage. Come see this home offered at $620,000.

Penthouse at Pinnacle Ridge

This top-floor condo feels like a contemporary metropolitan home with dramatic vaulted ceilings and a wall of windows showing off sweeping views of the Rossmood valley. The home is just a couple of blocks from the neighborhood cornerstone of Pinnacle Ridge. An elevator in the building means that it is accessible for all and underground parking means parking is a breeze on those rainy days. Inside the home is a beautiful open space with a serene outlook from the huge open balcony. Inside the home, there is a stylish open kitchen with extra windows, and a fantastic eating area with a living room, dining area, and spacious master bedroom with a large walk-in closet. Additional updates like six-panel doors, crown molding, wainscoting and an inside washer/dryer, wall paint. Move-in ready! Convenient to bus stop. $365,000. Contact Read C. Powell, agent, 925-200-7565.

150 REAL ESTATE FOR RENT

FULLY FURNISHED SPACE

1 BR/1 BA. Lower unit. Nice location. Available Oct. 1, term flexible. 2-bedroom, 1-bath, large living room with fireplace and walls of windows. Kitchen with large island, stainless steel appliances. The bathroom has gorgeous raised counters and a stunning shower with built-in seat. There is a large dining area. Includes all utilities, and internet. Stove, refrigerator, and washer/dryer. $1,825/month. Call 925-392-4645.

150 REAL ESTATE FOR RENT

EXPANDED KENT - CA

3 BR/2 1/2 BA on Bay Street. Furnished. 1,500 sq. ft. Large outside deck. Direct indoor entry to garage. $2,500/month. Call 925-937-6050 today for more details and a $699,000. Attached garage with interior access and a storage with two bedrooms, two bathrooms, a Living Room, a Family Room, a Formal Dining Room, and a spacious kitchen with a full-size refrigerator. There is a laundry room with a washer and dryer. Granite counters and a stunning shower with built-in seat. There is a large dining area. Includes all utilities, and internet. Stove, refrigerator, and washer/dryer. $1,825/month. Call 925-392-4645.

145 REAL ESTATE FOR SALE

COMING SOON

EXPANDED KENT - CA

2 BR/2 BA plus den, extra large master bedroom. Open floor plan, totally remodeled by Tobe Prov. Great View, location, and pricing, friendly HOA w/ low fees, corner property, patio and partial view. Call Text Rob. 510-834-2232. 925-937-6050.

150 REAL ESTATE FOR RENT

206 VILLA VERDE

BR/1 BA. Clean, bright end unit with new carpet, large patio, wall paint. Move-in ready! Convenient to bus stop. $365,000. Contact Read C. Powell, 925-200-7565.

150 REAL ESTATE FOR RENT

Sonnja Weaver, Sonnja Weaver, Sonnja Weaver

All Rossmood leases and room rentals are unlawful unless approved by the appropriate Mutual Board.

SUBLLEASE AVAILABLE

Jan 1, 2018 through April 30, 2018.

3 BR/2 BA in San Mateo. This home Wrap w/ partially enclosed yard, totally remodeled and totally furnished. Inside W/D. Stahl shower. Fully furnished. All utilities included. 10-30 min commute to SFO. Ready to go and move in now. $2,500/month. Call 925-266-2093.

EXPERIENCE ROSSMOOR 2/1 BA

Available Dec. 1. 2 bed, 1 bath, with lovely view. Available Nov. 9 to 25 for $2,500 or Nov. 18 to 25 for $875. Call 925-266-2093.

SONOMA 2 BR/1.5 BA

Available for lease. Completely redone, like new, all new appliances. Unique two sided floor plan, 1,000 sq. ft. $2,950/month. Call 925-945-6777.


160 REAL ESTATE ROOM/SHARED HOUSING

All Rossmood leases and room rentals are unlawful unless approved by the appropriate Mutual Board.

ROSSMOOR RESIDENT’S GROUPS seeks furnished part-time room/apartment. Age 53, college grad, into health and fitness; willing to help with repairs and care for pets. Please call Phil, 203-801-8376. If no answer, please leave message. 203-996-9061.

Seeking female housemate

4 BR/2.5 BA in Rossland. Upstairs has large bedroom, living room, and an attached bathroom. $1,330/month. Call 677-8795 for more information.

810 PETS

OVERNIGHT DOG SITTING in my home with pick-up and delivery available. I have boarded 30 dogs and More. I am an experienced dog lover with reasonable rates. Call 925-298-3150.

THE CAT WHISPERER is a service for mid-sized cats and secure cats only. I have worked for Rossmoor residents for over 10 years. I’m a Rossmoor resident, excellent references and reasonable rates. Call 925-415-8331.

Paw’s Purr Pet Service

Living attention for your pets. Dog walking, pet grooming, cat sitting, pet delivery and more. Call 925-997-4785 for cat claw clipping and nail trimming. I’ll give your pets the special attention they need.

Travel plans coming up? I’ll give your pets the same loving care that they have when you are home. My home, or yours, can take care of your pets while you travel. Dog boarding, dog walking or cat care anytime. Rossmood resident, excellent references. Call 925-390-5644.

The Cat Whisperer is a professional cat sitter. I know my clients’ personality before I return. I have references and I will know his/her personality before I return. Call or text me at 389-1129.

The Cat Whispers is a professional cat sitter. I will know his/her personality before I return. I have references and I will know his/her personality before I return. Call or text me at 389-1129.

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CATMAN-DO: The man all felinities can take care of your kitty or kittens while you are in need of assistance. $15 per visit consisting of feeding, cleaning, scooping, and loving clean living. Call 925-810-1127.

Legal Notices

Trustee Sale Notice No. 7488

If you are in default under a deed of trust, you are in default under the Financial Code and authorized to do business as: A PUBLIC SALE

If you need an explanation of the NATURE OF THE PROCEDURE APPROVED BY COURT, PLEASE CONTACT A LAWYER.

On 10/11/2017 at 1:30PM, GINNA M. HARPEL AND MITCHELLE K. HANDEL, WIFE AND HUSBAND AS JOINT TENANTS, as Trustor, will sell at public auction, to the highest bidder for cash (payable at time of sale) or by check or certified check, all interests of the Trustor in the tract of land described below, located at 65 Civic Avenue, Pittsburg, CA 94565.

The Trustor has been in default and demand for payment of the principal sum of $1,197,967.38 and interest thereon, as provided in said deed of trust, and expenses of the Trustee and of the owner, if any, for the property described above is purported to own.

The following person(s) are doing business as: All Points Investigations, 1737 Tice Valley Blvd., Walnut Creek, CA 94945, Contra Costa County.

I, the undersigned, Michael C. Foster, am a trustee auction. You will be bidding on a property lien, you should understand your rights and obligations. You are responsible for paying off all liens senior to this property lien, you should understand your rights and obligations.

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The Leader in Rossmoor Resales Since 1967

OUR CURRENT LISTINGS

MLS LISTINGS

2 BEDS, 1 BATH

MONTEREY - BEAUTIFULLY MAINTAINED. Kitchen cabinets, counters, stainless steel appliances & window overlook golf course. Dual pane windows. Stack washer dryer. Large walk-in closet. NEW PRICE! $359,000

2 BEDS, 1.5 BATHS

SONOMA WRAP - FILLLED WITH NATURAL LIGHT. The outdoor area extends your living space with the large wrap deck. The home's updates throughout with new custom designer paint & quality carpeting along with dual pane windows. Walk to Gateway. Floor Plan Ready..............$299,000

2 BEDS, 1 BATH

GOLDEN GATE - BEAUTIFUL REMODELED. Crown molding, fresh paint, quality & modern finishes. Spacious master bath w/marble. NEW PRICE! $468,000

1 BED, 1 BATH

YOSEMITE - GORGEOUS REMODEL. Custom cabinets, granite countertops, quality & new appliances. Beautifully remodeled spa-like bathroom. NEW PRICE! $525,000

2 BEDS, 2 BATHS

SONOMA WRAP - LIGHT & BRIGHT. Open deck to enjoy the view & enjoy outdoor living. A wall of windows includes the living room, dining area & kitchen. NEW PRICE! $320,000

SEQUOIA - GORGEOUS REMODEL. Custom cabinets, granite countertops, and quality & new appliances. Beautifully remodeled spa-like bathroom. NEW PRICE! $444,000

SEQUOIA WRAP - WONDERFUL LOCATION. A quiet location on a cul-de-sac with views. NEW PRICE! $300,000

SEQUOIA - REMODELED TO PERFECTION. Quality craftsmanship & materials, nestled amongst mature trees w/tons of light. Recessed lighting & quality finishes. NEW PRICE! $350,000

CLAREMONT - MAGNIFICENT RENOVATION. Custom kitchen & baths. Master on main w/private, en-suite bath. On the market w/OPA. NEW PRICE! $659,000

CLAREMONT - WONDERFUL PRIVATE SETTING. Ground floor unit with an enclosed sun room at end of balcony with views of mature trees, golf course & hills. Fresh paint. NEW PRICE! $440,000

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

GOLDEN GATE - BEAUTIFUL RENOVATION. Granite countertops, custom cabinetry & stainless appliances. Top floor end unit w/2 parking spaces & storage. NEW PRICE! $659,000

EUCALYPTUS - PICTURE PERFECT VIEW! Master suite w/lovely western exposure & beautiful view of the pool, Parkland & Pool. New Skylight. NEW PRICE! $1,488,800

VILLA ROBLES - VIEWS EXTRAORDINARIES. Open concept & spacious. Dual parking spaces. NEW PRICE! $1,615,000

PANORAMA - PRIVATE HILLSIDE VIEWS. Fresh paint, new carpet, Plantation shutters through out. NEW PRICE! $569,000

NEW PRICE! $659,000

NEW PRICE!! $619,000

NEW PRICE!! $615,000

NEW PRICE! $569,000

NEW PRICE! $525,000

NEW PRICE! $440,000

NEW PRICE! $350,000

NEW PRICE! $320,000

NEW PRICE! $300,000

NEW PRICE! $299,000

NEW PRICE! $444,000

NEW PRICE! $359,000

NEW PRICE! $468,000

NEW PRICE! $525,000

NEW PRICE! $440,000

NEW PRICE! $300,000

NEW PRICE! $299,000

NEW PRICE!! $659,000

NEW PRICE!! $619,000

NEW PRICE!! $615,000

NEW PRICE! $569,000

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NEW PRICE! $440,000

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NEW PRICE! $525,000

NEW PRICE! $440,000

NEW PRICE! $350,000

NEW PRICE! $320,000

NEW PRICE! $300,000
FEATURED LISTING

Gorgeous Golden Gate with Pristine Quality Throughout
TWO BEDROOM, ONE & ONE HALF BATH COOPERATIVE. This unique home features coffered ceilings and walls of windows bathing the home with lots natural light and picture perfect views of lush landscaping and lush lawns. Custom cabinets, high-end stainless steel appliances, granite counters, raised dishwasher, spa inspired bath with oversized walk-in shower, convenient stack washer & dryer, tumbled marble tile, wood flooring, dual pane windows — the list of architectural appointed details is endless.

Offered at $468,000

PRESENTED BY LORI YOUNG. CALL LORI AT (925) 787-6357.

SPOTLIGHT SEQUOIA

Cream-Puff Remodel
TWO BEDROOM, ONE BATH COOPERATIVE. Corian kitchen counters, white appliances and cabinets. Skylights in kitchen and bath. Washer/dryer. Mirrored closet doors. Offered at $385,000

PRESENTED BY MARILYN VAN STORY. CALL MARILYN AT (925) 209-1046.

SPOTLIGHT GOLDEN GATE

Sought After Level-In
TWO BEDROOM, TWO BATH COOPERATIVE. Beautiful park like setting close to Gateway. Updated kitchen with granite counters and stainless steel appliances. Smooth ceilings, new carpet, crown molding, sunny atrium, plantation shutters ++.

Offered at $419,000

PRESENTED BY NANCY REILLY. CALL NANCY AT (925) 323-1504.

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

Chatsworth

Fourth floor unit in the south building of Waterford. New carpet, fresh paint, clean, light and bright. $838,000.

Golden Gate

Immaculate 2 bedrooms, 1.5 bathrooms manor. Kitchen and bathrooms are completely updated. Smooth ceilings, paneled door and custom solar window treatments throughout. $488,000.

WATERFORD

Light and airy, tall ceilings, huge wraparound deck, two bedrooms/two baths condo, hardwood floors. Excellent condition, ready for your kitchen. Parking at front door. Meals and housekeeping provided. $599,000. Make an offer.

EATING OUT

Nueva Villa: 3 bedrooms, 2 baths, parking for 2 cars, no stairs, lovely outlook.

FOR SALE

Expanded Kentfield: 2 bedrooms, 2 baths, den and office, picturesque setting.

EXTRAORDINARY VIEWS OF MT. DIABLO AND PRIVACY GALORE!

This Captivating Condo has an Open Floor Plan that lends to Entertaining at its Best! Kitchen has Abundant Storage and there is a Separate Laundry Room. State of the Art HVAC System and Water Heater replaced Nov. 2016. plantation shutters in Dining Room & 2nd Bedroom. Beautiful Walnut Flooring in Entry and Laundry Room. Finished Loft with Parquet Flooring above the Attached Garage. $749,500

Total Remodel to the StuDS! Level-in Improvements include Engineered Hardwoods, Crown and Baseboards, Dual Pane Windows & Sliders, Custom Kitchen has Granite, Backsplash, SS Appliances, Solid Wood Cabinetry & Outrageous Skylight. Half Bath has Full Size Washer/Dryer, Designer Sink & Custom Closet. Master Bath has Gorgeous Tiled Shower, Granite, Fabulous Skylight & Custom Closets. Private Landscaped Patio. Close to Carport. $250,000

MJ MADDEN
35+ YEARS EXPERIENCE... MAKES A DIFFERENCE!

925-849-2884 julie.ann.germain@gmail.com

Julie Germain
REALTOR®
Bonners and Beyond - Bridging Your Tomorrow

FOR SALE

Piedmont Model with majestic views of Valley Mt. Diablo - end unit and golfport storage. What an opportunity! Don't miss out, call today!

FOR SALE

Spectacular Sequoia Worn leather seating. A Toupin Remodel with all the special details glassed in walls, arches, park-like setting and close to parking a few years ago.

WATERFORD

Let the Waterford do the cooking and cleaning and enjoy many social activities and exercise!

FOR SALE

Earlhill Model 1200 sq. ft. Two balconies, Laminated flooring and beautifully staged waiting for you to call it home.

FOR SALE

Middleton Model - Enjoy elegant living, plantation shutters, new carpet, nice kitchen, walk-in closet, and beautiful tree view. Comes with light-safety garage parking!

NEW JHR LISTING

Enjoy your mountain retreat right here, garage parking, and your hobbies in the 1200 sq. ft., large deck or garden!

Julie Germain
REALTOR®

Enjoy searching CCAR Multiple Listing on my website. See Rossmoor Listings under Featured Listing Tab!
EXP. KENTFIELD Condo 2 $629,450

YOSEMITE Co-op 2 $387,000

MENDOCINO Co-op 1 $320,000

SHASTA Condo 1 $368,000

KENTFIELD Co-op 2 $449,900

NEW LISTING

- Stunning Views of Mt. Diablo
- Fully remodeled Kitchen
- Den & Enclosed balcony
- All New appliances

- Level-in - great accessibility
- End Unit - no one above/below
- Washer/dryer in second bath
- Beautiful Golden Rain entry

- Walk to Gateway House!
- Bonus enclosed garden area
- Extra large washer/dryer
- Updated – smooth ceilings

- Great Location, Garage
- Walk to Gateway
- Newer Appliances
- Nice view from Balcony

- Fantastic Remodel
- Massive Kitchen Island
- Classic Design Details
- Great Views

Cedar Condo 2 $575,000

EXPANDED PINESHURST 2 $585,000

WYNDHAM Condo 2.5 $1,100,000

WOODSIDE Condo 2 $559,900

VILLA VERDE Condo 2 $699,000

NEW LISTING

- Lovely master bdrm walk-in closet
- Plantation shutters throughout
- Views of Mt. Diablo
- Garage and carport

- Remodeled Kitchen, Updated Baths
- Newer carpets and paint
- Gorgeous view - Western hills
- Garage and Carport

- Level-in at The Links
- Gourmet laminate floors
- Beautiful remodeled kitchen
- Sweeping views of golf course

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- Serene wooded setting
- Rare attached Garage
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YOSEMITE Condo 2 $385,000

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NEW LISTING

- No steps to front door
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- Stunning Toapin remodel
- Decorator detailing throughout
- Built-in sound system
- Coffered ceilings, arched entryways

- Light & Bright
- Fresh paint & new carpets
- Two carports
- Close to Creekside & Gateway

- End-unit - no one above/below
- Level-in - accessibility for all
- Newer counters - kitchen, bath
- Inside washer/dryer

- Prettiest setting in Rossmoor
- Vaulted ceilings/Breakfast nook
- Close to Creekside
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Painting offered in Rossmoor for harmful products

A waste disposal program is offered in Rossmoor by Waste Management through its “At Your Door” Special Collection Service.

This program makes it possible for all residents to recycle potentially harmful products. At Your Door collects items that cannot be placed in the trash or recycling bins such as aerosols, batteries (alkaline, NICAD), fluorescent lamps, thermostats and all electronics, such as computer monitors.

Home pickup is not available for ammunition, medical waste, nuclear/radioactive waste, explosives or commercial chemicals.

Residents can call 1-800-449-7587 or email atyourdoor@wm.com to schedule the collection of waste.
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PLUMBING

* Conduct a face-to-face interview.
* Contact Rossmoor’s Office of Counseling Services at 988-7750 if you wish help in assessing your needs and exploring options for caregivers and homemakers.
* The Golden Rain Foundation does not endorse workers who advertise in the News.

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At seen on Curb Appeal HGTV Episode 2696
Free guide for aging drivers from DMV: The Department of Motor Vehicles has published a handbook specifically for senior drivers. Call 1-800-777-0133 to request a copy of the “Senior Guide for Safe Driving” or go online at dmv.ca.gov.

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THE CITY OF HOPE’S NEXT CASINO TRIP IS MONDAY, OCTOBER 2, 2017

This month’s trip is to Graton Casino. The bus leaves Gateway at 9 a.m. and returns about 6 p.m. It’s just $30 per person, plus receive a bonus $10 player’s credit, plus $5 food credit. Play bingo on the bus for a chance to win a free trip in the future. For reservations, call Lynne Keefr at 945-7665 or email her at lynnekeef@ymail.com.

A COMPLETELY REMODELED SONOMA WRAP
This brand new listing features a kitchen with custom cabinets, quartz counters, laminated flooring, SS appliances, a bath with a beautiful walk-in shower and full sized W/D, 2 bedrooms with mirrored closet doors and closet organizers, a partially enclosed veranda with open wrap PLUS views of Mt Diablo. $455,000

AN AMAZING EXPANDED GOLDEN GATE
Don’t miss this 2 bedroom, single story, row end unit with over 1200 sq. ft. that was RECONFIGURED and designed by Toupin Construction. Updates include hardwood floors thru-out, new added windows, new kitchen appliances, a master suite with french doors and half-bath, high end finishes and ABSOLUTELY NO STEPS. $525,000

IN THE MIDST OF LIVABILITY!
A level-in Golden Gate end unit with walls of glass that open to beautiful views in every direction. The kitchen features white cabinets, newer appliances and new vinyl flooring. The bathroom includes a stall shower with seat, skylight, tiled floor and stacked W/D. Close to the Gateway Clubhouse, Creekside Grill and BOTH GOLF COURSES. $379,000

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-type flooring, crown and base molding throughout, smooth ceilings and panoramic views of mature trees and soft knolls. $405,000

AN EXPANDED SAN FRANCISCAN CO-OP
This well located Monterey, 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

A RARE 6 MONTH RENTAL
The new owner is not ready to move into their new Earlshall Model Condo. This is a big beautiful 2 BR/ 2 Bath home on the 2nd floor that is close to the elevator and includes a carport. Call our office for details of this lease which includes a daily meal and all the amenities of Rossmoor. $2600/month

OH WHAT A VIEW!
This 2 bath EXPANDED Monterey is located high on a hill top and has amazing views of Rossmoor and Mt Diablo. This sunny and bright home features a cook-friendly kitchen with skylight, 2 large bedrooms with mirrored closet doors, a stacked w/d, private front deck and an upgraded front door. $375,000

A 2 BEDROOM, 2 BATH CARMEL
This 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. $429,000

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

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 close 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

FEATURING

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A WATERFRONT CONDO

WATERFORD

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44A ROSSMOOR NEWS - SEPTEMBER 27, 2017
The advanced intermediate winners of the Pickleball Club Rossmoor Games competition are, from left, Sonya Ford, Cecil Chang, Alex Gioulis, Elmer Chinn, Steven Smith, John Krauss, John Murphy and Dudley Harrelson.

### Pickleball played in Rossmoor Games

Rossmoor Pickleball Club (RPC) participated in its third Rossmoor Games on Sept. 16. It was a fun event for all with competitions, delicious refreshments, and socializing between games.

Club members competed in small groups within their skill level. The winner of each group received a beautiful, engraved Rossmoor Games medal provided by RPC.

The winners were: novice level, Jim Nash; intermediate level, Ingrid Hsu, Stan Orlik, Dorothy Prokop, and Mike Topper; advanced intermediate level, Cecil Chang, Elmer Chinn, Sonya Ford, Alex Gioulis, Dudley Harrelson, Jean Krauss, John Murphy and Steven Smith; advanced level, Pattie Andrews, Frank Chui and Jean DeKelver.

The club offers special thanks to Frank Reynolds and Robert Walgren for planning and running a well-organized and fun event.

RPC, with 550 members, is gaining interest and members and continues to next Thursday, Sept. 28, when partners are encouraged to sign up and invite their usual guest day with no meals in- cluded. Eighteeners are encouraged to join the club, visit www.rossmoorgolf.com or email LTC@thestockbridgegroup.com.

### Agnes Shin wins 18ers’ September charm

Last tourney of season – the classic – starts Thursday

Agnes Shin won the Rossmoor Women’s 18-Hole Golf Club’s fifth Charm Day with a low net of 69 on Sept. 14. Second place winner Janice Davis, third place winner Nancy Park and fourth place winner Olivia Hueh, all of whom shot net 70, had their three-way tie broken using their back nine scores.

In the second flight, Marcia Belcher came in first and Teddi Swanson came in second with net scores of 73, again having their two-way tie broken using the back nine. Denise Pratt came in third and Kay Doyle came in fourth with a broken tie score of net 74.

Birdies were shot by Chong Harney on hole 8, Hueh on hole 4, Joan Munn on hole 10 and Shin on holes 2 and 13. Pat Diesem and Peggy Yamada both had chip-ins on hole 14.

The last major tournament of the 18ers’ season, the Classic, starts tomorrow, Sept. 28, and continues to next Thursday, Oct. 5. The Classic is a two-round partner better ball tournament where partners are allowed an eight-stroke difference between their respective handicaps to sign up together. No one may play to a handicap higher than 40.

After the second day of the Classic, there will be an awards luncheon in the Club Room at Creekside. All 18ers are invited to attend even if not participating in the tour. The final 18er guest day is on Saturday, Oct. 14. It will be a casual guest day with no meals included. Eighteeners are encouraged to sign up and invite their friends from other clubs to play the Dollar Ranch Golf Course.

### Vera Belton is winner of Lawn Bowling’s Four Score Singles Tourney

By Mike Ying
Club correspondent

The Lawn Bowling Club Rossmoor had a busy week, completing three major activities: the Four Score Singles Tournament, 50th Anniversary Invitationals and the Summer League/Rossmoor Games.

#### Four Score Singles Tourney
To play in the Four Score Singles Tournament, one needs to be at least 80 years of age by the end of 2017. Twelve bowlers, with three women, entered the tournament.

After preliminary rounds played on Sept. 12 and 13, two women bowlers, Vera Belton and Sylvi MacDonald, moved up to the semi-finals round. The other two semi-finalists were Francis Carion and Bob Sequeira.

The semi-finals were played on Sept. 14, a perfect day for bowling under a sunny and clear blue sky. The first match witnessed a competitive and lengthy battle between Belton and Carion that took 23 ends to finish.

Both were able to execute crucial shots under pressure until end 21, when Belton took the score to 14 to 11. Then each added one more point that gave her the winning point at 15, and the match.

The match between MacDonald and Sequeira was a fierce battle, both bowling in top form. While MacDonald commanded the lead most of the time.

#### Continued on page 2B

### Rossmoor Men’s Golf Club takes on Crow Canyon club

Rossmoor Men’s Golf Club (RMGC) will participate in its 11th away Home and Home event at Crow Canyon Country Club in Danville on Wednesday, Oct. 11.

Check-in and breakfast start at 7:30 a.m. There will be an 8:30 a.m. shotgun start followed by lunch, golf, cart and prizes.

Entry envelopes are available in the Pro Shop. The cost is $56 and includes breakfast, lunch, golf, cart and prizes.

Registration envelopes are available in the Pro Shop. The cost is $56 and includes breakfast, lunch, golf, cart and prizes.

Checks should be made payable to RMGC and should be mailed to: Rossmoor Men’s Golf Club, 5001 Wisteria Lane, Danville, CA 94526.

### Vera Belton, winner of Four Score Singles

Bob Sequeira, Four Score Singles runner up

### Vera Belton, winner of Lawn Bowling’s Four Score Singles Tourney

Continued on page 2B

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### Continued on page 2B
Lawn Bowling

Semi-finalists in the Lawn Bowling Club’s Summer League/Rossmoor Games, from left, front row, Felice Santos, Carol Lee, Suzie Eriksen, Pauline deAssis and Magdalen Pereira and back row, Miguel Roliz, Lynne Terriil, Bruce Palmer, Dave Peters, Gerry Roliz, Pete Colhoun and Ed Minnick.  

Lawn Bowling Club posts results

Continued from page 1B

the match, Sequeira tied the score 13 to 13 at end 19. Then he shrewdly took two more points to the winning score of 15 to 13.

In the finals match, Sequeira and Belton orchestrated an other cliffhanger, always staying within 2 points of each other. Finally, the game was tied up 12 to 12 at end 16, but Belton took three more points in the next two ends and the title at 15 to 12.

50th Anniversary Invitational Bowls

As a major event in its 50th anniversary celebration, the Lawn Bowling Club hosted the Invitational Bowls on Sept. 16. Thirty-six bowlers from clubs in the Bay Area, belonging to the Pacific Inter-Mountain Division (PIMD), traveled to Rossmoor to celebrate the milestone with Rossmoor members. Over 80 bowlers filled greens 2 and 3 at Hillside. There were morning and afternoon matches.

Afterwards, all the bowlers retired to the Diablo Room where they were joined by nonbowling guests. They were treated to a tea reception with tables of appetizers and desserts prepared meticulously by club members for the occasion.

During tea time, the 60 winners of the days’ matches were announced and awarded prizes. Then the bar was open, and the caterer delivered the long-awaited dinner; club members again brought out more desserts from the Diablo Room kitchen.

There was no better way to celebrate the club’s 50th anniversary than to bowl all day and enjoy a sumptuous dinner, shared by friends and fellow lawn bowlers. Everyone relished the camaraderie and the animated conversations.

The event was long time in planning and preparation. Credits must go to those Rossmoor mem-

bers who volunteered and worked hard to make it a success. There are too many to acknowledge. But the great efforts of the host and hostess, Wayne and Juliane Sampson, and of the tournament director, Miguel Roliz, must be recognized.

Summer league

This year, the Lawn Bowling Club organized the summer league as part of the Rossmoor Games. The league started in July with 37 bowlers grouped into three divisions in accordance with the handicap points. After two and a half months of preliminary plays, four bowlers from each division emerged as the semi-finalists.

The semi-finals and finals matches were played on Sept. 18 as part of the Rossmoor Games. The winners were: Division A: first place, Pauline deAssis; second, Miguel Roliz; and third, Pete Colhoun and Gerry Roliz.

Division B: first place, Ed Minnick; second, Lynne Terriil; and third, Carol Lee and Bruce Palmer.

Bowlers expressed great appreciation to Virginia Cari- oni for organizing a wonderful lunch after bowling.

The winners of the Lawn Bowling Club’s Summer League/ Rossmoor Games, from left, Pauline deAssis, Magdalen Pereira and Ed Minnick.

Rossmoor Games

Lawn Bowling

Join Front Walkers Oct. 7 for a hike and refreshments

The Rossmoor Men’s Golf Club (RMGC) will have a Four Man Scramble Tournament on Wednesday, Oct. 18. It replaces the Beat the Pro event that had been previously published in the membership directory.

Sign-up envelopes are now available in the Pro Shop.

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

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

Selection of the preferred tee – white or gold on Dollar Ranch and gold only on Creekside – will be on the registration envelope. The field will be di-

vided into flights based on combined handicaps. Prizes will be awarded in all flights.

The scramble format will require a minimum of two tee shots to be used in the 18-hole event and one on the nine-hole competition.

The entry fee is $24 per player, which includes lunch in the Event Center following the competition. Soda, beer, wine and prizes are also included. Checks only, payable to RMGC, are required with the registration envelope.

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

Entries close on Saturday, Oct. 14, at 5 p.m. No refunds for cancellations will be granted after the deadline.

For information, call Curtis Mitchell at 209-483-2005 or email him at camitchig@aol.com.

Niners play low net, four had chip-in shots

Forty-six bowlers participated in the Rossmoor Women’s Nine-Hole Golf Club’s low net tournament on Sept. 14. Chip-ins were made by June Bedford on hole 8, Barbara Budach on hole 8, Vonnie Dondero on hole 5 and Toni Hessler on hole 2.

In flight 3, Elaine Matsui first, and Judy Ruble and Sarah Buehrer tied for second.

In flight 4, Jamilah Howells and Karen Larkin tied for first in flight 2, and Joyce Capece and Judy Brinkman tied for second place.

In flight 5, Val Helenson and Kris McCarthy were first, and Roberta Wein third.

Pat Hyde took first place in flight 4, and Frosty Anderson and Barbara Langerman tied for second.

Upcoming events

Match play seminar: Thursday, Sept. 28.

Match Play Tournament qualifying round: Thursday, Sept. 28.

Match Play Tournament matches: Thursday, Oct. 5; Tuesday, Oct. 10; and Thurs-
tday, Oct. 12.

Sequoyah Country Club open day: Wednesday, Sept. 27.

General meeting: Thursday, Oct. 19, at 11:30 a.m. in the Event Center.

Niners women golfers to elect new officers

The Niners’ last gener-

al meeting of the year is on Thursday, Oct. 19, from 11:30 a.m. to 1:30 p.m. in the Don-
ner Room at the Event Cen-
ter.

The buffet lunch begins af-
ter golf at 11:30 and the meet-
ing will start at noon. The meet-
ing will include board member reports, announce-
ment of match play results and the election of Niners’ officers for 2018.

There will be time for com-
ments and questions from the membership at the end of the meeting.

The buffet lunch includes sandwiches, ice tea, lemonade, coffee, tea and dessert. The cost is $19. Reservation checks may be put in the Niners’ drawer in the Pro Shop. Sign up by Sunday, Oct. 15.

For information, contact Penny Ittner, Niners’ captain, at 822-2210.

Join Front Walkers Oct. 7 for a hike and refreshments

Walkers is a chapter of the International Front Run-
ers organization and is sponsored by the Rossmoor LGBT Alliance. The Rossmoor LGBT Al-
lance works to build bridges between and with friends and members of the LGBT commu-

nity; for information, visit the website at rossmoorlgbt.org.
What a relief! Or not!

From the 18ers Rules Committee

As interesting rules situations arise during 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 definitions or rules can be found in the USGA Rules of Golf or Decisions on the Rules of Golf.)

A basic principle of golf is that the golfer plays the ball as it lies. However, there are times when the golfer finds the ball in positions that seem unfair (e.g., in casual water (page 32) or ground under repair (page 35) or blocked by obstructions, such as a cart path or an irrigation box (page 39). Thankfully, in those situations, the rules grant the golfer relief without penalty. Relief is taken by finding the nearest point of relief no closer to the hole and then dropping the ball within one club length of that position, also no closer to the hole.

However, such a simple solution can become complicated, as recently illustrated by a ball coming to rest on a cart path next to the lateral hazard on the left side of the fairway on Dollar hole 7. In this case, the nearest point of relief was in the hazard. But, the rules have thoughtfully foreseen that possibility (rule 24-2b), and stipulate that relief cannot be taken in a hazard or on a putting green. So, in this case, the player, gracefully, could take relief in the fairway on the other side of the cart path and she hit the ball up on the apron of the green.

The interesting thing, however, is that, had the nearest point of relief from the cart path been in the middle of a thicket, a large tree or down a cliff, the rules do not make an exception (decision 24-2b/3). In those cases, the player must drop the ball within one club length of the estimated position of the relief point in the middle of the large tree, the thicket, or on the cliff, and she must then do the best she can.

The alternative options she always has (which are good to remember) is that she can either hit the ball off the cart path or go back and hit her next shot from where the original shot was hit. Of course, in the latter case, she both loses a stroke and distance, and in the former case she may have to buy a new club. All this simply as a result of her ball coming to rest on a cart path, something she might say through no fault of her own. So, when we aim for cart paths, of which there are many on Dollar, be aware of the possible consequences!

Hike Bay Area with Trails Club

Check out destinations on website

The Trails Club offers a variety of hikes in the East Bay every Wednesday and Saturday. These hikes may be on Mt. Diablo, at Briones or Redwood regional parks or the Berkeley hills, for example. Occasionally, hikes are planned in San Francisco and in the Marin Headlands.

On Monday mornings, club members walk around the golf course when the course is closed to golfers.

October weather begins to cool, so bring a jacket, trekking poles and plenty of water and enjoy the beautiful regional parks in the Bay Area.

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

Hikers are divided into four groups. Generally, Amb-lers hike three to five miles at a moderate pace with up to 500-foot-elevation gain. Ramblers hike five to seven miles. Trekkers hike six to eight miles. Scramblers hike six to nine miles.

Each succeeding group may hike areas with increasing elevation gains or at a faster pace. Most hikes, but not all, are within the East Bay.

Check out the complete hiking schedule, along with changes and updates, on the web page at www.trailsclubofrossmoor.com. All the pertinent information about meeting times and what to bring is also on the website.

To join the club, go to the website and go to Club Information, then Membership. Print an application packet, fill it out and send it to the registrar.

For information, call Mary Ann Garvey, membership coordinator, at 932-6505. All hike destinations are weather-dependent, but leaders will be ready to take hikers elsewhere if the scheduled hike is rained out, too muddy or too exposed in hot weather.

Trails Club annual meeting

The Trails Club of Rossmoor will have its annual membership meeting on Thursday, Oct. 12, at 6 p.m. in the Fireside Room at Gateway.

The meeting begins with a potluck dinner and a pumpkin decorating contest, with winners receiving Creekside Grill gift certificates.

Last year’s pumpkin contest featured a number of “political” pumpkins in honor of the November election; this year’s selection is anyone’s guess. But voting for best pumpkin is always a highlight of the event.

Following dinner, members will vote for 2018 board members.

For information, contact Shirley Wiegand at jtjb@mac.com or call 850-728-2010.

In recent play, a ball came to rest on the cart path next to the lateral hazard on the left side of the fairway on Dollar hole 7.

James Soo Hoo
gets hole-in-one

James Soo Hoo hit a 125-yard hole-in-one on hole 2 of the Dollar Ranch Course on Sept. 16. He used a 7-iron.

Ramblers on a recent hike to North of Tilden Regional Park.

Ramblers

Wildcat Canyon Regional Park.

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Rossmoor Games results

The scores are in from the 2017 Rossmoor Games

The Rossmoor Games were held from Sept. 9 through 23 and the results are in. The Rossmoor Games included competitions at the Fitness Center, the tennis courts, the pickleball courts, the lawn bowling greens, the pools, the golf course and the card rooms. The following clubs participated and announced their results:

Billiards, Eight Ball: Rene Michaud, first; Larry Keiffer, second; Del Leavitt, third.

Partnership Bridge, day one: Neal and Dee Monasch, first; Luciana Young and Audrey Green, second; Janet Mendenhall and Joan Myers, third. Day two: Vickie Chu and Luciana Young, first; Elizabeth Moise and Vicki LaBatt, second; Richard Bamberger and Mona Tauchar, third. Day three: Mona Tauchar and Rich Bamberger, first; Edna Nebinger and Marriion Powers Miller, second; Neal and Dee Monasch, third.

Domino, random draw: Polly Elgie and Sam Citron, first; Tillie Schiller and Mike Flanagan, second; Ann Shaddlde and Carl Pischke, third. Chosen partner: Polly Elgie and Janet Welch, first; Maureen Harvey and Carol O'Wendy, second; Walter Roosli and Bill Wilson, third. Points event: Connie Mitchell, first; Ed Goldberg, second; Neal Monasch, third.

Book game: Jeannie Johnson, first; Karin Romak, second; Carole Weyand, third.

Golf, Putting, men: Frank Alosi, Leo Shandalov, Don Meyers, first (tie); Bryan Burnett, second; Don Terry, Chuck Leong, Bill Weichold, third (tie). Women: Sarah Buehrer, Claudis Terry, Karin Romak, first (tie); Elaine Kueh, Lynda Pritchett, Peggy Yamada, Joan Alosi, Joanice Davis, second (tie).

Lawn Bowling, Division A: Pauline de Assis, first; Miguel Roliz, second; Gary Roliz, third. Division B: Magdalene Pereira, first; Felix Santos, second; Dave Peters and Suzie Eriksen, third (tie). Division C: Ed Minnick, first; Lynne Tarril, second; Carol Lee and Bruce Palmer, third (tie).

Pickleball, flight winners, novice: Jim Nash, first; Alex Gioulis, second; Ann Hirsch, third (tie). Championship: Sonya Ford, first; Cecil Chang, second; Ann Hirsch, third (tie). Team Pickleball: to be announced. Tournament: Division 1 and 2, to be announced.

Tennis, Men: Allan Tam, first; Dave Corliss, second; Chris Christopher and Dave Kern (tie), third. Women: Shari Wiseman, first; Pau- line Hanley, second; Judy Corliss and Susanne Eldridge (tie), third.

Swimming, women age group one: 25-meter breaststroke and freestyle, Gloria Rios, first; 50- and 100-meter breaststroke, 50- and 100-meter backstroke, 100-meter IM, Cheryl Patterson, first. Age group two: 50- and 200-meter freestyle, 100-meter breaststroke and IM, Dolly Ackerman, first. Age group three: 25-, 50- and 100-meter breaststroke, Ann Hirsch, first.

Swimming, men age group one: 25-meter breaststroke and freestyle, Gloria Rios, first; 50- and 100-meter breaststroke, 50- and 100-meter backstroke, 100-meter IM, Cheryl Patterson, first. Age group two: 50- and 200-meter freestyle, 100-meter breaststroke and IM, Dolly Ackerman, first. Age group three: 25-, 50- and 100-meter breaststroke, Ann Hirsch, first.

Continued on next page
The golf competition  
Photos by Kent Crosswell

**BRIDGE & GAMES**

**Polly Elgie named Domino Club’s tournament champion for 2017**


The overall champion is determined from points accumulated over the four tournament events, and is based on placement in each, the number of points available being based on the number of participants in each event.

Elgie won with a total 106 points, out of a possible 126, the first overall winner to win more than one individual event. Elgie established a large enough lead in the first three events to stave off Monasch’s surge in the fourth event. He finished with 101 points, also the first time two players have amassed over 100 points. Crosswell edged out Karin Romak for third, getting 92 points to her 91.

Elgie was born in upstate New York, and moved to Pasadena with her first husband in the 1960’s. She eventually moved back to New York, working as a librarian at Columbia University late in her career. There she met her current husband, Bob, an economic geography professor who had received his doctorate in the 1960’s at UC Berkeley. She retired in 2003 and Bob in 2006. They tried retirement in their local community, Polly selling collectibles and antiques on ebay, and Bob playing bridge and tennis. Bob, however, was frustrated with the lack of opportunity for both his passions, so he went online in search of retirement communities. After several years of searching, he came upon Rossmoor in early 2014. He really liked the activities it offered, not only for himself, but ones Polly might also enjoy.

They researched actual units for sale for about six months, made an appointment with Rossmoor Realty, flew out to California and within two hours had made an offer.

Her first activity to try was bocce, and while doing so, met Janice Ottey, a domino player, who suggested she might enjoy that as well. Teaching sessions were on Saturday at that time, and she was impressed with how patient and knowledgeable Joe Blyskaul was in introducing her to the game.

Advanced classes were added that year in anticipation of Rossmoor’s 50th anniversary games. She voraciously consumed the new knowledge, allowing her to place second, along with partner, Al Davis, in the random draw event that year. She is now one of several instructors the club uses.

Elgie’s other activities include bocce, mahjong and bridge. She is also a library volunteer, and enjoys Channel 28 bingo.

**Rossmoor Games scores**

**Continued from page 4B**

group two: 25-meter breaststroke and freestyle, Yeong Yeh, first. 
**Weekend American Mahjong:** Antje Ahlemeyer, Miriam Schwartz, first (tie); Jo Kendall, second; Lorraine Farrell, Elaine McGraith, Kathi Stidwell, third (tie).

Thanks to Kent Crosswell for compiling the scores and organizing the Games.

**Happy Hackers ending season**

The Happy Hackers will finish off their clinic and scramble season with a clinic on fall swing on Wednesday, Oct. 4, at 3 p.m. The clinic cost is $5 for members. Signup sheets are in the Pro Shop.

The final scramble of the year will be held on Saturday, Oct. 14. It will be the fall schedule with check in at 2 p.m. and tee off at 2:30. Dinner will follow in the Club Room at Creekside.

The cost for golf and dinner is $30, golf only is $7 and dinner only is $23. Signup sheets are in the Pro Shop. Remember to leave a check at sign up. Green fees are paid directly to the Pro Shop on the day of the tournament.

The September scramble was held on Sept. 16. There were three flights.

First place teams were: Barbara Johnson, Diana St. James, George St. James and Paul Rosenzweig; Bob Day, Susan Day, David Mancini and Sally Arnold; and Betty Costa, Carol Andrei Hicks, Nancy Richardson and Tom Goedewaagen.

Second place teams were: Irwin Genzer, James Dilworth, Linda Webster and Yuki Tsang; Gaylord Thorn, Holly Bass, Roger Bass and Joanne Thorne; and Alan Swanston, Casey Dickson, Elaine Ove and Katherine Cheema.

Third place teams were: Alfred Pantegrossi, Bet-ty Beaudet, Tosh Kuritsubo, William Clayton and Jerry Tileston; Amy Bollinger, Dottie Langthorn, Ed Langthorn and Robin Bollinger; and Bob Traynor, Doug Todoroff, Gail Todoroff and Ginger Traynor.

Closest-to-the-pin awards were given to Tom Goedewaagen, Gaylord Thorn, Susan Day and Katherine Cheema.

The annual meeting and dinner is on Thursday, Nov. 9, at the Event Center. More details will follow.

On Sept. 19, 12 people played partnership bridge in the Oak Room at Gateway. Dolores and John Clark had the top score of 515 with a small slam in hearts. Other winners were: Fay and Jim McDonald 520. The low score was 1420. Directors Dolores and John Clark managed the game. For information, call Dolores Clark at 330-8612.

On Sept. 15, 14 people played partnership bridge in the Oak Room at Gateway. Nancy Kubacki/Anne Riley had the top score of 4410 with a small slam in no trump. Other winners were: Judy and Ted Augustine 3610 and Dolores and John Clark 2630. The low score was 940. Directors Dolores and John Clark managed the game. For information, call Dolores Clark at 330-8612.

There were 30 players at partnership bridge on Sept. 21. The winners were: Neal Monasch/Velma Leavitt 4450; Dee Monasch/Judy Lowe 4430 with 2 small slams in 6 no trump and 6 clubs. Richard Rambberg/Monica Tauchar 3310, Luciana Young/Vickie Chu 3200 and Jo Malanowski/Gail Strack 3060. The low score was 1040.

On Sept. 9, 12 people played partnership bridge in the Oak Room at Gateway. Dolores and John Clark had the top score of 515 with a small slam in hearts. Other winners were: Fay and Jim McDonald 520. The low score was 1420. Directors Dolores and John Clark managed the game. For information, call Dolores Clark at 330-8612.

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Scrabble Club announces winners from 2017 Rossmoor Games contests

The Scrabble Club competed in its first Rossmoor Games event on Sept. 14. Kent Crosswell placed first in division 1 with a 3-0 record. Susan Wolfe won division 2, also with a 3-0 mark.

Carole Miller took second in division 1 and Marcia Karassoff finished third. Division two second place went to Nila Hurley and Laura Bernell took third in her first time competing.

Players were allowed to exchange a blank on the board with a corresponding letter in their rack, as many times as they liked. This social variant produces more bingos (playing all seven tiles at one time) and higher game scores.

Three round-robin games were played in each division. Crosswell faced his toughest challenge in game one against his mentor, Carole Miller. Although change the blank was in effect, this was so late in the contest that, in this game, it was not a factor.

Crosswell played four bingos, including precodes, yeasting, beholdner and stumble to help win 525-296.

Blank exchange became more of a factor in his last two games, giving him scores of 495 and 443 in game three. Wolfe used more conventional words, including raccoon, briefs, and exalts, as well as more defensive plays to hold all of her opponents under 300 points, while she averaged 350.

Team Scrabble and the six-game tournament concluded on Sept. 21 and 23, respectively. The results will be published in next week’s Rossmoor News.

Domino Club names winners in chosen partners and book games

The Rossmoor Domino Club’s 2017 tournament, in association with the Rossmoor Games, concluded with the chosen partner and book games events.

The team of Polly Elgie and Janet Welch took first place in chosen partner, while Jeannie Johnson placed first in the book game. Second place in chosen partner went to the team of Maureen Harvie and Carole Weyand, and Walter Roosli teamed with Bill Wilson to take third. Karin Romak was the book game’s second place winner and Carole Weyand was third.

The chosen partner event allowed participants to choose prior to the games, whom they would partner with throughout the day. The contest consisted of five-game pool play, followed by a four team championship round.

Teams were randomly assigned to one of three pools, with Elgie/Welch winning Pool A with a 5-0 record. Roosli/Wilson took Pool B at 4-1 and Harvie/Weyand topped Pool C at 3-2 by winning their fifth game with the largest differential of the day at plus 32 points.

The team of Joe Blyskal/Hank Newman, also in Pool C with a 3-2 record, lost out on the tiebreaker for the pool’s top spot, but got in as the wildcard on the fifth tiebreaker against Pool B second place, Ed Goldberg/Curt Gunn.

In the semifinals, Elgie/Welch took an early lead, then extended it with each hand, ultimately winning, 64-43. Roosli/Wilson were ahead 24-14 after two hands, but only had a lead of 27-22 after three. Harvie/Weyand then took the lead in the next hand at 34-33 and never relinquished it, finishing the contest at 62-57.

Continued on next page

Scrabble Club winners in the Rossmoor Games event are, from left, in division 1: Kent Crosswell, first; Carole Miller, second; and Marcia Karassoff, third. In division 2: Susan Wolfe, first; Nila Hurley, second; and Laura Bernell, third.

Play American mah jongg on weekends

Rossmoor residents are invited to play American mah jongg on Saturday and Sunday afternoons in Multipurpose Room 1 at Gateway.

The purpose of this group is to create a friendly, pleasant and supportive environment where members help each other. Lessons are free, if needed. There is an annual fee of $5, plus $9 for the national hand card.

For information, call Claire Berry at 934-9695 or email claireberrywc@yahoo.com.

Improve Your Bridge Play

Opener’s Jump Raise and Jump Reverse

By David Terris

Both the Jump Raise and the Jump Reverse show a hand with the values to invite a game in Responder’s suit (15+ to 18 HCP and 4-card support). But using the Jump Reverse (a form of splinter bid) shows a singleton or void in the suit of the jump. Therefore, when making a Jump Raise, the implication is that there is no singleton or void in the suit where a Jump Reverse could have been made.

The Jump Reverse

Opener’s jump reverse promises the values to invite game; i.e. 15+ to 18 HCP, a 4-card fit for Responder’s suit, and a singleton or void in the suit of the jump reverse.

There are exactly four jump reverse auctions.

1. 1♣ Pass, 1♠ Pass, 3♣
2. 1♠ Pass, 1♥ Pass, 3♥
3. 1♠ Pass, 1♥ Pass, 3♣, 3♥,
4. 1♥ Pass, 1♠ Pass, 3♦

Opener LHO Resp RHO
1 1 Pass 1 Pass
1 1 Pass 1 Pass
4 1 Pass 1 Pass

Bid 3♥. This is the perfect hand for the jump reverse. You have good support for partner’s spades, the required strength and a singleton heart.

Opener LHO Resp RHO
1 3 Pass 1 Pass
1 3 Pass 1 Pass
1 4 Pass 1 Pass

Bid 3♣. This hand is a perfect jump in spades is a splinter showing 4-card support for hearts, 19+ HCP, and is forcing to game.

The Jump Raise

Opener’s jump raise of Responder’s suit shows 15+ to 18 HCP, at least 4-card support, and is not forcing. The jump raise also implies having no singleton in a suit in which Opener could have made a jump reverse.

Opener LHO Resp RHO
1 1 Pass 1 Pass
1 1 Pass 1 Pass

Bid 3♣. You can’t show your singleton because you would have to bid 3♦ to show it. That would be forcing to game in hearts, and you aren’t strong enough for that. Merely jump raise hearts.

Opener LHO Resp RHO
1 3 Pass 1 Pass
1 3 Pass 1 Pass

Bid 3♣. This double jump in spades is a splinter showing 4-card support for hearts, 19+ HCP, and is forcing to game.

Opener LHO Resp RHO
1 1 Pass 1 Pass
1 1 Pass 1 Pass

Bid 3♣. This hand is a perfect jump raise in hearts. You are a HCP telling partner that you do not have a singleton or void in diamonds. Otherwise, you would jump to 3♥. Your call says nothing about shortness or not in spades.

Opener LHO Resp RHO
1 3 Pass 1 Pass
1 3 Pass 1 Pass
1 3 Pass 1 Pass

Bid 3♣. Although you have a singleton club, you cannot show it. If your hand was about a king stronger, you could splinter bid 4♣ which would be forcing to 4♠. Your call, however, denies shortness in hearts.

David Terris can be emailed at rossmoo r.bridgeplay@gmail.com.

8B ROSSMOOR NEWS • SEPTEMBER 27, 2017
Domino Club names contest victors

Continued from page 6B

The stricter rules from the book, “Dominos,” was used, and the score for each game was based on the difference in the winner and loser’s total at the end of the game.

Johnson, the only player to win all five games, amassed 112 points in the effort. Rozman won only three games, but each was by more than 30 points, giving her 107 points for the night. Weyand teamed with Lisa Spranger in game five to score an even high five points and vault her to third place with 97 points.

Duplicate Bridge announces scores

Monday, Sept. 11

Section A


Tuesday, Sept. 12

Section A


Section B


Wednesday, Sept. 13


Thursday, Sept. 14


Friday, Sept. 15


Saturday, Sept. 16


Duplicate Bridge new class starts on Oct. 2

Rossmoor Duplicate Bridge Club (RDBC) is offering a new class for intermediate players. It will cover planning and play for both no trump and suit contracts.

The class will begin Monday, Oct. 2, from 9 to 11 a.m. for eight weeks in the Oak Room at Gateway. The instructor will be Ravi Bhalla.

The class will include techniques in suit play for trumping losers in short hand, discarding losers on side suit winners, side suit establishment, finesseing, when to draw trumps, partial trump drawing, how to use suit combinations, step end plays, counting and card reading, cross ruffs, taking advantage of shortness, how to play a weak trump suit, combining your chances, and managing entries.

In no trump contracts it will review techniques to create additional tricks, analyzing stopper situation, promoting high cards, developing long suits, analyzing opponents lead, holdup play, positional stoppers and the danger hand, entries and unblocking and ducking to save communications.

It will also cover the difference in matchpoint and IMP scoring. Practice hands will be played to illustrate these techniques.

To register for the class, call Barbara V. Smith at 256-4430.

The cost of the class is $40 for RDBC members with an additional $10 fee for membership for nonmember residents.

The nonresident cost is $80.

Checks should be payable to the Rossmoor Duplicate Bridge Club. There will be an additional cost of $5 payable to the instructor for notes provided.

Play backgammon at Dollar

Backgammon enthusiasts meet in Rossmoor on Wednesdays at 7 p.m. at Dollar Clubhouse, second floor. For information, email Slava Tetelbaum at tetelbaum@yahoo.com.

Hassadassah members teach mah jong

Hassadassah offers mah jong classes in Rossmoor on Tuesdays, Oct. 17, 24 and 31 as well as Nov. 7, from 11 a.m. to 12:30 p.m.

The cost is $40.

Playing mah jong is a good way to meet a new set of friends. Together, players can share in a fun game that also stimulates the brain.

Beginners as well as those desiring a review are welcome.

Walk the Rossmoor labyrinth on Eagle Ridge hill

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 mile and a half from Rossmoor Parkway and Saklan Indian. Go up the east pasture Road 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 for homeowners’ driveways when parking.

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

Dogs are not allowed in any of Rossmoor’s clubhouses unless they are trained special-needs pets, such as guide dogs.
Celia Chow offers class in Chinese brush painting starting on Oct. 5

Chinese brush painting by Celia Chow

Celia (Shuang-Hwa) Chow was going to be away this fall, but her plans have changed and she will be teaching her popular Chinese brush painting class as usual.

The next series starts on Thursday, Oct. 5, and runs through Dec. 7, from 10 a.m. to 12:30 p.m. in Art Studio 2.

This series is open only to experienced students, including experienced newcomers. The classes will focus on reviewing what students have learned in Chow’s classes to this point and putting these skills to use. Students continue to work on landscape painting, with emphasis on doing larger works.

Chow grew up in China and later moved to Taiwan to pursue her studies in art. She earned a bachelor’s degree in fine art from Normal University, Taipei, Taiwan, and taught art to junior high school students in Taiwan for 14 years. She currently teaches in an East Bay Adult Education Center.

Chow had an exhibit in the lobby of Kaiser Hospital in Oakland while working in the hospital.

In October 2014, she had a studio exhibit at the Lindoey Art Gallery in San Ramon together with other artists.

Class size is limited to 12 students, and pre-enrollment is required. The cost is $120 for nine classes for Rossmoor residents, who are RAA members, and $135 for non-residents. Non-residents must be sponsored by a Rossmoor resident who is also taking the series.

Send checks, payable to RAA, to: RAA Classes, 1966 Tice Valley Blvd. No. 278, Note on the memo line: “Chow fall brush painting.” Also include phone number and email in order to receive class notifications.

Rossmoor residents who are not yet RAA members should add $10 for RAA annual dues and include a new member form. Forms and a calendar of RAA activities are available online at www.rossmoorart.org or in Art Studio 1.

For more information, contact Chow at shunghwa@comcast.net, or call 778-2337. To see her work, go to www.shunghwa-chow.com.

Art Association to hang new artwork by members at Gateway

Rossmoor Art Association (RAA) resident members are invited to submit up to three pieces of their current artwork for exhibit and sale at Gateway from Oct. 1 through Feb. 4.

New works will be taken in from 10 a.m. until noon in the Oak Room at Gateway on Sunday, Oct. 1. Paintings and drawings in all media are welcome.

The preferred size for artwork to hang at Gateway is between 14 by 18 inches and 48 by 50 inches. This refers to the framed outside dimensions.

Images of nude or religious icons will not be accepted. Entry forms for the Gateway exhibit are available online at www.rossmoorart.com or in Art Studio 1. Artists should complete all paperwork before bringing in their artwork to Gateway.

Identification labels must be affixed to the back of each painting. Refer to the RAA exhibit guidelines posted on the Art Studio bulletin board, on page 8 of the membership directory, and online at www.rossmoorart.com.

Artwork on paper should be presented in a simple, gallery-type framing. When mats are used, they should be neutral in color and proportionately sized. Paintings requiring surface protection should be covered with acrylic and glass.

Work on canvas may be framed or unframed, but unframed work should be finished on all sides to harmonize with the work.

Neatly secured wiring is required on all pieces—no saw tooth hangers. For guidance, see the membership directory or the website for contact information.

Members who currently have hanging at Gateway are asked to pick up their pieces on Sunday, Oct. 1, between 10 a.m. and noon. Those who cannot pick up their own artwork during those hours should make arrangements with a friend to retrieve their works at that time.

Anyone submitting artwork must be a resident and current member of RAA. Membership applications are available online at www.rossmoorart.org or in Art Studio 1.

Annual dues are $10. Checks should be made payable to RAA and sent to 1001 Golden Rain Road or placed in the RAA mailbox in the Gateway Administration Office. There is no other charge for exhibiting artwork.

Lapidary Club holds 10-week bead class starting Oct. 12

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.

Identifiers must be affixed to the back of each piece. Class dates and times are on the Lapidary Club bulletin board.

Advanced students may choose to work on their own designs.

Most people prefer their own tools, but the Lapidary Club has some tools and instructions. All tools are always on hand when needed.

For information, call Goldsmith at 799-8036 or email her at barb.goldsmith@comcast.net.
Art Association offers a workshop on drawing human figures in proportion

Struggling to get human proportions right? Perplexed by foreshortening? Intimidated by quick gestures drawings? Do you wish you could capture the body in motion? Help is here.

Judith Kunzlé, a Bay Area figurative artist, and the Rossmoor Art Association (RAA) are offering a four-part workshop on “Drawing the human figure in proportion.”

The four workshops are Oct. 21 through Nov. 11 from 10 a.m. to 1 p.m. The cost for four, three-hour sessions is $200 and includes a human proportion chart and moveable paper models to keep for future use.

Whether you have never drawn the human figure before or you are a fairly experienced artist, this workshop will give you new tools and confidence to draw from a live model, from photographs and videos, or from your imagination.

Kunzlé’s approach to figure drawing is focused on understanding the proportions of the human figure. Students learn to focus on the body as a whole, seeing the overall mass as well as the outlines.

In the first session, participants construct a proportion chart of the human figure in order to see and understand the sizes of all the parts in relationship to one another.

This is the key to learning to draw the figure in proportion. Students then cut out a front-facing and a side-facing figure based on the proportion chart and learn how to arrange the figures in different poses.

In the second session, students put the figures into action. While a clothed model assumes a short pose, they arrange their figures in the pose and then sketch the pose on drawing paper. To explore the kinesthetic experience of figure drawing, participants also pose for each other (dressed of course).

In the third lesson, students learn how to draw the figure in proportion that requires four short, end parts of the body.

In the fourth session, students practice proportions and foreshortening with videos of dancers and models.

Kunzlé promises at the end of the four sessions participants will be excited to see their finished poster and moveable models.

Pre-enrollment is required. To register, send a check for $200, payable to RAA, to RAA Class Enrollment, 7111 Tice Blvd., No. 278, Walnut Creek, CA 94595.

Note on the check memo “Kunzle’s figure drawing workshop.” Along with the check, include a note with your name, address, phone number and email address in order to receive a materials list and other class notifications.

Rossmoor residents must be members of the RAA to enroll. New members should add $10 for annual dues and include a new member form. Forms and a calendar of RAA activities are available at www.rossmoorart.com or in Art Studio 1 at Gateway.

Non-Rossmoor residents are welcome to take the workshop. The non-resident fee is $215, and nonresidents must be sponsored by an RAA member who is also taking the class.

For information, email Kunzlé at judithkunzle@icloud.com. To view Kunzle’s figure drawings, visit www.jkunzle.com.

Unique Critique takes break Will resume in the spring

For the past year, Rossmoor’s Drama Association (DAOR) held Unique Critique with Marcy Wheeler on the first Thursday evening of each month.

The program will be on hiatus for a few months and will resume in spring 2018 in a new format.

There will be no Unique Critique on Oct. 5 and until further notice. For questions or concerns, contact Wheeler at marylow@pacbell.net or 787-9199.

Drama Association presents scholarship to first-year ACT student

Though it’s the seventh year of the Drama Association’s Jean Wilcox Scholarship, this year inaugurates the award to a student in the American Conservatory Theater’s (ACT) MFA program.

On Wednesday, Oct. 11, at 2 p.m. in the Firway Room at Creekside, the $3,000 award will be presented to Monica Ho, a first-year student at ACT.

He is a graduate of UC Berkeley with a bachelor’s degree in studio arts. She also holds an associate’s degree in theatre arts from Foothill College in Los Altos. In addition to her education, she has performed roles with a number of Bay Area theater companies, including Bianca in “Taming of the Shrew” with San Francisco Shakespeare Festival.

Drama Association of Rossmoor (DAOR) members have always found this scholarship award ceremony entertaining as well as inspiring. Ho will provide a brief entertainment that showcases her talent. ACT’s Conservatory Director Melissa Smith will give a brief description of ACT’s MFA program and a DAOR member will offer an entertaining sample of the activities of the club.

Cake, sparkling wine and other beverages will be served after the program during a meet and greet session in which attendees will have a chance talk to the scholarship recipient and the conservatory director.

This DAOR Scholarship for Theatre Arts was instituted in 2009 to honor Jean Wilcox, a founding member of the Drama Association of Rossmoor and its first artistic director. She also served as its president from 2009 to 2011.

A native of England where she received her training at the London School of Drama, Wilcox immigrated to the Bay Area in 1962. After marriage and raising her daughter and son in Walnut Creek, she got back into the East Bay theater with renewed energy.

She received a best actress Shellie Award for her portrayal of the title character in “Shirley Valentine.” Eventually her love of children led her into teaching drama though the Walnut Creek Civic Arts program. Under the auspices of that program she taught Shakespeare to incarcerated youth at Juvenile Hall in Martinez.

For information about this program, email Dave Wilcox at dwilcox@att.net.

Quilters display and sell their work to benefit Bay Area Crisis Nursery

The Rossmoor Quilters will display their imaginative and colorful creations on Saturday, Oct. 7, from 10 a.m. to 2 p.m. in the Sewing Studio at Gateway. More than 40 quilts will be on display.

There will be a door prize and quilts for sale. Proceeds from the quilt sale will go to the Bay Area Crisis Nursery.

The show will feature this year’s challenge. A challenge sets parameters for each quilter to create a work. Past challenges have been to make a quilt using only black and white, and one other color, or to make a quilted object that contains at least one circle, one square and one triangle.

For this year’s challenge, each quilter used nature as the inspiration to make a quilted wall hanging within certain dimensions.

Come see the variety of interpretations of this challenge. For information, contact Holly Oddson at 934-2391.

Fitness Center Renovation Website

A website has been created by the Sports Management Group to keep residents informed about the Fitness Center Renovation Project. To view directly, go to www.rossmorfitness.com. The site has four major sections: project overview, project history, features and plans and latest news.

Mystery Book Club meets

The Mystery Book Club meets Monday, Oct. 2, at 7 p.m. in Multipurpose Room 1 at Gateway. Members will discuss Magdalen Nabb, the author of “Death of an Englishman.”

The protagonist is Marshal Guarnaccia of the carabinieri, and the story is set in Florence, which she describes as a very secret city. She has written 14 novels featuring the marshal and his love of the city of Florence as he investigates crimes.

Nabb also writes the immensely successful Josie Smith books, set in her native Lanarkshire, which form the basis of the Granada children’s TV series. Josie Smith, scripted by the author.

Everyone is welcome to meetings, even if a book by the featured author hasn’t been read. Meetings are usually held the first Monday of the month at 7 p.m. in Multipurpose Room 1 at Gateway. The July and September meetings are held on the second Monday of the month, allowing for national holidays.

Recycled use eyeglasses

Residents may recycle eyeglasses they no longer use in re- ceptacles at the clubhouse or the white mailbox at Gateway.

POETRY CORNER

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

By Marc Hofstadter

103 is a number I usually associate with a sultry summer day, a pitcher’s batting average, or a good crowd at a poetry reading, not with a man’s age, but then again Ben’s taught me a lot of new things. Like how to meet life head on, or how to soldier on after a loved one’s death, or how to lighten a day with humor. I could probably find 103 ways to say he’s admirable, easy, but I’ll limit myself to the big one: he’s given me hope.

Ben Slomoff At 103

At 103, Ben Slomoff is still composing. “Poetry Corner” is a biweekly column with poems contributed by members of the Rossmoor Poetry Circle.

Ben Slomoff At 103

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RELIGIOUS SERVICES

JEWISH
B’nai Israel of Rossmoor will hold Yom Kippur Kol Nidre services on Friday, Sept. 29, at 7:30 p.m. in the Tahoe Room at the Event Center. Yom Kippur services will continue on Saturday, Sept. 30, beginning at 9:30 a.m. The afternoon service begins at 3:30 p.m. and is followed by Yiskor, the concluding service, and a break-fast. Ruth is welcome and it is free of charge. No reservations are needed.

For further information, contact Judy Vida at 926-0922. Anyone needing a ride to a B’nai Israel event should contact Harry Stouwt at 787-8006.

METHODIST
Tice Valley United Methodist Church invites everyone to a joyful and hope-filled worship experience on Sundays at 11 a.m. in Peacock Hall. This Sunday, Oct. 1, Pastor Joanne Peterson will preach on Acts 20:7-8, 11. Her sermon title is “A Meal From Our Past.” Loni Williams is the music director. The choir sings each Sunday from September through Holy Communion is celebrated on the first Sunday of each month.

Weekly worship is wheelchair-accessible with large print bulletins and aids for hearing. For information or pastoral care, contact the church office, Monday through Thursday, 9 a.m. to 1 p.m., at 937-4555, or email tvumc1@sbcglobal.net.

LUTHERAN
Hope Lutheran Church invites everyone to gather for a spirit-filled worship service in the Fireside Room at Gateway on Sun., Oct. 1, at 10:30 a.m. Pastor Jack Niemi will preach on Matthew 21:23-32. Maestro Wayne Anderson serves as pianist, and Don Gurley serves as Cantor. Special music will be presented by Blythe and Zenon Davis. The congregation will observe First Sunday Sharing by bringing items for Trinity Center, the home for the elderly in Walnut Creek. Immediately following worship, all are invited to a time of sharing delicious goodies and great fellowship.

The people of Hope Church gather in the Fireside Room to be transformed by a warm and friendly time of liturgical worship and high-spirited fellowship. Rossmoor Dial-a-Bus delivers attendees to Gateway. Large-print bulletins and hearing aid T-coils complement the accessibility of worship at Hope. New members are welcome.

For information or pastoral concerns, contact Pastor Jack at 349-5111. Visit Hope’s website at www.hoperossmoor.org for more information.

CATHOLIC
St. Anne’s Catholic Church schedule of Masses for Saturday and Sunday, Sept. 30 and Oct. 1, is as follows: Rev. George Da Roz will celebrate the 9 a.m. Mass on Saturday, and the 11:15 a.m. Mass on Sunday. Rev. Joseph Parekkatt will preside at the 5 p.m. Mass on Saturday, and the 9 a.m. Mass on Sunday. The Sacrament of Reconciliation is available on Saturdays, from 4 to 4:30 p.m. at the Fireside Room.

All are welcome at St. Anne’s Church, celebrating “Faith, Hope and Love” since 1965. For information, call the church at 932-2324.

EPISCOPAL
St. Luke’s Episcopal Church invites all Rossmoor residents to a service of “caring and sharing through inspirational worship and fellowship” on Sunday, Oct. 1, at 10 a.m. in the Diablo Room at Hillside. On this 17th Sunday after Pentecost, the Rev. Cory Lassen will offer a sermon based on Matthew 21:23-32. The service will include Healing Prayers. All are welcome to participate fully and stay for refreshments and fellowship at the potluck coffee hour following the service.

“Bible Study for People Who Question” is held every Tuesday from 10 a.m. to 11:15 a.m., at Grace Presbyterian Church. For more information, call the church office at 932-2324.

PRESBYTERIAN
Grace Presbyterian Church invites everyone to worship on Sunday, Oct. 1, at 10 a.m. World Community will be celebrated with a joint English and Mandarin worship service with ATC-Grace Church. The Reverend Kok Tai Lim will preach. There will be combined choir singing. Everyone is invited to participate in the sacrament which will be celebrated throughout the world as a symbol of unity in Christ. There will be a special time with children before they are dismissed to Sunday school.

This offering will support global efforts to address needs of those suffering from wars and other conflicts. Twenty-five percent of the offering will help two refugee families that are establishing themselves in Contra Costa County. One family is from Iran and the other is from Afghanistan. At 4 p.m. on the Sports Court, there will be an animal blessing service in honor of Francis of Assisi. Fruit and other animal friends are encouraged to bring their human companions.

Every Wednesday at 11:15 a.m., Grace Church hosts a grief support group led by Rev. Karen Hastings-Fiegel. Newcomers are welcome. For more information, call the church at 935-2100 or visit www.gracewc.org.

Grace Bible Study Group meets tomorrow at Dollar

Rossmoor Bible Study group continues its study of Philippians on Thursday, Sept. 28, at 9 a.m. at Dollar.

This week’s focus is on chapter 1, verses 12 through 20. Paul writes about the progress of the gospel despite his current circumstance in prison.

Paul rejoices over the fact that the gospel is being preached, whether for appearance sake or in truth, and Christ is proclaimed.

The meeting format is as follows: Small groups meet from 9 to 9:45 a.m. A hymn sings-along follows. From 10 to 10:45 a.m., Pastor Glenn Tutnum finishes the session with a lecture and commentary on the material covered. At 10:45, light refreshments are served.

Those interested in the lecture only at 10 a.m. are also welcome. This is a non-denominational study with the focus on what the Bible tells the reader and how these teachings apply to life.

For more information, call Jim Williams at 934-0594.

Grace holds pet blessings

A blessing of the animals will be held on Sunday, Oct. 1, from 4 to 6 p.m., at Grace Presbyterian Church.

The blessing will happen on the sport court, just off the main parking lot of the church. All are welcome to bring their furred, feathered or finned friends to this blessing of the animals. There will also be time to reflect and remember beloved animal friends who have passed.

This day is selected in honor of Francis of Assisi, who is often remembered as the patron saint of animals. It became customary for churches to hold ceremonies on Francis’ feast day and his feast day of Oct. 4. No RSVPs are necessary.

Grace Presbyterian Church is located at 2100 Tice Valley Blvd. in Walnut Creek, just down the street from the entrance to Rossmoor.

For more information, call the church office at 935-2100.

RELIGIOUS SERVICES

B’nai Israel holds High Holy Day services

B’nai Israel of Rossmoor continues its High Holy Day services in the Event Center.

The upcoming services are Yom Kippur on Friday, Sept. 29, at 7:30 p.m., Yom Kippur morning service on Saturday, Sept. 30, at 9:30 a.m., Yom Kippur afternoon service, including Yiskor, also on Sept. 30, at 3:30 p.m., followed by Break-the-Fast.

Cantor Steven Richards will conduct the services, as he has for the past several years. He is well known in the Bay Area, having served as cantor/educator for Congregation B’nai Tikvah in Walnut Creek from 1999 to 2000.

There is no charge for members or guests. All are welcome. Car pools are recommended as parking is limited.

For information, call Judy Vida at 926-0922 or Karolyn Kim Stein at 938-2880.
Mindful Living presents talk on inner life Oct. 8

The Mindful Living Club and Center for Spiritual Cultivation present the Rev. Savanna Riker on Sunday, Oct. 8, at 11 a.m. in the Event Center.

Rev. Riker, a minister with the Center of Spiritual Living in Oakland, will talk on “Making Space for an Inner Life.”

We are each capable of creating a deeper inner space for that which matters most. How do we go about making space for this aspect of life?

The service includes a musical celebration of the club’s second anniversary and honors those who have given of themselves to others.

The spiritual “When the Saints Go Marchin’ In” will lead the celebration. Other musical pieces will include “The Prayer of Saint Francis” and “Abraham, Martin and John.”

There is no cost to attend the service, which will include a free will offering.

For more information, contact Marcia Flagg at MarciaFlagg@Gmail.com or 970-231-1399.

NCJW sets mother-daughter fashion show

The National Council of Jewish Women (NCJW), Contra Costa section, will have a mother-daughter fashion show. Members and their daughters will model the latest fashions featuring clothes by Chico’s.

There will also be a lunch provided by Simple Elegance caterers. The entrée choices are chicken teriyaki or eggplant parmesan.

The event is Sunday, Oct. 15, at 10:30 a.m. in the Event Center. The cost is $36 per person. All Rossmoor residents are invited.

Reservation checks should be sent to Shirley Donnellen, 703 Toreador California Drive No. 4, or put in the NCJW mailbox at Gateway. Be sure to note the entrée choice.

Those who want to sit together should send checks in one envelope. The reservation deadline is Saturday, Oct. 7.

For information, call Donnellen at 482-0426 or email Elaine Brown at brownelh54@gmail.com.

Friends of Peace and Justice to meet

Rossmoor Sons in Retirement (SIR) will meet on Tuesday, Oct. 3, in the Fireside Room at Gateway Clubhouse. Registration and the open bar starts 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 2016. 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 commanded combat engineer units in Germany and South Korea. In 1973 he earned a master of science degree in high energy physics from MIT. He returned to West Point, where he taught several physics courses for four years. He then resigned his commission and became a nuclear weapons designer at the Lawrence Livermore National Laboratory.

Rose (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 fjords 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 and cinnamon crumble. The cost for the full buffet and hosted bar is $17.

All Rossmoor men are always welcome to attend SIR luncheons. No reservations are required. The SIR members and guest speaker meetings provide an opportunity to maintain and enhance old friendships and make new acquaintances.

For information about Rossmoor SIR, contact Walt Braun at 240-994-1410 or David Heflich at 702-349-8182 and visit the SIR website at www.sirbranch81.org.

Couples to talk to SIR about cross-country bicycle trip

Rossmoor Supporters of the Retired and Elderly (SIRE) will host a meeting at Friday, Oct. 6, from 1 to 3 p.m in the Vista Room at Hillside.

The meeting will focus on planning future anti-war rides and will feature speakers to develop programs for the upcoming year. Ideas for networking with other groups that have similar goals will be discussed. A discussion on whether to revive the Friday afternoon sidewalk peace vigils will be held.

A Social Justice Fair to take place in the early spring will also be discussed.

All members of the former Grandparents for Peace and Justice group are invited, as well as all Rossmoor residents. The grandparents’ group was an early response to the invasion of Iraq. The group met monthly and held weekly sidewalk peace vigils that now may be restarted.

Refreshments will be served at the meeting. For more information, call Bobbie Rabinowitz, publicity chair, at 939-7384.

Author Margaret Zhao talks to Rotary about her memoir

Local award-winning author Margaret Zhao will speak to the Rossmoor Rotary Club on Wednesday, Oct. 4, in the Diablo Room at Hillside.

She will give an inspiring and witty presentation on her memoir, “Really Enough; a True Story of Tyranny, Courage and Comedy.”

Zhao’s book charts her daunting struggle for survival, freedom and forbidden love, from her life as an enemy of the state under Chairman Mao to her culture shock with the American Dream.

The Rotary Club’s luncheon meetings are from 11:30 a.m. to 1:30 p.m. Lunch is served at noon and the guest speakers begin at 1. There is time for questions and answers.

All Rotarians and their guests are welcome as well as anyone interested in the guest speaker and her topic.

For information about Rotary, email Jim Olson at jwel9414@gmail.com.

Wayne King passed away peacefully at home in Walnut Creek, Calif., on Sep 14-17, surrounded by his wife, 2 sons and their wives. He had been suffering from the effects of congestive heart failure for several years. The family has been very helpful and caring during Wayne’s illness has progressed.

Wayne signed up with Kaiser Hospice located in Martinez. He is survived by his loving and devoted wife, Wanda. He is lovingly remembered by his sons Kevin and Kern, their wives Heather and Susan, respectively and grandchildren, Kelsey and Adrian.

Wayne was born in Oakland, CA, to Duncan and Hazel King on January 30, 1930. His parents moved from Oakland to Escalon, CA to a ranch when Wayne was 12 years old. When Wayne was 13 in the 8th grade he met his future wife Wanda and they went to the same high school and dated. When they were 20 years old, the Korean War had started and Wayne was notified that he would be drafted into the Army and probably end up in Korea. So Wayne and Wanda got engaged and 3 weeks later, on December 28, 1950 were married.

When Wayne came home from Korea, he moved to Walnut Creek where they stayed ever since. Wayne started working as a photo-engraver apprentice and photo-engraving became his life’s work, while Wanda was a kindergarten teacher. Wayne and Wanda retired at age 60 in June 1990.

If you want to make a donation in Wayne’s memory, here are 2 worthy causes:

Kaiser Martinez Hospice
200 Mur Rd.
Martinez, CA 94553
OR
For more information call: (510) 987-4000

Tony La Russa’s Animal Rescue Foundation (ARF)
2890 Mitchell Drive
Walnut Creek, CA 94598.

For questions, please call (925) 256-1273.
### Saturday, September 30

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Pancake Breakfast</td>
<td>Room Reservations</td>
<td></td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Yom Kippur</td>
<td>Entire Clubhouse, EC</td>
<td>B'nai Israel</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Domino Play</td>
<td>MPRI 2, G</td>
<td>Domino Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Chess Play</td>
<td>Chess Room, D</td>
<td>Hope Lutheran</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Kettlebell Class</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>12 p.m.</td>
<td>V’nai Israel Service</td>
<td>Vista Room, H</td>
<td>B’nai Israel</td>
</tr>
</tbody>
</table>

### Sunday, October 1

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Sunday Service</td>
<td>Vista Room, H</td>
<td>Silkam Community Church</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Sunday Service</td>
<td>Diablo Room, H</td>
<td>St. Luke’s</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Sunday Service</td>
<td>Diablo Room, G</td>
<td>Hope Lutheran</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Self Defense Class</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Sunday Service</td>
<td>Diablo Room, G</td>
<td>Tice Valley Methodist Church</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Mindful Meditations</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Chair Sit &amp; Stretch</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

### Monday, October 2

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Group K</td>
<td>Room Reservations</td>
<td></td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Luk Tung Kuen</td>
<td>Diablo Room, H</td>
<td>Luk Tung Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Abs / Back</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Qi Gong</td>
<td>Diablo Room, H</td>
<td>Chinese/American Club</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Ladies Ball Team</td>
<td>Tennis Club</td>
<td>Tennis Club</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Males Exercise</td>
<td>MPRI 1, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Strength Yoga</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>Strength</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Keeping Fit</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Bridge</td>
<td>Peacock Hall, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Brown Baggers</td>
<td>Garden Room, D</td>
<td>Domino Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Master Swim</td>
<td>Pool, H</td>
<td>Silver Bullets Swim Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Emergency Deep</td>
<td>Faireb, A/B, C</td>
<td>Emergency Prep, Brg</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>TLC Yoga</td>
<td>Diablo Room, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Muscle Movers</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Open Bocce Play</td>
<td>Bocce Courts, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Water Exercise</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Light Strength</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>T'Lc Yoga</td>
<td>Diablo Room, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Needleworkers</td>
<td>Seiving Room, G</td>
<td>Seving Arts Club</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Mat Science</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>MPRI 3, G</td>
<td>Basketball Club</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Italian Cultural Group</td>
<td>Vista Room, H</td>
<td>Italian American</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Parkinson Group</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Hula Club</td>
<td>Modular, DV</td>
<td>Hawai State</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Mixed Doubles</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Sunlight Yoga</td>
<td>Modular, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Water Exercise</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Bridge</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Square Dance</td>
<td>Diablo Room, H</td>
<td>Square Dance Club</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>AOA Open 12 Step Meeting</td>
<td>Vista Room, H</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>
Excursions are on sale in the Admin-
istration 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 manage independently. Neither
the Excursion Desk nor the trip escort can
accept responsibility for residents who can-
not do so.

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

Times listed are the News are the actual
times of departure. Names will be called to
board the bus 15 minutes prior to this time.
For information, call 868-1731.

LADY WASHINGTON AND JACK LONDON SQUARE

Wednesday, Oct. 11

Extensive walking

Tall ship Lady Washington, the official
ship of Washington State, will visit Jack
London Square in Oakland for a limited
time. Experience the Adventure Sail aboard
Lady Washington and get a glimpse of sailing
and maritime storytelling. Lady Washington is
a living reminder of the U.S. Navy’s great vessel to
make landfall on the West Coast of North America in
1788. She has appeared in motion pictures
and television shows, including “Pirates
of the Caribbean: The Curse of the
Black Pearl,” “Star Trek: Generations” and “Once Upon a Time.”

After the cruise enjoy free time at Jack
London Square to have lunch, shop or
take in the sights. Wear laid-back clothing
and comfortable shoes. The bus will leave
Gateway at 7:15 a.m. and return at approx-
imately 3 p.m. The cost is $67.

PACIFIC INTERNATIONAL QUILT FESTIVAL
Thursday, Oct. 12

Extensive walking

The Pacific International Quilt Festival returns to Santa Clara Convention Center
with a spectacular collection of over 800 quilts and works of wearable and textile
art. This highly anticipated quilt show is the largest on the West Coast. Visitors
to the show will view the exciting innovations and
entries of the 2016 World Quilt Compe-
tition along with ribbon winners from the
U.S. This outstanding collection of quilts
highlights the skills of quilters from around
the world: Africa, Asia, Australia, Europe,
North and South America. Fashionable entries from the Wearable
Art Competition will also be on dis-
play. The event also offers a wide array
of workshops and lectures presented by
international and national instructors. Explore the aisles of the 300-booth Merchants Mall
with the best in fabrics, notions, ma-
nuals and machines. The event also
includes admission for the Merchant Mall and
Quilt Show.

HANSEL AND GRETEL AT THE LESHER CENTER
Saturday, Oct. 14, at 1 p.m.

Minimal walking

Fantasy Forum Actors Ensemble presen-
ts "Hansel and Gretel" at the Lesher Center in Walnut Creek. A young brother
and sister are left in the forest after the
costat makes a “wheat” spell on their par-
ents. Aided by their faithful friend, Dog,
they outwit the cookie baking witch. For
over 30 years Fantasy Forum Actors En-
semble has been providing live, quality
musical theatre entertainment that fea-
tures original scripts and professional
actors. The Rossmoor Transportation
Department will provide free transpor-
tation for the first 18 participants. Cost is $19.

APPLE HILL
Tuesday, Oct. 17

Extensive walking

Apple Hill in Camino near Placerville is
a great place to visit any time of the year.
It is at its very best during the fall when
the fruit is ripe, and the weather is still
warm. The Apple Hill Growers Associ-
ates includes more than 50 orchards,
on orchards, Christmas tree farms, and win-
eries. All over Apple Hill during the harvest.
there are apples, apple pie, apple cider,
apple strudel, apple cake, apple bread.
Upon arrival at High Hill Ranch, take a
tour through the orchards with your
flavored with coffee. Take a loop through
country hills visiting two apple or-
chards. All tours are guided by step-
by-step guide and a running commentary on the history and
development of Apple Hill. After the
tour, enjoy a barbecue buffet lunch in-
cluding special homemade apple dessert.

Continued on page 14B

Excursions from the Recreation Department

WEDNESDAY, OCTOBER 4

TIME
6 a.m.       7 a.m.       8 a.m.       9 a.m.       10 a.m.       11 a.m.       12 p.m.       1 p.m.       2 p.m.       3 p.m.

EVENT
Group Cycle
Abs/Back
Rhythmotics
Qi Gong
Deep Peace Aerobics
Strength Exercise
Mens Interclub
Keep Fit
Brown Baggers
Knitters Group
Board Meetings
Tai Chi
Pilates
Tennis Clinic
Open Bocce

LOCATION
Modular, DV
Modular, DV
Modular, DV
Garden Room, D
Modular, DV
Garden Room, D
Modular, DV
Modular, DV
Garden Room, D
Modular, DV
Garden Room, D
Modular, DV
Modular, DV
BMCC

TIME
4 p.m.       5 p.m.       6 p.m.       7 p.m.       8 p.m.       9 p.m.       10 p.m.       11 p.m.

EVENT
Water Exercise
Volunteer Exchange Meeting
Charity Chili Cook-Off
Italian Class
Public Affairs
Country Dance
Square Dancing

LOCATION
Pool, H
Modular, DV
HCC
Modular, DV
Garden Room, D
Garden Room, D
Peacock Hall, G

TIME
12 a.m.       1 a.m.       2 a.m.       3 a.m.       4 a.m.       5 a.m.       6 a.m.       7 a.m.

EVENT
Cigar Night
Volunteer Meeting
Community Chorus
Dance Lessons
Volleyball Practice
Falldance
Tai Chi Challenge

LOCATION
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC

TIME
8 a.m.       9 a.m.       10 a.m.       11 a.m.       12 p.m.       1 p.m.       2 p.m.       3 p.m.       4 p.m.       5 p.m.

EVENT
Workout
General Meeting
Cribbage
Group Cycle
Dance Lessons
Sewing Lessons
Bridge

LOCATION
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC

TIME
6:30 p.m.       7 p.m.       8 p.m.       9 p.m.       10 p.m.       11 p.m.       12 a.m.

EVENT
Aerobic Dance
Streetside Dance
Two Step
Square Dancing
Tennis Practice
Food Lessons

LOCATION
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC

TIME
11:30 a.m.       12 noon

EVENT
Roast Beef Luncheon

LOCATION
BMCC

TIME
2 p.m.       3 p.m.       4 p.m.       5 p.m.       6 p.m.       7 p.m.       8 p.m.

EVENT
Mediterranean Class
Cooking Class
Chili Cook-off
Dance Lessons
Cigar Night
Charity Chili Cook-off

LOCATION
BMCC
BMCC
BMCC
BMCC
BMCC
BMCC

TIME
8 a.m.       9 a.m.       10 a.m.       11 a.m.       12 noon

EVENT
Band Practice

LOCATION
BMCC
IE PHILHARMONIC ORCHESTRA AT DAVIES SYMPHONY HALL
Tuesday, Oct. 31

Minimal walking

The Israel Philharmonic Orchestra and its longtime music director Zubin Mehta will all be at work in Davies Symphony Hall in San Francisco as part of Great Performers Series. The Israel Philharmonic Orchestra is considered one of the most influential cultural institutions. Since its founding, the orchestra has dedicated itself to presenting the world’s greatest music to audiences in Israel and around the world. Mehta was appointed music advisor to the orchestra in 1969 and became its music director in 1977. During this 40-year partnership, Mehta has conducted over 3,000 concerts for the orchestra. Mehta has traveled across five continents. The program includes: Amit Pizzorno Footnote Suite from The Motion Picture, Mozart Symphony No. 36 (Linz) and Schubert Symphony in C major (The Great). The bus will depart Gateway at 6:15 p.m. and return at 11 p.m. The cost is $120.

TANGO BUENOS AIRES: "THE SPIRIT OF ARGENTINA"
Saturday, Nov. 11

Minimal walking

Directly from Argentina, Tango Buenos Aires comes to Zellerbach Hall in Berkeley for one night only. For more than 30 years, Tango Buenos Aires has traveled the world as an ambassador of Argentina’s most cherished cultural export, bringing the striking sounds and sultry elegance of the tango to audiences near and far. “The Spirit of Argentina” tells the story of Carlos Gardel, a French/Argentinian singer, songwriter and actor through songs and dance. Although Gardel died in an airplane crash at the height of his career, he became a tragic hero mourned throughout Latin America. For many, Gardel embodies the soul of the tango style. His heart, mind and spirit lives within Tango Buenos Aires as they weave the tango’s history. The bus will depart Gateway at 6:30 p.m. and return around 11 p.m. The cost is $87.

TEOTIHUACAN: CITY OF WATER, CITY OF FIRE” AT THE DE YOUNG
Wednesday, Nov. 8

Extensive walking

“Teotihuacan: City of Water, City of Fire” exhibit at the de Young Museum in San Francisco explores how artworks from the ancient city shape our understanding of Teotihuacan as an urban environment. One of the earliest, largest, and most important cities in the ancient Americas, Teotihuacan is now a UNESCO World Heritage Site and the most visited archaeological site in Mexico. The exhibition, organized in collaboration with Mexico’s Instituto Nacional de Antropología e Historia (INAH), will feature recent, never-before-seen archeological discoveries and other major loans from Mexican and U.S. cultural institutions. Monumental and ritual objects from Teotihuacan’s three pyramids will be shown alongside mural paintings, ceramics, and stone sculptures from the city’s apartment compounds. By bringing these pieces together, the exhibition will provide a rare opportunity for Bay Area audiences to experience a significant place in Mexico’s cultural landscape - the captivating and mysterious ancient city of Teotihuacan.

The bus leaves Gateway at 7:30 a.m. and will return around 11 p.m. Cost is $40 for most programs and $30 for parties and small groups.

DICKENS FAIR
NEW LISTING

"ALADDIN THE MUSICAL" Christmas Fair
Wednesday, Dec. 6

Minimal walking

The new hit Broadway musical “Aladdin” comes to the Orpheum Theatre in San Francisco. It is this new production is filled with unforgettable beauty, magic, comedy, heart and a rousing score by Alan Menken, the record-breaking composer of “Beauty and the Beast,” and the extraordinary theatrical event where one lamp and three wishes make the possibilites endless.

The show features the most exciting and popular icons as today’s headlines unfold.

Vladimir Putin, Beyoncé, Lady Gaga, Donald and Melania Trump, Hillary Clinton and Kanye, Barack Obama, Kim Kardashian Trump, Bernie Sanders, Kim Kardashian, Jared Kushner, Tom Brady, and countless other global stars. A celebrated Dutch violinist, conductor and showman, Rieu has sold more than 25 million albums worldwide. Eleven of his albums have gone gold or platinum. On October 24, the inimitable violinist performs Beethoven’s Violin Concerto, a work deemed “unplayable” by critics due to the composer’s demand for an almost unfeasible level of virtuosity for solo violin. Also on the program is Ives’ Symphony No. 4, a work of rhythmic complexity considered to be one of the greatest masterpieces. The Excursion Desk has a limited number of side orchestra seats for this highly anticipated performance. Enjoy an informative talk by Peter Grunberg that begins one hour prior to the concert (traffic permitting). The bus will depart Gateway at noon and return at 6 p.m. The cost is $105.

SMUNI CHRISTMAS BALLET AT THE LESHER CENTER
Saturday, Nov. 18, at 2 p.m.

Minimal walking

It might be cold outside, but it’s sizzlin’ hot at Lesher Center in Walnut Creek when Smuin Ballet kicks off the holidays with “The Christmas Ballet.” From classical to cool, Smuin offers two acts filled with a stunning and original array of ballet, tap and jazz. A joyous celebration of dance and a true holiday classic, Smuin’s program features Smuin favorites and new pieces. Rossmoor Transportation Department will provide free transportation for the first 18 participants. Cost is $50.

GREAT DICKENS CHRISTMAS FAIR
Sunday, Dec. 3

Extensive walking

The Great Dickens Christmas Fair is a one-of-a-kind holiday adventure that takes place at the Cow Palace in San Francisco. Enter the world of Charles Dickens’ Victorian London and discover the heart of the holidays! Explore over three acres of vintage exhibition halls, marvelously transformed into lamp-lit streets, boisterous pubs and wondrous theaters, music halls, dance parties, tearooms and shops offering one-of-a-kind treasures. Join the dance, mince pies, sip hot mulled wine with bangers and fish ‘n’ chips, exotic Greek delicacies, French onion soup, and enticing desserts.

The bus will depart Gateway at 7 a.m. and return at 4 p.m. The cost is $55.

NEW YEAR’S MEXICAN RIVIERA
Dec. 27 through Jan. 2

Winter cruises on the Danube are a real insider’s secret. The dreamy riverscapes and romantically illuminated towns have a unique charm. A visit to the different Christmas markets is a true highlight.

Tour highlights:
• Frankfurt Christmas market
• Six-night cruise aboard the MS Amadeus Sydney
• Rothenburg walking tour and Christmas market
• Nuremberg city tour and Christmas market
• Regensburg walking tour and Christmas market
• Passau and Danube cruising
• Vienna city tour
• Melk Abbey and glühwein tasting
• Tour of Vienna’s historic center
• 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, five lunches and six dinners), free wine with dinners, sightseeing per itinerary, on-board entertainment, professional tour and cruise manager, baggage handling and port charges. Prices start at $3,295 per person, double occupancy, and vary based on cabin class. More info: 707-228-7515 or make all your arrangements in advance 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.

NEW YEAR’S IN SOUTHERN CALIFORNIA
Dec. 30 through Jan. 3

Ring in the New Year and experience the best tastes of Southern California with Holland America Cruise Line. This eight-day cruise aboard the MS Oosterdam is a roundtrip cruise from San Diego. The Mexican Riviera is filled with rich culture, bright flavors, scenic vistas, and most definitely, fun in the sun. Holland America aims to provide service that is both never out of reach and always available. Holland America introduced a new program called On Location with activities and onboard experiences that feature traditions from the regions in which the MS Oosterdam is in port. The cruise will visit Cabo San Lucas, Mazatlan and Puerto Vallarta. Included in the price: Seven-night cruise, roundtrip airfare to San Diego, all meals and entertainment, port taxes, luggage handling and port charges. Prices start from $1,979 per person, double occupancy, and vary based on cabin. More info: 707-228-7515 or make all your arrangements in advance 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.

NEW YEAR’S AT THE PASADENA ROSE PARADE
Dec. 29 through Jan. 3

Celebrate New Year in Southern California. Experience the magic of the Tournament of Roses Parade. Continued on next page
Excursions

nament of Roses Parade, exclusive to the streets of Pasadena.

Tour highlights:
• Parade floats decorating site in Irwindale
• Fairand Exp Village
• Band Fest Show
• San Diego Zoo
• Tournament of Roses Parade

The cost per person, double occupancy, is $1,125 ($1,460 for single occupancy).

Tour includes: lodging for four nights, eight meals, tours, per itinerary, all entrance fees, deluxe motor coach transportation, luggage handling and gratuities. A deposit of $200 is due with reservation (check only). Full itineraries and reservation forms are available at the Excursion Desk.

NEW LISTING

A TASTE OF YOSEMITE

Experience A Taste of Yosemite at the Majestic Hotel (formerly the Ahwahnee Hotel), World’s most innovative and ac-

cclaimed chef-owners to share their
cuisine at this exceptional event. Ac-

 commodations for three nights will be at the Yosemite Majestic Hotel.

Tour highlights:
• Hosted lunch at Charles Street Dinner House
• Cooking demonstrations and tasting
• Meet the chef reception
• Chef’s holiday gala dinner
• Hilmar Cheese Factory tour and hosted lunch

The cost per person double occupancy is $1,295, $1,875 for single. Tour includes three nights deluxe lodging, three meals (two lunches and one dinner), cooking demonstrations, behind-the-scenes tour, motor coach transportation and a professional tour director. A deposit of $250 is due with application (check only). Balance is due Nov. 3. Detailed itinerary is available at the Excursion Desk.

A TASTE OF YOSEMITE

February 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 Depart-

ment of the Treasury, Office of Foreign As-

ssets Control, which authorizes registered guests to visit Cuba legally.

Tour highlights:
• San Diego Zoo
• La Corona cigar factory
• Old Havana walking tour
• Colon Cemetery
• Havana bus tour

America’s democracy comes to life in the heart of the capital city on an extensive tour of America’s history and culture in Washington, D.C. Tour features one hotel stay, so only unpack once.

Tour highlights:
• U.S. Capitol Building tour
• White House Visitor Center

GUATEMALA AND YUCATAN

San Francisco Comedy Competition Wednesday, Sept. 27

This event is sold out.

RICHARD GLAZIER IN CONCERT Tuesday, Oct. 3

Richard Glazier will perform his con-

cert “Lights, Camera, Music!” at 7 p.m. in the Tahoe Room at the Event Center. Tickets for this program are $12 in ad-

vance at the Recreation Department at Gate-

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

SHTRYKOV-TANAKA DUO IN CONCERT Thursday, Oct. 5

The Shtrykov-Tanaka classical piano and violin duo will perform in the Tahoe Room at the Event Center. This free concert is open to all residents and their guests.

Dwight Stone and Friends in Concert Friday, Oct. 6

Pianist Dwight Stone will perform along with flutist Nika Rejto and special guest pianist Dick Bertrand at 7 p.m. in the Diablo Room at Hillside. This free program is open to all residents and their guests.

Contra Costa Chamber Orchestra Sunday, Oct. 8

The Contra Costa Chamber Orches-

tra will perform their program “Making Overtures” in the Fireside Room at Gateway at 4 p.m. This free program is open to all residents and their guests.

Sunday Showcase Sunday, Oct. 8

The Larry Vuckovich Band will perform classic jazz in the Tahoe Room at the Event Center at 7 p.m. This program will be hosted by the Lions Club of Rossmoor who will be serving complimentary wine, juice and light snacks. Tickets are $12 in advance at the Recreation Department at Gateway. This event is open to all resi-

dents and their guests.

Rossmoor News • September 27, 2017 15B
The Rossmoor Travel Club offers this 14-day trip in an adventurer’s paradise, Costa Rica. Wake up to the sights and sounds of indigenous birds, the biodiversity of tropical forests, white water rivers and sun drenched beaches. Get away from the rat race and visit during low season there. This is an Overseas Adventure Travel (OAT) trip and will have a maximum of 16 travelers. Included are round-trip airfare, transportation and gratuities. The Travel Club has once again chosen OAT for this trip because of its attention to detail, best of guides and recommendations from club members who have taken this trip as recently as 2015.

The itinerary includes two nights in the capital of San Jose. The next stop is to visit Volcano National Park and collect some volcanic rocks to go back home. Based in La Fortuna, it offers local farming methods. The next day includes an optional river rafting trip (class 1 and 2), and an optional tour to Tortuguero National Park. This trip will be the first OAT group to visit Tortuguero after the 2016 nesting season, where the entire group will enjoy a visit to Tortuguero town (no roads, no cars) by boat to explore this Caribbean town. The next day will be a canal exploration tour in Tortuguero National Park. The final destination is from San Jose to Tortuguero National Park. This trip will be the first OAT group to visit Tortuguero after the 2016 nesting season, where the entire group will enjoy a visit to Tortuguero town (no roads, no cars) by boat to explore this Caribbean town. The next day will be a canal exploration tour in Tortuguero National Park. The final destination is from San Jose to Tortuguero National Park. This trip will be the first OAT group to visit Tortuguero after the 2016 nesting season, where the entire group will enjoy a visit to Tortuguero town (no roads, no cars) by boat to explore this Caribbean town.
The Rossmoor Travel Club is sponsoring this Overseas Adventure Travel (OAT) 12-day exciting land之旅 to discover all the highlights of Iceland. The trip begins in Halifax, Nova Scotia. Also available is a pre-trip to Montreal and Quebec City beginning on July 22. The OAT cost includes the capital city's main landmarks: the 18th century Prince of Wales Tower, and the Titanic grave site where many were returned for burial after recovery. Also included is a visit to Halifax’s waterfront to learn more about the area’s sea-faring heritage. Next, explore the eastern and southern shores of St. Margaret’s Bay to the picturesque village of Peggy’s Cove, along with a visit to the British planned colonial settlement of Lunenburg’s Old Town (a UNESCO World Heritage Site). Also, visit the beautiful city of Cape Breton, the Grand Pre Historic Site commemorating the Acadians and their deportation in the mid-1700s, and the Alexander Graham Bell Museum where he worked for 35 years. Next, journey to St. John’s, New Brunswick, next to the Bay of Fundy at Reversing Falls where the rapids are one of the highest in the world dependent on the ebb and flow of the tides. In the historic town of St. Andrews-by-the-Sea, the town settled by British Loyalists after the American Revolution. Highlights of the trip include a visit to FDR’s summer retreat on Campobello Island and works with individual travelers to personalize air itinerary, and work with the professional cruise planner to help get the trip organized. For information and the next steps to take now. Information flyers for this trip are available in The Rossmoor Travel Club mailbox at Gateway.

AROUND THE BAY AREA

AUG 19, 2018

UNTAMED ICELAND

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The tour continues in Kalambaka where the group will see Temple of Apollo and the Delphi Archeological Museum. classic Greek dishes. In Delphi, the group will tour the for a cooking class where the group will learn to prepare Ephesus by small ship, a combination of a land tour and and most extensive classical Greco-Roman cities in the post-trip extensions depart Aug. 20 and return on Sept. post-trip is four nights in Cappadocia, Turkey. local restaurant. the Benaki Museum, to shop or just wander to discover two days to look around Athens including a tour of the Temple of Artemis, one of the original Seven Wonders and people. Optional full-day tour of two UNESCO sites: center), which is a UNESCO World Heritage Site, including of Rabat, visiting the Royal Palace, ruins and gardens. In Casablanca, travel to the ancient imperial city Kings and King Tut Tomb, UNESCO World Heritage Site of the Nile.” Continue down the Nile heading to Aswan. Disembark and subtitle: "Learn to identify gem in Lapidary Club class" Cesila artist to give demonstration to members of Ceramics Art Club... Ceramics Art Club’s information and meeting will be held on Friday, Sept. 29, from 11 a.m. to 12:30 p.m. in the Ceramic Studio at Gate- All members are welcome and encouraged to ask ques- Ceramics Art Club tour facilitator, Sally Day at 954-7801 or email sday@comcast.net. Club will meet Tuesday, Nov. 27, at noon in the Club Room at Creekside. This is an important meeting because it involves the annual election of officers. The offices of president, secretary and treasurer are up for elec- tion this year. The following business meeting and election, the an- event will be held, followed by a raffle for the centerpieces. This is a potluck luncheon. The club will provide a main dish that meets dietary restric- tions. Members whose last name begins A through M, should bring a dessert. Mem- bers whose last name begins N through Z, should bring a salad. There is no charge for the luncheon, but attendees must get the required ticket in advance. Members can sign up and get a luncheon ticket at the front desk. The supervisors in the Sewing Studio at Gateway, starting nearest the windows before 11 a.m. on Oct. 9. The main demonstration will be accom- companied by an identifying slip with the artist’s name, phone number and price, if for sale. The identifying slips are in the blue sales ring-binder kept between the two display windows. For information, contact Joy Hicks, 939-3316. Laurie Curtis demo... There will be a general meeting on Tuesday, Oct. 10. Following a brief busi- ness meeting, there will be a demonstration by Laurie Curtis, a well-known local ceramic artist. This meeting and demonstration is open to anyone who wants to attend. Curtis studied fine arts in high school and college and fell in love with watercolor painting on paper. About 20 years ago, an Italian art- ist friend introduced her to Italian Majolica ceramics products and she realized she could use them like watercol- ors on top of glaze and make beautiful pottery. The materials she uses today are the same that Italians have been using for centu- ries: terra cotta clay, pigments and white glaze then painted with designs using mineral oxides and ultramarine. Her Majolica ceramics have been shown and sold in many local restaurants and wineries in Marin County and the wine country. Her work can be viewed at www.lauriecurtis.net.

Club Trips

Continued from page 17B

Ephesus by small ship, a combination of a land tour and small ship (only 50 passengers). The tour begins with overland travel to Acharna, Greece for a cooking class where the group will learn to prepare classic Greek dishes. In Delphi, the group will tour a local restaurant.

The Rossmoor Sewing Art Club sets put felt lunch and election of of- ficers.

The Rossmoor Sewing Art Club will meet Tuesday, Nov. 27, at noon in the Club Room at Creekside. This is an important meeting because it involves the annual election of officers. The offices of president, secretary and treasurer are up for elec- tion this year. The following business meeting and election, the an- event will be held, followed by a raffle for the centerpieces. This is a potluck luncheon. The club will provide a main dish that meets dietary restric- tions. Members whose last name begins A through M, should bring a dessert. Mem- bers whose last name begins N through Z, should bring a salad. There is no charge for the luncheon, but attendees must get the required ticket in advance. Members can sign up and get a luncheon ticket at the front desk. The supervisors in the Sewing Studio at Gateway, starting Monday, Oct. 2.

Sewing Art Club sets put felt lunch and election of of- ficers.
Lapidary Club seeks new featured artist

It’s time to begin the selection process for the next artist to be featured in the Lapidary Studio at Gateway. The program is sponsored by the Rossmoor Lapidary Club. The first featured artist was Barb English, whose fused glass was on display in the studio.

The program highlights artists who work with metal, fused glass, stones, gems or beads. Two every months, the club selects a new featured artist by random drawing. All applications will be considered for each successive drawing. Featured artists display multiple pieces in the Lapidary Studio for a two month period. Artists selected to become featured artists must be a member of the Lapidary Club. Applications can be obtained at the Lapidary Studio or printed from www.rossmoorlapidary.com.

Completed applications should be returned to the supervisor on duty in the Lapidary Studio. The deadline for applications is Wednesday, Oct. 11. It is only necessary to apply once.

Each featured artist will be interviewed by the club’s board of directors. All paintings about the artist will be submitted to the Rossmoor News. The artist will be invited to write a brief biography of the artist and covering topics such as the artist’s creative process and motivation, who inspired them and the experiences the artist has had with the discipline.

The studio is open from 9 a.m. to 3 p.m. Monday through Friday. All skits and knives are welcome.

The club has over 120 members. The club offers numerous classes in the various lapidary arts throughout the year. All items in the studio windows and the display cases are crafted by members and are for sale.

To learn more about the club, visit the website or email club President Carol Leh at lehrpc@gmail.com.

Wood Shop offers knife sharpening in October

The popular knife sharpening service offered by Ross- moor’s woodworkers will again be available on Fridays, Oct. 6 and 20, from 9 a.m. to noon in the Wood Shop at Gateway.

For convenience, knives and other items can be sharpened (for example, scissors) may be dropped off during these times and picked up later when the shop is open. The shop is regularly open on weekdays (except holidays) between 9 a.m. and 4 p.m.

The price is about half of what it costs elsewhere. There have been many satisfied customers.

Dale Laitinen offers watercolor demonstration

Continued from page 8B
His work has been represented in several galleries in California, and he publishes in numerous art periodicals, including Art in America, Westword, Magazine and Watercolor Magazine.

He is the author of “Blue Shadows Country,” a self-published book featuring his paintings. And he has made several videos on painting the landscape, including “The Language of Landscape” and “Landscape Essentials.” His videos are available through www.ccpvideos.com and www.dalelaitinen.com.

All residents of Rossmoor are welcome to join the free event; refreshments will be served during the break.

For more information contact Marcy Wheeler, RAA Program Chair, at 787-9159.

Democrats Book Club to discuss Joan C. Williams book on Monday

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

Williams, a conservative commentator, was extensively reviewed in the “Off the Shelf” column in the July 12 issue of the Rossmoor News. The town hall meeting styled event is available through the tradition of Arlie Hochschild’s “Strangers in Their Own Land” and J.D. Vance’s book, “Hillbilly Elyg,” both of which have been studied in the class-based field. Williams defines the working class by behaviors, values and ways of life.

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 mana- gerial elites whose sometimes thoughtlessness condescend- ing behavior breeds animosity among working class whites. She notes that the working class tends to resent the liberal elites epitomized by Hillary Clinton who have ignored the policies that were meant to appeal to mi- norities and the poor.

All are welcome to enjoy the discussion of this book. Membership in the Democrats of Rossmoor is not required to come to the book club. For information, contact Jane Wal- ter at 945-1429 or at walter- jane@ymail.com.

TGIF hosts dinner at Event Center with ghosts and goblins theme

The TGIF Club presents “Ghosts and Goblins” on Fri- day, Oct. 20, at the Event Cen- ter. Members should get out their mask and costume and join the fun.

There will be a costume pa- rade and prizes will be award- ed. TGIF members will also elect the officers for the com- ing year.

The seven-piece Jambalaya Band will play a large variety of music for dancing and en- tertainment.

The cocktail hour starts at 6 p.m. Creekside Grill will serve a variety of appetizers. Dinner at 7 features an Oc- toberfest menu of Polish and German dishes.

The cost of the event is $35 for members and $40 for guests. Members are en- couraged to bring guests, and guest names should be includ- ed along with the reservation check.

Reservations are now being accepted. Reservation checks, payable to TGIF Club, should be mailed to Elaine Thompson at 3267 Rossmoor Parkway No. 2. Reservations fill up very quickly so members should not delay sending in their payment.

Reservations will be filled in the order received. Those who want to sit together must send all checks in the same envelope. Those who want the vegetarian option should write “vegetarian” on the check.

The reservation deadline is Friday, Oct. 13. Refunds will not be honored after this date. To cancel a reservation prior to the deadline, call Thompson at 472-0911.

TGIF is a club for Rossmoor resi- dent members-only dinner dance club that holds themed catered dinner dances party on the third Friday of each month (except January and September). A limited num- ber of memberships for inter- ested Rossmoor residents are now available.

For information on how to join, contact Marie Chris- tensen, membership chair- woman, at 395-3751 or at barriedelrod@sbcglobal.net.

Connection hosts talk by docent from USS Hornet Museum in October

The Connection presents a talk by a docent from the USS Hornet Museum in Alameda, on Tuesday, Oct. 3, at 6:45 p.m. (social time) in the Fireside Room at Gateway.

The docent will talk about the sea rescue of the NASA Apollo astronauts and also discuss the USS Hornet Museum and other retired aircraft.

Buzz Aldrin, Neil Arm- strong and John Collins trav- eled to the moon in their lunar module and were rescued from their water landing by the crew of the USS Hornet. Nelson will describe this exciting adven-

ture, using a PowerPoint pre- sentation, which begins at 7:15.

Everyone is welcome to this free program.

For questions about the program, call Barbara Gilbert at 932-1389. For information about the Connection, call Fran Barry at 393-5095.

Cocktails@Creekside meets on Oct. 6 for drinks and appetizers

Cocktails@Creekside meets on Friday, Oct. 6, from 5 to 7 p.m. at Creekside Room 1 and 2. Since October usually has balmy evenings, there will be patio seating as well.

For $17, members get two cocktails of choice, appetiz- ers and a chance to win great raffle prizes too. Guests and walk-ins pay $22.

This is a place where mem- bers can spend an evening of fun, sharing food and cocktails with friends and making new friends at the same time.

Raffle prizes are a $50 gift certificate for Il Pavoine and a $50 gift certificate for El Vito. Everyone, including walk- ins, is welcome. For reser- vations, send a check to Pete Meeker at 2345 Tice Creek Dr. No. 3 or place in the club mail- box at Gateway no later than Wednesday, Oct. 4.

Make checks payable to Civics. Reserves must be selected Cal- l for cancellations made after Thurs- day, Oct. 5, cannot be refund- ed.

Membership fees to join the club are $12.50, which is good through March 2018. For more information, call Pete Meeker at 348-7678.
Sewing Arts Club dues now payable

In addition, the club provides supervisors in the Sewing Studio to orient members to the machines and assist them with individual sewing projects.

For more information about RSAC, contact Dorothy Legocki, vice president, at 954-1841 or Joan Greeland, secretary, at 947-2924.

Red Hatters to meet for luncheon

The Red Hat luncheon will be on Saturday, Oct. 14, at 11:30 a.m. in the Fireside Room at Gateway. The menu choices are Italian pot roast or salmon along with anniversary cake for dessert.

The cost is $18 for members and $20 for nonmembers. Reservations check, payable to Rossmoor Red Hatters, must be received by Oct. 10. Checks can be dropped off at the club's mailbox or mailed to Treasurer Tom Mesetz at 939-2132. Al help meetings, where more experienced AURG members troubleshoot problems on Macs, iPhones, and iPads, an AURG representative is available in the Computer Room at Gateway on Wednesdays, from 10 a.m. to noon, to help Apple users.

To join AURG, email jiruza@comcast.net, include address and phone number in the body of the email to get weekly updates on the club's activities.

There are no dues to join, as the group relies on donations to cover the cost of extra 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.

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.

Diwali, India's most joyous and colorful annual event, celebrates the triumph of light over darkness, good over evil, and knowledge over darkness. It is observed in October every year. The festival is celebrated with firecrackers, lanterns, oil lamps, and colorful lights. People wear new clothes, exchange sweets and gifts, and light Diyas (oil lamps) to symbolize the victory of good over evil.

The menu includes barbecued fish and lamp, roasted chicken, mutton curry, rice and pilaf, raita, and elephant ear. Desserts include samosas, mithai, and gulab jamun.

In addition to its occasion-specific food, the club also celebrates the cultural and religious aspects of Diwali. The club's program includes music, dance, and storytelling, which will provide a festive and educational experience for all attendees.

To join the India Club, interested individuals can contact the club's representative Kathy Wong at 289-7920.

Rossmoor Red Hatters can be found on the website, www.rossmoorredhatters.net. Information is provided by Liz Sloan.

Upcoming events

Tuesday, Sept. 26, members will dine at 11:30 a.m. at Charlie's Restaurant in Walnut Creek. Members will be responsible for the cost of the lunch.

Rotary Club of Rossmoor thanks all for attending the appraisal event fundraiser on Aug. 23. Many items were appraised at the event.

The cost is $50 per couple for members and guests will be served a variety of hors d'oeuvres.

The cost is $18 for members and $20 for nonmembers. Reservations check, payable to Rossmoor Red Hatters, must be received by Oct. 10. Checks can be dropped off at the club's mailbox or mailed to Treasurer Tom Mesetz at 939-2132. Al help meetings, where more experienced AURG members troubleshoot problems on Macs, iPhones, and iPads, an AURG representative is available in the Computer Room at Gateway on Wednesdays, from 10 a.m. to noon, to help Apple users.

To join AURG, email jiruza@comcast.net, include address and phone number in the body of the email to get weekly updates on the club's activities.

There are no dues to join, as the group relies on donations to cover the cost of extra 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.

Lions bring in more than $1,000 from appraisal event

The Lions Club of Rossmoor thanks all for attending the appraisal event fundraiser on Aug. 23. Many items were appraised at the event.

The cost is $50 per couple for members and guests will be served a variety of hors d'oeuvres.

The cost is $18 for members and $20 for nonmembers. Reservations check, payable to Rossmoor Red Hatters, must be received by Oct. 10. Checks can be dropped off at the club's mailbox or mailed to Treasurer Tom Mesetz at 939-2132. Al help meetings, where more experienced AURG members troubleshoot problems on Macs, iPhones, and iPads, an AURG representative is available in the Computer Room at Gateway on Wednesdays, from 10 a.m. to noon, to help Apple users.

To join AURG, email jiruza@comcast.net, include address and phone number in the body of the email to get weekly updates on the club's activities.

There are no dues to join, as the group relies on donations to cover the cost of extra 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.

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**30s/40s/50s Couples Club plans Oktoberfest celebration on Oct. 19**

Assorted beers and food will be served

The 30s/40s/50s Couples Club will have an Oktoberfest celebration on Thursday, Oct. 19, beginning at 6 p.m. at the Event Center.

In the German tradition, assorted beers and wine as well as soft drinks will be offered accompanied by appetizers that include soft pretzels and sausages.

The buffet begins at 6:45 and will feature meat or vegetarian sausages, beer-battered chicken, German potato salad, sauerkraut with carrots and bread with apple strudel and coffee.

Open seating will be at long tables. Guests are welcome to bring their own wine, if they choose.

The talented and award-winning Grand Isle Fire Brigade will entertain and engage participants with a variety of festive music.

The cost is $35 per person minimum and $40 per person for guests. Send reservation checks, payable to the 30s/40s/50s Couples Club, c/o Mimi Knox, 2711 Saklan Indi- court, at barbarabritt0314@gmail.com or at 457-8609.

The reservation deadline is Thursday, Oct. 12. No refunds will be available after that date.

Members have priority for an event until the cut-off date. Guests will be accommodated on a space-available basis in the order their reservation is received.

For information about membership, contact Sandy Wieder at 949-7571.

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

For information or to join, contact Membership Chairwoman Jill Reiner at 935-7556 or at jill_reiner@yahoo.com or Jan Widdel at 944-0812.

**Singles Salons set autumn dinner event to be held at Dollar Clubhouse**

Singles Salons will hold its bimonthly Dollar Clubhouse dinner on Sunday, Oct. 15. The event will start at 5 p.m. with wine and hors d'oeuvres.

Dinner, by Simple Elegance, is a choice between grilled salmon or grilled tri- tip. The menu will also feature Caesar salad, roasted potatoes and carrots and carrot cake for dessert.

There will be live music after dinner. The cost is $40 for members and $45 for guests. Guests will be welcomed on a space-available basis.

Reservation checks, payable to Singles Salon, should be sent to Larry Ruff at 1817 Skycrest Drive No. 5. Be sure to indicate the choice for the main course.

The next happy hour, called YIT (Yea, it's Thursday), will be welcomed on a space-available basis. It will start at 5 p.m. on Thursday, Oct. 19. It is open to all Rossmoor residents who are 55 and older. A copy of car insurance and current driver's license is required.

For details, visit www.ross- moorvec.weebly.com.

The Rossmoor News offers a free obituary up to 120 words. For in- formation on how to place a free or a paid obituary, call 988-7800.
Registered nurse talks at Sunday Speaker Series on clean eating

Joel Beland, a registered nurse, will be the featured Super Sunday Speaker on Oct. 15, at 3 p.m. in the Aerobics Room at the Fitness Center.

Beland will speak on nutrition and the benefits of a plant-based lifestyle. He will also share some tips and introduce tools to sustain a long-term plan for staying healthy.

Beland is dedicated to providing excellent professional and compassionate care for his patients and won the Daisy Nursing Excellence award in 2016.

His experience ranges from working as a medical surgical nurse, working in the cardiac unit and caring for patients in intensive care. He has spent more than half of his career working in the emergency room.

After losing several family members to illness and dealing with serious medical issues of his own, Beland developed a passion for sharing a deeper understanding about the importance that nutrition plays in maintaining health and well-being.

Armed with this knowledge, he is healthier than ever before and cancer-free for 12 years.

For the past 23 years, Beland has touched the lives of patients across the globe. After graduating from nursing school in Canada, he used his expertise to take care of patients as far away as Switzerland, before coming to the United States where he worked in New York, Vermont, Florida and Colorado before moving to California. As a Beckman and National Institutes of Health (NIH) scholar, Miller discovered and published descriptions of novel chemical reactions allowing the development of potential new cancer and AIDS pharmaceuticals. Early in her career, she oversaw federally regulated laboratories and became an expert in trace-level detection of contaminants.

As a respected educator, Miller has developed a comprehensive cannabis educational program teaching thousands of patients and the general public about cannabis, cannabinoid therapeutics, cannabis physiology and dosage development.

As a club that does not collect dues, donations are gratefully accepted. Refreshments are provided at the meetings.

For information, contact club President Renee Lee at 979-9068, or check the website at www.rossmoormmc.org.

All styles of yoga classes offered

The Rossmoor Fitness Center offers a variety of yoga and directed movement classes, from Monday through Saturday. Most classes are held in the modulars in Del Valle parking lot unless otherwise noted. Classes are for all levels and accommodate those with physical limitations. Participants are advised to wear loose clothing and come with a relatively empty stomach. Props, when needed, may include bolsters, mats, blocks, straps and blankets. The following is a list of all the classes with times, location and style. Contact the instructor for information or check the schedule in the Fitness Center.

MONDAY

Integrated Yoga

Time and place: 10 to 11:20 a.m. in the Shasta Room at Del Valle Fitness Center. Free.

Style: Improve energy, focus, strength, balance and flexibility.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is a certified yoga instructor and a Living Stress Reduction method.

Fees: $12 per drop-in, 10 sessions for $100.

TLC: Beginner Yoga

Offered as a series

Time and place: 11:35 to 12:35 p.m. in the Shasta Room at Del Valle Fitness Center. Nine classes in the series.


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.

Style: Hatha yoga (based on Iyengar teachings) emphasizing correct alignment and posture while developing strength and balance.

Instructor: Barbara Bureker, who has been a yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

STRETCH Yoga

Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Fitness Center.

Instructor: Sarah Harvey. A certified yoga practitioner for 16 years, Harvey believes her class is a good match for those new to yoga, or those working through injuries or other limitations. For information, call 925-788-4128.

Frees: $10 per class, or $35 per month for four classes, or $60 for eight sessions.

Active Yoga

Time and place: 7:25 to 8:25 p.m. in the Diablo Room at Hillside.

Instructor: Barbara Bureker, who has been a yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

ACTIVE Yoga

Time and place: 12:15 to 1:15 p.m. in the Diablo Room at Hillside.

Style: This class is geared toward current yoga students who have taken class on a regular basis for at least two years.

Instructor: Sarah Harvey. Call 925-788-4128.

Fees: 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 drop-in classes for $60.

Mindful Living offers Laughter Yoga class

The Mindful Living Club offers Laughter Yoga on Saturday, Oct. 7, from 9 to 10:30 a.m. Enjoy laughter exercises with instructors Dr. Mimi Salamat and Joy Maynes. No yoga mats are required. Just come to laugh and have fun.

The class is preceded by a 30-minute silent meditation at 8:30 a.m. There is no charge for the series, but donations are appreciated to cover the $20 room charge.

For more information, visit www.MindfulLivingClub.org/laughter-yoga2.html or contact DickPowell536@aol.com.

Biochemist talks to Medical Marijuana Club

Internationally recognized biochemist, Samantha Miller, will be the guest speaker for the Medical Marijuana Education and Support Club meeting on Tuesday, Oct. 10, at 7:15 p.m. in the Diablo Room at Hillside. Miller’s topic will be “Therapeutic Uses of Cannabis.”

She will discuss their uses from pain due to inflammation, appetite issues, anxiety, spasticity related disorders such as Parkinson’s, multiple sclerosis and fibromyalgia, post-traumatic stress disorder, and sleep disorders.

In addition, she will discuss ways of consumption and considerations around those options as well as a discussion of some current research on cannabinoid therapeutics.

As a scientist and chief scientist of Pure Analytics Laboratory, a renowned cannabis analysis facility, Miller merged over 20 years of cannabis cultivation experience with her extensive scientific, product development and business background. She has been responsible for the development of unique techniques in cannabis analytics, research and strain isolation.

As chief scientist for Humboldt products, she was instrumental in developing the Humboldt vaporizer pen that was selected as one of Time magazine’s best innovations of 2016.

As a Beckman and National Institutes of Health (NIH) scholar, Miller discovered and published descriptions of novel chemical reactions allowing the development of potential new cancer and AIDS pharmaceuticals. Early in her career, she oversaw federally regulated laboratories and became an expert in trace-level detection of contaminants.

As a club that does not collect dues, donations are gratefully accepted. Refreshments are provided at the meetings.

For information, contact club President Renee Lee at 979-9068, or check the website at www.rossmoormmc.org.
Yoga classes offered

Continued from page 22B

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, agility and cardiovascular conditioning.

The strength training class is offered Monday, Wednesday and Friday from 8:45 to 9:30 a.m. in the aerobics modular in the Del Valle parking lot.

The class works 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.

Participants go through a series of stretches to warm up before the resistance workout. Occasionally, Steen includes circuit training where class members rotate around the room performing specific tasks.

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.

Residents find the 30-minute aerobic segment strengthens their heart and lungs and increases their stamina. Residents sing “Roll out the Barrel” while performing jumping jacks and cross country skiing.

A low-impact aerobic 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.

The last 15 minutes in the Tuesday class are devoted to core and upper body workouts, whereas Thursday classes set aside 15 minutes for mat work and relaxation.

For information, call Steen at 827-2955 or stop by a class to learn more from practice. Like being introduced to basic essential techniques to improve concentration which takes place on the summer solstice and the East Bay Walk to End Alzheimer’s. According to Pat Devine-Cummings, club chair, the annual walk is the second largest national fundraiser for Alzheimer’s research, after the federal government.

It is only by increasing funding for research that “we are going to reach a world without Alzheimer’s disease,” according to Devine-Cummings.

Furthermore, she stated, everyone has a stake in finding a cure because Alzheimer’s disease or a related dementia affects one in three individuals in this society.

Devine-Cummings said that of 600 walks across the country last year, Walnut Creek came in an impressive 26th in terms of walkers and monies raised.

The club invites Rossmoor residents to help make the 2017 walk a success by registering to walk or by supporting a walker. Walkers can take part in either a three-mile or one-mile course.

There will be signup tables for the walk on Sept. 29 and Oct. 13, from 10 a.m. to noon at Gateway.

For more information or to register or donate, visit the club’s website at http://act.alz.org/RossmoorFriends2017.

Rossmoor Friends of the Alzheimer’s Association are, from left, Joy Maynes, Pat Devine-Cummings, Gail Peterson, Barbara diGiorgio and Jim Grizzell.

Alzheimer’s group readies for annual fundraising walk at Heather Farm

Rossmoor Friends of the Alzheimer’s Association has kicked off plans to support the annual East Bay Walk to End Alzheimer’s on Saturday, Oct. 21, at Heather Farm Park in Walnut Creek.

The club’s main goals are advocacy (supporting state and federal Alzheimer’s bills) and fundraising.

Since its inception, the club has taken part in fundraising events at Rossmoor such as the annual craft fair in November and the flea markets in May and September.

Its two major fundraising activities are the Longest Day celebration which takes place on the summer solstice and the East Bay Walk to End Alzheimer’s.

According to Pat Devine-Cummings, club chair, the annual walk is the second largest national fundraiser for Alzheimer’s research, after the federal government.

It is only by increasing funding for research that “we are going to reach a world without Alzheimer’s disease,” according to Devine-Cummings.

Furthermore, she stated, everyone has a stake in finding a cure because Alzheimer’s disease or a related dementia affects one in three individuals in this society.

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There will be signup tables for the walk on Sept. 29 and Oct. 13, from 10 a.m. to noon at Gateway.

For more information or to register or donate, visit the club’s website at http://act.alz.org/RossmoorFriends2017. New website teaches how to meditate

The Mindful Living Club’s website has added a new section with contemporary articles on how to meditate, particularly in the mindfulness meditation methods.

New links will be added as they become available. Meditation is not easy and getting techniques to improve concentration will help people gain more from practice. Like becoming proficient at any activity, practice is required and these articles provide very useful help.

The website is http://www.mindfullylivingclub.org/to-meditate.html.

TRAVELING?

Don’t forget to bring your exercise with you.

Check out exercise programs on DVDs produced by the club 28 TV for your traveling pleasure and health.

Feel free to make your own copies for extended travels.

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: 7:15 a.m. to noon, Aerobics Room at Del Valle.

Soothing Seated and standing yoga options. For the floor for those who wish.

Instructor: Bonnie Maeda, who has been a certified yoga practitioner for seven years. She is a registered nurse and works with students during the healing process. Call 510-548-9566.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

Restorative Deep Yoga

Time and place: 5:15 to 6:40 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Deep breathing, the expand heart, open the hips, increase flexibility. Regular practice develops a progressively increasing relaxing capability. Participants are gradually introduced to basic essential postures and how to uniquely configure them safely and comfortably to support the body toward harmony and balance.

Instructor: Leena St. Michael, a Yoga Alliance Continuing Education provider. Call 200-5130 or email leena@ompeace.com.

Fees: $12 for drop-in or five sessions for $50; 10 sessions for $90.

THURSDAY

Integrated Yoga

Time and place: 10 to 11:20 a.m. in the Shasta Room at Del Valle Fitness Center. Call the instructor, 200-5130.

Style: Deep therapeutic relaxation and energy renewal.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.

Fees: $12 per drop-in or five classes for $50; 10 sessions for $90.

Strength Yoga

Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Stretch to relax and build up strength. All are welcomed.

Instructor: Barbara Bureker, who has been a yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

FRIDAY

Flexible Yoga

Time and place: 10:15 to 11 a.m. in the Shasta Room at Del Valle Fitness Center.

Style: This class puts emphasis on flexibility with strength, using lyengar style.

Continued on page 24B

Continued from page 22B

yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

Restorative Deep Yoga

Time and place: 5:15 to 6:40 p.m. in the Shasta Room at the Del Valle Fitness Center.

Style: Deep breathing, the expand heart, open the hips, increase flexibility. Regular practice develops a progressively increasing relaxing capability. Participants are gradually introduced to basic essential postures and how to uniquely configure them safely and comfortably to support the body toward harmony and balance.

Instructor: Leena St. Michael, a Yoga Alliance Continuing Education provider. Call 200-5130 or email leena@ompeace.com.

Fees: $12 for drop-in. Ten-day pass for one of her drop-in classes is $90.

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: 7:15 a.m. to noon, Aerobics Room at Del Valle.

Soothing Seated and standing yoga options. For the floor for those who wish.

Instructor: Bonnie Maeda, who has been a certified yoga practitioner for seven years. She is a registered nurse and works with students during the healing process. Call 510-548-9566.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

Restorative Deep Yoga

Time and place: 5:15 to 6:40 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Deep breathing, the expand heart, open the hips, increase flexibility. Regular practice develops a progressively increasing relaxing capability. Participants are gradually introduced to basic essential postures and how to uniquely configure them safely and comfortably to support the body toward harmony and balance.

Instructor: Leena St. Michael, a Yoga Alliance Continuing Education provider. Call 200-5130 or email leena@ompeace.com.

Fees: $12 for drop-in. Ten-day pass for one of her drop-in classes is $90.

THURSDAY

Integrated Yoga

Time and place: 10 to 11:20 a.m. in the Shasta Room at Del Valle Fitness Center. Call the instructor, 200-5130.

Style: Deep therapeutic relaxation and energy renewal.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.

Fees: $12 per drop-in or five classes for $50; 10 sessions for $90.

Strength Yoga

Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Fitness Center.

Style: Stretch to relax and build up strength. All are welcomed.

Instructor: Barbara Bureker, who has been a yoga instructor for 39 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

FRIDAY

Flexible Yoga

Time and place: 10:15 to 11 a.m. in the Shasta Room at Del Valle Fitness Center.

Style: This class puts emphasis on flexibility with strength, using lyengar style.

Continued on page 24B
Yoga classes

Continued from page 23B

yoga with a focus on correct body alignment. A more vigorous yoga class using props is practiced when needed.

Instructor: Barbara Bureker. For information, call 934-7951.

Fees: $7 per class, one class per week; $6 per class, two to three per week for drop-ins.

Style: Gentle Yoga

Time and place: 11:45 a.m. to 12:45 p.m. in the Shasta Room at Del Valle Civic Park Community Center.

Style: This class emphasizes correct alignment of the body and includes some chair work, as well as basic standing poses. Each session ends with relaxation period.

Instructor: Sarah Harvey, a graduate of Iyengar Yoga Institute. Call 925-788-4128.

Fees: $10 per class, $35 for four classes, $60 for eight classes.

SATURDAY

Tibetan Kun Nye Yoga

Secoinal Training with His Holiness the 14th Dalai Lama

Time and place: 10 to 11:30 a.m. in the Shasta Room at Del Valle Fitness Center.

Style: Renew a spirit of ease and appreciation through gentle yoga. Relax the body and mind.

Coordinator: Endy Stark. For information, call 938-4681.

Fees: $10 per class.

Active Yoga

Time and place: 9:45 to 10:45 a.m. on the first, third and fifth Saturday of the month.

Style: This class is geared toward current yoga students who are taking classes on a regular basis for at least two years.

Instructor: Sarah Harvey. Call 788-4128.

Fees: Drop-in fee is $10 per session. Participants also have the option of buying a series of four classes for $35, or eight classes for $60. Class series are good for 90 days.

California Women Lead offers training on appointments

Rossmoor residents who have ever considered getting involved in their local community as an appointee to a board or commission and want to know more about how the process works should consider joining California Women Lead and State Assemblywoman Catharine Baker on Thursday, Oct. 12, at 6:30 p.m. at Civic Park Community Center, Social Hall, 1375 Civic Drive, Walnut Creek, for an appointments training.

Learn the process that one should undertake if they are appointed to a board/commission/committee at the local and state level.

This training is free and open to the public. The event is sponsored by nine Contra Costa County AAUW branches and Junior League East Bay.

To find out more, call 916-551-1920 or register online at www.cawomenlead.org

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TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from Sept. 28 through Oct. 4

The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

POST IT! is a community bulletin board that allows residents to 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 Meeting Sept. 28: The Board will discuss and approve the 2018 GRF operating budget. If the meeting runs longer than the time slot allows, the programming that follows will be adjusted.

Channel 28's TV BINGO. Game. One hour.

On Tuesday, Oct. 3, at 5 p.m. play TV Bingo at home. Pick up a free bingo card at Channel 28's office at Creekside and play the first Tuesday of each month. Prizes are donated by local merchants for dinners, theatre, haircuts and fresh flowers. This game is for residents only.

"UNDERSTANDING Contemporary American Conservatism." Book discussion. 29 minutes. Joel D. Aberbach is a professor of political science and the public policy director for the Center for American Politics and Public Policy at UCLA. Aberbach discusses the results of his studies and identifies the qualities that characterize the conservative.

HISTORY of Rossmoor, Part II. 30 minutes.

Changes and More Changes. This video covers the development that took place within the Rossmoor community in the 1990s to early 2000s. The focus is on the adjustments within Golden Rain Foundation, the Mutuals, and Medical Center. Highlighted are lawsuits; the development of residents' new community concern that took place within the Rossmoor community in the 1990s to early 2000s. The focus is on the adjustments within Golden Rain Foundation, the Mutuals, and Medical Center. Highlighted are lawsuits; the development of residents' new community concern groups; the changing structure of Golden Rain Foundation; and the decision whether to continue to maintain the Medical Center. This program was written and narrated by Rossmoor Historian Society president, John Nutley.

TOM Rigney and Flambeau. Cajun music. One hour, 50 minutes. Violinist and Cajun fiddler Tom Rigney has been a part of the Bay Area roots music scene for more than 35 years. In 2000, after 15 years as leader and violinist of the Sundogs, the fiddler/composer stepped out on his own with a new band called Flambeau. Flambeau's rise to fame was quick, with a 2003 release titled "Happy to be Here," that spent weeks on the Americana Radio chart.

Rossmoor FOLLIES, Variety show. One hour, 15 minutes. Performing Art Guild of Rossmoor (PAGR) presents its second variety show, Rossmoor Follies. PAGR is an alliance of 17 diverse performing arts clubs in Rossmoor that embrace the best of music, drama and dance. Eight clubs perform in this production: Ashmolean Singers, Rossmoor Ukulele Club, Chinese Performing Arts Club, Drama Association of Rossmoor, Harmony, Dixieland Jazz Club, Opera Club, and Rossmoor Rhythm Revue. Pati Leidecker is the piano accompanist for all the singing groups.

URINARY Incontinence and BPH. Talk on health. One hour, 15 minutes. Dr. Wei Zheng speaks about the problem of urinary incontinence and BPH (benign prostatic hyperplasia, or enlarged prostate gland), a disorder that can be both embarrassing and inconvenient. Zeng discusses the many approaches to treating this disorder with the latest treatment options – some medical, some surgical. Zheng is from the Pacific Urology Group of Walnut Creek, is board certified in urology, received his medical degree from McGill University in Montreal and completed his urology and general surgery residency training at McGill.

RUSIAN Opera, Opera music. 40 minutes. Russian Opera is a recital presented by Termitzhan Yerzhanov, an award-winning pianist, and the dramatic soprano Alla Markovic. Included are selections by Tchaikovsky, Glinka, Rimsky-Korsakov, Rachmaninoff and Shostakovich with a little description of the stories interspersed. Kazakh-born Yerzhanov was educated at the prestigious Moscow Conservatory. The award-winning Markovic, who is originally from the Republic of Belarus, has performed numerous opera roles with Bay Area companies, the St. Petersburg Rimsky-Korsakov Opera and Beethoven Music Academy Opera Studio.

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= Screened boxes indicate that programming continues into next half-hour time slot.

When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.

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