PG&E to talk about wildfire safety Tuesday

PG&E representatives will tell Rossmoor residents about the utility’s wildfire safety program and address other local community concerns during a forum on Tuesday, Oct. 30, at 3 p.m. in the Event Center. All residents are encouraged to attend. The forum is expected to last 1-1/2 hours.

Residents are concerned about wildland fires encroaching into Rossmoor. Dry grasses under nearby PG&E power lines that are outside of Rossmoor have caught fire. The flames were extinguished by firefighters before they reached Rossmoor. High power lines are strung in the vicinity of manors on Stanley Dollar, Ptarmigan and Skycrest drives, for example. The Rossmoor forum will be led by Vic Baker, senior manager of the Diablo Division of PG&E. He will bring three other representatives with him to talk on different topics, including the utility’s wildfire safety and power shut down programs.

Residents will be able to ask questions. In case issues regarding the fire district or the city of Walnut Creek come up, Fire Marshal Steve Aubert, Assistant City Manager Fran Robustelli and police Sgt. Bruce Jower will also be on hand.

Continued on page 8A

Why does Rossmoor use leaf blowers in the fall?

By Rebecca Pollon
Landscape manager

It’s that time of year when the familiar sound of power leaf blowers can be heard at most hours of the day throughout Rossmoor. In order to address residents’ common concerns about leaf blowing, the Landscape Department would like to answer a few frequently asked questions as the fall season gets underway.

Question: Why don’t the gardeners use rakes and brooms instead of blowers?

Answer: It takes much longer to clear areas of leaf debris and dirt with rakes and brooms than it does with a blower. While rakes and brooms are a great option for small gardens, due to the large scale of Rossmoor and the additional time it would take, service fees would be substantially higher.

Continued on page 13A

Grateful Koreans thank three Rossmoor vets for their service during Korean War

Vets receive Ambassador for Peace medals

By Cathy Tallyn
Staff writer

Veterans of the “forgotten war” received the honor they didn’t receive some 65 years ago when they returned from the Korean War.

With the backdrop of a standing-room-only audience of some 200 people, 61 former service men and women from Contra Costa County were recognized last Wednesday afternoon.

Counsel General Joon Yong Park of the Republic of Korea carefully placed Korea’s Ambassador for Peace Medal around the neck of each veteran.

While families and friends clicked away on their cell phone cameras and a TV camera rolled, each veteran was announced by name by one of four local congressmen, some of whom were combat veterans.

Three Rossmoor Army veterans – Philip Henry Efland, Mark Lynch and Dr. Samuel Olinner – were among those honored during the hour-and-a-half program.

The local veterans said the ceremony reminded them of long ago and that they were grateful for the honor.

“It took me back”

“While I was sitting there with all of us with our gray hair … I imagined a group of 21- and 22-year-olds sitting there. It took me back,” said Efland.

He was 21 and just out of college and the ROTC when he was called to active duty. After training, he was sent to Korea. He served in 1952 and 1953 in the 3rd Division in the area north of Seoul, near the 38th parallel, which was the prewar boundary between North and South Korea. It was also a focal point during negotiations for a cease fire.

“There was jockeying toward the end of the war to establish a line of demarcation,” Efland said. “I saw my share of action.”

Continued on page 12A
Balloons galore

Balloons are, from left, Basbas, O'Rourke and Marlatte. It took them four hours to pull off the caper. Pictured among the gift wrap – even her glasses. Two members of her staff, Chrissa Basbas and Claudia Marlatte, managed to get into her office on Sunday and decorate it for O’Rourke’s last birthday at the News (she retires on Jan. 31). It took them four hours to pull off the caper. Pictured among the balloons are, from left, Basbas, O’Rourke and Marlatte.

Sign up by today to be in Rossmoor phone book

Residents have until Wednesday, Oct. 24, to sign up to be in the 2018-19 Rossmoor telephone directory. A card to sign up was inserted in the Sept. 19 News. Residents who want to be listed in the new directory should follow the instructions on the card. American Directory, which prints the phone book, offers two ways to get information into the directory. Residents can complete the card with name, address, manor 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.

Event 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. The new phone book will be delivered some time in December.

Clarification of fire story

In last week’s article on the PG&E wildfire presentation, it was reported that in recent fires above Stanley Dollar Drive, Ptarmigan Drive and Skycrest Drive, “the flames were extinguished by firefighters before they reached Rossmoor.” To clarify, the flames were extinguished before they reached Rossmoor buildings. In some instances, the flames were on Rossmoor property, but not near structures.

Recreation closes on Halloween

The Recreation Department at Gateway will be closed on Wednesday, Oct. 31, from 10 a.m. to 3 p.m. for the community Halloween party. Signs will be posted in advance. Recreation apologizes for the inconvenience.

No payments for 12 months. 0% interest on Approved Credit

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 and classified advertising: 925-988-7800 Fax: 925-988-7862

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

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Contributing Writers: Various writers from Democrats of Rossmoor, Progressive View; Charles Jarrett, Theater Review; Bill Leary, Engaging Aging; Tom Mader, At Wit’s End; Ed Manning, Republican Perspective; Robert Moon, Modern Classical CDs; various writers of Sustainable Rossmoor, Earth Matters. 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 Readers 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.
Pilot program for On-Demand bus service at Rossmoor starts in December

The six-month pilot program of the Transportation Department’s On-Demand ride service in Rossmoor is getting closer to reality. The launch date for weekend service will be Saturday, Dec. 1. The launch date for Monday through Friday service will be Monday, Dec. 3.

The new service will replace the Dial-a-Bus services and incorporate the White Line fixed route and Paratransit Service into one service Monday through Friday. The service will replace the Dial-a-Bus service on Saturday, Sunday and holidays.

It is important to note that the pilot program of the On-Demand service will have no impact on the Red, Yellow, Blue and Green fixed routes that run Monday through Friday.

Beginning on the launch dates, shuttle services will no longer be offered. All Dial-a-Bus and shuttle rides will have to be requested through the On-Demand service.

The purpose of starting the On-Demand service in Rossmoor is to increase on-demand ridership, improve the customer experience, improve ridership wait times and improve ridership drop-off days.

The target markets for the Rossmoor On-Demand service includes commuters, White Line residents, seniors, paratransit riders, Dial-a-Bus Monday through Friday riders, shuttle services Monday through Friday, Riders to the Rossmoor Shopping Center at 5:30 and 6:15 p.m. and the 6 p.m. BART pickup, and the 7 and 8:20 p.m. BART riders.

Training sessions
To help residents get a better understanding of the On-Demand service, training sessions will be held from Nov. 17 through 20. Training sessions will be held on the following dates:
- Saturday, Nov. 17, from 9 to 11 a.m. and noon to 2 p.m. at Fireside Room at Gateway
- Monday, Nov. 19, from 8 a.m. to 2 p.m. in the Fireside Room at Gateway
- Tuesday, Nov. 20, from 8 a.m. to 2 p.m. in the Fireside Room at Gateway
- Monday, Nov. 19, from 5 to 8 p.m. in Dollar Clubhouse
- Tuesday, Nov. 20, from 6 to 8 p.m. in the Club Room at Creekside

Residents will need to bring their phones to the training.

Learn how to use new EPO website at Nov. 5 meeting
The Emergency Preparedness Organization (EPO) of Rossmoor will meet on Monday, Nov. 5, at 9:30 a.m. in the Fairway Room at Creekside. The EPO website will be introduced and there will be a power-point presentation on how to use it. This will be a tremendous help to keep members up to date on agendas, contacts and entry coordinator guidelines.

Patti Holland, a retired nurse, will talk about what foods are the most useful to have in an emergency. For example, she will discuss what foods need not be refrigerated or cooked.

Dr. Lydia Rothman, also a nurse, has researched having oxygen in an emergency. The responsibility for oxygen belongs to the one who uses it, she said.

Entry coordinators are asked to bring their success stories to share with others. These stories should take no longer than three minutes.

Carol Lu Zischke, the entry coordinator on Fairlawn Court, Entry 3, will talk about her response to the recent fire. For information, call Colene Trinterud, president, at 925-933-3016.
Fitness Center Wall of Fame

Barry Grossberg is an avid walker and a Fitness Center regular

By Alice M. King
Contributing writer

Meet Barry Grossberg, age 71, the newest honoree on Tice Creek Fitness Center’s Wall of Fame.

Talking with Grossberg, one will immediately discern a New Yorker. Born in Brooklyn, he has also lived in Queens, Staten Island and Long Island. Graduating in 1967 from Til- den High School in Brooklyn, he spent his undergraduate years at Hunter College, finishing with a double major in chemistry and geology.

Upon earning a master’s degree in science at Brooklyn College, Grossberg taught high school science in Queens and Brooklyn for 34 years. Known to his students as GBerg, Grossberg’s high energy level and outgoing personality allowed him to be successful in the classroom even with the most challenging at risk stu- dents.

After he and wife Marsha, an elementary speech patholo- gist, completed their careers in education, they first retired to Lake Worth, Fla. But their son Eric’s move to the Bay Area precipitated a cross-country relocation to be near him.

Residing in Rossmoor since 2011, Grossberg is active in the Financial Forum, the Trails Club, Temple B’nai Israel and JEICOR – Jewish Education and Information Council of Rossmoor. Additionally, Barry and Marsha were instrumental in planning the Succoth har- vest celebration at Hillside in September.

He is an avid walker and hiker. His usual routine is a daily six-mile walk outdoors. He then heads to the Fitness Center for his alternate days’ schedule. One day he rows 30 minutes and swims 40 min- utes. On the alternate day he uses the weight machines, does stomach crunches and stretches.

Not one to sit still for very long, Grossberg says the best cure for fatigue is active move- ment. Socializing also seems to be part of his game plan. So be sure to say hello to him when you see him working out and congratulate him on the Wall of Fame honor.

Barry Grossberg, who walks and works out at the Fitness Center every day, is now on the Fitness Center Wall of Fame.
Rossmoor scholarship gave student freedom to follow her passion

By Nancy Conrad
Foundation correspondent

The Rossmoor Scholarship Foundation regularly invites scholarship recipients to share updates of their student experiences after high school graduation and their goals for the future. Their updates illustrate various ways these individuals excel, and a common theme is their expression of gratitude.

Last year, Taylor Williams wrote that the Rossmoor scholarship gave her the financial freedom to “test the waters in all realms, from engineering to environmental science to politics” in her search for a career path. She also said she was “grateful for the kindness and generosity Rossmoor has demonstrated throughout my collegiate experience.”

As she followed her passion for social change, Williams chose to major in bioengineering and minor in international studies at the University of California at San Diego (UCSD), seizing every opportunity to learn and grow. She worked as lead biomedical engineer for student-run startup Worldcare Technologies for several years with the goal of creating an affordable HIV-monitoring device for resource-poor regions around the world.

Her team won the first-place prize of $25,000 in the National Academy of Engineering’s Student Business Model Competition. This led to attendance at various conferences and competitions including the Clinton Global Initiative University in Boston where she met former President Bill Clinton and Rice University’s Global Health Design Competition in Houston where she was a finalist and was inspired by “engineering students dedicated to improving healthcare accessibility worldwide.”

After shadowing surgeons at three San Diego hospitals as part of her coursework, Williams developed a passion for surgical device design and founded a startup, Ostehlux, to develop a device for more efficiently curing bone cement. She was accepted into two business incubators and continued her work.

Then there’s the issue of his residency, about which he was at first inappropriately indifferent given the legitimate questions about his actions.

Novin has been registered to vote within the city limits since he’s been on the Planning Commission. But he and his wife own a house in unincorporated Walnut Creek.

They have not claimed for county property tax purposes that they live there. However, on a March application for a seat on the Contra Costa Local Agency Formation Commission, he made a point of saying he lived there.

Novin now says he made a mistake, that he shouldn’t have claimed to have lived outside the city limits. “I wanted to demonstrate that I’m aware of LAFCO issues,” he said. LAFCO’s responsibilities include consideration of annexation of unincorporated areas.

It wasn’t the first time he had used the address in unincorporated Walnut Creek on a county application. Late last year, he did so when he applied for seats on the county’s Affordable Housing Finance Committee and the Council on Homelessness.

If he lives in the city, then misleading the county to try to gain a seat on LAFCO is inexcusable. The ends do not justify the means. And if he lives in unincorporated Walnut Creek, then he’s not eligible to serve on the Planning Commission or the City Council. Either way, this is troubling, and merits a full city investigation.

Meanwhile, our endorsement of Silva is made with recognition of hers and then-Councilman Bob Simmons’ questionable meeting with the city attorney during a 2013 personnel investigation. We declined to endorse Simmons two years ago after he was evasive in his answers to questions about that meeting. In contrast, Silva has been forthcoming, and we are satisfied with her responses.

Silva and Francois are, by far, the best candidates in the Nov. 6 election.
Scholarship offers student financial freedom

Continued from page 5A

Matt Francois

Current UCSD student and former dance team captain Taylor Williams was recently named the device. She is currently working on filing a patent for the second place. She is currently in addition, she was “incredibly humbled to receive” Captain of the Year for UCSD’s Sports and Recreation program as captain of the dance team and Overall Panhellenic Scholar for UCSD’s Panhellenic community in her fourth year. The future looks bright for Taylor Williams. Following graduation in June after her fifth year, she traveled in Asia for two months, turned down two job offers and decided to move back to San Diego to continue her job search. “Ideally in surgical device design or genomics. Ultimately I hope to use my bioengineering background and direct medical experience to make healthcare more accessible and affordable in low-resource areas.” Taylor wrote that she is

Second Mutual residents are urged to vote on bylaws

Second Mutual residents were recently mailed a packet of information and a ballot on the Mutual’s amended and restated bylaws. The Mutual has made it as easy as possible for its residents to vote on the revised bylaws, even including postage on the return envelope. The ballots need to be returned by Friday, Oct. 26.
The packet includes the new bylaws as well as a comparison chart on the amended and restated bylaws to make it easy to see what bylaws were changed and why.
The current bylaws, which were written in the 1960s and last revised nearly 30 years ago, are not up to date and have confusing language that does not make sense. There is even a reference to the Department of Housing and Urban Development (HUD), which at one time held security on the co-op loans—but not anymore since those loans have been paid off. The revised bylaws eliminate the existing requirement that HUD approve various actions by the Mutual. The Mutual board encourages everyone to vote on the bylaws—not only to ensure that the bylaws are up to date, but because the voting process is expensive and it does not want to go through this again. Previously, proposed bylaw changes were not approved because not enough residents voted on them and a quorum was not met.
Residents who have not received a ballot or who need information should contact Anne Paone in the Board Office at 925-988-7775.

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Paid for by Matt Francois for Walnut Creek City Council 2018, FPPC #1405515

The best council candidates to keep Walnut Creek on its path of fiscal responsibility, while continuing to provide the services residents have come to expect, are incumbent Cindy Silva and Matt Francois

— EAST BAY TIMES EDITORIAL BOARD, “Editorial: Silva, Francois strongest Walnut Creek council candidates” (October 17, 2018)
ROSMOOR MEETINGS

BOARD, MUTUAL AND COMMITTEE
MEETING DATES

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

Oct. 25: GRF Board ........................................ 9 a.m.
          Peacock Hall, Gateway
Oct. 26: Third Mutual Bldg, Main Committee ... 10 a.m.
          Board Room, Gateway
Oct. 26: First Mutual board .................................. 11 a.m.
          Donner Room, Event Center
Oct. 30: Mutual 8 board ........................................ 1 p.m.
          Multipurpose Room 3, Gateway
Oct. 31: Mutual 68 Building Committee ............ 10 a.m.
          Board Room, Gateway
Nov. 2: Mutual 59 ballot count ........................ 1:30 p.m.
          Board Room, Gateway
Nov. 5: Ad Hoc Tech Committee .................. 9 a.m.
          Board Room, Gateway
Nov. 5: Mutual 59 annual meeting .................. 9:30 a.m.
          Vista Room, Hillside
Nov 5: Third Mutual budget and finance .......... 2 p.m.
          Board Room, Gateway

Continued from page 6A

“Strengthening my practice of yoga, my love of rock climbing, relationships with friends and loved ones around me. It is times like these that I am especially grateful for the support I have received from the Rossmoor community. The Rossmoor scholarship truly helped me prepare for this unpredictable, exciting time in life. I am so fortunate to be seeking job opportunities that will bring me mentorship and happiness in my career, and I hope that one day I can help support college students, so they are able to do the same.”

Because of students with so much promise, such as Taylor Williams, the trustees of the Rossmoor Scholarship Foundation ask for donations to continue their work.

Residents are invited to buy a ticket to the Big Band of Rossmoor benefit concert on Wednesday, Nov. 7. (See the Big Band ad and article in this issue). Send a donation by mail (see accompanying coupon) or give online at www.rossmoorscholarshipfoundation.org.

At the site, click on DONATE and then click DONATE NOW. Thank you for helping to support scholarships for local high school and DVC students with financial need.

Scholarship Foundation welcomes donations

ROSMOOR SCHOLARSHIP FOUNDATION DONATION COUPON

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Author of “Don’t Go Broke In A Nursing Home.”
Rossmoor Fund sponsors two free legal clinics for residents in November

Contra Costa Senior Legal Services, in association with the Rossmoor Fund, offers two free 30-minute legal clinics for Rossmoor residents. The newest program, Home Ownership Protection for Elders (HOPE), is designed specifically to protect equity and ownership interest in the home. Senior Legal Service legal staff consult individually with residents on home protection issues, such as safe estate planning practices, property tax postponement, homestead declarations and the pros and cons of reverse mortgages.

This clinic is on the fourth Tuesday of most months in the Bunker Room at Creekside. The next clinics are on Nov. 27 and Jan. 22. (There’s no clinic on Christmas Day.)

The popular general legal clinic is offered on Wednesdays, Nov. 7 and Dec. 5, in the Mulligan 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, handling lawsuits and obtaining information about debtor’s 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 agency’s office in Concord for more extensive work, or referred to local agencies or private attorneys when appropriate.

These services are available by appointment only to Rossmoor residents; drop-in clients cannot be accommodated.

To schedule a free 30-minute appointment, call 925-609-7900. Be sure to specify if a HOPE appointment is requested.

Contra Costa Senior Legal Services has provided free legal services to seniors for 40 years. Legal assistance is made available by staff and volunteers.

For information about Contra Costa Senior Legal Services, visit its website at www.ccssl.org.

Board uses new meeting management system

Beginning with its Oct. 25 meeting, the GRF Board will be using a new board meeting management system called Simbli. The Simbli website is a cloud-based collaboration tool that allows users to manage meetings and planning sessions.

All the agendas and the minutes will be posted on the Simbli website, which will have a link on the Rossmoor website.

The advantage of using Simbli is so the minutes and agendas can be easily assessable for the GRF Board and the community.

The GRF Board agenda packet and all its attachments were estimated to average between approximately 1,500 to 2,000 pieces of paper per meeting. Board members used copies of the agenda until the Board Office switched to PDFs last year. Now, the Board members use laptops at each meeting to view the agenda.

CEO Tim O’Keefe began looking into other options and found Simbli. Beginning this month, all the Board members will have to do before the meeting is log into Simbli and the agenda will be there.

The Simbli website allows users to access meeting information remotely. The website can be accessed through any electronic device as it is web-based.

There is a Simbli link on Rossmoor.com for the agenda and minutes so all residents will be able to easily access Board information. The Simbli link is on the home page so it will be easy to find and then move to the governance page under GRF Board information.

PG&E addresses wildfire safety Tuesday

The worry is that small animals, such as squirrels and birds, will climb up a power pole or land on a power line, be electrocuted, fall onto dry vegetation and spark a fire that spreads into Rossmoor, necessitating an evacuation.
The process for disengagement is outlined in Policy 21 of Third Mutual and has many steps. This vote is one of the final steps. For information or questions, call one of the committee members whose names are listed in a newsletter members recently received.

Power outage? Call PG&E 1-800-743-5002

Q: With all the wilderness areas surrounding Rossmoor, is Rossmoor at a high risk for wildfires?
A: The decision to live in a beautiful place like California comes with fire risk. Nearly every area of California could be classified as high risk with our low humidity and low annual rainfall so the question really is how does the state parse the highest risk areas? Certainly, in the East Bay, we have extensive wilderness areas nearby in Las Trampas, Briones and Mt. Diablo.

The California Department of Forestry and Fire Protection (CalFire) evaluates the relative fire risk by identifying State Responsibility Fire Areas and Local Responsibility Fire Areas. CalFire’s ranking system determines whether an area exists in a Very High Fire Hazard Severity Zone (VHFHSZ). No portion of Walnut Creek or the neighboring communities of Danville near Tassajara. Unincorporated areas east and west of Danville, around Mt. Diablo and a small area to the northeast of Rossmoor are also in a VHFHSZ.

Q: What are GRF and the Mutuals doing to make the community fire safe?
A: GRF and the Mutuallys follow guidelines provided by the Contra Costa County Fire Protection District (CCCFPD), which is our local fire department. CCCFPD regularly visits Rossmoor to provide guidance and recommendations. CCCFPD was here recently and has indicated that we are in compliance with their standards. However, GRF is exploring additional mitigation efforts. GRF and MON regularly trim and remove trees, clear shrubs and plough open spaces creating firebreaks. We are also fortunate to have the golf courses provide a green firebreak running the length of the valley. GRF has also met with PG&E to express concern about two fires this summer that occurred under their equipment. PG&E’s vegetation manager toured Rossmoor in late September so that PG&E can determine additional steps they will take to keep Rossmoor safe. PG&E also agreed to hold a community forum in Rossmoor at the Event Center on Tuesday, Oct. 30 at 3 p.m. Residents are invited to attend.

Q: Is there an evacuation plan? How will I know where to go if I am evacuated?
A: The authorities will direct you to the proper venue if you are told to leave your home. The problem with establishing evacuation routes for wildland fire is that there is no way to predict in advance where a fire will start and which direction the fire will approach. Fire will move according to where it starts (terrain) and weather (wind speed and temperature). Not knowing the speed or direction of a fire in advance makes it impossible to predetermine safe routes.

Q: I am concerned that there is only one exit from Rossmoor. How could everyone evacuate without a major traffic jam?
A: Yes, there is one main entrance/exit but there are nine other entrance/exits surrounding the valley, which we refer to as “access points.” GRF cannot activate most of these because they are private property. They can only be activated by the civil authorities. Several are dirt trails which are incompatible for passenger vehicles. In the event of a major incident, the civil authorities will determine whether these access points need to be used to bring equipment into the valley or whether they can be used for egress. The authorities will make the determination based on the unique circumstances of the incident. Residents should not utilize these routes unless directed to do so by police or fire personnel.

In a June presentation to Rossmoor, Fire Chief Robert Marshall stated that it was difficult to conceive of a situation that would require the complete evacuation of Rossmoor. He said that if an evacuation was ordered, it would be for a section of Rossmoor and the evacuation zone would be the golf course. In the event a situation required a larger evacuation, he indicated it could possibly be to the county fairgrounds in Antioch.

Q: Can GRF or the Mutuals issue an order to evacuate?
A: Neither GRF nor the Mutuals have the legal authority to issue an evacuation order. Only the civil authorities can issue such an order. GRF will provide assistance to the local authorities. Residents who have subscribed to Nixle (Rossmoor’s emergency notification system) will receive notices and updates of any emergency activity. If you have not yet signed up for Nixle (it’s free) please take this opportunity to visit the Securitas office at Creekside to sign up. You will receive emergency notifications by email, text, voice call or all three if you choose.

Q: So what should I do if there is an earth-
Continued on page 10A
Rossmoor also has an active volunteer group called Creek to provide assistance in an emergency event. Members are activated as needed by the City of Walnut Response Team (CERT) in Rossmoor. CERT members who are certified as FEMA’s Community Emergency Response Team members are trained in disaster preparedness and response. The civil authorities periodically conduct training exercises in Rossmoor and also plan outside Rossmoor to handle a major (or minor) event than most of our neighbors. There is always a contingent of volunteers who volunteer with the Civil Authorities. If a natural disaster occurs, it is your responsibility to take care of yourself and your property.

A: Rossmoor is likely significantly better prepared to handle a major (or minor) event than most of our neighbors. The civil authorities (police, fire, search and rescue) periodically conduct drills in Rossmoor and also plan outside Rossmoor to handle a major (or minor) event. The civil authorities are willing to assess themselves to tear down and rebuild. The best that can be done is to mitigate the risk and follow prescribed guidelines issued by the regulating agencies.

Disaster preparedness programs

Mark your calendars for upcoming live Public Safety presentations and Channel 28 TV programming on GRF disaster preparedness, evacuation information and fire safety. Channel 28 will air their programs several times a day during the week. Check the Channel 28 schedule in the Rossmoor News, or online http://rossmoor.com/wp-content/uploads/2013/12/tv-guide.pdf.

Disaster preparedness programs:

- The Best that can be done is to mitigate the risk and follow prescribed guidelines issued by the regulating agencies.
- Shelter in place until the civil authorities or first responders quickly in the event of an emergency.
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months the long-awaited solar farm will be installed on the Rockview hillside and as a canopy above the RV lot. During the construction, the vehicles have to be moved. There are 117 vehicles that leave space from GRF so while it may seem like a handful of vehicles relocated to a street are too much for a given area, they are, in fact, spread out around the community. Over the 30-year life of the solar project, the community will conservatively save more than $97 million, which will save money in everyone’s pocketbook so the temporary inconvenience will be worth it. Thanks for everyone’s patience during the project.

**New Board packet format**

Beginning with the Board packet for the Oct. 25 GRF Board meeting, the agenda and packet will be available in a new electronic format from a software company called Simbli. The new format should dramatically reduce the use of paper and improve the efficiency of putting together GRF Board packets that regularly run 100-150 pages. To view the agenda, navigate to this site: [https://simbli.boardsoftsolutions.com/ca/goldenrain](https://simbli.boardsoftsolutions.com/ca/goldenrain). Printed packets can still be obtained by contacting the GRF Board Office.

**Employee transitions**

In September, five employees commenced employment with the GRF: Michael Angelo Kasten, News carrier; Ryan Kittinger, range worker, Golf Pro Shop; Alicia Lal, receptionist, Administrative; Owen McNamara, range worker, Golf Pro Shop; and Carlos Morales, equipment operator, Golf Course Operation.

Six employees left employment with the GRF in September: Chris Andres, golf course assistant, Golf Pro Shop; James Bigornia, custodian/AV, Custodial Services; Marie Gray, receptionist, Administrative; Larysa Mittone, lifeguard, Aquatics; Javier Morales, equipment operator, Golf Course Operation; and Nicholas Warriner, lifeguard, Aquatics.

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### Mechanics Bank funds Rossmoor Fund reception

Gary Staring, senior vice president and regional manager for Commercial Banking at Mechanics Bank, presents a check to Claire Wolfe, president of the Rossmoor Fund, for $5,000 as sponsor of the reception for donors to the fund, which was held Oct. 23 at the Event Center.

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### Rossmoor Food Drive is Nov. 19

The Rossmoor Food Drive is scheduled for Monday, Nov. 19, from 9 a.m. to 3 p.m. Rossmoor residents will be able to drive up to Gateway Clubhouse and drop off non-perishable food without getting out of their car. Volunteers will be at the parking lot side of the clubhouse to take the bags out of the cars.

Sponsored by the Rossmoor Interfaith Council, the Rossmoor holiday Food Drive is an annual event to benefit the Food Bank of Contra Costa and Solano.

In conjunction with the drive, the Interfaith Council sponsors a Harvest Festival Service on the same day at 4 p.m. at the Event Center. Details of this event will be in future issues of the News.

To help residents with their collection of food, a brown bag will be inserted in the Nov. 14 issue of the News.

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### Rossmoor News • October 24, 2018 11A
Continued from page 1A

The medal he and the others received last week were made out of barbed wire from the demilitarized zone. Efland went in the Army as a second lieutenant and came out of the war with two bronze stars and the rank of first lieutenant. He has a career as a mechanical engineer.

Oliner served near Pusan, from 1951 to 1953. He was a guard at a prisoner of war camp. He left the Army as a corporal and went to college on the G.I. Bill. He got his doctorate at UC Berkeley and taught at Humboldt State College for 35 years.

Lynch was 21 with two years of college experience when he was drafted into the Army. He served for 16 months in South Korea with the 503rd Engineer Supply Group in Pusan, which is at the southernmost tip of Korea. His service began four months after the July 27, 1953 armistice. He helped supply the U.N. peace-keeping forces. “It was after the war ended… but it was still considered a combat zone.”

Lynch left the Army as a corporal. “It was kind of a forgotten war,” he said. “You came back and then changed from your uniform into civies. There were no celebrations, there were no parades.”

He worked for 30 years as a firefighter in the Richmond Fire Department, retiring as a deputy chief. He then went to college at what was then called Cal State Hayward. After he earned his degree, he joined the counseling department at Salesian High School in Richmond, where he worked for about seven years.

Now retired, he has volunteered every Friday for eight years at the VA rehabilitation facility. “I do the visiting. It’s a blessing,” he said.

Some veterans don’t have visitors so Lynch enjoys chatting with them. “I don’t talk about war so much,” he said. “If they bring it up, we discuss it, just briefly.”

A touching ceremony

Congressman Mark DeSaulnier is flanked by medal recipients Mark Lynch, left, and Dr. Samuel Oliner.

Koreans award Rossmoor vets Ambassador for Peace medals

The Rossmoor Fund is here to help. Any Rossmoor homeowner experiencing an instance of financial need is encouraged to apply for a Rossmoor Fund grant. Above all, the fund’s mission is to help “those in the Rossmoor community who are in need… and to improve both Rossmoor and the health and well-being of its residents.”

The grant application is only one page long, is confidential and the Counseling Services Department staff can help fill it out. Counseling staff can also help determine eligibility. Current assets are taken into account and, at present, the annual income of the grant applicant can be no more than 250 percent of the federal poverty guidelines ($30,350 for individuals and $41,150 for couples).

Again, anyone needing help with unexpected medical, dental, optical or hearing expenses is urged to apply for a Rossmoor Fund grant. Grants have also been given for ambulance services, caregiver respite, emergency response systems, emergency minor home repairs and even food. Within limits, the grants can cover expenses that may be costly or otherwise unaffordable, but which are necessary to residents “health and well-being.”

Grant applications are available at the Counseling Services Gateway office.
Rossmoor residents vote at Gateway

The midterm election will be held Tuesday, Nov. 6. By now all Rossmoor voters should have received the Contra Costa Elections Division Voter Information Guide. Rossmoor residents will vote in the Fireside Room at Gateway. The polls will be open from 7 a.m. to 8 p.m.

The polls are the most crowded first thing in the morning, around lunchtime and 5 p.m. Lines are not as long in the late morning and early afternoon. Residents who choose to vote by mail can drop off their ballots. The ballot does not have to be mailed. There are two ways to make sure that the elections staff receives the Vote by Mail ballots on Election Day.

There is a blue ballot bag located inside the polling place where the voter can simply drop off the envelope without waiting in line. The other way is to head over to the Elections Division drive-through ballot drop-off, which will be located on the far end of the Gateway parking lot from 7 a.m. to 8 p.m. Elections staff will be available to collect ballot envelopes and make sure voters receive an “I Voted” sticker. The drive-through will be in a big pop-up tent.

Looking for a New Dentist?

Conveniently located in Tice Valley Plaza, Dr. Daniel McMillan, D.D.S. is accepting New Patients

COMPLIMENTARY CONSULTATION

Take Advantage of this Great Offer:

DOCTOR EXAM, 4 BITE WING X-RAYS, & TEETH CLEANING $85*

Daniel J. McMillan, D.D.S.

Providing all aspects of General and Cosmetic Dentistry

2006 graduate of the University of the Pacific, CCDS CDA, ADA member

935-2292

1852 Tice Valley Blvd., Tice Valley Plaza Center

Power leaf blowers start up in the fall

Continued from page 1A for residents if the gardeners did not use leaf blowers.

Question: What about using electric or battery powered blowers?

Answer: The Landscape Department is actively trying to overcome a few logistical hurdles that currently prevent it from using electric or battery powered blowers throughout the community. The department is looking to transition to battery powered blowers as soon as we can find the solutions that we need.

Question: The gardeners are blowing the leaves off the sidewalks into the landscape bed, removing them. Why?

Answer: During the height of fall season, the leaves fall so rapidly that even when removed they quickly accumulate again, making collection fruitless. For this reason, when a tree is actively dropping leaves, the Landscape Department prioritizes the gardeners’ time and concentrates on keeping sidewalks clear, then collects the leaves when the trees have finished defoliating. In addition, decomposing leaves return nutrients to the soil, which in turn makes for healthier plants.

Question: Why do the gardeners blow the leaves onto the lawn and run them over with the mowers?

Answer: This is a strategy for allowing leaves to decompose into the grass. Leaves are blown onto the grass and “mulched” with the mowers, chopping the leaves into much smaller pieces, which then break down and return important nutrients to the soil. It is better for the environment and the HOA fee (coupon) and benefits the grass.

Korea honors Rossmoor vets

Continued from page 12A

He called the ceremony “touching.” Americans helped lay the foundation for Korea’s security and prosperity, he said. “We offer deep appreciation to Korean War veterans.”

The Ambassador for Peace Medal has been given since 2013 to veterans of countries whose troops served in Korea, most of which were Americans, Park said. It honors service members for their service during the Korean conflict and in United Nations peace-keeping operations immediately after the cease-fire, he said.

In the past nine months since Park’s been on the job in San Francisco, he has distributed 141 medals in ceremonies in California, Colorado and Utah.

Joining Park in the ceremony Oct. 17 was local Congressman Mark DeSaulnier.

“Although those honored today served 65 years ago, their role in promoting peace and fighting aggression in the forgotten war must always be remembered,” he DeSaulnier.

Phil Henry Efland was a U.S. Army lieutenant who served in combat during the Korean War.

Image 12A

Photo by Maggie Sharpe

Philip Henry Efland was a U.S. Army lieutenant who served in combat during the Korean War.
Check out jewelry and much more at Rossmoor Fall Bazaar

Azar Jafari incorporates images from her daughter’s paintings into her jewelry. Jafari’s jewelry, as well as many other handcrafted items, will be for sale at the Fall Bazaar.

Continued from page 1A

“It’s a four-stage process,” says Asna, adding that it took her mother much trial-and-error to get it right – especially the delicate process of sealing the paper into the jewelry piece. “I was about to give up, but my mother kept persevering. She’s such a perfectionist that I knew that when she was satisfied with the job, the jewelry would be very good quality.”

The jewelry – and the paintings – has a distinctively contemporary vibe. Both art forms are grouped as “collections,” simply called Passion, Beauty, Courage, Wisdom and Vitality – to name a few. The jewelry is set in bronze or sterling silver, although Jafari is also experimenting with leather, “for a more artisan, informal look.”

“The collections reflect my life journey,” said Asna, who lost her father in a car accident when he was just 42. She also contracted polio when she was 1½ years old. She also contracted polio when she was 1-1/2 years old.

Today, she walks with the help of crutches as the polio affected her legs. But she hasn’t let the physical disability dim her enthusiasm for life, family and art.

“Growing up, my mother and father always stressed what I could do, not what I couldn’t do,” said Asna, who went on to land a scholarship to the Goethe Institute in Germany, where she lived for 21 years.

Persian roots

Jafari has been a Rossmoor resident since 2011. She moved here from her native city of Isfahan in Iran – “it’s a beautiful city, I’ve heard some people compare it to Paris,” said Jafari.

She was very young when she got married – just 16. She gave birth to her older son when she was 17 years old. That son and his family now live in Canada. Asna was born next, followed by Jafari’s younger son, whose wife and family live in Germany.

“My husband and I had a good marriage, we were very happy,” said Jafari, who now has six grandchildren ranging in age from 1 to 31. “It was a big tragedy for me and I had to do everything for

Continued on page 15A
Rossmoor Fall Bazaar is on Nov. 3 in Fireside and Oak rooms

Continued from page 14A myself and my children, but I am happy that I was able to deal with all that,” said Jafari. The young widow, who had been a housewife up until her husband’s death, was derailed for many months, but eventually went to work in her brother’s business and became an accountant.

“My mom kept herself busy, she’s not the type of person to consider herself a victim or be depressed,” said Asna, adding that her mother is “my guardian angel.” Although her three children lived in the United States for Asna – Jafari remained in Isfahan. “My mother and mother-in-law lived the old lifestyle and they needed me there, so I remained until they both passed away,” said Jafari. The Rossmoor resident first considered moving to Canada but then Asna, who is a Realtor living in Moraga, offered to show her mother around Rossmoor.

“I said to my mother, ‘come to the United States, we can have a life together,’” said Asna. “I didn’t think I would come live in the United States, but I love Rossmoor,” said Jafari. She keeps busy. English lessons four times a week at Acalanes Adult Education, frequent workouts at the Fitness Center – and she’s also one of the founders of Rossmoor’s Persian Club.

“Jafari adds that she got a lot of help and ideas from Rossmoor Lapidary/Jewelry Club when she was first starting out. “They gave me ideas and showed me where to buy materials,” said Jafari. “It was very loving and caring how they helped us.” Jafari said she will offer special introductory prices on her jewelry at the Fall Bazaar. “Earrings will be $30, necklaces from $45 to $50, and bracelets I’ll sell for $40.”

Residents can get a sneak peek at Jafari’s jewelry and Asna’s paintings at www.dinartgift.etsy.com. Mother and daughter will also exhibit at Moraga Art Gallery in January.

Fall Bazaar food

There will be plenty of food at the Fall Bazaar. As well as residents selling their homemade baked goods, jams and jellies, the Lions Club will sell coffee and Dunkin’ Donuts in the Fireside Room in the morning; Fiona’s Pantry will hold a barbecue in Peacock Plaza from 10:30 a.m. to 1 p.m. The Fall Bazaar is co-sponsored by the Activities Council and Rossmoor Recreation Department and is open to all residents and their guests. A full list of vendors and their wares will be published in next week’s News.

The Rossmoor website is full of information. Check it out at www.rossmoor.com.
Resident crashes car into tee house

A resident was parked in the parking lot by the Buckeye Grove tennis courts last Thursday morning when he drove forward over the curb. His car went onto the cart path, crashed into a railing and then into the tee house. The driver then backed up over the railing to get out, but the railing went through the floorboard of his car. The resident was taken to John Muir by ambulance. The tee house, which just a few months ago had vending machines in it, was destroyed. The building will probably be torn down and not replaced immediately.

Solar panels to be discussed at Sustainable Rossmoor’s meeting in November

Sustainable Rossmoor invites residents who are thinking about buying or leasing solar panels to attend its next meeting where solar will be the main topic. This open meeting will take place on Tuesday, Nov. 13, at 7 p.m. in the Fairway Room at Creekside. The November meeting day was changed because the first Tuesday is election night.

Norm King from Mutual 48 will share the experience his Mutual has had in making solar available to all of its residents, regardless of whether or not their tower has a south-facing, non-shaded roof. Solar in that Mutual has been accomplished through a plan called Virtual Net Metering, which will be explained by the head of Solar Technologies, Jeff Parr. Parr will explain the advantages and disadvantages of that system and alternatives.

Other business to be covered at the meeting includes election of officers and a presentation of new club bylaws. Treasurer Dave Kern says that 2019 dues can be paid at the present $15 level. After Jan. 1, dues will become $20 a year.

For information about roof-top solar, call Brian Barry at 215-285-0854. For questions about Sustainable Rossmoor, contact Marcia McLean at MarciaCan@comcast.net.

Lions Club brings in more than $1,100 at recent appraisal fundraiser

The Lions Club of Rossmoor thanks all for attending the appraisal event fundraiser on Sept. 13. Many items were appraised at the Lions Club/In tero Real Estate/Bonhams appraisal event. More than $1,100 was raised for the Lions Club.

More than 125 Rossmoor residents and Walnut Creek neighbors attended the fundraiser. The appraisers from Bonhams provided participants with verbal estimates of their fine art, jewelry, silver and more. One-hundred percent of money collected will benefit Lions Club programs for vision, hearing, diabetes, hunger, pediatric cancer and the environment.

The appraisal event has become so popular that this event will be held again in the spring of 2019, as well as the fall of next year. Watch the Rossmoor News in February and August of 2019 for details.

Mutual 59 to hold its annual meeting on Nov. 5

Will seat new board member

Walnut Creek Mutual 59’s annual meeting is on Monday, Nov. 5, at 9:30 a.m. in the Vista Room at Hillside Clubhouse.

There is one open board position and two candidates, Jo - Anne Rice and I.P. Sicotte Jr. Therefore, in accordance with Section 5.6 of the bylaws, the Mutual proceeded with the bal - loting process. The person who receives the largest number of votes shall be elected.

A ballot count meeting is on Friday, Nov. 2, at 1:30 p.m. in the Board Room at Gateway.

The winning candidate will be seated at the annual meeting. The directors will be introduced and an update on the status of the Mutual will be presented. The officers for 2018-2019 will be determined following the annual meeting.

All homeowners of Mutual 59 are invited to attend. Refreshments will be served.

For information, contact the Board Office at 925-988-7718.

Car Club show at Friday Farmers’ Market

The last Farmers’ Market of the year in the Gateway parking lot is this Friday, Oct. 26. The Farmers’ Market managers have asked the Rossmoor Car Club to help celebrate an other successful market year with a companion car show. Residents are asked to drop by and visit the club’s exhibited vehicles while they patronize the market for the last time this year.

Car Club members should note that reservations for the club holiday event must be in by Thursday, Nov. 1.

Palliative care can help.

If you or someone you love is facing a serious illness, you should ask about palliative care. Palliative care provides comfort and support to improve the quality of life for you and your family. Palliative care can be provided at any time during an illness, during and after treatment, from diagnosis on. It’s about how you live.

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Palliative Care of the East Bay

Learn more at www.HospiceEastBay.org | (925) 887-5678

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RESIDENTS FORUM

LEGAL COSTS ADDING UP IN THIRD MUTUAL

Third Mutual plans to waste more member money on legal costs. Civil Code 4275 describes the process in petitioning Superior Court. Voter apathy is the primary concern of judges. A group of members can also petition the court with its objections to the content and election process. If the judge determines member comments are credible, it is likely the judge will tell Third Mutual to return to the drawing board to include the objecting group.

To date, the leaders of board with attorney Me-issa Ward advising them have been unwilling to work with the members who have been most involved in trying to influence the content and purpose of the unified CC&Rs.

The individuals most interested in participating in developing the document were marginalized and not allowed access to many documents. This behavior continues as visibly recently by obtaining a second opinion from Ann Rankin and then refusing to reveal her letter to members. Also objectionable is taking into executive session discussions on the plan to proceed on the proposed CC&Rs, which legally should be done in an open board meeting. Now a re-vote is being held without offering members the rationale for doing it. This inhibits members from being informed about the plan so that they can respond and perhaps offer a differing opinion and solution.

Does this behavior conform to the concept of "transparency"? No, it is a power play and keeps the public uninformed so only a few make impor-tant financial decisions on our behalf. Would you give away your oversight rights to your per-sonal finances?

Roxanne Stallings
Rossmoor Parkway

ORGANIC COMPOSTING AT THE CLUBHOUSES

There was an interesting problem for Trash Talk volunteers who gathered for a barbecue at the Dollar picnic area on Oct. 13. Community Service Day, after a morning spent giving door-to-door presentations on organic composting to residents in select entries of Pine Knoll Drive, Saklan Indian Drive and Terra California Drive.

As we finished eating and prepared to dispose of our paper plates, napkins, leftovers, etc., there was no organic composting container to be found! We solved the problem by carrying out our compostable waste. Hopefully, GRF will soon include recycling and organic composting containers at the clubhouses and other appropriate locations.

John Moe
Golden Rain Ro

GATHERING DUST

Dust is gathering on the electric vehicle charging stations at the Tice Creek Fitness Center. Who and what is holding up the opening of the stations that keep the air we breathe clean of pollution?

Milan Moravec
Plarmigan Drive

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

RECKLESS DRIVERS

Uber and Lyft drivers drive recklessly through Rossmoor when they do not have a passenger. Going to pick up or after a drop off these drivers speed through our community, barely stop at signs and will certainly be the cause of a death in our community.

Ian Moss
Pinle Drive

THREE THINGS

People planning amendments to governing documents need to be aware of potential imp-acts to success. Three things seem to have escaped attention in the recent governing documents election in Third Walnut Creek Mutual.

One is the Mutual’s policy prohibiting the use of hand-carried ballots in mail ballot elections. The second is the new state law requiring all owners to approve changes in a project’s condominium plan. The third, soon to be re-vealed, is even more fundamental. Stay tuned!

Robert Carter
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 complete or abridged form at the discretion of the managing editor and in accordance with common ed -itorial policies. Headings of letters are written by the managing editor.

• Emailed letters are preferred. Please send to: news@rossmoor.com
• All letters must include full name, address and phone number for verification and signed if delivered by hand or regular mail.
• 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, 988-7803, 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.

As you write it
A COLUMN FOR RESIDENTS

The Real Trump – Putin Deal

By William M. Balin

Pundits and Democrats alike have been wringing their hands wondering what President Trump will do if he were to win re-election. I must admit to being a bit more optimistic. If Trump were to win, he would certainly change the relationship between the United States and Russia to a non-aggression pact. His gleeful gratitude.

I asked one particularly well-placed source how the president would give away your oversight rights to your personal finances.

Robert Carter
Terra Granada Drive

Rossmoor Parkway

Presented with this unexpected grant of Ameri-can soil only three hours’ drive from Silicon Valley, Putin was said to clap his hands and humbly express his gratefulpleasure.

As we finished eating and prepared to dispose of our paper plates, napkins, leftovers, etc., there was no organic composting container to be found! We solved the problem by carrying out our compostable waste. Hopefully, GRF will soon include recycling and organic composting containers at the clubhouses and other appropriate locations.

John Moe
Golden Rain Ro

Consider carpooling or taking the Rossmoor bus to events at the clubhouses to ease traffic congestion and parking.
**Healthcare**

“If you think access to quality health care is tough now, imagine if the DMV was in charge. If Gavin Newsom were responsible for issuing driver’s licenses, he’d stand you in long lines at your doctor’s waiting room as you wait at your local DMV office. And since the prices will be set by the politicians, the lobbyists will have a field day padding the bills. Long lines, lower quality, higher costs.”

John Cox does not support single-payer health care that will increase high California state taxes.

**Environment and energy**

“Any environmental or energy policy in California must focus on creative solutions that prioritize both environmental protection and the ability of Californians to continue to enjoy natural resources to ensure our long-term economic stability in the face of climate change.”

He opposes any new or expanded offshore oil drilling to ensure the protection of California’s coastline, natural habitat and ocean waters. He supports Proposition 6 to repeal the gas tax. He also supports repealing the increased vehicle license fees. He supports clean energy alternatives.

**Transportation**

Cox does not support the continued building of Jerry Brown’s legacy high-speed rail train. Newsom supports this boondoggle and will continue to waste taxpayer dollars. Cox will call for California Environmental Quality Act (CEQA) reform for highway projects. He proposes such reform to be modeled on prior legislation affecting sports stadiums.

**Sanctuary state**

Cox flatly rejects Newsom’s “sanctuary state” policies that have allowed violent criminal aliens that escape prosecution. Cox favors “smart immigration” that favors those with skills needed to fill specific worker shortages instead of competing with Americans for jobs. He also supports securing the border to stem the flow of illegal guns and human trafficking that’s plaguing our inner cities.

**Housing**

“First, we need to address the high cost of housing and lack of supply. The key to solving the govern-ment-created housing crisis is to replace the screwdriver of CEQA with a greatly stream-lined set of sensible reforms. The current rules have made housing unaffordable which means it doesn’t work. If something doesn’t work, it needs to be changed. A one-size-fits-all approach that Cox supports makes it very likely that the CEQA law will go a long way to solve this issue.”

A Los Angeles Times editorial from July 14, 2017, “Organized labor groups have used the threat of CEQA lawsuits to force developers to hire unionized labor. Companies have filed CEQA law-suits to block competing businesses. Homeowner groups have used CEQA to stop construction on a shrine to the size of apartment complexes in the mid-dle of cities.”

Look no further than San Francisco to see what California will be under Newsom. The city has been so successful that it needs to create a “Poop Patrol” to clean-up human waste on its streets. San Francisco attracts homeless drug addicts through policies that provide them easy access to services to shoot up. Newsom supported this as mayor.

Californians have an opportunity to reject the slide into the progressive abyss. Vote for John Cox. Ed Manning can be emailed at igolfca@gmail.com.
By Bill Leary

The American Dream is the belief that anyone, regardless of where they were born or what class they were born into, can, through sacrifice, succeed in a society where upward mobility is possible for everyone. The American Dream is increasingly becoming a pipe dream for most younger Americans and a nightmare for most older Americans.

Here are a few statistics that should give us all pause if not grave concern: The top 10 percent earn nine times more than the entire bottom 90 percent. For the top 1 percent, that is 40 times more and for the top 0.1 percent, it is an astonishing 198 times more. The wealthiest 85 percent people on the planet have more money than the poorest 3.5 billion people combined. Ama- zon’s Jeff Bezos recently became the world’s richest man and the first to reach $100 billion. In just a few months that soared to $150 billion. At his age he could become Earth’s first trillionaire, one of 11 projected in the next two decades.

Most of us struggle to fully appreciate the stunning differences in being a millionaire, billionaire or trillionaire. One trillion seconds is about 11 days, one billion seconds is about 31.5 years, and one trillion seconds is about 31,710 years. The wealth concentration at the top becomes almost laughable. As Dorothy Parker once put it, “If you want to know what God thinks of money, just look at the Faucet is closed.

The reason they call it the American Dream is the belief that anyone, regardless of where they were born or what class they were born into, can, through sacrifice, succeed in a society where upward mobility is possible for everyone. The American Dream is increasingly becoming a pipe dream for most younger Americans and a nightmare for most older Americans.

Well, good for Bezos you might say, but consider that the growing economy has been unkind to most of the rest of us. There was a time when all boats rose when times were good. But in the 1970s we stopped tying wages to productivity. As a result, since 1990, the average worker’s salary has increased just 4 percent. Adjusted for inflation, the minimum wage has actually decreased. Wages, as a percent of the overall economy, have dropped to an historic low. Low in come earners now make LESS in real terms than they did in 1980. And middle income earners make just 6 percent more than they made back in 1980. That’s an increase of just 0.000172 percent a year!

It’s not just a matter of losing out in the good times. During the 2008 Great Recession, the average wealth of the 1 percent dropped about 16 percent. Meanwhile, the wealth of the 99 percent dropped 47 percent. Near- ly 78 percent of the U.S. population now lives pay-check to paycheck, with essentially zero savings. Even worse, because Congress keeps adding to the money supply, the costs of goods and services contin- ue to rise against such stagnant wages. Hence, Ameri- can consumers now have $1 trillion in credit card debt and more than $1 trillion in auto loan debt with little hope of repaying it.

Worse still, even the new corporate tax rates sold to create jobs and boost wages have only further wid- ened the wealth and income gap. Yes, the unemploy- ment rate has improved, but while there were a few one-time bonuses given instead of pay raises, most of the tax benefits have gone to shareholders and cor- porate officers in stock buy-backs. So who benefits most? The top 1 percent of America owns 50 percent of investment assets (stocks, bonds, mutual funds). The poorest half of America owns just 0.5 percent of the investments. There is no trickle down when the faucet is closed.

So why do we tolerate such inequality? One answer is that we are not an egalitarian society. We do not believe in the equal distribution of wealth and income. We believe more in opportunity and fairness, but we have a distorted Pollyanna view of reality. A recent study asked Americans what they believed corporate CEOs actually earned compared to unskilled workers and what they should earn in comparison. Responders estimated that the actual ratio was 30 to 1 against an ideal of only 7 to 1. The reality is 354 to 1. A fasci- nating analysis is found in an article for the Guardian titled “The science of inequality: Why people prefer unequal societies.” People are also more sanguine about disparity if they feel there is a class below them or can be distracted by being made to feel threatened by a class they perceive as below them.

Americans still believe in the American Dream; that they can succeed if they just try harder. Among other things this leads them to admire the wealthiest among us and see the poor as undeserving. Ronald Wright paraphrased John Steinbeck as follows: “So- cialism never took root in America because the poor see themselves not as an exploited proletariat but as temporarily embarrassed millionaires.” If hard work is not enough, there is still the lottery.

The reality is that the American Dream is but a dream. In 1946, a child born into poverty had about a 50 percent chance of scaling the income ladder into the middle class. In 1980, the chances were 40 percent. A child born today has about a 33 percent chance. As- tonishingly, I’ve read that nearly half the men ages 18 to 34 now live with their parents – the highest level since the Great Depression. The health of our economy is particularly relevant to retirees. We hope that we won’t outlive our savings or that our fixed incomes will be adequate against rising costs. But the reality is that we elders compete with many interests for public health and retirement dollars and, while our numbers are growing and we vote, the number of those supporting us with those dollars is shrinking. And a staggering number of them are in serious financial trouble. And that does not bode well for our future.

Human history shows that wealth disparities ap- proaching the current one have ended in one of four ways: warfare, revolution, state collapse and plague. A return to tying wages to productivity seems at least one way to avoid any of these four. But do we have the wisdom to avoid such calamity?

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

Danville Community Band plays on Sunday

The Danville Community Band will perform on Sunday, Oct. 28, at 3 p.m. in the Fireside Room at Gateway. The title of the concert is “The Good Old Days.”

The Danville Community Band met for the first time on Sept. 20, 2001 under the baton of founder and director Dr. Lawrence Anderson. In December 2008, Anderson passed the creative reins of the director of bands at UC Berkeley, who joined DCB as associate director in 2007. Although a relatively new band, the musicians, under the baton of conductor Calonico, have already proven to be one of the premier musical groups in the Tri-Valley area.

The band’s 85-plus members, who give freely of their time, are dedicated volunteers from Danville and surrounding communities, including Alamo, Benicia, Berkeley, Castro Valley, Clayton, Concord, Danville, El Cerrito, Fremont, Hayward, Lafayette, Livermore, Martinez, Moraga, Modesto, Oakland, Orinda, Pittsburg, Pleasant Hill, Richmond, Rio Vista, San Ramon, Stockton, Tracy and Walnut Creek. They represent many diverse professions, students and retirees and ages range from 13 to 80+

For information about this group, visit www.danvilleband.org.

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

Valley Chorale returns to Rossmoor in November

In a return performance, the Valley Chorale will perform a program in the Diablo Room at Hillside on Saturday, Nov. 3, at 3:30 p.m.

The chorale’s eclectic program is part-concert, part-theater, enjoy “Springs in the Desert” by Jennings; “Gloria A Deus” from Argentinian Rock ’n Roll’s “Wear My Ring” and Harold Arlen’s “Stormy Weather.”

These musical gems and more well-loved songs feature not only singing from the choir, but also handbells, percussion, costumes and dancing. The artistic directors are Marian Gay and Cathy Beaupré, the piano accompanist will be Franz Lantinger. Since 1968, the chorale has shared its love of fine choral music with Bay Area communities and on tour throughout Northern California.

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

Sierra Chamber Society presents concert at Grace

The Sierra Chamber Society presents a concert of music varied combinations of instruments on Sunday, Oct. 28, at 3 p.m. at nearby Grace Presbyterian Church, 2100 Tice Valley Blvd.

Santana tribute band plays on Nov. 1

Chicago - The Tribute will perform the hits of legendary Rock and Roll Hall of Fame band Chicago on Monday, Nov. 5, at 7 p.m. in the Tahoe Room at the Event Center.

Chicago - The Tribute recreates the great Chicago sound with powerful horns, rich vocals, and a rockin’ rhythm section.

This group of talented musicians takes in performing classic songs such as “Saturday in the Park,” “25 or 6 to 4,” “Wishin’ You Were Here,” “If You Leave Me Now,” and many more.

The original band Chicago formed in 1967 in Chicago. The self-described “rock and roll band with horns” began as a politically charged, sometimes experimental, rock band and later moved to a predominantly softer sound, generating several hit ballads.

Chicago - The Tribute features Frank House on vocals, Frank Rios on vocals and percussion, Jeremy Bolt on trumpet and vocals, Joe Gotch on woodwinds, Andy Delao on trombone, Jerry Jennings on guitar and vocals, Spike Daly on bass, and Greg Burch on drums.

Tickets are $15 in advance at the Recreation Department at Gateway. This is an Essex Production and is sponsored by the Recreation Department. This show is open to all residents and their guests.

Santana tribute band performs Nov. 5

The Santana tribute band Caravanseraí will perform in the Tahoe Room at the Event Center on Thursday, Nov. 1, at 7 p.m.

Caravanseraí was originally a tribute to the Rock and Roll Hall of Fame band Santana’s legendary early days. The band has grown to include material from all eras of Santana’s 40-plus year history.

From the 1969 hit “Evil Ways” to the Grammy Award-winning CD “Supernatural,” to hits from Santana’s most recent CD release “All That I Am,” Caravanseraí performs music to satisfy Santana fans young and old.

Painstaking care has been taken to re-create the sounds and styles of the iconic guitar icon, Leo Rodriguez.

Over the past years the Caravanseraí experience has grown throughout the West Coast, and they have become one of most popular tributes to the style and sound of Santana.

Tickets are $15 in advance at the Recreation Department at Gateway or at the door if still available. This concert is sponsored by the Recreation Department and is open to all residents and their guests.

Consider carpooling or taking the Rossmoor bus to events at the clubhouses to ease traffic congestion and parking.
Big Band of Rossmoor holds benefit concert for Scholarship Foundation

The Big Band of Rossmoor will provide an evening of musical entertainment on Wednesday, Nov. 7, at 7 p.m. in the Event Center to benefit the Rossmoor Scholarship Foundation. This event is an opportunity to bring together two Rossmoor groups that both encourage young people through education.

Doors open at 6:30 p.m. From 7 to 9, listen or dance to the Big Band of Rossmoor music. There will be a wine bar and free root beer floats at intermission.

Tickets are $15 for general admission ($18 at the door). Table seating is sold out. To purchase tickets, go to the website thebigbandofrossmoor.org or contact a trustee of the Rossmoor Scholarship Foundation. Check the Big Band ad in this issue for more information.

For 51 years, the Rossmoor Scholarship Foundation has been providing scholarships to graduating students from local high schools and community colleges. The purpose is to aid the students in pursuing courses of study in an accredited institution, college, or university of their choice. This is accomplished through soliciting donations, principally from Rossmoor residents.

On Nov. 7, concert attendees have an opportunity to enjoy an evening of entertainment while donating to the Rossmoor Scholarship Foundation by way of a ticket purchase.

The Big Band of Rossmoor is a 32-piece big band, rehearsing weekly in Rossmoor. It was first established 25 years ago for musicians, ages 14 to 93. The band’s goal is to build community by providing educational and performance opportunities for all ages.

The Rossmoor Scholarship Foundation looks forward to providing more scholarships in 2019 to deserving high school students. This year, 58 students were awarded $3,000 toward their college education. This work is important for assisting motivated students to further their education.

Support the Rossmoor Scholarship Foundation by attending the Big Band Benefit. For those who are not able to attend, consider a donation of any amount and mail to the Rossmoor Scholarship Foundation, P.O. Box 2056, Walnut Creek, CA 94595. Or give online at www.rossmoorscholarshipfoundation.org. Just click DONATE and then DONATE NOW.

For information, call Fran Matthews at 925-932-4934.

Art Studio will be open during Fall Bazaar on Nov. 3

The Art Studio at Gateway will be open during the Fall Bazaar on Saturday, Nov. 3, from 9 a.m. to 2 p.m.

Members of Rossmoor Art Association (RAA) will sell exhibit-quality framed or matted art-work, silk scarves, prints or smaller hand-painted items, such as note cards.

A sign-up sheet for interested artists to reserve a space is posted on the bulletin board in the main studio. Each artist is responsible for setting up their own display and handling sales (including any sales tax).

This is an opportunity to interact with fellow artists and to participate more fully in the community.
Stitchers prepare for Fall Bazaar

The Rossmoor Stitchers have been busy making items to sell at the Fall Bazaar on Saturday, Nov. 3. The items that will be for sale include hand towels, pot holders, placemats, coasters, wall hangings, stuffed toys, handmade baby sweaters, one-of-a-kind quilts, fabric and a variety of Christmas items.

Shop in the Sewing Studio at Gateway during the Bazaar. The proceeds are donated to charity.

The Rossmoor Stitchers meet in the Sewing Studio each Thursday from 9 a.m. to noon to sew clothes for needy children and items for the Bazaar.

Visitors are always welcome and experienced sewers are encouraged to join this happy group.

Donations of yarn and new fabric suitable for children’s clothes are appreciated.

For information, contact Donna Alexander at 510-612-0749.

Thrown Together Jazz Band plays tonight

Rich Owens’ Thrown Together Jazz Band will play on Wednesday, Oct. 24, at 7 p.m. in the Tahoe Room in the Event Center.

While the band can play just about any style, it focuses on traditional jazz. Attendees may enjoy some good dance music, including jazz, swing, blues, ballads and Latin. The band does not 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.

The Rossmoor Fall Bazaar is Nov. 3

The Fall Bazaar, which is co-sponsored by the Activities Council and Recreation Department, will be held on Saturday, Nov. 3, from 9 a.m. to 2 p.m. in the Fireside Room, Oak Room and Arts and Crafts studios.

The Fall Bazaar is an opportunity for Rossmoor residents to sell handmade arts and craft items they have made themselves. This event is not for selling used or commercially manufactured items.

There will be over 80 resident vendors selling a wide variety items they have created. This free event is open to all residents and their guests.

Writing Your Last Chapter: Do You Have the Tools, Players and Details Communicated?

Linda Fodrini-Johnson, MA, MFT, CMC

Joan Grimes, Attorney at Law

• So, you thought you had all the legal documents you needed? But what about post death plans?

• Your options and desires might not be followed if not articulated well.

• Get tips for the conversations and the legal tools from professionals working with families for over 30 years!

• How granular do you need to get with your planning?

Friday, November 16 • 2:00pm - 3:30pm

REGISTRATION IS REQUIRED FOR THIS FREE EVENT. CALL 925-937-2018 NOW TO SAVE YOUR SPOT!

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Join us for our informative SPEAKER SERIES
3rd Friday of Every Month, 2-3:30 pm

Next Class: in January

Refreshments provided: Organic fruits, Cheese and Crackers, Coffee, Cookies, Dark Chocolate!
The Acting Our Lives: Performance Memoir Class presents its showcase of new and compelling true personal stories of Rossmoor residents in the form of monologues.

The performance is Sunday, Nov. 11, at 2 p.m. in the Performing Arts Studio at Hillside.

Everyone is invited to attend the free showcase, presented by the Drama Association of Rossmoor, which sponsors the class.

Performers are Helen Hillman, Ros Carol, Elliott Terres, E.J. Koch, Wende Heath, Kathleen Kish, Jill Davidson, Bertha Reilly, Rev. Corrine Merwin, Marlene Candell and Donna Kaulkin.

Monologues, both humorous and serious, include stories of growing up happily on a farm, a ten dollar husband, getting a tea leaf reading that’s true to life, organizing an early HIV-AIDS medical lecture, winning a free trip to New York City, dis-adventures in Yosemite and a lesbian couple at a ballroom dance class.

Opening exercises involve finding a story, and once in the class the stories flow. This is followed by writing and editing with an eye toward writing for drama. Finally, participants get coaching on how to act their monologues. Visuals enhance the event. The use of new body microphones allow performers to add movement.

The process of creating the monologues involves a number of steps, which were taught by Bobbi Ausubel, theater director. She was on the acting faculty for 20 years at the Boston Conservatory of Music, Dance and Theater, and was co-director for 13 years at Caravan Theater, Cambridge, Mass.

No reservations are needed for the upcoming showcase. Since the Performing Arts Studio has limited seating, it’s recommend that residents arrive early.

For information, contact Ausubel at 925-482-0812. The Drama Association is a member of the Performing Arts Group of Rossmoor.

True-life personal monologues written in class will now be staged.
Lapidary Shop open during Fall Bazaar

Club members will sell their works on Nov. 3

Residents looking for unique Christmas or Hanukkah gifts or hostess gifts should stop by the Lapidary and Jewelry Shop at Gateway during special hours to coincide with the Rossmoor Fall Bazaar on Saturday, Nov. 3, from 9 a.m. to 2 p.m.

In addition to articles that are displayed in the shop windows, Rossmoor Lapidary artists will be on hand showcasing additional unique creations. There will be hand-polished stone, one-of-a-kind glass and silver pendants, beaded necklaces and earrings and many other jewelry items. In addition, beautiful glass plates, dishes and decorative items as well as wind chimes will be available. Cash and checks will be accepted.

Several of the artists will display their wares in the Oak Room and Fireside Room. So be sure to check out the artists’ tables at the Fall Bazaar.

Collectively, the Lapidary and Jewelry Shop artisans have decades of fine art and craft experience behind them and in the Lapidary Shop they are able to create just for the love of it. As a result, prices compare favorably with fine art and craft jewelry found in boutiques elsewhere in the Bay Area.

In addition to articles that are displayed including sale items.

To purchase will be showcased.

The Giving Tree benefit concert on Saturday, Anna George will talk about the refugee children now living in Greece this year. A native of Japan, Iisaka began learning piano and soffège at age four. Later idolizing Maurizio Pollini, Alfred Brendel, and Martha Argerich, he envisioned being a concert pianist.

Performances include works by Nokolai Medtner, Frederic Chopin, and Darius Milhaud.

Rossmoor resident, Anna George, will speak about refugees she met in Greece this year, having joined a group of educators to help young refugees prepare for a new life in new lands. A San Francisco native, she performed this year to recruit qualified educators.

George will share accounts of her month-long experience as a volunteer.

Works of these artists will be showcased at special prices for the event: Elizabeth Addison, Margareta Bergman, Callie Cressman, Bruce Freeland, Anna George, Dawn Ming, Lin Morgan, William Schaub, Judy Schavrien, Q Stone, Kathleen Stumpfel, Norman Weiner and Marcy Wheeler. There will be opportunities before, during intermission, and after the performance to acquire art. Funds support procuring supplies for students and expand George’s efforts in Greece to teach English and painting.

They also help place more murals in both Gekko School and Tapuat Learning Center in Miltitini, Greece. In July, George completed a mural 16 high and 24 in length for Gekko School. It welcomes new arrivals, lyrically correlating the long journeys of migratory birds flying free.

Tickets are $20 at the door. Reservations are available at 925-934-6829. For more information, call 925-783-9000.

The Giving Tree Club of Rossmoor is dedicated to fund worthy causes. Donations are welcome to The Giving Tree: c/o Anna George, Treasurer, P.O. Box 806, Lafayette, CA 94549.

At the Giving Tree benefit concert on Saturday, Anna George will talk about the refugee children now living in Greece this year. A native of Japan, Iisaka began learning piano and soffège at age four.
The Penguin Dance Club’s Grape Harvest Ball is on Saturday, Nov. 10, in the Fireside Room at Gateway.

The party will begin at 6 p.m. with a hosted open bar staffed by Ced Ferrett and his bartenders. Appetizers of shrimp fritters, Italian sausage with peppers on flat bread and a chef’s choice will be passed. Dinner, catered by Creekside Grill, will include entrees of chickenordon bleu or rib eye strip steak. The vegetarian option is shiitake and wild mushroom Wellington.

The menu also includes Caesar salad, rolls, rice pilaf and vegetables. Red and white wine will be on each table. Attendees also may bring their own bottle of wine. Decaffeinated coffee or tea will be served along with a dessert of carrot cake.

Entertainment will be provided by the Bob Gutierrez Quartet. The band will play a variety of music for listening and dancing throughout the evening.

The cost for cocktails, dinner and dancing is $85 per member couple and $100 per guest couple. Reservation checks payable to Penguin Dance Club, should be mailed to Karen Mikuls, 4153 Terra Granada Drive, No. 1A. Note entree choices on the check.

All reservations, including those for guests, must be received by Friday, Nov. 2. There are no refunds or cancellations after the due date. Couples who want to sit together must submit their checks together.

Guests are welcome, and members are encouraged to bring friends to enjoy an elegant evening of dining and dancing.

Dress for the evening is formal attire for women is a long gown, cocktail dress or elegant pants suit. Men’s attire is either a tuxedo, dinner jacket or dark suit.

For information about the dinner dance, call Mikuls at 938-3951.

Residents are invited to celebrate the Penguin Dance Club, which is the only formal dinner dance club in Rossmoor. Members make new friends, enjoy a cocktail hour, eat delicious food and listen and dance to good music in a beautiful setting.

For information about membership, call Richard or Rosie Davis at 925-457-1176.

The TGF Club will host a “Harvest Moon” dinner and dance on Friday, Nov. 16, at the Event Center.

The social hour will begin at 6 p.m. with a hosted bar staffed by Jerry Mikuls and his band of bartenders. Appetizers will be passed, catered by Creekside Grill, and will include cranberry brie and caramelized onion flat bread.

Dinner will be served at 7 p.m. featuring traditional holiday fare. The house salad will be dried cranberry and apricot cots, candied walnuts and blue cheese. Salad will be followed by an entree of turkey, mashed potatoes, dressing, and roasted carrots. Herb rolls will also be served. The vegetarian option is tofu turkey. Dessert is pecan pie.

Red and white wine will be on each table, along with decaffeinated coffee or tea.

Entertainment will be provided throughout the evening by Jack Pollard’s Party of Three for dancing and listening.

The cost is $37 for members, $52 for guests.

Reservation checks should be mailed or delivered to Sharon Balls, 997 Terra California Drive No. 1, Entry 1, prior to Nov. 9. Indicate vegetarian choices on the check. Couples who want to sit at the same table should put their checks in the same envelope.

Guests are welcome; anyone wishing to attend as a potential member should call Barrie Christensen at 925-935-3751. Dress for the evening is semi-formal. Attire for women is cocktail dresses or pant suits. Men’s attire is jackets, with ties optional.

For more information, call Sharon Balls at 925-933-1699 or Christy Casassa at 925-979-1119.

The big band of Rossmoor will hold its annual gala dinner and concert on Wednesday, Dec. 5, in the Tahoe Room at the Event Center. Check-in is at 5 p.m. followed by dinner. A selection of fine wines will be offered.

This year’s concert, “Love Duets from Opera and Operettas,” starts at 7:45 p.m. It will feature noted area artists in favorite songs and arias.

Cost for the gala is $60 for Opera Club members, $70 for other attendees. Note that reservations are required and must be received by Tuesday, Nov. 27. Reservation checks should be mailed to Bibi Heftmann, 2982 Saklan Indian Drive, Walnut Creek, CA 94595, or passed at the door. A group of eight people wants a table together, they should send all checks to Heftmann in one envelope.

Meal preference should be listed on each check. Check includes appetizers, Caesar salad, entrée (chicken Marsala, tilapia, or pasta primavera), and dessert. Coffee will also be served.

Residents can get information from the Rossmoor website: www.rossmoor.com

Harmony, a Women’s Vocal Ensemble, is preparing for its ninth season of holiday music. Rossmoor’s only all-female chorus is working on a lively and eclectic selection of both Christmas and Hanukkah music. The Rossmoor chorus is scheduled for Friday, Dec. 7, at 3 p.m. in the Event Center.

Guests will be treated to a beautiful arrangement of “The Christmas Song” by Mel Tormé, as well as Irving Berlin’s “White Christmas.” In addition, the chorus will sing “There Is No Rose,” a peaceful and moving a cappella piece composed by Eleanor Darley; a lively version of “Bashana HaBa’a,” sung in Hebrew, which celebrates the start of a new year; and many other traditional and popular tunes to get residents into the holiday spirit.

Priced at $15 each, tickets will be available starting the week of Nov. 2 directly from Harmony members. Starting Tuesday, Nov. 3, tickets will be available in the Gateway Clubhouse lobby on Tuesdays and Wednesdays from 2 to 4 p.m., and Fridays from 10 a.m. to noon. Tickets will also be available at the door.

Residents and clubs interested in having Harmony provide entertainment for their club during this holiday season should contact the Artistic Director Meriel Ennik at 925-287-9550.

Harmony is also looking for volunteers who would like to serve on its board of directors, which is made up of both singers and non-singers. After serving two full terms, the current president, Bruce Smiley, will be stepping down at the end of this year, and two other positions are opening up as well.

There are about four to six meetings per year, and the three-year term runs from January to December. The board has a total of seven members, and it is a lively group that gives excellent support to the artistic director. Meetings rarely run more than 90 minutes.

Contact Smiley at 925-935-3039 for information and to let him know about interest in serving on Harmony’s board.

The Big Band of Rossmoor is a musical education and performance program sponsored by Generations in Jazz Foundation (501c3), a not for profit public benefit corporation.
Charged Particles jazz trio plays in free concert at Event Center

The jazz trio Charged Particles will perform a free concert in the Tahoe Room at the Event Center on Friday, Oct. 26, at 7 p.m.

Charged Particles is a Bay Area jazz trio featuring piano, bass, and drums. The group is celebrating their 26th anniversary performing all around California, the U.S., and abroad. They recently returned from a 10-day tour performing in Indonesia and also played concerts last year in New York City, Washington, DC, Boston, Cleveland, Minneapolis, and Phoenix.

Although the group performs in theaters, outdoor festivals and clubs, one of their favorite venues for performing is residences for seniors. The group has done many such performances, during which they play a wide array of jazz standards — beloved pieces from Broadway and the popular music songbook by Dave Brubeck, Rogers and Hart, George Gershwin, and many other award-winning composers.

Because the band includes two Stanford professors, they can’t help but talk about the music, so the performance ends up being educational as well as musically enjoyable. This free concert is sponsored by the Recreation Department and is open to all residents and their guests.

Donna Reynolds teaches home design class

Donna Reynolds of Home Rearrangements offers free design classes in Rossmoor. The next class is Wednesday, Nov. 7, from 10 to 11 a.m. in Multipurpose Room 3 at Gateway.

Donna has appeared on two segments of “Designing a Life,” a show produced by the IRIS, an international redesign organization. She has contributed to three books, two on receptacles at the clubhouses or the white mailbox at Gateway.

The classes are interactive with questions answered and handouts. This month’s class is focused on color. The classes are in Washington, DC, Boston, Cleveland, Minnesota, and Phoenix.

Donna Reynolds has been practicing home interior design for over 25 years. She has appeared on two segments of “Decorating Cents” on HGT and is a founder of IRIS, an international redesign organization. She has contributed to three books, two on design and one on home staging.

This class is free to all Rossmoor residents and is sponsored by the Recreation Department. Class space is limited. For a reservation, call Elena Ybarra at 925-988-7703.

Two Powerful Dramas Playing in Danville and Walnut Creek

The real test of this gifted writer was whether the family handles the subject matter of her new book, an auto-biography willing to expose family secrets, including the parents’ stalwart belief in the Republican support for the Korean War, and their lack of willingness to hear their children’s arguments against that war, which she believes ultimately led her brother to engage in actions against a system he did not believe in.

The actions may have contributed to his death. However, she may be an even more stunning story yet to arise, another window to be opened, and one you can’t miss.

The first act kind of drags as the story develops, but in the second act the play picks up and becomes more intriguing and pulse-raising. This memorable production is a memorable story. Bronsan has secured terrific actors, a great set design and construction team (Robert “Bo” Golden and Lisa Danz), costume designer (Carole Robinson), and intern Artistic Director Scott Fryer.

This powerful, spirited and engaging play continues through Nov. 4. Tickets can be secured online at www.RolePlayersEnsemble.com or by calling 925-314-3400. The theater is located at 233 Front Street.

“A Few Good Men”

Rossmoor Theatre at Gateway presents the first of two presentations of two different dramatic works starting Friday, Oct. 19, at the clubhouses or the white mailbox at Gateway.

This gripping, fast-paced courtroom drama is based on the 1992 movie of the same title and directed by Don Lowrie. The play is set in a courtroom in San Diego, just after the end of the trial of Major William Robinson, who is accused of murdering Private First Class Dawson of the 101st Airborne.

Robert McFarlane and his fellow Marine, Private First Class Dawson and Private Brooke. Dawson and Brooke are accused of murdering Private First Class Dawson of the 101st Airborne. Through the testimony of General Robert MacFarlane and his fellow Marine, Private First Class Dawson and Private Brooke, Dawson and Brooke are accused of murdering Private First Class Dawson of the 101st Airborne.
## Recreation Department Special Events calendar for November

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<th>Sun</th>
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<td><strong>Comments or suggestions? Call Brian at 988-7732 or email <a href="mailto:bgpioneerbaker@rossmoor.com">bgpioneerbaker@rossmoor.com</a></strong></td>
<td><strong>CR-Creekside D-Dollar EC-Event Center G-Gateway H-Hillside PH-Phoebus Hall</strong></td>
<td><strong>See Anna at the Excursion Desk for exciting trips and tours! Call 988-7731 for more information</strong></td>
<td><strong>1 Movie</strong> “Mamma Mia Here We Go Again” 2018 114 min PG-13 1, 4, 7 p.m. Peacock Hall Caravanaserial-Santana Tribute 7 p.m. Event Center $15</td>
<td><strong>2 Movie</strong> “Mamma Mia Here We Go Again” 2018 114 min PG 10 a.m., 1, 4, 7, 9 p.m. Peacock Hall Gateway <strong>3 Full Bassaer Gateway 9 a.m.-2 p.m. Movie “Moby Dick” 1956 115 min NR 1, 4, 7, 9 p.m. Peacock Hall G Valley Chorale 4 p.m. Diablo Re, Hillside Saturday Dance Calin Dicke 7 p.m. EC</strong></td>
<td><strong>4 Sunday Funnies “And Now For Something Completely Different!” 1971 90 min NR 4, 7, 9 p.m. Peacock Hall, Gateway</strong></td>
<td><strong>5 Chicago: The Tribute Concert 7 p.m. Event Center $15 tickets</strong></td>
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### Happy Thanksgiving!

**THURSDAY NOVEMBER 22, 2018 $46.95 PP + Tax + 20% Gratuity**

**Starters**
- Butternut Squash Nutmeg Soup Or Orange Candied Walnut Salad

**Fresh Roast Turkey**
- Served with Herb Stuffing, Buttermilk Mash Potatoes
- Glazed Yams, Roasted Vegetables & Cranberry

**Tofu Turkey (Vegan)**
- Served with Herb Stuffing, Buttermilk Mash Potatoes
- Roasted Vegetables & Cranberry

**Herb Crusted Prime Rib**
- Herb Crusted Prime Rib, Buttermilk Mash Potatoes
- Herb Stuffing, Roasted Vegetables & Au Jus

**Grilled Salmon**
- Served with Citrus Orange Pumpkin Sauce, Lemon Couscous & Napa Cabbage

**Dessert**
- Pumpkin Pie Or Pecan Pie

**RESTAURANT & BAR**
- Creekside Clubhouse • 1010 Stanley Dollar Dr.
- In the Rossmoor Community
- Parties of six or more: $100 Reservation Deposit

Gluten Free & Vegan Available

Reservations a must! Please call us at (925) 949-8658

### Holiday Hours

**Thanksgiving Day**
- 11 a.m. – 6 p.m. (Holiday Menu Only. Call for Reservations)

**Christmas Eve**
- Breakfast/Lunch (Regular Menu)
- Dinner: 3 p.m. – 6 p.m. (Holiday Menu Only. Call for Reservations)

**Hanukkah**
- Special Menu

**Christmas Day CLOSED**

**New Year’s Eve**
- Breakfast/Lunch (Regular Menu)
- Dinner: 5 p.m. – 9 p.m. (Special Menu Only. Call for Reservations)

**New Year’s Day CLOSED**
Steve Osborn offers life drawing class

Steve Osborn’s life drawing class will be offered on Fridays, from Nov. 2 through Dec. 14, from 1 to 4 p.m., in Art Studio 2 at Gateway. There will be no class on Friday, Nov. 23. The class is limited to 15 students. The cost of $440 for six classes includes the model’s fee.

One member of the class said, “Rossmoor life drawing class with professional models, an encouraging and helpful teacher, and friendly, low students is an outstanding growth opportunity for artists of all levels and media preferences.”

Both beginners and advanced artists are welcome. Participants proceed at their own pace and ability.

Students will learn how to draw the human body in its various shapes and positions through the process of observation and training.

Initial materials include a 12-inch by 18-inch sketchpad, 2B and 4B graphite pencils, and a kneaded eraser. Other materials are discussed in class.

Osborn is an illustrator, graphic designer, painter, and award-winning artist. For many years, he taught illustration and graphic design at San Jose State University and was a successful freelance illustrator. His work has been shown in solo and group shows at fine exhibitions and galleries in Northern California, and in Santa Fe.

Pre-enrollment in the class is required; participants must be members of Rossmoor Art Association (RAA). To register, call 925-457-9423 or email her at phsolari@comcast.net.

Steve Osborn or email her at phsolari@comcast.net.

The Rossmoor Square Dance Club will have its annual Halloween party on Monday, Oct. 29, from 7 to 9:30 p.m. in the Diablo Room at Hillside.

Dancers are encouraged but not required. There will be a costume contest with the categories to be decided later. Guests are welcome. Last year, guests from the Martinez Swingers Square Dance Club enjoyed the festivities and dancing.

For information, call Patti Verbonitz-Fail at 925-274-9901.

Rossmoor authors sell books at Bazaar

Shoshana Kobrin’s book launch is Sunday night

You’re invited to Shoshana Kobrin’s book launch on Sunday, Oct. 28, from 6:30 to 9 p.m. in Dollar Clubhouse. Kobrin will present her book, “A Tempo: Seasons of Life.”

There will be a reading of selections from her poems and a violin performance.

Two raffles will be held, one for Kobrin’s book and also, for a private restorative tarot reading by Kobrin. Snacks, drinks and cake will be provided.

“A Tempo: Seasons of Life” is on sale at amazon.com. For questions, call her at 925-993-8457 or email her at shoshanakobrin@gmail.com or call 925-457-9423.

Art Association seeks to fill support positions

The Rossmoor Art Association (RAA) Nominating Committee seeks volunteers to fill several support positions that require administrative skills.

Volunteers should have clerical skills and experience in the use of Excel and Word and in the use of a mass mailing program.

All of the positions are on a volunteer basis and would average about an hour a week for the calendar year 2019.

Those who fill these positions will be part of the growing art community and work as an arm of the board.

For information, contact RAA President Pat Solari at 925-274-1942 or email her at phsolari@comcast.net.

WANT TO EXERCISE LATER IN THE DAY?

All exercise programs produced by Channel 28/Rossmoor Television are available in the Rossmoor Library for check out or duplication.
Rossmoor’s Plein-air to Art Circle meets on Tuesday, Nov. 6, at 10 a.m. on the patio at Creekside Grill, overlooking Creekside golf course.

Artists will gain inspiration from the spectacular topography and golfers in elegant and casual attire, perhaps knicker-bockers, and up-to-date or antique golf carts.

Creekside Grill patio is accessible from Stanley Dollar Drive or from the Creekside parking lot.

All artists are welcome; there are no fees or tuition. Artist may paint in the media of their choice, in terracotta, pastels, or sketching pads.

After painting, artists will gather at tables on the patio for a picnic lunch, and to chat about their paintings and the history of Plein-air art.

*CAC members are glad to help artists on display.

From that goodwill and values it’s place in the Rossmoor community, the club reaches out to that community with financial support. A raffle will be held every hour with proceeds going to the Rossmoor Fund.

There will be an ongoing silent auction including sculpture and functional ceramics created by talented artists.

CAC members are glad to discuss the beautiful ceramic pieces on display. For those who want to purchase multiple pieces of art, artists are often willing to work out a commission arrangement to produce more items. They will custom make the items.

Or, shoppers may see an item by an artist that inspires a desire to own a piece of art from the same artist. Artists will create the items when possible.

The studio will be unavailable when the studio reopens after the bazaar. All items not put them in their lockers or take in progress racks, as well as the bisque, high fire and work in progress.

The Ceramic Studio at Gateway will be closed on Sunday, Oct. 28, at 6 p.m. until Monday on Nov. 5. This the studio will be available for ceramists to work in until it reopens.

The purpose is to prepare for the Fall Bazaar. The entire studio will be cleaned, the rooms will be rearranged, display will be put up and items for sale at the bazaar will be installed.

CAC members are asked to remove their own pieces from the bisque, high fire and work in progress racks, as well as the dappled closets.

Members are asked to either put them in their lockers or take them home during the time the studio is closed. All items not removed will be stored and will not be available until the studio reopens after the bazaar.

The bazaar team greatly appreciates members’ help.

The Fall Bazaar is on Saturday, Nov. 3, from 9 a.m. to 2 p.m. at Gateway.

For information, contact Del Sonsteng at d.sonsteng@comcast.net, Nancy Sorenson at nosorenzo@gmail.com, or Beryl Glen-Reiland at ishbel82@comcast.net.

Celia Chow offers brush painting

Celia (Shung-Hwa) Chow offers a six-week, beginning Chinese brush painting class on Thursdays, Nov. 1 through Dec. 13, from 2 to 4 p.m. in Art Studio 1.

This class, which is sponsored by Rossmoor Art Association (RAA) will focus on the basics. It is offered in addition to Chow’s regularly scheduled morning class, but is designed to accommodate beginners who wish to try the art of brush painting.

Students should bring anything they may already have used.

Chow grew up in China and later moved to Taiwan to pursue her studies in art. She earned her B.A. in fine art from Normal University, Taipei, Taiwan, and taught art to junior high school students in Taiwan for 14 years. She currently teaches at an East Bay adult education center.

Her art book and artworks were showcased at the Chinese Art Show in the Chinese Art Gallery. She is a member of the Oriental Art Association of the Bay Area and a member of the Chinese American Artists of San Francisco (CAASF).

Chow offers brush painting classes, 1966 Tice Valley Blvd., Box 278, Walnut Creek, CA 94595. Note on the memo line “Chow beginning brush painting.” Also include phone number and email to receive class notifications.

Residents who are not RAA members should add a separate check for $10 to “RAA annual dues” and include a new member form. Forms and a calendar of RAA activities are available online at www.rossmoorart.com or in Art Studio 1.

For more information, contact Chow at shunghwa@comcast.net or 925-778-2327. To see her work, visit her website at www.shunghwachow.com.

VOLUNTEER INTERESTS WITH RAA

Surekha Vaidya, RAA’s past treasurer, began her tenure of two to three years. She had an interest in exploring this position using easily accessible and engaging board positions. In addition, she was working on a a plan to increase membership by 30%.

Surekha needs her treasurer to have a solid background in accounting fundamentals and experience in QuickBooks and Excel.

The Nominating Committee of Rossmoor Art Association (RAA) is searching for a candidate to be the new treasurer, beginning Jan. 1, 2019.

RAA is extending its search to include the position requires a specific background and set of skills.

The RAA treasurer needs to have a solid background in accounting fundamentals and experience in QuickBooks and Excel.

RAA is a 501(c)(7) non-profit organization with a membership of about 350.

Though ideal, RAA does not require its treasurer to be an artist or to have any particular link to the arts. As a board officer, however, the treasurer must be a Rossmoor resident and enjoy working as part of a team.

On average, the position requires one to two hours of work per week. All board positions have a one-year commitment, with a typical tenure of two to three years.

Surekha Vaidya, RAA’s outgoing treasurer, will provide training and support for her successor.

RAA relies on its talented and enthusiastic membership to fill voluntary board positions and manage numerous RAA activities. Those with an interest in exploring this opening or knowing someone who might be interested, should contact RAA President Pat Solari at 925-274-1942 or psolari@comcast.net. Also contact Solari about any other volunteer interests with RAA.
### Movie News

#### The Seagull shows on Thursday and Friday

The 2018 drama “The Seagull,” starring Annette Bening and Saoirse Ronan, will be shown in Peach Hall at Gateway on Thursday, Oct. 25, at 1, 4 and 7 p.m. and on Friday, Oct. 26, at 10 a.m., 1, 4, 7 and 9 p.m. Language captions will be utilized on Thursday at 1 and 4 p.m. and on Friday at 10 a.m. and 1 p.m. At a picturesque lakeside estate, a love triangle unfolds between the diva Irina, her lover Boris, and the ingenue Nina. This is a film adaptation of the classic play “The Seagull” by Anton Chekhov.

This film is one hour and 38 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

#### The House on Telegraph Hill airs on Saturday

The 1951 drama “The House on Telegraph Hill,” starring Richard Basehart and Joanne Woodward, will be shown in Peach Hall at Gateway on Saturday, Oct. 27, at 1, 4 and 7 p.m. The showings at 1 and 4 p.m. will feature language captions. A concentration camp survivor finds herself involved in mystery, greed, and murder when she assumes the identity of a dead friend and takes a gain passage to America. This film is one hour and 33 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

#### 1998 comedy ‘Practical Magic’ shown on Sunday

The 1998 comedy “Practical Magic,” starring Nicole Kidman and Sandra Bullock, will be shown in Peach Hall at Gateway on Sunday, Oct. 28, at 4 and 7 p.m. The showing at 4 p.m. will feature language captions. Sisters Sally and Gillian Owens are modern-day witches whose love lives are complicated by an unusual curse: Men who fall in love with them meet untimely ends. But against the advice of their eccentric aunts, the sisters continue to seek romance. This film is one hour and 44 minutes long and is rated PG-13. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

### Photography Club presents film about National Geographic photographers

The Rossmoor Photography Club’s bimonthly movie is “The Photographers.” It will air on Tuesday, Nov. 6, at 1 p.m. in Peach Hall at Gateway.

While these film offerings will feature a renowned photographer, the movie always embraces a story that is of general interest, even for those who are not a photography buff.

The world’s finest photographers are those men and women who “shoot” for the National Geographic. For generations, the magazine has revealed the beauty, variety and mystery of the planet. It takes the pict the rare and unusual shots that take the viewer to the door of the unknown or the way into space. The photos show the unusual families, flora and fauna and the human species. This video takes the viewer around the world to meet some of the world’s best photographers as they reflect on their jobs and on their art. Hear the secrets of these remarkable men and women—how they get their breathtaking photographs. What are the lives they lead for the love of their craft. See the photos that have never been seen before, through the eyes of photographers.

All Rossmoor residents and their guests are invited to attend. For information about the Photography Club, email vickyarichardson@aol.com.

#### Buddha group shows film on Dalai Lama this afternoon in Peach

Rossmoor residents and friends are invited to attend a fascinating film program offered by Rossmoor’s Buddhist Study Group. The award-winning documentary “10 Questions for the Dalai Lama” (2006) will be shown Wednesday, Oct. 24, from 12:45 to 3 p.m. in Peach Hall.

Filmmaker Rick Ray is granted one hour to ask 10 questions of Tenzin Gyatso, the 14th Dalai Lama of Tibet, at his monastery in Dharmsala, India. The spiritual leader, writer and director, Ray examines fundamental questions by weaving together his conversations with the Dalai Lama about the meaning of life in the context of his life’s work.

This video takes the viewer on a journey to discover how the Dalai Lama this afternoon in Peach.

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#### Thriller ‘The Bank’ presented by Financial Forum

The Rossmoor Financial Forum will show “The Bank” on Monday, Nov. 12, at 4 p.m. in Peach Hall, Gateway. “The Bank” is a 2001 Australian thriller/drama about banking, corruption and self-deception.

Directed by Robert Connolly, it stars David Wenham and Anthony LaPaglia. The film is 90 minutes long and narrated in English. All residents and their guests are invited to view this film.

#### Voices for Justice presents ‘Open Bethlehem’

For information, call Mary Iret at 925-464-7651 or Mahmoud Ohadi at 925-289-7920.

#### ‘Awake in the Dream’ presented by Mindful Living

The Mindful Living Club presents the documentary “Awake in the Dream,” Monday, Nov. 5, from 1 to 3 p.m. in Peach Hall at Gateway.

Catherine Roland invites the viewer to share in her deeply enriching journey to discover how people can be whole again, can heal themselves and face and the lives they lead for the love of their craft. See the photos that have never been seen before, through the eyes of photographers.

All Rossmoor residents and their guests are invited to attend. For information about the Photography Club, email vickyarichardson@aol.com.

#### Flick Fans present ‘Love Story’

The Rossmoor Financial Forum will show “The Bank” on Monday, Nov. 12, at 4 p.m. in Peach Hall, Gateway. “The Bank” is a 2001 Australian thriller/drama about banking, corruption and self-deception.

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In the end, Sansour discovers that sometimes, if you want to fight for a better world, you may have to work miracles.

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All Rossmoor residents and their guests are invited to attend. For information about the Photography Club, email vickyarichardson@aol.com.

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Enjoy California Trail at Oakland Zoo

By Marilyn Allen

I had a wonderful adventure at the Oakland Zoo recently. I was invited out to lunch by family and they suggested the new California Trail at the zoo. I was very curious about the gondola and the long walk. What a surprise I had in store for me.

The people at the gondola stopped it so I could carefully walk on. The ride up to the top of the Oakland hills was magnificent. The view was spectacular from Mt. Tam to the South Bay. I received a lot of help at the top getting off the gondola.

The California Trail is a series of habitats filled with wildlife that used to be abundant in California but is gone now or being re-introduced. The addition of this part of the zoo doubled its size across the top of the Oakland hills.

Our route was the Land of the Giants. The adventures of this part of the zoo is that the animals are not in pens or cages – they are in habitat. Their specific areas are large, on hillsides and ridges. They have pools, caves, trees and space. They are hammocks in the trees.

As we started our walk, I realized that we were on a long boardwalk passing alongside and over these habitats. The walk was level. There were docents everywhere to tell the stories of the animals on exhibit. Our first encounter was the bald eagles. Looking for “golf balls” in the trees, we were able to spot them. Next were the wolves, up hill, under us and downhill. They were hiding today, but we learned that they have a symbiotic relationship with ravens. The wolves kill while the ravens seek carrion; they help each other out. As soon as the wolves arrived at the zoo, ravens started arriving. The grizzly bears and the black bears were out. Several mountain lions were asleep in an oak tree. But one wolf along apparently greeting all the toddlers and youngsters lined up along the fence. She looked them in the eye as she walked along. At the end of the line, she slowly walked halfway back and jumped into a hammock to take a nap.

The jaguar was dozing in the filtered shadow of a tree. He spied our guide and hid him from view in the shadowed area.

Two huge condors, male and female, were perched on the limb of a tree right next to the netting of their enclosure, 10 feet from us. They are big! We all know their story of becoming almost extinct and being gathered up by zoos, mostly in Southern California, and bred in captivity and now they’re being released back into the wild.

There were only about 24 left and now 140 or so are back in the wild, most being released in the southwest, but there are plans to start releasing some in Northern California.

The final exhibit along the walk was the American bison. From this exhibit there was an unexcelled view of the Bay Area of the seven counties.

The bison were brought from a Canadian First Nation tribe, 13 of them, all female. The intent was to bring in two bulls and breed them. But shortly after they arrived, all 13 started dropping calves. Zoo officials didn’t know they were pregnant, so now the herd of 13 is 26. The plan is to keep the calves for two years and return them to the tribe. Then two bulls will be brought in to increase the herd. They won’t permanently keep bulls on the property as they are very large and can be dangerous.

Biodiversity in zoos is very carefully tabulated. An international zoological and aquarium society has recorded all breeding efforts, to keep track of the gene pools to avoid in-breeding.

Adjacent to the bison viewing area is a creative play and picnic area. We moved on into the Landing Cafe for a wonderful lunch. Then with more wonderful help with the gondola, we went back down to the parking lot.

So make a date with your grandchildren and great-grandchildren to get to the California Trail at the Oakland Zoo. Or take a friend and go out for lunch.

The zoo is open from 10 a.m. to 4 p.m. daily, with some holidays excepted. Seniors over 76 are admitted free.
Note regarding classified ads for leases and rentals:
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PURCHASE AND APPRAISE: old American Indian art; including bask- ets, bowls, pottery, fabrics, California and Southwest paintings; new jewelry. 39 years in the field. Highly qualified and professional. Call now.


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BUYING JEWELRY: Mexican, Navajo, American Indian. We are interested in old and modern pieces and watches. Monica at Sundance An- tiques, 2253 Boulevard Circle, Walnut Creek, CA 94596.

COMING SOON!

We have a Whitney! If you’ve been waiting for a large, single-level condo with no one above or below this is the one for you. This condo has almost 1,800 square feet and features two bedrooms, two bathrooms and a den. The vaulted ceiling in the Living Room makes the space feel even larger. Enjoy both a formal Dining Room and a spacious Kitchen with room for an informal kitchen table. The home has been updated with a tile entry, hardwood floors, smooth ceilings and a newer HVAC system. The large patio has a serene lawn setting surrounded by trees. Parking is easy with both a garage with interior access and a carport attached to the garage. Call for Price!

Sonoma for a Steal

This coop is at a fantastic price and enables you to move in to Rossmoor and enjoy all the amazing amenities Rossmoor has to offer! The home is a downstairs coop with just over 1,050 square feet of living space with a large Living Room, a great Kitchen open to the Dining Room and two bedrooms and one bathroom. The property is in move-in condition with fresh paint throughout. The community laundry room is incredibly clean and spacious. Enjoy our wonderful weather from the large balcony with hilltop views. Lowest priced 2 bedroom at $310,000.

Serene Sequoia

Be sure to come visit this lovely Sequoia that has been remodeled to perfection throughout. This private home is an upstairs unit which means the home is light and bright and you’ll enjoy a peaceful view of the Rossmoor hills. The direction of the property lends to this unobstructable exposure of morning sun and afternoon shade. Inside this two bedroom, one bath coop are many premium features including new solid wood doors, new dual pane windows and sliders, smooth ceilings, crown molding, mirrored closet doors and more. Both the Kitchen and the Bath have been completely remodeled and have modern cabinetry with soft closing drawers and doors, pull out shelves and extra storage options. Fabulous price of $378,700.

Super Sonoma Wrap!

If you’re looking for a lot of square footage with beautiful remodeling at a fantastic price, this is the place for you! You’ll enjoy a ton of extra living space in this downstairs home as the balcony has been enclosed to give you two additional special rooms. This private end-unit has been remodeled throughout and features modern laminate flooring, smooth ceilings, lots of recessed lighting, dual-pane windows and sliders and more. Traditionally this coop floor plan has just two bedrooms and one bathroom but this property has been reconfigured with an additional half bath conveniently added off the Living Room. The Kitchen has been reconfigured and has modern white cabinetry, stone counters and stainless-steel appliances. There are even two refrigerators! An added window and door leading from the Dining Room to the cheerfully enclosed Sun Room makes this property light and bright. Don’t miss this special property offered at just $489,000.

ANN CANTRELL
639-7970 DRE 01058289

ELIZABETH HASLAM
899-5097 DRE 01494924

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SAN FRANCISCO CO-OP

PENDING

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STUNNING LEVEL IN SAN FRANCISCO UNIT

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GALLOWAY - HIGHLY DESIRABLE. Cozy living room with gas fireplace. Wood floors in kitchen, living and dining room. Carpet in both bedrooms. Separate laundry room with washer and dryer. Garage parking...

$645,000

NEW PRICE $659,000

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VILLA ROBLES - GORGEOUS SYLVAN VIEWS. First floor, level-in, easy access entry with attached garage and spacious loft. Updated kitchen and bathrooms. Fireplace in living room. Separate laundry, Mt. Diablo summit view...

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$489,000

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Our Current Listings

2 BEDS, 1 BATH


$425,000

GALLOWAY - HIGHLY DESIRABLE. Cozy living room with gas fireplace. Wood floors in kitchen, living and dining room. Carpet in both bedrooms. Separate laundry room with washer and dryer. Garage parking...

$645,000

NEW PRICE $659,000

2 BEDS, 2 BATHS

VILLA ROBLES - GORGEOUS SYLVAN VIEWS. First floor, level-in, easy access entry with attached garage and spacious loft. Updated kitchen and bathrooms. Fireplace in living room. Separate laundry, Mt. Diablo summit view...

NEW PRICE $750,000

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NEW PRICE $750,000

CONDOMINIUMS

VILLA ROBLES - GORGEOUS SYLVAN VIEWS. First floor, level-in, easy access entry with detached garage and spacious loft. Updated kitchen and bathrooms. Fireplace in living room. Separate laundry, Mt. Diablo summit view...

NEW PRICE $750,000

SANTA CRUZ - HIGHLY DESIRABLE, LEVEL-IN. Beautifully updated throughout featuring hardwood floors, baseboards and crown molding throughout. Track lighting, skylights, dual pane window inserts, newer A/C and much more! Fully fenced, slate tiled, private patio with gazebo. Close to carpet...

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(with Sonja Weaver)

2 bed 2 bath, 9’ ceilings, fire safe sprinkler, lovely view. (with Sonja Weaver)

See Rossmoor Listings under Featured Listing Tab!

barnes@roespie.com

Boomers and Beyond – Bridging Your Tomorrow

COMING SOON

Monterey model 2 bed 2 bath, Enclosed balcony remodeled kitchen – great set-

ting for walkers too!

Carmel model 2 bed 2 bath, wood setting. Walk path access to back patio!

PENDING

Santa Clara Model 2 bed 2 bath, 1,249 sq. ft., dynamite view hills/trees glimpses of golf

course and tennis courts. (with Sonja Weaver)

831-402-7129.

FURNISHED CONDO

开发商

Wishing to buy 1 or 2 BR with no steps. Possible all cash deal. Please email details with pictures if possible to jorgen@kthomai.com

Exclusion parking

Whether going on a one-

day trip or multiple-day jour-

ney, please be considerate about using Gateway park-

ing spots. Or better, use a Rossmoor bus or carpool with a friend to get to Gateway.

EXCITEMENT – TERRA GRANADA

108, 2 BR/1 BA end unit with new paint, new blinds, new countertop, new stove, new dishwasher, new refrigerator.

Comes with washer/dryer. Available immediately. $2,500/month plus secu-

155 Real Estate Wanted

WANTED

in Rossmoor

2 bed 2 bath, 1,249 sq. ft., dynamite view hills/trees glimpses of golf
course and tennis courts. (with Sonja Weaver)

831-402-7129.

FURNISHED CONDO

开发商

Wishing to buy 1 or 2 BR with no steps. Possible all cash deal. Please email details with pictures if possible to jorgen@kthomai.com

Exclusion parking

Whether going on a one-

day trip or multiple-day jour-

ney, please be considerate about using Gateway park-

ing spots. Or better, use a Rossmoor bus or carpool with a friend to get to Gateway.

EXCITEMENT – TERRA GRANADA

108, 2 BR/1 BA end unit with new paint, new blinds, new countertop, new stove, new dishwasher, new refrigerator.

Comes with washer/dryer. Available immediately. $2,500/month plus secu-

try deposit. Realtor Loc Barnes, 925-639-5994.

155 Real Estate Wanted

FAIRWAYS INVERNESS CONDO

This fabulous condo has it all. Light and bright downstairs end unit, New carpeting/ flooring and freshly painted. Garage and carport. $685,000

150 Real Estate Wanted

FAIRWAYS INVERNESS CONDO

This fabulous condo has it all. Light and bright downstairs end unit, New carpeting/ flooring and freshly painted. Garage and carport. $685,000

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150 Real Estate Wanted

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2 | 1 | $319,000

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2 | 2 | + Den | STBD

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2 | 1 | $378,700

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2 | 1 | + Den | $310,000

WHITNEY Condo
2 | 2 | + Den | $1,400,000

• Nice Entry
• Enclosed Patio
• Stall Shower
• In-Unit Washer and Dryer

• End-unit with no one above or below
• Hardwood floors and smooth ceilings
• Almost 1,800 s.f. • Vaulted LR ceiling
• Interior access to garage and attached carport

• Beautifully remodeled throughout with premium detailing
New dual-pane windows and sliders
Serene hill views with morning sun
Convenient stall shower & W/D

• Move-in condition with fresh paint
• Spacious stall shower
• Laminate and tile flooring
• Open deck with pleasant views

• Approx. 1,785 sq. ft. Single story, spacious & private patio
• Hardwood floors
• Upgraded kitchen & baths
• Convenient location. Garage & carport

• Family, Living, Dining rms. Fireplace
• Wooded view
• Corner Unit with 2 balconies
• Fully enclosed
• Hardwood floors
• newer kitchen w/ 2 refrigerators
• Gorgeous views

• Private setting
• Vaulted ceilings
• Gas fireplace
• Full Size Washer/Dryer

• Sunny, light filled Condo, not Co-op
• Single Floor home in duplex
• Very Private
• 2 BA for you & your guests’ comfort

• Gorgeous Anderson sliders in living rm
• Side den with separate room for washer and dryer
• Beautiful outlook from patio of woods
• Beautiful granite counters in kitchen

• Classic end unit w/mountain view
• Dual pane windows
• Newly-kept hardwood throughout
• Updated Kitchen and bathrooms.

• Convenient stall shower & W/D
• Gas fireplace
• Vaulted ceilings
• Private location

• Golf Course Views & Garage
• Fresh Paint and New Carpet
• Fireplace in Family Room
• Breakfast Nook & Bar in Kitchen

• Toupin Update
• Solid wood cabinets
• Stunning walk-in shower
• Peaceful patio w/ tree view

• Smooth ceilings. New paint, carpet, tile, baseboards.
• Enclosed balcony - more space.
• Very nice views. Carport close
• Walking distance to Hilside

LC Barnes 510-587-9864
David Bonde 510-566-1814
Karen Burns 510-858-7707
Ann Cantrill 630-7370
Dave Canoll 708-5334
Mary Chase 415-239-6702
Suzanne Chenault 209-226-6668
Sue Choe 216-3205
Nancy Christmas 707-777-7212
Jeanette Evans 408-5172

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Paula Gray 899-3428
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Sharon McCormick 323-9966
Tom Nevin 699-0031
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Mary Orfali 510-326-5344
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Kathryn Sabah 642-0415
Betsy Sanders 381-3992
Faye Anne Silva 457-8321
Sabrina Sijo 575-6012
Linda Stephens 478-9004
Rhoda Tholmson 788-4744
Maresha Wehner 787-7625
Meridith Zomait 899-3550

Mary Baall
Placer/El Dorado
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Continued from page 26A

William T. Santiago (Chris
Toth), were in fact in-structed
by their commanding of-fi-er-
ner who initially instruc-
ted that Santiago be straight-
the court this theater company's
basic growth plan, or mis-
tion, the Other, The-
Two and their charac-
teristics. The registrant(s) in-
ved to perform when other
theater companies in the area
are not open for business, mean-
ing they will only perform on
Sunday and Monday evenings at
7:30 p.m.

The theater company en-
act on the multi-storied parking
garage directly across the street
from Pete's Coffee & Tea, which
is located at 1343 Locust Street.
Look for signage at the ballet
school on their North Main
Costa County that will direct you
to the rear of the building to
find the theater’s entrance, in
Martinez.

It may sound difficult, but
I had no problem finding it
and the journey is worth it.
Theater Company only plans to
freeze and shut case in which the two
shows are currently scheduled.

12. Men, switch to an electric razor if possible. If not then
11. Turn off the water when brushing your teeth.
10. Don't use your toilet as a wastebasket.
9. Turn off the water while you brush your teeth.
8. Showers:
7. If you have another sink or tub in addition to your shower,
6. Use a shower faucet cover or install an aerator in the
5. Don't defrost frozen foods with running water.
4. If you have a dishwasher, use it only when it's
3. Use a washing machine with a water-saving cycle.
2. Use a portable sink rather than your kitchen sink.
1. Check your water bill for leaks and fix them.

$20 each or $15 for veterans,
Tickets are a very reasonable
price for such entertainment.

Rossmoor News • October 24, 2018
Kate Bieker, Deputy Clerk
Contra Costa County
FILE NO. N18-2152
ORDER TO SHOW CAUSE
FOR CHANGING OF NAME
TO ALL INTERESTED PERSONS:

CHESTER PAULINELLIE

The following person(s) in the area
interested in this matter appear
before this court at a m. d. C. 17,
1717, in the courtroom in Department
Room 212, located at 275 Court
Street, Martinez, CA 94553,
any, why the petition for change of
name: Pro-
name: CHESTER PAULINELLIE.
NAME: CHESTER PAULINELLIE.

CHESTER PAULINELLIE

The court will enter an order
as to whether the name change
petitioner has a name change
objecting to the name changes
described above. If the name
petitioner wants to object to
any, the petition for change of
name: Pro-
name: CHESTER PAULINELLIE.

The court will enter an order
as to whether the name change
petitioner has a name change
objecting to the name changes
described above. If the name
petitioner wants to object to
any, the petition for change of
name: Pro-
name: CHESTER PAULINELLIE.
### Save water by changing daily behaviors

1. If you wash dishes by hand, don’t leave the water running for rinsing. If you have two basins, fill one with rinse water. If you have only one basin, use a spray device or short blasts instead of running water.
2. When washing dishes by hand, use the least amount of detergent possible. This reduces rinse water needed.
3. Let your pots and pans soak instead of letting the water run while you clean them.
4. Keep a bottle or pitcher of water in the refrigerator for drinking rather than running the faucet.
5. Don’t defrost frozen foods with running water.
6. Don’t let the faucet run while cleaning vegetables.
7. Use the garbage disposal less by putting the garbage in plastic bags and disposing in the refuse bins.
8. Showers:
   a. Start taking “Navy” showers. That is done by wetting down and TURNING OFF shower while soaping down. Then rinse off quickly and turn off shower.
   b. If that is too big a problem, at least shorten your shower. Even a 1 to 2 minute reduction can save up to 700 gallons of water per month.
9. Take a short shower instead of a bath. While a five-minute shower uses 12 to 25 gallons, a full tub requires about 70 gallons.
10. In homes with good water pressure, you can save a lot of water by reducing the force of the shower at the faucet level – just don’t turn it on full blast!
11. Don’t use your toilet as a wastebasket.
12. Run-only full loads in the washing machine. Set water levels at appropriate level for the load you are washing and use only one rinse cycle if you have a choice. Consider purchasing a new water-efficient clothes washer which can save up to 16 gallons a load. Rebates are available at most Bay Area water agencies.
13. Don’t over-water your plants. Learn how much water they need and how best to apply just the right amount. Also, water your houseplants with water saved from washing your fruits and vegetables or collect the water from the shower faucet while waiting for the water to get hot.
14. Don’t wash your verandas or walkways with hoses. Use a broom. A little dirt is not the worst thing in the world!

### CLEANING

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- OTHER EMERGENCIES 925-935-6400

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october 24, 2018
**How to Contact Elected Officials**

The following are federal, state and local elected officials and how to contact them by phone, mail and e-mail.

**President of the United States**
President Donald Trump  
The White House  
1600 Pennsylvania Ave.  
Washington, D.C. 20500  
Phone: 202-456-1414  
Fax: 202-456-2461  
Email through website: www.donaldjtrump.com/contact  
Website: www.whitehouse.gov

**President of the United States**

**United States Senator**  
**Senator Kamala Harris**  
112 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: 202-224-3553  
Fax: 202-228-1338  
California office:  
P.O. Box 78393  
San Francisco, CA 94107  
Phone: 212-221-1269  
Email: info@kamalaharris.org

**United States Senator**  
**Dianne Feinstein**  
331 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: 202-224-3553  
Fax: 202-228-1338  
Email: feinstein.2001@sgmail.com

**Californian Governor**  
**Jerry Brown**  
3100 Oak Road, Suite 100  
Walnut Creek, CA 94597  
Phone: 925-933-2600  
Fax: 925-933-2677  
Email: governor@ca.gov

**Senator Steve Glazer**  
7th District  
115 Cannon House Office Building  
Washington, D.C. 20515  
Phone: 202-224-3553  
Fax: 202-228-1338  
Email: glazer.senate.gov

**State Senator**  
**Dianne Feinstein**  
331 Hart Senate Office Building  
Washington, D.C. 20510  
Phone: 202-224-3553  
Fax: 202-228-1338  
California office:  
P.O. Box 78393  
San Francisco, CA 94107  
Phone: 212-221-1269  
Email: info@kamalaharris.org

**Supervisor Candace Andersen**  
5th District  
1666 North Main Street  
Walnut Creek, CA 94596  
Phone: 925-943-5899  
Email: mayor@ci.walnut-creek.ca.us

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- **Dutchman HVAC**  
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*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.*

---

*Chris Donzelli, Owner*

---

*Ron Lem  
The Dutchman*
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EXPANDED SEQUOIA WRAP
2BD/2BA/DEN ............... $515,000
An early Toupin Remodel with beautiful Mt. Diablo Views. An early Toupin Remodel with beautiful Mt. Diablo Views. No money was spared on remodeling this Expanded Sonoma Wrap with almost 1400 sq. ft. Features full master suite with huge walk-in shower, a gourmet kitchen with enormous island, a full laundry room, walls of glass and privacy.

LIKE LIVING IN A FOREST
2BD/2BA/DEN .......... $629,500
Re-build by Toupin Construction. New no money was spared on remodeling this Expanded Sonoma Wrap with almost 1400 sq. ft. Features full master suite with huge walk-in shower, a gourmet kitchen with enormous island, a full laundry room, walls of glass and privacy.

BEST PRICED SONOMA WRAP
2BD/2BA................. $399,000
Unit features updated kitchen w/ gas stove, granite countertops, white cabinets and appliances plus extra freezer and storage cabinets, a stacked W/D and new carpet and paint. Located on a great small entry close to Creekside and Dollar Pool.

SINGLE STORY EXP. CASCADE
2BR/2BA/DEN .......... $875,000
Don’t miss this very special updated, end unit condo with almost 1700 sq. ft. of living space. This home features high vaulted ceilings, bay windows, beautiful views of Rossmoor, an attached garage and carport PLUS a coveted close-in location.

BROOKGREEN CONDO
1BR/1BA............... $180,000
A desirable home in the “Incredible Waterford” for someone looking to be pampered. Tree-lined view from a private terrace, full kitchen, W/D, carport parking, one meal a day, weekly housekeeping, FULL ROSSMOOR SERVICES and much more.

TRÉS-CHIC MARIPOSA CONDO
2BR/2BA............... $560,000
Five easy steps lead to this desirable 1st floor home. Updated kitchen with custom cabinets, SS appliances, Carrara marble countertops, open floor plan provides expansive outside to showcase your artwork, private patio, enclosed garage. CLOSE-IN LOCATION.

FEATURABLE LISTING
COMING SOON
A LUXURIOUS BELVEDERE 2BD/1BA/Den........... $799,000
Completely remodeled, features gourmet kitchen w/ SS appliances, granite countertops, vaulted ceilings w/ skylights, upgraded laminate floors, carport, additional parking at front door, fabulous flagstone patio in a park-like setting and much more.

COMING SOON
TOTALLY REMODELED YOSEMITE
2BR/2BA................................. TBD
Very special level entry, single story home has been completely reconfigured by L’Estrange & Associates. Very bright unit with fabulous finish throughout. Huge gourmet kitchen w/ white shaker cabinets. This home is a gentle walk to either the Creekside or Hillside Clubhouse.

COMING SOON
DESIRABLE DEL MONTE
1BR/1BA............... $249,000
This bright upper end unit features a great floor plan and dynamic cul de sac location that is walking distance to Creekside, BOTH Golf Courses and Dollar Pool. Fresh paint new carpets and close carport and storage.
Silver Bullets compete in masters’ swimming event

Three Rossmoor Silver Bullets – Dolly Ackerman, Nancy Thurbsy and Ann Hirsch – recently competed in the Pacific Masters Short Course Meters Championship meet at Clark Pool at Heather Farm in Walnut Creek. Three days of competing with 493 swimmers set the stage.

Ackerman swam all three days, starting with the 1500-meter in which she placed first. This race consists of 60-lengths of the 25-meter pool (same length as Round Hill). She also swam the 200-meter free and finished first; the 50-meter free and finished second; the 100-meter backstroke and finished third; and the 100-meter free and finished third. She swam on two relays, which both finished first.

Thurbsy swam the 50-meter breaststroke and finished fifth; the 100-meter breaststroke and finished fourth; and the 100-meter freestyle and finished seventh. She swam on two relays finishing first in one and third in the other.

Hirsch swam the 50-, 100- and 200-meter breaststroke, finishing first; the 50-, 100- and 200-meter backstroke and finished first; and won the 50-meter freestyle. She swam on two relays, finishing first. One relay had four swimmers over the age of 80 on it. She was high-point winner in her age group (55-59).

Silver Bullets coach Lisa Ward won all seven events she entered and was high-point winner in her age group (55-59).

Volunteers are the backbone of running the form meet. Carol Meechah (present all three days), Karen Parish, Joe Hunter all timed swimmers. Swimmers are grateful for their help.

Niners’ Hat and Visor Day tournament is tomorrow

The Rossmoor Women’s Nine-Hole Golf Club will have its annual Niners’ Hat and Visor Golf Tournament on Thursday, Oct. 25.

The tournament is open to all Niners. The format is Rossmoor scramble from the tee to all greens, nine-hole or 18-hole, whichever is shorter. All players are encouraged to decorate their hats or visors with funny or scary designs for this popular and fun event. Golf pros Wayne Weckerlin and Mark Hepisk will judge the decorations as the golfers check-in, with prizes awarded for the top three creations.

Following golf, the Niners will gather in the Tahoe Room at the Event Center for a luncheon buffet with white and red wine for $5 per glass.

Reno event for the Niners News Blast. The deadline to pay is Nov. 15. For information, contact Judy Ruble at 925-586-9324.

Happy hackers end season with dinner

New officers will be introduced at event

The Happy Hackers will end their 2018 season with the annual meeting and dinner on Thursday, Nov. 8, at 5 p.m. at the Event Center. All members are encouraged to attend this final event. The price is $10 per person and includes a dinner of beef tenderloin, scalloped potatoes, mixed vegetables, salad and apple pie. Those who require a special menu may call Stan or Ann Gedeon at Creekside Grill. Also included are beer, wine, soft drinks and a raffle.

The new 2019 officers and committee chairmen will be introduced at the meeting.

Dues for 2019 may be paid by check at the event to be included in the 2019 roster. Dues are $20 per year per member. Membership applications are in the Pro Shop.

Happy Hacker events are for Happy Hacker members only. The Happy Hackers is a co-ed club and membership is open to golfers of all playing abilities. Handicaps are not required.

For membership information, call Jim Bombardier at 925-325-1118.

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For membership information, call Jim Bombardier at 925-325-1118.
Rossmoor Men's Golf heads to Orinda Country Club

The Rossmoor Men's Golf Club (RMGC) will participate in its 13th and final away home event at Orinda Country Club on Tuesday, Oct. 30. Check-in and lunch start at 11:30 a.m. There will be a 12:30 p.m. shotgun start followed by refreshments and prizes.

Signup envelopes are available in the Pro Shop. The cost is $57 and includes lunch, golf cart, refreshments and prizes. Checks should be made payable to RMGC and the signature deadline is noon, Saturday, Oct. 27.

Membership in the Men's Golf Club is required to participate in all home-and-home events. The roster is limited to 21 golfers with a waiting list, so players will be determined by the number of home-and-home events participated in at Rossmoor this year. The roster will be posted in the Pro Shop and on the RMGC website.

Checks from players not on the roster will be voided. Remember to wear Men's Golf Club golf shirt or a golf shirt with the Rossmoor logo.

For information, contact Mike Kiefer at mkiefer1952@gmail.com, Burke Ferrari at 925-891-4263; burke.ferrari@hotmail.com, or visit www.rossmoorgolf.com.

Rossmoor Tennis Club held annual Autumn Doubles Tournament Oct. 13

By Dave Blanchard
Club correspondent

Rossmoor Tennis Club (RTC) sponsored the Autumn Women’s Doubles Tournament on Oct. 13 at Buckeye courts. Sixteen women showed up to enjoy the games and the incredible edibles.

With a maximum score of 24 points possible based on six matches, Susan Mann and Shin Kim each came away with 18 points to win first place. Susan Eldridge got 16 for second place while third place was a four-way tie between Barbara Blum, Dorothy Watkin, Liz Rutler and Etienne Ploch at 14 points.

The players and RTC are grateful to Captain Loc Barnes for organizing the event and setting up the delicious food and beverages.

Barnes thanks Irene Wong for managing court assignments and keeping score so that she could compete in the games.

For more information on RTC and its social activities, visit www.rossmoortennis.com.

RMGC to host annual awards dinner on Nov. 12

The Rossmoor Men’s Golf Club will hold its annual general membership meeting and awards dinner on Monday, Nov. 12, at 5:30 p.m. at the Event Center.

President Fred Sun will open the meeting by introducing the 2018 Board of Directors and the nominations for vacant positions.

There will be a slide show of club accomplishments this year.

Members will then elect individuals nominated to fill board vacancies.

It’s time to renew membership in the Rossmoor Men’s Golf Club for 2019.

Over the next two months, the new member and renewal application forms will be available in the Pro Shop and on the Men’s Club website, www.rossmoorgolf.com.

Members are encouraged to complete their applications by Friday, Nov. 30.

After Dec. 31, there is a $10 fee for reactivation of the member’s GHIN number.

New members are encouraged to join promptly so that they may enjoy membership for the remainder of this year. New members will be able to participate in any remaining events and obtain a GHIN handicap to post your scores.

For information, contact Michael Weisenberg at 925-300-3454 or at weisenbe48@aol.com.

Renew membership in RMGC

Forms available at Pro Shop, website

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For information, contact Michael Weisenberg at 925-300-3454 or at weisenbe48@aol.com.

Pickleball to host post holiday party on Jan. 5

The Rossmoor Pickleball Club’s post-holiday party is on Sunday, Jan. 5, from 5 to 7 p.m. at the Event Center.

The annual event will include a catered dinner, entertainment and music.

Tickets are $30 for club members and $35 for non members. Ticket sale details will be announced later.

For information about pickelball, visit www.rossmoor-pickleball.net. For questions about the club or to become a member, contact club President Dale Reynolds at ltc@thestockbridgegroup.com.

Bocce Club holds annual meeting and potluck Nov. 16

Rossmoor Bocce Club will hold its fall potluck and annual membership meeting/election on Friday, Nov. 16, at 5 p.m. in the Diablo Room at Hillside.

Members will vote for next year’s club officers and also enjoy a potluck dinner with friends.

Members are invited to bring a dish to share or pay $10 if they select not to bring a dish.

The club will supply water and coffee. Members can bring a beverage of their choice.

Players in RTC's Autumn Women's Doubles Tournament

Winners of basketball ShootOut TipIn Tournament honored at Warriors’ watch party

Medals for the Basketball Club's ShootOut TipIn Tournament were fittingly handed out at the Golden State Warriors basketball game watch party on Oct. 16.

This was the start of the NBA season. It was also a night to celebrate as the Warriors beat the Oklahoma Thunder 108 to 100 in their season opener.

Winners of the Sept. 24 tournament included Jack Peng and Angela Norton, first place; Joe Costella and R.J. Truz, second; Cecil Chang and Cherie Grant, third; Cary Fong and Yan Sun, fourth; Mark Golomb and Pete Murai, fifth; and Rosemarie Ellsworth and Steve Kiesle, sixth.

Residents do not have to be a club member to come out to the Tice Creek Fitness Center gym and have some fun shooting hoops, playing 2 on 2 or learning the game.

The basketball schedule is Monday, 4 to 6 p.m.; Wednesday, 4 to 6 p.m.; Friday, 4 to 6 p.m.; Saturday, 8 to 11 a.m.; and Sunday, 6 to 11 a.m.

For information, contact Norton at 925-997-4795 or Kiesle at rossmoorhoops@gmail.com.
## Duplicate Bridge Club posts scores

|---------------|-----------|---------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------|

## Duplicate Bridge changes game dates

The dominos winners for Oct. 15 were Jeannie Johnson 324, E. Beltran 325, Walter Roosli 324 and Bill Flowers 325. Sally Lowry 325, Betty Treanor 316 and N/S 1. L. Chung/Z. Reger 2. J. Frank/C. Warner 3. S. Marks 4. L. Dalsey/S. Adams | E/W 1. A. Matton/A. Smith 2. E. Beltran/E. Landucci 3. E. Kriens/R. Bollinger/R. Elgie | Team registration is required and signatures sheets will be available at regular games. Club members may play with guests, but two of the four team members must be Rossmoor residents. Note: There will be games on Friday, Nov. 2, and Saturday, Nov. 4, due to the Rossmoor Fall Bazaar at Gateway.

**Domino Club announces game winners**

The dominos winners for Oct. 15 were Jeannie Johnson 324, E. Beltran 325, Walter Roosli 324 and Bill Flowers 325. Sally Lowry 325, Betty Treanor 316 and N/S 1. L. Chung/Z. Reger 2. J. Frank/C. Warner 3. S. Marks 4. L. Dalsey/S. Adams | E/W 1. A. Matton/A. Smith 2. E. Beltran/E. Landucci 3. E. Kriens/R. Bollinger/R. Elgie | Team registration is required and signatures sheets will be available at regular games. Club members may play with guests, but two of the four team members must be Rossmoor residents. Note: There will be games on Friday, Nov. 2, and Saturday, Nov. 4, due to the Rossmoor Fall Bazaar at Gateway.

**Free American mahjong lessons offered**

Lessons in American mahjong are offered on Friday afternoon for beginners and intermediate players. These are part of the weekend mahjong group that meets Saturday and Sunday afternoons. The club does not require a specific arrival time for play. Members can drop in at their convenience and still get a game. Equipment is provided and every table plays by the same rules. The purpose of the group is to provide a friendly environment while playing this fun and challenging game. Dues are $5 a year and the national mahjong card is $8 or $9. For information contact Claire Berry at 925-934-9695 or claireberrywc@yahoo.com.
After East passed, South opened 2NT and many pairs proceeded to a contract of either 6 spades or 6 no trump. When the contract is 6 spades, the play is straightforward. All West players led the 10♦ which was won with the J♣ in the dummy. The loss of a spade trick is inevitable, so Declarer must not lose a heart trick in order to make the contract. He leads two rounds of trump leaving East with the J♥. East can take his trump trick at any time, but Declarer eventually discards a losing heart and a diamond from the dummy. He can ruff the last diamond in his hand, and the dummy is now good, making 6 spades.

Having a combined holding of only 31 HCP, 6NT is a dubious contract, and in fact the only way it makes is because of the doubleton Q♣, which drops setting up North's 10♣ for a 12th trick.

The lead of the 10♣ is taken in the dummy with the J♣. Since Declarer must lose a spade trick, he would prefer to keep East out of the lead to protect against East's lead of a heart. He leads a low spade intending to play the ♦ but East smartly plays the ♠. Declarer ducks anyway and is rewarded when West must win the trick with the 10♦. West exsits with another club, taken in the dummy with the K♠. At this point Declarer can still have only 11 tricks, 4 spades, 4 clubs, 2 diamonds and 1 heart. He must win another club, taken in the dummy with the K♠. Declarer eventually discards a losing heart and a diamond from the dummy. He can ruff the last diamond in his hand, and the dummy is now good, making 6 spades.

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Prime Time Couples enjoy a recent dinner.

Prime Time Couples Dinner Club will hold a dinner on Tuesday, Nov. 20, at Dollar Clubhouse.

Dinner will be served by Simple Elegance Catering. The cost is $50 per couple for members and $54 per couple for non-members.

There will be a social hour from 5:30 to 6:30 p.m. during which members and guests will be served a variety of hors d’oeuvres. Guests are asked to bring a light beverage of their choice.

Dinner is served at 6:30 p.m. Seating will be determined by a random drawing to mix couples and promote maximum acquaintanceship.

Dinner is $40 for members and $46 for guests. Send checks, payable to the Italian-American Club, to Annette Fisher, 1216 Running Springs Road No. 2. Checks may also be placed in the Italian-American Club mailbox at Gateway.

Prime Time Couples hosts dinner at Dollar Clubhouse.

Volunteer Exchange to learn about Lapidary Club at its Nov. 7 meeting

The Volunteer Exchange will meet on Wednesday, Nov. 7, at 10:30 a.m. in the Fireside Room at Gateway.

The speakers will be Carol Lehr and Leanne Hamaji, Lapidary Club officers. They will talk about their club and what it has to offer.

Lapidary Club members work in a variety of materials, besides stones and gems. Slides of various works produced by club members will be shown.

Members’ experience ranges from beginners to professional artists.

An assortment of items produced by Lapidary Club members will be on display and available for purchase during the meeting.

The men and women of the Volunteer Exchange perform services for each other for such things as transportation and pet care.

In this way, they earn credit hours, which they can use in the future to “pay” other members for services. New members able to provide services are always welcome. Services are not available to nonmembers.

Detailed information about the club can be found on the club’s web page. The web page can be easily accessed via a link in the “Clubs” section on the www.rossmoor.com web page. Residents can also call Antje Ahlemeyer at 906-9882.

Residents are invited to attend one of the monthly meetings to learn more.

Italian-American Club hosts La Festa del Ringraziamento dinner dance

The Italian-American Club will host La Festa del Ringraziamento (a Thanksgiving celebration) on Friday, Nov. 9, at the Event Center. The hosted bar will be open from 5:15 to 6 p.m. with dinner to follow.

Dinner will be served by Simple Elegance Catering. The cost is $50 per couple for members and $54 for guests.

Prime Time Couples hosts dinner at Dollar Clubhouse.

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Italian-American Club holds annual meeting on Monday
Celebrating college football season at All-College Party Nov. 15 in Fireside

Multi-colored balloons and school banners will decorate the Fireside Room at Gateway Clubhouse on Thursday, Nov. 15, at 5:30 p.m. for the All-College Party sponsored by the Stanford Club of Rossmoor.

Following the social hour, at 5:30, an elegant buffet will be served: a lavish and delicious tailgate spread that includes delectable finger food to remind attendees of the football afternoons and evenings that have given them such pleasure over the years.

This unique "tailgate" party will feature the Ashmolean Singers, directed by Gordon Adolphson (Stanford ’51). The Ashmoleans, directed by Steve Mullins, now in their 13th year at Rossmoor, will sing more than 20 college "fight songs," ranging from Yale and Georgia Tech to Notre Dame, USC and, of course, Stanford and Cal.

Attendees are urged to wear their school colors, bring table decorations, mascots and pom-poms, and to participate with pride when their school song is featured.

To attend, send a check for $30 to Kathy Krieger, 1550 Canyonwood Court No. 5. Checks must be received by Friday, Nov. 9.

Friends of Peace and Justice Center hosts talk on Venezuela politics and economy

Friends of Mt Diablo Peace and Justice Center will host an educational event on Venezuela on Sunday, Oct. 28, at 4 p.m. in the Fairway Room in Creekside.

The speaker is Steve Ellner who has taught economic history at the Universidad de Oriente in Puerto La Cruz, Venezuela since 1977. He is author of numerous books and articles on Venezuelan history and politics. He is on a national speaking tour.

Ellner will answer questions, such as, what is going on in Venezuela? Is it a dictatorship and "regime" as claimed by Washington? Why did former President Jimmy Carter say that the 1992 elections that were monitored in Venezuela were the best in the world? Why has President Trump threatened a military option against Venezuela? What are the challenges to Venezuelan sovereignty from within and without? How severe is the economic crisis and what are the major causes?

There will be time for questions.

For information, contact Rick Sterling at 925-324-3358.

Couples Club plans ‘Wine and Sign’ event

A "Wine and Sign" social event is planned for the members of the Rossmoor Couples Club on Sunday, Nov. 18, from 6 to 9 p.m. in the Fireside Room at Gateway.

This annual club gathering provides an opportunity for club members to socialize while learning about the monthly special-themed events selected for 2019.

With themes chosen, dates set and venues arranged, members have the option to volunteer for participation on an event committee. Assisting on a committee is not only fun, but a good way to get to know other club members.

Those who served on committees in 2018 will be acknowledged and thanked.

Also at the event, the slate of nominees for the club’s 2019 board will be presented and voted on. Nominations from the floor will be accepted.

Additionally, raffle tickets for several door prizes will be distributed to each attending member with extra tickets given to members signing up for committees.

Participants will be offered a light supper with a selection of both red and white wines while being entertained with familiar songs on the piano played by member Dick Bertrand.

The cost for this event is $15 per person. Send reservation checks, payable to the Couples Club of Rossmoor, to Barbara Schwartz at 4412 Terra Granada Drive No. 2A by Saturday, Nov. 10.

For information about the event, contact JoAnn or Frank Alosi at 925-937-8668.

The Couples Club of Rossmoor was formed to offer social events and activities for couples of a similar age with shared interests.

For information or to join, contact Member Chairwomen Jan Widdel at 925-944-0812 or at jwiddel@aol.com, or Jill Reiner at 925-935-7556 or at Jill_reiner@yahoo.com. Information about the club is also available online at couplesclubofrossmoor.com.

Connection to visit historic John Muir home

Members of the Connection are invited to a day at the John Muir National Historic Site in Martinez on Sunday, Oct. 21.

Carpools will leave at 10:30 a.m. from the Gateway parking lot at the corner of Tice Creek Drive and Golden Rain Road.

Wear comfortable shoes for walking and climbing stairs.

The mansion was built for John Stanton Muir’s father-in-law. Muir and his wife, Louisa, moved into the house in 1890, and he lived there until his death in 1914.

While living there, Muir co-founded the Sierra Club and became its first president. From this home, Muir prevented the damming of the Yosemite and Hetch-Hetchy valleys.

It was where he wrote his books and the newspaper and magazine articles on conservation that led to the founding of the National Park Service in 1916. The property became a National Historic Site in 1964.

The reservation deadline is Sunday, Oct. 28. Contact Fran Brenner to make reservations at 925-393-5085.

The purpose of the Connection is to provide a means of establishing friendships and promoting social activities for the women of Rossmoor. For information, contact Karen McCallister at 925-300-3263.

International Affairs Book Club to discuss Robert Kaplan book on Friday

The International Affairs Book Club will meet Friday, Oct. 26, at 7 p.m. in Multipurpose Room 3 at Gateway.


Kaplan’s credentials for handling this subject are impressive: 18 books on foreign affairs and travel; senior fellow at the Center for a New American Security and senior advisor at the Eurasia Group; foreign affairs reporter for the Atlantic for three decades; instructor at the U.S. Naval Academy; member of the Pentagon’s Defense Policy Board; and twice named by Foreign Affairs magazine as one of the world’s top 100 Global Thinkers.

The club will discuss only the first of the book’s essays, “The Return of Marco Polo’s World and the U.S. Military Response.” There is no need to purchase the book since the essay is well-known and readily available online using the author’s name and the title of the essay.

Kaplan sees a similarity between Marco Polo’s travels across Eurasia in the late 13th century from Venice to China — which opened up the famed Silk Road and its previously unknown routes and civilizations to Westerners — and the world of the 21st century which will center on the Eurasian land mass.

China will be the dominant force through the trading network created by the Chinese initiated Belt and Road network. However, other dominant civilizations of the region — Russia, Iran (Persia), and Turkey (Ottomans) — will also be powerful forces in this new “age of comparative anarchy.”

Where does the U.S. fit into such a world? Kaplan’s short answer is contained in this essay on how better prepared for the Pentagon’s Office of Net Assessment in 2016 and subsequently released to the public. The Return of Marco Polo’s World and the U.S. Military Response.”

The DeVries Book Club to discuss Robert Kaplan’s book on Friday.

Vegan Club hosts potluck and video about health

Rossmoor Vegan Club will host a potluck on Wednesday, Nov. 7, at 5 p.m., in Multipurpose Room 3 at Gateway.

Guests are asked to bring an appetizer, salad, main dish or dessert containing no animal products (e.g., meat, fish, poultry, eggs, or dairy), to serve 12 to 16 sample-sized portions.

Guests are also asked to bring their own serving utensils, plates, cups and silverware. Anyone in need of cooking suggestions should call Dulcie Andres at 925-481-5639.

After the potluck, all are invited to the 7 p.m. video-lecture, the second in the club’s continuing series on achieving optimal health.

Dr. John McDougall will present a video explanation of “The Starch Solution,” a concept that has become the genesis of “the plant-based diet.” The lecture will offer insights into healthier living options for people and the planet.

All Rossmoor residents are invited to the discussion. For more information contact Bob Orr at 707-494-7152 or rgorr1@mac.com.
SIR to hear from estate planners at Nov. 8 meeting in Fireside Room

Rossmoor Sons in Retirement (SIR) will meet on Friday, Nov. 8, in the Fireside Room at Gateway. Members should note the different meeting time for this special presentation on Tuesday, Nov. 6.

The speakers will be Jennifer Wallis and Joan Grimes who will talk about estate planning developments. These include allowing the transfer of property from parents to children, the use of the revocable trust; the use of Prop. 60 to avoid or minimize the assessment; filing of the Form 706 to avoid or minimize the assessment; and the speaker presentation is at 12:45 p.m. The lunch menu includes roast turkey with sage stuffing, cranberry sauce, mashed potatoes and gravy, green beans, assorted dinner rolls, a mixed green salad and pumpkin pie. The cost of the luncheon and open bar is $17. SIR is a state-wide organization of retired men who want to form friendships in the community. All Rossmoor men are invited to attend with no reservations necessary. There is a $25 annual membership fee.

For information, contact David Heckel at 707-349-8182 or dhellich@gmail.com.

Gay Men's Club raises $1,000 for Pets and Vets

Rossmoor Gay Men's Club sponsored its first fundraiser on Saturday, Nov. 14 with both pet owners and attendees in attendance.

The fundraiser was for Pets and Vets, a national charity that matches veterans with rescued dogs. Over $1,000 was raised with all proceeds going to Pets and Vets. The club thanks the Rossmoor community for its generosity.

The highlight of the event was a presentation by Ethan Shattuck, a former vet. He talked about his challenges after returning from Iraq and how his service dog Finnegan has changed his life. As a token of appreciation, the club presented Ethan and his wife, Suzi, with a handmade quilt made especially to honor a veteran, which was donated by Linda Stephens.

Stewart Proctor, a representative from the Animal Rescue Foundation (ARF), shared information about ARF, its history and programs. These presentations were followed by a humorous pet parade, which included spontaneous interviews of Rossmoor pet owners with their pets.

Pets and Vets was started in 2011 as part of Tony LaRusso's ARF. The charity matches veterans with rescued dogs. ARF has placed more than 600 animals with vets. Donations can still be made at www.arflife.org/pets-and- vets.

Drama Association will entertain at the Nov. 10 Red Hatters' luncheon

Rossmoor Red Hatters will have their monthly luncheon on Saturday, Nov. 10, in the Fireside Room at Gateway.

Come at 11:30 a.m. to sign in and enjoy punch and social time. Wanda King will be at the piano to play familiar music.

At noon, lunch by Classic Catering will be served. The menu includes a green salad, grilled tri-tip steak sliders and pumpkin pie. Vegetarian and gluten free entrees are available.

Entertainment is after lunch and is by the Rossmoor Drama Association.

The cost is $18 for members and $20 for nonmembers. Checks, payable to Rossmoor Red Hatters, may be put in an envelope marked “Luncheon” and left in the Red Hat mailbox at Gateway or mailed to Joan Wise at 3101 Golden Rain Road No. 4.

Those who prefer a vegetarian or gluten free entree should write that on their check. The deadline is Thursday, Nov. 1. To cancel a reservation, call Joan Wise at 925-943-6291.

Outside activity

Send dues checks to Best at 1724 Oakmont Drive No. 2. Checks that are in an envelope clearly marked “Dues” may be put in the club mailbox at Gateway.

For information about the group, call Sandra Hawkins at 925-788-9124 or check the club website, rossmoorredhatters.net, maintained by Liz Sloan.

Those who know of a Red Hatter who is ill or in need, may call Judy Canepa at 415-310-7349.
Religious Services

RELIGIOUS SERVICES

B’nai Israel of Rossmoor will hold Shabbat services on Friday, Oct. 26, at 7:30 p.m. in the Vista Room at Hillside. Please arrive at 7:15 p.m. as services start promptly at 7:30. Cantor Rachel Brott, with Elaine Harris, will lead the service, and Barry Gross will give the Torah talk. Amy Kahn will be the greeter and Sheila Egdal will host the Oneg in memory of her husband Daniel, on his yahrzeit.

The Inter-Twoven Stories of Noah” will be Steve Harris’ discussion topic. Did Noah send out a raven or a dove? Did the flood last 40 days and 40 nights, or nearly a year? Did Noah save one pair of each kind of animal or seven pairs? Join the congregation as we attempt to answer these questions. Everyone is invited to enjoy the service and the social hour.

rabbi Jerry Danzig’s class, “Torah study: A Touch of Tal— mud,” will continue on Saturday, Oct. 27, from 9:30 to 11 a.m. in the Club Room at Creekside. (Note this is the only change to the regular time.) To register, email Rabbi Danzig at yosefd@sonic.net.

For more information, contact Josh Fendel at 925-448-2995. Anyone who needs a ride may call Steve Harris at 248-245-1830 or Paula Tint at 925-935-6580.

Methodist

eTice Valley United Methodist Church invites everyone to a joyful and helpful first worship service on Sunday at 11 a.m. in Peacock Hall. This Sunday, Oct. 28, Pastor Joanne Peter—

son will preach on Matthew 20:1-16. Her sermon title is “When someone Else Gets the Honor.” Loni Williams is the Music Di-

rector. The choir sings each Sunday from September through June. Holy Communion is celebrated on the first Sunday of each month.

Weekly worship is wheelchair-accessible with large-print bulletins and aids for hearing.

For more information or pastoral care, contact the church of—

ice at 925-937-4535, Monday through Thursday, 9 a.m. to 1 p.m.

Lutheran

Hope Lutheran Church invites everyone to gather for a spir—

ted worship service in the Fireside Room at Gateway on Sun—

day, Oct. 28, at 10:30 a.m. Pastor Jack Niemi will preach on John 8:31-36. Maestro Wayne Anderson serves as Minister of Music. Don Guraly serves as Cantor. Sarah Wilcox will provide special music.

Immediately following worship all are invited to the Fourth Sunday Luncheon for a time of sharing delicious food and high-spirited fellowship. Large-print bulletins and hearing aid T-coil complement the accessibility of worship at Hope. New members are welcome.

For information or pastoral concerns, contact Pastor Jack at 925-430-1900. Visit Hope’s website at www.hoperossmoor.org for more information.

Catholic

St. Anne’s Catholic Church schedule of Masses for the week of Oct. 27 and 28 is as follows: The Sacrament of Reconciliation is available on Saturday, from 4 until 4:30 p.m. The Thrissite Sunday in Ordinary Time will be celebrated at the Vigil Mass on Saturday at 5:30 p.m., and on Sunday at 9 and 11:15 a.m. On Monday through Wednesday and on Friday this week, Mass is at 9 a.m. and Saturday Mass is at 9 a.m.

Thursday, Nov. 1, the Feast of All Saints, is a Holy Day of Obligation. Mass will be celebrated at 5 p.m. on Oct. 31, and at 9 a.m. and 11:15 a.m. on Nov. 1.

The parish office hours are Monday through Friday, 8:30 to 11:30 a.m. and 1 to 4 p.m. All are welcome at St. Anne’s Church, celebrating “Faith, Hope and Love” since 1965. For more infor—

mation, call the parish office at 925-932-2324.

Presbyterian

Grace Presbyterian Church invites everyone to worship on Sunday, Oct. 28, at 10 a.m. Rev. Dr. Tom Waddell will preach on “The Story of John Knox and the Ori—

gin of the Presbyterian Church.” To get into the day, the day—

visitors are encouraged to wear tartan, plaid or any plaid will do, as congregants discover their Presbyterian origins in the Church of Scotland. Rev. Waddell will continue his study about how we get there on Nov. 4 at 11 a.m. in the Library. All are welcome.

On Wednesday, Oct. 31, there will be a special celebration of life inspired by the Mexican tradition of “Dia de los Muertos” or “Day of the Dead.”

On Wednesdays at 11:15 a.m. Rev. Hastings-Fleegle leads a grief support group at Grace. This open group welcomes new—

comers every week. For more information, call the church at 925-935-2100 or visit www.gracewc.org.

Mindful Living: Listen to nature’s symphony

By Dick Powell

Club correspondent

This week is eighth of the of the Mindful Living Club’s 12-week “Mindful Days of Meditation” series. The articles offer prac—

tical ways to find focus, calm and joy in daily life.

This week we suggest you allow sounds in nature to bring you instantly to the present. When we first came to Rossmoor and its beautiful surroundings, each morning a chorus of birds awakened my wife and I. At first we resisted when their chirpy sounds, the geese running across the roof, the turkeys, the crows, woodpeck—

ers, and many more, by throw—

ing a pillow over our heads.

That perspective allowed us to step out of the spinning 

world, to observe and hear their song and noise with wonder rather than weariness. Opening your ears to nat—

ural sounds is another way to step out of the spinning thoughts in your mind and step into the present moment. Here’s how:

1. Go outside: This is a mind—

fulness meditation with sound. best done outside. If you cannot step outside, go to a window or balcony and tune in.

But then we reframed this vi—

brant singing such that it would remind us of how lucky we were to live in such a beautiful place — even with geese on the roof. That perspective allowed us to hear their song and noise with wonder rather than weariness.

2. Ground yourself: In—

To bring you instantly to the present. When we first came to Rossmoor and its beautiful surroundings, each morning a chorus of birds awakened my wife and I. At first we resisted when their chirpy sounds, the geese running across the roof, the turkeys, the crows, woodpeck—

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the group at 10 a.m. for the lecture and gives a commentary. Teacher Randy White lectures on the songs that are sung. Reppart gives a history about everyone gathers in the Solarium, discoursed each week.

9 to 9:45 a.m. There are four practical exhortations. One is welcome to enjoy fellowship with a chain blocking driver entrance is on the right where the Eagle Ridge sign. The entrance is just outside Shanghai. He did his undergraduate studies at Jiao Tong University in Shanghai, and in 1947, he moved to the United States for graduate studies in mechanical engineering at the University of Michigan. It would come as no surprise to those who knew him that he was a top student at both universities. It was in the United States that Ho met Junlin, the love of his life. Forever tikering, he was the inventor of sprinklers (the walking sprinkler), ball joints, and key cases, even patenting a tool to tie the perfect reef. Throughout his life he helped generations of extended family members establish their lives, homes, and education. His generosity was never a question, always a gift. In 1989, after Ho's retirement, he and Junlin lived with her daughter in Willits where she passed on peacefully, surrounded by family. Mary was survived by her four daughters, her sons-in-law, eight grandchildren, and two great grandchildren. At her request, there will be no memorial service. In lieu of flowers, please donate to the charity of your choice. Betty Archibald

March 8, 1920 – September 29, 2018

Betty Archibald was born in Richmond, CA to Hilda and Tom Archibald. She attended schools in Richmond with lessons at Matilda Meyer's Dance Studio and music lessons with Emma Gibbons. A graduate of Richmond Union High School, Class of 1937 and University of California at Berkeley, Class of 1941. During World War II, Betty was employed at Standard Oil Chemical Lab until 1945. She then did graduate work at UCLA and taught French for 31 years in the Richmond area. Her teaching years included a sabbatical year spent in France during her teaching years and retirement included China, Mexico, Western Europe and frequent visits to France. Betty was a resident of Rossmoor since 1986 and a member of Rossmoor's Cal Alumni Club and the Democratic Club. Betty was predeceased by her parents, her brother, Dr. Vernon Archibald, and nephew, Tom Archibald. She leaves behind a nephew, Bruce Archibald of Concord; a niece Debbie Romaine of Roy, WA; grandnephew Jake Archibald and grandnieces Chelsea Archibald of Concord and Kenzie Archibald of Boiling Springs, PA. She also leaves great friends Nida Brombach and family, Richard Overstreet, Diane Shields, Liz Brazil and Susan Torres.

Donations may be made in Betty's name to the charity of your choice.

Finding the labyrinth

The labyrinth is located on a hilltop off Saki Indian Drive. From Rossmoo Parkway, turn on to Saklan Indian Drive. The entrance to the labyrinth is about a half-mile from Rossmoo Parkway and Saklan Indian Drive. The entrance is about 2/10ths of a mile past the Eagle Ridge sign. 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 up the fire road, under the oak trees at the top of the hill on the right.

Mindful Living

Continued from page 2B

It is a non-denomination-al group that is open to all. For more information call Beth Thompson at 925-234-0205 or visit www.rossmorbiblestudy.org.

Rossmoor Bible Study Group meets tomorrow at Dollar.

Rossmoor Bible Study Group meets tomorrow, Oct. 25, at 9 a.m. at Dollar. Everyone is welcome to join, no matter what fellowship and friendships are. This week's study focuses on 1st Thessalonians, chapter 5, verses 12 to 28, "Practical Exhortations." Paul brings this Epistle to a close, giving to his friends in Thessalonica a number of practical exhortations. Small groups meet from 9 to 9:45 a.m. There are four women's groups and two men's groups and each has a leader. Questions are answered and discussion is encouraged.

From 9:45 to 10 a.m., everyone gathers in the Solarium and the day leads in the singing of hymns; John Reppart gives a history about the songs that are sung.

At 10:40 a.m., teacher Randy White lectures and gives a commentary on the material studied. Residents who may also join the group at 10 a.m. for the lecture only.

Bible Study Group meets at 9 a.m. at Dollar. Every- one is welcome to enjoy fellowship and friendship. It is a non-denomination-al group that is open to all. For more information call Beth Thompson at 925-234-0205 or visit www.rossmorbiblestudy.org.

Rossmoor Bible Study Group meets tomorrow, Oct. 25, at 9 a.m. at Dollar. Everyone is welcome to join, no matter what
TICKE POOL is open daily from 6 a.m. to 8 p.m. It’s closed until 1 p.m. on Thursday for cleaning. It’s also open Saturday and Sunday from 6 a.m. to 6 p.m. The locker rooms are open.

HILLSIDE POOL and DOLLAR POOLS are open 6 a.m. to 8 p.m. Hillside Pool is closed until 1 p.m. for cleaning on Tuesdays and Dollar Pool is closed until 1 p.m. for cleaning on Wednesdays.

FAMILY SWIM: Family swim is at Hillside pool Monday, Wednesday, Thursday and Friday from 11 a.m. to 1 p.m. and weekends and holidays from 11 a.m. to 2 p.m. There is no family swim on Tuesdays.

FITNESS CENTER: The Fitness Center is open Monday through Friday from 6 a.m. until 9 p.m. Monday and Saturday and 9 a.m. to 2 p.m. Tuesday and Sunday.


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

FRIDAY, OCTOBER 26

<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>Luk Tung Kuen</td>
<td>Diablo Room, H</td>
<td>Luk Tung Kuen</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water Aerobics</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Men’s Exercise Group</td>
<td>MPR 1-2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Berean Forum</td>
<td>Club Room, C</td>
<td>Berean Forum</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Board Meeting</td>
<td>Oak Room, G</td>
<td>Domino Club</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>Duplicate Bridge Class</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>cribbage</td>
<td>Oak Room, G</td>
<td>cribbage</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Quilters</td>
<td>Sewing Room, G</td>
<td>Sewing Arts Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>CSU Opera Languages Class</td>
<td>Fireside Room, G</td>
<td>Opera Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Peripheral Neuropathy</td>
<td>vista Room, G</td>
<td>rec. dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Water Exercise</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Joint Efforts</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Mah Jong</td>
<td>Oak Room, G</td>
<td>Chinese/american club</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Songs With Fit &amp; Fun</td>
<td>Redwood Room, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>chess</td>
<td>chess Room, D</td>
<td>chess Club</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>AARP Smart Driver Program</td>
<td>MPR 3, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Great Books</td>
<td>Multiroom, G</td>
<td>Great Books (Fri. afternoon)</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Charge Paritcles Concert</td>
<td>Entire Clubhouse, EC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Partnership Bridge</td>
<td>oak Room, G</td>
<td>Bridge, Partnership</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Aquacise</td>
<td>Pool, TC</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>
<tr>
<td>7:30 p.m.</td>
<td>B’nai Israel Service</td>
<td>Vista Room, H</td>
<td>B’nai Israel</td>
</tr>
<tr>
<td>9 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

SATURDAY, OCTOBER 27

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Practicing Mindfulness</td>
<td>Fairway A/B, C</td>
<td>Mindful Living Club</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Tai Chi</td>
<td>Club Room, C</td>
<td>Tai Chi Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Meeting</td>
<td>MPR 3, G</td>
<td>Philatelic</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Domino Play</td>
<td>MPR 1-2, G</td>
<td>Domino Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>chess</td>
<td>Chess Room, D</td>
<td>Chess 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>11 a.m.</td>
<td>Mexican Train/Mah Jong</td>
<td>Mulligan Room, C</td>
<td>Atr-friends &amp; Americans</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Boomers Halloween Party</td>
<td>Entire Clubhouse, EC</td>
<td>Boomers Forever</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Mah Jong</td>
<td>Card Room 1, D</td>
<td>Mah Jong Club</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Aquasports</td>
<td>MPR 3, G</td>
<td>Aqua Sports Club</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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</table>

SUNDAY, OCTOBER 28

<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>Siloam Community Church</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Men’s Exercise Group</td>
<td>MPR 1-2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Drama Class</td>
<td>Fireside Lobby, G</td>
<td>Drama Assoc.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Mah Jong</td>
<td>Card Room 1, D</td>
<td>Mah Jong Club</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Water Exercise</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>Noon</td>
<td>Group Potluck</td>
<td>MPR 1-2, G</td>
<td>Group Potluck</td>
</tr>
<tr>
<td>Noon</td>
<td>Bridge</td>
<td>Garden Room, D</td>
<td>Bridge Group</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Writers Group Meeting</td>
<td>Fireside Room, G</td>
<td>Writers Group</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beginning Line Dancing</td>
<td>Vista Room, H</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>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6:15 p.m.</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
<td></td>
</tr>
<tr>
<td>7 p.m.</td>
<td>AA Open 12 Step Meeting</td>
<td>Vista Room, H</td>
<td>Rec. Dept.</td>
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</tbody>
</table>

MONDAY, OCTOBER 29

<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>Siloam Community Church</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Men’s Exercise Group</td>
<td>MPR 1-2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Drama Class</td>
<td>Fireside Lobby, G</td>
<td>Drama Assoc.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Mah Jong</td>
<td>Card Room 1, D</td>
<td>Mah Jong Club</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Water Exercise</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>Noon</td>
<td>Group Potluck</td>
<td>MPR 1-2, G</td>
<td>Group Potluck</td>
</tr>
<tr>
<td>Noon</td>
<td>Bridge</td>
<td>Garden Room, D</td>
<td>Bridge Group</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Writers Group Meeting</td>
<td>Fireside Room, G</td>
<td>Writers Group</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beginning Line Dancing</td>
<td>Vista Room, H</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>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6:15 p.m.</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
<td></td>
</tr>
<tr>
<td>7 p.m.</td>
<td>AA Open 12 Step Meeting</td>
<td>Vista Room, H</td>
<td>Rec. Dept.</td>
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</tbody>
</table>

TUESDAY, OCTOBER 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>Sunday Service</td>
<td>Vista Room, H</td>
<td>Siloam Community Church</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Men’s Exercise Group</td>
<td>MPR 1-2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Drama Class</td>
<td>Fireside Lobby, G</td>
<td>Drama Assoc.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Mah Jong</td>
<td>Card Room 1, D</td>
<td>Mah Jong Club</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Water Exercise</td>
<td>Pool, TC</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>Noon</td>
<td>Group Potluck</td>
<td>MPR 1-2, G</td>
<td>Group Potluck</td>
</tr>
<tr>
<td>Noon</td>
<td>Bridge</td>
<td>Garden Room, D</td>
<td>Bridge Group</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Writers Group Meeting</td>
<td>Fireside Room, G</td>
<td>Writers Group</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beginning Line Dancing</td>
<td>Vista Room, H</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>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6:15 p.m.</td>
<td>Pool, TC</td>
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<tr>
<td>7 p.m.</td>
<td>AA Open 12 Step Meeting</td>
<td>Vista Room, H</td>
<td>Rec. Dept.</td>
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CALENDAR OF EVENTS

BC-Buckeye Courts D-Dollar Clubhouse G-Gateway Clubhouse EC-Event Center H-Hillside Clubhouse MPR-Multipurpose Room TC-Tice Creek C-Creekside

Calendar information is provided to the News by Room Reservations at the Recreation Department. Residents or groups who would like to make changes to the listing should contact Room Reservations at 988-7780 or 988-7781.
### TICE CREEK FITNESS CENTER CLASSES

The Fitness Center has TV screens in front of each studio with the most updated schedule. The schedule will showcase the classes for the day and include staff classes, independent contractor classes, clubs and small-group-training classes. Some classes are taught by independent contractors and they collect fees directly.

All fee classes are marked with a $ after description. SGT—Small group training classes—are taught by Fitness Center staff. The fee is $10 per class. See instructor for class and payment details.

### AEROBICS STUDIO

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td>Strength w/ Cathy Steen</td>
<td>8:45 to 9:30 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>Light Strength w/ Katleen Lamport</td>
<td>11:10 to noon</td>
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<td></td>
<td></td>
<td>TRX-SGT w/ Emm Yee</td>
<td>12:30 to 1:30 p.m.</td>
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<td></td>
<td></td>
<td>Tai Chi Movement CAAR</td>
<td>1:25 to 2:45 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Cardio Dance Lite w/ Bob Huff</td>
<td>3:45 to 5:15 p.m.</td>
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<tr>
<td>TUESDAY</td>
<td></td>
<td>Strength Circuit w/ Dino</td>
<td>6 to 7 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>Smart Start w/ Cathy Steen</td>
<td>9:45 to 10:30 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>Zumba class w/ Carol Lehr</td>
<td>9:45 to 10:45 a.m.</td>
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<td></td>
<td>Ballet class w/ Art Bowes</td>
<td>11 a.m.</td>
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<td></td>
<td></td>
<td>Tai Chi Movement CAAR</td>
<td>1:25 to 2:45 p.m.</td>
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<td></td>
<td>TRX SGT w/ Becky Beckelman</td>
<td>3 to 4 p.m.</td>
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<tr>
<td>WEDNESDAY</td>
<td></td>
<td>Cardio Dance Lite w/ Bob Huff</td>
<td>4:15 to 5:15 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>Strength w/ Cathy Steen</td>
<td>8:45 to 9:30 a.m.</td>
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<td></td>
<td></td>
<td>Muscle Movers w/ Julie Hughes</td>
<td>10 to 10:50 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>SGT Oxygenopor w/ Emm Yee</td>
<td>1:25 to 2:45 p.m.</td>
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<tr>
<td></td>
<td></td>
<td>SGT Sculpt and Tone w/ Michele Arvizu</td>
<td>6 to 7 p.m.</td>
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<tr>
<td>THURSDAY</td>
<td></td>
<td>Strength Circuit w/ Dino</td>
<td>6 to 7 a.m.</td>
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<td></td>
<td></td>
<td>Smart Start w/ Cathy Steen</td>
<td>9:45 to 10:30 a.m.</td>
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<tr>
<td></td>
<td></td>
<td>Zumba class w/ Carol Lehr</td>
<td>9:45 to 10:45 a.m.</td>
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### SERENITY ROOM

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>FRIDAY</td>
<td>7:00 a.m.</td>
<td>Light Strength w/ Julie Hughes</td>
<td>12 to 12:50 p.m.</td>
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<td></td>
<td>7:30 a.m.</td>
<td>Light Strength w/ Julie Hughes</td>
<td>3-3:30 p.m.</td>
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### DANCE STUDIO

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>6 to 7 a.m.</td>
<td>Dance Mix with Michelle Arvizu</td>
<td>9 to 10 a.m.</td>
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<tr>
<td></td>
<td>1 p.m.</td>
<td>Social Dance w/ Julie Hughes</td>
<td>11 a.m. to 12:15 p.m.</td>
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<tr>
<td></td>
<td>2:15 p.m.</td>
<td>Social Dance w/ Julie Hughes</td>
<td>11:15 a.m. to 12:30 p.m.</td>
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###礙TurthOor MODER MIIIIE THE MUSICAL

OAKLAND ZOO

**Wednesday, Nov. 7**

**Minimal walking**

Contra Costa Musical Theatre presents "Thoroughly Modern Millie" at the Lester Center in Walnut Creek.

The musical takes the audience back to the height of the Jazz Age in New York City, when "moderns," including a flapper named Millie Dillmount, were the rage of the town. Millie's hair, raising her hemlines, entering the workforce and rewriting the rules of love. It features frisky flappers, dazzling leading men and a dragon lady of a villainess that audiences will love to hate. "Millie" is a high-spirited musical romp and a perfectly constructed evening of madcap merriment. The Rossmoor Transportation Department will provide free transportation for the first 18 participants. Cost is $54.

**FRIDAY 7:00 to 7:30 p.m.**

**SATURDAY**

Tibetan yoga $.......................... 10 to 11:30 a.m.  
* (*pop for Healthy Bones* w/ Sarah Harvey $11:45 a.m. to 1:45 p.m.  
** (+second and fourth Saturdays only)**

### Excursions

**FROM THE RECREATION DEPARTMENT**

Excursion tickets are on sale in the Administration Office at Gateway, Monday through Friday, from 8 a.m. to 4:30 p.m. Cash, check, MasterCard, Visa and American Express payments can be made in person. Credit card payments can be taken over the phone.

Excursion participants are assumed to be able to manage independently. Neither the Excursion Desk nor the trip escort can accept responsibility for residents who cannot 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 by the Excursion Desk. If residents cancel their personal reservations, they are guaranteed a refund if cancelled at least 15 days before the day-trip departure. Refunds will only be available at that time if a ticket is able to be resold.

Times listed in the News are the actual time of departure. Names will be called to board the bus 15 minutes prior to this time.

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For information, call 988-7731.

**THOROUGHLY MODERN MILLIE THE MUSICAL**

**Saturday, Nov. 3, at 2 p.m.**

Extensive walking

Oakland Zoo, established in 1922, is dedicated to the conservation of wildlife both locally and globally. The Zoo is home to over 700 native and exotic animals.

"Dancing Lessons" continues on page 12B

July 2018 introduced Oakland Zoo guests to an entirely new habitat. These species are American bison, black bears, grizzly bears, mountain lions, jaguars, California condors, gray wolves and bald eagles. Enjoy an optional guided tour of the zoo or explore your own. There are plenty of food options available for lunch (not included). Wear layered clothing and comfortable closed toe shoes. The bus will leave Gateway at 9:15 a.m. and return at approximately 4 p.m. The cost is $55.

**“DANCING LESSONS”**

Saturday, Nov. 10, at 2:30 p.m.

Minimal walking

Center REPertory Company presents "Dancing Lessons" at the Lester Center in Walnut Creek.

"Dancing Lessons" centers on Ever, a young man with Asperger’s syndrome, who seeks the instruction of a Broadway dancer to learn enough dancing to survive a school awards dinner. The dancer, Senga, however, is recovering from an injury that may stop her dancing career permanently. As their relationship unfolds, they’re both caught off-guard by the discoveries – both hilarious and heartwarming – that they make about each other and about themselves.
Excursions

Continued from page 11B

Excursions

From music from all over the world and education and parks. Drawing inspiration as civil rights, affordable housing, the en-

Rapids, Backhaus conjures her epic story, male conquest with a sly blast of subtext. The script is provocative, laugh-out-loud the-

Tales and with symphony orchestras to create pieces that range from the 1869 expedition of Powell and a crew of insane yet loyal vol-

Victorian London and discover the heart of Victorian England. Excusions over the two decades of vintage halliworlds, marve-

Surrounded by ornate displays, where visitors will be able to transform into lamp-lit streets, boister-

Served with a choice of ciders, warm apple cider, roasted garlic chicken with grilled asparagus, and be dazzled by the lights and decora-

Shen Yun debuts its new show. The show enters the show in search of fame, thinking he'd love to be. Bursting with high-ener-

Shen Yun, coming to the Zellerbach Hall in Berkeley, has become an international phenomenon. Bringing together power-

Then, the bus leaves Gateway at 10:30 a.m. and will return around 4 p.m. Cost is $57.

Thursday, Nov. 15

Minimal walking

Twenty-eight years after it was first performed, Michael Tilson Thomas’s (MTT) soul-stirring “From The Diary Of Anne Frank” returns to the Davies Symphony Hall stage to mark the 70th anniversary of the publication of Anne Frank’s diary and the Henry-7am at 12:15 p.m. and will return around 6:30 p.m. Cost is $125.

Thursday, Dec. 12

Minimal walking

Shen Yun performance features the world’s largest group of traditional Chinese musicians and dancers. It draws upon over 20 dynasties and 50 ethnic groups. A symphony of four Chinese orchestras and a chorus composed of over 100 performers. 

Youth tickets from the songwriter of “Beauty and the Beast,” performed by a cast of female actors and dancers. A joyous cele-

Michael Tilson Thomas’ (MTT) soul-stirring “From The Diary Of Anne Frank” returns to the Davies Symphony Hall stage to mark the 70th anniversary of the publication of Anne Frank’s diary and the Henry-7am at 12:15 p.m. and will return around 6:30 p.m. Cost is $125.

Minimal walking

This is the first exhibition at the Fine Arts Museums of San Francisco. Features the world’s foremost classically trained Chinese artists and traditional practitioners of Chinese culture. A Shen Yun performance features the world’s largest group of traditional Chinese musicians and dancers. It draws upon over 20 dynasties and 50 ethnic groups. A symphony of four Chinese orchestras and a chorus composed of over 100 performers.

An exceptional dis-

tion of the judgment of others. Walt Disney, a game show contestant that has lost touch with himself. He’s ashamed of who he is because of his difference. Follow him as he enter-

Sarah Rasmussen, touring star of NPR’s “Wait Wait... Don’t Tell Me!” and the author of the New York Times bestseller "Truths and half-truths," is answering the question: what do we really know about the lies we tell? Now, more than ever, the need to address the truth is urgent. "Dear Evan Hansen" is a cautionary tale about how a lie can spread across a communi-

GREAT DICKENS CHRISTMAS FAIR

Rossmoor News • October 24, 2018

NASHVILLE CHRISTMAS COUNTRY CHRISTMAS HOLIDAYS AT GAYLORD OPRYLAND RESORT

SANTA FE HOLIDAY

GOOD MORNINGS

Continued on next page

Get in the spirit of the Christmas sea-

The tour includes: all transfers, roundtrip airfare, four nights at one hotel, four nights hotel accommodations, touring per itinera-

NASHVILLE COUNTRY CHRISTMAS HOLIDAYS AT GAYLORD OPRYLAND RESORT

Nov. 15 through 19

Nashville is the capital of Tennessee and home to the famous Gaylord Opryland Hotel in atrium view rooms.

Itinerary

Deluxe dinner and show at Opryland Resort.

Showboat

Fontanel Mansion

Grand Ole Opry Show at Ryman

Holiday dinner and show at Opryland Resort.

Wildwood Saloon

Country Music Hall of Fame

IC! An indoor winter wonderland

Thursday, Dec. 13

Minimal walking

Shen Yun, coming to the Zellerbach Hall in Berkeley, has become an international phenomenon. Bringing together power-

Minimal walking

CIRQUE DU SOLEIL "VOLTA"

Friday, Nov. 30

Moderate walking

The world-famous acrobatic troupe returns to the Bay Area with its new show, "Volta." The show will be performed under a Big Top at AT&T Park. Energetic, urban and contemporary "Volta" is a captivating voyage of discovery that showcases new-

Thursday, Nov. 15

Minimal walking

SMQIN MUSIIC BALLET BALLET

Saturday, Nov. 17, at 2 p.m.

Minimal walking

Pink Martini performs the mus-

or 1950s, Pink Martini performs its mul-

U.S.A. North America, Australia, New Zealand, South America and North America. In 2014, Pink Martini was inducted into both the Hollywood Bowl Hall of Fame and the Oregon Music Hall of Fame. Great side orchestra seats. The bus will leave Gateway at 9 a.m. and return at 4 p.m. The cost is $57.

“GAUGUIN: A SPIRITUAL JOURNEY”

Wednesday, Dec. 12

Extensive walking

GOLDEN STATE WARRIORS VS. ATLANTA HAWKS

Wednesday, Dec. 19

Minimal walking

Following its hugely successful run on Broadway, and following its recent sold-out run to the Curran Theater in San Francisco. Winner of six 2017 Tony Awards including Best Musical, the 2018 Grammy Award for Best Musical Theatre Album, this darkly comic musical has received rave reviews from critics and audiences alike, offering a unique perspective on one of the most tragic stories of our time. 

“DEAR EVAN HANSEN”

Wednesday, December 19

Pink Martini, the popular internation-

 lit classic "From the Diary of Anne Frank" is coming to the Golden Gate Theater in San Francisco.

Directed by Robert DeNiro and Jerry Zaks, this streetwise musical takes the audience to the stoops of the Bronx in the 1960s, where a young man is caught be-

Evan Hansen. Now infamous by as-

Note appears in the weeks after, seemingly turn around 5 p.m. Mezzanine seats. Cost is $189.

The bus will depart Gateway at 11:15 a.m. and will re-

FAME. Great side orchestra seats. The bus leaves Gateway at 11:15 a.m. and will return around 5 p.m. Mezzanine seats. Cost is $180.

SHEN YUN SHOW

Thursday, Dec. 13

Minimal walking

Shen Yun, coming to the Zellerbach Hall in Berkeley, has become an international phenomenon. Bringing together power-

Simplified walking

The Greyhound Bus Lines’ Dallas to San Francisco service has been transformed into a unique travel experience, designed to bring the joy of travel to those looking to explore the West Coast of the United States. 

SHEN YUN, coming to the Zellerbach Hall in Berkeley, has become an international phenomenon. Bringing together power-

POTRERO HILLS SAN FRANCISCO "FROM THE DIARY OF ANNE FRANK"

Saturday, Nov. 15

GREAT DICKENS CHRISTMAS FAIR

San Francisco Symphony

“FROM THE DIARY OF ANNE FRANK”

San Francisco Symphony

“THE GREAT DICKENS CHRISTMAS FAIR” is a one-of-a-kind holiday adventure that takes place at San Francisco’s Parkside Homes community, known for its annual ornate displays, where visitors will be able to walk around. Wear layered clothing and comfortable shoes. The bus will leave Gate-

Saturday, Dec. 9

Extensive walking

The Great Dickens Christmas Fair is a one-of-a-kind holiday adventure that takes place at San Francisco’s Parkside Homes com-

-Continued on next page

Continued from page 11B

Excursions

Serves running equally shaped, joins forces with San Francisco Symphony for a scintillating performance of “From the Diary” of Anne Frank in San Francisco. Bandleader and pianist Thomas Lauderdale founded Pink Martini in 1991 to tour the world with its soundtrack for political fundraisers for causes such as civil rights, affordable housing, the en-

Victorian London and discover the heart of Victorian England. Excursions over the two decades of vintage halliworlds, marve-

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### Excursions

Continued from page 12B

- Chimayo village and Santuario
- Historic Taos city tour
- Taos Pueblo, Native American community (UNESCO World Heritage Site)

The trip includes roundtrip airfare, motor coach transportation, four nights deluxe lodging (three breakfasts and two dinners), sightseeing by professional tour director, baggage handling, a deposit of $200 per person is due with application. The cost is $1,675 per person double occupancy, $2,159 single. Stop by the Excursion Desk for a complete itinerary and reservation form.

### Holidays in Hawaii Cruise

Dec. 23 through Jan. 7, 2019

Celebrate the holidays in style with a 15-night round-trip cruise from San Francisco to Hawaii. Explore the wonders of the Hawaiian Islands. Become immersed in Polynesian culture. This is a land full of adventures waiting to be enjoyed, from world-famous beaches and sparkling waterfalls to colossal volcanoes. Plus, get ready to be amazed by the 48-minute long plane ride, as travelers partake in the “Aloha Spirit” program with weaving leis, ukulele lessons, regional cuisine and more.

**Ports of call:**
- Hilo, Big Island
- Lahaina, Maui
- Honolulu, Oahu
- Nā'anakuli, Oahu (outside)
- Ensenada, Mexico

The trip includes 15-night cruise aboard the Grand Princess, round-trip transfers from Rossmoor to San Francisco pier, all meals and entertainment aboard ship, luggage handling, driver and stevedore tips, meals and entertainment aboard ship, luggage handling. The cost is $1,150 per person double occupancy, $1,398 single. Stop by the Excursion Desk for a complete itinerary and pricing information.

### Special Events

From the Recreation Department

The following are the current special events sponsored by the Rossmoor Recreation Department. For more information on any of these events during the month, check the Special Events listing on the calendar page each week, look for the article in the Arts & Leisure section of the News, or call the Recreation Department at 988-7729. Events are free unless otherwise noted. This information is posted throughout the month on the Rossmoor News website at www.rossmoornews.com.

### New Listing

**SPRINGTIME IN YOSEMITE**

May 5 through 8, 2019

Enjoy the beauty of Yosemite Valley on this four-day/three-night tour. The majestic sights of Yosemite National Park delight and inspire visitors of all generations. Its spectacular granite cliffs, abundance of waterfalls, clear streams, and Giant Sequoia groves make a lasting impression. Accommodations are for three nights at Yosemite Lodge at the Falls in the heart of Yosemite Valley. Visit the historic town of Mariposa. Enjoy a hosted lunch and free time to explore this quaint town. Take a guided tour of Yosemite’s most picturesque spots, Yosemite Falls, El Capitan Valley View, Bridal Veil Falls, The Three Brothers, Sentinel Rock, Happy Isles and Half Dome, while hearing fascinating stories of the valley, its formation and history. Enjoy a hosted lunch at historic Majestic Yosemite Hotel. On the way home visit Hilmar Cheese Company for a hosted lunch followed by a tour of the factory. The tour includes: three nights luxury lodging, all meals, motor coach transportation, touring per itinerary, taxes and gratuities and luggage handling. The cost is $1,150 per person for double occupancy, $1,795 for single. A deposit of $250 is due with application. Reservations are on a first come, first served basis. All prices are subject to change payable to American Stage Shows. Stop by the Excursion Desk for a complete itinerary and reservation form.

### Club Trips

**FROM ROSSMOOR CLUBS**

The trips listed below are sponsored by Rossmoor clubs and organizations and not the Recreation Department. The trips are open to all Rossmoor residents, not just members of the club. For information, contact the person listed with each trip. Do not contact the Recreation Department.

Rossmoor clubs and organizations wishing to be included in this column must email an article to the News at excursions@rossmoornews.com by Wednesday at 4:30 p.m. Due to space restrictions, the News reserves the right to edit or delete the articles on any given week.

**TRAVEL CLUB SUMMARY**

At the request of the Travel Club, the News lists the following upcoming Travel Club trips. Details of each trip are in the regular Club Trip Listings.

### ALASKA AND THE PACIFIC NORTHWEST CRUISE

July 7 through 29, 2019

Experience Alaska and the Pacific Northwest on a 21-night cruise on Holland America Line, roundtrip from San Francisco. Visit quaint-ethnic-beaten-paths of port calls for rich history and native culture. Spectacular wildlife, jaw-dropping glaciers, untouched wilderness and the world’s best and entertaining star attractions are just some of the wonders visitors will experience. Alaska is one of the most scenic places in the world, home to bald eagles, whale watching, icebergs, brown bears, mountain goats and flocks of seabirds. Ports of call include Ketchikan, Sitka, Valdez, Homer, Kodiak, Haines, Juneau, Kake, Wrangell, Vancouver, Victoria, Port Alberni and Astoria. Scenic cruising includes Hubbard Glacier, Prince William Sound, College Fjord, Tray Arm Fjord, Fredriksen Fjord, Lockhart Harbor and Alberni Inlet. Enjoy this cruise vacation aboard Maasdam. This spacious, yet intimately sized cruise ship has an onboard professional feel with many amenities. Roomy cabins are at least 185 square feet and feature comfortable bedding, plus a flat screen TV and DVD player, makeup mirror, massage shower head and bathtubs. Prices include: 21-night cruise, port and shore transfers to and from pier, driver and stevedore tips, luggage handling, and a bottle of wine per cabin. Prices start from $3,700 per person and vary depending on the state of the room. A $600 deposit is due with application (deposit is higher for a single). Stop by the Excursion Desk for a complete itinerary and pricing information.

### Movies

**FROM THE RECREATION DEPARTMENT**

**ART HOUSE MOVIE**

Wednesday, Oct. 24

The 2016 French documentary “Seaions” will be shown in the Fireside Room at the Event Center. This film is one hour and 36 minutes long and is rated PG. This free program is open to all residents and their guests.

**THURSDAY AND FRIDAY MOVIE**

Thursday and Friday, Oct. 25 and 26

The 2018 drama “The Seagull,” starring Nicole Kidman and Sandra Bullock, will be shown in Peacock Hall at Gateway at Thursday and Friday, Oct. 25 and 26. This film is one hour and 38 minutes long and is rated PG-13. This free program is open to all residents and their guests.

**SUNDAY MOVIES**

Saturday, Oct. 27

The 1951 drama “The House on the Straw Hill,” starring Richard Basehart and Valentia Cortesla, will be shown in Peacock Hall at Gateway at 1:45 and 7 p.m. The showings at 1:45 and 7 p.m. will feature language captions. This film is one hour and 36 minutes long and is rated PG. This free program is open to all residents and their guests.

**SUNDAY FUNNIES**

Sunday, Oct. 28

The 1998 comedy “Practical Magic,” starring Nicole Kidman and Sandra Bullock, will be shown in Peacock Hall at Gateway at 4 and 7 p.m. The showings at 4 and 7 p.m. will feature language captions. This film is one hour and 44 minutes long and is rated PG. This free program is open to all residents and their guests.

**CHICAGO … THE TRIBUTE**

Monday, Nov. 5

Chicago … The Tribute will perform in the Fireside and Oak Rooms at Gateway at 7 p.m. Tickets are $15 in advance at the Recreation Department. This concert is open to all residents and their guests.

**VALLEY CHORALE CONCERT**

Saturday, Nov. 3

The Valley Chorale will perform in the Diablo Room at Hillside at 3:30 p.m. This free concert is open to all residents and their guests.

**SANTANA TRIBUTE BAND CARAVAN SERENAL IN CONCERT**

Thursday, Nov. 1

The Santana Tribute Band Caravan Serenal will perform at the Event Center at 7 p.m. Tickets are $15 in advance at the Recreation Department or at the door if available. This concert is open to all residents and their guests.

**FALL BAZAAR**

Saturday, Nov. 3

Rossmoor Fall Bazaar, co-sponsored by the Activities Council and the Recreation Department, will be held in the Fireside and Oak Rooms at Gateway from 9 a.m. to 2 p.m. There will be over 80 resident vendors selling a wide variety items they have created. This free event is open to all residents and their guests.
An ancient kingdom of Thailand, Laos, Cambodia and Vietnam.

The Rossmoor Travel Club presents a new land adventure this fall. The trip begins in Bangkok, Thailand, for four nights. Highlights of the 20-day trip include Angkor Wat, Phnom Penh, Battambang and Siem Reap. The Glasson destinations are all part of this land adventure of the Ancient Kingdoms, a thorough exploration of a major portion of Southeast Asia. Travelers will take in the culture and experience of full mindful living. There will also be time for journaling, quiet and walking in the beautiful gardens of St. Damiano.

The Rossmoor Travel Club has had a consistent excellence with OAT dealing with travel concerns that have arisen on occasion in previous trips. To deepen the experience, there is a three-night stopover in Singapore. It will be very much a pleasure to relax at the semi-prestigious M.S. Bizet. 

The 2019 safari, it has been decided to offer a second group opportunity. This will allow the group to have more time to explore. After a stop to view the tapestries at Bayeux, the ship’s final port of call will be Honfleur on the coast of Normandy. Tourists will have a chance to see the eve of time to explore. After a stop to view the tapestries at Bayeux, the ship’s final port of call will be Honfleur on the coast of Normandy. Tourists will have a chance to see the

All are invited to join the Lawn Bowling Club on its annual trip to the Red Hawk Casino. Enjoy a floor level of slot and table games. The cost is $30. Receive casino bonus of $15 slot machine play or $20 table game play. For reservations, call Lynne Keeler at 945-7685 or email lynnekeeler@gmail.com. Send checks for $30, made payable to the City of Hope, to Keeler at 1830 Tice Valley Blvd., Walnut Creek, CA 94595.

The Red Hawk Casino – City of Hope

G.H. ASINO retreat-booking-form.html

MINDFUL RETREAT

The Mindful Living Club announces its first 2019 retreat – “Creating a More Mindful World to Increase Joy and Reduce Stress.” It will again be held at the San Damiano Retreat Center in Danville, beginning at 9 a.m. on Jan. 14 and ending at 5 p.m. each day. Lunch will be included. Participants are encouraged to dress in comfortable clothing that can stay overnight and have breakfasts and dinners included for an extra charge. The price is $298 per person, add $130 to stay overnight. Contact Karen Kruel at 925-464-7130.

The retreat will be co-led by Chau Yoder, Dharma teacher trained by Thich Nhat Hanh, and Dick Powell, club founder, who also studied with Nhat Hanh. We will use his teachings extensively. Use parts of the book “The Mindful Day” by Laurie J. Cameron, which is currently the text for the weekly Mindfulness Class. The retreat includes meditation, walking meditation, chi gong, mindful eating, the five mindfulness trainings, dharma discussion and new ideas to deepen understanding and experience of full mindful living. There will also be time for journaling, quiet and walking in the beautiful gardens of San Damiano.

For information, contact Powell at DickPowell538@aol.com or 925-235-6365. A $100 deposit is required to reserve room and board as well as total $430 deposit. Payment in full is also accepted. Payment can be by check or credit card. See the booking terms and conditions at www.mindfullivingclub.org/report-booking-form.html

THE GREAT RIVERS OF EUROPE – RHINE, MAIN, DANUBE

The 19th Annual Rossmoor African Wildlife Safari Aug. 1 through 16 and Aug. 17 through Sept. 1, 2019

To deepen the experience, there is a three-night stopover in Singapore. It will be very much a pleasure to relax at the semi-prestigious M.S. Bizet. 

The 2019 safari, it has been decided to offer a second group opportunity. This will allow the group to have more time to explore. After a stop to view the tapestries at Bayeux, the ship’s final port of call will be Honfleur on the coast of Normandy. Tourists will have a chance to see the
**ARTS & LEISURE**

**CENTER REPERTORY COMPANY** presents “Don Juan.” Based on the classic of Spanish literature, “Don Juan” by Miguel de Cervantes, the story centers on Don Juan, a young man whose flirtatious nature attracts the attention of the virgins of town. Directed by Joy Carlin. The story centers on Eever, a young man with Asperger’s Syndrome who seeks out a Broadway dancer to help him in his budding career. Performances run through Saturday, Nov. 17, at the Lester Center for the Arts, 1461 Civic Drive, Walnut Creek. For information, go to www.centerrep.org or call 925-934-7469 or go to www.lesterartscenter.org.

**CENTRAL WORKS** closes its season with Chekhov's "Ward 6," adapted from the novella. This is a classic tale of the life and loves of the members of the Tsarist noble families. Performances are through November 11 at the Berkeley City Club, 2315 Durant Ave., Berkeley. Tickets are $22 to $45. For tickets, call 510-848-2660 or go to www.centralworks.org or for information, call 510-558-1381 or visit http://centralworks.org.

**CHROMATICA** presents “From Russia with Music,” choral music by the great Russian composers. A performance is Sunday, Nov. 4, at 3 p.m. at the Lafayette Library, 3491 Mt. Diablo Blvd. The final performance is Saturday, Nov. 10, at 7 p.m. at Peace Lutheran Church, 3210 Camino Tassajara, Danville. Adult tickets are $50. Tickets for the Danville concert include a wine reception afterwards. For information, visit www.chromatichoorale.org. Tickets will be available at the door.

**CONTRA COSTA PERFORMING ARTS SOCIETY** master artists present a free classical music concert on October 26, at 10:30 a.m. at nearly Grace Presbyterian Church, 2100 Tice Valley Blvd. The program includes "Deep in the Heart of the Harp, Op. 1" by Claude Debussy; Fatatissueck, Op. 12 by Robert Schuman; and Trio in A minor, Op. 114 by Johannes Brahms. Donations are appreciated to support student scholarships. For information, go to www.ccaps.org.

**MUSEUM OF THE SAN RAMON VALLEY** presents two exhibitions with the common thread of the first Russian emperors and their court. The

**PLAYGROUND** continues its 25th staged reading series on Mondays, Nov. 26, Dec. 17, Jan. 21 and Feb. 18 at 8 p.m. The NewPlay Festival is March 18. Tickets are $20 to $25, depending on seating. Open seating. For information, call 925-837-3750 or go to www.playground-sf.org.

**SANTA'S SMOKESTOCK** holiday boutique is Saturday, Nov. 3, from 10 a.m. to 4 p.m. at the Elks Lodge, 1479 Coffey Rd., Danville. Cash and checks are preferred; no all vendors accept credit cards.

**SMUIN** kicks off the holidays with the return of "The Christmas Ballet," which features classical ballet and contemporary numbers. Shows will be Friday, Nov. 16, at 8 p.m. at the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $25 to $84. Contact the Lesher Center for information. For information, go to www.lesherartscenter.org or go to www.smuinballet.org.

**SOLO OPERA** presents "Gift of the Magi" at the Lester Center for the Arts, 1601 Civic Drive, Walnut Creek. Tickets are $50 to $125. For information, call 925-937-3450 or go to www.solo-opera.org.

**WALNUT CREEK CELEBRATES** presents its monthly holiday boutique on Friday and Saturday, Nov. 2 and 3, from 10 a.m. to 4 p.m. at Heather Farm Community Center, 5242 North San Carlos Road. This annual event will be hand crafted holiday decorations, gift items and baked goods as well as raffle prizes. Free admission.

The Rosemoor Travel Club is sponsoring this 16-day small ship adventure with Grand Circle Cruise Line. The trip offers two nights in Rome, 10 nights on board the ship and two nights in Malta. The ship is limited to 140 passengers and only 25 guests will have a balcony stateroom. The ship is due to leave on April 20 and arrive in Malta on April 30. The trip includes all international airfare from SFO at $8,495. There is a 10 percent “good-buy” discount, pre-register with the SGE19.

There will be 13 land tours including Amsterdam, Vienna, Cologne and Heidelberg as well as a home-hosted Kefaloskikos in Crete, consisting of four nights of fun and activity. This includes a 3-night stay in Athens, two nights in Santorini, two nights in Crete, two nights in Athens and two nights in Athens. It includes all meals while in Greece. The price has been discounted by 10 percent. For information, call 925-952-5244 or go to www.rossmoortravelclub.com.
Voices for Justice in Palestine learns about International Solidarity Movement

Voices for Justice in Palestine will co-sponsor a presentation by Richard Hardigan on Monday, Nov. 12, at 4 p.m. in the Fireside Room at Gateway. Other co-sponsors are Rossmoor Friends of the Mt. Diablo Peace and Justice Center and the International Solidarity Movement.

Hardigan, a university professor in the United States for many years, will discuss his recent book “The Other Side of the Wall – An Eyewitness Account of the Occupation in Palestine.”

In the summer of 2014, he volunteered with the International Solidarity Movement (ISM) in Palestine. The ISM is an international pacifist movement that draws its inspiration from a quote by Albert Einstein. “The world is a dangerous place to live; not because of the people who are evil, but because of the people who don’t do anything about it.”

Between 2006 and 2015, Hardigan spent four years living and teaching in the Middle East. While teaching in Egypt, he was caught up in the Tahrir Square uprising of January 2011, an experience that shaped his views on the value and effectiveness of peaceful protest. He spent the summer of 2013 in Palestine working on his Arabic, and while traveling throughout the country he said he was shocked at the injustice he witnessed. That experience led him to return to Palestine the following summer to volunteer with the ISM.

Voices for Justice in Palestine was founded in 2010. Its purpose has been to educate the public about the reality of life in Palestine/Israel and to encourage participation in the Holy Land. Dues to join the club are $10 per year per household. Members have access to an array of informative books and DVDs. All Rossmoorians and their friends and relatives are welcome to this event.

For information, call Mary Izzet at 925-464-7631 or Mahmod Ohadi at 925-239-7920.

Second Tuesday Luncheon Club sets annual Thanksgiving meal on Nov. 13

The Second Tuesday Luncheon Club will have its traditional Thanksgiving luncheon on Tuesday, Nov. 13, at Dollar Clubhouse at 11:30 a.m. The luncheon will be served at noon.

Hostesses for the event are Fran Barry and Caroline Tereza.

The menu will include a catered roast turkey, ship-giving dinner and pumpkin cheesecake for dessert. A vegetarian entrée is available. The cost is $17 (cash only) and includes wine and sparkling water. For reservations, call Barry at 925-393-5095. The reservation deadline is Wednesday, Nov. 7.

A reminder, the reservation must be paid the day of the luncheon. To make a reservation and not attend, you must be paid the day of the luncheon and good food.

Learn about Israel’s desert food production at JEICOR meeting Nov. 4

The Jewish Education and Information Council of Rossmoor (JEICOR) meets on Sunday, Nov. 4, at 3 p.m. in the Jewish Community House at Hillside.

The presentation will be by HiZam of the Jewish National Fund (JNF). Her topic is “In Israel, the Arava Region – A Wonders of the Central Arava Region.”

The Central Arava Region is a beautiful arid desert located in a remote, southern part of Israel. Once on an ancient spice route, Asia straddles the Israeli-Jordanian border and is home to 8,000 residents living in seven communities.

Israel is 60 percent desert, but due to its world-renowned water conservation, desalination expertise and drip irrigation, the JNF’s high tech arava greenhouses – in spite of receiving less than one inch of rainwater a year – annually export more than 50 percent of its produce and 10 percent of its water to markets across the globe.

Hizami, a former attorney and a well educated woman, is the JNF’s director of planned giving on the West Coast. The JNF was founded 118 years ago by Theodore Herzl. The JNF purchased land in what came to be Israel. The land was arid, arid, resisted cultivation and was filled with malarial swamps. JNF, a non-profit organization, has restored fertility to long-neglected land, turned barren deserts into thriving cities, sand dunes into fertile farmland, built hundreds of parks, planted over 240 million trees, helped mitigate Israel’s former water crisis and laid infrastructure for housing from the Galilee to the Negev. JEICOR’s mission is to inform and educate the Rossmoor community about the history, accomplishments and challenges facing the State of Israel and the Jewish people throughout the world. JEICOR presentations are free and open to all Rossmoor residents. For information contact Karolyn Rim Stein at 707-845-9888.

Antiques Club to explore changing club’s name

Scope of interest broadened, new name could reflect it

By Barbara Brit

The Antiques Club’s 40th anniversary celebration in September, which marked the club’s founding in 1978, was a big success. Approximately 70 members enjoyed the informative and fun program while honoring several past presidents.

Today the club has an opportunity to explore a possible name change. During the past several years the club has broadened its programs and day trips to more accurately reflect the interests of the membership.

Some of the updated subjects have included auction houses, history, mid-century modern architecture, jewelry, downsizing and hand crafts.

The name “Antiques Club” may no longer reflect the club members’ range of interests. As a result, the club is forming a short-term committee to explore a possible name change and make recommendations.

The committee will meet a few times and have an opportunity to help shape the club’s future. Anyone who is interested in serving on this committee should contact President Penne Noren at 925-939-7437 or penne@prodigy.net.

Going forward the club must have more help if it is to continue. Rossmoorians know some clubs have gone out of business because they just didn’t have enough people.

Simply speaking, there aren’t enough people to do the work. In January the board will be significantly smaller with the majority of the work being done by a handful of people. This means the board is not sustainable.

For the club to survive it is necessary for people to volunteer to engage in club activities such as advertising, hospitality, in-house meetings, programs, publicity, short-term committees, the board, various officerships, etc. The board has also created a member-at-large position. This will give one or more members an opportunity to attend board meetings, gain insight and participate in the club’s operations.

The club is in a “let’s-help-the-club” mode between now and the new year. The effort includes this article, surveys, emails blasts and a plea from the podium at the next club meeting.

If you have already declared your interest in helping, hopefully we’ve got your name and you will be contacted. Express your volunteer interest to Needham as noted.

The next club meeting will take place on Wednesday, Dec. 5, at 2 p.m. in the Fairway Room at the Creekside Clubhouse. The speaker will be Nancy Alexander who will be sharing some U.S. history with us. She’ll be speaking about how Christmas was celebrated in colonial times. Please note the date, the first Wednesday in December, for this meeting only. All members, residents and guests are welcome.

The Antiques Club of Rossmoor enjoys exploring the past with a focus on the broad interests of its membership. All residents of Rossmoor are welcome to join the club. Meetings, or excursions, usually take place on the fourth Wednesday of the month. Annual dues are $15. For membership information, contact Beverly Jordan at 925-926-0129 or at bevjornica@aol.com.

Learn to access Comcast account

A YouTube video has been made by Comcast to help residents find their user name and password and make changes.

https://www.youtube.com/user/xfinity
Photo Club seeks donated photo equipment items to help fund club activities

By Lynn Letteris
Club correspondent

The Photography Club is seeking donations of no-longer-used cameras, filters, lenses and tripods.

The purpose is to provide a means for the club to raise funds for upgrading its computers, projectors, etc., used during competition and educational meetings, to which all Rossmoor residents are invited – membership not being a requirement.

Donations are sold online, because potential buyers seek out used equipment. Interested members who request that camera donations be limited to digital single lens reflex cameras, digital mirrorless cameras and point-and-shoot cameras, each with a 12-megapixel resolution or greater.

The club also requests that such equipment be in good working order. Likewise, donations of auxiliary equipment should be in good, not necessarily new, condition.

Call Walt Braun for pickup or information at 240-994-1409.

Those with an interest in learning more about their camera or photography are welcome to check out the club. Whether using a cell phone, tablet, point-and-shoot or a digital single lens reflex cameras, everyone will feel encouraged to join the club. The club meets on the first and third Wednesday evenings in the Vista Room at Hillside. For more information, email vickyarchardson@aol.com.

It’s time to pay for Hawaii State Club dues

Luu dates set for next year

It is time to renew membership in the Hawaii State Club and to extend an invitation to anyone interested in joining the club.

The Hawaii State Club offers four festive luau events annually. Members enjoy the “aloha spirit” with hospitality and entertainment, including classic Hawaiian Mai Tai drinks and other beverages. Luau dates set for next year:

- Luau dates have been set for 2019 (beginning on March 9). Annual club dues are $20 per person. Checks payable to Hawaii State Club (or HSC), can be left in the club mailbox at the entrance.
- Luau dates have been set for the December luau. It is time to renew membership, and submission of dues. (Return membership forms in the club mailbox at the entrance.
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Grace Church hosts Day of the Dead-inspired event

Rossmoor neighbors are invited to attend a special meeting of the Grief Support Group of Grace Presbyterian Church on Wednesday, Oct. 31 at 11:15 a.m. to 1 p.m. The church is located at 2100 Tice Valley Blvd., a right turn at the gate and down the street from Rossmoor.

Participants are encouraged to bring and arrange pictures and other momentos of loved ones who have passed on. There will be a time of sharing and support.

This event is inspired by the Mexican tradition of “Dia de los Muertos” or “Day of the Dead,” celebrated each year on All Saints Day and All Souls Day, just after Hallowe’en. It is a time of remembering loved ones and celebrating life.

The weekly Grief Support Group at Grace Church is led by Rev. Karen Hastings-Flegel and is free to the community. Anyone suffering any type of grief may join the group for healing discussion, sharing, prayer and hope. Newcomers are always welcome and refreshments are served every week.

Lapidary/Jewelry Club meets Nov. 7

The final Lapidary and Jewelry Club general membership meeting of 2018 will be held on Wednesday, Nov. 7 at 3:15 p.m. in Multipurpose Room 2. Light refreshments will be provided by the board of directors.

The first order of business will be to elect the 2019 board of directors. The Nominating Committee has posted the slate for president, vice president, treasurer, secretary, lead supervisor and membership chair in the Lapidary Studio for members’ review. Members will also discuss the annual Holiday Party on Monday, Dec. 17, which will be in a new venue, the Fireside Room.

The larger venue will accommodate a bigger crowd. The club is looking for volunteers for this fun event featuring delicious food.

Membership forms will be available at the meeting for those who want to pay 2019 dues and locker fees. Dues remain at $15, large lockers and drawers are $10 and small lockers are $5. Payment is by check only. Checks should be made out to “Rossmoor Lapidary.”

After the business meeting, attendees will play several games of bingo with cash prizes.

Rossmoor Church hosts Day of the Dead-inspired event

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The weekly Lapidary Support Group at Grace Church is led by Rev. Karen Hastings-Flegel and is free to the community. Anyone suffering any type of grief may join the group for healing discussion, sharing, prayer and hope. Newcomers are always welcome and refreshments are served every week.

AARP Hearing Test

AARP members can take the National Hearing Test for free. The National Hearing Test is an accurate, validated test of hearing. A更 accurate hearing test may be available for you through your health plan or employer. The test can be taken over a telephone to help you determine if you need a complete hearing evaluation. It has no financial connection with any hearing products/services. To find out how to take the test, go to www.nationalhearingtest.org.

Having a Blast” by Flo Hendry

Journalism/projected


Travel/projected


Grace Church hosts Day of the Dead-inspired event

The winning entries are as follows:


Intermediate: First place, Wal- "Cathedral of Dormition" by Jean DeVinney


Travel/projected


"Rossmoor Lapidary."
Men’s Exercise Group welcomes new members

The Rossmoor Men’s Exercise Group welcomes new members not only for exercise but for camaraderie. The program consists of a total workout without the use of weights or equipment. Each person is free to do each exercise according to his own needs.

The group meets on Monday, Wednesday and Friday at about 8:45 a.m. in Multipurpose rooms 1 and 2 at Gateway. Exercise is from 9 to 9:30. Parking is available nearby.

After the workout, some members gather for coffee in the Redwood Room at Gateway. There are no dues or obligations. For information, call Tom Goedewaagen at 925-944-0482 or Marv Szakal at 925-378-7971.

Round-table talk planned for Peripheral Neuropathy Support group meeting on Friday

The Peripheral Neuropathy Support Group will meet on Friday, Oct. 26, from 10 to 11:30 a.m. in the Vista Room at Hillside Clubhouse.

This meeting will be a round table discussion among the attendees, and headed by Karen Hewitt, the leader of the Rossmoor Support group.

Attendees can share what they are experiencing with peripheral neuropathy. There will be some new reading material handed out along with some Halloween treats.

The Rossmoor Men’s Exercise Group meets on the fourth Friday of the month, except in November and December. The meetings are open to all residents, their guests and those who are interested in peripheral neuropathy.

For information about the meeting, call Hewitt, between 10 a.m. and 9 p.m., at 925-932-2248.

Even though this is the last meeting of the year, this is not the last meeting for Hewitt. She will stay on as the leader of the group. The next meeting will be Jan. 25.

Play Channel 28 Bingo at home on the first Tuesday of the month. It’s free.

Vegan Club continues optimal health series

Free video lecture by board-certified internist

The Rossmoor Vegan Club invites residents and their guests to a free video lecture on achieving optimal health on Wednesday, Nov. 7, at 7 p.m. in Peacock Hall at Gateway.

Dr. John McDougall will present “The Starch Solution.” According to him, starch is the answer to many of the world’s health, hunger and environmental problems.

He discusses how the human body is adapted to eat a predominately starch-based diet, with fruits and vegetables added. Every large successful culture throughout history has flourished on an unprocessed, largely starch-based diet, not a meat-heavy one, he said.

In his view, the modern widespread heavy meat diet is relatively new in history, a dangerous experiment in human health with little precedent.

McDougall is a board-certified internist specializing in lifestyle medicine and is a member of the Physicians Committee for Responsible Medicine.

He has appeared in the movie, “Forks Over Knives,” and others. He has authored more than a dozen books including, “The Starch Solution” (2011) and “The Healthiest Diet on the Planet” (2016).

The lecture is approximately 65 minutes. A raffle will be held.

Traveling? Don’t forget to bring your exercise with you.

Check out exercise programs on DVDs produced by Channel 28 TV for your traveling pleasure and health. Feel free to make your own copies for extended travels.

By Marvin Berenson, M.D.

There it is. I found it. What a prize! What luck! The exclamations of lucky explorers, the searchers who find treasures everywhere in their multiple wanderings. These are individuals whose eyes are always wide open, darting here and there. They roam down the narrowest alleyways always poking through vendor’s bins and carts. Much of the fun is in the looking and finding many items that they admire, but do not purchase. Then you find that unique object in the most unlikely place or when you have almost abandoned looking for that day or on that trip. Heav en in a teacup, an old chalice, but that’s what it is.

Where are all the likely places for discovery? The simplest answer is anywhere in the world. Any country, city, hidden flea market, gatherings of people eager to sell their no longer desired treasures that may become yours. Looking near your home makes these discoveries frequent and makes every trip you take special. Just recently, my wife and I found a marvelous, exquisitely carved wooden vase waiting for us in a lonely corner of a Target store, hidden among large wooden baskets and trays. My wife noticed it out of the corner of her eye and picked it up and called me over. At that moment, we had discovered a beautiful vase that would fit perfectly in our home.

Most of us do find souvenirs of our travels and often bring back clothes, scarves and jewelry specifically sought out based on the area of travel. No doubt, these items add to our life but it is not what I am addressing. No, it is the unusual object, the special one of a kind art piece, not the painting you found as you were cruising galleries. They are also special, but different from that piece that caught your eye and was not at all what you were seeking. The beauty and genius of the maker were what stood out. Perhaps hundreds of other travelers passed it by. No one liked it. For you it was like a surprise burst. And if it is shared by your lover, if you travel as a couple, then look it over, touch it, and if you can’t live without it, then it is within your price budget, buy it.

On one occasion traveling in Vermont my wife and I stumbled on a small shop where a single ball of glass enclosing incredible and imaginative forms, part of a small window display, stopped us in our tracks. For you it was like a discovery. And if it is shared by your lover, if you travel as a couple, then look it over, touch it, and if you can’t live without it, then it is within your price budget, buy it.

On one occasion traveling in Vermont my wife and I stumbled on a small shop where a single ball of glass enclosing incredible and imaginative forms, part of a small window display, stopped us in our tracks. For you it was like a discovery. It was like a discovery. And if it is shared by your lover, if you travel as a couple, then look it over, touch it, and if you can’t live without it, then it is within your price budget, buy it.

We heard its voice, as we finally selected the glass ball. The pull was there, so into the store we went and discovered that this was the one store in the nation that carried what we called spirit balls created by a Canadian artist. We became friendly with the owner of the shop, a delightful woman, who surrounded herself with many kinds of glass pieces. Irene and I decided to buy one of the small number of spirit balls.

What happened then was kind of a miracle. We asked the proprietress if we could take one of the balls outside to see the effect of sunlight shining through the glass. Her response was “which one?” Having no immediate favorite, she suggested taking out all eight and in short order she transferred the bases that carried the balls and lined them up outside protected by strategically placed chairs. Just imagine this scene. The entire sidewalk outside her store displayed these marvelous art pieces. For almost one-half hour, Irene and I stared and reflected as we sought the one that spoke loudest to us. We heard its voice, as we finally selected the glass ball that now rests in our home.

With a sense of vivacity, I beseech you to go out with your eyes open and your heart responsive and nothing specific in your mind but with total openness. When that special moment arrives and you stare unemotionally at a tiny colored Buddha or a multi-colored candy bowl or a picture hanging for sale on the wall of a restaurant just above your head, don’t turn away. Absorb it. The delight is in your reaction whether you walk away with it or without it. You might be in San Francisco or New York or in Cost Plus or Pier One, or in South Africa or Paris. Makes no difference, it is the open eye and ready heart to see and to love that brings a treasure into your life. Over the years, your collection will grow and you will be surrounded with your personal wonderland that has become alive in your serendipitous discoveries.

This article is about discovery, searching, getting to know an art piece and loving it. Your lives will change and your surroundings will sing songs to you forever. Ah yes, that vase from Target, I think it might look better over here, Irene sang out.

Marv Berenson can be emailed at MarvBerenson@gmail.com.
Meditation is cornerstone of mindfulness practice

The cornerstone of mindfulness practice is meditation. The benefits are well documented in terms of calmness, creating a happier and more joyful life, and reducing stress. For more on meditation, visit the Mindful Living Club’s website at www.mindfullivingclub.org/how-to-meditate.html.

To gain the most benefit from the practice, the club suggests meditating in a group. The Mindful Living Club at Creekside holds daily meditations. The club currently has morning meditations only but members are looking for an afternoon or evening place to meditate. People sit on chairs or couches. Those who use a cushion sit on the floor, should bring their own cushion to meetings.

Daily meditations are Monday through Friday, 8:30 to 9 a.m. at the Club Room at Creekside. These meditations are free of charge.

Time and place: 5:30 to 6 p.m. in the Serenity Room at Tice Creek Fitness Center Instructor: Barbara Bureker has been a yoga instructor for 40+ years. For information, call 934-7857.

Fees: $32 for four-class series; $36 for eight-class series; $9 for drop-ins.

TUESDAY Gentle Yoga

Time and place: 11 a.m. to Noon in the Serenity Room at Tice Creek Center Instructor: Sarah Harvey. A certified yoga practitioner for 44 years, Harvey’s class is a good match for those new to yoga, or those working through injuries or other limitations. For information, call 925-788-4128.

Fees: $10 per class, or $35 per month for four classes, or $60 for eight sessions. Drop-ins welcome.

Active Yoga

Time and place: 1 to 1:15 p.m. in the Serenity Room at Tice Creek Fitness Center Instructor: Bonnie Macauley, who has been a certified yoga practitioner for 40 years. For information, call 934-7857.

Fees: $32 for four-class series; $36 for eight-class series; $9 for drop-ins.

WEDNESDAY Strength Yoga

Time and place: 5 to 6 p.m. in the Serenity Room at Tice Creek Fitness Center Instructor: Barbara Bureker, who has been a yoga instructor for 40 years. For information, call 934-7857.

Fees: $32 for four-class series; $36 for eight-class series; $9 for drop-ins.

THURSDAY Tibetan Kyn Nye Yoga

Time and place: 11:15 a.m. to 12:15 p.m., Serenity Room at Tice Creek Fitness Center Instructor: Sarah Harvey.

Fees: $32 for four-class series; $60 for eight-class series.

SUNDAY Yoga for Healthy Bones

Time and place: 11:45 a.m. to 1 p.m. in the Serenity Room at The Creekside Fitness Center Instructor: Sarah Harvey. Call 788-4128.

Fees: $48, or $7 drop-in fee. Fees are good for 90 days.

Mindful Day series continues on Saturday

Tai chi chih classes run through Dec. 4

A new series of eight tai chi chih classes will be offered on Tuesdays through Dec. 4, in the Diablo Room at Hillside. The beginning class is 10:11 a.m. A few classes may be a good match for those new to tai chi chih classes for drop-ins. Tai chi chih consists of 19 movements which are easy to follow and gentle on the body as participants move within their comfort range. Chairs can be used for support as students with balance issues become familiar with the movements.

“An Introduction to Tai Chi,” written by Harvard Medical School, lists the health benefits of tai chi as: Better balance, less pain, sharper mind, happier disposition, less stress, more self-confidence, and a stronger heart.

First-time students may try their first class for $5. This eight-week series of classes is $48, or $7 drop-in fee. Fees are good for 90 days.

For information, call Rossmoor Tai Chi Chih Club President Dick Dye at 847-732-6191.
The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

**POST IT!** is a community bulletin board that allows residents to post 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 poetry, 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.** Oct. 25. The Board considers: The 2019 golf clubs' tournament schedule and the Monday tournament schedule; the 2019 rates for RV parking; approving Third Mutual's CARA revisions; a proposal to create a landscape committee; and receives presentations on disaster and emergency preparedness and Green Earthloft.

**BAY AREA Ghosts, Halloween special.** 50 minutes. Produced by Mt. Diablo TV in Pleasant Hill. Rob Rothgery and Pete Dineen spent nearly a year investigating, filming and editing this piece. Vision sightings include the USS Hornet and Captain's Mansion in Benicia.

**POE – “A Tale of the Late Bugaboo."** Halloween special. 50 minutes. John Meyers, actor and devotee of Edgar Allan Poe, performs a dramatic reading of one of Poe's lesser known stories, "A Tale of the Late Bugaboo and Kickapoo Campaign.”

**HALLOWEEN Chillers, Halloween medley.** Two hours. Arnie Wasserman returns with his quick humor and reflections about Halloween in Rossmoor. Rex Fraser chills with his rendition of Edgar Allan Poe's classic poem “The Tell-Tale Heart.” Staff at Barnes and Nobles read ghost stories; Henry Leff recalls “The Ra- ven’ from the Poe collection. “Bay Area Ghosts,” produced by Mt. Diablo TV in Pleasant Hill – Rob Rothgery and Pete Dineen relate ghost sightings including the USS Hornet and Captain's Mansion in Benicia.

**RIME of the Ancient Mariner.** Resident reading. 40 minutes. Pete Dineen

Mindful Living

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Mindful Living

Continued from page 97

Mindful Living: favorite author Laurie J. Cameron, is available on Amazon or from the club. Be sure to read the Introduction and Foundations of Mindfulness sections before jumping to the 52 chapters.

All are welcome to join the club’s daily meditations online. For more information, visit www.MindfulLivingClub.org or contact DickPow

TV Guide for Channel 28

ROSSMOOR COMMUNITY CHANNEL 28

Programs running from October 25 through 31

= 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.

- 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.

<table>
<thead>
<tr>
<th>Thu 10-25</th>
<th>Fri 10-26</th>
<th>Sat 10-27</th>
<th>Sun 10-28</th>
<th>Mon 10-29</th>
<th>Tues 10-30</th>
<th>Wed 10-31</th>
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<td>6 a.m.</td>
<td>POST IT!</td>
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<td>6:30 a.m.</td>
<td>MASKED</td>
<td>SPIDERS</td>
<td>BEHIND</td>
<td>GHOST</td>
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<td>POE</td>
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