Rossmoor prepares for PG&E fire season power shutdown plan

By Sam Richards
Staff writer

Severe hot, dry and windy conditions could prompt the shutoff of electricity to Rossmoor – and to residents in many other parts of California – as part of an ongoing and expanding PG&E program to minimize wildfire danger.

PG&E has been trimming brush away from power lines both within and outside of Rossmoor. But GRF officials say there’s little action they can take to prevent PG&E from shutting off the power, should conditions warrant. They also say Rossmoor residents who depend on electric-powered machines should strongly consider making emergency plans.

“I would have a plan in case PG&E says they’re going to shut off the power,” said Dennis Bell, Rossmoor’s public safety manager. “If people are on oxygen or other life-saving devices, they could consider visiting a friend who will have power during a shutdown.”

The potential for shutoffs is laid out in PG&E’s Community Wildfire Safety Program, enacted in 2017. Included in that plan is a “significantly expanded” Public Safety Power Shutoff plan for this year, which allows for shutting down power transmission lines.

Bus service temporarily suspended on May 21

Because of state mandated training for all Golden Rain Foundation employees, bus service will be suspended temporarily on May 21, starting at 9 a.m.

Bus service will resume at the following times, as scheduled from the Gateway Clubhouse:

- Red line – 11:44 a.m.
- Blue line – 12:01 p.m.
- Green line – 12:05 p.m.
- Yellow line – 12:10 p.m.
- OnDemand – 12 p.m.
- Paratransit – 12 p.m.

The Transportation department is sorry for any inconvenience this may cause. For questions or concerns, call 925-988-7670.

Crosses of Lafayette: 13 years later

How landmark started in MOD parking lot

By Cathy Tallyn
Staff writer

Bob Hanson looks a bit dejected as he walks away from what’s come to be known as the Crosses of Lafayette.

How could anyone in the peace movement suspect the temporary memorial would become part of the landscape? Five acres of steep, brown hillside across from the Lafayette BART station is covered with white, wooden crosses. Each one remembers a U.S. soldier killed in the Iraq and Afghanistan wars.

“We were figuring on only having to do it for three years,” said the Rossmoor resident last Tuesday morning.

The original idea was to leave the crosses up until the troops came home.

It’s now year 13. And, troops are still in Afghanistan, and recently a nonprofit was formed to maintain the crosses.

“A bunch of us in the peace movement wanted a memorial,” Hanson recalled.

They also wanted to convey a message: This is the cost of war – people die. And, they also wanted to honor the lives lost and promote peace.

First came the idea of creating the crosses. Then, a Lafayette property owner offered her vacant land.

Everybody said, “Let’s do it!” Hanson recalled. “We were going to build concrete crosses and were going to sell them for $100 each.”

Salons by JC coming to Rossmoor Shopping Center

Hair, nails other services to be offered

By Maggie Sharpe
Staff writer

Rossmoor residents looking for a relaxing massage, new hairdo, or a fresh manicure-pedicure soon will have many options right at their fingertips.

“We have signed a long-term lease with Salons by JC for an 8,000-square-foot salon/suite concept at Rossmoor Shopping Center,” said Terrence Tallen of Rossmoor Retail Partners, which owns the shopping center.

“There will be 40 to 50 independent operators offering all sorts of highly trained specialists for hair, nail, massage and luxury beauty treatments.”

Each of the independent businesses will occupy a private room in the building, customized to their needs.

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www.rossmoornews.com
Babies of Rossmoor

After a family of geese was born on the roof of his Rockledge manor, Steve Sweetman caught this shot of the mother goose helping her newborn cross the road.

Friday News deadline changes this week

Starting May 10, our Friday deadlines will change. The deadline for submitting letters for the Residents’ Forum, display and classified ads and obituaries will move one hour earlier to 9 a.m.

Other deadlines remain the same.

CLUB NEWS ARTICLES are due by noon on Thursday for publication in the following Wednesday’s issue.

CHURCH NEWS ARTICLES are due by Wednesday at noon, but Tuesday is preferred.

PHOTOS must be taken by Thursday before 3:30 p.m., except by special arrangement.

Holiday headline reminder

Club and organization correspondents should check the News weekly for notifications about early deadlines, particularly as holidays approach.

Submission reminders

All articles must be typed and emailed to news@rossmoor.com. If you do not receive a confirmation email about receipt of your article, call 925-988-7800 before the above deadlines.

All articles, including headlines, are subject to editing. Full article submission guidelines can be requested by emailing news@rossmoor.com.

All deadlines are printed weekly in the staff and information box found on page 2A or 3A of the News.

Report irrigation breaks to Work Order Desk

By Rebecca Pollon
Landscape manager

With the warm season now here, the irrigation systems will be running more often and breaks will occur more frequently. To help save water, report the location of any suspected irrigation break to the Work Order Desk.

The Work Order Desk can be reached at workorder@rossmoor.com or 925-988-7650.

Evidence of irrigation malfunctions are dry and yellowing lawns, wilting plants, “geysers,” broken irrigation parts in the landscape and unusual amounts of soil washed onto sidewalks.

Sprinklers might turn on multiple times in one night. This is not a malfunction; no need to call this in. Because our clay soils can only absorb a small amount of water at a time, most lawn spray stations have a maximum run time of only 5 minutes and will do so three to four times a night. This is to maximize the absorption of water into the soil.

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Jesse named ambassador for ‘Sneakers & Paws’ walk

Beating out a large field of Rossmoor canine pets, Jesse, a 15-year-old Irish Terrier mix, was awarded ambassador duties for the 2019 “Sneakers & Paws” Walk for Hospice East Bay on Monday, June 3. Jesse will represent the Rossmoor canine community.

She was adopted from Tony La Russa’s Animal Rescue Foundation (ARF) when she was a year old. Her mom, Judy Bentley, worked at ARF and took Jesse to work with her every day until retiring in 2013. Since then, Jesse can be seen on her daily walks around Rossmoor, where she enjoys greeting her two- and four-legged buddies. Jesse

Continued on page 7A

Advertisements support the newspaper.
When you patronize businesses, tell them you saw their ad in the Rossmoor News.
Continued from page 1A

The organizers soon realized this was not a practical plan. They decided on white, wooden crosses.

They put up a few, but they were hit by vandals. Undeterred, they then decided to put up more. Hanson and other members of Rossmoor Grandparents for Peace and Justice decided to make 50.

None of them were woodworkers, but they got the job done.

In their spare time, they worked for about a week in the Mutual Operations (MOD) parking lot. They took a saw to scrap lumber and then nailed the pieces together to form a cross.

Fifty more were made by volunteers from the Mt. Diablo Peace and Justice Center. And, volunteers from the Mt. Diablo Peace and Justice group.

Members of the grassroots movement ran into some roadblocks. Lafayette city officials and neighbors worried the crosses would be an eyesore and too big for the site. Some thought it disrespectful.

The peace advocates decided to make each cross no bigger than a for sale sign that would be put up in a homeowner’s yard.

Then there were complaints that the site looked like a Christian graveyard, Hanson said. So along with crosses, up went the Star of David, dharmic wheels, crescent moons and pentacles.

It was Hanson’s idea for a sign. “I thought we needed a big sign visible from BART and the freeway,” he said. “I had a big sign made.”

The original sign had the number of casualties and the words: U.S. troops killed in Iraq. “Eventually, we decided to just put up the number,” Hanson said.

The sign is planted near the top of the hill. The site is steep, it’s a wonder anyone can get their footing to climb up the hillside even for a few yards, let alone go to the top.

All around the sign are the weather-beaten white wooden memorials. Some are decorated.

Others bear the soldier’s name. There are also small, faded American flags.

“We tried to keep up with a cross when someone was killed, but we were quickly recognized we couldn’t do it,” Han son said.

He and others aren’t sure just how many crosses are now on the hillside, but Hanson thinks some have been removed by unknown persons.

The landmark has drawn attention from the New York Times, as well as other U.S. publications. A film crew from Germany visited the site.

On Veteran’s Day and Memorial Day, vigils are held at the bottom of the site on Deer Hill Road, across the street from a BART parking lot.

On this Memorial Day, May 25, there will be a gathering at 6 p.m. All are welcome.

Congressman Mark DeSaulnier usually says a few words. Others also are expected to speak and there will be the reading of poetry and music.

The hillside property owner has since died and the future of the memorial is up in the air.

A coalition of community groups and residents recently started a nonprofit organization for the renamed Lafayette Hillside Memorial. The idea is to keep the site maintained. It needs to be weeded periodically to comply with local fire codes.

Donations can be sent to the group via the Mt. Diablo Peace and Justice Center in Lafayette. Be sure to make a notation that it’s a donation for the Lafayette Hillside Memorial.

Hanson would like to see a permanent memorial. There was once talk of a design contest.

Rossmoor Grandparents for Peace and Justice is probably best known for its weekly peace demonstrations held for several years at the corner of Rossmoor Parkway and Tice Valley Boulevard.

“Grandparents for Peace and Justice have morphed into the Friends of the Mt. Diablo Peace and Justice Center,” Hanson said.

The club may be gone, but he still wears his club sweatshirt.

LAFAYETTE: Rossmoor peace advocates helped make original crosses

The Crosses of Lafayette, some of the original ones built by Rossmoor resident Bob Hanson, sit on a hillside on Deer Hill Road, and are surrounded by tall weeds, aging wood and American flags.

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The club may be gone, but he still wears his club sweatshirt.
Continued from page 1A

will offer convenient flexible hours, with some businesses opening early, while others will stay open late in the evening.

“It’s going to be a catalyst for other businesses, too, as Salons by JC will bring in hundreds of people – operators, customers and other clients,” said Tallen.

**New restaurants**

Two new restaurants are on the verge of signing deals.

“We are working with two local restaurant owners to come in; we are in the process of putting those deals together,” said Tallen. One of those is Maguey Mexican, which currently has an eatery in Alamo; the other is Heavenly Bistro, an American-style restaurant in Walnut Creek that serves breakfast and lunch.

“We encourage Rossmoor residents to dine there and let the owners know that they will patronize the restaurants if they open at Rossmoor,” said Tallen, who also hopes to attract Italian, Chinese, Thai and other ethnic restaurants to the center.

In another development, Chevron has signed a new long-term lease.

“Chevron plans to remodel the store, subject to approval by the city of Walnut Creek,” said Tallen. “They plan to build an ExtraMile Chevron and a car wash. We are very excited at the prospect of these esthetic improvements and the benefits of a car wash and convenience store to the community. It will be an excellent draw for the shopping center.”

Work on the façade of the shopping center is on track, too. New awning, featuring arched entrances, is going up all along the Rossmoor Diner side of the center; work is also ongoing on the Safeway side. The former site of Poppy Bank (which has a new location closer to Safeway), along with adjacent buildings have been gutted and the area closed off to pedestrians while construction is in progress.

“The front half of that area will be for new businesses and the back half will be where Salons for JC will be located,” said Tallen. Tallen. Further along the Safeway side, Poppy Bank, Tice Valley Hair Salon, Sparkling Cleaners and the UPS store are open for business and are signed up to stay.

“We’ll be starting work on the Safeway façade in early June,” said Tallen.

**Results of survey**

Rossmoor resident Marilyn Weiss has been leading a focus group at Rossmoor, garnering information about what restaurants and retail residents would like to see at Rossmoor Shopping Center. She’s pleased with the addition of Salons by JC.

“It’s a very progressive way for the beauty industry to present itself, with each operator having a private space to work in,” said Weiss. “I think it’s a concept that people will welcome – one building where they can get all their beauty needs met.”

She said people are happy with the new CVS but would like to see Safeway make internal as well as external improvements to the supermarket.

“Rossmoor residents would love to see a Trader Joe’s go in at the center,” said Weiss, adding that the competition might spur Safeway to make upgrades to the interior of its store.

Tallen said a survey sent out in early spring produced about 600 responses.

“We got a lot of feedback, with responders citing the top five restaurants and top five retailers they’d like to see at the center, but we would like a bigger sample set to present to prospective tenants,” said Tallen. “As more businesses such as Salons by JC, Starbucks and Burgerim (set to open this summer next door to Starbucks’) open, it acts as a catalyst for bringing in other businesses.”

Rossmoor Diner is open for business during construction of the new facade.

**Note:** Rossmoor Retail Partners is composing a new needs/wishes survey about Rossmoor Shopping Center, which will be published in next week’s Rossmoor News (May 15 edition). All residents are welcome to respond.
Compassionate Listening workshop offered by Interfaith Council

By Nancy Conrad
Club correspondent

A compassionate listening workshop is offered to Rossmoor residents on Tuesday, May 14, from 2:30 to 4:30 p.m. in the Club Room at Creekside Clubhouse.

This committee meets on the third Wednesday of each month at 10 a.m. in Multipurpose Room 3. There is a discussion of recycling, composting and other waste disposal as well as prevention concerns. Participants often bring show and tell reusable items they’ve discovered (or made) that help reduce waste. Or they may bring items that make disposal puzzling.

Volunteers are needed to help at the Recycling Extravaganza on Tuesday, June 18, at 3 p.m. in the Fireside Room at Gateway. Help is needed at the welcome table and the demonstration tables as well as to dispense pails and recycle totes.

For information, contact Carol Weed at caroldofa@gmail.com.

One hour like that can bring transformation and one purpose: to help him or her to empty his heart.

“Deep listening is the kind of listening that can help relieve the suffering of another person. You can call it compassionate listening. You listen with only need of emotional support. Compassionate listening touches the human heart; it tells people they matter. With the help of a compassionate listener, persons can often tap into their own problem-solving skills.

Rossmoor resident Marjatta Deschepper will be the workshop facilitator. After graduating with a master’s degree in counseling, she earned her Marriage and Family Therapy (MFT) license.

Her 30 years in the field included individual and group therapy as well as teaching active listening and counseling theory to adults. She has been employed as staff therapist at a rehabilitation facility for delinquent teens.

In her current role as parish worker for Hope Lutheran Church of Rossmoor, she conducts ongoing sessions on grief and loss, and attends to the needs of homebound parishioners.

The workshop provides an opportunity to strengthen skills in compassionate listening.

Workshop attendance will be limited to 50 participants. Plan to be present for the entire two hours.

To register, call Ruth Ahearn at 925-705-7304 or Marilyn Wilson at 925-954-7940.

Trash Talkers invite all to May 15 meeting

All are welcome to join the Trash Talkers on Wednesday, May 15, at 10 a.m. in Multipurpose Room 3 at Gateway. This is a Sustainable Rossmoor committee.

The month’s agenda includes a sharing of what’s working and what’s not with the expansion of composting. Members will also come up with more trash tips for the Rossmoor News and Channel 28.

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For information, contact Carol Weed at caroldofa@gmail.com.

Early News deadlines

The News has an early deadline for the May 29 issue because of the Memorial Day holiday.

All articles for that issue are due no later than Wednesday, May 22, at 4 p.m. All ads, obits and letters to the editor are due no later than Thursday, May 23 at 9 a.m. No extended deadlines can be granted.

All Golden Rain Foundation offices will be closed on Monday, May 27, in observance of Memorial Day.

Annual GRF meeting is May 13

Notice is hereby given that the 55th Annual Meeting of Members of the Golden Rain Foundation of Walnut Creek will be held Monday, May 13, at 9:30 a.m. in Peacock Hall at Gateway Clubhouse.

The purpose of the meeting is to install the newly elected directors representing Districts B, F and G and have the president report on the activities of the Board of Directors during the past year. The GRF Board urges members to attend the annual meeting, to hear the president’s report and meet the newly elected directors.

For information, call Paulette Jones in the Board Office at 925-988-7711.

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The two-session AARP Smart Driver Course will be offered in Rossmoor May 17 and 24 to help residents refresh their existing skills and to pass along the latest driving laws.

The required first class is an eight-hour course, broken into two four-hour sessions. Both classes must be attended consecutive-ly to receive credit. The four-hour sessions are on consecutive Fridays, May 17 and 24, from 1 to 5 p.m. in multipurpose room No. 3 in the Gateway Clubhouse. At the end of the second day of instruction, allow an additional 15 minutes to complete distribution of certifi-cates. Due to the amount of material covered, you must arrive on time both days.

You may also take this class on line at www.aarp.org/auto/driversecurity.

After taking the eight-hour course, resi-dents may be eligible to receive a discount on their car insurance rate. (Residents should call their insurance carrier to find out about AARP discount rates.)

A refresher class will be offered Tuesday, May 28 from 8 a.m. to 12:30 p.m. for resi-dents who have taken the eight-hour class and another refresher class within the last three years. That class also will be taught in multi-purpose room #5 of Gateway Clubhouse.

The cost (cash only) is $15 for AARP members and $20 for nonmembers. Members of AARP must bring proof of mem-bership when signing up. Residents must sign up in person in the Recreation Department at Gateway before May 15 for the eight-hour class and prior to May 23 for the refresher class. Partners can sign up for each other.

All students are required to bring their driver’s licenses to class. Classes are limited to the first 24 Rossmoor residents. For per-sonal comfort, you may want to bring along a light sweater, water and small snack.

WALK: ‘Sneakers & Paws’ set for June 3

Continued from page 3A

lives with her human parents, Judy and Ted Bentley, and her 13-year-old brother Stanley.

Underway now, a display at Creekside has registration forms and a board to post pho-tos of pet participants.

The event runs from 8:30 to 10:30 a.m. June 3 on the creekside nine-hole golf course. It is open to walkers, with or without pets and in-cludes refreshments and a raf-fle. The entry fee is $20 per person and for an additional $15 donation, participants can walk in recognition of a loved one, friend or pet.

“Sneakers & Paws” Walk for East Bay Hospice benef-its the not-for-profit East Bay Hospice (25 percent) and the Hospice East Bay Rossmoor Respite Fund (75 percent) that has been caring for families and residents in Rossmoor for more than 30 years. See addi-tional articles in the Rossmoor News for event information.
Lions Club volunteers to collect White Cane donations on May 16

If it’s May, it’s time for White Cane Days, the annual Rossmoor Lions Club’s fundraiser and the primary support for Lions Club’s multiple vision programs.

To facilitate giving, a flier was included in the May 1 edition of the Rossmoor News. And on Thursday, May 16, Lions Club volunteers will be sitting at donation stations in front of Gateway and at the Rossmoor Safeway complex.

The vision programs supported by Rossmoor Lions Club allow people to adapt to vision loss and continue to lead productive lives. Glasses or corrective eye procedures can significantly improve people’s lives. The assistance can help a child learn to read, help a high school student get ahead, allow an adult to continue to provide for his or her family, or help a senior maintain independence.

The primary beneficiaries of the annual drive will be the Lions Center for the Visually Impaired (LCVI) in Pittsburg, and Lions In Sight in Vallejo. LCVI conducts free eye screenings, holds adaptability classes for the vision impaired and provides home visits by vision specialists to help the sight-impaired adjust to vision loss. Many Rossmoor residents have benefited from the center’s eye screenings in recent years.

Lions in Sight Foundation provides over two hundred thousand pairs of eyeglasses per year to those in need internationally and domestically. The foundation also conducts free eye exams and helps to provide eye surgeries to low income clients.

Other beneficiaries of the fund drive include the Lions Eye Foundation in San Francisco, which provides free eye treatments and surgeries, and Sight Savers Foundation, affiliated with UC Berkeley, which provides free eye treatments and glasses for low income clients.

One hundred percent of donation to the Lions Club of Rossmoor Foundation, a non-profit 501(c)(3) organization, goes to vision programs for the blind and sight-impaired.

Checks should be made payable to “Lions Club of Rossmoor Foundation.” The checks can be deposited in the Lions Club mailbox in the Gateway administration building or mailed to Lions Club of Rossmoor Foundation, P.O. Box 2181, Walnut Creek, CA 94595. All donations are greatly appreciated. Donors’ names will be publicized in a future issue of the Rossmoor News.

For questions regarding the White Cane Day fund drive or to become a member, email club president, Leanne Hamaji at Lhamaji@gmail.com.
Democrats hold voter registration training sessions on May 15, 24

The Democrats of Rossmoor Club is sponsoring two voter registration training sessions specifically designed for volunteers who have never before registered voters in California.

The first two-hour session is Wednesday, May 15, beginning at 1 p.m., and that training will be repeated on Friday, May 24, also at 1 p.m. Both sessions will be held in Multi-Purpose Room 3, 1001 Golden Rain Road.

Those trained at these sessions will register voters in various settings, including live music events, farmer’s markets, retirement residences, a flea market and a ceremony for newly naturalized U.S. citizens. Some venues will be within Rossmoor, and others, outside of Rossmoor.

Volunteers are scheduled in pairs – a newcomer teamed with someone experienced. Volunteering to register voters is an opportunity to spend a couple of hours getting to know someone better, or make a new friend, or go to an interesting new place, all while helping make democracy a reality.

At these two sessions, sign-ups will begin for some sites. Those attending should bring their calendars.

Anyone interested in attending one of these sessions must reserve a seat by contacting Carol Weed at carol4ofa@gmail.com.

Republicans hear Paul Preston

Paul Preston will speak at the Republican Club dinner meeting on Tuesday, May 21, at the Event Center. The social hour is at 5:15 p.m. and dinner by Scott’s is at 6.

Preston has been ranked among the 50 most influential and most listened-to streaming talk show hosts. On Agenda 21 Radio, he analyzes problems facing the nation today.

He is vice-chairman of New California, a movement to divide California into two states. Preston wants to reform high taxes, poor housing, education, and law enforcement.

Unlike the failed 2016 campaign to split California into six states, the New California movement seeks to consolidate rural California into a distinct economy separate from the coastal cities.

The U.S. Constitution provides for the admission of Rossmoor.

Check out various floor plans on Mutual 48 ‘Condo Stroll’

Mutual 48 — Entries 19 and 20 in The Heights at the top of Parramgian Drive — will stage a “Condo Stroll” for its residents, followed by a Mexican food buffet on Thursday, May 16 beginning at 3 p.m.

This Condo Stroll will provide the opportunity for Mutual 48 residents to visit other condos in the neighborhood and see varying floor plans, outlooks, space use, décor and possible remodels. Six residents have graciously offered to open their homes that afternoon, three in Entry 19 and three in Entry 20.

The Condo Stroll will be followed by a Tortilleria El Molino Mexican buffet in the Davis-Gorges Park in Entry 19, beginning at 5:30 p.m. The price of the buffet and Mexican drinks is $20. Each condo will be open for approximately 20 minutes, following a set schedule which has been delivered to all residents. Golf cart transportation (as needed) will be available from Doug Amsden at 925-324-0353.

For more information call Cindy MacLeod at 925-519-1212.

Who to call

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Clubhouse set-ups and reservations: ………………… 988-7760

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First Mutual discusses composting, landscaping and more at meeting

By Shanti Haydon
First Mutual Secretary

The April 26 meeting for First Mutual covered a range of topics, from landscaping to savings with composting and the success of a free junk pickup day.

Board member John Moe said the organics cart rollout in First Mutual is complete. Downsizing the landfill bins from 2-yard to 1-yard will save the Mutual about $1,100 per year per trash enclosure, and the pilot on Pine Knoll Drive shows the program is easily doable.

Moe asked for entry resident champions to help educate neighbors on the proper use of recycling and composting. He is asking that all board directors look into downsizing the 2-yard bins to 1-yard to make room for the green compost bins.

The Vets Move Junk day fund was full, with 170 residents responding, and another truck was added. The total cost to the Mutual was $2,000.

Landscaping

Landscape Manager Rebecca Pollen reported that lawns are being mowed weekly and fertilized. Entry maintenance crews are removing weeds.

Water irrigating has started. If a resident notices that they are not working, they are asked to report it to the Work Order Desk at 925-988-7650.

Annual composting and mulch are in process and all Rockledge, Fairlawn and Tice Creek entries will be completed over the next few months.

The board-approved the rehab proposal of $26,533 for Rockledge E-8, which will come out of the landscape reserve budget. During the residents’ forum, one resident said the Rockledge E-8 proposal was not acceptable to a few of the residents and they asked to reconsider removing certain plants and bushes.

Also during the forum, a resident asked the Mutual to request that MOD power wash the very dirty sidewalks on Rockledge E-6. And another resident said that the laundry dryer is old, does not work and needs replacing.

Co-occupant registration

During the president’s forum, new requirements for financial review and composting details were discussed.

Only 724 residents responded to the verification of co-occupants’ registration. The member records department is continuing with follow-up phone calls.

President Sally Nordwall expressed her gratitude to GRF staff for their diligence and follow through with the many issues that come up and also thanked the board for their time and effort.

Other business

Pat Donahue reported that the audited accounting report for 2017 and 2018 was in good condition. Also, the board is taking action on all delinquent accounts. Rick Chakoff reported that there was a $93,000 surplus in March.

MOD Manager Doug Hugh reported carpenters were working on the laundry room on Golden Rain Entries 8 and 9. Painters are working on Golden Rain Entries 8 and 9. Asphalt work will begin on Pine Knoll Entry 7 and Rockledge Entries 4 and 8. The board approved the contract with Silicone Valley Paving for $150,270, and approved the roofing contractors work proposal for 2019 to State Roofing for $113,559 and Frank Fiala Roofing for $86,746. This work falls within the budget granting of $250,000.

The next board meeting is Friday, May 24 at 10 a.m. in the Donner Room at the Event Center.

Channel 28 posting lost-and-found and item giveaway listings

By Sam Richards
Staff writer

Making an informal and sporadic practice into an official and frequent one, Rossmoor Channel 28 Television has kicked off its “Post It” lost-and-found and item giveaway listings, and is actively soliciting items to be featured during breaks in regular programming, the station manager said.

These free announcements, featuring contact information and photos (mandatory for items being given away), will be aired when there are time gaps. Channel 28 manager Susan Ritner said. Programs typically begin at the top of every hour, she said, and don’t always run the full 60 minutes. It is during those open time gaps – for example, after a 45-minute show ends and before the next one begins at the top of the hour – that the new “Post It” notices will run.

Channel 28 has been running these announcements here and there over the years, Ritner said, as the station was approached to do so. The move to make “Post It” official was made about three weeks ago, and Channel 28 is now actively seeking items to post.

“With spring cleaning here, this is the time to do it,” Ritner said. “With spring cleaning here, this is the time to do it,” Ritner said.

“Post It” segments are essentially PowerPoint presentations that, if there’s enough time in a given segment, run in a continuous loop. The giveaway listings use several photos of each item, in most cases. Ritner said. Photos of found items are helpful, as are photos of lost ones, if those exist, Ritner added.

Also accepted are announcements about Rossmoor clubs and events.

What the segments will not post, Ritner said, is information about items or services for sale – it’s all about items for giveaway, or lost or found property. All “Post It” services are for Rossmoor residents only.

Among the first items to hit the “Post It” air have been a leather recliner and a set of bookshelves, which found new homes, and a puppy, which was returned to his old home, Ritner said.

“There will always be something new on it,” she said.

Rossmoor residents wishing to post need to send in their names, up to 3-4 images of the item lost, found or being given away, and a short description of those items to tvoffice@rossmoor.com. Those who post, Ritner said, need to notify Channel 28 of when the posted items are given away or returned to their owners.

Fire prevention – clutter

Piles of papers, boxes and excess furniture may make it hard to get out of a smoke-filled room in case of a fire. The same clutter can make it hard for the fire department to locate residents and may endanger the firefighters’ lives as well.

Rossmoor’s co-op Mutuals inspect units and if dangerous clutter is found, Mutual representatives will help get it removed. This inspection does not apply to condos.

Handyman Services

Handyman services are fast building blocks on which Smith & Company Remodeling was founded. When you have a leaky toilet, a door needs adjusting, or are just in need of some general maintenance it’s good to have a trusted handyman you can call. We have been servicing the Bay Area for over 30 years.

No job is too large or small!

• Fixture Install  • Picture Hanging
• Home Repairs  • Dry Rot
• Electrical  • Shelving
• Plumbing  • Furniture Assembly
• Grab Bar Install  • Molding
• Painting  • Maintenance
• Carpentry  • and more!

Many other improvements!
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 in GRF Board and committee meetings, call Senior Manager of Executive Services Paulette Jones at 988-7771; for information on Third Mutual meetings, call Kelly Maki at 988-7718; and for information on all other Mutual meetings, call Anne Price at 988-7775.

May 9: GRF Planning Committee — 10 a.m.
Boardroom, Gateway
May 9: Aquatics Advisory Committee — 1:30 p.m.
Boardroom, Gateway
May 10: Golf Advisory Committee — 9 a.m.
Boardroom, Gateway
May 13: Third Mutual Board — 1:30 p.m.
Boardroom, Gateway
May 13: GRF Annual — 9:30 a.m.
Peacock Hall, Gateway
May 13: Mutual 68 Communications Committe — 11 a.m.
Mulligan Room, Creekside
May 14: Mutual 59 Board — 1:30 p.m.
Boardroom, Gateway
May 14: First Mutual 6 New Resident Orientation — 7 p.m.
Donner Room, Event Center
May 15: GRF Compensation Committee — 10 a.m.
Board Room, Gateway
May 15: Mutual 48 — 2 p.m.
Conference Room, Mutual Operations
May 16: Second Mutual Board — 10 a.m.
Peacock Hall, Gateway
May 16: First Mutual Finance Committee — 10:30 a.m.
Boardroom, Gateway
May 16: Mutual 70 Board — 2 p.m.
Boardroom, Gateway
May 17: Fifth Mutual Board — 11 a.m.
Boardroom, Gateway
May 20: President’s Forum — 9 a.m.
Boardroom, Gateway
May 20: Mutual 68 Finance Committee — 10 a.m.
Boardroom, Gateway
May 20: Multipurpose Room 1, Gateway — 1:30 p.m.
Boardroom, Gateway
May 21: Mutual 39 Board — 1 p.m.
Boardroom, Gateway
May 22: Mutual 28 Board — 10:30 a.m.
Boardroom, Gateway
May 22: Mutual 68 Disaster Preparedness — 4 p.m.
Multipurpose Room 2, Gateway
May 24: First Mutual Board — 10 a.m.
Donner Room, Event Center
May 24: Third Mutual Building Maintenance — 10 a.m.
Boardroom, Gateway
May 28: GRF Finance Committee — 9 a.m.
Boardroom, Gateway
May 28: Mutual 68 Board — 1 p.m.
Boardroom, Creekside
May 28: Third Mutual Governing Documents — 3 p.m.
Boardroom, Gateway
May 30: GRF Board — 9 a.m.
Peacock Hall, Gateway

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. Residents can see that video by going to:
https://www.youtube.com/user/xfinity

PG&E: Power shutoff plans coming

Continued from page 1A

in areas where the proximity of PG&E wires and equipment to abundant dry vegetation could cause a fire.

Although the cause of the 2018 Camp Fire in Butte County remains under investigation, PG&E has stated that, based on information currently available, utility officials believe their equipment may have been found at fault for causing that devastating wildfire, which started in an area that PG&E rates as above average fire danger. PG&E established a new fire safety rating system and took more than two weeks to contain. The blaze, the deadliest and most destructive in state history, eventually took 85 lives and destroyed almost 19,000 buildings, and in the process decimated the town of Paradise and two other smaller communities.

In a February statement, Michael Lewis, PG&E’s senior vice president of electric operations, acknowledged turning off the power has its safety-related downsides. “Proactively turning off power is a highly complex issue with significant public safety risks on both sides – all of which need to be carefully considered and addressed,” Lewis said in the statement. “We will only turn off power for public safety and only as a last resort to keep our custom- ers and communities safe.”

Nonetheless, PG&E anticipates several prospective Public Safety Power Shutoffs this fire season in various locations within California, depending how often extreme weather conditions exist in PG&E territory and the abundance of fuel on the ground (live or dead vegetation); and real-time, first-hand information from PG&E crews.

Last October, PG&E intentionally shut off power to about 42,000 customers in extreme fire-risk areas of Amador, El Dorado and Calaveras counties in the Sierra Foothills and to about 17,500 customers in Sonoma, Napa and Lake counties because of the extreme risk of wildfires.

Part of the portion of central Contra Costa County that’s home to Rossmoor is classified as “Tier 2” – an elevated risk for a wildfire – or Tier 3 – at an extreme risk for wildfire. PG&E says that residents of any area, including Rossmoor, could be affected by the shutoff of power lines should they feed into those high-risk areas.

For instance, if the transmission lines that run east of Rossmoor feed into high-risk areas, it’s conceivable that transmission line could be shut down, even if conditions were not ideal in Rossmoor itself.

There are several criteria for helping decide when to shut the power down, and they are evaluated area by area at any given time. General criteria include issuance by the National Weather Service of a “red flag warning” that conditions are ideal for wildland fire combustion and rapid spread; humidity levels of 20 percent or less; a forecast of sustained winds generally above 25 miles per hour and gusts at least 45 mph; and the condition and abundance of fuel on the ground (live or dead vegetation); and real-time, first-hand information from PG&E crews.

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Reserve spot at Friday Lunch; volunteers needed
Lunch held weekly at Hillside

The Rossmoor Recreation Department sponsors a lunch program on Fridays in the Diablo Room at the Hillside.

The lunch is provided by C.C. Cafes.
The goal is to provide nutritious and well-balanced meals to seniors.

A typical lunch is made up of an entrée (beef, chicken, pork, fish or pasta), salad and a dessert. Alternate meals are available as well. Monthly menus are available from the Recreation Department at Gateway.

The suggested donations are $3 for seniors 60 years and older and $5 for people younger.

Many residents come to the Friday lunch program to enjoy the food and socialize. There are also many volunteers that work to provide this service and make the lunch a nice experience. Volunteers are needed for this program.

Lunch is served promptly at 11:30 a.m.

Lunch attendees are advised to arrive 10 to 15 minutes prior to meal service to allow time to sign-up, get meal tickets and fill out any necessary forms.

For reserved reservations, call Elena Ybarra in the Recreation Department at 925-988-7703.

Call by Wednesday at noon for that week’s Friday lunch.

Rossmoor Farmers Market season returns on Friday, May 17

By Cathy Tallyn
Staff writer

If the thought of fresh strawberries, cherries and sweet corn makes your mouth water, you’ll be happy to know that Rossmoor’s Farmers Market is back on Fridays, beginning May 17.

The market will be from 9:30 a.m. to 1 p.m. in the same spot as other years – the far corner of Gateway’s front parking lot, at Golden Rain Road and Tice Creek Drive.

There are 15 vendors and counting. Resident’s favorite family farmers will be back. There will be farm fresh fruits and vegetables, along with plants, tamales, bakery goods and hummus.

“It’s a good variety,” said Savannah Slover, marketing director for the California Farmers Market Association. The group has markets all over the Bay Area. It screens the sellers; not just anybody can be a vendor.

“In order to participate, the vendor has to have grown it or made it himself,” she said.

Some farmers, who sell strawberries, cherries and corn, for example, come from as close as Brentwood, Slover said. But most come from as far away as the Central Valley. Usually, farmers participate at more than one Farmers Market location, she added.

Just what will be offered depends on the crop and the time of year. Rossmoor’s Farmers Market will continue into October.

“Farmers bring their fresh, ripest product to market,” Slover said. “Bakers get into the kitchen at 3 a.m.”

Rain or shine, there is always fresh picked local produce.

In the spring, the market is filled with strawberries, artichokes, green garlic, onions and sugar snap and English peas. During the summer, residents will be able to enjoy peaches, nectarines, melons, fresh corn, summer squash, fragrant basil and tomatoes.

The fall harvest brings persimmons, pomegranates, apples, pears and winter squash.

Plans for this year’s market are much the same as last year. There will be some kind of entertainment most Fridays and occasional cooking demonstrations.

The community booth program also will also be carried over. It puts the spotlight on the many activities Rossmoor has to offer.

Rossmoor’s clubs and organizations that want to put the word out and recruit members are invited to participate.

A pop-up booth with tables and chairs will be provided. There is no charge. To be considered, email sheilawalshcfma@gmail.com.

There also will be something special on opening day, but that’s to be determined.

“I think the Rossmoor community really enjoys the Farmers Market,” Slover said. “It’s something to look forward to.”
Women's Conference tickets are on sale; Ling featured speaker

Conference is May 29 at Event Center

By Penny Reed
Counseling Services supervisor

Tickets are now on sale for this year’s Women’s Conference on Wednesday, May 29, at 1 p.m. in the Event Center. This year’s speaker is award-winning journalist, TV host and web host, Laura Ling.

While reporting on the trafficking of North Korean women in March 2009, Ling’s personal story became international news after she and her colleague were captured by North Korean soldiers.

In her book, “Somewhere Inside,” Ling described being forced over a frozen river that was the China-North Korean border while being beaten. She was held captive for five months. Despite her harrowing experiences, Ling poetically describes the humanity she saw in others as a captive in an unfriendly country.

Ling has dedicated herself to exposing the world to critical global issues, including slave labor in the Amazon, women’s rights in the Middle East and the energy crisis in Sub-Saharan Africa.

Today, Ling continues her work in journalism and has a special project devoted to recording the everyday bravery of Americans.

At the Women’s Conference, Ling will talk about her experiences of being captured in North Korea and how it changed her life.

She will share her unique point of view of being a female journalist today and what it was like traveling as a woman on assignment in potentially dangerous foreign countries.

This lecture will include a question and answer period with Ling. Those who have a question for Ling should send it to Rossmoor Counseling Services via email to: nakin@rossmoor.com. We will review the questions and include them in our conversation with Ling.

For any questions about the event, contact 925-988-7790.

Tickets for the Women’s Conference are $25 and can be purchased at the front desk in Gateway Clubhouse.

Food and beverages are included in the cost of the ticket. This event typically sells out quickly, so don’t wait to buy a ticket.

Assemblywoman Bauer-Kahan to speak to Democrats

California State Assemblywoman Rebecca Bauer-Kahan will speak at the Democrats of Rossmoor’s dinner meeting on Thursday, May 23, at the Event Center.

At 5 p.m., there will be a town hall social. Hors d’oeuvres will be passed. Dinner will be served at 5:45. The speaker will address attendees at 7.

Scott’s restaurant will provide the meal. The entrée choices include chicken Sien-na, citrus marinated salmon and vegetarian Wellington.

The menu also includes salad, vegetables, mashed potatoes and dessert with coffee. Wine will be available.

The cost is $38. Reservation forms are available online at www.democratsofrossmoor.org, at club events or in the club mailbox at Gateway. Reservation checks may be put in the club mailbox or mailed to Jane Williams, 2200 Golden Rain Road No. 6. Be sure to note the entree choice. Reservations are due by Friday, May 17.

Bauer-Kahan represents Assembly District 16, which includes the cities of Dublin, Livermore, Orinda, Pleasanton, San Ramon, Walnut Creek, Danville and Morgan.

Shortly after being sworn into office, she was appointed Assistant Speaker Pro-Tempo- re by Gov. Gavin Newsom. In this position, she will at times preside over the Assembly floor.

In February, Bauer-Kahan introduced a comprehensive package of bills touching on a diverse set of issues. The first two bills, AB 1735 and AB1292, focused on gun safety and protection for human-traf- ficking victims. They passed with bi-partisan support and are headed to the Senate for consideration.

This event is open to everyone. There will be seating for those who want to come for the speaker only.

For information about the event, contact Katha Hartley at kathah7@msn.com.

Hearing Engineering

Dear Dr. Magilen,

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

Your Ph.D. in Biophysics has provided you with an understanding of the science of sound transmission and the pathology of hearing loss. Those two skills allowed you to accurately diagnose the nature of my hearing loss, much more so than any of the other audiology offices.

Armed with this diagnosis and the state of the art of your audiology equipment, you were able to customize everything to fit my specific needs.

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

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

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

Sincerely,

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

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Debra Zupo, Hearing Aid Dispenser Lic. HHA-7652

Dr. Gil Magilen, (Ph.D., Biophysics, UC Berkeley)

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Rossmoor Friends of Mt. Diablo Peace and Justice Center to host talk by Sharon Tennison

By Rick Sterling
Club correspondent

In a recent Wall Street Journal op-ed piece, U.S. foreign policy experts George Schulz, Sam Nunn and William Perry wrote, “The U.S., its allies and Russia are caught in a dangerous policy paralysis that could lead – most likely by mistake or miscalculation – to a military confrontation and, potentially, to the use of nuclear weapons for the first time in nearly 74 years. A bold policy shift is needed . . .”

To discuss the need and potential for such a policy shift, Rossmoor Friends of Mt Diablo Peace & Justice Center will host a special event featuring Sharon Tennison speaking on her 35 years’ experience organizing citizen-to-citizen exchanges with Russia through the Center for Citizen Initiatives (CCI). The event will be held on Wednesday, May 22 at 4 p.m. in the Fairway Room at Creekside.

Sharon Co-Founder Steve Womnik said, “I have supported CCI’s far-reaching inspirational dreams and projects because they make sense. Cooperation rather than confrontation is the only way that will work when dealing with each other or with other nations.”

Sharon will talk about her experience, and about the successes, setbacks and what has led to the current situation. She will discuss what she knows about the Russian perspective and her upcoming September citizen delegation to Russia.

U.S. Ambassador to Russia Thomas Pickering has said, “Sharon Tennison arguably met the Russian perspective and her upcoming September citizen delegation to Russia.”

Sharon will talk about her experience, and about the successes, setbacks and what has led to the current situation. She will discuss what she knows about the Russian perspective and her upcoming September citizen delegation to Russia.

Sharon recently said, “I remember how the Vietnam War ended, how blacks were finally integrated into schools, how the Cold War was brought to an end. It happened when enough Americans changed their minds and became vocal – and insistent. It came not from the top, but from the bottom. And that is what has to happen again.”

For more information contact Sara Spence at 925-942-0564

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— Megan N.

“I’m so happy I found Dr. Karimian after many years of searching for a great dentist that I can trust.”
— Dana G.

“Very nice always helpful and perfectly organized office staff.”
— Olga K.

“Each member of his staff create a friendly and relaxing environment”
— Josh V.

Rossmoor Fund

Any Rossmoor resident who is experiencing unexpected and urgent financial need is encouraged to apply for a Rossmoor Fund grant.

The Rossmoor Fund’s primary mission is to “help those in the Rossmoor community who are in need” and to improve the health and well-being of Rossmoor residents. Grants are available, within limits, for necessary but otherwise unaffordable expenses, such as medical, dental, optical or hearing expenses. They have also been given for caregiver respite, ambulance services, emergency response systems, emergency minor home repairs or deep cleaning, and even food.

Residents can obtain a copy of the simple, confidential grant application at the Counseling Center, and counselors can help fill it out and submit it to the Rossmoor Fund board. The application is also available online at rossmoorfund.org.

The Fund board determines eligibility by looking at current assets and stipulates that the annual income of the applicant can be no more than 250 percent of the current Federal poverty guidelines (maximum income for 2019: $31,225 for individuals, $42,275 for couples).

Residents can obtain a copy of the simple, confidential grant application at the Counseling Center, and counselors can help fill it out and submit it to the Rossmoor Fund board. The application is also available online at rossmoorfund.org.

The Fund board determines eligibility by looking at current assets and stipulates that the annual income of the applicant can be no more than 250 percent of the current Federal poverty guidelines (maximum income for 2019: $31,225 for individuals, $42,275 for couples).
Take a downtown history walk, attend tea and vintage fashion show with WC Historical Society

The Walnut Creek Historical Society has scheduled some summer events.

The society offers an easy 90-minute guided walking tour of the downtown area on May 11, June 8, July 13 and Aug. 10.

This walk on city sidewalks brings to life the early days of Walnut Creek and reveals parts of the city’s history hiding in plain sight.

These tours are free and depart at 9:30 a.m. from the fountain at Liberty Bell Plaza (corner of Broadway and Mt. Diablo Boulevard). A booklet with historic photos of the sites visited may be purchased at the tour for $5. Advance registration is not required.

There will be a garden party tea and vintage fashion show at the Shadelands Ranch Museum on Sunday, June 23, at 1 p.m. Tickets are $50 per person and are available beginning Wednesday, May 1, at 9 a.m. on Eventbrite.com.

The historical society is looking for donations of teapots, tea cups and saucers, creamers and sugars, china plates (any size) and china bowls. Local pick up is available. All donations are tax deductible.

For information, contact Jackie Byrd at 925-935-7871 or at wchistorysrc@gmail.com. Shadelands Ranch Museum is located at 2660 Ygnacio Valley Road, Walnut Creek. It is open to the public for docent led tours every Sunday and Wednesday from 1 to 4 p.m. Volunteer opportunities are available to those who have an interest in local history.

Volunteers lead tours, do historical research and participate in historical society events.

For details on events or the museum, call 925-935-7871 or visit the website at wchistory.org.

Shopping trip set for this Friday

Rossmoor Transportation has scheduled a shopping trip for May 10, to Sunvalley mall in Concord and Crossroads shopping center in Pleasant Hill.

The arrival and departure times are 9:30 a.m., 11:30 a.m., 1:45 p.m. and 3:45 p.m.

To make a reservation, call the Transportation Department at 925-988-7670 on Thursday, May 9 between 9 a.m. and noon.

International Affairs Book Club meets to discuss oil, politics and Persian Gulf

The International Affairs Book Club will meet on Friday, May 25, at 7 p.m. in MPR 1 to discuss “Energy Kingdoms: Oil and Political Survival in the Persian Gulf.”

Jim Krane, an energy specialist at Rice University’s Baker Institute for Public Policy, explains the lightly populated Persian Gulf’s phenomenal and rapid change from isolated, poor tribal cultures into ostentatiously wealthy hereditary monarchies after the discovery of vast oil reserves in the 1920s and 1930s by Britain and America.

Krane analyzes the serious dilemmas now facing these monarchies. Oil exports provide the sole basis for their entire political and economic system. However, subsidizing entire populations from oil wealth to secure their families’ power has created huge domestic consumption and almost no jobs for the newly educated and growing populations. Now climate change threatens the continued habitation of most of the Gulf and desert regions. All Rossmoor members are welcome to attend the discussion of this timely book, just published in January.

How to take the ‘Cleaner Contra Costa Challenge’

Several Contra Costa County cities, including Walnut Creek, along with environmental nonprofit Sustainable Contra Costa, have launched a new online platform, the Cleaner Contra Costa Challenge, to help residents create an even cleaner, healthier community.

Challenge participants — households, individuals, businesses and others — measure their carbon footprint online, commit to taking sustainable actions and track improvements. They also figure to save money in the process.

The Cleaner Contra Costa Challenge is happening countywide, and Walnut Creek – as well as Antioch and San Pablo – will be the subjects of specific outreach campaigns to engage residents in the new program.

“The Cleaner Contra Costa Challenge gives our residents and businesses an easy way to take action to make our County a better place to live and work. It’s easy to join and you can choose how you want to change,” said Contra Costa County Supervisor Chris Manzella, who chairs the county’s Climate Action Team.

Continued on page 16A
The Mutual Operations Division of the Golden Rain Foundation has a call center dedicated to responding to resi-
dents’ requests for maintenance, landscaping and pest control. In addition, the call center accepts calls for Golden Rain Foundation
maintenance issues, such as at the various clubhouses, and also is the place to call if you would like to make an
appointment for the Golden Rain Handyman Service.

Because these requests usually result in a “work order” being created to track the request and ensure its completion, the center
is referred to as the “Work Or-
der Desk.” The desk is staffed
by seven employees, of which at least four are answering tele-
phone calls at any given time.
The average time for a call to be answered is under 45 seconds.

Telephone is the best method
To reach the Work Order Desk, as residents will get the fastest and best service possible. The staff on the desk answers
approximately 35,000 calls per
year. Staff creates, tracks and
orders of other problems unrelated
to the current issue. However, a thorough description of the symptom being experienced is
helpful. In addition, for exter-
ior problems, building/carpert
numbers, street and entry name/
number, and nearby landmarks
will make location of the prob-
lem easier for field staff and help
by identifying the exact problem
that needs attention.

The busiest days are Monday
or the day after a holiday, so it
time is not an issue, residents
will receive the best service out-
side of these days. Similarly, the
busiest hours are between 9 and
11 a.m.

Typically an appointment for
HOA-covered repairs is made
within one to three business days
of the call. Emergencies such as
flooding, no heat or air condi-
tioning or no electricity/water
are responded to as soon as pos-
sible. During a “crisis” period
such as active pest seasons, very
hot or cold days or rainstorms,
the desk and field staff become
impacted, so be patient during
these times. Residents’ issues
are important to the Work Or-
der Desk staff. While the staff
always takes care of residents
on a first-come first-serve basis for
answering calls, repairs and ap-
pointments are prioritized with
consideration to the nature and
severity of the problem.

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| CHALLENGE: ‘Cleaner
Contra Costa’ program |

Join the Challenge by visit-
ing https://cleanercontracosta.org/.
Residents or organizations interested in forming a team
or community group for the Challenge can contact Jacenda
Davis, community engagement coordinator for Sustainable
Contra Costa, at jacenda@sus-
tainablecoco.org to schedule a
group presentation and website
demonstration.

The Cleaner Contra Costa Challenge is funded by a grant
from the Bay Area Air Quality Management District.
RESIDENTS FORUM

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 reserves the right to reject any letters which contain multiple words or phrases in which the letter writer is hydrated or apostrophe. Halts or limits are sometimes 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.

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, 988-7800, or in person to verify your submission.

The normal deadline for letters is Friday at 10 a.m. Starting May 10, the deadline will change to Friday at 9 a.m. Early deadlines due to holidays are announced in the News.

ROCKIN’ ON THE ROSSMOOR BUS
For 12 years I have lived in Rossmoor and I am still amazed at the services we receive. One of them is the bus transportation, although the only bus I use is the Green line.

It is a great service, not only for going to Walnut Creek but also the experience of waiting at the bus stop. There you have the opportunity to talk and get to know other residents. I often ask how long they have lived here. Some are recent arrivals, some two years, 10 years, 23 years – a few even longer.

When asking if they like it here – so far everyone has given me a positive response. Several moved here because children and grandchildren live close by.

The reason for this letter is a recent experience for me, returning from Walnut Creek to Rossmoor, where only a few people were on the bus. The driver, like all the passengers, was very nice. One of the passengers, who is a regular commuter and knew the driver well, was talking about music. The driver played the songs he asked for.

Then I asked him, “Do you have Pink Floyd, my favorite group?” Yes, he did, and he started to play “Dark Side of the Moon.” I could not believe it. Me, riding on the bus in a senior community, listening to my favorite music. I’m thankful to the driver.

Bie Bostrom
Pine Knoll Drive

ROLL IN THE FOOD TRUCKS
I was in the Redwood Room the other day and wondered where this new food vendor is. I thought that he was supposed to be here by now. It occurred to me that I like the food from the “taco trucks” and they never make it to the Gateway Clubhouse parking lot. Why not?

The hygiene for this form of food delivery is kept very high, so that can’t be it. And, you know, there are “taco trucks” that serve more than just tacos.

I offer the example of Pleasant Hill’s Off the Grid on Wednesday nights, where multiple trucks with fresh food options pull into Pleasanton Drive to offer their wares to anyone that is hungry. There are usually 10 to 15 different trucks present. They even have entertainment.

OK, so maybe entertainment is a step too far. But how about a couple of trucks with variety each day at the Gateway parking lot at noon, and maybe at the dinner hour?

Jeff Schaper
Golden Rain Road

WHY ARE THE THIRD MUTUAl PROJECT BUDGETS?
In Third Mutual, 30 projects voted in the CC&Rs/Bylaws election in 2018. The Mutual Directors and legal counsel have consistently said each project has individual budgets and bank accounts. But there are only 29 project budgets for 2019. Project 39 departed (now “Mutual 39”) so there should be 29 budgets.

A Project is comprised of specific assets, such as bank accounts, common area with designated buildings, and a condominium plan that defines the land and buildings in the Project. It also has a set of CC&Rs. The deed of trust is tied to this Condo-

minum Plan.

Does each Project have its own budget and bank account? Are residents’ coupon monies being used to pay another Project’s expenses?

Why is there a discrepancy in numbers and facts? It is rumored that MOD has instructions to propose a plan for separate operating accounts for all 29 Projects. This may cause changes to the four com-
mingled cluster projects (50A, 50B, and 50C are commingled, as are 55A and 55B and 54B, and 55A and 55B).

Residents who live is one of these Projects should ask their director why the board is not being trans-

parent about their plans?

Roxanne Stallings
Rossmoor Parkway

FACTS ABOUT RONnDUP
Roundup is a safe, effective, economical herbi-
cide, which has been used for over 40 years in the agricultural, landscaping and horticultural areas. The recent California court case has highlight-
ed concerns some people in Rossmoor may have about Roundup use and rightly so. The gentleman who won the California Roundup lawsuit has used Roundup continuously for many years, being ex-
p osed tens of thousands of times to Roundup during his career.

Incidental contact with Roundup is not danger-

ous to pets or people. The following facts can be verified. Don’t believe me – do a Google search for

“LD50 common products. Glyphosate (Roundup’s chemical name) is pound for pound (LD50) less toxic than all of these com-

monly used products. The higher the number, the less toxic: Roundup (Glyphosate) LD50 is 4,900 milligrams per kilogram, baking soda LD50 is 4,200 mg/kg, caffeine LD50 is 630 mg/kg (coffee, tea and Coke are seven times more toxic than Roundup) and Avele LD50 248 (19 times more toxic than Round-

up).

Roundup is tightly absorbed to soil particles so leaching is a non-issue, according to the EPA. The EPA also states that, “The effects Glyphosate (Roundup) has on birds, mammals, fish and inverte-
brates is minimal.”

I’m confident our landscaping crew and Roundup management are strictly adhering to the state and local regulations, using safe application techniques and strictly adhering to the printed Roundup container label instructions, which is the absolute law when it comes to applying Roundup.

Barry Elffy
Oakmont Way

WHERE ARE THE THIRD MUTUAl PROJECT BUDGETS?

I'd like to congratulate the Third Mutual board and the 12 Projects that have contracted with Terra Landscaping and have chosen an organic, non-Roundup weed control option at 10 percent above the base landscaping costs.

A second lawsuit filed in San Francisco by Ed-
win Hardeman, a cancer victim, against Monsanto and its product, Roundup, was recently decided, once again, in favor of the plaintiff. He was award-
ed an $80-million-dollar settlement.

The same conclusion had been reached in the first trial, filed by cancer victim Dewayne Johnson, a Benicia public school groundskeeper who was awarded $289 million dollars. Both men’s juries found that Roundup had been a “substantial factor” in causing their cancer and that Monsanto had acted with malice or oppression and had concealed the lethal dangers of Roundup. There are at least 11,200 more lawsuits filed by cancer victims in the United States against Monsanto because of Roundup.

You may have noticed commercials on TV rec-
cently from law firms appealing to anyone exposed over a long period of time on a constant basis to Roundup and who now has developed cancer.

There is tremendous financial liability to contin-
ue the use of Roundup. The 10 percent additional cost for using organic, non-Roundup weed control is a small price to pay not only for avoiding this fi-
nancial liability but saving much pain and suffering as well.

Karen Perkins
Golden Rain Road

A SERIOUS FIRE HAZARD
Over time lint accumulates in our clothes dryer vents. I am addressing the vent that leads to the roof or exterior wall, not the screen that can easily be cleaned before each use. The accumulation of lint is highly flammable and is a fire hazard.

Barry Elffy
Oakmont Way

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Jeff Schaper
Golden Rain Road
Flying Pig INTELLIGENCE COMMUNITY POLITICIZED?

"The history of the intelligence community is replete with violations of the trust of the American people."

— James Clapper, Ex-Dir. of National Intelligence

By Ed Manning

For example, a complete accounting of the full cost of producing and consuming gasoline includes not in our long-term interest.

Unfortunately, the prices we are paying for energy, food, and water are often disconnected from their true costs and from the long-term impact of those goods on the health of our planet (and the life expectancies of our civilization).

Too often we make ‘free market’ choices that may seem rational in the moment but are most definitely not in our long-term interest.

Similarly, what is the full cost to society of plastic packaging and one-time plastic products like water bottles? We may pay for the production of all that plastic (just another version of oil), but we pay almost none of the costs of disposal (except through higher shipping it to local outlets and then burning it in millions of vehicles engine).

What about the costs related to the greenhouse gas emissions produced by those refineries and vehicles? What about the health-related costs incurred by people who inhale those fumes and suffer from asthma, emphysema and other lung disorders? What about the costs of refinery fires and explosions, and the lives that are lost on deep-sea drilling platforms? Don’t forget the tremendous oil spills that pollute our oceans and shorelines and require massive clean-up operations.

Climate change, caused by the over-use of under-priced fossil fuels, is leading to disastrous wildfires, extreme weather events, loss of human life and massive increases in the cost of property and casualty insurance premiums.

"Too often we make ‘free market’ choices that may seem rational in the moment but are most definitely not in our long-term interest."

— John Gentry, former CIA analyst

"The attacks on Trump were unprecedented for intelligence officers in their substance, tone and volume..."

— John Gentry, former CIA analyst

Former deputy CIA Director, Michael Morrell’s 2016 op-ed “The Over-Politicized CIA” offered another example showing intelligence agency bias. Morrell wrote his intelligence training had taught him that the nation would be safer with Clinton as president. As his career progresses, he has begun to make political judgments about domestic issues that are not necessarily classified, internal world of the U.S. government. The Pentagon’s Defense Intelligence Agency (DIA) was not spooked by Gentry. He wrote that un-der Obama, editors of the DIA’s primary current intelligence report were notified to “avoid specifically identifying terms that might trigger criticism of administra-tion policy or actions.”

“That clearly stated policy of politicization pro-voked no apparent reaction of any sort from analysts,” Gentry said. “DIA analysts seemed comfortable with politicization by omission.”

His review of political contributions by known in-elligence officials revealed that in 2016, 61.3 percent of all contributions were made to Democrats. He noted that the attacks on Trump were unprecedented for intelligence officers in their substance, tone and vol-ume,” he stated. “Critics went far beyond trying to hurt Trump’s campaign or influence U.S intelligence, they attacked him as a human being.”

Gentry challenged the thesis of books written by Clapper and former CIA Director, Michael Hayden. He said they justiﬁed their political attacks on Trump because of his different world views. “For senior for-mer intelligence ofﬁcials to make such blatantly par-tisan statements is unprecedented,” Gentry said.

Unfortunately, the prices we are paying for energy, water, clean air and food and a dangerous disconnect between the efforts involved in finding, drill-ing, and pumping oil out of the ground, reﬁning it, shipping it to local outlets and then burning it in millions of vehicles engine.

What about the costs related to the greenhouse gas emissions produced by those refineries and vehicles? What about the health-related costs incurred by people who inhale those fumes and suffer from asthma, emphysema and other lung disorders? What about the costs of refinery fires and explosions, and the lives that are lost on deep-sea drilling platforms? Don’t forget the tremendous oil spills that pollute our oceans and shorelines and require massive clean-up operations.

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"Too often we make ‘free market’ choices that may seem rational in the moment but are most definitely not in our long-term interest..."

— John Gentry, former CIA analyst

Similarly, what is the full cost to society of plastic packaging and one-time plastic products like water bottles? We may pay for the production of all that plastic (just another version of oil), but we pay almost none of the costs of disposal (except through higher taxes and insurance policies). Furthermore, we know that millions of pounds of plastic end up each year in our rivers, streams, and oceans — causing immeasur-able amounts of chemical pollution, and killing wildlife.

Fossil fuel supporters often complain that renew-able energy sources like wind and solar are getting an "artificial stimulus" from government subsidies intended to encourage investment and innovation. Indeed, environmental scientist Dr. Andrew Gunther who spoke on "The Science of Climate Change" at a recent Sustainable Rossmoor Earth Month event, noted that the International Energy Agency estimated U.S. subsidies for renewable energy were $27 billion in 2013.

That sounds like a lot of money, but it is absolutely trivial in comparison with the $699 billion in subsi-dies that the fossil fuel industry received in the U.S. in 2013, according to the American Petroleum Institute. That’s more than 25 times what we are invest-ing in renewable energy technologies.

In a completely ironic twist, in 2017, the Kentucky Coal Museum installed 80 solar panels on its roof to reduce its own energy costs by about $10,000 per year. What does that tell you?

In his presentation, Gunther noted that the cost of renewable or "clean" energy is now below that of fossil fuels in many places. If we were paying prices for our energy choices that reflected all costs, there would be no rush to Morill’s recent book, which speculates that an influx of younger workers could influence the intelligence agencies culture. "They have recently been in colleges and universities, some might say politically correct, through the strongly leftists outlooks of their faculty and ad-ministrators," he said. As a Columbia professor, he should know.

The anti-Trump “resistance” by Democrats refusing to deal with Trump on any issue also contributed to the problem with intelligence officials. “This atti-tude is incompatible with a core principle of established democracies, the acceptance of a change in power after losing an election,” Gentry said.

Several former intelligence and executive branch offi-cials agreed with Gentry. Former White House National Security Council intelligence director in the Reagan administration, is one. "The proper role of intelligence is perverted further when some in the intelligence bureaucracy believe their role is to provide a check on the actions of elect-ed leaders and see their job as figuratively poking a finger in the politician’s eye,” he said.

Charles “Sam” Faddis, a former CIA operations officer, said countering politicization is a critical question. “A secret service that involves itself in par-tisan political views is a threat to the republic,” Faddis said.

Former CIA operations officer Brad Johnson said: "From Trump’s election to this date, a common topic of conversation in the hallways of CIA headquarters is how we should resist with no fear of back-hand and no recognition of just how wrong it is.”

Ed Manning can be emailed at igolfca@gmail.com.

The Price is Not Right

By James Ware

Playwright Oscar Wilde de-scribed a cynic as someone who “knows the price of ev-erything and the value of nothing.”

In 2019, we must be surround-ed by cynics, since there is clearly a dangerous disconnect between what we pay for energy, water, clean air and food and their real costs.

The “Green New Deal” that is promoted by sev-eral of the presidential candidates has brought into question. “A secret service that involves itself in par-tisan political views is a threat to the republic,” Faddis said.

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**BART Director Debora Allen to speak to the Financial Forum**

Forum is May 28 in the Fireside Room

**BART Director Debora Allen will speak to the Financial Forum on Tuesday, May 28, at 3 p.m. in the Fireside Room at Gateway, 22515 Herries, Concord.**

In November 2016, she was elected to represent District 1, which includes Martinez, Concord, Walnut Creek, Lafayette and San Ramon. She also serves on several other transportation boards and committees throughout the East Bay Area. She has 25 years of financial management experience as a CPA, chief financial officer, tax manager, auditor and busi- ness manager.

This event is free to members of the Financial Forum. Guests pay $10 at the door. Light refreshments will be served.

**Never Look Away comes to the Rheem in Orinda**

Finalist for Best Foreign Language Film

**The International Film Showcase will present “Never Look Away,” an epic loosely based on the life of renowned German artist Gerhard Richter, at the Orinda Theatre May 10-16, and then at the Rheem Theatre in Moraga May 17-23.**

One of five finalists for best Foreign Language Film at the 2019 Oscars, “Never Look Away” stars Sebastian Koch (“The Lives of Others”) as Richter, along with Tom Schilling (“Generation War”) and Paula Beer (“Frantz”), and em- phasizes the importance of art in culture. The acting is pheno- menal, the cinematography is great, and even the nudity is beautifully portrayed. It is three hours and nine minutes long, and it is one of the most moving films that length matters not! 

Senior admission is $9. Four- hour validated parking is avail- able at the Orinda garage, and free surface parking is avail- able at the Rheem.

For additional information, call Jo Alice Dancy at 925-411-9585.
Eagles’ tribute band to play Memorial Day concert

The Eagles tribute band Midnight Flyer will perform on Monday, May 27, at 7 p.m. in the Event Center.

Midnight Flyer delivers harmonies and musicianship in performing the songs of the legendary country rock band. Midnight Flyer is made up of band members Matt Owens, Keith Roberson, Marcus Cole, Bruce Holloway and Charles Waltmire. The band will play hit songs such as “Take It Easy,” “Witchy Woman,” “Desperado,” “Hotel California,” “The Long Run,” and many more.

The Eagles, who formed in 1971, had five No. 1 singles, six Grammy Awards, five American Music Awards, and six No. 1 albums. Two of their albums, Their Greatest Hits (1971–1975) and Hotel California, were among the top three best-selling albums in the United States by 2006. The Eagles remain the highest-selling American band in U.S. history.

Tickets for the concert are $16 at the Recreation Department at Gateway. This concert is sponsored by the Recreation Department and is open to all residents and their guests.

Tuesday’s ‘Afternoon in Paris’ combines live music and Golden Follies dancers

Live music by Duo Gadjo, a dance show featuring The Golden Follies and lunch and beverages are packed into “An Afternoon in Paris” party on Tuesday, May 14, at 11:30 a.m. in the Event Center.

The Golden Follies are a group of senior women from the Bay Area who have been performing Las Vegas style musical and dance revues for the past 15 years. They have appeared at the Paramount Theatre, Town Hall in Lafayette, Rancheria Casino, El Campanil Theatre, Veterans events, senior centers and at dozens of other locations.

Duo Gadjo features Isabelle Fontaine, who was born in France, and San Francisco native Jeff Magidson. Their music, often called “gypsy jazz,” combines their two cultures and is largely inspired by the sounds of the ‘20s and ‘30s.

Lunch will be served by Simple Elegance Catering and will include a French Dip sandwich, French fries, garden salad and a French éclair for dessert. A vegetarian option of a Ratatouille sandwich also will be available. Fruit, brie cheese and cracker platters, along with champagne, red and white wine and juice will be served.

Tickets for this event are $21 in advance at the Recreation Department at Gateway. This program is sponsored by the Recreation Department and is open to all residents and their guests.

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www.WalnutCreekDental.net

1855 Olympic Blvd. #320, Walnut Creek, CA 94596

Use the “Green Line” bus from Rossmoor and get off at "Genova Deli" stop

Two free tickets per resident are available for Saturday comedy show

Johnny Cardinale and two other standup comedians will bring a free comedy show to Peacock Hall on Saturday, May 11, at 7 p.m. Shawn Felipe and Mickey Joseph round out the set.

There will not be a 7 p.m. showing of “An American in Paris” as originally scheduled at this time.

Residents can get a maximum of two free tickets in advance at the Recreation Department starting on May 1. A Rossmoor ID is required to get the tickets. Because Peacock Hall is limited to 155 patrons, tickets are available on a first come, first served basis.

Cardinale has performed on ABC’s “America’s Funniest People,” NBC’S “Friday Night Videos,” and Fox’s “Comedy Day.” Joseph was cast as Joey Bishop in “The Rat Pack is Back” at the Post Street Theater in San Francisco.
Young musicians are featured in Junior Bach Festival on May 16

The Junior Bach Festival returns to Rossmoor on Thursday, May 16, at 7 p.m. at the Event Center. The performers range in age from 9 to 18 years old. These young musicians will perform a variety of compositions by Johann Sebastian Bach on a wide variety of instruments, such as piano, guitar, harpsichord, violin, flute, and cello.

A Bay Area institution now in its 66th year, the Junior Bach Festival presents a new generation of talented young soloists and ensembles. Through professionally adjudicated auditions, the festival selects performers under age 21 who are both technically virtuosic and capable of communicating the genius of Bach’s compositional language. Those students are invited to perform in the festival’s series of concerts, offered annually around the time of Bach’s birthday (March 21).

The Festival Association also promotes the appreciation and study of Bach’s music by offering public workshops.

The Junior Bach Festival is a nonprofit arts organization promoting music education and performance for young musicians. Established in 1952, the Berkeley-based organization is the oldest of any youth Bach festival in the country. Many of its young performers have gone on to professional careers in music.

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

The Nature Association’s monthly bird walk will be on Monday, April 15, at 9 a.m., starting in the Creekside parking lot at the southeast corner. With the weather turning pleasant, the group expects to find a lot of birds. For more information, call Brian Murphy at 925-937-8835.

**Carol Sills Combo pays tribute to Patsy Cline in concert on Sunday**

The Carolyn Sills Combo will perform Patsy Cline’s hits and heartbreakers at a special Mother’s Day Sunday Showcase on May 12 at 7 p.m. in the Event Center. This concert will showcase Patsy Cline’s upbeat honky tonk and country numbers, classic ballads and lesser-known gems, all sung and played by Sills and her ace combo. The band will also perform some of their award-winning original songs.

Fans of classic country and western swing will enjoy the show, featuring three-part vocal harmonies, dueling guitar/non-pedal steel instruments and tight arrangements. Nominated for five Americapitalian Awards in the last three years, the group took home the 2018 trophy for Western Swing Group. The Lion’s Club of Rossmoor will be serving complimentary wine, juice and light snacks prior to the show. Tickets for the show are $16 in advance at the Recreation Department at Gateway. This program is sponsored by the Recreation Department and is open to all residents and their guests.

**Nob Hill Sounds to play for Ballroom Dance Club**

Nob Hill Sounds will play for the Rossmoor Ballroom Dance Club at its event Saturday, May 18, from 7 to 10 p.m. at the Event Center. The band plays ballroom favorites and is glad to accommodate special requests. All Rossmoor residents and their guests, at any level of dancing ability, are welcome to attend with a partner of any gender. Admission is $10 per couple for club members, $20 for nonmembers and guests. Soft drinks and popcorn will be served, and attendees are encouraged to bring additional snacks or beverages of their choice. Dressy attire is encouraged and admired, but jackets and ties are not required.

At the April dance, Don and Arlis Johnson performed a country two-step routine and taught a cowboy cha-cha. Given the enthusiasm participants expressed for that pair, Ballroom Dance Club Vice-President Dorothy Williams is looking for suggestions for other performers, particularly those who are able to teach a simple dance during the band break. If you have a performer suggestion, please drop their names and contact information in the new “Performance Suggestions” box at the welcome table.

The Ballroom Dance Club holds a dance with live music on the third Saturday of each month. New members are welcome to join throughout the year. Annual dues are $50 for a couple comprised of a leader and a follower, or a single person and a guest partner. For more information, please inquire at the check-in desk or contact membership chair Marshall Gordon by email at rbdc-membership@rossmoordancer.com or by phone at 925-787-7679.

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**Lost and Found**

Lost something? Check the Recreation Department. Items are no longer kept in the Redwood Room as before. Items left at the swimming pools, Fitness Center or the golf course will remain at those locations, however. Ask staff for help. Valuables (wallets, purses, cell phones, jewelry) are kept in the Recreation Department.
**Card making and picture book writing class lineup**

*The following classes are offered by the Recreation Department. To register, call Elena Ybarra at 925-988-7703.*

### Painting class

A step-by-step painting class will be on Monday, May 13, from 10 a.m. to noon in the Fireside Room at Gateway.

Students will be provided a canvas and acrylic paints and will follow along to paint birch trees in front of a moonlight sky. The class is $5, payable upon reservation for the class. There is a class maximum of 25 students.

### Pot hanger craft class

Students will make a macramé pot hanger on Thursday, May 16, from 10 a.m. to noon in the Fireside Room at Gateway. A cutting board will also be provided to complete the look.

There is a $5 material fee for this class. Payment is required when signing up for the class to reserve a space. There is a class maximum of 20 students.

### Phone/tablet seminar

While smart phones and tablets can be powerful tools that can go beyond placing calls, they also can be confusing to navigate and lack basic computing knowledge.

Elizabeth Knelfel, a Rossmoor resident and former tech journalist and college professor, will teach a free seminar on navigating smart phones and tablets on Monday, May 20, from 10 a.m. to 11 a.m. in the Fairway Room at the Creekside Clubhouse. The seminar will cover basics, hardware vs. software, WiFi, 4G, iCloud, email, Internet and apps.

Class size is limited to the first 40 signups so reservations are recommended. Participants should arrive at 9:45 a.m. to allow for time to check-in, and they should bring their smart phone or tablet to class.

### Home design class

Donna Reynolds of Home Rearrangements offers free design classes with the next one on Tuesday, May 21, from 10 to 11 a.m. in Multipurpose Room 3 at Gateway.

Each of her sessions highlights a different subject with hands-on included on the material discussed at any one class. This month’s class will focus on furniture placement. The classes are interactive with questions answered and discussed during the presentations.

Reynolds has been practicing home interior redesign (using furnishings that people already have in their homes) for more than 25 years. She has appeared on two segments of “Decorating Cents” on HGTV and is a founder of IRIS, an international redesign organization. She has contributed to three books, two on redesign and one on home staging.

Space is limited so reservations are highly recommended. This class is free to all Rossmoor residents.

### Beauty consulting class

Residents can attend a beauty consulting class on Thursday, May 23, at 10 a.m. in Multipurpose Room 3 at Gateway.

The instructors, Alexis Rohovit and Katie Quintana, are beauty advisors at McCaulou’s, and will be demonstrating simple skin care and foundation color-matching techniques for complexion perfection.

There is no charge for the class, but reservations must be made in advance. Space is limited to the first 20 sign-ups.

### Pot hanger craft class

A free greeting card-making class will be offered on Tuesday, May 28, from 10 a.m. to noon in the Fireside Room at Gateway.

Students will be provided a canvas and acrylic paints and will follow along to paint birch trees in front of a moonlight sky. The class is $5, payable upon reservation for the class. There is a class maximum of 25 students.

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**Four photos judged best in show in photo competition**

By Lynn Letteris  
Club correspondent  
On the first and third Wednesdays of each month, the Rossmoor Photography Club hosts a meeting wherein members who enjoy competition submit their photos for viewing and critiquing before a qualified professional judge, submitted as a print, viewed in a light box, or as a digital presentation where it is shown on a large screen. The competition on April 17 covered the classifications of journalism and nature (projected) as well as travel and journalism (prints).

Competition nights are educational, providing a learning experience for the photographer that focuses on the use of a camera and its pictorial results. Beginning photographers are especially encouraged to compete, not for competition’s sake, but for the value of having a judge anonymously give tips on a photo they have taken. Entry-level photographers are very often pleased and surprised as they find their names among the winning entries. Novice “shooters” compete in the basic category, moving up the scale to intermediate, advanced and finally, masters as they learn their craft.

This event’s judge was Jane Postiglione who has been shooting images since she received her first Brownie camera when she was 11. She is a multi-award winner as well as having been president of the Contra Costa Camera Club and president of N4C, (the mother club of Bay Area camera clubs). Her images have been nationally published.

She advises photographers to consciously select visually interesting subject matter, shoot at the best time of the day and tell the subject’s story.

The winners:  
**Journalism/prints**  
Basic: first place and best in show, Philip Meyer for “Tiger and Hammerhead Shark”; advanced: first place and best in show, Steve Goodall for “Diablo Ranch MX Races”  
**Journalism/projected**  
**Nature/projected**  
Intermediate: first place, Mary Scheele for “Willow Gold Finches” and second, Scheele, “Hungry Crow”  
Advanced: first place, Ed Continued on next page

“Diablo Ranch MX Races” earned Steve Goodall best in show and first place in advanced for Journalism Prints.
Clint Baker’s Hot 6 Jazz Band to play for Dixieland Jazz Club

The Dixieland Jazz Club of Rossmoor will present Clint Baker’s Hot 6 Jazz Band on Wednesday, May 22, at 7 p.m. in the Tahoe Room at the Event Center.

Baker’s band features musicians from all the generations of Bay Area jazz. Baker is the leader and plays cornet, clarinet and saxophone; Robert Young, piano; Bill Reinhart, banjo; Steve Apple, drums; and Riley Baker, 18, the tuba. A special added attraction will be Ramona Baker who plays ragtime piano.

Rossmoor residents, their families and friends are welcome. Attendees may bring their own libations and snacks. There will be the usual drawing for door prizes during intermission.

Admission is $10 for club members and $15 for non-members. Bay tickets online at www.dixielandjazzrossmoor.com or at the door by cash or check.

For information, contact Bob Burch at 925-934-1337.

Diablo Symphony Orchestra to perform ‘Pastoral Symphony’ in Fireside Room

The Diablo Symphony Orchestra, joined by members of the San Ramon Valley High School orchestra, brings Beethoven’s “Pastoral Symphony” to Rossmoor on Friday, May 17. In describing his sixth symphony as “an expression of nature,” Beethoven named his groundbreaking work “Pastoral Symphony, or Recollections of Country Life.” Its five movements, complete with famous bird calls, a babbling brook, a merry gathering of peasants, a sudden and intense thunder storm and, finally, joyful dances after the storm has passed, invite audiences to share the composer’s affinity for nature and love of walks through the countryside.

The May 17 performance begins at 7:30 p.m. in Gateway’s Fireside Room. Tickets are $15 for residents and their guests. The performance will be repeated on Sunday, May 19 at 2 p.m. at the Lesher Center for the Arts. Tickets for adults are $35; tickets for youth ages 13-17 are $10 and children 12 and under are free but require a ticket.

The concert also features Bach’s “Concerto for Two Violins in D Minor” with the DSO’s own concertmaster, Sara Usher, and area violinist Dawn Harms. Also known as the “Double Violin Concerto” (or simply “Bach’s Double”), this popular work is an exquisite example of music composed during the late Baroque period, when Bach was focused on instrumental composition, including works for solo violin and the Brandenburg Concerti.

Harms is active as a violinist, violist and chamber musician in the Bay Area. Usher received her Certificate of Performance in violin from Yale’s Graduate School of Music.

Rising Iranian composer Aida Shirazi’s new work Ardea Alba, inspired by a fleeting, early morning appearance of a snowy egret, will be given its premiere performance. This descriptive work employs unusual instrumental techniques throughout to simulate familiar sounds from nature. Shirazi is a Ph.D. candidate in composition at UC Davis and is co-founder and board member of the Iranian Female Composers Association.

For more information, visit the website www.diablosymphony.org or call Betty Glazer at 925-934-7371.

Friday Lunch

Menu for May 17

Menu for May 17

Call 988-7703 for a reservation

Friday Lunch is served at a suggested donation of $3 (not new price) for seniors 60 years and older. Guests under 60 pay $5. Lunch is served at 11:30 a.m. in the Diablo Room at Hillside. Reserve a space for Friday Lunch for the following week in person right after lunch, or call 988-7703 afterwards or by phone by Wednesday by noon. To cancel a reservation, call 988-7703. Please leave name and phone number when cancelling. If you are unable to make lunch, cancel your reservation so another resident can be served a meal.

The menu:

Cold plate: Asian chicken salad with Mandarin oranges, spring mix, sesame seed dressing and crispy noodles; bok choy soup; four-bean salad. Hawaiian roll with butter and watermelon.

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

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Other lift chairs in stock to choose from at our everyday low prices

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ROSSMOOR NEWS • MAY 8, 2019
Ashmolean Singer performance

Linda Towson’s expressive paintings featured at RAA soirée May 15

Rossmoor Art Association (RAA) presents the work of painter Linda Towson at a soirée on Wednesday, May 15, at 7 p.m. in the Fireside Room at Gateway.

RAA Sorells feature music, wine and refreshments, as well as the art of a Rossmoor resident. This event’s musicians will be Rosemarie Krouva on viola, with Meriel Ennick on flute. Anna George, convener of the soirée, will sit in conversationalist. Towson will present her energetic and fun figure, animal and portrait paintings done with charcoal, watercolor, acrylic or oil done from high school to this year. She will divulge the path her art has taken.

Born in Southern California, Towson used to draw gowns for paper dolls and took art classes in Pasadena as a youngster. After graduating from the University of Redlands, where she met her future husband, she taught fourth grade while her husband went to dental school in Cleveland. After he graduated, they moved back to California and lived at the foot of Mt. Diablo, where she loved painting. In 1970, Towson and her husband moved to Walnut Creek since 1970. She raised her two sons with lots of art projects while taking art classes herself at Diablo Valley College and Walnut Creek Civic Arts. She went back to teaching when her sons went to college and she included plenty of art for her first three years. Since retiring she has done lots of traveling. With her husband, she traveled for three years to 32 states in an RV. She also has traveled to Africa and China and has lots of reference photos for her art.

On display May 15 will be the expressive sheep, cows, figures and portraits painted by Towson. She will tell stories about her family and people she met on trips. She also will talk about her life with art.

For more information, call Anna George at 925-783-9000.

Drama Association class on theater history resumes

Explore plays from ancient times to present

By Susan Slizza

The Drama Association of Rossmoor (DAOR) Academy class on theater history resumes. The course will cover five of the largest plays from this momentous era in theater history.

“Coward’s ‘The Vortex’ and ‘Design for Living’ present relatable characters that struggle with fidelity and personal identity. Kaufman’s ‘The Royal Family’ is an slash comedy. ‘Oh, What a Night!’ provides evidence of the playwright’s wit and acerbic humanity. Interpreted as a commentary on art and commerce. And Anderson’s ‘Idiot’s Delight’ still reminds us of the folly of war.”

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**Gail Enright to teach ballroom dance classes**

Gail Enright teaches ballroom dance to beginning students and more advanced continuing students. Classes are Wednesdays, May 8, 15, 22 and 29, in the Diablo Room at Hillside. Note that there will be no classes on May 1.

One hour classes for beginning students will start at 2 p.m. The more advanced classes for continuing students will begin at 3. Both classes will work on Salsa, Rumba and Foxtrot.

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

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

For information, contact Enright at 925-284-1003 or by email at gailenright@comcast.net.

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**Bedford Gallery in WC seeks docents**

Register now for the Bedford Gallery’s fall docent training program. Docents lead school tours of the gallery and provide hands-on and visual arts experiences germane to the current show. No prior art knowledge is required.

Docents receive training in art history and effective touring techniques. There are presentations by artists and opportunities to learn about the various media and approaches to art-making. Learn more at http://www.bedfordgallery.org.

Fall training is offered on Wednesdays, Sept. 18 and 25, from 1 to 3:30 p.m. To sign up, contact Carmen Kelly at 925-295-1416 or at Kelly@bedfordgallery.org.

The gallery is located in the Lesher Center for the Arts, 1601 Civic Drive, Walnut Creek.

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**Resident teaches class on Faulkner**

Rossmoor resident Laura Bernell will teach a class about author William Faulkner on Tuesdays, June 4 through July 2, from 1:30 to 3:30 p.m. at Cal State East Bay, Concord.

The course is offered through the Osher Lifelong Learning Institute (OLLI) at the college. It is the 5th in Bernell’s Nobel Prize-winning author’s series.

Participants will be guided through four of Faulkner’s most accessible short stories. Students become familiar with Faulkner’s historical contexts, characters and themes and comfortable with Faulkner’s “outlaw” writing style.

Bernell will then guide students into an engaged reading of Faulkner’s masterpiece, “The Sound and the Fury.”

Students unlock the keys to Faulkner and find within a treasure that reveals unforget-table characters struggling with the experiences of the American South from slavery days through the Civil War and its aftermath.

It will leave the reader with a better understanding of the challenges, triumphs and fail-ures of the order of the Old South for slaveholder and slave alike and for their descendants clude several art works.

Those who are interested or who know a group with large art, should contact Marcy Wheeler at 925-787-0159 or at marcy@marcywheeler.com.

As well as Oct. 2, 9, and 16, from 1 to 3:30 p.m. To sign up, contact Del Sonsteng at s.sonesteng@comcast.net; Nancy Sonsteng at 925-787-0159 or Beryl Glen-Reiland at 925-464-7456 or ishbel8@comcast.net.

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**Photo Club collecting unused photo equipment such as cameras, lenses**

The Photography Club seeks donations of unused cameras, filters, lenses and tripods. The equipment is sold online and the money raised is used to upgrade the club’s computers, projectors and other equipment used during competitions and educational meetings.

Because potential buyers seek only current used equipment, the club requests 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.

For information or for pick-up of donations, call Walt Braun at 240-994-1416.

The club welcomes those who have an interest in learning about their camera or who want to upgrade their photography skills. No matter if you shoot with a phone, tablet or DSLR, you’re welcome to join. New photographers with entry-level skills are especially encouraged to join.

Curious? Come to a competition meeting. For information, email vickycharhdson@aol.com.

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**Library Corner**

**TITLES RECENTLY ADDED**

**FICTION**

An Absolutely Remarkable Thing, by Hank Green
All We Ever Wanted, by Emily Giffin
The Bookshop of the Broken Hearted, by Robert Hilman
The Border, by Don Winslow
The Department Of Sensible Crimes, by Alexander McCall Smith
The Eighth Sister, by Robert Dugoni
Lost and Wanted, by Neil Frederen
Machines Like Me, by Ian McEwan
Neon Prey, by John Sanford

**NONFICTION**

D-Day Girls, by Sarah Rose
Mama’s Last Hug, by Frans de Wall

The Rossmoor Library is located at Gateway. The hours are Monday, Tuesday and Thursday from 9 a.m. to 4 p.m.; Wednesday and Friday, 10 a.m. to 4 p.m.; and Saturday, 10 a.m. to 1 p.m. Call 998-7704. The website is www.rossmoo library.org.
Laurel and Hardy revisited in 2018 film

The 2018 biographical drama "Stan and Ollie," starring Steve Coogan and John C. Reilly, will be shown in Peacock Hall on Thursday, May 9, at 1, 4 and 7 p.m. and on Friday, May 10, at 10 a.m., 1, 4, 7 and 9 p.m. Language captions will be utilized on Thursday at 1 and 7 p.m. and on Friday at 10 a.m. and 1 p.m.

With their glory days as Hollywood’s premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of Europe and Ireland, reminding audiences and themselves of the magic of their partnership. This film runs 105 minutes, is not rated and will be shown with captions. For information, call Mary Izett at 925-464-7651.

FINANCIAL FORUM

“FOOD INC.”
Monday, May 13, 4 p.m.
The documentary film is directed by filmmaker Robert Kenner and narrated by Michael Pollan and Eric Schlosser. It was a finalist in the competition for the 2009 Academy Awards. The movie documents that the U.S. food supply is controlled by a handful of corporations that often put profit ahead of consumer health, the humane treatment of animals, the livelihood of the American farmer, the safety of workers and the environment.

The documentary film is directed by filmmaker Dinesh D’Souza in collaboration with John Sullivan. The film is one hour and 37 minutes long and is rated PG. This free program is sponsored by the Recreation Department and is open to all Rossmoor residents and their guests.

For information, contact Beth Glazer at 925-934-7371.

FOLLOWING are films presented by Rossmoor clubs and organizations in chronological order. All films are presented in Peacock Hall at Gateway and are free unless otherwise noted.

DIABLO SYMPHONY GUILD

“DEAD POET’S SOCIETY”
Wednesday, May 8, noon
The movie features Robin Williams as a new teacher of an all-boys private academy on the East Coast. It is a touching story of boys coming of age.

The movie relates in a small way to the symphony’s Friday, May 17, concert at 7 p.m. in the Fireside Room at Gateway. The concert features the music of Beethoven. Half way through the movie, Beethoven’s “Ode to Joy” (from his ninth Symphony) plays as the boys play soccer in joyous abandon.

This free program is sponsored by the Recreation Department and is open to all Rossmoor residents and their guests. For information, contact Cathy Brostrand at 925-217-4342.

JEICOR

“WHO WILL WRITE OUR HISTORY”
Wednesday, May 8, 3 p.m.
This inspirational and heart-wrenching film reveals what can happen when prejudice is allowed to go unchecked. It combines vivid re-enactments with archival information.

The docu-drama tells the story of Emanuel Ringelblum and other Jewish architects who saved more than 30,000 pages of eyewitness accounts from the Warsaw Ghetto during World War II. The screenings are presented by the Jewish Education and Information Council of Rossmoor (JEICOR) and the East Bay International Film Festival.

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 open to all Rossmoor residents. For information, contact Karolyn Rim Stein at 707-845-9888.

SUSTAINABLE ROSSMOOR

“THE TRUE COSTS”
Wednesday, May 8, 7 p.m.
This is a documentary film about the fashion world’s dark side. It takes the viewer from the expansive cotton fields of Texas to the showrooms of Paris and London, to the factories in Bangladesh and Southeast Asia.

The film also shows examples of modern farmers, designers and manufacturers who dare to defy global trends and do business on an ethical basis, forgoing cutthroat competition in favor of a more collabora-

tive approach. The film is partially responsible for the burgeoning ethical fashion movement around the world.

An optional discussion follows the film, which is 92 minutes in duration, with SDH captions.

FINANCIAL FORUM

“FOOD INC.”
Monday, May 13, 4 p.m.
The documentary film is directed by filmmaker Robert Kenner and narrated by Michael Pollan and Eric Schlosser. It was a finalist in the competition for the 2009 Academy Awards. The movie documents that the U.S. food supply is controlled by a handful of corporations that often put profit ahead of consumer health, the humane treatment of animals, the livelihood of the American farmer, the safety of workers and the environment.

The film lasts 94 minutes, is rated PG and English subtitles will be used.

For information, call John Orr at 925-705-7264.

DEMOSTRATS OF ROSSMOOR

“OUTFOXED: RUPERT MURDOCH’S WAR ON JOURNALISM”
Monday, May 13, 1 to 3 p.m. and 7 to 9 p.m.
This is a documentary film directed by Canadian filmmaker Robert Greenwald that reports on bias through the right-wing prism of the Murdoch-owned Fox News Channel. It features excerpts from Fox News. The film runs 78 minutes and includes English subtitles. All Rossmoor residents and their guests are invited to view.

For information, contact Cathy Brostrand at brostrandcathy@gmail.com.

VOICES FOR JUSTICE IN PALESTINE

“THE LOBBY EPISODES 3 AND 4”
Tuesday, May 14, 4 p.m.
The conclusion of the four-part documentary will show parts 3 and 4 together, lasting around 60 minutes.

All residents and their guests are invited to view these free films. A review of past episodes is presented to bring those who missed the first ones up to speed.

“The Lobby” is a six-month undercover investigation by Al Jazeera into how the Israel lobby influences British politics. Episode 3 focuses on a heated conversation between two opposing activists and raises questions about whether accusations of anti-Semitism are used to suppress political debate. In Episode 4, a senior political officer at London’s Israeli embassy discusses a potential plot to “take down” a prominent British politician.

The film was directed by Clayton Swisher, a former U.S. Marine and federal criminal investigator, who is now director of investigative journalism at Al Jazeera.

Voices for Justice in Palestine is a Rossmoor club founded in 2010. It strives to provide information about the Middle East that is not covered in depth by mainstream sources. Donations are $10 per year, per member and members come from all faiths and backgrounds.

For information call Mary Izett at 925-464-7651 or Mahmooda O’Hadi at 925-289-7920.

ROSSMOOR REPUBLICAN CLUB

“AMERICA: IMAGINE THE WORLD WITHOUT HER”
Wednesday, May 15, 4 p.m.
The 2013 American political documentary is by Dinesh D’Souza in collaboration with John Sullivan. The film traces what may have become of the world if the U.S. had never come into being. There are interviews with leading historians.

The filmmakers lay the groundwork for a thought-provoking look at the crucial role of the United States on the world stage.

The film runs 105 minutes, is not rated and will be shown with captions. For information, call Mary Beth Hodge at 954-1158.

END OF LIFE CONCERNS CLUB

“PADDLETON”
Monday, May 20, 1 p.m.
The 2019 Netflix film “Paddleton” is the story of two neighbors and best friends whose friendship comes under some strain when one is diagnosed with terminal cancer.

The film stars Mark Duplass as Michael, who’s battling cancer, and Ray Romano as Andy, who’s reckoning with the idea of life after Michael is gone. Rather than wait and let his illness take its course, Michael has decided he would rather go while he is still relatively healthy and in control.

The film has English subtitles and runs 1 hour and 28 minutes. A discussion of this film and related topics will follow at the end of the movie.

All Rossmoor residents and their guests are welcome. For information about the program or the End of Life Concerns Club, contact Lynn Lively at endoflifeconcerns@gmail.com.

Continued on next page
**ALL IN GOOD TASTE**

**A RESIDENT RESTAURANT REVIEW**

California cuisine with a Mediterranean accent in a sophisticated setting

Esin Restaurant and Bar: 750 Camino Ramon, Danville. Open Monday through Thursday from 11:30 a.m. to 9 p.m., Friday and Saturday from 11:30 a.m. to 10 p.m. and Sunday from 11:30 a.m. to 9 p.m. Visit www.esinrestaurant.com or call 925-314-0974.

By Robert Moon

There's a sense of sedate suburban affluence when entering Esin, one of Danville's premier restaurants.

It's located in the classic Rose Garden shopping center, all with similar imposing store fronts. Inside, dark wood panals, with gray walls, large 18th century paintings, booths and tables, and a bar in the front. The clientele is middle-age adult, with a few families on a Saturday night. Noise is moderate, although when it's full, it can obscure conversation.

Although there is an outside patio, the interior is dark. Mini wine cellars are spaced throughout, reinforcing the feeling that Esin is serious about its food.

Overhead recessed spotlights add visual splendor to the dishes that enhance their gustatory impact.

The menu reflects its description as a restaurant of "American food with a Mediterranean flare." Grilled Spanish octopus, a meze Platter, and mousakas sit next to classic chicken, beef, and lamb at least one fresh fish of the day on the menu.

We were seated quickly and service throughout the meal was friendly and attentive. My companion chose a glass of 2017 Rombauer Vineyards (Napa) Sauvignon Blanc ($12) – fruity but crisp. We chose an unusual starter – an "Artigueses Manchegues Semicurado" cheese selection ($8.25). Two generous slices of Spanish sheep milk cheese were served with a few walnuts, a dollop of port figs and two slices of semi-firm cheese contrasted with the crunchy walnuts, sweet figs and bread, creating a rich opening to our meal.

We split an organic lettuce salad that included Fuji apples, mixed greens, pickled red onions and Blue cheese, dressed in a balsamic vinaigrette ($10.50). It glistened in the overhead spotlight – the greens were as fresh as early spring, the white specks of cheese, crunchy apples and walnuts blended together to make this one of the most appealing salads we’ve experienced. A perfect segue to our main dishes.

A good shared dessert is the strawberry-rhubarb almond galette.

One of the fish specials was salmon in harissa broth with vegetables ($29.50). Tunisian harissa paste consists of several hot and mild chilies and spices (garlic paste, coriander seeds, saffron and caraway). The grilled salmon was served swimming in the harissa broth that was filled with fava beans, Roman esco broccoli (a chartreuse flower bud), small Alba (beech) mushrooms, sundried tomatoes and fregola pasta (small, round pearls). The multi-flavored broth and different textured vegetables enhanced the flavor of the succulent salmon. The dish was a masterpiece of balancing subtle flavors – spicy and savory, sweet and tart, without overwhelming the salmon.

My companion had the grilled natural hanger "steak frites" ($28.50). It came with gremolata fries, an arugula and castelvetrano olive tapenade, and small remakems of aioli and ketchup. The steak was tender, medium-rare and covered with a rich sauce. The potatoes were fried, salted, then covered with gremolata (minced parsley, lemon zest, grated garlic) and heated again. These piquant morsels contrasted with the rich meat and the tart tapenade to make a satisfying main dish.

The shared dessert was a strawberry-rhubarb almond galette ($9.50). A galette is a rustic, large tart, with the dough wrapped around the filling. The tart rhubarb balanced the sweetness of the strawberries, and the rich almond filling added depth. A bran-anglaise sauce and a dollop of whipped cream covered the pastry. The sweet and rich sauce concealed some of the rhubarb’s flavor, but the dessert disappeared in a flash as we competed for spoonfuls.

Esin’s dishes were very well executed and beautifully presented. It’s an excellent destination for that "special meal."

Robert Moon can be emailed at moon2780@comcast.net.

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**CLUB MOVIES**

**Continued from page 28A**

**BUDDHIST STUDY GROUP**

“LITTLE BUDDHA”

Wednesday, May 22, noon to 3 p.m.

The 1993 film was written and directed by Italian filmmaker Bernardo Bertolucci and stars Keemee Reeves, Bridget Fonda, Chris Isaac and Ying Ruocheng. For information, contact Diane Kepeen at dipkepen@yahoo.com.

**GREEK CLUB**

“BOY ON A DOLPHIN”

Wednesday, May 15, 1 p.m.

The 1957 thriller stars Sophia Loren, Alan Ladd and Clifton Webb. The film is set on a gorgeous Greek island. It is about a beautiful sponge diver who discovers a sunken ship filled with ancient art. For information, contact Dana Casalaina at leeyahng@yahoo.com.

**CHINESE-AMERICAN ASSOCIATION**

“BABY STEPS”

Wednesday, May 15, 7 p.m.

The 2015 film is about a gay couple searching for a surrogate to have their baby. The plot focuses on Danny (Barney Cheng), who’s settled in Los Angeles with his artist boyfriend Tate (Michael Adam Hamilton) and Danny’s mother, the widowed Mrs. Lee (Ah-Leh Hamilton). The Taiwanese mother meddles in her son’s relationship in an unusual way. Other residents are invited to drop on informal sessions to listen to the singing. For information, contact Tom Mesetz, their leader from 2012 until his death in December. Music shared includes traditional ballads, golden oldies, pop hits and great show tunes.

**ITALIAN-AMERICAN CLUB**

“SONG OF NAPLES”

Monday, May 27, 7 p.m.

Directed by the Manetti brothers, “Song’s Naples” was released in Italy in 2013. The film will be in Italian and Neapolitan dialect with English subtitles. Running time is about 2 hours and 30 minutes and it is rated NR. The film concerns organized crime in Naples. A police officer who is an unemployed pianist goes undercover as a musician to try and identify a notorious mob hitman.

For links to trailers and reviews in the New York Times and other publications, go to www.ItalianAmericanClub.org/events. To be included in an email distribution list, contact Joe Casalaina at JoeCasalaina@ItalianAmericanClub.org or at 925-482-0919.

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**SING FOR JOY HOLDS INFORMAL SINGING SESSIONS FRIDAY AFTERNOONS AT GATEWAY**

Sing traditional ballads, golden oldies, pop hits and show tunes

Sing for Joy bills itself as fun, free (almost – dues are $2 a year) and good for you. This unison a cappella singing group was started in Rossmoor 27 years ago by Dolores Burris as a way for members to join together for the enjoyment of singing. The group, which numbers about 20 and includes both Rossmoor and non-Rossmoor residents, meets every Friday at 4:30 p.m. in Gateway's Redwood Room. Other residents are invited to drop in on informal sessions to listen to the singing. For information, contact Tom Mesetz, their leader from 2012 until his death in December. Music shared includes traditional ballads, golden oldies, pop hits and great show tunes.

Interested residents who want to add their voice can sign up on the spot in the Redwood Room on Fridays or call Membership Chair Betty Walker at 925-952-9925.

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**ROSMOOR NEWS • May 8, 2019 29A**

**SUNDAY, MAY 12, 2019**

**JOIN US AT CREEKSIDE GRILL TO CELEBRATE MOTHER'S DAY**

**PRIX FIXE MENU**

Includes Three Courses & Champagne

$49.95 Per Person

**Serving Brunch 11:00 am to 4:00 pm**

Parties of 6 or more require a $200 deposit to confirm reservation.

**RESTAURANT & BAR**

Creekside Clubhouse • 1010 Stanley Dollar Drive
In the Rossmoor Community
A Gratitude of 10% will be added to all parties

**RESERVATIONS A MUST! Please call us at (925) 949-8658**
**Learning to Love Our Bodies**

Mirror, mirror on the wall, am I the fairest of them all?

No one escapes the aging of his or her body as time moves onward. We learn that the result of our lifestyle, exercise programs, diet and weight control pursuits, are major deterrents to aging in a way that makes us feel new on the inside as well as all around. I begin to suspect that it is not what we eat that makes us feel good or better but rather what we do and who we are. People who are loved and warm and enjoy being with others are much happier and have a better outlook on life. It is said that we are what we love and that what we love makes us what we are. You are lovely and warm and I’m here to tell you that when you look and feel good you will feel better and kick up your heels and wave your arms.

In general, we all begin to lose muscle mass beginning in our 30s. If your weight is maintained rather than losing a small amount to compensate for the difference in weight between muscle and fat, then you replace the muscle mass with fat. This partly explains why so many people become overweight and obese. However, always be aware that no one gains weight without eating more calories daily than are needed for basic metabolic and activity needs. We need to continually assess the needs of our bodies to maintain our health and body size and shape as we age. Since so many people are overweight and this is not an article on diet per se, I now want to focus on the need to accept change and to stop feeling guilty about having gained weight, or blame on not having followed an exercise program or an appropriate diet. At this moment in time we are all and our purpose is to like and even love our bodies. Otherwise the negative and accumulative feelings about how we look, such as feeling unloved or unattractive, become other reasons to overeat to overcome these undesirable feelings. You essentially establish a vicious cycle.

Thus, our first step to learn to accept ourselves is to stop blaming ourselves for what we did yesterday. Use whatever mental techniques you prefer, such as meditation, mindfulness, ego control, mental imagery and behavior modification. I have found that using mental imagery can increase both the ease and the timing of becoming less guilty, and more genuine in loving yourself.

Enter into a relaxed state with eyes closed and use an end-state imagery exercise. Visualize yourself at a time in the future and share some exercises. I am sure that you will be amazed by how much more you can do.

The Mindful Living Club will present a ‘Science of Mindfulness: A Research-Based Path to Well-Being’ class on Saturday, May 11, from 9 to 10:30 a.m. in the Fairway Room in the Creekside Clubhouse. The week’s subject is: ‘Overcoming Trauma Large & Small.’

Any event that brings up reactions that are stronger than our felt capacity to experience them can become traumatic.

The class is free and open to all. Everyone is welcome; attendees can join the series at any time, or just come for a single session.

The forum highlighted the need to continue the fight to find a cure and for Alzheimer’s, presented updates on ongoing research and trials, and much more. Today there are 5.8 million people in the United States who have been diagnosed with Alzheimer’s, requiring 15 million unpaid caregivers to care for them. There are 660,000 cases in California alone.

For help with dementia-related questions or problems, call the Alzheimer’s Hot Line at 1-800-272-3900.
Variety of yoga classes are held in Rossrood

The Ticke Creek Fitness Center offers a variety of yoga classes, from Monday through Saturday. Classes are for all levels and accommodate those with physical limitations. Participants are advised to wear loose clothing and come with a relatively empty stomach. People who are injured or pregnant should consult a doctor or nurse when needed; may include chairs, blocks and straps.

MONDAY

Flexible Yoga
Time and place: 5:30 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, call 934-7857.
Fees: $24 for four-class series; $6 per class; four drop-ins. TUESDAY

Gentle Yoga
Time and place: 11 a.m. to noon at the Serenity Room at Ticke Creek. For information, call 925-390-2679.
Fees: $10 per class, or $35 per month for four classes, or $60 for eight sessions. Drop-ins welcome.

ACTIVE YOGA

Yoga for Healthy Bones
Time and place: 12:15 to 1:15 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, call 934-4125.
Fees: $32 for four-class series; $8 per class. Participants are recommended for the active yoga class is $10 per session. Participants also have the option of buying a series of four classes for $35, or eight classes for $60.

Yoga for Beginners
Time and place: 1:30 to 2 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, email nyuzna@rossmoor.com.
Fees: $10 per class for residents, $15 for non-residents.

THURSDAY

Strength Yoga
Time and place: 10 to 11 a.m. in the Serenity Room at Ticke Creek Fitness Center. For information, call 934-7857.
Fees: $32 for four-class series; $8 per class. Drop-ins welcome.

Restorative Yoga
Time and place: 3:30 to 4:30 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, email nyuzna@rossmoor.com.
Fees: $10 per class for residents, $15 for non-residents.

FRIDAY

Flexible Yoga
Time and place: 5:30 to 6:30 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, call 934-7857.
Fees: $32 for four-class series; $8 per class. Drop-ins welcome.

Yoga for Healthy Bones
Time and place: 12:15 to 1:15 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, call 934-4125.
Fees: $32 for four-class series; $8 per class. Drop-ins welcome.

Yoga for Beginners
Time and place: 1:30 to 2 p.m. in the Serenity Room at Ticke Creek Fitness Center. For information, email nyuzna@rossmoor.com.
Fees: $10 per class for residents, $15 for non-residents.

TRX circuit training available at Fitness Center

The Fitness Center is offering small-group classes for TRX circuit training every Tuesday afternoon.

Becky Beckelmann teaches the 60-minute classes from 3 to 4 p.m. Each class costs $10 and has a limit of 12 participants. The TRX Suspension Trainer helps build functional strength and improve flexibility, balance and core stability. Along with TRX-based exercises, this class incorporates bodyweight and circuit-style strength training, bands and weights for a full-body workout.

Signing up in advance is recommended to reserve your spot. For more information, call 925-988-7830.

Medical Marijuana Club welcomes eldercare advocate, cannabis researcher

Scientists have concluded that keeping our brains healthy requires both cognitive and physical activity, and cannabis use can help facilitate both, according to a new study in the Journal of the American Medical Association.

On Tuesday, May 14 at 7:15 a.m. in Hillside's Diablo room, the Medical Marijuana Education and Support Club will host eldercare consumer advocate Linda Jacobson as she explores how clinicians help people at different stages of dementia use cannabis and how cannabis may fit into the care and feeding of the brain. Jacobson is a co-founder of Wired magazine, Jacobson has written about neuroscience since 1996. She is also a specialized in the field of virtual reality, helping develop immersive simulators, training systems and mental health applications. All Rossrood residents and guests are welcome to attend. As the Medical Marijuana Education and Support Club does not collect dues, it is sustained by the generosity of donations. Refreshments are offered at our meetings. For more information, contact the club president Renee Lee at 925-979-9068 or visit the website rossmoormmc.com.

Parkinson's support group to meet

The Parkinson's Network of Mt. Diablo support group will meet on Saturday, May 8, from 9 a.m. until noon at near Grace Presbyterian Church, 2100 Tice Valley Blvd. All are welcome. No reservations are needed and there is no charge. Three concurrent support group meetings are held from 9 a.m. to 10:15 a.m.

Men with Parkinson's meet in the Fireside Room. The contact person is Derek Ransley at dransley@comcast.net or at 925-941-0102.

Women with Parkinson’s meet in the Library. The contact person is Rosemary Way at rosamsway@boglobal.net or at 925-476-5661.

Caregivers only meet in the Sanctuary. The contact person is Jan Alito at jalito@comcast.net or at 925-890-8937.

From 10:15 to 10:30, refreshments will be served in the Oak Room. Bring fruit to share. The Parkinson’s Network library, with books, flyers and videos, will be open.

From 10:30 to 10:45, new members will be welcomed and announcements will be made.

From 10:45 to 11:45, Brenda Russell will talk about “Healthy Living: How to love our bodies without cooking. Attendees will learn which diseases are controlled by a change in diet. Because a session with a dietitian is generally covered by insurance, she has a listing of insurance groups that cover nutrition therapy. Only 4 percent of seniors with diabetes take advantage of medical nutrition therapy offered through insurance. For information about the meeting or membership, contact Mari Beth Hume, membership director, at thegardensladymccomast.net or at 603-475-4287.

YOUR HEALTH: How to love our bodies

Continued from page 30A

To accept your body, as benefiting you, keeping you healthy, as well as improving your mental ability. You now have to accept and love your body. You can begin to play golf, tennis or another physical activity, such as swimming, walking or going to the gym. Remember, this is occurring in your current state of mind and in whatever body you have.

A third and very meaningful step is using other means to understand how your body looks. Exercising with minor dietary changes will result in weight loss that will rapidly change your body shape. I am not in dictating that this step needs to be taken to begin to like your body. However, you must ac-

Who cares about your health? We do.

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SILVER BRACELET
Lost on 4/15 at Event Center during Poor Man’s Dinner.

20 LOST

20 Autos For Sale

40 Autos For Sale

40 Autos Wanted

55 Carports & Garages For Rent

55 Carports & Garages Wanted

60 Free Stuff

70 Auto For Sale

75 Auto Wanted

75 Business Opportunities

75 Business Services

75 Professional Services

75 Seeking Employment

75 Work Wanted

90 Travel Room/Shared Housing

90 Real Estate Wanted

90 Real Estate For Sale

90 Real Estate Information

75 Help Wanted

75 Professional Services

75 Travel Room/Shared Housing

75 Real Estate Wanted

75 Real Estate For Sale

75 Real Estate Information

75 Help Wanted

75 Classifieds

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75 Real Estate For Sale

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  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Home Improvement

- **Handyman Services**
  - 20 years, setup installation, troubleshooting, repair. Fast service.
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- **Quality Remodeling**
  - Custom kitchen, bathrooms, fences, decks, upgrades, installation. Quick reliable service.

### Cleaning Services

- **Gable's Cleaning**
  - 10 years experience in home and estate cleaning. Large or small we have it all.
  - Starting at $22. Rossmoor references.

### Electronics Services

- **Tec Pro**
  - Experienced in electronic devices. Training with your printer, iPhone, iPad, Android, Smart TV, DVD player, all electronic devices.
  - 925-323-2671 sonjaweaver1451@gmail.com

### Remodeling

- **1641 Tice Valley Boulevard, Walnut Creek CA 94595**
  - $395,000
  - 2 beds 2 baths + den.
  - Light and bright through with SKYLIGHTS. See the rolling wooded hills beyond.

### Yard Services

- **Buckeye in Eagle Ridge**
  - Wonderful court location with 2 bedrooms, 2 bathrooms, den. All level access, attached garage. $1,375,000

### Furniture/UPHOLSTERY

- **George's Furniture Repair**
  - Antique and high-end furniture specialists. Filing and carving. Formerly of Bonnygale, 925-212-6149. No job too small. Rossmoor resident.
  - Call Rick (Rossmoor resident) at 925-639-8333.

### Computers

- **Aimtack Carpet Repair.** Licensed. Over 15 years. Specializing in home, office, haircuts, shampoos, styling, mobility issues.
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### House Cleaning

- **Gable's Cleaning**
  - 20+ years experience. Rossmoor references. Large master bed. 2 Decks. Get ready for summer. Garage. Close to Gateway. A winner! $374,000

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- **Buckeye in Eagle Ridge**
  - Wonderful court location with 2 bedrooms, 2 bathrooms, den. All level access, attached garage. $1,375,000

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### Interiors

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### Social Services

- **Rossmoor Services**
  - We set up new computers, Internet connections, as well as troubleshooting, repair, internal/external device consulting. Digital photography specialist. We make house calls, 24/7, 925-676-6444.

### Transportation

- **Tonys Hauling Service**
  - Contact: Sonja. Rossmoor resident. Hwy 926-482-7725. Professional, dependable. 10 years experience in Rossmoor. No project is too small, large jobs. Rossmoor references.

### Moving/Packing/Hauling

- **Gables Hauling & Moving**
  - Need help packing? Get rid of clutter. Call Rossmoor resident with references.

### Seasonal Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Household Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Business Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Personal Services

- **Tec Pro**
  - Experienced in electronic devices. Training with your printer, iPhone, iPad, Android, Smart TV, DVD player, all electronic devices. 925-323-2671 sonjaweaver1451@gmail.com

### Handyman Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Repair Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Cleaning Services

- **Gable's Cleaning**
  - 20+ years experience. Rossmoor references. Large master bed. 2 Decks. Get ready for summer. Garage. Close to Gateway. A winner! $374,000

### Pet Services

- **Gable's Cleaning**
  - 20+ years experience. Rossmoor references. Large master bed. 2 Decks. Get ready for summer. Garage. Close to Gateway. A winner! $374,000

### Home Improvement

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.

### Transportation

- **Tonys Hauling Service**
  - Contact: Sonja. Rossmoor resident. Hwy 926-482-7725. Professional, dependable. 10 years experience in Rossmoor. No project is too small, large jobs. Rossmoor references.

### Moving/Packing/Hauling

- **Gables Hauling & Moving**
  - Need help packing? Get rid of clutter. Call Rossmoor resident with references.

### Social Services

- **Agrim Carpet Repair & Restretch**
  - Experienced
  - Senior-friendly
  - Computer services
  - Home, haircuts, shampoos, styling, mobility issues
  - 925-202-3485.
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  - 925-202-3485.
  - Sue, 925-349-8616. License No. M123456.
120 SEEKING EMPLOYMENT

Housecleaning

HOUSECLEANING/WINDOWS Professional with 20 years experience around Moraga. Dependable job big or small—not a problem. Call Martin, 925-396-9302.

CLEANING WITH CARE Quality and service you get in a satisfied client. I am your main concern. 21 years experience. Trustworthy, reliable, affordable, all housecleaning needs. Mention this ad for special rates. References available. Call Fran. 925-586-9338.

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MISCELLANEOUS

I BUY, SELL AND APPRAISE U.S. and world coins and currency. 36 year resident of Moraga will come to your home upon request. Bruce Berman, Moraga Numismatics. Better Business Bureau member PCBN. V.I.P. Dealer. 925-283-9205. Go to www.sf-bay-area-collectibles.com or email kingsfisher@4556@yahoo.com.

135 Pets

PAWS N’ PURRS PET SERVICE Dog walking and cat care, with loving attention for your pets. Call Kathy, 932-0774 or Angela, 997-4795. Need your cats wrapped around at home – call Angela. Rossmooor residents.

THE CAT WHISPERER would love to care for your cats. I promise that I will know her/his personal- ity before you return. Rates $14/ visit. Please call or text us at 580-1159.


135 Pets

COOKIE NEEDS A HOME Shf Tzu, Female, 12 lbs, spayed, is 12 years old. Her person unexpected- ly passed last October. She loves to have “her person.” Doesn’t bark or shed, housebroken. She doesn’t get under foot and likes to just hang out and relax. Likes walks but doesn’t like to be- come. She is excellent for the home and a really sweet calm little dog. I would love to find a senior or couple who is looking for a little companion. Not looking for a busy house with kids. Someone quiet like she had with a senior who wants a companion. Call 925-536-0465.

145 REAL ESTATE FOR SALE

2 BR/2 BA CLAREMONT 1,162 sq ft. WD and enclosed wrap. For sale by owner. Friends and family of Rossmooor only. No realtors or bro- kers, please. By appointment only. Call Pat, 925-555-3841.


SPECTACULAR EXPANDED KENTFIELD

Outstanding forest/valley views! Secluded condo 2 beds/2 baths/2 car/ wrap enclosed deck with open end, $340,000. Comfortable family room with new carpeting, new paint, new kitchen and bath. Further information: Call 925-451-3419 orlookus@att.net.

2 BR/2 BA UNfootered 1,739 sq ft. Bay window, new carpet, paint, patio with iron gate. No animals please. 1 year lease $2,500/ month plus security deposit. Call 925-451-3839.

HAPPY MOTHERS DAY!

150 REAL ESTATE


155 REAL ESTATE WANTED

PROFESSIONAL COUPLE would like to rent a home in Rossmooor for July. No pets or children. References upon re- quest. Please call Bob/Barbara Cavalli at 760-844-2148 or 760- 844-8617.

COUPLE NEEDS TO RENT 2 BR/2 BA condo during our Rossmooor condo renovation. Preferably un- furnished, but furnished is acceptable. For 2-3 months, July-August (and probably September). Call 925-998-4225.

COUPLE SEEKING short-term Rossmooor rental from June to Au- gust. Please call 510-910-7057.

RETIRED FEMALE SCHOOL teacher, quiet and responsible, seeks Rossmooor rental for four to six weeks – late June to August. No-smoker, no pets. Contact 560- 430-8969 or mwrd0740@gmail.com.

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

PREMIUM HOMES

Exceptional Villa Grande Model 2 Bedrooms, 2 Bathrooms, Plus Den -Undeniably the Most Impressive Location enhanced with exceptional outside living -Professional Craftsmanship Throughout -Extravagant Collateral Features -Graced with Bright Morning Sun -Rare ATTACHED Garage & Carport $1,200,000.

Extraordinary Villa Nuevo 2 Bedrooms, 2 Bathrooms, Plus Den -Unparalleled Panoramic View -Soaring Ceilings & Walls of Windows -Natural Light Streams Throughout -RARE Garage & Carport $789,000.


CLIENT TESTIMONIAL

“We were tremendously impressed with Lori’s knowledge and professionalism from start to finish. She is very thorough providing excellent service.” — Rich M

Lori Young

WHERE Caring & Professionalism Are One and the Same As I combine my core values in life with focus and determination, our clients can rest assured that I, as their broker, will deliver maximum benefit while protecting their interests, and achieve results beyond their expectations in short order.

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Call 208-539-8194 or Rmorgan@ morganstar.com

145 REAL ESTATE FOR RENT

All Rossmooor leases and room rentals are invalid unless approved by the appropriate Rossmooor authority. UNIQUELY PRIVATE, Sunny, bright 2 bedroom, 2 bath, cottage-like, 1/5.1 BR/BA available June-August. No stairs. Secluded patio opens to big green area. Please call 208-530-8594 or Remorg%_organizer.com.

WOW! BEST OF GOLF COURSE 2 BR/2 BA Purple Point Model 1739 square ft. Bay window, new carpet, paint, patio with iron gate. No animals please. 1 year lease $2,500/ month plus security deposit. Call 925-451-3339.


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Rossmoor Realty
1641 Tice Valley Boulevard, Walnut Creek CA 94595
Rossmoor Realty is a Division of Rossmoor Properties Inc. DRE License No.01279936.

The Leader in Rossmoor Sales Since 1967

OUR CURRENT LISTINGS

MLS LISTINGS COOPERATIVES

2 BEDS, 1 BATH

GOLDEN GATE - LIGHT & BRIGHT home nestled in quiet serene setting with living room looking out on the wonderful open area. Private patio perfect for entertaining or just taking in a good book. Skylights, granite and custom tile counters, new fixtures in both kitchen and vanity areas. Never hard wood and stone tile flooring give this stylish home a warm inviting feel and ready for you to call home..............$395,000

KENTFIELD - STELLA VIEWS. New carpets. White plantation shutters on bedroom windows. Vinyl in entry, kitchen and bathroom. Balcony has a lot of privacy, overlooks lush green trees...............

$335,000

MLS LISTINGS CONDOMINIUMS

2 BEDS, 2 BATHS


VILLA CERRO - STUNNING GARDEN SETTING. Location, Location! Rarely available, nestled in the coveted Stanley Dollar Hills neighborhood. Unique features, kitchen with granite, laundry room, custom tile counter, wood burning fireplace, spa inspired baths. The list is endless.........$658,000


VILLA REY - NEW! Stylish with Lovely Outlook. Spacious master suite. Beautiful & spacious with den & enclosed deck! Double pane & storm windows. Fresh paint, new parking & carport with storage room just steps away. $599,000

No One Knows Rossmoor Like Rossmoor Realty.
Talk to The Rossmoor Experts
(925) 932-1162.

FEATURED LISTING

Pristine Claremont with Lovely Outlook.
2 BEDS, 1 BATH CO-OP. Impeccable bright cozy home with upgraded bath and kitchen, laminate and carpet. Lovely outlook over trees and lawn, relax on deck. Near parking and laundry............Offered at $329,000

PRESENTED BY VICKI NAKAMURA (925) 708-1915.

Expanded Chatsworth with Exceptional View.
FOURTH FLOOR 1 BED, 2 BATHS CONDO. Upgraded throughout. Glimmering laminate floors. Sparkling white kitchen. Granite tiled walk in shower, stack washer dryer. Lots of storage. Offered at $599,000

PRESENTED BY NIKKI NIelsen (925) 382-8801.

The Waterford
CONGREGATE LIVING AT ITS BEST

Gloria Corda
Debra Barth
(925) 881-5849
788-2104
Betty Case
Linda Cribbs
(980) 7252
360-0069
Christine Dastous
Tom Donovan
286-4772
323-2226
Susan DeMaggio Adams
Kathie DeMaggio Stein
207-9212
699-6258
Linda Fernbach Julie Germain
Debbie Elenfant
(980) 1920
752-5669
849-2884
Shanti Haydon
Mary Jane Madsen
948-5636
980-1664
Peggy Martinez
Dee Lintott
330-0280
Janet McCardle
457-9296
212-2418
915-3336

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DRE License #01463947
(925) 323-2226

Tom Donovan
REALTOR®
DRE License #01279936.
(925) 323-2226
"Tom was great to work with. He was extremely knowledgeable on Rossmoor processes and rules. He was on top of paper work issues and went out of his way to make sure we were taken care of."
Dennis & Joanne N.
Beautiful Tahoe Model in Lush & Scenic Setting.

2 BEDS, 2 BATHS, DEN CONDO. Attractively designed with covered open concept floorplan framed with appealing angles. The unique architecture offers volume ceilings and walls of windows bathing the home with lots of natural light. This home offers lots of beautiful updates, level-in access, and RARE detached garage AND carport. Offered at $777,000.

Presented by Sue DiMaggio Adams (925) 207-9212.

Desirable Aberdeen with Golf Course View.

2 BEDS, 2 BATHS CONDO. Spacious open living room/dining area with vaulted ceiling, gas fireplace and golf course view. Kitchen completely remodeled with modern cabinets, stainless steel appliances and granite counters. Offered at $625,000.

Presented by Marilyn Van Story (925) 209-1046.

Villa Nuevo with Breathtaking View.

2 BEDS, 2 BATHS, DEN CONDO. Welcoming tiled front patio. Extra enclosed office/study with full wall storage cabinets and dual pane windows opens onto additional rear patio. Remodeled kitchen, crown molding throughout, master bathroom with large, tiled shower, shutters on most windows, stack washer dryer, fresh paint and new carpet. Easy walk to Creekside, golf, Event Center and Stanley Dollar pool... Offered at $485,000.

Presented by Sally Roberts (925) 334-6277.

Beautifully Remodeled Claremont.

2 BEDS, 2 BATHS, DEN CONDO. Extensive upgrades, hardwood surface flooring, built-in cabinets with LED lighting & spot lit glass cabinets, electric fireplace, pendant lighting over quartz kitchen counter top, top quality appliances, new forced heat/air, sensor lighting, recessed lighting and much more. Must see! Offered at $574,000.

Presented by Sally Roberts (925) 334-6277.
The purported property address is:

$1,471,417.59

the Auction.com Room Amount of unpaid

At 9:00 AM Place of Sale: At the Pleasant

Date of Sale: 5/21/2019

office of the Recorder of CONTRA COSTA

2003-0586054 of Official Records in the


and expenses of the Trustee for the total

and late charges thereon, as provided in the

title, possession, or encumbrances, to pay

warranty, expressed or implied, regarding

association, or savings bank specified in

OF THE PROCEEDING AGAINST YOU, YOU

IT MAY BE SOLD AT A PUBLIC SALE. IF YOU

NOTICE OF TRUSTEE’S SALE

The following person(s) are doing business

under the fictitious business name listed above on 5/15/19.

s/ Allison Bonaddio, Managing Member

This statement was filed with

Honey and Comb Salon, LLC.

1919 Mt. Diablo Blvd. Concord, CA 94518

2 beds, 2 Baths & Garage

Let me help you do the same

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Knowledge, Integrity and Service

JUST LISTED

Charming Coral Co-op, 2 beds 2 baths. Majestic
unobstructed views of hills and landscaping. Feels
like having your own private backyard park! Front
door parking with paddle in and out of parking. Steel
appliances, Full size washer and dryer. Double pane windows plus other energy efficient features. Convenient few steps to storage & carport parking. Sun room perfect for special hobbies or

I live and play in Rossmoor!

Let me help you do the same

Buying or Selling – help clients with years of

Knowledge, Integrity and Service

JUST LISTED

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door parking with paddle in and out of parking. Steel
appliances, Full size washer and dryer. Double pane windows plus other energy efficient features. Convenient few steps to storage & carport parking. Sun room perfect for special hobbies or

22 of 2019

The purported property address is:

$559,000

...............

For NON SALE information only Sale Line:

925-849-2884

Gloria Corda

Broker Associate, GRI, SRES

Call: 925-683-5689

Gloria@GloriaCorda.com

CAL DRE #0116835

38A  Rossmoor News • May 8, 2019
From Our Intero Family to Yours,

Mother’s Day

PIEDMONT Co-op

• Gorgeous 17th golf view
• Approx 1900 sq ft living space per owner
• 72 inch mounted tv included
• Corian counters
• Central A/C

NEW LISTING

SAN FRANCISCAN Co-op

• Spacious private patio with fabulous views
• Custom cabinetry with glass fronts
• Sleek dual-pane windows throughout
• Convenient inside washer/dryer

$693,000

SEQUOIA Co-op

• Level-in end unit
• Updated kitchen with new appliances, etc.
• View of greenbelt, private pool
• Many updates – inside laundry
• New flooring & shutters throughout

$585,000

YOSEMITE Co-op

• Lovely entertainment wall/fireplace.
• Custom kitchen cabinetry, stainless appliances
• Dual pane windows
• Garage

$339,000

$675,000

KENTFIELD Condo

• Spacious private patio with fabulous views
• Custom cabinetry with glass fronts
• Sleek dual-pane windows throughout
• Convenient inside washer/dryer

$425,000

SONOMA Co-op

• Amazingly Reconfigured. All the bells & whistles! Fabulous price!
• Updated kitchen w/ granite counters
• Open concept kitchen/living room
• Expanded and reconfigured

$539,000

$488,800

VILLA BELMONTE Condo

• Pocket patio with West view
• Updated kitchen & baths in 2015
• Updated kitchen w/ granite counters
• Garage and carport

$375,000

TAHOE Condo

• Sunny breakfast nook.
• Lots of natural light
• Vaulted ceilings for open & spacious feeling
• View of Mt. Diablo

$795,000

$639,900

SIERRA Condo

• Dual pane windows in 2015
• Finished & organized 1 car garage
• Great outlook
• Close to Creekside & Event Center

$639,900

$595,000

AUGUSTA Condo

• Garage
• Larger balcony overlooking golf course
• Vaulted ceilings for open & spacious feeling
• Sweeping views overlooking golf course

$449,000

$425,000

$425,000

Loc Barnes 630-9334
David Bonde 510-663-1927
Karen Bruns 510-952-7207
Dave Caron 708-0800
Ann Cantrell 630-7970
Mary Chase 478-9004
Suzanne Chenault 209-206-6606
Sue Choe 212-2605
Karen Driscoll 699-0031
Pamela Eubanks 650-867-0626
Sandy Foreman 408-1119
Paula Gray 899-3423
Elizabeth Haelam 899-3087
Patrice Jensen 899-3010
Yvonna Jakovleski 457-7229
Sharon McCormick 323-9966
Tom Nevin 699-0031
Sue Olson 650-867-0626
Mary Orfali 510-326-6344
Linda Register 393-6760
Kathryn Sabah 642-0415
Betsy Sanders 381-3992
Faye Ann Silva 457-9231
Sabrina Siojo 575-0612
Linda Stephens 478-9004
Rhoda Thilmony 788-4744
Mary Beall 708-0800
Jeanette Evans 408-5172
Sandy Foreman 408-1119
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Faye Ann Silva 457-9231
Sabrina Siojo 575-0612
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• PREVENTIVE MAINTENANCE
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The Guest Clearance System Number Is 988-7843
BERKSHIRE HATHAWAY HomeServices

GET THE INSIDE SCOOP! For a full report of real estate activity near you visit: RossmoorNow.com

NEWSPBOARD

CITY OF HOPE TRIP TO THE GRATON CASINO

MONDAY, MAY 13, LEAVING FROM GATEWAY AT 9 A.M.

Play bingo on the bus for fun prizes and a chance to win a free trip in the future. Bonus is $15 slot play and $5 food credit. To reserve space, Call Lynne Keefer at 945-7665 or email lynnehkeefer@gmail.com. Trip’s cost is $35 per person.

FEATURED LISTING

VILLA NUEVO PENTHOUSE 2BR/2BA/DEN $850,000

A gorgeous top floor condo with level-in access via elevator featuring open terraces that offer panoramic views. Scandinavian designed kitchen, updated baths with luxury spa tub, separate laundry room, high vaulted ceilings, fresh paint, new carpets and garage.

COMING SOON

A BEAUTIFUL BELVEDERE 3BR/2BA $699,000

These single story CONDOS with LEVEL ENTRY are arguably the most popular plan in Rossmoor. This well located end unit, that has been professionally upgraded features large rooms, high vaulted ceilings, wood burning fireplace, lots of custom built-ins and a wonderful private park setting!

FABULOUS GOLDEN GATE 2BR/2BA $649,500

The latest total re-build by Toupin Construction. No money was spared on remodeling this private end unit overlooking the 9 hole course. This bright home features large windows, skylights, a gourmet kitchen with wide pantry and top-of-the-line appliances, TWO amazing baths and much more!

UNIQUELY REMODELED 2BR/2BA/DEN $579,000

Beautifully reconfigured by L’Es-tange and Associates, this Sonoma house and features a chef’s kitchen with white shaker cabinets and designer quartz countertops, a living/dining room with built-in cabinets and electric fireplace, dual pane windows, vinyl plank flooring, much more!

SPECIAL SONOMA 2BR/1BA $475,000

Beautifully renovated w/ new appliances, quartz counters, double pane windows, crown & base moldings, newly painted & carpeted, custom & recessed lighting, smooth ceilings, plantation shutters, enclosed patio w/ natural light. Extra 200 sq ft +/- End of cul-de-sac w/ tiled entry, close to carport, plus so many extras!

RARE EXPANDED BROOKGREEN 1BR/1BA $210,000

This 1st floor condo w/ more than 700 sq ft. of living space is one of the more popular floor plans in the incomparable Waterford. Located near the fabulous Tice Creek fitness center this home features great food, weekly housekeeping, a “world class” bus system and all the other amenities of Rossmoor.

EXPANDED KENTFIELD CONDO 2BR/2BA/DEN $650,000

Don’t miss the sweeping views of Rossmoor and Mt Diablo from the open terrace of this upper level home at the top of Skycrest. This is a very popular floor plan with large rooms, a remodeled kitchen and baths PLUS a “state of the art” mini split HVAC system, extra storage and much more.

ENCHANTING SANTA CRUZ 2BR/2BA/DEN $649,500

This luxuriously updated condominium offers extraordinary upgrades and features a chef’s kitchen and dining area, blackened steel interior, light, a secluded garden patio overlooking freshly manicured lawns and a breathtaking hilltop view of Mt Diablo.

SPECTACULAR SIERRA 2BR/2BA $635,000

A close-in condominium with just 3 gentle steps to its front door. This adorable 2nd floor flat features a gorgeous kitchen renovation, a living room with fireplace that opens to a beautiful covered patio and lawn area, a laundry room and garage.

*/ BHHS Affiliates, LLC. An independently owned and operated member of BHHS Affiliates, LLC. Information not verified or guaranteed. If your home is currently listed with a Broker, this is not intended as a solicitation. Equal Housing Opportunity.*
RMGC invites women’s club golfers to play in its Par 3 Tournament

The Rossmoor Men’s Golf Club (RMGC) has expanded this year’s Par 3 Tournament with the addition of the Rossmoor women’s nine-hole and 18-hole clubs. The event will be on Wednesday, May 22, with a shotgun start at 8:30 a.m. The Dollar Ranch Golf Course will be converted to 18-par 3 holes for this event. The format for the tournament will be two-person teams. The men and women will compete separately and from different tee boxes. Separate prize pools will be established. Prizes will include low gross and low net within flights. Where possible, men and women will be paired with women to assist with the enjoyment of the day.

Sign-up envelopes are available in the Men’s Club area of the Pro Shop. Select a partner or register as a single and a partner will be assigned. There is also the option to be paired with specific men or women. The cost is $25 per player and includes the prize pool and lunch with beer, wine and soda at the Event Center.

Only checks payable to RMGC must be included in the sign-up envelope. Green fees will be charged at the member rate prior to the deadine.

Registration will close Saturday, May 18, at 5 p.m. No reservations will be accepted after the deadline.

The tournament directors are John Newman, RMGC, 925-451-6135; Denise Pratt, 925-803-2189, 925-708-2533; and Anne Phillips, Nineas, 925-389-6473.

Happy Hackers to hold chipping clinic May 15

The Happy Hackers will hold a chipping clinic on Wednesday, May 15, at 3 p.m. Clinics are given by the Pro Shop staff and are limited to 20 attendees. Signup sheets are available in the Pro Shop.

The cost is $5, which must be paid at signup. Checks can be made to the Happy Hacker drawer in the Pro Shop.

The Happy Hackers May Scramble will be held on Saturday, May 18.

RMGC hosts Twilight Golf and Social Tourney

The Rossmoor Men’s Golf Club (RMGC) will sponsor the Twilight Golf and Social Tournament on Friday, May 24. A shotgun start will be at 2:30 p.m. The tournament will be played on nine holes of the Dollar Ranch Golf Course. Prize-pools will be established in the Event Center.

The tournament is open to all members of Rossmoor’s golf clubs (the men’s as well as the women’s 18- and nine-hole clubs) with official handicaps.

The format is a Rossmoor Scramble, a fast and exciting variation on the usual scramble that adds some strategic considerations.

Competitors will be flighted by handicap. Singles and less-than-foursomes will be matched up by the Pro Shop. After-golf festivities begin with beer and wine at 5 at the Event Center. Dinner will follow at 6.

The cost for dinner and golf prizes is $33. Dinner only is $25, and golf entry without dinner is $8. Sign-up envelopes are available in the Pro Shop.

Be sure and fill out the entry forms completely.

The deadline for signups is Wednesday, May 15, at 4 p.m. There will be no refunds for cancellations made after the deadline.

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

Information is available in the Pro Shop or contact Richard Fuller, the event chairman, at 42fuller@gmail.com or at 925-945-0517.

Billiards Room open to all residents

The Rossmoor Billiards Club exists to encourage the physical, mental and social benefits of playing pool, snooker and billiards.

The fee for new members is $55; however, club membership is not required to use the facility.

The Billiards Room is located behind the multipurpose rooms at Gateway. The room is open to all Rossmoor residents from 6 a.m. to 9 p.m. every day; unless a club competition is being held.

There are four pool tables, two snooker tables and one three-cushion billiards table along with all the ancillary equipment needed to play.

Guests are welcome but must be accompanied by the resident sponsoring them. Children must be at least 12 years old and sufficiently competent to ensure protection of the table coverings and all equipment.

For information about free instruction, game rules and/or membership, send an email request to rossmoorbilliardsclub@gmail.com.

Lawn Bowling Club hosts open house

Event deemed a success

By Peter Van Slyke
Club correspondent

The Rossmoor Lawn Bowling Club’s open house on April 27 drew some 22 participants.

The open house was to introduce new bowlers, and those that were just curious, to the game of bowls. They enjoyed bowling, socializing and refreshments.

Ed de Assis, the club’s training coordinator and president, gave the participants a brief introduction to the rules of the game. And then, he headed out to the greens.

Experienced bowlers from the club (Miguel Roliz, Mike Ying and James Lee as well as other club members) showed up to assist. They helped direct the bowlers in various exercises.

They showed the newcomers how to bowl and how the bowl is designed to curve. They also played in some ad hoc games.

It was a great team effort and everyone thoroughly enjoyed the day. Mention also goes to Mary Ann Higgins for arranging the Lawn Bowling open house.

Mary Collins for planning the spread of food and drinks.

Some participants from the open house showed up for the club’s regular training session on the following Monday. The club offers free lessons every Monday and Wednesday at 10 a.m. All one has to do is show up at the Hillside greens in casual clothes and flat shoes with no heel.

Happy Hackers to hold Twilight Golf and Social Tourney

The Rossmoor Men's Golf Club (RMGC) has expanded this year's Par 3 Tournament with the addition of the Rossmoor women's nine-hole and 18-hole clubs.

The event will be on Wednesday, May 22, with a shotgun start at 8:30 a.m. The Dollar Ranch Golf Course will be converted to 18-par 3 holes for this event. The format for the tournament will be two-person teams.

The men and women will compete separately and from different tee boxes. Separate prize pools will be established.

Prizes will include low gross and low net within flights. Where possible, men and women will be paired with women to add to the enjoyment of the day.

Sign-up envelopes are available in the Men's Club area of the Pro Shop. Select a partner or register as a single and a partner will be assigned. There is also the option to be paired with specific men or women.

The cost is $25 per player and includes the prize pool and lunch with beer, wine and soda at the Event Center.

Only checks, payable to RMGC, must be included in the sign-up envelope. Green fees will be charged at the member rate prior to the deadline.

Registration will close Saturday, May 18, at 5 p.m. No reservations will be accepted after the deadline.

The tournament directors are John Newman, RMGC, 925-451-6135; Denise Pratt, 925-803-2189, 925-708-2533; and Anne Phillips, Nineas, 925-389-6473.

The Happy Hackers will hold a chipping clinic on Wednesday, May 15, at 3 p.m. Clinics are given by the Pro Shop staff and are limited to 20 attendees. Sign-up sheets are available in the Pro Shop.

The cost is $5, which must be paid at signup. Checks can be made to the Happy Hacker drawer in the Pro Shop.

The Happy Hackers May Scramble will be held on Saturday, May 18.

The Happy Hackers is a co-ed club and membership is open to golfers of all playing abilities. Handicaps are not required. All Rossmoor residents are welcome to join. For membership information, call Jerry Tileston at 925-946-1633.

For scramble information, contact Margaret Ready at 925-954-8293 or Dottie Langhorn at 925-937-5350. For clinic information, contact Helen Baldwin at 925-262-7666.

The Rossmoor Billiards Club exists to encourage the physical, mental and social benefits of playing pool, snooker and billiards.

The Billiards Room is located behind the multipurpose rooms at Gateway. The room is open to all Rossmoor residents from 6 a.m. to 9 p.m. every day; unless a club competition is being held.

There are four pool tables, two snooker tables and one three-cushion billiards table along with all the ancillary equipment needed to play.

Guests are welcome but must be accompanied by the resident sponsoring them. Children must be at least 12 years old and sufficiently competent to ensure protection of the table coverings and all equipment.

For information about free instruction, game rules and/or membership, send an email request to rossmoorbilliardsclub@gmail.com.

Ed Houston, left, shows good form as he throws the bowl, while instructor Ed DeAssis, center, and Don Morneau, right, look on, during the Lawn Bowling open house.

Mary Ann Higgins lines up her shot as instructor Mike Ying looks on during the Lawn Bowling open house.

News photos by Dan Rosarenosch
**Happy Hackers to play scramble**

Event includes dinner after round of golf

The Happy Hackers May scramble is Saturday, May 18, on the Creekside Golf Course. Tee-off time is 3 p.m.

Sign-up sheets are available in the Pro Shop. Dinner and golf is $31, dinner only is $24 and golf only is $7. Be sure to place checks in the Happy Hacker drawer at the Pro Shop.

The deadline is Wednesday, May 15. Green fees are additional and paid at the Pro Shop.

**Men’s Golf Club hosts three clubs May 15**

The Rossmoor Men’s Golf Club will host its second home event of the year on Wednesday May 15, entertaining golfers from the Claremont, East- woodrow and Blackhawk country clubs.

Check-in and breakfast start at 7:30 a.m. at the Creekside Grill. There will be an 8:30 a.m. shotgun start, with play followed by lunch and prizes at the Event Center.

Envelopes for the entry fee of $34 are now available in the Pro Shop; checks should be made out to RMGC. The entry fee includes breakfast, lunch and prizes. A separate**

**Taking a trip? Pack pickleball paddles**

Planning a summer trip? Don’t forget to pack the pickleball paddle.

Rossmoor Pickleball Club suggests that members who are traveling should investigate pickleball courts at their destination. Players can reference the USA Pickleball Association (USAPA) court location website (https://www.places2play.org) to find pickleball courts in U.S. and international cities.

The court listing can be sorted by state, city, or country. Each listed court location gives a contact email, court address, fees (if applicable), and hours. Don’t forget to check with cruise lines. Holland America has pickleball courts on all its ships and other major cruise lines often have pickleball courts. Those who research court locations before their trip will have the best results.

Club members who have used the USAPA listing have not been disappointed with pickleball connections they’ve made at their travel destinations. As is typical of the pickleball community, new player acquaintances made by club members have been friendly and welcoming. Some visiting club members have been met by social committees or even welcome barbeques. A few club members have developed lasting friendships with those they have played with on their travels.

Pickleball paddles are easy to pack. This author fits hers in her carryon without a problem. Pickleball courts are being built at a rapid pace. The latest 2018 statistics show that USAPA registered 5,883 new playing locations in 2018, an increase of 1,136 over 2017. Courts are found in all 50 states and 11 countries. Travelers can also check with city and town community centers and YMCA’s, which often have designated hours for pickleball. Many hotels and resorts are also building new pickleball courts or restriping tennis courts for pickleball.

For more information, visit www.rosmoorpickleball.net or contact club president, Dale Reynolds at ltc@thestockbridgegroup.com.

**Pickleball players take part in benefit tourney**

From left, Ana Leskovar, May Wong, Patty Andrews, Patty Spinrod, and Linda Bower compete in Riverbank.

Five Rossmoor pickleball players competed in a tournament on April 14 in Riverbank. The two-day event raised funds for Riverbank High School student scholarships.

Rossmoor competitors were Patty Andrews, Linda Bower, Ana Leskovar, Patty Spinrod and May Wong.

They competed in the round robin format. The Rossmoor players chose to compete in the higher of the two skill levels available, 3.0-3.5 and 4.0-4.5. The competition was intense. The Rossmoor players didn’t medal, but the five women enjoyed the competitive play. For information about upcoming pickleball tournaments, visit www.pickleballtournaments.com or access the link through www.rosmoorpickelball.net.

To learn more about pickleball and the Rossmoor Pickleball Club, visit www.rosmoorpickelball.net or contact club president Dale Reynolds at ltc@thestockbridgegroup.com.

**Men’s Golf Club travels to Sequoyah Country Club**

The Rossmoor Men’s Golf Club will participate in its fourth away event Thursday, May 23 at Sequoyah Country Club in Oak- land. Check-in and breakfast will be at 7:30 a.m., and shotgun start is at 8:30.

Play will be followed by lunch and prizes. The cost is $59 for each golfer, which includes breakfast, lunch, golf, cart and prizes. Checks should be made payable to RMGC. The signup deadline is at noon Saturday, May 18; signup envelopes are available in the Pro Shop.

Membership in the Men’s Golf Club is required to participate. The maximum number of players allowed is 20, and a waiting list will be created if needed. Selection of players will be determined by the number of home and away events a player has taken part in at home. The roster will be posted in the Pro Shop and on the RMGC website (http://www.rosmoorgolf.com, then click on “Men’s Club”). All checks from players not on the roster will be voided.

Participants should wear their Men’s Club shirts.

For more information, contact Burke Ferrari at 925-891-4265 or at burke.ferrari@hotmail.com, or Ed O’Dea at 925-899-2093 or at eodea@sheglobal.net, or go to the or the RMGC website.

**Men’s Golf Club sets 25th Member-Guest Invitational**

Reserve now for the Rossmoor Men’s Golf Club 25th Member-Guest Invitation- al on Friday, May 31.

The cost is $135 a player and includes lunch, dinner, green fees, prizes and a chance win a new Toyota for a hole-in-one. Envelopes are in the Pro Shop. The reservation deadline is Sunday, May 26.

For information, contact Chuck Clare at 925-944-9337 or at camilla38@comcast.net.

**RMGC holds barbecue**

The Rossmoor Men’s Golf Club will have a meeting for members who joined since Oc- tober and those who may want to join the golf group.

The meeting is on Monday, May 13, at 4:30 p.m. at the Dollar picnic area, behind the 16th green on the Dollar Ranch Golf Course. There will also be a barbecue with hot dogs and hamburgers among with beer and soda.

Attendees will learn how the club runs its tournaments and events. Each of the board members will give a short talk about what they do and how it benefits the membership.

For reservations, contact Michael Weisenberg at 925-300-3404 or at weisenb48@ uol.com. The deadline is May 10.
Duplicate Bridge Club posts results

Monday, April 1
Section A
N/S 1. L. Graziolli/R. Lenem
Eastman 4. B. Sankary/J. Mailman
Section B
N/S 1. K. Smith/B. Dreyer 2. C. Tyson/A. Hetland 3. C. Wil- 
kes/L. Weston 4. J. Langan/D. Wilson
E/W 1. S. Cerrill/L. Landuc-
i 2. B. and C. Handelsman 3. K. Peterson/M. Mobberley 4. B. Dee-
bird/W. Gray
Tuesday, April 2
Section A
N/S 1. L. Pesavento/M. Sher-
LD Kriens
Hsu 4. N. B. and W. Ward
Section B
N/S 1. L. Lively/A. Lowe 2. R. Hartwig/M. Klein 3. A. Geiger/D. 
Janson 4. D. Parr/D. Wise
en/S. Tychman 4. H. Harvey/M.
Valerie Petersen, left, and Ro-
berta Lenmons
Farrell
N/S 1. C. Warren/L. Chen 2. K. 
Young/A. Eastman 3. A. Matton/E. 
Reeve 4. K. Gray/M. Renwull
Suchman 4. N. Schoenfeld/R. Woll
Thursday, April 4
Section A
N/S 1. R. Olwagh/B. John-
Hollingsworth/M. Marty 4. G. 
Alyan/E. LaPoint
B. Machenade/L. Oth 3. L. Lich-
tsue/W. Samuels 4. D. Geary/S.
On April 29 Ingrid Hsu and 
Albert Chu earned a 74.01% 
game in the 499er game.
Eltringham
Friday, April 5
N/S 1. P. McGrath/B. Bowles 
2. J. Ruble/L. Walker 3. O. Gor-
don/M. Rosen 4. J. Bennie/A. Van 
Boeschoten
Petersen
Saturday, April 6
No scores reported for this day.
For additional information, see 
published results or go to: www.clu-
bruits results.org/results.php?id=MT. 
M447Y2. Send corrections to: sueeastman@gmail.com.
Duplicate Bridge Club offers classes on 
Bridge Basics Two starting on Monday

The Rossmoor Duplicate Bridge Club (RDBC) offers Bridge Basics Two. The class is for those 
who have taken Bridge Basics One or have knowl-
dge of the content in that class. The instructors 
will be Pat Taylor and Kathleen Young.
Classes are on Mondays, beginning May 13, 
for nine weeks and will be from 9:30 to 11:30 a.m. in 
the Oak Room at Gateway. There will be no class 
on May 27, Memorial Day.
The cost for this class is $50 for club mem-
bers with an additional $10 membership fee for 
nonmember residents. The nonresidents cost is 
$100. Checks should payable to the RDBC. Par-
ticipants should arrive early for the first class to 
pay the registration fee.
The text will be “Bridge Basics Two, Com-
petitive Bidding” by Audrey Grant and will be 
available from the instructors for $12.
To enroll, call Barbara V. Smith at 925-256-
4430.
Rules of the road
Golf carts are not allowed on the sidewalks or in 
the clubhouse courtyards. Golf carts can only be 
driven on Rossmoor streets.
Quiz – Bidding After Opponent’s Takeout Double

By David Terris

The auction has proceeded as:

Part 1 4
RHO You 6
Dbl ?

What is your bid with the following hands?

1. ♥Q♠J63 ♥A9 ♦Q♠J63 ♥Q♠J73 ♦Q♣J32 ♦Q♣J85 ♦Q♣J104
2. ♥KQ♣Q6 ♥Q3 ♦KQ♣Q5 ♥Q3 ♦KQ♣Q6 ♥Q3 ♦KQ♣Q6 ♥Q3
3. ♥KQ97 ♥A42 ♦J83 ♥J7 ♦A42 ♥J7 ♦A42 ♥J7
4. ♥K3 ♦Q♣J104 ♦A7 ♥K3 ♦Q♣J104 ♦A7 ♥K3 ♦Q♣J104
5. ♥K3 ♦Q♥984 ♥A5 ♥K3 ♦Q♥984 ♥A5 ♥K3 ♦Q♥984

Part 1 4
RHO You 6
Dbl ?

Quiz Answers

1. Redouble. You expect to double Opponents’ runout suit for penalty.
2. Bid 2♥. This is weak and non-forcing and tells Partner you have no support for his suit.
3. Bid Clubs. You show a limit raise or better.
4. Redouble, then rebid 2♦. You show a decent suit with invitational values. This hand is too good to simply bid 2♦ directly.
5. Bid 2♠. You make the bid you would have made without the intervening double.
6. Bid 1♣. You have two suits to show, if possible. You’ll never get that chance if you redouble first. At the 1-level you can just ignore the double and bid naturally.
7. Bid 1NT. You make the natural response regardless of the double.
9. Bid 1♥. This is forcing. If you redouble, you can’t stand Partner’s eventual double of spades and there could be a 4-4 heart fit.
10. Bid 1♥. If you pass, LHO will probably bid spades, and your partner should then double (since the bid on his side is 2NT) and spades will end up 3–2.

The domino winners for April 29 were Bruce Thom 348, Laurelyn Gunn 329, Karin Romak 326, Jim Bombar- dier 324 and Bill Wilson 306.

The domino winners for April 27 were Gerry Flowers 333, Karin Romak 331, Sally Lowry 329, Jeannie Johnson 328 and John Gwynn 321.

Experienced players meet on Mondays in the Oak Room at Gateway. Participants should arrive to arrive at 6:30 p.m. as play begins promptly at 6:45.

Tuesday sessions for inclusion of the less experienced players meet from 10 a.m. to 12:30 p.m. in Multipurpose Room 2 at Gateway.

Experience players who want a higher-stakes game are invited to meet with the Brown Baggers on Fridays at 9 a.m. in the Garden Room at Dollar.

Teaching sessions are on Thursdays from 9:30 a.m. to noon in the Oak Room. There are instructors for all levels from beginner to experienced players. Tables are also available for novice players to hone their skills against other novices. Paying is done by computer and money is required. It’s a great way to make friends and get involved in different mates.

Last week’s problem was mate in 2, shown here with the solution. It was mentioned that there are two variations, and two close tries.

Today’s problem is mate in 3. Solvers should always watch out for possible sacrifices. There are two variations, with the same piece de- livering different mates.

Bunco Club meets May 15 at Gateway

It’s a game of dice, luck and money

The Bunco Club of Rossmoor will gather Wednesday, May 15, in the Oak Room at Gateway. Check in between 6 and 6:30 p.m. for play starting at 6:30 p.m.

Bunco is a progressive game of dice, luck and monetary prizes. It’s a great way to make new friends and fun and requires no special skills or previous experience.

The cost is $5 per person, which includes prizes, snacks and beverages. The club meets the third Wednesday of every month and all are welcome to join.

Anyone who needs a ride to Gateway or more information may contact Bev Fellows at 925-949-7628 or beyvelfellows@comcast.net.

Domino Club announces winners

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By Barbara Britt

The History and Culture Club will meet on Monday, May 20 at 2 p.m., in the Fairway Room at Creekside. The speaker will be noted quilt maker, quilt historian and Rossmoor resident Florence McConnell.

She will introduce the distinctive work of a group of 19th century Germans who settled in the southeastern part of Pennsylvania. This state was a melting pot for the pursuit of religious freedom, opportunity and for some – the bold creation of folk art.

While many are aware of the Amish, the particular group of Pennsylvania Germans developed their own unique quilt making style with a singular use of bright color combinations to create distinctive designs. They were indeed a colorful folk.

McConnell will also share quilts from her historic collection, which re-veals a profound use of color, design and whimsy.

McConnell, a quilt maker for three decades, has been inspired by the patterns and styles of antique quilts. She is also a collector of antique quilts and is passionate about the research and study of 19th century quilts and their makers.

Her collection spans the period 1830 to 1930. She is a member of the American Quilt Study Group (AQSQ), an organization devoted to the highest standards of interdisciplinary quilt-related studies and focused on the research and publication of works that advance the knowledge of quilts and related subjects. AQSQ is one of the oldest and largest organizations of its kind.

Attendees should plan on arriving at the Fairway Room by 1:30 p.m. so the meeting can start on time. Members should keep the tight parking situation in mind. As a reminder, May’s event is the trip to the Phoebe A. Hearst Museum of Anthropology in Berkeley on Wednesday, May 22. See the world through the lens of various cultures in a special exhibit entitled “Pleasure, Poison, Prescription and Prayer: the Worlds of Mind-Altering Substances.” This is a timely exhibit exploring the complex social and economic dynamics behind mind-altering drugs. For information, consult the News” Club Trips section. The History and Culture Club enjoys exploring the gallery of time and the arts reflecting the interests of its members. Residents and nonresidents are welcome to join. Meetings, or ex-

Continued on page 168

CLUBS & ORGANIZATIONS

Connection to celebrate summer with picnic

June 4 event is at Dollar

Members of The Connection and their guests will welcome summer with a picnic on Tuesday, June 4, on the Dollar Clubhouse patio. The event begins with a social hour at approximately 5:30. Lunch will be served at 12:30 p.m.

This year’s event will feature traditional picnic fare. The entrée is a choice of barbecued chicken and pulled pork sliders or meatless Italian sausage with pasta. A buffet will provide a variety of side dishes and peach cobbler for dessert. The Connection will provide lemonade, iced tea and water.

Registration forms are in The Connection Newsletter, on the website www.rossmoorconnection.org or in the club mailbox at Gateway. Reservations are due by Thursday, May 23. The cost is $20 for members and $25 for guests.

The annual picnic is the last general meeting of The Connection until September. The small group will meet again by the club continue during the summer months.

The purpose of The Connection is to give the women of Rossmoor a means to establish friendships, promote social and educational activities and charitable outreach. For information, check the website or contact Karen McCallister at kjarbnm@aol.com.

Traveling storyteller joins May 18 brunch event for the Shalom Club

Traveling storyteller Joel ben Izzy will be the featured guest at a May 18 brunch hosted by the Shalom Club starting at 11 a.m. at the Dollar Clubhouse.

Ben Izzy will share tales from his large repertoire of stories. Over the years, ben Izzy has traveled the globe, gathering and telling stories in some 35 countries. His recent travels have taken him to China, Ireland, Greece and Israel.

In addition to performing, ben Izzy has recorded six award-winning CDs of his stories. He’s a celebrated author of the title, and his "King and the Secret of Happiness," is on May 14.

Though his stories come from all over the world, ben Izzy’s specialty has always been Jewish folklore, partic-

Joel ben Izzy

ularly Yiddish tales from the old country. Following brunch of May 18, he will share some of his favorite stories in an interactive presentation. He’ll also talk about his books and CDs, which will be available for purchase and signing after his performance.

The brunch menu will be from Sunrise Bistro, comprising tuna salad with apple rolls, turkey sandwiches, a vegetable frittata, a condiment platter, fruit salad, desserts and drinks.

Cost of the brunch is $25 per person for Shalom Club members and $30 for non-members. The cut-off date for reservations is May 16. Checks can be dropped off in the Shalom box at Gateway, or mailed (with your email and phone number) to Ben Izzy, 888 Terra California No. 4, Walnut Creek. Make checks payable to Shalom Club of Rossmoor. For more information, call Sheila Levinsky at 925-448-2064.

The Shalom Club was formed as a social gathering place for the Rossmoor Jewish community to meet new and old friends and to enjoy various activities. For more information about the club, call Larry Silver at 925-954-8823, or visit the new website at rossmoorshalom.com.

Reservations open for Second Tuesday Luncheon

Memorial event is on May 14

The Second Tuesday Luncheon Club will celebrate its Memorial Day Luncheon on Tuesday, May 14, at Dollar Clubhouse. Social hour will begin at 11:30 a.m., and the luncheon will be served at noon.

Hostesses for this event are Lynn Lively and Karen Quennell. The menu will be green salad, chicken piccata, broccoli, roasted potatoes and chocolate cake for dessert. A vegetarian entrée traditional picnic fare. The event is on May 14.

The luncheon will be served at 330-3500. For reservations, call Live-ly at 925-625-3350 or Karen at 925-997-6358.

The deadline for reservation must be made on the day of the luncheon. Those who make a reservation and don’t end up attending will still be expected to pay as the club will have paid the caterer for the reserved seat.

The Shalom Clubhouse patio. The event is at Dollar

The Rossmoor Improv Club will be holding another improv class on Monday, May 13 at 6 p.m. in the Club Room at Creekside.

Residents with improv experience, who have come to previous Rossmoor improv classes or who just want to check out how much fun improv is all welcome. Friends also are invited to attend.

The 1-hour and 15-minute class will help participants laugh, to get to know each other, and be amazed by their own creativity. There are no mistakes in improv. The class offers participants a chance to express themselves without having to memorize anything.

The Rossmoor Improv Club is relatively new to Rossmoor, and its purpose is to provide an environment for self-expression in a fun and safe space. Elena Issacs leads the class; she has more than 15 years of experience teaching improv.

The cost of the class is $20 per person (paid by check or cash) and is due on the day of the class. To reserve a seat, email RossmoorImprov@gmail.com.

Improv class meets May 13, all welcome

100 Pruf plays for TGIF

Come have some fun at TGIF’s Western Night on Friday, May 17 at 6 p.m. at the Event Center.

Men can take off their coats and ties, and wear their favorite cowboy shirt and bole toto. Woman may wear Western attire or the usual evening attire.

The popular country band 100 Pruf will play and of course, traditional ballroom music will be played.

The evening will start with appetizers and a full bar serving Margaritas. At 7, a traditional Western meal from Creekside Grill will be served.

For vegetarians, there will be tofu and black mushroom meatloaf. There will also be coffee, tea and two bottles of wine on each table.

The cost is $38 for members and $43 for guests. Remember to put all checks in the same envelope for those who want to sit at the same table, Mail or deliver the checks to Sharon and Les Birdsal at 997 Terra California Drive No. 1, Entry 21. Deadline for registration is Friday, May 10. TGIF is accepting new members. For information, call Barrie Christensen at 935-3751.

History and Culture Club to hear about 1800s folk art

By Barbara Britt

The History and Culture Club will meet on Monday, May 20 at 2 p.m., in the Fairway Room at Creekside. The speaker will be noted quilt maker, quilt historian and Rossmoor resident Florence McConnell.

She will introduce the distinctive work of a group of 19th century Germans who settled in the southeastern part of Pennsylvania. This state was a melting pot for the pursuit of religious freedom, opportunity and for some – the bold creation of folk art.

While many are aware of the Amish,

News Photo by Dan Rosenstrauch
LUTHERAN

Hope Lutheran Church invites everyone to gather for a spirited worship service in the Fireside Room at Gateway on Sunday, May 12, at 10:30 a.m. Pastor Lil Belusa’s sermon is titled “That’s for Real!” Wayne Anderson serves as Minister of Music, and Don Garley serves as Cantor. The Hope Choir will provide special music. Immediately following worship, all are invited to a time of sharing goodies and fellowship.

The Fireside Room of Hope gather in the Fireside Room for a friendly time of liturgical worship and high-spirited fellowship. Rossmoor Dial-a-Bus delivers attendees to the Gateway Clubhouse. Large-print bulletins and hearing aid T-coil complement the accessibility of worship.


JEWISH

B’nai Israel of Rossmoor will hold Shabbat services on Friday, May 10, in the Vista Room at Hillside. Arrive at 7:15 p.m., as services start promptly at 7:30 p.m. Barry and Donna Brian will lead a joyous musical Shabbat. Barry Grossberg will serve as Rosh HaErev and give the Dvar Torah. Bobbie Bernay will be the greeter; the Oneg Shabbat will serve as Rosh HaErev and give the Dvar Torah.

Barry Grossberg will lead a joyous musical Shabbat. Barry Grossberg will serve as Rosh HaErev and give the Dvar Torah. Bobbie Bernay will be the greeter; the Oneg Shabbat will serve as Rosh HaErev and give the Dvar Torah.

Enjoy pizza and bingo at St. Anne’s fellowship fundraiser on May 20

St. Anne’s Society will sponsor its semi-annual pizza/bingo night on Monday, May 20, at 5 p.m. at nearby St. Anne’s Church Parish Center. All parishioners, Rossmoor residents and friends are invited to this popular event. Pizza Oliva will provide a selection of meat, chicken, cheese and vegetable pizzas. Salad as well as soft drinks, wine and beer are included. Each person receives one free bingo card at check-in. Extra bingo cards are available for $1 each.

The cost is $15 per person. Send reservation checks, payable to St. Anne’s Society, to Marilyn Puccini at 806 Terra California Drive, Lafayette, or call 925-284-7420. For more information, call the parish office at 925-284-7420.

Friends of Grace to host Memorial Day celebration

The Rossmoor Friends of Grace and Grace Presbyterian Church will team up to host a Memorial Day Celebration on Monday, May 27 at the Grace campus, 2100 Tice Valley Blvd., just outside Rossmoor.

The afternoon will begin at noon with a traditional picnic in Grace’s Oak Room, with hot dogs and potato salad on the menu. Following the picnic, military heroes and heroines will be honored with a concert and program beginning at 1 p.m., also on the Grace campus on Tice Valley Boulevard. Karen Hastings-Flegel, Grace Church’s music director, will present a patriotic music tribute to honor those who have gone before us. The program will also include line poetry and other readings.

The picnic and program are designed to offer a relaxing break.

Continued on page 7B

Bible Study Group meets tomorrow at Dollar

The Rossmoor Bible Study Group meets Thursday, May 9, at 9 a.m. at Dollar Clubhouse. May is the last month before the summer break.

This month, the New Testament book of Titus will be studied. Paul identified himself as the author of the letter to Titus, calling himself a “bond-servant of God and an apostle of Jesus Christ.”

Paul clearly held Titus in a position of great respect as a friend and fellow worker for the gospel. He praised Titus for his affection, his earnestness and his bringing comfort to others.

Small groups meet from 9 to 9:40. There are four women’s groups and two men’s groups and each has a leader. There are questions to be answered.

Continued on page 7B

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Continued on page 7B
Longtime Rossmoor News assistant dies following battle with cancer

Jacqueline Blauw, who was administrative assistant at the Rossmoor News for 15 years, died peacefully at home after a long battle with cancer.

She was born in Belgium and grew up in Central Africa until she was a teen. When she and her family came to the United States, they settled in Santa Clara, California. Her first job was at Intel.

While at the News, she was in charge of classified ads and legal notices, answered the phone and helped customers at the front desk. She had a lot of contact with residents, who appreciated her kindness, helpfulness and good advice.

Everyone admired how fashionably she always looked.

She will be missed by all who knew her, especially the staff at the News.

The Rossmoor Unitarian Universalist Group will be joined at its monthly brown-bag lunch on Friday, May 10, by a contingent from the Diablo Valley Threshold Singers, the local chapter of Threshold Choir International.

Threshold singing is “kindness made audible,” a way of harmonizing words of peace, light and love, sung for hospice and palliative care clients, and others in need of comfort, in small groups of two to four singers, often at bedside.

Threshold members will tell of the origin of the fast-growing Threshold Choir movement, speak of why they have devoted themselves to Threshold singing and share several of their songs.

All are welcome to join this gathering for conversation and even greater company. The group comes together at 11:15 a.m. in the Vista Room at Hillside. The program begins at 11:30.

For information, contact Yvonne Schumacher Strejcek at 925-954-1872 or Dick Bailey at 510-282-1967.

Singing along with ‘Awakening Joy’

By Dick Powell

A 10-session class based on the James Baraz book “Awakening Joy: 10 Steps that will put you on the Road to Real Happiness” begins June 12, and will be held the second and fourth Wednesdays of the month.

The “Awakening Joy” classes will be taught by Joan Redding, who trained with Baraz for seven years in Berkeley and has led “Awakening joy” support groups since 2010 and at Rossmoor since 2016.

The class, a Buddhist-based program, is backed by the findings of neuroscientists, is designed to explore the principles and practices that bring peace, well-being and happiness.

The 10 topics on which the classes will focus are intention, mindfulness, gratitude, finding joy in difficult times, integrity, the joy of letting go, loving ourselves, connecting with others, compassion and the joy of being. Each class will include guided meditations, readings, discussion questions, sharing, singing and tools to create more joy.

The sessions each run from 10 a.m. until noon, with the final class scheduled for Oct. 23. All sessions will be held in the Mulligan Room at the Creekside Complex.

The $35 fee covers all 10 sessions. To register, contact Ellen Doerfer at 925-943-7879 or ellendoerfer@comcast.net.

The Center of Spiritual Cultivation’s service is on Sunday, May 12, Mother’s Day, from 10:30 a.m. to noon in the Echo Room at the Event Center. Services celebrate the creativity of Mother Earth and mothers.

Human mothers create life as does Mother Earth. The long history of patriarchy has denied women a level of consciousness of their own power to create.

The spiritual path of creativity that theologian Matthew Fox opens up reminds people of the wonderful gifts that Mother Earth and mothers contribute to nurture, sustain and guide life for all humanity and the planet.

Patrice Haan will play the harp during silent meditation and sing. Participants will all dance a little to the spiritual, “Sarah’s Circle.”

The meeting will close with prayers and blessings to each other.

For information, contact MarciaFlagg@gmail.com or at 970-231-1399.

BIBLE: Study group meets tomorrow

Continued from page 6B

and discussed each week using the study guide provided.

From 9:45 to 10, the small groups gather together in the Solarium. Robin MacRay leads in the singing of hymns and gives a short history of the songs that are sung. From 10 until about 10:40, the teacher will lecture and give his interesting commentary on the material studied. Free to join the group at 10 for the lecture only.

This is a nondenomination study group that’s friendly to all. For information, call Owen Thompson at 925-234-0205 or go to www.rossmoor-biblestudy.org.

‘Mindful Day’ engages with your grandchildren

By Dick Powell

This week’s Mindful Day method is to engage with your grandchildren. Be present at your kids’ activities. Spanish Philosopher Jose’Ortega y Gasset said: “Tell me to what you pay attention, and I will tell you who you are.” It will take some thought how to apply this article to your adult children, but worth the effort. So as you read, think how you could use these principles to do that as well.

The good news is that if you have grandkids in your life (yours or someone else’s), schedules these days are full of activities – Little League or swim meet, a ballet performance or school play – that are ripe for mindful adult-child engagement. When you are truly present, you remember what’s most important, and the value of being there for it. You are there to witness the skillful goal, the exquisite pirouette, the surprising choral solo, or for adults a promotion, or new love or new child.

On the surface, this idea of engagement – of truly focusing on your child – may seem simple. But in reality, there are internal and external distractions to navigate. When you get sidetracked, which can happen in any mindfulness activity, the task is to gently notice and bring your attention back to the child you are nurture.

Mindfulness can help you let go of judging your child and yourself, and help you cultivate acceptance and compassion in context. Remember that curious self-inquiry is a counternet-end to judgment.

Here’s how:

1. Plan engaging activities: Look at your weekly schedule and see where you can schedule time with a child that involves being together in an emotionally connected way such as building a Lego kit, cycling, creating some art, or gardening – rather than sitting side-by-side watching a TV screen.

2. Deciding where: To maintain your attention with a clear intention, the heart of mindfulness. It takes practice, so be patient if you find yourself watching a game then jumping into a conversation with another parent yet again. When you realize it, just bring your focus back to the child.

3. Practice underdrugg: Whether you’re watching your kid from the sidelines or facing off with her directly in a board game, work on pausing before reacting. When you feel yourself getting emotionally triggered, note it: Oh, here it is – I’m getting triggered by my view of fairness, or my idea of how my kid should be behaving.” Recognize the thought, create space for taking a few breaths, and then remind yourself of your intention for being there. With practice you are strengthening the quality of your focus.

4. Let go of your agenda: Think you your young athlete will get more action and glory playing offense, but your kid prefers to play defense. With observation you can see your own motivations, your hidden agenda. Not all of your goals are necessarily harmful, but try to be aware of when your resistance is getting in the way of the engagement, play, and joy that’s available to you and your child when you let go.

Enjoy the moment: Wonder: What is it that I’m experiencing right now? Notice the small details, and allow your senses to be fully present.

5. Notice your feelings: Train your mind to notice the good, positive moments, the new skills. Did you notice the caring, helping actions of your kid as he or she interacted with others? What skills seem to be getting stronger? Can you observe and comment on the effort your child is harnessing when rehearsing a play, practicing ballet, or attempting a lacrosse goal? Share your delight in witnessing a young person developing, growing, and having fun.

The club’s mindfulness guide, “The Mindful Day” by Laura J. Cameron, is available on Amazon, at book stores, or at www.preschoolchuc@gmail.com or call the church office at 925-935-2100.

The Rossmoor News is delivered every Wednesday (morning through early evening). If your paper is not delivered Thursday morning or if your paper was mis-thrown or wet, call the News office at 988-7800 or email news@rossmoor.com before noon on Thursday. The missed or wet papers are delivered Thursday afternoon. Carrier staff is not available to deliver papers after that time.
### Thursday, May 9

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<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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<tr>
<td>7 a.m.</td>
<td>Luk Tung Kuen</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Guest Day 1</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 a.m.</td>
<td>Market Mall</td>
<td>Club Room, C</td>
<td>Financial Forum</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Bible Study</td>
<td>Main Area, D</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 a.m.</td>
<td>Dominio Play</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 a.m.</td>
<td>Stitchers</td>
<td>Sewing Room, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Optimum Wellness Series</td>
<td>Fireside Room, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>11 a.m.</td>
<td>Ira Feldman Piano</td>
<td>Diablo Room, H</td>
<td>Rossmoor Ukulele Club</td>
</tr>
<tr>
<td>Noon</td>
<td>Rummy Cube</td>
<td>Pine Room, H</td>
<td>Men's Exercise Group</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Partnership Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Study Group</td>
<td>Vista Room, H</td>
<td>Buddhist Study Group</td>
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<tr>
<td>1 p.m.</td>
<td>Scrabble Play</td>
<td>Echo Room, EC</td>
<td>Scrabble Club</td>
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<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>Mah Jong Club</td>
<td>Oak Room, G</td>
<td>Men's Exercise Group</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Writers Group Meeting</td>
<td>MPR 1-2, G</td>
<td>Writers Group</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Beginning Line Dancing</td>
<td>Diablo Room, H</td>
<td>Line Dance</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Ukau Piano Practice</td>
<td>Vista Room, B</td>
<td>Ukau Piano Practice</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Line Dance Club</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Meeting</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>English Language Class</td>
<td>MPR 2, G</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Poker Faces</td>
<td>Pine Room, H</td>
<td>Couples Club</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Elizabeth Era Concert</td>
<td>Entire Clubhouse, EC</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 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
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### Monday, May 13

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<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>Luk Tung Kuen</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>7 a.m.</td>
<td>Mens Exercise</td>
<td>Card Room 1-2, D</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 a.m.</td>
<td>Board Meeting</td>
<td>Fairway A/B, C</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Drama Class/Rehearsals</td>
<td>Las Trampas, H</td>
<td>Drama Class</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Ukulele Practice</td>
<td>Pine Room, H</td>
<td>Rossmoor Ukulele Club</td>
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<tr>
<td>10 a.m.</td>
<td>Mah Jong</td>
<td>Card Room 1, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Monthly Bingo</td>
<td>Club Room, C</td>
<td>Interfaith Council</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Drop In Meeting</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
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<tr>
<td>2 p.m.</td>
<td>Book Club</td>
<td>Echo Room, EC</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>2 p.m.</td>
<td>Extra Enigmas</td>
<td>MPR 3, G</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>2 p.m.</td>
<td>Wellness Group</td>
<td>MPR 1, G</td>
<td>Wellness Group</td>
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<tr>
<td>2 p.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
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<tr>
<td>2 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Financial Forum</td>
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<tr>
<td>3 p.m.</td>
<td>Domino Play</td>
<td>Oak Room, G</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>5 p.m.</td>
<td>Square Dance</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>5 p.m.</td>
<td>AA Open 12 Step</td>
<td>Vista Room, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
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### Friday, May 10

<table>
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<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Luk Tung Kuen</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Ladies Party Bridge</td>
<td>Card Room 1-2, D</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 a.m.</td>
<td>Pinchhole Play</td>
<td>MPR 1, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Tai Chi Chih Beginning</td>
<td>Diablo Room, H</td>
<td>Tai Chi Chih Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Meeting</td>
<td>Echo Room, EC</td>
<td>Modern Physics Discussion</td>
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<tr>
<td>11 a.m.</td>
<td>Tai Chi Chih</td>
<td>Diablo Room, H</td>
<td>Tai Chi Chih Club</td>
</tr>
<tr>
<td>12 p.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
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<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Mah Jong Club</td>
<td>MPR 1-2, G</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Chinese-American Club</td>
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<tr>
<td>6 p.m.</td>
<td>Canasta/Mah Jong Club</td>
<td>Redwood Room, G</td>
<td>Rec. Dept.</td>
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<tr>
<td>7 p.m.</td>
<td>Social Dance Club</td>
<td>Diablo Room, H</td>
<td>Social Dance Club</td>
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<tr>
<td>7 p.m.</td>
<td>Movie</td>
<td>Echo Room, EC</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>8 p.m.</td>
<td>Poker With George</td>
<td>Chess Room, D</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 p.m.</td>
<td>Partnership Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Partnership</td>
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<tr>
<td>9 p.m.</td>
<td>Meeting</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
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<tr>
<td>9 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
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### Saturday, May 11

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<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Practicing Mindfulness</td>
<td>Fairway A/B, C</td>
<td>Mindful Living Club</td>
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<tr>
<td>6 a.m.</td>
<td>Stamp Meeting</td>
<td>MPR 3, G</td>
<td>Philatelic Club</td>
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<tr>
<td>8 a.m.</td>
<td>Light For Others Movie</td>
<td>Peacock Hall, G</td>
<td>St. Annes Society</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Ballroom with Style</td>
<td>Vista Room, H</td>
<td>Ballroom with Style</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Threshold Choir</td>
<td>Las Trampas, H</td>
<td>Interfaith Council</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Dominio Play</td>
<td>MPR 1-2, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Red Hot Radish Lion</td>
<td>Fireside Room, G</td>
<td>Rossmoor Red Raders</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Chess Play</td>
<td>Chess Room, D</td>
<td>Bukemykee Clubhouse</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>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Mah Jong/Canasta Play</td>
<td>MPR 1, G</td>
<td>Canasta/Mah Jong Club</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Dinner Dance</td>
<td>Fireside Room, G</td>
<td>Penguin Dance</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Comedy Show</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
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### Sunday, May 12

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>Sunday Service</td>
<td>Diablo Room, H</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Senior Spirituality</td>
<td>Echo Room, EC</td>
<td>Mindful Living Club</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Coffee Hour</td>
<td>Tenderfoot Room, A</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Sunday Service</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>American Mah Jong</td>
<td>Garden Room, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Sunday Funnies</td>
<td>Fireside Room, G</td>
<td>Hope Lutheran Church</td>
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</table>

### Tuesday, May 14

<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>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Real Estate Group</td>
<td>Vista Room, H</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Ladies Party Bridge</td>
<td>Card Room 1-2, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Pinchhole Play</td>
<td>MPR 1, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Tai Chi Chih</td>
<td>Diablo Room, H</td>
<td>Tai Chi Chih Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Meeting</td>
<td>Echo Room, EC</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Tai Chi Chih</td>
<td>Diablo Room, H</td>
<td>Tai Chi Chih Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Meeting</td>
<td>Echo Room, EC</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Tai Chi Chih</td>
<td>Diablo Room, H</td>
<td>Tai Chi Chih Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Sing Along</td>
<td>Diablo Room, H</td>
<td>Chinese-American Club</td>
</tr>
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### Wednesday, May 15

<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>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Meeting</td>
<td>MPR 3, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Mens Exercise</td>
<td>MPR 1-2, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Drama Class/Rehearsals</td>
<td>Las Trampas, H</td>
<td>Drama Class/Rehearsals</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Monthly Meeting</td>
<td>Main Area, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Mah Jong</td>
<td>Card Room 2, D</td>
<td>Rossmoor Haddassah</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Chess Play</td>
<td>Chess Room, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Drama Club</td>
<td>Chess Room, D</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Tennis Clinic</td>
<td>Bukemykee Tennis Courts, B</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Rotary Luncheon</td>
<td>Diablo Room, H</td>
<td>Rotary Club</td>
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<tr>
<td>11 a.m.</td>
<td>Partner Bridge</td>
<td>Oak Room, G</td>
<td>Bridge, Duplicate</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Book Club</td>
<td>Bunker Room, C</td>
<td>Bukemykee Clubhouse</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Supervised Bridge</td>
<td>MPR 1-2, G</td>
<td>Bukemykee Clubhouse</td>
</tr>
</tbody>
</table>
### TICKEE CREEK FITNESS CENTER CLASSES

**AEROBICS STUDIO**

**MONDAY**
- Strength w/ Cathy Steen $ 8:45 to 9:30 a.m.
- Muscle Movers w/ Julie Hughes $ 10 to 10:50 a.m.

**TUESDAY**
- Strength Circuit w/ Dino 6 to 7 a.m.
- Smart Start w/ Cathy Steen $ 8:45 to 9:30 a.m.
- Zumba class w/ Carol Lehr ..................9:45 to 10:45 a.m.

**WEDNESDAY**
- Strength w/ Cathy Steen $ 8:45 to 9:30 a.m.
- Muscle Movers w/ Julie Hughes $ 10 to 10:50 a.m.
- Tai Chi Movement CAAR ....................7 to 8 a.m.
- Tai Chi Movement CAAR ....................7 to 8 a.m.

**THURSDAY**
- Group cycle w/ Emm Yee ..................6 to 7:30 a.m.
- Yoga for Healthy Bones w/ Sarah Harvey 11:15 a.m. to 12:15 p.m.
- Restorative Yoga w/ Noah Yuzna $ ........3:30 to 4:30 p.m.
- Mindful Mat w/ Julie Hughes ...............4:30 to 5:20 p.m.

**FRIDAY**
- Strength w/ Cathy Steen $ 8:45 to 9:30 a.m.
- Mat Pilates w/ Bob Huff ....................7 to 8 a.m.
- Mat Pilates w/ Bob Huff ....................7 to 8 a.m.
- Hula Club w/ Gloria Kern ..................9 to 10 a.m.
- Flexible yoga w/ Barbara Bureker $ ........5 to 6 p.m.

**SATURDAY**
- Adv. Line Dancing Club w/ Jackie Johnson 12 to 1:30 p.m.
- FLEXIBILITY STUDIO**

**MONDAY**
- Abs/back w/ Jo Nash 7:05 to 7:35 a.m.
- Mat Pilates w/ Bob Huff ....................1 to 2:15 p.m.
- Hula Club w/ Gloria Kern ..................9 to 10 a.m.
- Flexible yoga w/ Barbara Bureker $ ........5 to 6 p.m.

**TUESDAY**
- Mat Pilates w/ Bob Huff ....................7 to 8 a.m.
- Tai Chi Movement CAAR ....................8:15 to 9:45 a.m.
- Gentle yoga w/ Sarah Harvey $ ..........10:45 a.m. to 11:45 a.m.
- Active yoga w/ Sarah Harvey $ ............12 to 1:15 p.m.
- Therapeutic Flow Yoga w/ Noah Yuzna $ ....1:30 to 2:30 p.m.

**WEDNESDAY**
- Abs/back w/ Jo Nash 7:05 to 7:35 a.m.
- Gentle yoga w/ Bonnie Maeda $ .........11:15 a.m. to 12:15 p.m.
- Restorative Yoga w/ Noah Yuzna $ ........3:30 to 4:30 p.m.
- Mindful Mat w/ Julie Hughes ...............4:30 to 5:20 p.m.

**THURSDAY**
- Mat Pilates w/ Bob Huff ....................7 to 8 a.m.
- Tai Chi CAAR ................................3 to 5 to p.m.

**FRIDAY**
- Water exercise with Cathy Steen $ 10 to 10:45 a.m.
- Joint Efforts w/ Julie Hughes .............11:15 a.m. to noon
- Aquacise with Bob Huff ....................6:30 to 7:30 p.m.
- Aquacise with Becky .......................5 to 6 p.m.

**SATURDAY**
- Water exercise with Cathy Steen $ 10 to 10:45 a.m.
- Joint Efforts w/ Julie Hughes .............11:15 a.m. to noon
- Aquacise with Bob Huff ....................6:30 to 7:30 p.m.
- Aquacise with Becky .......................5 to 6 p.m.
TICE CREEK FITNESS CENTER GYMNASIUM SCHEDULE
FROM THE RECREATION DEPARTMENT

MONDAY
Tai Chi CAAR with Karen Sze…………………8:15 to 9:45 a.m.
Qi Gong CAAR with Gus Kao…………………10 a.m. to 11 a.m.
Pickleball novice……………………………11 a.m. to noon
Pickleball intermediate………………………11:05 to 2 p.m.
Pickleball advanced/intermediate……………Noon to 2 p.m.
Pickleball advanced/intermediate………………………………………2 to 3:55 p.m.
Basketball Club open play…………………...4 to 5:55 p.m.
Pickleball open play all levels…………………6 to 8:30 p.m.

TUESDAY
Pickleball intermediate open play……………8 to 9:45 a.m.
Qi Gong CAAR with Gus Kao…………………10 to 11 a.m.
Pickleball novice……………………………11 a.m. to noon
Pickleball intermediate………………………11:05 to 2 p.m.
Pickleball advanced/intermediate……………Noon to 2 p.m.
Pickleball advanced/intermediate………………………………………2 to 3:55 p.m.
Pickleball advanced/intermediate………………………………………4 to 6 p.m.
Pickleball open play……………………………6 to 8:30 p.m.

WEDNESDAY
Pickleball advanced/intermediate……………8 to 9:45 a.m.
Qi Gong CAAR with Gus Kao…………………10 a.m. to 11 a.m.
Pickleball novice……………………………10 to 11 a.m.
Pickleball advanced/intermediate……………12:30 to 2:30 p.m.
Pickleball novice……………………………12:30 to 2:30 p.m.
Pickleball open play all levels…………………6 to 8:30 p.m.

THURSDAY
Pickleball intermediate open play……………8 to 9:45 a.m.
Qi Gong CAAR with Gus Kao…………………10 a.m. to 11 a.m.
Pickleball novice……………………………10 to 11 a.m.
Pickleball advanced/intermediate……………Noon to 2 p.m.
Pickleball advanced/intermediate………………………………………2 to 4 p.m.
Pickleball advanced/intermediate………………………………………4 to 6 p.m.
Pickleball open play all levels…………………6 to 8:30 p.m.

FRIDAY
Pickleball advanced/intermediate open play…………………8 to 9:45 a.m.
Qi Gong CAAR with Gus Kao…………………10 a.m. to 11 a.m.
Pickleball advanced/intermediate……………11:05 to 12:05 p.m.
Pickleball advanced/intermediate……………12:05 to 1:05 p.m.
Pickleball advanced/intermediate……………1:05 to 2 p.m.
Pickleball open play……………………………6 to 8:30 p.m.

SUNDAY
Basketball open play……………………………8 a.m. to 11 a.m.
Pickleball advanced/intermediate……………11:05 to noon
Pickleball advanced/intermediate……………2 to 4 p.m.
Pickleball open play all levels…………………6 to 8:30 p.m.

Excursions
From the Recreation Department

Excursions 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 accepted. Excursions are subject to change and may be cancelled if the trip is over subscribed. 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 if the trip is cancelled due to circumstances beyond the control of the Excursion Desk. If residents cancel their personal reservations, they are guaranteed a refund if cancelled at least 15 days before departure. Refunds will only be available after that time if a ticket is able to be resold.

Times listed in the News are the actual times of departure. Tour is calculated to be back the bus minutes prior to this time. For information, call 988-7731.

CARMEL-BY-THE-SEA
Wednesday, May 22
Moderate to extensive walking

Spend a leisurely day in Carmel, one of the most en- dearing seaside towns and see what has inspired some of the world’s finest artists to paint, sculpt, photograph, and write here. The community covers one square mile, but most visitors find themselves mainly in its center, the stretch of Ocean Avenue that inches downward from Junipero Avenue to the white-sand beach, and the colorful side streets that radiate off it. It doesn’t feel right to call this area “downtown,” but it has the elements of a typi- cal downtown: shops, restaurants, public offices. The buildings have a fairy-tale look and feel. The sidewalks encourage walking. The windows encourage gawking. The bus will take you to the Carmel-Selby Park, which offers a 10-mile round trip ride in one of the restored trains. Wear layered clothing and comfortable shoes. The bus will leave Gateway at 9 a.m. and return around 7:30 p.m. The cost is $50.

MYSTERY TRIP
Friday, May 24

Extensive walking

Do you like to explore new places, try new activities and taste new foods? If your answer is yes, then this mystery trip is for you. Lunch is included – that’s the only clue. Wear comfortable shoes and bring a sweater. The bus will leave Gateway at 8 a.m. and return around 4:30 p.m. The cost is $89.

"BEAUTIFUL: THE CAROLE KING MUSICAL"
Wednesday, May 29

Minimal walking

The winner of two 2014 Tony Awards and a 2015 Grammy Award, "Beautiful" tells the story of King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to the hippest hits with artists like Barbra Streisand and Aretha Franklin. "Beautiful" is a show about the redemptive power of music, and it’s an inspiration in times of need. The show runs from Wednesday, May 29 through Sunday, June 2, at the Lesher Center for the Arts.

RAILS AND WATERWAYS OF THE DELTA
Wednesday, June 5

Extensive walking

Start the day with a two-hour Delta Cruise aboard the River Dolphin from Antioch to Rio Vista. Listen to live commentary rich with historical facts and information about the waterways and its inhabitants. Why is the Sacramento/San Joaquin Delta and why is it so important? What is it like when first discovered by Europeans? How has the Delta changed in the last 200 years and what are we looking at for the future? Witness first-hand the issues, wetland areas, bird-life and the beautiful sailboat journey. Enjoy a hosted lunch at Lucy’s Café in Rio Vista. Lunch includes: sandwich (choice of grilled natural chicken breast sandwich, a meatball sandwich, or a Gardenburger sandwich all served on soft French roll), side salad, non-alcoholic beverage. After lunch visit the Western Railroad Mu- seum. This museum has the largest collection of Sacra- mento Northern Railway equipment in existence and tells the story of electric railroad from 1890 to 1960. You are guided tour, you will know how the railway changed the way we travel for work and for fun. Enjoy a 10-mile round trip ride in one of the restored trains. Wear layered clothing and comfortable shoes. The bus will leave Gateway at 8:30 a.m. and return at approximately 4 p.m. The cost is $115.

BOUQUETS TO ART AT THE DE YOUNG
Thursday, June 6

Extensive walking

To celebrate spring at the de Young Museum in San Francisco, the de Young is offering a new exhibit: "Bouquets to Art," the glorious floral exhibition. The popular event returns this year when local and national designers, gifted floral designers pay tribute to and draw inspiration from the art in the de Young's permanent collections. Art and nature come together to spectacular effect during Bouquets to Art. Whether quirky, stumping, beautiful, the designs are always captivating. For once, cameras are allowed in to capture the fleeting beauty of the floral art. Lunch will be on your own and we recommend bringing cash to take advantage of the "grab and go" lunch cart option at the museum’s cafe. The bus will leave Gateway at 9 a.m. and return at approximately 3 p.m. Cost is $37 for museum members and $59 for non-members.

ANDREA BOCELLI AT GOLDEN 1 CENTER
Saturday, June 15

Moderate walking

Tenor Andrea Bocelli is joined by the Sacramento Philharmonic Orchestra. The performance will feature the unique repertoire from Bocelli’s landmark release “Si,” as well as treat audiences to his beloved traditional selection of Il Volo songs and an intimate performance of an American masterpiece. The show features Bocelli singing love songs and crossover hits. Premium Lower Level tickets are $195 and $160. Lower Level orchestra tickets are $135 and $105. Upper Level tickets are $85 and $60.

ANDY WARHOL AT SFMOMA
Tuesday, June 18

Extensive walking

New exhibit Andy Warhol. “From A to B and Back again,” opens at the Museum of Modern Art (SFMOMA) in San Francisco. This exhibition – the first Warhol retrospective organized in the U.S. since 1998 – reconsiders the work of one of the most inventive, influential and important American artists. Beneath the glamour of Warhol’s wide-ranging creations is a deep engagement with the so- cial issues of his time that continues to resonate today.

STEAK, SCALLOPS, AND GIN
Thursday, June 20

Moderate walking

Enjoy "Beach Blanket Babylon" one more time at the Club Fugazi in San Francisco. The longest running musical revue in theatre history, "Beach Blanket Babylon" continues its hilarity of current events and popular icons as today’s headlines unfold. The story follows Snow White as she takes a fast-paced journey around the world in search of her Prince Charming. Along the way she encounters a star-studded, ever-changing line-up of hilarious characters including U.S. President Donald Trump, Nancy Pelosi, Kim Jong-Un, Vladimir Putin, Freddie Mercury, Lady Gaga, Ruder Bingen, Sarah Huckabee, Bernie Sanders, Barack Obama and even Donald Trump Jr.

NEW LISTING

AN AFTERNOON IN CARMEL
Thursday, June 27

Moderate to extensive walking

Enjoy "Beach Blanket Babylon" one more time at the Club Fugazi in San Francisco. The longest running musical revue in theatre history, "Beach Blanket Babylon" continues its hilarity of current events and popular icons as today’s headlines unfold. The story follows Snow White as she takes a fast-paced journey around the world in search of her Prince Charming. Along the way she encounters a star-studded, ever-changing line-up of hilarious characters including U.S. President Donald Trump, Nancy Pelosi, Kim Jong-Un, Vladimir Putin, Freddie Mercury, Lady Gaga, Ruder Bingen, Sarah Huckabee, Bernie Sanders, Barack Obama and even Donald Trump Jr.

Continued on next page
Excursions

Continued from page 10B

NEW LISTING

CLEIN WINE AND JAZZ FESTIVAL Saturday, July 14

Moderate to extensive walking

Enjoy great music, dancing, wine, and food at the annual Cline Wine and Dixieland Jazz Festival. The setting and facilities at the Cline Cellars Winery in Sonoma are perfect for a summer afternoon, listening or dancing for many of the Bay Area’s finest Dixieland/ragtime/blues musicians at four different shows. Priced from $104 to $109 per person, double occupancy is $195 ($278 for a single). Deposit due is $100 ($170 for a single). Final payment is due May 17 (check only). Detailed itinerary is available at the Excursion Desk.

ASHLAND AND THE OREGON SHAKESPEARE FESTIVAL June 25 through 29

Travel to Ashland, Oregon that nestles at nearly 2,300 feet in elevation at the base of the convergence of the Siskiyou and Cascade mountain ranges. The Oregon Shakespeare Festival is widely recognized as one of the best theater festivals in the world.

Tour highlights:
- Rogue River lunch cruise
- Dinner and Show at the Oregon Cabaret Theater (“Maude LaVaugh”)
- “Between Two Knives” at the Thomas Theater
- Dinner at the Bessey’s Restaurant
- “Macbeth” at the Allen Elizabeth Theatre
- Backstage tour of the Oregon Shakespeare Festival
- Dinner at Callahan’s Restaurant
- “As You Like It” on Elizabethan Stage

The tour includes: motor coach transportation, four nights hotel accommodations, 10 meals (four breakfasts, three lunches, three dinners), tickets for shows, gratuities, and baggage handling. The cost is $495 per person double occupancy ($750 for a single); deposit is $195 ($300 for a single). Space is available on this trip, full payment may be made. Call the Excursion Desk for information regarding availability.

STAR SPANGLED SPARKS July 3 through 5

Celebrate America’s birthday with this three-day trip to Reno. There will be plenty of time to play and win with stops at Silver Legacy Casino and the Peppermill. End your week with cash and food vouchers included. In Reno the group will stop at John Ascuaga’s Nugget. On July 4, visit Virginia City and experience going back 150 years. The 19th-century mining boom turned Virginia City into the most important settlement between Denver and San Francisco. Enjoy the old fashioned Fourth of July parade and have lunch on your own. The evening is free to firework the watchets at the Nugget. The cost per person is $295 for double occupancy ($410 for a single) and includes two nights deluxe lodging, casino packages, motor coach transportation, and luggage fees. A deposit of $130 is due with application (check only). Final payment is due by May 17 only. Detailed itinerary is available at the Excursion Desk.

VICTORIA AND THE OREGON COAST July 23 through Aug. 3

Travel to British Columbia, the western Canadian province with daunting, snow-capped mountains and mist-filled rainforests. This trip features three nights stay at the Chateau Victoria in the heart of Victoria.

Tour highlights:
- Kellogg House tour
- Kellogg Arabian Horse Center
- Cranberry Museum
- Lewis and Clark Interpretive Center
- World Kite Museum
- Tillamook Cheese Factory
- Touch-Air Museum
- Chinook Winds Casino Hotel
- Sand Dunes buggy ride
- Cranberry Sweets Candy Store
- Samoa Cookhouse
- Avenue of the Giants

The cost is $3,275 per person double occupancy, $4,195 for single. Tour includes: coach transportation, seven nights hotel accommodations, 10 meals (four breakfasts, three lunches, three dinners), motor coach transportation, and luggage handling. A deposit of $637 is due with application (check only payable to American Stage Tours). Balance is due May 17. Detailed itinerary is available at the Excursion Desk.

DISCOVER THE BEST OF EASTERN CANADA July 23 through 30

Travel to Eastern Canada with Collette, from the European-styled, old-world eloquence of Quebec City to the thundering magnificence of Niagara Falls. Enjoy two night stays in Montreal, Quebec City and Toronto, as well as an overnight stay in Ottawa and city tours of each of them. Board a boat to experience Niagara Falls and sail the river on a cruise to the spectacu- larly unspoiled 1,000 Islands.

Tour highlights:
- Montreal City tour (choice of walking or on coach)
- Dinner Cruise
- Ottawa City tour
- Byward Market
- The Iron Clouds
- Niagara Falls
- Notre-Dame-Lake

The tour includes: All transfers, roundtrip airfare, motor coach transportation, 10 meals (seven breakfasts, three lunches, three dinners); professional tour director, luggage handling. The cost per person, double occupancy is $2,895 ($3,920 for a single). A deposit of $500 is due with application (check only payable to American Stage Tours). Final payment is due by June 23. Stop by the Excursion Desk for a complete itinerary and reservation form.

RENO Sept. 24 through 29

Travel over the majestic Sierra Nevada Mountains with Collette in Reno will be at the Silver Legacy, downtown Reno, which is connected to Circus Circus and Eldorado.

Tour highlights:
- Boomtown to play and have lunch ($5 cash and $5 food vouchers included)
- Hosted buffet dinner and a performance of a current production (TED)
- Red Hawk Casino ($10 slot play included)

Included in the trip are motor coach transportation, one hosted dinner, sightseeing per itinerary, taxes and gratuities, luggage handling. The cost is $1,195 per person double occupancy ($1,995 for a single). Deposit due is $299 ($499 for a single). Full payment is due August 7. Detailed itinerary is available at the Excursion Desk.

MEXICAN RIVIERA CRUISE Oct. 3 through 13

Experience the beauty of Mexico’sgold coast beaches with Collette from San Francisco. This 11-day cruise aboard Grand Princess is filled with bright sunshine, blue skies, and of course, Santa Claus. Rich experiences onboard and ashore give travelers a deeper understanding of Mexican culture.

Ports of call:
- Puerto Vallarta
- Manzanillo
- Mazatlan
- Cabo San Lucas

Included in the price are: 10-night cruise aboard the Grand Princess; roundtrip transfers from Rossmoor to San Francisco pier; all meals and entertainment aboard ship; luggage handling; driver and steeve- dors; port taxes; room and baggage handling. Prices start from $1,675 per person double occupancy ($2,465 for a single) and includes four nights deluxe lodging, nine meals, touring per itinerary, luggage handling, motor coach transportation, taxes and gratuities on all hosted meals. A deposit of $250 per person is due with application (check only payable to American Stage Tours). Balance is due July 6. Payments are by check only payable to American Stage Tours. Detailed itinerary is available at the Excursion Desk.

YELLOWSTONE AND THE WILD WEST Aug. 26 through 30

Travel to Southern California to visit many exciting places and see the extraor- dinary Pageant of the Masters.

Tour highlights:
- Mission San Juan Capistrano
- Art-A-Fair Festival
- Reserved loge seats for Pageant of the Masters
- Los Angeles County Fire Museum
- Rock Bottom Brewery
- Roger Rock’s Dinner Theater
- Hilmor Celebrity Face tour
- Sciaccon’s & Sons Olive Oil tour and tasting

The cost per person is $1,995 for double occupancy ($2,795 for a single) and includes four nights deluxe lodging, nine meals, touring per itinerary, luggage handling, motor coach transportation, taxes and gratuities on all hosted meals. A deposit of $250 per person is due with application (check only payable to American Stage Tours). Final payment is due by August 7. Payments are by check only payable to American Stage Tours. Detailed itinerary is available at the Excursion Desk.

CAMBRIA CHRISTMAS MARKET Dec. 4 through 6

Visit a winter wonderland at the Annu- al Cambria Christmas Market and be im- pressed with the dazzling light dis- sic and merriment. Based on the Christmas markets that originated in Europe and date back centuries, this charming out- door festival features more than two million lights, illuminating local food and wine, handmade goods and tradi- tional German hot spiced wine and of course, Santa Claus.

Tour highlights:
- Cambria Christmas Market
- Wine tasting

Continued on page 12B
Excursions

Continued from page 118

• Dinner and show at the San Luis Obispo Repertory Theater

The tour includes: Motor coach transportation, two nights hotel accommodations, four meals (two breakfasts, one lunch, one dinner), sightseeing per itinerary. The cost per person, double occupancy is $735 ($890 for a single). A deposit of $125 per person is due and varying on the status of the room. Final payment is due by Oct. 24. Stop by the Excursion Desk for a complete itinerary.

AUTHENTIC CUBA AND CARIBBEAN CRUISE

Jan. 28 through Feb. 5, 2020

Experience authentic Cuba with a seven-night Holland America cruise. Get up close and personal with Cuba’s historic and cultural landmarks, including the Pearl of the South, Cienfuegos. The seven-night cruise aboard the Veendam is filled with bright flavors, scenic vistas and fun in the sun.

TROPICAL COSTA RICA

Feb. 8 through 16, 2020

Costa Rica is Central America’s hidden gem, a haven for eco-tourism. Visit paradise in tropical Costa Rica, with its sandy beaches, lush forests, exotic plants, incredible animals, and stunning waterfalls.

PORTS OF CALL:

• Havana, Cuba
• Cienfuegos, Cuba
• Ocho Rios, Jamaica
• Greenwood, Cayman Islands

Included in the price: Cuban visas, roundtrip air to and from Fort Lauderdale, all transfers, one-night hotel stay in Fort Lauderdale, seven-night cruise aboard the Veendam, all meals and entertainment aboard ship, luggage handling, port taxes and government fees. Prices start from $1,395 per person and vary depending on the stateroom choice. Single rates are furnished upon request. A deposit of $800 per person is due to secure reservations. Final payment is due by Dec. 20. Stop by the Excursion Desk for a complete itinerary and prices.

WEST COAST WAYFARE CRUISE ON THE CRYSTAL SYMPHONY

June 17 through 25

St. Anne’s Society is sponsoring a cruise on the beautiful Crystal Symphony. This five-star vessel sails from San Francisco to Vancouver with port stops in Monterey, Astoria, Seattle and Victoria. The all-inclusive Crystal experience includes all meals and entertainment, complimentary specialty drinks at Nobu Matsuhisa’s Asian restaurant and Prego Italian restaurant, open bar service throughout the ship, and gratuities. Additional amenities include a $100 per person shipboard credit and transportation on departure day from Fort Lauderdale to the pier in San Francisco. Cruise fares begin at $1,929 per person. A deposit of $1,000 is due with application. Crystal Society discounts may apply. Call Gale Lydecker at 925-937-7748 for information.

SECOND MINDFUL RETREAT: DANVILLE

July 9 through 11

The Mindful Living Club announces its 2nd 2019 Retreat, “Creating A More Mindful World to Increase Joy and Reduce Suffering.” It will be held again at the San Damiano Retreat Center in Danville, beginning at 9 a.m. on Tuesday, July 9, and ending at 5 p.m. each day. Lunch will be included. It will end Thursday, July 11 at 5 p.m. Participants will go home each evening, or can stay overnight and board the bus as well, for a total $200 deposit. You also can pay in full. Payment can be by check or credit card. See the booking form at www.mindfullivingclub.org. Final payment is due by June 6.

DELUXE AFRICAN WILDLIFE SAFARI

Aug. 15 through Sept. 1

This trip is timed to correspond with the world famous “African Wildlife Migration” of 2 million large animals on their 1,500-mile trek on the plains of the Serengeti. This migration is led by hundreds of zebars and thousands of wildbeests that leap off the banks of the Mara River and swim for their lives as they attempt to avoid the hungry crocodiles. This safari is fully escorted from the time traveling to the colorful seaside town of Vittoriosa and the majestic temple of Hagar Qim, another UNESCO site, that has remains older than Stonehenge and the Pyramids. A tour of the medieval city of Medina will conclude this adventure.

The main trip starts at $7,195, or at $8,495 with airfare from SFO. The pre-trip option to Florence and Siena and a port-trip option to the Langhe Countryside and Lake Orta. Flights are available in the Rossmoor Travel Club mail for $531. See the colorful brochure and to register, call Carolyn Hinrichs at 925-954-7483 or cell 925-785-5260 or email carolynh

ITALIAN WESTERN COAST AND ISLANDS ROME TO VALLETTA

Sept. 7 through 23

The Rossmoor Travel Club is sponsoring this 16-day small ship adventure with Grand Circle Cruise Line. The cruise will take you to Seville, Malaga, Gibraltar, on board the ship and the two nights in Malta. The small ship is limited to 50 passengers, consisting of two groups of 25 maximum passengers.

To begin with the highlights of Rome and then depart from Gaeta, with stops at other small ports. The cruise begins with a walking tour of the Pontine Islands, including Pozzuoli, Procida and Port Corciella. At the cliff-side town of Sorrento, meet a local family in their home and enjoy lunch. Take a scenic cruise on the Amalfi Coast while en route to Salerno. Tour the Doric Greek temples and ruins of the ancient Greco-Roman city of Paestum. Take in an ancient Greek production of Sophocles’ “Electra,” 2,000 years ago. Sail on to the Aeolian Islands and take a tender to Salina, home to six volcanoes, and visit a farm. Cruise through the Strait of Messina before anchoring at Mount Etna, Europe’s tallest active volcano, the volcano slope by four-wheel drive. Continue on to Siracusa and the ancient temple of Diana.

Cruise to Valletta, Malta’s walled capital, a UNESCO World Heritage Site. Spend two nights in Malta’s Three Cities as you enjoy the local cuisine and shopping.

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NORMANDY CYCLING ADVENTURE

Sept. 21 through 28

This year marks the 75th anniversary of D-Day. The cycling wing of the Mindful Living Club will run this tour. Start in Caen, the ancient city at the mouth of the Seine river, in the lovely town of Honfleur. Stay two nights to fully explore Honfleur and its shops and harbor on foot and by bike. Then head south along the Atlantic Coast to Cabourg and stay at the Grande Hotel Casino on the beach for the on, continue south and cross the famous Peg-David bridge, entering the medieval city of Bayeux and on to Bayeux for two nights. Explore the museum and cathedral on foot and by bike, view the Bayeux Tapes-
ARTS & LEISURE

AROUND THE BAY AREA

Club Trips
Continued from page 129

Continued on 14B

The Rossmoor Travel Club is sponsoring a 16-day river cruise along the Rhine, Main and Danube rivers. The trip will start in Amsterdam and end in Vienna. This small river ship is limited to approximately 150 guests with an easy activity level.

Participants will see architectural mediocrity and Farrell on the Rhine and on daily shore excursions. Travelers will experience flavors of three distinct European countries – Germany, Austria and Slovenia. The group's last major destination is Ljubljana, Slovenia, known as the city of Light and Glass. The Rossmoor Travel Club is sponsoring a 16-day river cruise on the Lower Mississippi River. Travel from New Orleans to St. Louis, Missouri. The group will visit Plitvice Lakes. Plitvice Lakes is a UNESCO World Heritage Site and a popular tourist destination.

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Club Trips
Continued from page 13B

The Rossmoor Travel Club is sponsoring this Overseas Adventure Travel 17-day land adventure. It includes wildlife, landscape and cultural life of Botswana, Zambia and Zimbabwe. The first stop is a three-night stay in Zimbabwe’s Hwange National Park, with a visit to a Hwange community and local homes and to see the famous Shanta, buffalo, eland, wildebeest, lion, leopard, cheetah and more. Next is a three-night stay in Zambia’s Kafue National Park, where nightly drives in open vehicles will be taken by safari vehicle or boat. In Botswana, three nights are spent in Chobe National Park, which has one of the largest elephant populations in the world, estimated at an estimated 50,000 elephants. Included is a visit to Ma- ple Village to meet the local people and see their crafts. The trip concludes with nights at Victoria Falls, which includes a guided tour. Optional tours include the historic Victoria Falls Bridge or one-night stopover at the Devil’s Pool, and return flight to Johannesburg. The cost is $7,695, plus $1,900 for roundtrip airfare from SFO. This includes accommodations for 15 nights (12 in comfortable but basic lodges or tented camps), most meals, several internal flights, up to 27 small-group activities, park fees, and English-speaking OAT trip leader and driver-guides. There is an optional four-night post-trip visit to South Africa’s Thorny Bush Game Reserve for $1,895 and an optional four-night post-trip visit to South Africa’s Cape Town and Cape of Good Hope for $1,395.

The Rossmoor Travel Club is sponsoring Turkey’s Magical Hideaways September 2020

The Rossmoor Travel Club is sponsoring this Magical Hideaways, a land and small ship cruise trip operated by Overseas Adventure Travel (OAT). This is an all-inclusive group – an expertly-guided trip duration is 17 days. The price is estimated to be $5,795, including airfare from San Francisco. The trip includes visits to Greek islands, Roman and Otto- man empires. Turkey’s colorful history has left behind remarkable cultural riches; ancient Greco-Roman ru- ins, Byzantine churches, Ottoman mosques and more. The group will discover Turkey’s multicultural treasures from the palaces and grand mosques of exotic Istanbul to the landscapes of Cappadocia, a geological wonder- land in the Turkish heartland. The group will walk in the footsteps of saints in Ephesus and witness the cliff-top beauty of Antalya and ply the waters of the Turlquoise Coast cruise aboard a private, quiet-style yacht. Visitors also can visit Lycian tombs hewn into the cliffs and a haunted locale where Antony built baths for Cleopatra. The group with explore hidden markets only the locals know about, meet artisans at a rug-weaving co- operative, dine with families in a village home, and take a member of the Whirling Dervishes to learn about Turkey’s centuries-old ritual. A pre-trip to Azerbaijan, through the Land of Fire, and a post-trip to Northwest Turkey: Kazakli, Canakkale, Gallipoli and Istanbul are also offered at an additional cost. This trip is rated as “moderately active,” which means that it is probably not suitable for those using walkers or canes. A few single hotel rooms will be available with a supplement charge on a first-come, first-served basis.

The trip is for pre-booking with a deposit of $500. This fee is refundable until prices and the ex- act dates are firm. When pre-booking, mention group code G410. Reservations are available in the Travel Club box at Gateway when dates and prices are firm. For more information, call Robin Sewell at 337-2257.

Singles Salon to dine at Great Wall

Singles Salon members and guests will enjoy savory and spicy Chinese dishes on Thursday, May 16, at 6 p.m. at the Four Seasons, 1333 N. California Blvd., Lafayette. The menu includes table settings including cutlery, as well as water for plates, drinking cups and plates, drinking cups and plates. Please feel free to bring an additional beverage if you wish.

Learn where to buy a kilt, enjoy ice cream, at Caledonian Society meeting

The Caledonian Society of Rossmoor will meet Monday, May 20, at 7 p.m. at the Rossmoor Clubhouse and may be left in the Travel Club box in the administrative building of the Gateway Clubhouse and may be left in the Travel Club box.

The group with explore hidden markets only the lo- cals know about, meet artisans at a rug-weaving co- operative, dine with families in a village home, and take a member of the Whirling Dervishes to learn about Turkey’s centuries-old ritual. A pre-trip to Azerbaijan, through the Land of Fire, and a post-trip to Northwest Turkey: Kazakli, Canakkale, Gallipoli and Istanbul are also offered at an additional cost. This trip is rated as “moderately active,” which means that it is probably not suitable for those using walkers or canes. A few single hotel rooms will be available with a supplement charge on a first-come, first-served basis.

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This being a potluck, everyone should bring an additional beverage if you wish.

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From the administrative details of death and dying to thousands of Death Cafes held throughout the world. The Rossmoor Death Café movement at www.deathcafe.com. The Rossmoor Death Café is a safe, welcoming place for everyone without commercial interest is invit- ed. Processed foods have a range of prices.

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Join TGIF for dinner dances

TGIF sponsors dinner dances for members and their guests. A limited number of memberships are now available.

At 6:30 p.m. on May 21, the club will meet in the Fireside Room at Gateway. Coffee and cake will be served.

The Contra Costa Section will present a program on the federal court system. It will show just how vital it is.

“Let’s Work Courts Matter: You Be The Judge” is an interactive workshop. It will feature Judge Robert Cowen of the U.S. Court of Appeals for the Third Circuit, based in Philadelphia.

He joined the court in 1987 after being nominated by Pres. Ronald Reagan. Cowen has served in the federal judiciary since 1978. He will explain how the federal court system works and how judges are appointed to the individual courts.

Also on the program is Lindsay Morris, an associate director of government relations and advocacy for NCJW national headquarters in Washington, D.C.

Attendees will have an opportunity to review the data from a Supreme Court case and see how their decision matches the actual one.

There is a $5 registration fee, payable at the door. This event is open to all Rossmoor residents.

For reservations, contact Lilly Kite at 925-939-3754 or at lillykite@gmail.com by Sunday, May 12. For last minute cancellations, call Eleanor Clark at 925-937-1623.

The Contra Costa Section meets the third Friday of the month at 10 a.m. in the Club Room. Visitors and guests are always welcome and more information is available at the society’s website at mdgs.webs.com and Facebook page.

NCJW offers workshop on federal court system

The National Council of Jewish Women (NCJW) will meet on Thursday, May 23, at 2 p.m. in the Fireside Room at Gateway. Coffee and cake will be served.

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For reservations, contact Lilly Kite at 925-939-3754 or at lillykite@gmail.com by Sunday, May 12. For last minute cancellations, call Eleanor Clark at 925-937-1623.

The Contra Costa Section meets the third Friday of the month at 10 a.m. in the Club Room. Visitors and guests are always welcome and more information is available at the society’s website at mdgs.webs.com and Facebook page.

Using DNA to find unknown ancestors topic of next Mt. Diablo Genealogical Society meeting

Dawn Kosmakos will discuss using DNA to find unknown ancestors when the Mt. Diablo Genealogical Society meets on Friday, May 17, at 1 p.m. in the Club Room.

At age 45, Kosmakos took a DNA test for fun and discovered that she has a biological father. After successfully using DNA clues to find and reunite with her birth father, she became passionate about helping others find their biological fathers.

She started as a search angel in Search Squad and DNA Detectives in 2016, which led her to start her career as a professional genealogist.

The tools and concepts of locating an unknown parent are also helpful in finding an unknown ancestor. Kosmakos will present a case study of how she used DNA results, along with traditional genealogical research, to locate an unknown parent.

She will demonstrate step by step how to separate DNA matches into family lines, how to fill in missing info and how to piece it all together to form a logical conclusion.

Following the meeting, members and guests are invited to attend the optional, no-host lunch with the speaker in the Creekside Grill, located at the Creekside Clubhouse. Lunch reservations need to be made before 3 p.m. on Wednesday, May 15. To do so, contact Terry Nordgren at 925-997-0033 or at TerryRich33@gmail.com.

The Mt. Diablo Genealogical Society meets the third Friday of the month at 10 a.m. in the Club Room. Visitors and guests are always welcome and more information is available at the society’s website at mdgs.webs.com and Facebook page.

For information, call Membership Chairwoman Barrie Christensen at 925-335-3751.

Women Who Lunch dine at La Finestra on May 15

The Ladies Who Lunch group of the Couples Club of Rossmoor will dine at La Finestra Ristorante in Moraga on Wednesday, May 15.

The Italian eatery offers Sicilian cuisine and has outdoor seating. The website, www.LaFinestraRistorante.com, shows a limited menu.

For reservations, contact Lilly Kite at 925-939-3754 or at lillykite@gmail.com by Sunday, May 12. For last minute cancellations, call Eleanor Clark at 925-937-1623.

The Contra Costa Section meets the third Friday of the month at 10 a.m. in the Club Room. Visitors and guests are always welcome and more information is available at the society’s website at mdgs.webs.com and Facebook page.

Horse Enthusiasts Club raises money at Flea Market

Money raised by the Horse Enthusiasts Club of Rossmoor at the April 27 Flea Market is expected to top last year’s total.

A full report will be given at the club’s meeting on Monday, May 13, at 1 p.m. in the Mulligan Room at Creekside Clubhouse.

One or more horse-related organizations will likely be the beneficiaries of Flea Market proceeds. Last year’s recipient was Lifesavers Wild Horse Rescue in Caliente.

Many donors generously contributed items for the club’s sales table.

Shelia Torres, club treasurer, and Rae Miller, secretary/publicity chairwoman, hosted the event.

For more information about the club, call Terry Nordgren at 925-997-0033 or at TerryRich33@gmail.com.

Car Club learns about Lincoln Motor Co.

The Rossmoor Car Club meets on May 14, in Multipurpose Room 3 at Gateway. The speaker is Mike Hayward who will discuss the 100-year history of the Lincoln Motor Co.

The meeting begins with coffee and conversation at 9:30 a.m. followed by the speaker at 10. Nonmembers are welcome.

Rossmoor residents, car owner or not, with an interest in things automotive, are welcome to join the club. Meetings are the second Tuesday of each month at 9:30 a.m. in Multipurpose Room 3.

Members have access to and check-out privileges for the club’s substantial library of automotive memorabilia, books, catalogs, magazines and articles. The club meetings are free.

For information, call President Jay Kline at 925-274-1702.
### HISTORY: Culture Club, Folk art

Continued from page 5B
cursory, usually take place on the fourth Wednesday of the month. This year’s dues remain at S15.

Membership forms are available in the club’s mailbox at Gateway, from Membership Chairwoman Beverly Jordan or at 925-459-0960. The next “Dining In” dinner is Saturday, May 25. These dinners for six to 10 persons are held bimonthly in member’s homes and emphasize socialization.

There is no obligation to be a gourmet cook, or cook at all. Store bought and prepared foods are welcome.

Members volunteer to either host (provide the table setting at their home) or cook (provide the main course) once a year. Members who signed up will receive menu assignments at their home) or cook (provide the table setting and wine.

The group consists of contemporary chamber music, sponsored by the Chamber Music Society of Rossmoor. The sextet has premiered music by up-and-coming American composer Robert Pierzak, hip-hop/classical fusion artist Joowan Kim and jazz musician and music educator David Hart. The group consists of Katrinka Walter on flute, Adrienne Malley on oboe, Jeane Pomos on clarinet, Doug Brown on bassoon, Leslie Hard on French Horn and Margaret Halbig on piano. (2018)

For information, contact Richard Rex at handrey@outlook.com or call 925-934-4981.

### FINANCIALS: Singles Salon

Continued from page 14B

Singles is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and archival documentaries. It is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and archival documentaries. It is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and archival documentaries.

Guests may attend events as space permits. For information, contact David Church, No. 4. Do not leave checks in the Gateway mailbox. No. 4. Do not leave checks in the Gateway mailbox. No. 4. Do not leave checks in the Gateway mailbox.

Members are welcome. New members are welcome. Guests may attend events as space permits. For information, contact David Church, membership chairman, at 951-733-4005.

### TV GUIDE FOR CHANNEL 28

Programs running from May 9 through 15

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 988-7872.

- **POST IT!** is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

- **CLASSIC Arts Showcase** includes video samplings of animation, architectural art, ballet, chamber and choral music, dance, folk art, museum art, musical theater, opera and orchestral performances, as well as classic film and archival documentaries.

- **FITNESS Fun. Exercise. 30 minutes.** This program is scheduled every day at 9 a.m. The program changes daily to vary the exercises.

- **WORLD of Collecting and Downsizeing. Lecture. 90 minutes.** Deric Torres, vice president of Clar’s Auction House, comes to the podium with 20 years of experience. Torres specializes in American furniture, decorative arts and fine art. He talks about how to assess your valuable, insurance and distribution of assets.

- **FREQUENCY 49 Chamber Music. 1 hour 15 minutes.** The Frequency 49 wind ensemble and piano perform classical and contemporary chamber music, sponsored by the Chamber Music Society of Rossmoor. The saxophone sextet0 has premiered music by up-and-coming American composer Robert Pierzak, hip-hop/classical fusion artist Joowan Kim and jazz musician and music educator David Hart. The group consists of Katrinka Walter on flute, Adrienne Malley on oboe, Jeane Pomos on clarinet, Doug Brown on bassoon, Leslie Hard on French Horn and Margaret Halbig on piano. (2018)

- **BRAVO.** Benny. Book/Author. 30 minutes. Joanna Kraus, a one-time university professor in New York, leads us down the path of her journey through the arts. She is a published author, playwright and does poetry and book reviews. In this interview, she shares the trouble of raising a adopted son with a language barrier and the success of seeing her plays performed all over the country. In this program, friend and member of Rossmoor’s Published Writers Club Christine Barday interviews her. (2018)

- **MIND and Mental Health. Health. 30 minutes.** In this episode of the Healthy Aging Series, learn about important issues related to mental health. UC Davis’s Terri Harvath, a geriatric nurse-educator, and Dr. Ladson Hinton, a geriatric psychiatrist, discuss the aging mind and mental health. Learn how mental processing and memory change over time. Discover strategies to lower the risk of mental illnesses, such as depression and dementia. (2018)

- **SAXOPHOBIA.** Music. 1 hour, 42 minutes. Rob Verde’s Saxophobia presents a riveting history of the saxophone and the player who gave the instrument its many voices. He is joined by Curtis Brengle on piano. Bruce Letti on bass and Paul Johnson on drums. Saxophobia offers audiences a rare glimpse of some of the most unusual saxophones ever made (2017).

- **POP Rocks.** Music. 1 hour, 30 minutes. Pop Rocks is the ultimate dance band. The six-piece band has both male and female lead vocals and an entire band of musicians who can sing. The group has an extensive song list and their shows feature current high-energy hits mixed with the classics from the ‘70s, ‘80s and ‘90s. (2016)

- **Is There LIFE After Death? Lecture. 1 hour, 18 minutes.** Three speakers discuss the above topic from their religious perspective, Rabbi Mark S. Bloom (Judaism), Rabbi of Temple Beth Abraham, in Oakland; Gaurav Rastogi, (Hinduism), an interfaith speaker who writes and talks about Hindu scriptures, and Trinka Wasik (Christian Science) former member of the Interfaith Council of Contra Costa County and an authorized practitioner of Christian Science. This program allows the audience to compare and contrast various beliefs. (2018)

= Screened boxes indicate that programming continues into next half-hour time slot.

When program ends, Post-it broadcast. Reference programs below by titles in capital letters above.

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<thead>
<tr>
<th>Thu 5-9</th>
<th>Fri 5-10</th>
<th>Sat 5-11</th>
<th>Sun 5-12</th>
<th>Mon 5-13</th>
<th>Tues 5-14</th>
<th>Wed 5-15</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>POST IT!</td>
<td>POST IT!</td>
<td>POST IT!</td>
<td>POST IT!</td>
<td>POST IT!</td>
<td>POST IT!</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>BRAVO</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>WORLD</td>
<td>MIND</td>
<td>BRAVO</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>BRAVO</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>WORLD</td>
<td>MIND</td>
<td>BRAVO</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>MIND</td>
<td>BRAVO</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>WORLD</td>
<td>MIND</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>POP</td>
<td>SAXOPHOBIA</td>
<td>WORLD</td>
<td>FREQUENCY</td>
<td>BRAVO</td>
<td>LIFE</td>
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<tr>
<td>11 a.m.</td>
<td>MIND</td>
<td>SAXOPHOBIA</td>
<td>LIFE</td>
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<tr>
<td>12:30 p.m.</td>
<td>MIND</td>
<td>SAXOPHOBIA</td>
<td>LIFE</td>
<td>3:30 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
</tr>
<tr>
<td>Noon</td>
<td>BRAVO</td>
<td>MIND</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>WORLD</td>
<td>BRAVO</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>BRAVO</td>
<td>3:30 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
</tr>
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<td>2 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>BRAVO</td>
<td>4 p.m.</td>
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<td>BRAVO</td>
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<tr>
<td>3 p.m.</td>
<td>WORLD</td>
<td>FREQUENCY</td>
<td>WORLD</td>
<td>4:30 p.m.</td>
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<td>5 p.m.</td>
<td>MIND</td>
<td>BRAVO</td>
<td>POP</td>
<td>6 p.m.</td>
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<td>BRAVO</td>
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<tr>
<td>7 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>MIND</td>
<td>6:30 p.m.</td>
<td>MIND</td>
<td>BRAVO</td>
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<tr>
<td>8 p.m.</td>
<td>POP</td>
<td>FREQUENCY</td>
<td>MIND</td>
<td>7 p.m.</td>
<td>MIND</td>
<td>BRAVO</td>
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<tr>
<td>9 p.m.</td>
<td>BRAVO</td>
<td>WORLD</td>
<td>MIND</td>
<td>8 p.m.</td>
<td>POP</td>
<td>MIND</td>
</tr>
<tr>
<td>10 p.m.</td>
<td>BRAVO</td>
<td>MIND</td>
<td>MIND</td>
<td>9 p.m.</td>
<td>POP</td>
<td>MIND</td>
</tr>
</tbody>
</table>

### DO NOT CALL

You can register your home phone number in the national Do-Not-Call list by phone or by Internet at no cost.

To add your home phone number to the national Do-Not-Call list via the Internet, go to www.donotcall.gov. To register by phone, call 1-888-382-1222 (voice) or 1-866-290-4236 (TTY). You must call from the phone number you wish to register.

For more information on the national Do-Not-Call list, visit our website at http://www.fcc.gov/cgb/donotcall.