Learn about Medicare options at Oct. 23 event

Are you in a Medicare Advantage plan or Medicare HMO in Contra Costa County? Have you gotten a notice that your plan may be changing or leaving the area? Do you wonder how to choose the plan that is best for you? Learn about Medicare changes and options for 2015 on Thursday, Oct. 23, from 10 to 11:30 a.m. in the Fireside Room at Gateway. Registered Health Insurance Counseling and Advocacy Program (HICAP) volunteers will discuss plan changes and options.

HICAP is a volunteer-based program that provides impartial third-party information. It is not associated with the insurance industry and is sponsored by the federal Administration for Community Living, the California Department of Aging, and the Contra Costa County Area Agency on Aging.

Medicare open enrollment is Wednesday, Oct. 15, through Sunday, Dec. 7. The HICAP program is co-sponsored by Rossmoor Counseling Services.

Confidentiality, publicity are key ingredients in Rossmoor Fund success

By Fritzie Davis Noble
Rossmoor Fund correspondent

Marking five years of service to the Rossmoor community, the Rossmoor Fund board has identified five reasons for the fund’s high profile and success. This is the second in a series of articles discussing these reasons.

Faced with the challenge of encouraging those in need to apply to the Rossmoor Fund, the board focused on the unusual combination of confidentiality and publicity; two Rossmoor organizations have been instrumental in achieving the fund’s goals: Counseling Services and the News.

Partnering with Counseling Services was an important step in identifying potential grantees. A valuable resource for residents, Counseling Services offers a range of services, including (but not limited to) finding resources, a range of services, including (but not limited to) finding resources, reminders that financial assistance is available and a range of services, including (but not limited to) finding resources.

The professional staff assists individuals who have medical expenses such as medical and dental expenses, medications, medical equipment, short-term caretaker costs, etc. in applying for a grant.

As it is difficult for residents to be used to being self-sufficient to ask for help, applicants are guaranteed that their requests remain confidential.

Counseling Services assisted the Rossmoor Fund in developing a process that protects the identities of applicants and grant recipients. A single-page application is available through Counseling Services or can be found on the Rossmoor Fund website (www.rossmoorfund.org). Nancy Coxwell, supervising social worker, said “The Rossmoor Fund is truly a gift to our community.”

The News has also been an important resource. Weekly reminders that financial assistance is available have resulted in continued on page 8A.

Resident runs for school board

By Wilma Murray
Staff writer

Rossmoor resident Robert Hockett likes to run. He runs from his home on Cactus Court to Acalanes High School. He also runs to Las Lomas High School.

Now he’s running for both schools at the same time, but in a very different way: Hockett wants to be on the Acalanes Union High School District governing board and he’s running for that post. Election day is Tuesday, Nov. 4.

For 33 years Hockett taught history and government. For a handful of those years, he also participated in government. He wants to do it again.

Born and raised in Lafayette, Hockett is a graduate of Acalanes High School. His connection goes way back. Though he moved away for many years – first to Chico to earn his bachelor’s and master’s degrees and teaching credential there, and then in the opposite direction, to Yucca Valley, where he taught high school for over three decades, this area still feels like home. It’s partly why he returned here after retirement and moved into Rossmoor in 2008.

During his tenure down south, he got a taste of government action firsthand. From Continued on page 15A

Scholarship Foundation fundraising underway

By Jan Gehary
Scholarship Foundation trustee

The fund drive to raise monies for 2015 scholars is underway. The Rossmoor Scholarship Foundation thanks residents for their generous donations. Remember to use the coupon in today’s paper for a contribution so that deserving students can achieve their college dreams.

Two of the 2014 Diablo Valley College (DVC) DVC winners extend their gratitude to Rossmoor residents’ contributions as well.

Christina Wan, currently at San Francisco State University with a Rossmoor scholarship, challenged herself at DVC with speech and debate. She wrote, “Joining the team was far from my comfort zone but it has truly impacted my life. You have given me the opportunity to accomplish one of my biggest goals: to finish school and obtain my degree.”

Wan is a confident and responsible young woman. The foundation is proud of her and how she approaches challenges.

A second winner, Walter Munoz, wrote, “I would like to extend my gratitude to you and the entire Rossmoor Scholarship Foundation for contributing to make my dream of Continued on page 16A.
Get help from volunteers to determine the best Medicare prescription plan on Oct. 29

Medicare advises that you review your prescription drug plan each year. Medicare open enrollment is from Wednesday, Oct. 15, through Sunday, Dec. 7.

Registered Health Insurance Counseling and Advocacy Programs (HICAP) counselors will be in Rossmoor on Wednesday, Oct. 29, to review Medicare drug or Medicare Advantage plans and help you decide about the best coverage. The counselors will be at Creekside Clubhouse from 9 a.m. to 4 p.m.

HICAP may be able to save you money. Based on information you provide about your prescriptions, HICAP will identify the plans that will provide you the best coverage for the lowest overall cost.

Some factors to consider are the plan’s list of approved drugs, generics vs. brand name drugs, preferred pharmacy or mail order. HICAP may also identify opportunities to lower your costs through various public or discount programs.

Residents will need to complete a worksheet in advance and schedule a personal appointment for this event. Pick up a worksheet and a business reply envelope from Counseling Services at Gateway. Once HICAP receives the worksheet, you will be called to schedule an appointment. For information, call HICAP at 602-4163.

HICAP is a volunteer-based program and is sponsored by the federal Administration for Community Living, the California Department of Aging and Contra Costa County Aging and Adult Services. Learn more at www.cchicap.org.

Prudential Realty marches in parade

More than 30 agents of Prudential California Realty, calling themselves the “Briefcase Brigade,” marched in the Rossmoor parade wearing their bright blue shirts, led off by a 1964 Mustang carrying Floyd Taylor, a longtime Rossmoor resident who celebrated his 102nd birthday. They marched to the Beach Boys song “I Get Around.” Thanks to Prudential for its donation to the pancake breakfast. In addition, Prudential staff volunteered at the breakfast earlier in the morning.
Lions invite residents to donate eyeglasses for poor in developing countries

Residents may wonder where the Rossmoor Lions Club gets the eyeglasses it donates to Lions Club International’s Lions in Sight program. The program distributes eyeglasses to people in need in developing countries.

Some glasses are donated by residents who drop them into the club’s white mailbox at Gateway. Club members clean and develop the eyeglasses to donate them. The club also receives returned new prescription eyeglasses from an Internet company. These glasses need to be unpacked from their eyeglass cases and polishing cloths.

Rossmoor residents are invited to join Lions Club members who will unwrap these new eyeglasses on Thursday, Oct. 16, at 10 a.m. in the Diablo Room at Hillside.

A sandwich lunch will be available. Those who attend this work event, Lions District 4C3 Governor Vince Lipinski will be visiting the club on that day.

The eyeglasses have been unpacked, they will be taken to several area prisons.

Inmates will read the lens prescriptions and package the individual eyeglasses in plastic bags for distribution by the Lions in Sight program. Most of these clients cannot afford proper eye care and the eyeglasses can literally change their lives.

Lions in Sight established a permanent clinic in the Philippines and is working on a second permanent clinic in India. Each of those clinics require a startup inventory of 100,000 pairs of glasses.

This is in addition to the eyeglasses needed every year for clinic mission trips to Mexico and Central America.

For information about this effort, contact Sandy Weber, sight chairman for the Lions Club of Rossmoor, at 949-7571.
It’s time you had a Medicare Plan that follows the Golden Rule, and adds a lot more.

In fact, here’s one of them:

“Offer Outstanding Benefits”

Golden State Medicare Health Plan is a Medicare Advantage HMO plan founded by a doctor who lived by the Golden Rule. He then added a few of his own to provide quality care and outstanding service to members.

It starts with a physician’s philosophy of giving more of the benefits you need, without having to pay more. Then adding more helpful services and choices of leading doctors and hospitals.

If you’re eligible for Medicare, call us or join us at one of the meetings listed below. See why this is your Golden Opportunity to get the levels of care and understanding you deserve.

Call 877-541-4111 (TTY 877-551-4111) Monday-Friday, 8am-8pm daily during the enrollment and disenrollment periods. Or, enroll online at GoldenStateMHP.com

2015 Golden (HMO) Benefits

<table>
<thead>
<tr>
<th>Monthly Plan Premium</th>
<th>$0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductible</td>
<td>$0</td>
</tr>
<tr>
<td>Doctor/Specialist Office Visits</td>
<td>$0</td>
</tr>
<tr>
<td>Inpatient Hospital Care</td>
<td>$0</td>
</tr>
<tr>
<td>Skilled Nursing Facility (first 30 days)</td>
<td>$0</td>
</tr>
<tr>
<td>Outpatient Services</td>
<td>$0</td>
</tr>
<tr>
<td>Diabetes Programs and Supplies</td>
<td>$0</td>
</tr>
<tr>
<td>Diagnostic Tests (also includes MRI, CT, PET scan)</td>
<td>$0</td>
</tr>
<tr>
<td>Cardiac and Pulmonary Rehabilitation</td>
<td>$0</td>
</tr>
<tr>
<td>Preventive Services</td>
<td>$0</td>
</tr>
<tr>
<td>Hearing Services</td>
<td>$0</td>
</tr>
<tr>
<td>Vision Services</td>
<td>$0</td>
</tr>
<tr>
<td>Transportation</td>
<td>$0</td>
</tr>
</tbody>
</table>

Bring this ad to a meeting for a FREE GIFT*

Thursday
Oct. 9 • 10:00 am
Justin Wendell
CA License #186777399
John Muir Health Outpatient Center
1220 Rossmoor Pkwy
Walnut Creek, CA 94595

Thursday
Oct. 9 • 1:00 pm
Justin Wendell
CA License #186777399
John Muir Health Outpatient Center
1220 Rossmoor Pkwy
Walnut Creek, CA 94595

Tuesday
Oct. 14 • 2:00 pm
J. Michael Metcalf
CA License #0711659
Rossmoor Diner
1068 A Tive Valley Blvd.
Walnut Creek, CA 94595

Wednesday
Oct. 15 • 10:00 am
J. Michael Metcalf
CA License #0711659
Denny’s
807 Camino Ramon
Danville, CA 94523

Eligible for a free drawing and prizes with no obligation. Golden State Medicare Health Plan is an HMO plan with a Medicare contract. Enrollment in Golden State Medicare Health Plan depends on contract renewal. The benefit information provided is a brief summary, not a complete description of benefits. Limitations, co-payments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. For more information contact the plan. This information is available for free in other languages. Please call our customer service number at 877-541-4111 (TTY 877-551-4111) 9am-8pm, Monday through Friday, and daily during the enrollment/disenrollment periods. Esta información está disponible gratis en otros idiomas. Por favor llame a nuestro número de servicio al cliente al 877-541-4111 (TTY 877-551-4111) de 9 am a 8 pm de lunes a viernes, y diariamente durante los períodos de inscripción / cancelación de la inscripción. A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings call 877-541-4111 (TTY 877-551-4111). This is an advertisement. 422411_4010_10_2015 Accepted
Free Health and Wellness Fair is Nov. 5 at Event Center

A free Health and Wellness Fair will be Wednesday, Nov. 5, from 10 a.m. to 1 p.m. in the Tahoe Room at the Event Center. The program is sponsored by Rossmoor Counseling Services.

Numerous community agencies will have representatives available to answer questions and provide written materials. The topics will include community support groups, Alzheimer’s, cancer prevention and emergency services as well as help for those with low vision and hearing impairment.

Because pets have been shown to promote wellbeing, ARF will have animals for adoption in their mobile unit, which will be located in the Event Center parking lot.

Free bone density and blood pressure checks will be provided by registered nurses.

Complimentary refreshments will be provided throughout the event and are sponsored by Atria Senior Living and Precious Home Care.

All interested residents are invited to attend this free event. No registration is required.

For information, call Counseling Services, 988-7750.

Dollar Ranch Golf Course closed to walkers every Monday in October

Golf tournaments will be held on the Dollar Ranch Course every Monday afternoon in October. The course will be closed to walkers on the dates listed below. All the tournaments will have a noon start.

The Rotary Club charity tournament was on Oct. 6; the Lee Silverstein event will be on Oct. 13; the Davis Home Pros Habitat for Humanity charity event will be on Oct. 20; and the El Sobrante tournament will be on Nov. 27.

The Creekside Course will be open to walkers all day on these Mondays. The Dollar Ranch Course will be open to walkers only in the morning. For information, call the Pro Shop at 988-7861.

Harry Lowell named Lion of the Year

In recognition of his many years of service, the Lions Club of Rossmoor named Harry Lowell Lion of the Year.

Lowell has been a member of the Lions Club since Aug. 1, 1999. He was recognized for his over 12 years of service collecting donated eyeglasses from the white mailbox in front of Gateway and from the donation boxes at various businesses and Rossmoor locations.

Last year, he collected over 5,000 pairs of eyeglasses for the Lions in Sight program and has collected over 4,000 pairs to date this year.

The Lions Club prepares and distributes the eyeglasses at eye clinics in foreign countries.

Lowell is not only an active participant at the Lions Club meetings with his piano-playing talent and at other Lions events, he is also a member of the Table Tennis Club. He lives the Lions motto “We serve.”

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Free Health and Wellness Fair is Nov. 5 at Event Center

A free Health and Wellness Fair will be Wednesday, Nov. 5, from 10 a.m. to 1 p.m. in the Tahoe Room at the Event Center. The program is sponsored by Rossmoor Counseling Services.

Numerous community agencies will have representatives available to answer questions and provide written materials. The topics will include community support groups, Alzheimer’s, cancer prevention and emergency services as well as help for those with low vision and hearing impairment.

Because pets have been shown to promote wellbeing, ARF will have animals for adoption in their mobile unit, which will be located in the Event Center parking lot.

Free bone density and blood pressure checks will be provided by registered nurses.

Complimentary refreshments will be provided throughout the event and are sponsored by Atria Senior Living and Precious Home Care.

All interested residents are invited to attend this free event. No registration is required.

For information, call Counseling Services, 988-7750.

Dollar Ranch Golf Course closed to walkers every Monday in October

Golf tournaments will be held on the Dollar Ranch Course every Monday afternoon in October. The course will be closed to walkers on the dates listed below. All the tournaments will have a noon start.

The Rotary Club charity tournament was on Oct. 6; the Lee Silverstein event will be on Oct. 13; the Davis Home Pros Habitat for Humanity charity event will be on Oct. 20; and the El Sobrante tournament will be on Nov. 27.

The Creekside Course will be open to walkers all day on these Mondays. The Dollar Ranch Course will be open to walkers only in the morning. For information, call the Pro Shop at 988-7861.

Harry Lowell named Lion of the Year

In recognition of his many years of service, the Lions Club of Rossmoor named Harry Lowell Lion of the Year.

Lowell has been a member of the Lions Club since Aug. 1, 1999. He was recognized for his over 12 years of service collecting donated eyeglasses from the white mailbox in front of Gateway and from the donation boxes at various businesses and Rossmoor locations.

Last year, he collected over 5,000 pairs of eyeglasses for the Lions in Sight program and has collected over 4,000 pairs to date this year.

The Lions Club prepares and distributes the eyeglasses at eye clinics in foreign countries.

Lowell is not only an active participant at the Lions Club meetings with his piano-playing talent and at other Lions events, he is also a member of the Table Tennis Club. He lives the Lions motto “We serve.”

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.

Coffee With a Cop cancelled this month

The next Walnut Creek Police Department Coffee With a Cop in Rossmoor was scheduled to be held on Thursday, Oct. 16. However, the department has inspections and a celebration that day and the Coffee With a Cop has to be cancelled.

Coffee With a Cop was introduced by Police Chief Thomas Chaplin as a way to enhance the police presence in Rossmoor. These meet-and-greets are held in Rossmoor the third Thursday of every month through the end of the year.

The next Coffee With a Cop will be held on Nov. 20.
The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.

The board of directors of Second Walnut Creek Mutual did not win re-election on Tuesday. It is now up to the members to decide what to do next.

Second Mutual to hold annual meeting

Second Mutual members are encouraged to attend this important annual event.

Light refreshments will be served.
Blue Star Moms 10th annual Treats for Troops drive gets started

Runs from Oct. 15 through 21, at Gateway and Creekside

The 2014 Treats for the Troops drive in Rossmoor will begin on Wednesday, Oct. 15, and will run through Tuesday, Oct. 21. The effort is sponsored by Blue Star Moms, a nonprofit entity that consists of the mothers of the men and women who are serving in the military, and will be handled by Rossmoor resident volunteers.

During the drive, donated items may be placed in the clearly marked containers located at Gateway Clubhouse. In addition, on Friday, Oct. 17, Monday, Oct. 20, and Tuesday, Oct. 21, collection tables and containers will be set up outside Gateway to facilitate drive-by donations.

There will also be collection tables right inside the entrance of Creekside Clubhouse on Oct. 17 and 21.

All received items will be turned over to the nearby Danville chapter of Blue Star Moms, who will package the donations into Christmas or holiday gift boxes and send them overseas.

Individual or travel sizes are preferred for all donations. This year’s list of preferred gift items includes the following:

Just add water (individual serving sizes): hot chocolate, spiced cider, tea bags (individually wrapped); instant coffee packets; sugar and creamer packets; Propel, Crystal Light, Mio, water enhancers; hot cereals, oatmeal, Cream of Wheat; Cup of Noodles, Top Ramen, individual soup mixes, etc.

Proteins (individual serving sizes): tuna or chicken in foil pouches or pull top cans; beef jerky or Slim Jims; beef sausage rolls; nuts (all kinds); protein bars, Power Bars, Cliff Bars, Muscle Milk Bars; Jiff to-go (peanut butter); and ready-to-eat chili, pasta, soup in pouch/pop-top lid, etc.

Snacks (individual-ly wrapped packages): crackers (plain or with cheese); cheese picks (non-refrigerated types); mints, gum, hard candy; trail mix, sunflower seeds; granola bars (no multi-grain); Pop Tarts; Fruit Snacks; fruit roll-ups, dried fruit; Chex Mix; corn nuts; microwave popcorn; cereal boxes/cups; pop-top canned fruit (no plastic); Kraft easy macaroni and cheese cups, etc.

Clothing: black or white all-cotton long athletic socks; white all-cotton crew neck tee-shirts (medium or large sizes); dark-colored knitted caps, beanies, etc.

Entertainment: Silly-Putty, Nerf/tennis balls, yo-yos, playing cards, crossword puzzles, word search and Sudoku puzzles, current paperback books, CDs, DVDs, etc.

Specialty items: ground coffee (Peet’s and Starbucks are popular), Ziploc freezer bags (all sizes), local grocery store gift cards, etc.

Blue Star Moms cannot send religious or pornographic material, perishable foods, pork, fireworks, firearms and aerosol cans. They also cannot ship glass containers (plastic or metal containers only).

Brief notes or letters are always welcomed by the young men and women serving in dangerous overseas locations. All such correspondence should be brought to and placed in special mailboxes set up at the collection tables at Gateway Clubhouse on Oct. 17, 20 and 21. Or, they may be delivered to the Creekside collection tables on Oct. 17 and 21. All letters or notes received will be included inside the gift packages that will be mailed.

Because Blue Star Moms pays about $15 for each package it mails overseas, donations of money are also most welcome. (All donations are fully tax deductible because of Blue Star Moms 501.c.3 status under IRS rules.) Checks, payable to Blue Star Moms, may be sent to Devon or Noel Olson, 6200 Horsemans Canyon Drive.

Anyone who would like to donate items, but cannot deliver them to Gateway Clubhouse for any reason may call 943-7905. A volunteer will pick up the items.

---

**HEARING AID CENTER**

Creating custom solutions to return you to the world of sound

Dr. Gil developed Hearing Engineering™ because of the inadequacies he saw in the traditional approach to hearing correction. He attributes that traditional approach to the failure of many hearing aid purchases and possibly to the accelerated cognitive decline in people with hearing loss. Hearing Engineering combines the fields of sound engineering and brain science. Using measurement and verification, Hearing Engineers address your unique hearing difficulties and capabilities.

A trained Hearing Engineer uses expertise and patented instrumentation to customize sound-engineered prescriptions that optimize your ability to understand speech in real-world situations.

---

**Fitness Center hours**

The Fitness Center at Del Valle is open Monday through Friday from 6 a.m. to 9 p.m. and Saturday and Sunday from 6 a.m. until 6 p.m.
Attention and memory expert Adam Gazzaley will be the Rossmoor Community Club’s speaker on Tuesday, Oct. 14, at 3 p.m. in the Fireside Room at Gateway.

Gazzaley holds both a M.D. and a Ph.D. in neuroscience from the Mount Sinai School of Medicine in New York. He will explain how the brain and mind change as people age. He will give an inside look into state-of-the-art scientific research aimed at understanding the interaction between attention and memory.

In addition, he will talk about his discoveries of increasing susceptibility to distraction in older adults. Finally, he will indicate what older adults can do to keep their minds fit and nimble as they get older.

Gazzaley spoke at Rossmoor in 2009 to an overflow audience, some of whom volunteered to participate in his studies. Gazzaley will discuss the results of those studies, some of which were discussed by him on the local PBS television stations a few months ago.

He will again ask for volunteers to talk to his assistants in depth about ongoing studies. Residents who participated in the past may do so again this year.

Gazzaley’s doctoral research focused on receptor plasticity in the hippocampus in normal aging. This research earned him the prestigious 1997 Krieg Cortical Scholar Award. He then completed a clinical residency in neurology at the University of Pennsylvania. Following his residency, he won a cognitive neuroscience research fellowship and a clinical fellowship in cognitive neurology at the UC San Francisco Memory and Aging Center.

Gazzaley is the director of the cognitive neuroscience laboratory at the UCSF Mission Bay campus that focuses on attention, memory and aging. He is also the director of its Neuroscience Imaging Center. The Community Club has about 300 members and looks forward to attracting new members by inviting guest speakers who are both interesting and experts in their fields.

The annual dues are $15 per member. Membership checks, payable to the Rossmoor Community Club, should be sent to the club treasurer, Jim Hartnett, at 3146 Grey Eagle Drive. He can also be contacted at jjhartnett@sbcglobal.net or at 935-3763.

Monthly meetings are free to all club members; nonmembers are asked to donate $5 for each monthly meeting. If the nonmember decides to join the Community Club, that $5 will be applied to the membership fee.

The Community Club has eight monthly meetings, a holiday party in December and an end-of-the-year party in June. The club does not meet in July and August.

Rossmoor Counseling Services staff, from left, Penny Reed, Nancy Coxwell and Ann Pagliaro, works well with the Rossmoor Fund to ensure confidentiality for the recipients of financial help.

Rossmoor Fund a success

Continued from page 1A

Since inception, the Rossmoor Fund has approved more than 200 grants totaling more than $200,000: $161,287 to individuals for emergency expenses, $9,820 in Safeway gift cards, $5,367 for emergency response systems and $23,781 to organizations providing services to residents in need. An endowment fund of $93,600 has been established.

A future article will provide details of the fund’s grant guidelines and the types of grants made.
Rossmoor Men's Conference designed to enhance male friendships

Continued from page 1A

play with the same group of guys every week for years and not be able to tell you much about them. Their job or favor-ite sport, sure; wife and kids, probably not. Personal prob-lems? Please! It’s why many women believe men don’t real-ly have friends.

Men are said to have shoul-der friends, meaning we do things together. Women have face friends who engage in con-versation and share intimate experiences and feelings. It helps explain why women live longer. Some men rely entirely upon their wives while women often rely upon a daughter or other female friend for emo-tional support.

Recent widows often have a social network upon which to rely. Many widowers do not. So we’re different. Why does it matter?

Well, many studies reveal the deeper your social connec-tions, the longer and happier you live. Close friendships reduce risk of disease by lowering stress, blood pressure, heart rate and cholesterol. Those men with close friend-ships have more effective im-mune systems and less risk of infection, cancer, heart attacks and strokes. Close friendships boost our happiness, improve our self-worth and lead us from unhealthy habits.

At least one study showed that even close attachment to one person, like a wife, did not provide as much protection from death as multiple friend-ships. It is not quantity, but quality that matters.

So what to do? At the Men’s Conference, Christo-pher Kyle from the Mankind Project International, who knows Rossmoor well, will talk about the power of men’s groups – not the same as sup-port groups.

I recently joined a group of six Rossmoor men who gather every two weeks not for sup-port, but to talk about stuff deep and controversial, great and small. We are learning about our unique and interest-ing lives. We exchange honest opinions and feelings because we trust our discretion and good will.

These men boost my hap-piness and reduce my stress. They are becoming what Geo-frey Greif, the author of “The Buddy System,” calls “trust” friends. I’m also trying to re-connect with some old “rust” friends I had abandoned be-cause you can’t create those.

Do not need more “just” friends. For information about the Men’s Conference, con-tact Counseling Services at 988-7750, or email me at sfley49@yahoo.com.

Below left is the registration for the conference. Cut out the form and send it with payment to the Counseling Services of-fice at Gateway.

Rossmoor Men’s Conference designed to enhance male friendships

Sign up now to be in the Rossmoor phone book

Residents who want to be in the 2014-15 Rossmoor phonebook will need to com-pete the yellow card that was inserted in the Rossmoor News on Sept. 17. The card needs to be completed and returned by Wednesday, Oct. 22, in or-der to get a listing in the Rossmoor phone book.

Residents need to complete the card with name, address and phone number. Be sure to print clearly. The return add-dress is on the card and the card needs postage. The card can also be dropped off at the UPS store in the Rossmoor Shopping Center.

Listings are not automati-cally put in the directory. A card must be completed each year to have a name, address and phone number listed in the directo-ry.

The Rossmoor direc-tory is printed by an indepen-dent company, American Directory Company, not the Rossmoor News. United Yel-low Pages contracts with the Rossmoor News to deliver the books in November.

Residents who have mis-placed the listing card can get extra ones at the News office at Creekside or the Adminis-tration Office at Gateway.

MILGA® TUSCAN® SERIES REBATE

Get up to $2,500 rebate on Milgard® Tuscany® Series Windows & Doors

Milgard is offering a $2,500 rebate on every Tuscany® Series window you buy for your single-family home, now through October 31st. Maximum rebate $2,500. Minimum order of 5 Tuscany windows and/or doors to qualify.

HURRY! THIS REBATE ONLY LASTS UNTIL OCTOBER 31ST!

• FREE In-Home Estimates
• Over 25 Years Experience
925-484-1747
Since 1989 • Insured • Bonded www.wdanddoors.com

Quality Windows & Doors, Inc.
EAST BAY'S OLDEST / LARGEST / BEST 3732-B Stanley Blvd., Pleasanton, CA 94588
925-484-1747

Auto Service & Repair
HONEST SERVICE YOU CAN TRUST
The Alternative to the Dealer CALL FOR CURRENT SPECIALS!

SERVICE JAPANESE AUTO
932-1740
933-8525
1145 Bont Lane, Walnut Creek Conveniently located off Mt. Diablo Blvd.
ROSSMOOR SHUTTLE!

Michael J. Young ATTORNEY AT LAW
1931 San Miguel Dr., Ste. 220 Walnut Creek, CA 94596

Invites You to An
Elder Law Workshop
Presented by:
Elder Law Attorney MICHAEL J. YOUNG

WHEN: Thursday, Oct. 23, 2014 from 3:00 to 4:30 p.m.
Thursday, Nov. 6, 2014 from 3:00 to 4:30 p.m.

WHERE: at the Law Offices of Michael J. Young
1931 San Miguel Dr., Walnut Creek, CA in the “Channell Room” which is right next to handicapped parking

• TOPIC: DON’T GO BROKE IN A NURSING HOME “How to Get Medi-Cal Coverage For Your Nursing Home Care…Without Selling Your Home Or Leaving Your Family Without a Dime” And:

• TOPIC: “STRATEGIES on how to private pay for your long term care” And:

• TOPIC: Why traditional estate planning may not work and the life-care planning steps you should be taking instead. And:

• TOPIC: The Veterans Administration Aid & Attendance Improved Pension Benefit, for war time veterans. This VA program can help pay for in-home care costs.

YOUR ATTENDANCE IS FREE
RSVP: The Law Offices of Michael J. Young 925-256-0298

THE GREAT BIG $25

MILGARD® TUSCAN® SERIES REBATE

Get up to $2,500 rebate on Milgard® Tuscany® Series Windows & Doors

Milgard is offering a $2,500 rebate on every Tuscany® Series window you buy for your single-family home, now through October 31st. Maximum rebate $2,500. Minimum order of 5 Tuscany windows and/or doors to qualify.

HURRY! THIS REBATE ONLY LASTS UNTIL OCTOBER 31ST!

• FREE In-Home Estimates
• Over 25 Years Experience
925-484-1747
Since 1989 • Insured • Bonded www.wdanddoors.com

Quality Windows & Doors, Inc.
EAST BAY'S OLDEST / LARGEST / BEST 3732-B Stanley Blvd., Pleasanton, CA

Auto Service & Repair
HONEST SERVICE YOU CAN TRUST
The Alternative to the Dealer CALL FOR CURRENT SPECIALS!

SERVICE JAPANESE AUTO
932-1740
933-8525
1145 Bont Lane, Walnut Creek Conveniently located off Mt. Diablo Blvd.
ROSSMOOR SHUTTLE!
First Mutual to hold review of 2015 budget on Oct. 20

By Sheryl Almon
FWCM Budget and Finance Committee chairwoman

First Walnut Creek Mutual invites its residents to the 2015 budget review on Monday, Oct. 20, from 10 to 11:15 a.m. in the Fireside Room at Gateway. Residents are invited to hear what the board is proposing and to share their thoughts and ask questions. The Mutual Operations staff, First Mutual Budget Committee and directors have been working hard on the proposed 2015 budget. At this time, the proposed coupon increase for First Mutual, GRF and cable TV will be $20 per manor, per month. The Mutual portion of the coupon is proposed to increase for 2015 by $18.39 (or 4.9 percent), which covers both operating costs and reserve assessments. There will be a 1.7 percent increase in operations and 10.4 percent increase in reserves.

For the past two years, the First Mutual board has cut reserve increases to keep the coupon down. This level of percentage increase is the adjustment required to get the Mutual back on track.

The Mutual’s reserve fund has been spent down by about $1 million over the past two years. For example, the Mutual has been spending more than it is collecting. By law, the Mutual pays to have a study done (by the Helsing Group) to ensure that it is collecting and maintaining the correct amount to cover the capital work required to maintain the infrastructure. The Helsing Group identified that the Mutual should have $11,504,084 in reserves, but is currently at $4,106,720. Over the next few years, the Mutual would like to get its reserves back to about half the recommended reserve level.

Through Aug. 31, 2014, First Mutual had a $79,756 overrun in operations due to an increase in the cost of insurance, plus fire deductibles in other Mutu- als and for legal services, postal costs and copying expenses for bylaws and policy revisions.

Residents are invited to see the proposed budget numbers and get an understanding of the process and factors that are considered when creating a budget. The reserve fund activities will finish catching up on roof and bridge replacements and painting so as to return to an even schedule. A new project of replacement of the water air conditioners will begin and will be discussed after the budget meeting (see accompanying story).

The First Mutual board will vote to accept the recommendations at its regularly scheduled meeting on Friday, Oct. 24.

First Mutual seeks resident input on replacing water air conditioners

First Walnut Creek Mutual (FWCM) wants resident input on the water air conditioner replacement project process.

There are 542 units in 91 separate buildings that have water-cooled air conditioners (AC), which is about 29 percent of FWCM units. The machines are at an age where they need to be replaced. Water AC units are no longer available for purchase. The Mutual Operations Department (MOD) has been making repairs to keep them working. A long-term solution is required. This new project would establish a schedule to begin replacing water AC, by building, to avoid the long delays to residents on future AC failures.

The Mutual board wants to minimize possible water leaks that could cost FWCM more money for added water damage repairs. The funding for all of this work is in the FWCM reserve fund. The general process for replacing electric AC units is to replace them when they fail to work.

The FWCM Budget and Finance Committee recommends that in 2015 the Mutual begin this replacement project, which would be similar to the bridge replacements and building painting that are currently underway.

The proposed process is:

• Hold a town hall meeting to introduce the project and obtain comments from residents. The meeting is scheduled for Monday, Oct. 20, at 11:15 a.m. in the Fireside Room at Gateway.

• Identify a small group of buildings for replacement in 2015 to test the process, to obtain better cost estimates and refine the process.

• FWCM maintenance staff will establish the priority of buildings to have the water AC replaced each year.

• Every effort will be made to maintain AC location consistency within FWCM for ease of long-term maintenance. The new electric AC units will be placed in the same locations as current electric AC units for each building style.

• During the conversion project, residents will be required to let the contractors into the unit to complete the removal of the water AC units and complete the electric and plumbing work, in addition to the city of Walnut Creek permit inspectors.

• FWCM and MOD staff will be responsible for all group conversion process costs and communication of schedules. They will coordinate with the contractors, provide all materials and obtain permits.
A visit with Vida Blue
Rossmoor residents Deanna Leong, left, and Chuck Leong, right, stopped by to see former Major League Baseball left-hander Vida Blue at the Comcast event last Tuesday at the Event Center. During his 17-year career, Blue pitched for the Oakland A’s, the San Francisco Giants and the Kansas City Royals. The Comcast event also featured Comcast ambassadors answering questions and giving demonstrations on their products and services.

Channel 28 asks residents to submit photos for its ‘Post-It’ programming
Rossmoor Channel 28 wants to give residents a chance to participate in a new segment on “Post It” called “Life in Rossmoor.” Any resident who has a camera can participate in this program.

Channel 28 would like residents to take photos that reflect the landscapes, beauty and people in Rossmoor and email them to the station as jpg files. In every nook and corner of Rossmoor, there’s a chance for a photo opportunity. If one sees something cute at the dog park, take a photo and send it off. Hiking, jogging, sitting on the balcony, at a club meeting, wandering around one of the clubhouses — if one sees something interesting along the way, take a photo. Take photos of animals, people, scenery, anything.

The station staff will crop, color and post the picture. Just provide your name and the names of the people in the photo. Send up to four pictures per email to Channel 28 at tvoffice@rossmoor.com. All pictures broadcast will be submitted to the Rossmoor Historical Society and placed in its archives for future generations. It’s a fun project that you can do alone or with a friend.

Planning begins for Fall Bazaar
The Fall Bazaar, which is cosponsored by the Activities Council and the Recreation Department, will be held on Saturday, Nov. 1 in the Fireside Room, Oak Room and arts and crafts studios from 9 a.m. to 2 p.m.
Applications for the Fall Bazaar are now available in the Recreation Department at Gateway. There will be over 70 Rossmoor resident vendors selling a wide variety of handmade items and baked goods.
This free event is open to all residents and their guests.

TWCM holds orientation
Third Mutual’s (TWCM) resident orientation meeting is set for Wednesday, Oct. 22, at 7 p.m. in the Las Trampas Room at Hillside. Residents who have moved into TWCM since April 2014 have received individual invitations, but any resident of the Mutual is welcome to attend.
An overview of the Mutual will be presented and this will give residents an opportunity to meet their district director. Refreshments will be served.
While this event is complimentary, RSVPs are required for proper planning. For information and to RSVP, call the Board Office at 988-7718 or email twcm@rossmoor.com.

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

Saturday, Sept. 20
Theft: A Ptarmigan Drive, Entry 13, resident reported to Walnut Creek Police the theft of her purse from her unlocked vehicle some time in the last four days.

Saturday, Sept. 27
Theft: A Canyonwood Court, Entry 8, resident reported her red cart was stolen from her carport. The cart wasn’t secured.

Questions with senior care? Ask Vanessa
DEAR VANESSA,
My grandparents raised me so seniors hold a special place in my heart. Becoming a caregiver would be a good way to honor them. What will make me a great caregiver? I hope to be a nurse in four years. CERINA

DEAR CERINA,
A great caregiver has traits and work habits that stand out. Besides the desire to help, you need to demonstrate empathy by being able to put yourself in your client’s shoes to know what it’s like to ask people for help. If you can totally put yourself in the place of who you are caring for, you will do nothing but provide excellent care.

Compassion is a core characteristic of an excellent caregiver. Show that you really care by communicating sensitively with your client and their loved ones. Listen attentively. Respect your client’s values, culture, choices, and decisions. Do what you can to help.

Have patience. Seniors tend to move slowly, respond slowly or repeat conversations. Adjust your pace to the pace of the person you are caring for. Allow your client to do as much as they can for themselves, and avoid doing things that they can do for themselves.

Your client counts on you to be there. Be reliable, show up unless there is an emergency. Be trustworthy. When you provide care to a vulnerable senior, you are invited into their home (near their valuables) and you hold a position of trust. Respect the client’s property and personal belongings, and keep the client’s information confidential. Be flexible. You must be open to change because whether you like it or not, change will happen. If you cannot leave your client alone or unattended, be prepared to stay on your shift longer until your reliever arrives.

A caregiver is someone with love in his or heart, and the knowledge and desire to make a patient’s journey an easier one. If you can find joy in taking care of others, are willing to go above and beyond the call of duty, can take care of yourself so you can provide better care, and are able to remind yourself that you are doing the best that you can, you are a great caregiver. VANESSA

Disclaimer: The information provided is intended to be informative and educational and is not a replacement for professional medical evaluation, diagnosis or treatment by a healthcare professional.
Second Mutual board wants residents to keep their carports clean and tidy

Second Mutual Policy 6.0, Carports and Parking, governs the use of carports and was adopted with safety and cleanliness in mind. Residents who need a copy of the policy can pick one up at the Mutual Board Office at Gateway complex.

Second Mutual’s Carport and Parking Committee periodically inspects carports throughout the Mutual on an entry-by-entry basis and responds to complaints received from neighboring residents. Violators are subject to fines that increase with additional violations.

Second Mutual advises its residents to clean up their carports. Cleaning up means removing any inappropriate storage cabinets, storage boxes, open storage items, posters, hanging items, flammable material and any other prohibited items.

Carport spaces are intended for passenger cars or golf carts. A truck that does not exceed the size of a passenger car and is used only for transportation (and not commercial purposes) may be parked in such a space. A moving truck may not extend beyond the ceiling portion of the space. A carport stall as long as it does not prevent the vehicle from pulling all the way into the space.

Auxiliary storage cabinets, manufactured for such purpose, already in place as of Nov. 25, 2013, and in good condition and appearance, may, at the discretion of the Second Mutual board, remain until such time as the carport is sold, at which time they must be removed. An item of household furniture intended for use in one’s home may not be used as an auxiliary storage cabinet or stored in a carport. No flammable material may be stored in a carport area. Storage cabinets and closets must not include any liquid flammable material. For information or to register a complaint, contact Anne Paone, Mutual board services coordinator, at 988-7775 or apaoone@rossmoor.com.

Hear about wildfires from fire captain

Learn how to be prepared for a grass fire from Capt. George Laing of the Contra Costa County Fire Protection District. He will speak on Wednesday, Oct. 29, at 7 p.m. in the Oak View Room in the downtown Walnut Creek Library. The free event is sponsored by Walnut Creek’s Community Emergency Response Team (CERT).

Laing will provide an overview of the nature of hill fires. He will also answer questions, such as, lessons learned from the Oakland hills fires, how much firefighting help is available, the water shortage impact, how to protect homes, advance warning, what to take with you and how far to evacuate.

Laing will also offer additional details for reducing the chances of loss during a fire. The library is located at 1644 N. Broadway, adjacent to Civic Park.

Ask your doctor if you’re healthy enough for ... Driving!

I heard this statement on my car radio the other day and it really struck my funny bone. It was a BMW car ad and of course they were referring to fast driving. And of course it was a play on those other TV commercials.

As I got to thinking about it, maybe we should ask our doctor if we’re healthy enough to drive. I’m a car doctor and I can fix anything on a car but I had to tell my dad to stop driving when he started exhibiting some strange behavior behind the wheel. Surprisingly he agreed. He hired a junior college gal to drive him around Rossmoor a couple times a week.

And of course we’ve all seen those Rossmoor drivers who have a way of administering shock therapy to our daily routine. In 50 years of serving the Rossmoor area, I’ve seen some bizarre driving faux pas; like folks driving through the front plate glass windows at Safeway, driving through the side wall at the US Post office, knocking over 3 or 4 fire hydrants, crashing into the guard gate entering Rossmoor, just to name a few.

So maybe talking to the doc isn’t such a bad idea.

Frank’s Auto Service

One-Stop Auto Care That You Can Always Count On.
(925) 942-3677
franksautoservice.com
1255 BOULEVARD WAY – ACROSS FROM 7ELEVEN

$ BRING THIS AD FOR $15.00 OFF ANY SERVICE $
Candidates speak at Republican Club dinner meeting

At its monthly dinner meeting on Tuesday, Oct. 21, the Republican Club of Rossmoor will hear four candidates for public office, including one who is running against House Democrat Majority Leader Nancy Pelosi.

The candidates are Ron Nehring, candidate for California lieutenant governor; Catherine Baker, candidate for the California Assembly; Judge Phan Quang Tue, running for the United States House of Representatives; and John Dennis, candidate for Pelosi’s seat in the U.S. House of Representatives.

Nehring has served as chairman of the California Republican party and as a member of the Republican National Committee. He is a businessman, lecturer and international trainer. Baker is an attorney specializing in helping small businesses and non-profits get started and succeed. She is also a community activist and has tirelessly volunteered for pro-bono work.

Tue is a refugee from Vietnam and retired in December 2012 from the San Francisco Immigration Court. As a penniless refugee in the U.S., he began his new life here as a dishwasher and then as a shoe repairer. He returned to school and earned a law degree from Drake University.

Dennis is a partner in the office ergonomics company, Humanscale. He founded Foundation Real Estate, a real estate development and investment firm.

The evening begins at 5:15 with a hosted wine and beer bar in the Donner Room of the Event Center. Hors d’oeuvres will be served. Dinner is at 6 in the Tahoe Room.

The menu includes Caesar salad, beef stroganoff over noodles with seasonal vegetables and tiger stripe brownies with caramel for dessert. The vegetarian entrée is mushroom stroganoff over noodles.

The cost of the evening is $26 for members and $28 for nonmembers. The dinner will be served by Creekside Grill.

To hear the speaker without the dinner, the cost is $5 per person. Reservations are required; walk-ins cannot be accommodated. Those attending for the speaker only should arrive by 6:30.

An event registration form is included in the Rossmoor Republican, which is mailed to all club members each month. Reservations, with checks payable to the Republican Club of Rossmoor, should be mailed to Republican Club of Rossmoor, 1001 Golden Rain Road, Walnut Creek, CA 94595. Alternatively, they may be hand-delivered to the Republican Club mailbox at Gateway. All reservations must be received by noon, Thursday, Oct. 16.

For information, call 937-0125.
Assembly candidates debate sponsored by Democrats, Republicans

Held tomorrow at Event Center

The Democrats of Rossmoor and the Republican Club of Rossmoor will jointly sponsor a debate featuring the Democratic and Republican candidates for California’s 16th Assembly District. The debate will be held in the Event Center on Thursday, Oct. 9, at 1 p.m. Seating will be available at 12:30.

The 16th District, which includes Rossmoor, is one of 80 California Assembly districts. Democrat Joan Burton has held the Assembly seat since 2008, and terms out this year. Campaigning for the seat are Democrat Tim Sbranti and Republican Catharine Baker. Sbranti is a teacher, coach, and former Dublin mayor. He was first elected to the Dublin City Council in 2002, and was elected mayor in 2008 and re-elected in 2010. The city of Dublin enjoyed a budget surplus in 2012 after several years of an economic downturn. Baker is a local attorney with Hoge Fenton Jones & Ap- ple and has received awards for her pro bono work. In 2011, she received the Wiley W. Manuel Legal Services Award from the California State Bar Association, one of the most prestigious awards of its kind. Baker is the vice president of the Dougherty Elementary School Site Council, and has served on the school’s Safety Committee for five years, two as chairwoman.

The debate will be moderated by the nonpartisan League of Women Voters. The debate will continue until 2:30. It will be structured; responses will be timed.

The debate will be followed by a wine reception in the Donor Room (also in the Event Center) so that attendees can meet the candidates. Food will not be served.

Questions for the candidates will come from two sources. They will be collect- ed ahead of time by the re- spective clubs.

Questions from the Republic- an Club of Rossmoor mem- bers should be emailed to Tom Fryer at tomfryer02@gmail. com, or mailed to him at 1708 Golden Rain Road No. 6. Questions from Demo- cratic Club members should be emailed to Jane Walter at waltermjane48@yahoo.com or mailed to her at 1832 Golden Rain Road No. 3.

Questions will also be gath- ered from the audience on note cards and organized by rep- resentatives of the League of Women Voters.

There is no charge to attend the debate and everyone is wel- come. For information, contact Fran Cavenagh (Republican Club) at 945-7211, or Jane Walter (Democrats) at 945-1429.

AAUW hosts session on ballot propositions

Getting overwhelmed and confused by the language of all the propositions on this year’s election ballot? Interested in more in- depth analysis? The Orinda-Moraga-Lafayette branch of American Association of University Women (AAUW) will host an informa- tive session on Propositions at 1 p.m. on Thursday, Oct. 21, from 9:30 to 11 a.m. at the Holy Trinity Serbian Orthodox Church, 1700 School Street in Moraga.

At this meeting, the League of Women Voters will present the pros and cons of the propositions that are on the ballot and pro- vide materials with more specific information about each issue so voters can make an informed choice at the polls. There will be small group discussions.

The meeting is open to the public and all are welcome. Free coffee and tea will be served.

For information, contact Diane Bell-Rettger at dbellrettger@ com, or mailed to him at 1708 com, or mailed to her at 1832 Golden Rain Road No. 6.

$15 OFF ANY SERVICE

COUPON APPLIES TO ANY SERVICE PERFORMED IN OUR AUTO CARE DEPARTMENT, FROM OIL CHANGES, TUNE UPS, BRAKES OR GENERAL REPAIR.

Coupon must be presented prior to service write up and applies to most cars and light trucks, some restrictions apply. Exp. 11-15-14. Code 107

50% OFF DIAGNOSTICS & TROUBLESHOOTING!

Is Your Check Engine Light On? OR Is Your Car Having Any Other Drivability Issues? Bring It In For Diagnostics.

Coupon must be presented prior to service write up and applies to most cars and light trucks, some restrictions apply. Exp. 11-15-14. Code 106

Car Wash • Detail

1601 TICE VALLEY BLVD. WALNUT CREEK
At the Corner of Tice Valley & Olympic Blvd. 939-8369

Autocare

We are your local Approved Auto Service

FREE! AAA CAR CHECK UP

Have Your Vehicle Inspected For FREE and Get it Ready For FALL! Applies to all Rossmoor residents, our 29 point inspection includes everything from checking tire pressure to inspecting brakes. Do not have to be a AAA member, Coupon must be presented prior to service write up and applies to most cars and light trucks, some restrictions apply. Exp. 11-15-14. Code 105

FALL SPECIALS • FALL SPECIALS • FALL SPECIALS

14A ROSMoor News • October 8, 2014

Political analyst to predict November election outcomes at Democrats’ meeting

Political analyst and col-umnist David McCuan will share his predictions for No- vember’s midterm election at the Democrats of Rossmoor’s monthly membership meeting on Thursday, Oct. 23, at the Event Center.

McCuan has spoken to the club before other elections and was enormously popular and entertaining. He is a political science professor at Sonoma State University, where he joined the faculty in 2003. His ex-
pertise is in two broad areas: American politics and interna-
tional relations.

He earned his doctorate from UC Riverside in 2002. McCuan was also a Fulbright Teaching Scholar in 2009-2010 and worked in the Department of International Relations and European Studies, Masaryk University, Czech Republic. He taught courses in U.S. na-
tional security policy, terror-
ism and U.S. foreign policy.

The Democrats’ meeting starts at 2 p.m. with local can-
didates answering questions of attendees. McCuan’s presenta-
tion will be at 3. Refreshments will be served, and there will be time for questions from the audience.

All are welcome, regardless of political affiliation. For in-
formation, call Jon Foyt at 322- 3064.
Resident runs for Acalanes Union High School board

Residents interested in serving on the Acalanes Union High School Board’s five-member governing board are encouraged to attend an informational meeting on Oct. 16 at Creekside Clubhouse.

The Friends of the Walnut Creek Education Foundation (WCEF) invites Rossmoor’s two school districts. The Friends of WCEF is organized to allow Rossmoor residents to keep abreast of current news and issues related to Rossmoor’s two school districts.

All Rossmoor residents are invited to attend club meetings. There are no membership fees.

Contact Elizabeth Davis at 933-9233 or eadavis@ya hoo.com for information.

The Friends of the Walnut Creek Education Foundation (WCEF) invites Rossmoor residents to the club’s next meeting on Thursday, Oct. 16, from 4 to 5 p.m. in the Fairway rooms at Creekside Clubhouse.

At this meeting, there will be an opportunity to meet and talk with local school district candidates from both Acalanes Union High School and Walnut Creek School (K-8) districts.

The candidates include Kristen Correll, Susie Epstein, Bob Hocket and Nancy Kendzierski running for the Acalanes governing board; and Heidi Gatty, Sherri McGoff, Aimee Moss, Barbara Pennington and Stacey Schweppe running for the Walnut Creek governing board. Bring questions. Refreshments will be served.

The Friends of WCEF is organized to allow Rossmoor residents to keep abreast of current news and issues related to Rossmoor’s two school districts.

All Rossmoor residents are invited to attend club meetings. There are no membership fees.

Contact Elizabeth Davis at 933-9233 or eadavis@yaho o.com for information.
Bucks vie for dominance on golf course

Area residents have been observing rutting-season confrontations by several bucks on the fourth tee of the 18-hole Dollar Ranch Course. Over the weekend of Sept. 27, a second gaping hole appeared in the protective netting near the fourth tee.

This second large hole is likely due to bucks challenging each other on the flat area of the tee and then dashing downhill to safety.

To their surprise, as they head downhill they are caught by the net and must use their horns and power to force their way through the net.

Cynthia Neureuther of Terra California Drive witnessed the creation of the initial ripping of the net on the early evening of Sept. 7 when a three-point buck challenged a four-point buck that was eating acorns near the fourth tee.

When the three-point buck was escaping the challenge, he went downhill, hit the net and then had to horn his way through.

Participation in the creation of a new hole has led to discussion among residents as to whether any further holes are likely to appear in the protective netting in the future, and if so, whether they will be on the fourth tee.

Mutual 56 to hold annual meeting Wednesday

The annual meeting of members of Mutual 56 (Lakeshore) will be held on Wednesday, Oct. 15, at 9:30 a.m. in the Vista Room at Hillside Clubhouse.

The purpose of the meeting is to seat one director to fill the only candidate nomination. Pursuant to the bylaws of the Mutual, Edwards has been qualified and declared electable by acclamation and will be seated at the annual meeting.

Mutual members are encouraged to attend this important annual event. Light refreshments will be served.

Dollars for Scholars campaign under way

Continued from page 1A

his family in Costa Rica. The foundation is proud of his perseverance, dedication and motivation.

The Rossmoor Scholarship Foundation looks forward with gratitude to receiving more generous donations during the current fund drive and thanks resident donors.

Christina Wan

Walter Munoz

ROSSMOOR SCHOLARSHIP FOUNDATION
ANNUAL FUND DRIVE

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

Name of donor as it will appear in the Rossmoor News

Amount donated:

Make checks payable to Rossmoor Scholarship Foundation and mail to P.O. Box 2056, Walnut Creek, CA 94595 or leave at the Administration Office at Gateway.

ATTENTION: ALL ROSSMOOR RESIDENTS

You are Invited to our FREE CAR CLINIC every Wednesday at

MICHAEL STEAD

WALNUT CREEK

Cadillac

We will perform a thorough 31 point inspection & a complimentary car wash. Have peace of mind knowing your vehicle has been inspected by our GM Certified Technicians.

Call 925-934-9300 to Schedule your Appointment

2390 North Main St. • Walnut Creek
www.steadcadillac.com

EYE EXAMS
at Rossmoor Shopping Center, next to Safeway

Mark Drucker, MD
Joseph F. Barakeh, DO, PhD
Stephanie Chan, OD
Catherine Wang, OD

Call 925-935-6650 for appointment
walnutcreekoptical.com

Rossmoor’s best Stairlifts!

1-877-535-5515

IS YOUR GOLF CART INSURED TO DRIVE ON ROSSMOOR STREETS?
You’re probably not! I can give you FULL coverage for approx. $200 per year. Call us.

FELIX “F.J.” BOSTON AGENT 925-685-4783
FARMERS INSURANCE

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

Name of donor as it will appear in the Rossmoor News

Amount donated:

Make checks payable to Rossmoor Scholarship Foundation and mail to P.O. Box 2056, Walnut Creek, CA 94595 or leave at the Administration Office at Gateway.

ATTENTION: ALL ROSSMOOR RESIDENTS

You are Invited to our FREE CAR CLINIC every Wednesday at

MICHAEL STEAD

WALNUT CREEK

Cadillac

We will perform a thorough 31 point inspection & a complimentary car wash. Have peace of mind knowing your vehicle has been inspected by our GM Certified Technicians.

Call 925-934-9300 to Schedule your Appointment

2390 North Main St. • Walnut Creek
www.steadcadillac.com

EYE EXAMS
at Rossmoor Shopping Center, next to Safeway

Mark Drucker, MD
Joseph F. Barakeh, DO, PhD
Stephanie Chan, OD
Catherine Wang, OD

Call 925-935-6650 for appointment
walnutcreekoptical.com

Rossmoor’s best Stairlifts!

1-877-535-5515

IS YOUR GOLF CART INSURED TO DRIVE ON ROSSMOOR STREETS?
You’re probably not! I can give you FULL coverage for approx. $200 per year. Call us.

FELIX “F.J.” BOSTON AGENT 925-685-4783
FARMERS INSURANCE

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

Name of donor as it will appear in the Rossmoor News

Amount donated:

Make checks payable to Rossmoor Scholarship Foundation and mail to P.O. Box 2056, Walnut Creek, CA 94595 or leave at the Administration Office at Gateway.
**Learn about Habitat for Humanity at dinner**

Golf tournament is also part of fundraiser

Davis Home Pros, in conjunction with Habitat for Humanity East Bay/Silicon Valley, is proud to sponsor an informational gathering and fundraiser on Monday, Oct. 20, in the Club Room at Creekside. The event begins with a no-host cocktail hour at 4:30 p.m. and a Creekside Grill catered dinner at 6.

Speakers will include Sandra Melero, Habitat home recipient, and Bob Frick, Habitat for Humanity EB/SV board member.

During the evening, there will also be an auction and raffle to raise funds for Habitat. To donate items, contact Jordan Picasso at jordan@davishomepros.com.

Melero is a single mother of two daughters, Bianca (22 years old) and Madelyn (5 years old). She works as a screening clerk for the Children’s Protective Services of Contra Costa County. Frick, at age 75, made history by completing his second cross-country bicycle trip (along with his friend, Len Holmes), raising $150,000 for the Pleasant Creek Habitat development. Now, just two years later, Frick is planning his third such trip (Cycle of Hope III) with a goal of raising $250,000.

Habitat for Humanity is making headlines in Central Contra Costa County. On June 7, the 10-home Pleasant Creek Habitat development in Walnut Creek was dedicated. And just last month, on Sept. 6, the 20-home Muir Ridge Habitat development in Martinez broke ground. Additionally, earlier this year, the local Habitat affiliate, Habitat for Humanity East Bay/Silicon Valley, received the prestigious “Affiliate of Distinction” designation from Habitat for Humanity International.

The price for the gathering is $50 per person and reservations can be made online at www.dhpgolfclassic.com.

Those wishing to participate in the golf tournament charity fundraiser prior to the gathering may also sign up online (registration begins at 10:30 a.m.). Lunch will be provided by Kinder’s. For the golf tournament, there will be a $37 per person discount for Rossmoor residents who bring their own golf cart.

**Youth Homes Auxiliary sells Georgia pecans**

Youth Homes Auxiliary is once again selling the popular “fancy mammoth” Georgia pecan halves for holiday cooking and eating enjoyment.

A 12-ounce bag of pecans sells for $10 and six-ounce bags of sugared pecans are available for $6.

To order one or more bags of pecans for delivery in Rossmoor, call Sandy Weber at 949-3409. The pecans will also be sold at the Youth Homes table at the Rossmoor Fall Bazaar on Saturday, Nov. 1.

Youth Homes Auxiliary, a nonprofit organization, supports Youth Homes, which provides a family living situation in four homes for troubled, sexually abused and neglected youth in the community.

Youths receive necessary treatment and counseling to aid them in becoming self-sustaining and responsible young adults.

The auxiliary supports the homes by providing birthday cakes, Christmas gifts, holiday dinners and pies and financial assistance for special school and recreational activities.

The auxiliary helps with other special individual needs that arise especially for students who are graduating from high school. Scholarships are available for those want to attend college or a technical school.

To help in these efforts to support the youths, contact Henchey or Sandra Abram at 1-888-4485.
The next step: Select a design team. The goal in proposing this project must be to have enough information, the Board should set the requirements. Next is to get professional input on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle.

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

- Letters must be signed or emailed to news@rossmoor.com. Emailed letters are preferred.
- Letters must be accompanied by full name, address and phone number for verification.
- Letters must be germane to the activities and affairs of Rossmoor.
- Letters 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 managing editor.
- Letters announcing an event with a date, time and location will not be printed.
- Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7800, or in person to verify your submission.
- The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.

---

WON'T BE THE 365-TOGGLE-ON FIX

One of the main reasons I moved to Rossmoor was the availability of exercise facilities with pools, equipment, space and a variety of available classes, which I use on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle.

Surveyed residents have voiced their wants and needs, including yet more staff coverage, longer weekend hours and more floor space. Explanations have helped both to alleviate and to promote the increased utilization of our ‘health club’: daily use has nearly tripled.

The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor.

--

THE ROSSMoor News • october 8, 2014

Residents Forum

Set a Programming Goal for the Fitness Center

The GFR Board is making a fit decision.

The GRF Board hiring a fitness facility consultant was a good idea. But the process needs to be more

As a premier senior community, we want to build a new pool facility. Following professional

The task force did a great job on collecting resident

The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor. Headings of letters are written by the managing editor.

- Letters must be signed or emailed to news@rossmoor.com. Emailed letters are preferred.
- Letters must be accompanied by full name, address and phone number for verification.
- Letters must be germane to the activities and affairs of Rossmoor.
- Letters 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 managing editor.
- Letters announcing an event with a date, time and location will not be printed.
- Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7800, or in person to verify your submission.
- The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.

---

Wrong Action for Fitness Center

One of the main reasons I moved to Rossmoor was the availability of exercise facilities with pools, equipment, space and a variety of available classes, which I use on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle.

Surveyed residents have voiced their wants and needs, including yet more staff coverage, longer weekend hours and more floor space. Explanations have helped both to alleviate and to promote the increased utilization of our ‘health club’: daily use has nearly tripled.

The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor.

--

The next step: Select a design team. The goal in proposing this project must be to have enough information, the Board should set the requirements. Next is to get professional input on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle.

Surveyed residents have voiced their wants and needs, including yet more staff coverage, longer weekend hours and more floor space. Explanations have helped both to alleviate and to promote the increased utilization of our ‘health club’: daily use has nearly tripled.

The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor.

--

Wrong Action for Fitness Center

One of the main reasons I moved to Rossmoor was the availability of exercise facilities with pools, equipment, space and a variety of available classes, which I use on a regular basis at Del Valle. Along with the use of the equipment, space and a variety of available classes, which I use on a regular basis at Del Valle.

Surveyed residents have voiced their wants and needs, including yet more staff coverage, longer weekend hours and more floor space. Explanations have helped both to alleviate and to promote the increased utilization of our ‘health club’: daily use has nearly tripled.

The Rossmoor News accepts letters for publication in complete or abridged form at the discretion of the managing editor.

--

Letters must be signed or emailed to news@rossmoor.com. Emailed letters are preferred.

Letters must be accompanied by full name, address and phone number for verification.

Letters must be germane to the activities and affairs of Rossmoor.

Letters 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 managing editor.

Letters announcing an event with a date, time and location will not be printed.

Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7800, or in person to verify your submission.

The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.

---

Letters must be signed or emailed to news@rossmoor.com. Emailed letters are preferred.

Letters must be accompanied by full name, address and phone number for verification.

Letters must be germane to the activities and affairs of Rossmoor.

Letters 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 managing editor.

Letters announcing an event with a date, time and location will not be printed.

Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7800, or in person to verify your submission.

The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.

---

Letters must be signed or emailed to news@rossmoor.com. Emailed letters are preferred.

Letters must be accompanied by full name, address and phone number for verification.

Letters must be germane to the activities and affairs of Rossmoor.

Letters 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 managing editor.

Letters announcing an event with a date, time and location will not be printed.

Letters sent by email are confirmed by an emailed reply. If you have not received a confirmation, contact the News by phone, 908-7800, or in person to verify your submission.

The normal deadline for letters is Friday at 10 a.m. Early deadlines due to holidays are announced in the News.
I t seems more and more likely that Hillary Clinton will run for the presidency next year.

And, if she runs, it seems a good chance she will win. At least, at this moment, there is no opponent she will win. At least, at this moment, there is no opponent she will win. At least, at this moment, there is no opponent she will win.

A model from the other side of the political spectrum was the Iron Lady, Margaret Thatcher of Great Britain, prime minister for 11 years, longer than any other 20th century prime minister. The time when her political position ruled her country lasted from 1979-1990, the time she was regarded as a transformational figure for the country. She left this post two months early to take up the position of high commissioner for Human Rights at the United Nations.

A woman who breaks that mold is Aung San Suu Kyi, the former president of Burma who has become the true icon of her people by submitting to house arrest for almost 20 years. We are teaching the lesson of passive resistance. And now she has won and has joined a functioning Parliament.

Golda Meir, prime minister of Israel between 1969 and 1974, was the first woman to hold this office. Seeking peace was not an option, but as a leader she represented strength, resolve and good sense. Mary Robinson was the president of Ireland. She fought to eliminate all forms of gender discrimination. She served on Dublin’s City Council and became both famous and infamous for sponsoring a wide range of liberal issues. Coming as she did from a family that represented all factions in Ireland, when she became president, she was regarded as a transfigurative figure for the country. She swept months early to take up the position of high commissioneer for Human Rights at the United Nations.

A model from the other side of the political spectrum was the Iron Lady, Margaret Thatcher of Great Britain, prime minister for 11 years, longer than any other 20th century prime minister. The time when her political position ruled her country lasted from 1979-1990, the time she was regarded as a transformational figure for the country. She left this post two months early to take up the position of high commissioner for Human Rights at the United Nations.

A model from the other side of the political spectrum was the Iron Lady, Margaret Thatcher of Great Britain, prime minister for 11 years, longer than any other 20th century prime minister. The time when her political position ruled her country lasted from 1979-1990, the time she was regarded as a transformational figure for the country. She left this post two months early to take up the position of high commissioner for Human Rights at the United Nations.

A woman who breaks that mold is Aung San Suu Kyi, the former president of Burma who has become the true icon of her people by submitting to house arrest for almost 20 years. We are teaching the lesson of passive resistance. And now she has won and has joined a functioning Parliament.

Golda Meir, prime minister of Israel between 1969 and 1974, was the first woman to hold this office. Seeking peace was not an option, but as a leader she represented strength, resolve and good sense. Mary Robinson was the president of Ireland. She fought to eliminate all forms of gender discrimination. She served on Dublin’s City Council and became both famous and infamous for sponsoring a wide range of liberal issues. Coming as she did from a family that represented all factions in Ireland, when she became president, she was regarded as a transfigurative figure for the country. She swept months early to take up the position of high commissioneer for Human Rights at the United Nations.

A model from the other side of the political spectrum was the Iron Lady, Margaret Thatcher of Great Britain, prime minister for 11 years, longer than any other 20th century prime minister. The time when her political position ruled her country lasted from 1979-1990, the time she was regarded as a transformational figure for the country. She left this post two months early to take up the position of high commissioner for Human Rights at the United Nations.

A woman who breaks that mold is Aung San Suu Kyi, the former president of Burma who has become the true icon of her people by submitting to house arrest for almost 20 years. We are teaching the lesson of passive resistance. And now she has won and has joined a functioning Parliament.

Golda Meir, prime minister of Israel between 1969 and 1974, was the first woman to hold this office. Seeking peace was not an option, but as a leader she represented strength, resolve and good sense. Mary Robinson was the president of Ireland. She fought to eliminate all forms of gender discrimination. She served on Dublin’s City Council and became both famous and infamous for sponsoring a wide range of liberal issues. Coming as she did from a family that represented all factions in Ireland, when she became president, she was regarded as a transfigurative figure for the country. She swept months early to take up the position of high commissioner for Human Rights at the United Nations.
Farallon Quintet performs in Chamber Music Society concert Oct. 20

The second concert of the Rossmoor Chamber Music Society 2014-2015 season will feature the Farallon Quintet on Monday, Oct. 20, at 7:30 p.m., in the Tahoe Room of the Event Center. The program will include Mozart’s Quintet in A major for Clarinet and Strings, K. 581; Herrmann’s “Souvenirs de Voyage”; and Prokofiev’s Overture on Hebrew Themes, Op. 34.

The Farallon Quintet, founded in 2012, is a dynamic Bay Area ensemble focused exclusively on the clarinet quintet (string quartet plus clarinet) repertoire. In addition to playing the classics, the quintet seeks to perform rarely heard works, innovative arrangements and new music by living composers.

Natalie Parker, clarinet, a native of South Carolina, is currently principal clarinet of the San Francisco Ballet Orchestra. Since arriving in San Francisco, Parker has played frequently with the San Francisco Symphony as well as several regional orchestras and enjoys performing chamber music throughout the Bay Area.

Dan Flanagan, violin, born in New Jersey, currently serves as concertmaster of the Sacramento Philharmonic and Opera; lecturer of violin at UC Davis; and instructor of violin at UC Berkeley. In 2008 he founded the Sacramento School of Music, where he is currently director and instructor of violin.

Matthew Oshida, violin, a San Jose native, has performed with orchestras throughout the country, accompanied such popular artists as Sarah Brightman, Michael Bolton and Harry Connick, and has demonstrated the link between music and leadership in performances at training seminars for many companies (eBay, Chevron and Intel, for example).

Elizabeth Prior, viola, a South African native, is principal violist with the Santa Rosa Symphony and a season substitute with the San Francisco Opera Orchestra. She is also associate principal with the Marin Symphony and performs regularly with the New Century Chamber Orchestra, and the San Francisco Symphony.

Johan Kim, cello, made his solo debut with the Philadelphia Orchestra in 2003 and the same year appeared with the National Symphony Orchestra in Washington, D.C. He is currently associate principal cello of the San Francisco Ballet Orchestra, of which he is also the youngest member.

Tanya Gabrielian, guest pianist, has delighted audiences worldwide with her captivating performances. Her orchestral performances include the Los Angeles Philharmonic, the Royal Scottish National Orchestra and the Sydney Symphony Orchestra. She currently resides in New York City.

Other Rossmoor Chamber Music Society concerts this season will include: Bridge Chamber Virtuosi, Jan. 19; Feeney-Bogas-Wyrick Piano Trio, Feb. 16; and Quartet San Francisco on March 16.

As previously announced, the concert will be followed by a champagne reception. For information, call Rita at 945-1087, or visit the website, rossmoorchambermusic.org. Subscriptions for the season are $65. Single tickets, for $18, will be on sale at the door starting at 6:30 the night of the performance.

‘World of Webber’ presented in the Tahoe Room tomorrow night

“The World of Webber” show returns to Rossmoor by popular demand on Thursday, Oct. 9, at 7 p.m. in the Tahoe Room at the Event Center. The show celebrates the music of Sir Andrew Lloyd Webber. Performed in intimate cabaret concert style by three outstanding singers with piano accompaniment, the revue features Webber classics like “Music of the Night” (“The Phantom of the Opera”), “Memory” (“Cats”), “Don’t Cry For Me Argentina” (“Evita”), as well as selections from many of his other shows including “Joseph and the Amazing Technicolor Dreamcoat,” “Jesus Christ Superstar,” and “Sunset Boulevard.”

Continued on next page

How much can one gift matter?

Ask Zack and Henry.

Twins Zach and Henry Williams spent their first nine weeks of life in the Neonatal Intensive Care Unit (NICU) of Alta Bates Summit Medical Center. Today they are healthy sixth graders and champion cross-country runners – thanks, in part, to bequests to our NICU. The legacy of good health begins when you include Better Health East Bay in your will or trust, or when you support us with a gift annuity. Include us in your estate plan and gain financial benefits now while touching lives for generations to come.

Make your gift matter.

Contact Ronald Streitz, Director, Regional Gift Planning Office 2856 Telegraph Ave., Suite 601, Berkeley, CA 94705 (510) 204-1493 or csstreit@sutterhealth.org

Better Health East Bay
Sutter Health
Alta Bates Summit Medical Center
Eden Medical Center
Sutter Delta Medical Center
Hear music of Andrew Lloyd Webber Continued from page 20A

Webber has won seven Tony awards, three Grammy awards, an Academy Award, a Golden Globe Award, was knighted in his native England and received a Kennedy Cen-
ter Honor in 2006.

Known for composing and combining all genres of mu-
sic—from classical to rock, and country to jazz, the per-
formers in this show reflect Webber’s musical range.

The Dixieland Jazz Club concert features Mike Slack’s San Francisco Feetwarmers

The Dixieland Jazz Club will host Mike Slack’s San Francisco Feetwarmers on Wednesday, Oct. 22, at 7 p.m. in the Tahoe Room at the Event Center. This evening of music is for listening and/or dancing. Admission (paid at the door) is $10 for club members and $15 for nonmembers or guests. These legendary Bay Area musicians play joyful classic jazz from the foot-stomping roaring ’20s. Formed in 1993, this is the hot band of jazz festivals and clubs all over the Golden State. The Feetwarmers will entertain with their unique mix of wonderful music from the great jazz artists:

- strong
- Morton, Bechet, Duke Ellington, and Fats Waller.
The band has been featured at the Sacramento Jubilee and the Fairmont on Nob Hill.

The San Francisco Feetwarmers will get toes tapping and their driving four-beat rhythm will get everyone dancing to Dixieland and New Orleans favorites.

Rossmoor residents, their friends and family are welcome. Attendees should bring their own snacks and libations. There will be a drawing for door prizes at intermission.

For information, contact Bob Burch at 934-1337.

Music class offered at Acalanes Adult

Part 1 of the class “How Music Is Put Together” begins at the Acalanes Adult Educa-
tion Center on Friday, Oct. 17, from 1 to 3 p.m. The course runs for four weeks; the fee is $36 for seniors.

Diane Mauch, president of the Opera Club, will teach the class. This course will explain the basic tools of music composition. The class will examine how the three major aspects of music—melody, rhythm, harmony—are organized and combined. The language of music notation will be explained and students learn how it is written.

Terminology will also be de-mystified as the class studies scales, the key system and how to build chords. There will also be an introduction to intervals and to modulation—moving from one key to another.

Although some listening will be part of the sessions, this is not just a listening or ap-
preciation class. Students will learn how to grapple with the music and composers use to construct pieces.

The class is open to anyone who loves music and would like to become more literate in understanding one’s favorite pieces and in expressing one’s experience and appreciation in a clear, communicative manner.

Mauch was a professional singer of opera, concert and oratorio and is a retired profes-
sor of voice from the University of Miami. She has lectured extensively on music history and literature and given master classes in vocal technique and repertoire. She also served as director of education for Florida Grand Opera. She has a master’s degree in music the-
ory, with a principal in vocal performance from the Univer-
sity of Michigan.

Dixieland Jazz Club will host Mike Slack’s San Francisco Feetwarmers

The Dixieland Jazz Club will host Mike Slack’s San Francisco Feetwarmers on Wednesday, Oct. 22, at 7 p.m. in the Tahoe Room at the Event Center. This evening of music is for listening and/or dancing. Admission (paid at the door) is $10 for club members and $15 for nonmembers or guests. These legendary Bay Area musicians play joyful classic jazz from the foot-stomping roaring ’20s. Formed in 1993, this is the hot band of jazz festivals and clubs all over the Golden State. The Feetwarmers will entertain with their unique mix of wonderful music from the great jazz artists:

- strong
- Morton, Bechet, Duke Ellington, and Fats Waller.
The band has been featured at the Sacramento Jubilee and the Fairmont on Nob Hill.

The San Francisco Feetwarmers will get toes tapping and their driving four-beat rhythm will get everyone dancing to Dixieland and New Orleans favorites.

Rossmoor residents, their friends and family are welcome. Attendees should bring their own snacks and libations. There will be a drawing for door prizes at intermission.

For information, contact Bob Burch at 934-1337.

Music class offered at Acalanes Adult

Part 1 of the class “How Music Is Put Together” begins at the Acalanes Adult Educa-
tion Center on Friday, Oct. 17, from 1 to 3 p.m. The course runs for four weeks; the fee is $36 for seniors.

Diane Mauch, president of the Opera Club, will teach the class. This course will explain the basic tools of music composition. The class will examine how the three major aspects of music—melody, rhythm, harmony—are organized and combined. The language of music notation will be explained and students learn how it is written.

Terminology will also be de-mystified as the class studies scales, the key system and how to build chords. There will also be an introduction to intervals and to modulation—moving from one key to another.

Although some listening will be part of the sessions, this is not just a listening or ap-
preciation class. Students will learn how to grapple with the music and composers use to construct pieces.

The class is open to anyone who loves music and would like to become more literate in understanding one’s favorite pieces and in expressing one’s experience and appreciation in a clear, communicative manner.

Mauch was a professional singer of opera, concert and oratorio and is a retired profes-
sor of voice from the University of Miami. She has lectured extensively on music history and literature and given master classes in vocal technique and repertoire. She also served as director of education for Florida Grand Opera. She has a master’s degree in music the-
ory, with a principal in vocal performance from the Univer-
sity of Michigan.

Dixieland Jazz Club will host Mike Slack’s San Francisco Feetwarmers

The Dixieland Jazz Club will host Mike Slack’s San Francisco Feetwarmers on Wednesday, Oct. 22, at 7 p.m. in the Tahoe Room at the Event Center. This evening of music is for listening and/or dancing. Admission (paid at the door) is $10 for club members and $15 for nonmembers or guests. These legendary Bay Area musicians play joyful classic jazz from the foot-stomping roaring ’20s. Formed in 1993, this is the hot band of jazz festivals and clubs all over the Golden State. The Feetwarmers will entertain with their unique mix of wonderful music from the great jazz artists:

- strong
- Morton, Bechet, Duke Ellington, and Fats Waller.
The band has been featured at the Sacramento Jubilee and the Fairmont on Nob Hill.

The San Francisco Feetwarmers will get toes tapping and their driving four-beat rhythm will get everyone dancing to Dixieland and New Orleans favorites.

Rossmoor residents, their friends and family are welcome. Attendees should bring their own snacks and libations. There will be a drawing for door prizes at intermission.

For information, contact Bob Burch at 934-1337.
Holocaust survivor speaks at Emeritus College

Dora Sorell, a 93-year-old retired physician, Holocaust survivor and author, will relate her remarkable story on Tuesday, Oct. 21, at 1:30 p.m. in the Vista Room at Hillside Clubhouse. Sorell is the author of “Tell the Children: Letters to Miriam.” To register for the program, call Emeritus College at 969-4316.

In Rossmoor, the New Plays Festival continues through Sunday, Oct. 19, at the Event Center. The photo was taken at Martin and Linda Kelp’s demonstration how the cubes fit together to make sofas, beds, chairs, tables and ledges.

DAOR’s technical wizard prepares sound effects, lights

By Peg Rimler
DAOR correspondent

When sets are needed for nine distinctly different short plays, and you need to quickly change these sets during each performance, how do you smoothly pull it off? You enlist the aid of a technical director with innovative ideas: Enter the Dramatic Association of Rossmoor’s (DAOR) Martin Kelp.

Kelp is currently busy designing and building 12 unique modular cubes that can be connected horizontally or stacked vertically in small group configurations to create sofas, chairs, tables, patio sets and more. These modules will be smartly finished, lightweight and easy for stagehands to move, assemble and disassemble. Each short play will have its own special ambience, whether a period piece, or set in the modern era.

Martin Kelp created cubes that configure to make nine different sets for the DAOR New Plays Festival that will be presented in November in the Event Center. The photo was taken at DAOR’s annual meeting where Martin and Linda Kelp demonstrated how the cubes fit together to make sofas, beds, chairs, tables and ledges.

By adding props such as cover-lets, throw pillows, lamps, pictures and plants, a new setting will be created before the audience’s eyes in as little as two or three minutes.

And for convenience and economy, the modules can be stacked and stored in a small space, ready for re-use in a future Drama Association production. Kelp is also busy collecting a bevy of sound effects such as a ringing doorbell, a dance band playing a waltz, howling wind noises and creepy bat shrieks.

As for lighting techniques, the lights used to simulate the look of a dinner on a sunny summer patio must be quite different from the effects needed for indoor lighting in a cabaret space, ready for re-use in a future Drama Association production. As for lighting techniques, the lights used to simulate the look of a dinner on a sunny summer patio must be quite different from the effects needed for indoor lighting in a cabaret space, ready for re-use in a future Drama Association production.

Photos are available for purchase for $10 each, and are available for pick-up at the gate on the day of the event. To pre-order, call 988-7703. 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 take your place.

For information about this dance, call Sally Kennedy at 934-7720.

Residents are invited to join the Penguin Dance Club. This is the only formal dinner-dance club in Rossmoor. Members meet new friends, enjoy excellent food and listen and dance to great music in a beautiful setting. For information about membership, call Katherine Cheena at 216-9405.

Penguin Dance Club to hold its autumn dinner dance at Gateway

The Penguin Dance Club will have its Autumn Leaves Ball dinner-dance on Saturday, Nov. 8, in the Fireside Room at Gateway.

Beginning at 6 p.m., there will be a social hour with appetizers along with a fully hosted bar staffed by Ced Ferrett and his crew. Dinner will be served at 7 by Simple Elegance Catering. Entrée choices are roast prime rib of beef with scalloped potatoes, grilled salmon with wild rice pilaf or stuffed Portobello mushroom vegetarian dish.

Accompanying the entrees will be baby carrots and a mixed greens salad. Dessert will be vanilla ice cream with chocolate sauce and orange sprinkles. Decaffeinated coffee and hot tea will be served, and red and white wine will be on each table.

Entertainment will be provided by the Manny Gutierrez Quartet, playing a variety of music for listening and dancing. Creative decorations by Barrie Elrod and her assistants will be on display.

The cost for the evening is $60 per member couple, or $575 per guest couple. Reservation checks, payable to the Penguin Dance Club, should be mailed to Sally Kennedy, 1114 Skycrest Drive No. 3. Note entrée choices on the check.

All reservations, including those for guests, must be received by Saturday, Oct. 25. There will be no refunds after Monday, Nov. 3.

Couples who want to sit together must submit their checks together. Member couples or $75 per guest couple.

There will be no refunds after Monday, Nov. 3.

Guests are always welcome. Guests are given priority before returning guests.

Jim Griesemer and Sheryl Ruzek, members of the Penguin Dance Club, danced in the 50th Anniversary parade.

Seated on a space available basis after members are accommodated. First time guests will be given priority before returning guests.

Dress for the evening is formal. Attire for women is a long gown, cocktail dress or elegant pants suit. Men’s attire is a tuxedo, dinner jacket or a dark suit with a white shirt and dark bow tie.

For information about this dance, call Sally Kennedy at 934-7720.

Residents are invited to join the Penguin Dance Club. This is the only formal dinner-dance club in Rossmoor. Members meet new friends, enjoy excellent food and listen and dance to great music in a beautiful setting. For information about membership, call Katherine Cheena at 216-9405.

Vote McGoff

COLLABORATIVE EXPERIENCED DEDICATED

A proven leader, making a difference for our students and community.

www.mcgoffwcsd.com

Vote Sherri McGoff

School Board

Walnut Creek School District

Friday Lunch

IN ROSSMOOR

Menu for Oct. 17
Call 988-7703 for a reservation

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

The menu:

Vegetarian lasagna, California blend, tossed green salad with Italian dressing and strawberry gelatin with strawberries

Hamburger plate or chef’s salad

Please specify the entree of your choice; otherwise, you will receive the menu item for that day.

Portobello mushroom vegetarian dish.

Grilled salmon with wild rice pilaf or stuffed Portobello mushroom vegetarian dish.

Elegance Catering. Entrée choices are roast prime rib of beef with scalloped potatoes, grilled salmon with wild rice pilaf or stuffed Portobello mushroom vegetarian dish.

Accompanying the entrees will be baby carrots and a mixed greens salad. Dessert will be vanilla ice cream with chocolate sauce and orange sprinkles. Decaffeinated coffee and hot tea will be served, and red and white wine will be on each table.

Entertainment will be provided by the Manny Gutierrez Quartet, playing a variety of music for listening and dancing. Creative decorations by Barrie Elrod and her assistants will be on display.

The cost for the evening is $60 per member couple, or $575 per guest couple. Reservation checks, payable to the Penguin Dance Club, should be mailed to Sally Kennedy, 1114 Skycrest Drive No. 3. Note entrée choices on the check.

All reservations, including those for guests, must be received by Saturday, Oct. 25. There will be no refunds after Monday, Nov. 3.

Couples who want to sit together must submit their checks together. Member couples or $75 per guest couple.

There will be no refunds after Monday, Nov. 3.

Guests are always welcome. Guests are given priority before returning guests.

Jim Griesemer and Sheryl Ruzek, members of the Penguin Dance Club, danced in the 50th Anniversary parade.
I

DAOR presents ‘Where Have All the Flowers Gone’

The Drama Association of Rossmoor (DAOR) will present “Where Have All the Flowers Gone?” Stories of the ‘60s by Stagebridge Senior Theatre on Friday, Oct. 17, at 2 p.m. in the Las Trampas Room at Hillside Clubhouse. Tickets, for $5, will be sold at the door starting at 1:30.

Come relive that time when everything was groovy, cool and a gas. Whether flower child or square, there is a story here for everyone from one of the most polarizing and unifying eras in the history of America. Hear personal riveting stories of the civil rights movement, resisting the draft, women’s rights and riots.

Everyone from one of the most polarizing and unifying eras in the history of America. Hear personal riveting stories of the civil rights movement, resisting the draft, women’s rights and riots.

The price of our Lock Box Package is LESS than needing a door or window replaced!

Get Your All-Inclusive Lock Box Package Today

✓ Lockbox with key and protective cover
✓ Combination Set Up
✓ One on One Tutorial
✓ WE Notify the Fire Department For YOU!!!

Call to schedule an appointment for your Lock Box today

(925) 775-4321

INDIVIDUAL LOCK BOX = $85.00 per residence
SHARE A LOCK BOX with your neighbor at $100.00
( Includes 2 stamped keys and colored key tags)

FRIENDS AND FAMILY PACKAGE ...
book 3 or more appointment (Individual Boxes) for the same day at $75.00 each

As a neighbor at $100.00, we care about your security. We sell and install all types of safes!
We are a family owned Locksmith company and we care about you.

Locksmith Lic No LCO 6004 Contractors Lic No 990277
Camera Club awards photographers in creative, nature categories

By Lynn Letteris
Club correspondent

On the first and third Wednesdays of each month, the Rossmoor Camera Club hosts a meeting wherein members who enjoy competition submit their photos either in the print format, viewed in a light box, or as a digital presentation where it is shown on a large screen.

The Sept. 17 competition featured the digital categories of Creative and Nature, as well as the print categories Creative and Nature.

To those who wonder how a photographer’s ranking is achieved, it is established for competitors based on a point system. Winning photographers earn the photographer specific points depending on where the image placed in a competition. These points are accumulated and evaluated at the end of the year, at which time an updated ranking is assigned to the competitor.

An experienced photographer/judge, usually a professional, is hired to critique and grade the entries as they are either projected on a screen or, in the case of prints, viewed physically in a light box, as well as on the screen.

All members are encouraged to participate, particularly new photographers as there is no better way to increase understanding of your work. Critiquing of entries is anonymous, so the judge’s comments do not result in any embarrassment to the photographer, but do provide useful tips on improving skills.

For members and nonmembers alike, competition nights are a wonderful venue for learning more about the art form that is photography. Whether shooting with a smart phone or a DSLR, the meetings can be entertaining and gratifying. Photographers of all skill levels are invited.

This event’s judge was Terry Toomey whose photographic outlook is to assist the photographer by suggesting, where necessary, what the photographer could have done differently to produce a better image.

This event’s winners are:

Creative prints
Basic: first place, Richard Nicholes for “Peacock Spin”
Continued on next page
Camera Club winners announced

Continued from page 24A and second, Nicholes, “Aliens”; for “Zion National Park” and second, Ojars Kratins, “Fighting Flames” and second, Nicholes, “Aliens” or Carol Scott at 934-9998. Partygoers are particularly encouraged to attend free concert Oct. 16

Marlon Green and band present free concert Oct. 16

Enjoy the party of the century when Walnut Creek officially turns 100 in October.

The public is invited to celebrate at the Centennial Birthday Festival on Saturday, Oct. 18, from 11 a.m. to 4 p.m. at the historic Shad- elands Ranch Museum, 2660 Ygnacio Valley Road.

Partygoers will find live music, food trucks, local artisans, museum tours, activities, crafts and, of course, birthday cake.

The Shadelands Ranch Museum, built in 1903 and the former home of Hiram Penniman (1824-1907), will be open to the public. Today, the house is home to the Walnut Creek Historical Society and is listed on the National Register of Historic Places.

There will be a full day of live music and dancing to Locust & Main, featuring an all-new take on popular music from the 1960s to today. The Devil Mountain Chorus will stroll among partygoers.

There will be more than 50 booths, includ- ing artisans, vendors and community service groups. The community groups will include the Lindsay Wildlife Museum, Walnut Creek Community Emergency Response Team (CERT), Tony La Russa’s Animal Rescue Foundation (ARF), Ruth Bancroft Gardens, Lesher Center for the Arts, Save Mount Diablo and the Walnut Creek Library Foundation.

The Artists’ Market will feature educators; artists from the Civic Arts Education Program, Clay Arts Guild and Fiber Arts Program; and local independent artists and vendors. Demonstrations will go on throughout the day.

There will also be the Centennial Store, and the History Alley tribute to Walnut Creek, Shadowbrook Winery, the official centennial winery, will be sampling and taking orders for its Centennial Blend.

The free celebration is sponsored by Broad- way Plaza. For information and updates, go to WalnutCreek100.com.
Ceramic Arts Club holds general meeting, garden art classes to start Friday

Ceramic artist Ellen Sachscheide will provide a garden art-hand-building class for the Ceramics Arts Club (CAC) on four Fridays: Oct. 10, 17 and 24, and Nov. 7, from 1 to 4 p.m.

Sachscheide works predominately with the soft slab and pinch pot approach, then whacks and pushes organic textures into the clay. The results are bulbous, organic and richly textured vessels. Visit her site at www.gardenvessels.com to view examples of her work.

A sample of some wares that will be available at the Fall Bazaar in the Ceramics Studio.

General meetings are open to all Rossmoor residents and demonstrations are free. The Fall Bazaar is scheduled for Saturday, Nov. 1. CAC members Patty Taylor and Betty Baker are co-chairing studio bazaar efforts and with a theme of “Ceramics We Treasure.”

The money made from the annual bazaar is used to keep the studio and club running. These funds supplement and lower the cost of all workshops and socials, pay for local artist demonstrations and more.

The bazaar committee volunteer sign-up sheets are posted on the bulletin board at the front of the studio. Contact: Taylor at 988-9122 or Baker at 989-4316.

Other suggested themes for window displays will be announced in advance and members can work individually or in groups on projects related to the theme for display. Studio window displays usually change the first Monday of the month. Any change of date will be announced in advance. Contact: Elaine Plati at 926-0757.

The CAC website, www.rossmoorchristmas.com, provides information about the studio and membership and also has a blog about what’s happening at the studio.

All classes and workshops are open to CAC members only. In addition to the website, the calendar at the front of the studio lists all current and upcoming events.

ENTERTAINMENT NOTES

“Pippin” Revival Has Superb Circus Performances

By Charles Jarrett

The revival of the Broadway musical “Pippin,” winners of 2014 Tony Award for the Best Musical Revival, recently arrived in San Francisco at the Golden Gate Theater and is receiving standing ovations from appreciative audiences. The musical introduces us to a mysterious circus performance troupe led by a Leading Player (Sasha Allen).

The Leading Player narrates the story of Pippin, a young prince on his search for a meaningful life, a life of significance as he would define it. His father is Charles (John Rubinstein), and his troghly-wise stepmother, Fasstredra (Sabrina Harper) and her lame-brained son, Lewis (Callan Bergmann).

Pippin (Matthew James Thomas) comes home from school and attempts to get re-acquainted with his father, Charles (John Rubinstein), and his “troghly-wise stepmother,” Fasstredra (Sabrina Harper) and her lame-brained son, Lewis (Callan Bergmann).

Pippin is offered an opportunity to make his family mark as a warrior soldier in his father’s kingdom, but when he discovers the true facts of his father’s reign, men who were forced to give their lives with little or no just reward, Pippin decides that this is not his idea of fulfillment and a meaningful life.

Pippin then flees to the countryside where he stops to see his grandmother, Berthe (Lucie Arnaz, the daughter of Lucille Ball and Desi Arnaz), in his exiled grandmother’s home. Berthe tells Pippin to take life less seriously and get a little more lighthearted, which he decides to attempt to do.

To him, taking life less seriously means having a little gratuous sex, but his interving sexual encounters leave him even less satisfied with life. In his search for a better life and he then decides to fight tyranny instead. However, since his father is the reigning king, it is one tyrant in this part of the world, he finds that he has to murder his father, which he does, then takes over as the new king. He quickly discovers that being a king is not as easy as one would imagine; thus he prays for his father’s return (which miraculously happens). When he realizes that a bit heavy with sexual overtones (displaying some of the most beautiful and sexually provocative costumes that would be permissible for a modern family show).

“Pippin” continues through December. Performances are superb, the set is stunning, the story is rich in lighthearted comedy, although a bit heavy with sexual overtones (displaying some of the most beautiful and sexually provocative costumes that would be permissible for a modern family show).“Pippin” continues through December. Performances are superb, the set is stunning, the story is rich in lighthearted comedy, although a bit heavy with sexual.

The music is thoroughly delightful and performances are superb, the set is stunning, the story is rich in lighthearted comedy, although a bit heavy with sexual overtones (displaying some of the most beautiful and sexually provocative costumes that would be permissible for a modern family show). The music is thoroughly delightful and performances are superb, the set is stunning, the story is rich in lighthearted comedy, although a bit heavy with sexual overtones (displaying some of the most beautiful and sexually provocative costumes that would be permissible for a modern family show).
A recital of classical, art song, opera and mu-

Mozart, Wolf, Puccini, Tchaikovsky, Richard Rodgers, Cole Porter and

ter is a very active part of this organization.

Richard Merman and Mary Martin on

A free event is sponsored by the Recrea-

tion of Teachers of Singing (NATS). The

All are welcome to the free

The explosion en-

Theatrical genius of

Tchaikovsky, Richard Rodgers, Cole Porter and

The production runs from

Vladimir Putin, a faceless person

In 1999, Boris Yeltsin went

As a result of the disinte-

The Bay Area chap-

The overview is about “Par-

members say $20 per couple.

Where else can you go to be so wonderfully

Within a few brief years,

Gessen is a journalist and

books. She is the editor of the

Mass media and the Internet

The Band’s 85-plus members, who give freely of their time,

The Bob Gutierrez Quartet will provide the music for the Rossmoor Ballroom Dance Club’s

Rossmoor residents are

The theater is located at

The Bob Gutierrez Quartet will provide the music for the Rossmoor Ballroom Dance Club’s "Jack-o’-Lantern Ball" on Saturday, Oct. 18, at 7 p.m. in the Tahoe Room at the Event Center.

The club furnishes refreshments and some light snacks. Alcohol is not served so bring your own.

The attire for dances is semi-formal. Jeans, shorts and flip-flops are not allowed.

Admission is $5 per couple for members; nonmembers pay $20 per couple.

Where else can you go to be so wonderfully

Every Monday evening at the Hillside Clubhouse,

Gessen has been described as

Gessen has experienced and reported this history first

Gessen is a journalist and

Within a few brief years, virtually every obstacle to

European and Western pub-

Russian and the West were de-

Rosa Esmeralda, "50% off,

Rossmoor residents are

invited to join members of the International Affairs

Book Club as they read and discuss “The Man Without a

Face: The Unlikely Rise of

Vladimir Putin" by Masha Gessen.

The session will meet on

The Oct. 24 meeting will be in

In 1999, Boris Yeltsin went

looking for a successor to his

he was finally remembered as unsurpris-

ingly unpopular president. He settled on

the almost unknown Vladimir

Putin, who had never been a

mass media person they believed they could mold

in their own image.

Russia and the West were
determined to see in him the pro-

gressive leader of their dreams.

even as with ruthless efficiency

Putin dismantled the country’s

media, wrested control and wealth from the business class

and destroyed the fragile mech-

anisms of democracy.

Within a few brief years, virtually every obstacle to

Putin’s unbridled control was

removed and every opposing voice silenced, with political

rivals and critics driven into

exile or to the grave.

Gessen has experienced and

reported this history first

hand, bringing it up to its

present moment of unrest and

uncertainty.

Gessen is a journalist and

the author of several other

books. She is the editor of the

Russian-language Snob mag-

azine and has contributed to

Vanity Fair, the New Repub-

lic, Granta and Slate, among

other publications.

Club members have

worked together to get a han-

dle on current developments

as the new global economy

evolves. The discussions are

deliberate on current developments

and animating informative.

For information, contact

Gary Hansen at gmustang61@

Cheema, at 216-9405.

Natalie Buster and Debo-

Baker, Kelly Brandeburg,

stellar cast featuring Tielle

Goes,” “Peter Pan” and more.

The Band’s 85-plus members, who give freely of their time,

are dedicated volunteers from Danville and surrounding

communities. They represent many diverse professions, students and

retirees, and ages range from 13 to 80-plus.

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

This free concert is sponsored by the Recreation Department

**Movies Movies Movies**

**Drama** 
The Fault in Our Stars is the featured film for Thursday, Friday.

The 2014 drama “The Fault in Our Stars” will be shown in Peacock Hall at Gateway on Thursday, Oct. 9, at 1, 4, and 7 p.m.; and on Friday, Oct. 10, at 10 a.m. and 1, 4, 7 and 9 p.m. Captions will be utilized on Thursday at 1 and 7 and on Friday at 10 and 1.

Hazel and Gus are two teenagers who share an affinity for Irish-standby cleans for the convention- al, and a love that sweeps them on a journey.

Their relationship is all the more miraculous given that Hazel’s other constant companion is an oxygen tank, Gus jokes about his prostatic cancer support group.

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

**Sunday’s comic presentation is ‘Rushmore’**

The 1998 comedy “Rushmore,” starring Jason Schwartzman and Bill Murray, will be shown in Peacock Hall at Gateway on Sunday, Oct. 12, at 4 and 7 p.m. The showing at 4 will feature language captions.

Wunderkind Max Fischer, a sophomore at upscale Rushmore Academy, sees a movie starlet, famous for parting his world turn topsy-turvy when he’s smitten with wid owed first-grade teacher, Cross. To win her, Max enlists the aid of her African-American gardener. This film is one hour and 33 minutes long and is rated R. This free program is sponsored by the Recreation Department and is open to all residents and their guests.

**Boomers Forever Club’s Cinema Under the Stars presents ‘Woodstock’ Sunday**

All Rossmoor residents and their guests are welcome to attend an outdoor movie with the Boomers Forever Club on Sunday, Oct. 12, weather permitting. The movie will be “Woodstock: Three Days of Peace and Love,” part 1.

This Academy Award-winning documentary chronicles the music and happenings at the 1969 music festival on a dairy farm in upstate New York. For information, call John Littig, 256-8558.

**Italian clubs host Cinema in Italiano film ‘Bianca Come il Latte, Rosse Come il Sangue’**

The Italian-American Club and the Italian Conversation Group continue their Cinema in Italiano series with the film “Bianca Come il Latte, Rossa Come il Sangue” (“White as Milk, Red as Blood”), released in Italy in 2013.

The film will be shown on Monday, Oct. 20, at 7 p.m. in Peacock Hall at Gateway.

The film centers around Leo (Taylor Nichols), a sailor who as Fred mentions with some mixed feelings, was always a winner of any competition he faced, whether it be in sports, or in love. He is incredibly gifted, however, for weaseling out of taking any responsibility. Thus, he has no problem freeload ing, preying on connections, being just another cold, calculating opportunist. As for relationships with women, he doesn’t know. He reads books about effective methods of salesmanship and ponders all his life issues whether relating to work or romance. He is very earnest, looking for, and forming, personal qualities to get and hold the attention of the beautiful fair trade girls with whom they socialize at a local club.

For general information about the club, or to contact one of the board members, send an email to boomersforever1@gmail.com.

**Recreation offers free class at Gateway**

The Recreation Department will offer a jar-luminary-making class on Thursday, Oct. 9, at 10 a.m. in the Fireside Room at Gateway.

Students will make a fall-inspired jar luminary out of a Mason jar, acrylic paint, paper and charcoal. Paint can stain clothing, so wear clothing that can get dirty. There is no fee for the class. There is a class maximum of 20 students. To reserve a spot, call Elena Ybarra at 988-7766.

**Repsectors show ‘FrackNation’**

The Republican Club will show “FrackNation” on Wednesday, Oct. 15, at 4 p.m. in Peacock Hall at Gateway. The film is a politically incorrect documentary on “fracking,” a controversial method of natural gas extraction.

The film is free to all Rossmoor residents, rated PG, 77 minutes long, and will be shown with language captions.

For information, call John Littig, 256-8558.
End of Life Concerns presents "Tuesdays With Morrie"

“Tuesdays With Morrie” will be shown on Tuesday, Oct. 21, at 1 p.m in Peacock Hall at Gateway. It will be followed by a conversation with all who want to participate.

The film offers the life philosophy of Morrie, a retired professor, in a series of conversations with his former student, Mitch Albom, who recorded their conversations for a book of the same name.

The book was made into a movie, which won awards with Jack Lemmon playing Morrie. The book revealed what Mitch learned from Morrie. In addition, the film presents Mitch’s struggle with his failing marriage and how Morrie’s philosophy empowered him and his wife to find love again.

The film offers Morrie’s thoughts such as,

“The most important thing in life is to learn how to give out love and to let it come in.” And, “Buddhists ask, ‘Am I ready? Am I doing all I need to do? Am I being the person I want to be?’”

The film presents uplifting ideas that are relevant to all of us, in a somewhat sweet way as Morrie approaches death from ALS while cared for by his wife and revered by Mitch. The film is presented by the End of Life Concerns Club. For details, call Anita King at 934-1813.

Chinese-Americans show "Goddess of Mercy"

The Chinese-American Association of Rossmoor will show "Goddess of Mercy," a 2003 suspense-drama, on Monday, October 13, at 10 a.m. in the Gateway Clubhouse by Grandparents for Peace and Justice (note change of location). On May 9, 1934, San Francisco longshoremen went out on strike against West Coast ship owners, flaring a movement of 35,000 maritime workers of the International Longshoremen’s Association that shut down 2,000 miles of coastline from Bellingham, Wash., to San Diego, Calif.

Driven by the grievances, determination and militancy of the rank and file members, the longshoremen’s union forced ship- owner employers, President Franklin D. Roosevelt’s federal mediator, the American Federation of Labor (AFL) union leadership and culminated in the San Francisco general strike.

Prior to the strike, the longshoremen were organized by individual port agreements and separated by many craft unions. In San Francisco, a company hiring structure prevailed, meaning employers could pick those who would accept poverty wages, unemployed workers accepting poverty wages, unsafe working conditions and irregular employment. Refreshments and coffee will be served. All are welcome. Dues for joining Grandparents for Peace for the 2015 year are $10 per person. For more information, call Chairwoman Bobbie Rabinowitz at 939-7384.

San Francisco general strike featured in Grandparents for Peace film presentation

A film on the 80th anniversary of the San Francisco general strike will be shown on Monday, Oct. 13, at 10 a.m. in the Gateway Clubhouse by Grandparents for Peace and Justice (note change of location). The film of a country with courage and determination and of a people finally returned to the land from which they came. Following a historic vote by the United Nations, Israel was declared a sovereign nation on May 14, 1948. One day later, armies from Lebanon, Syria, Transjordan, Egypt, and Iraq invaded. With only 600,000 people in the infant nation, Israel not only survived, but in 1949 began armistice negotiations that ensured the existence of the Jewish state.

Overflowing with rare footage, photographs, and interviews with those involved in the War of Independence, “Birth of a Nation” is a pivotal point in modern history. The extraordinary film of Bernard Beecham, a British soldier, depicts the reality of the fledgling nation when efforts were devoted toward war.


The answer will be found in colorful and musical videos to be shown in two Rossmoor screening rooms. The first program will be presented on Wednesday, Oct. 22, at 1 p.m. in Peacock Hall at Gateway Clubhouse. Two peace march videos (each 14 minutes) depict the delirious departure from Los Angeles, the march’s death in the desert, its resurrection in Austin, and its jubilant arrival in Las Vegas. Two additional shorts will be shown featuring James Cagney and his character, "The Islander," who died just as the peace march was reborn. As we walked, a number of marchers ran through all the songs from Cagney’s film “Yankee Dooddle Dandy.”

Program two, on Monday, Oct. 27, at 7 p.m. in Peacock Hall, will include two more peace march videos, both set in Utah where numerous events took place. The terrible nuclear accident at Chernobyl occurred while the march was in Utah. A peace marcher died in Utah. Program two will end with the program "The Road to Peace," which opens on October 27, a series of 14 short films to be shown over four days of the Peace March.

The theme is the 1986 Great Peace March across the United States, an epic movement of 738 people and 3,700 miles. I was one of the 500 people who walked from Los Angeles to Washington, D.C.

The purpose of the march was to press the U.S. government to “Take Down the Bombs” and to strive for global nuclear disarmament. I, however, wandered far from that path. Early in the march, I met Rhoda Evans from Seattle, and we began to read the plays aloud to each other. “Antony and Cleopatra” crossed the Mojave Desert, “The Winter’s Tale” over the Rocky Mountains, “A Midsummer Night’s Dream” on the Great Plains... momen: “Troilus and Cressida,” “Timon of Athens,” “Cymbeline,” “Coriolanus...” Would we read all 37 plays of William Shakespeare, even the unfamiliar ones?

The answer will be found in colorful and musical videos to be shown in two Rossmoor screening rooms. The first program will be presented on Wednesday, Oct. 22, at 1 p.m. in Peacock Hall at Gateway Clubhouse. Two peace march videos (each 14 minutes) depict the delirious departure from Los Angeles, the march’s death in the desert, its resurrection in Austin, and its jubilant arrival in Las Vegas. Two additional shorts will be shown featuring James Cagney and his character, “The Islander,” who died just as the peace march was reborn. As we walked, a number of marchers ran through all the songs from Cagney’s film “Yankee Dooddle Dandy.”

Program two, on Monday, Oct. 27, at 7 p.m. in Peacock Hall, will include two more peace march videos, both set in Utah where numerous events took place. The terrible nuclear accident at Chernobyl occurred while the march was in Utah. A peace marcher died in Utah. Program two will end with the program “The Road to Peace,” which opens on October 27, a series of 14 short films to be shown over four days of the Peace March.

The theme is the 1986 Great Peace March across the United States, an epic movement of 738 people and 3,700 miles. I was one of the 500 people who walked from Los Angeles to Washington, D.C.

The purpose of the march was to press the U.S. government to “Take Down the Bombs” and to strive for global nuclear disarmament. I, however, wandered far from that path. Early in the march, I met Rhoda Evans from Seattle, and we began to read the plays aloud to each other. “Antony and Cleopatra” crossed the Mojave Desert, “The Winter’s Tale” over the Rocky Mountains, “A Midsummer Night’s Dream” on the Great Plains... momen: “Troilus and Cressida,” “Timon of Athens,” “Cymbeline,” “Coriolanus...” Would we read all 37 plays of William Shakespeare, even the unfamiliar ones?

The answer will be found in colorful and musical videos to be shown in two Rossmoor screening rooms. The first program will be presented on Wednesday, Oct. 22, at 1 p.m. in Peacock Hall at Gateway Clubhouse. Two peace march videos (each 14 minutes) depict the delirious departure from Los Angeles, the march’s death in the desert, its resurrection in Austin, and its jubilant arrival in Las Vegas. Two additional shorts will be shown featuring James Cagney and his character, “The Islander,” who died just as the peace march was reborn. As we walked, a number of marchers ran through all the songs from Cagney’s film “Yankee Dooddle Dandy.”

Program two, on Monday, Oct. 27, at 7 p.m. in Peacock Hall, will include two more peace march videos, both set in Utah where numerous events took place. The terrible nuclear accident at Chernobyl occurred while the march was in Utah. A peace marcher died in Utah. Program two will end with the program “The Road to Peace,” which opens on October 27, a series of 14 short films to be shown over four days of the Peace March.

The theme is the 1986 Great Peace March across the United States, an epic movement of 738 people and 3,700 miles. I was one of the 500 people who walked from Los Angeles to Washington, D.C.

The purpose of the march was to press the U.S. government to “Take Down the Bombs” and to strive for global nuclear disarmament. I, however, wandered far from that path. Early in the march, I met Rhoda Evans from Seattle, and we began to read the plays aloud to each other. “Antony and Cleopatra” crossed the Mojave Desert, “The Winter’s Tale” over the Rocky Mountains, “A Midsummer Night’s Dream” on the Great Plains... momen: “Troilus and Cressida,” “Timon of Athens,” “Cymbeline,” “Coriolanus...” Would we read all 37 plays of William Shakespeare, even the unfamiliar ones?
Addie Mattox celebrates publication of first novel ‘Hot Air and Love’ Oct. 21

Addie Mattox will celebrate the publication of her first novel, “Hot Air and Love,” at a book party on Tuesday, Oct. 21, from 5 to 7 p.m. in the Fireside Room of Gateway Clubhouse. She will be on hand to sign and sell her book at $10 a copy.

All interested Rossmoor residents are invited to attend, but are asked to RSVP by Oct. 13 to amattox@atdoc.com. Light refreshments will be served.

Mattox will also be the Published Writers of Rossmoor’s Featured Author in the Library throughout October.

In 2012, Mattox went on safari in Kenya and met Sidney, a hot-air pilot who took her group flying over Serengeti. This young woman was inspired for the inspiration for “Hot Air and Love.” The novel explores the adventurous woman’s decision to become a hot-air balloon pilot and follow her lover to Kenya. Her relationships there with an American man and a Kenyan present her with very different and absorbing challenges.

The book also offers insight into living in the Kenyan bush as an expat through Sidney’s introduction to a Maasai village and relationship with a run-away Maasai girl.

Mattox is well known in Rossmoor as the pickleball ambassador for the East Bay. She teaches pickleball and has won many tournaments, including the nationals in 2013. Before she discovered pickleball, she was a dedicated tennis player. When she was 17, she played Billie Jean King in a juniors tournament. She says she was quickly dispatched.

Mattox attended the University of Toronto and later graduated from California State University. She completed UCLA’s master’s program in English as a second language and taught foreign adults to speak English in Los Angeles. In 1971, she joined IBM as a market support analyst and went on to earn an MBA from Pepperdine after attending night classes.

She later opened an independent consulting firm, specializing in automated office systems. Her clients included several oil and gas companies who hired her to work in Scotland. Peru, France, Canada and England. In the 1980s, Addie and her husband Gray opened a bed and breakfast in Glen Ellen, just north of Sonoma. She describes these years as most challenging, as she continued to work as a full-time consultant, as well as cooking “gourmet” breakfasts for her guests.

The couple moved to Rossmoor in 2006 to be close to their daughter, son-in-law and two granddaughters, who live in Orinda. She is currently collaborating with one of these granddaughters on a novel about Vietnamese refugees who have made successful lives in the United States.

“Hot Air and Love” may now be purchased through Amazon and is available for check-out at the Rossmoor Library.

Entertainment Notes: ‘Married’ in Danville Continued from page 26A

Rossmoor Medical Associates physicians are Board Certified in Internal and Geriatric Medicine, and are currently accepting new patients. We accept Medicare, HealthNet Seniority and most other major insurances. Call for more information or to schedule an appointment. (925) 933-1210. Visit us on the web at www.rossmoordocs.com

Addie Mattox celebrates publication of first novel ‘Hot Air and Love’ Oct. 21

FLUSHOTS

AVAILABLE NOW
MONDAY Thru FRIDAY
8:30 AM to 4:30 PM
Rossmoor Medical Associates
1210 Rossmoor Parkway, Walnut Creek, CA 94595
(925) 933-1210
ALL PATIENTS WELCOME
Medicare, Affinity HMO and most PPO insurance will be billed.

Call for an appointment, or drop in

EpiDeLeon, M.D., Javier DeLeon, M.D., Jonathan Frank, M.D., Edgar Kwan, M.D., Elizabeth Seet, M.D.

Rossmoor Medical Associates physicians are Board Certified in Internal and Geriatric Medicine, and are currently accepting new patients. We accept Medicare, HealthNet Seniority and most other major insurances. Call for more information or to schedule an appointment. (925) 933-1210. Visit us on the web at www.rossmoordocs.com

FLUSHOTS

AVAILABLE NOW
MONDAY Thru FRIDAY
8:30 AM to 4:30 PM
Rossmoor Medical Associates
1210 Rossmoor Parkway, Walnut Creek, CA 94595
(925) 933-1210
ALL PATIENTS WELCOME
Medicare, Affinity HMO and most PPO insurance will be billed.

Call for an appointment, or drop in

EpiDeLeon, M.D., Javier DeLeon, M.D., Jonathan Frank, M.D., Edgar Kwan, M.D., Elizabeth Seet, M.D.

Rossmoor Medical Associates physicians are Board Certified in Internal and Geriatric Medicine, and are currently accepting new patients. We accept Medicare, HealthNet Seniority and most other major insurances. Call for more information or to schedule an appointment. (925) 933-1210. Visit us on the web at www.rossmoordocs.com

MODERN CLASSICAL CDs

Composer Represents Transition From Romanticism to Modern Style

GEORGE ENESCU: Complete Works for Violin and Piano Vol 1

By Robert Moon

T he attraction of this CD is the wonderful performances of violinist Axel Strauss and Ilya Poletaev that result from their shared understanding of the composer by one of the 20th-century’s great violinists. Rossmoorians might remember Strauss as he played here as a member of the San Francisco Piano Trio in March as part of the Rossmoor Chamber Music Society.

He taught at the San Francisco Conservatory of Music from 2001 to 2012, has won the Naumburg Violin Award and was a student and teaching assistant to the esteemed violin teacher Dorothy DeLay at the Juilliard School. Here, Strauss and his partner Ilya Poletaev play these works with an exuberance and ravishing tone that introduced me to the melodic, modern violin and piano works of a significant composer, George Enescu (often spelled Enoescu).

Violinist Yehudi Menuhin, who was a pupil of Enescu, called him “the greatest all-round musician I ever met in my entire life.” Publo Casals said he was “the greatest musical phenomenon since Mozart.” George Enescu (1881-1955) was one of three great members of the French-Belgian school of violinists, known for its polished technique, vibrant tonal beauty and nobility of spirit that are part of the early 20th-century’s great violinists. His music reflects “the drama and complex organizational procedures of German music, the refinement of harmony and colour of the French school of violinism, variety and sophistication of the folk-music of Romania, with its unusual scales and fluid rhythms.” The violinist Ilya Poletaev in unusually perceptive program notes.

The Violin Sonata No. 2 (1899), written at age 18, shows the influence of the French– Faure and Franck– and Brahms. Simultaneously– chromatically lyrical and complex, its cyclical design provides the intellect with a familiarity that sticks in the mind, yet there’s complexity in the polyphonic writing that’s typical of Enescu’s later output. The story’s drama is in the slow movement that is a contrast to its meditative and lyrical character. The violinist and violist are in concert with a slow movement that is a contrast to its meditative and lyrical character. The violinist and violist are in concert with...
Channel 28 DVs
Health programs aired on Channel 28 in the last year are available for checkout at the Rossmoor Library at Gateway. These includes presentations by groups such as Medical Friends of Rossmoor and the Wellness Group.

Serenity Santa Clara
This lovely Santa Clara condo is totally level and in pristine condition with new flooring and painting. The only one shared neighbor. The property was updated throughout with all new countertops, new oven and refrigerator, new flooring, new bathroom fixtures, a new shower and fixtures throughout. You won’t have to do a thing before you move in as the home is in pristine condition with new flooring and fresh paint throughout. Located in a great small independent mutual. Offered for $485,000.

The only trick to selling your home is enlisting the help of the right real estate agents. Call the 2 gold girls.

Anyone performing construction work in California that totals $500 or more in labor or materials must be licensed by the Contractor’s State License Board. Call 925-944-5990.

ROSMMOR PAINTING SERVICE
For an hour-long painting estimate, call 925-945-1801. NEED HELP PACKING? moving/packing/hauling
David M. Sale 925-945-1801. 25 years experience. Free estimates, Rossmoor references. 24 hour/7 day service. CELEBRATING 20 YEARS OF SERVICE! NO. 793768. BBB accredited. Local and Rossmoor references.

PROFESSIONAL EDITOR

YARD/GARDENING
YARD MAINTENANCE: pruning, hedging, weeding, clean up, planting, general cleanup service. Let me help make your garden one to be proud of. Dave’s Yard Maintenance service. Call 925-682-8389 today.

LEAVE YOUR REJUVENATION, your auras, and balconyes. I have worked for hundreds of residents for over 20 years. Reliable vacation watering also. Jane, 925-797-8256.


Serene Santa Clara
This lovely Santa Clara condo is totally level and in pristine condition with new flooring and painting. The only one shared neighbor. The property was updated throughout with all new countertops, new oven and refrigerator, new flooring, new bathroom fixtures, a new shower and fixtures throughout. You won’t have to do a thing before you move in as the home is in pristine condition with new flooring and fresh paint throughout. Located in a great small independent mutual. Offered for $485,000.

Heard programs aired on Channel 28 in the last year are available for checkout at the Rossmoor Library at Gateway. These includes presentations by groups such as Medical Friends of Rossmoor and the Wellness Group.

Serenity Santa Clara
This lovely Santa Clara condo is totally level and in pristine condition with new flooring and painting. The only one shared neighbor. The property was updated throughout with all new countertops, new oven and refrigerator, new flooring, new bathroom fixtures, a new shower and fixtures throughout. You won’t have to do a thing before you move in as the home is in pristine condition with new flooring and fresh paint throughout. Located in a great small independent mutual. Offered for $485,000.

The only trick to selling your home is enlisting the help of the right real estate agents. Call the 2 gold girls.

Anyone performing construction work in California that totals $500 or more in labor or materials must be licensed by the Contractor’s State License Board. Call 925-944-5990.

ROSMMOR PAINTING SERVICE
For an hour-long painting estimate, call 925-945-1801. NEED HELP PACKING? moving/packing/hauling
David M. Sale 925-945-1801. 25 years experience. Free estimates, Rossmoor references. 24 hour/7 day service. CELEBRATING 20 YEARS OF SERVICE! NO. 793768. BBB accredited. Local and Rossmoor references.

PROFESSIONAL EDITOR

YARD/GARDENING
YARD MAINTENANCE: pruning, hedging, weeding, clean up, planting, general cleanup service. Let me help make your garden one to be proud of. Dave’s Yard Maintenance service. Call 925-682-8389 today.

LEAVE YOUR REJUVENATION, your auras, and balconyes. I have worked for hundreds of residents for over 20 years. Reliable vacation watering also. Jane, 925-797-8256.


Rossmoor Welcomes
OLD HARBOUR COMPANY
a small independently owned real estate brokerage.
We are excited to visit with you and provide personal care and attention to detail in your next real estate transaction. Your satisfaction is our highest level of customer service and professional excellence developed over 90 years of combined Old Harbour real estate experience.

Benefit from our Experience

Bob & Terry’s Junk Removal
Specializing in home and estate cleanups, big and small. No minimum charge - free estimates - price reduction for salvageable items. Serving Rossmoor for over 30 years! 925-944-0605.

Need a fresh look for an upcoming sale? We will come to your home with packing supplies for moving, storage, or just decluttering. To schedule, call Nancy at 925-216-8575 and visit www.avoveit.com.

HANDYMAN SERVICES, LLC: “Your small project expert serving Rossmoor for nearly 10 years!” Electrical, plumbing, furniture assembly, baseboards, crown-molding and more! The only handyman you’ll need! Insured Business License 019239. Call David 925-859-7375.

HANDYMAN REPAIR SERVICES specializing in home electrical, tile, painting, flooring, wall coverings, window cleaning and light housekeeping. No job too small. Rossmoor resident discounts. Call Rick (Rossmoor resident) at 925-639-8333.

FAIR AND HONEST I work and live in Rossmoor. No project is too small. I love small jobs. I do repairs, maintenance, carpentry, installation and odd jobs. Chanzig, 530-870-2845.

RENT-A-GENT House, garden, repair, clean home/garage, hauling. Just name it! Young, strong, reliable, reasonable. References. Walnut Creek resident. (Steve, 925-870-2845.

“One of a Kind” Remodel Completed in 2013
Magnificent ‘Saratoga’ with Granite Counters in Kitchen, Glass Backsplash, Stainless Appliances, Gorgeous Vinyl Flooring & Stone Foyer! All books are bid on site. Let’s talk! Magnificent ‘Saratoga’ with Granite Counters in Kitchen, Glass Backsplash, Stainless Appliances, Gorgeous Vinyl Flooring & Stone Foyer! All books are bid on site. Let’s talk!

No. 793768. BBB accredited. Local and Rossmoor references.

The only trick to selling your home is enlisting the help of the right real estate agents. Call the 2 gold girls.

Anyone performing construction work in California that totals $500 or more in labor or materials must be licensed by the Contractor’s State License Board. Call 925-944-5990.

Rossmoor Welcomes
OLD HARBOUR COMPANY
a small independently owned real estate brokerage.
We are excited to visit with you and provide personal care and attention to detail in your next real estate transaction. Your satisfaction is our highest level of customer service and professional excellence developed over 90 years of combined Old Harbour real estate experience.

Benefit from our Experience

Rossmoor Welcomes
OLD HARBOUR COMPANY
a small independently owned real estate brokerage.
We are excited to visit with you and provide personal care and attention to detail in your next real estate transaction. Your satisfaction is our highest level of customer service and professional excellence developed over 90 years of combined Old Harbour real estate experience.

Benefit from our Experience

Bob & Terry’s Junk Removal
Specializing in home and estate cleanups, big and small. No minimum charge - free estimates - price reduction for salvageable items. Serving Rossmoor for over 30 years! 925-944-0605.

Need a fresh look for an upcoming sale? We will come to your home with packing supplies for moving, storage, or just decluttering. To schedule, call Nancy at 925-216-8575 and visit www.avoveit.com.

HANDYMAN SERVICES, LLC: “Your small project expert serving Rossmoor for nearly 10 years!” Electrical, plumbing, furniture assembly, baseboards, crown-molding and more! The only handyman you’ll need! Insured Business License 019239. Call David 925-859-7375.

HANDYMAN REPAIR SERVICES specializing in home electrical, tile, painting, flooring, wall coverings, window cleaning and light housekeeping. No job too small. Rossmoor resident discounts. Call Rick (Rossmoor resident) at 925-639-8333.

FAIR AND HONEST I work and live in Rossmoor. No project is too small. I love small jobs. I do repairs, maintenance, carpentry, installation and odd jobs. Chanzig, 530-870-2845.

RENT-A-GENT House, garden, repair, clean home/garage, hauling. Just name it! Young, strong, reliable, reasonable. References. Walnut Creek resident. (Steve, 925-870-2845.

“One of a Kind” Remodel Completed in 2013
Magnificent ‘Saratoga’ with Granite Counters in Kitchen, Glass Backsplash, Stainless Appliances, Gorgeous Vinyl Flooring & Stone Foyer! All books are bid on site. Let’s talk! Magnificent ‘Saratoga’ with Granite Counters in Kitchen, Glass Backsplash, Stainless Appliances, Gorgeous Vinyl Flooring & Stone Foyer! All books are bid on site. Let’s talk!

No. 793768. BBB accredited. Local and Rossmoor references.

THE CARING HAND Home Care Referral Agency. Experienced home care professionals who can provide non-medical services which include personal care, light housekeeping, and companion services. Call Beth Bankston at 925-899-3370 or 925-352-8041 for more information.

I AM A COMPASSIONATE caregiver, experienced in all phases of healthcare, any hours. Licensed and bonded. Excellent references. Will drive to all entertainments and vocational hours. Call 925-849-5611.

ELDERLY CARE With 20 years experience. Excellent references, care for stroke, Alzheimer’s, diabetes, heart problems, hospital care. Experience includes duties for homebound, housekeeping, errands, exercises, medicine, light housekeeping and light meals. (Can do both short and short hours) 925-782-0718.

HENRY STEVENS HOME HEALTH Care. Known for being one of the most dependable, reliable, responsible providers in the area. Experienced with Alzheimer’s, Parkinson’s, post-surgery, hospice. Bonded and insured. Henry, 925-839-8116.


FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

HEALY STEVENS HOME HEALTH Care. Known for being one of the most dependable, reliable, responsible providers in the area. Experienced with Alzheimer’s, Parkinson’s, post-surgery, hospice. Bonded and insured. Henry, 925-839-8116.


FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

HEALY STEVENS HOME HEALTH Care. Known for being one of the most dependable, reliable, responsible providers in the area. Experienced with Alzheimer’s, Parkinson’s, post-surgery, hospice. Bonded and insured. Henry, 925-839-8116.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

HEALY STEVENS HOME HEALTH Care. Known for being one of the most dependable, reliable, responsible providers in the area. Experienced with Alzheimer’s, Parkinson’s, post-surgery, hospice. Bonded and insured. Henry, 925-839-8116.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.

FRIENDLY HOME CARE. COMPANION care. FULL TIME or part time. Experienced caregiver. Efficient and can help with medication, diet and exercise. Reasonable rates. Call 925-216-0757 or 925-325-2893.
### Rossmoor Realty
1641 Tice Valley Boulevard, Walnut Creek CA 94595

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

**EXCLUSIVE LISTING AVAILABLE ONLY THROUGH ROSSMOOR REALTY**

### MLS LISTINGS - COOPERATIVES

**VILLA NUEVO** — **WALK RIGHT IN!** Ground floor 2 bedroom, 2 bath plan plus den and 2 balconies condo with wonderfull views of woods and Mt. Diablo. Remodeled kitchen. Huge living room with dining area, fireplace and balcony access. Spacious master suite with walk-in closet. Garage and carport. *Price: $649,000*

**SEQUOIA** — **GORGEOUS VIEWS & GREAT LOCATION.** Updated kitchen and baths, mirrored closet doors, 4-panel doors, covered stack washer & dryer & stall shower with extra linen cabinets. Living room has built-in custom bookcases, smooth ceilings and many other updated features throughout. Walk to Del Valle clubhouse, fitness center, and farmers market. *Price: $252,000*

### MARY JANE MADDEN
REALTOR®
CalBRE License #012779936
(925) 908-1664

"Mary Jane was greatly recommended to us by a friend who moved about her wonderful service. We agreed! She is straight forward with answers, very courteous and pleasant to work with. We always felt she had our best interests at heart and was very knowledgeable in her real estate information.”

Dianna P.

### MLS LISTINGS - CONDOMINIUMS

**PIEDMONT TOWNHOU...**


**GALLOWAY** — **OUTSTANDING GOLF COURSE VIEWS.** Top floor beauty featuring vaulted ceilings, new carpet and paint. Kitchen with breakfast nook and gas stove. Formal dining room with balcony access. Fireplace in living room. Spacious master suite with walk-in closet, above with seat and access to sunny, new balcony with panoramic golf course views. *Price: $509,000*


**SARATOGA** — **COMPLETELY REMODELED in 2013.** Upgrades include designer front door, vinyl, flooring in entry, kitchen & bath. Roof lighting in entry. Upgraded designer carpeting, colofed ceilings, crown moldings & baseboards. Dual pane windows, mirrored closet doors, recessed lighting. Kitchen boasts granite counters, glass backsplash, stainless appliances & a unique skylight. Bath has marble counters, marble surround in shower with bench seat and another incredible skylight. New PRICE!!!... *Price: $399,000*

**SEQUOIA** — **BEAUTIFULLY UPDATED HOPE featuring updated kitchen with skylight, bosh DW, built-in microwave and side by side refrigerator. recessed lighting in living room, mirrored closet doors, updated bath with stack WD, tile around tub. It's a beauty! FURTHER REDUCTION!!!... *Price: $252,000*

**SEQUOIA** — **BEAUTIFUL REMODEL IN LOVELY SETTING.** Brand new kitchen and bath. Gorgeous cabinets, granite counters, crown molding, smooth ceilings, mirrored closet doors, closet organizers, new paint, recessed lighting, beautifully tiled wall-in shower, stack WD. **NEW PRICE!!!**... *Price: $329,000*

**SONOMA** — **PRIVATE END OF CUL-DE-SAC LOCATION.** New carpet, good condition, full sized stack W/D, stall shower, tiled kitchen counters, crown molding. Pleasant view from open Veranda, light/bright. Carport is close by. Mail delivery to front door... *Price: $237,500*
Rossmoor Realty Means More!

**Buyers for Homes are Searching the Internet.** They find us first because Rossmoor is our name. Not just our middle name but our “first” name. We’ve had the same name for 47 years because it’s what we do - we sell Rossmoor, first and foremost. Call your Rossmoor Realty agent today; you’ll be glad you did.

----------

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

### SHOWCASE

**NEW!!**

Captivating Coastal Oak in Private Premium Location.

2 bed, 2 bath single family home offers spacious den, formal dining & living room plus family great room situated in prestigious Heritage Oaks. Picturesque views from every window. 10-foot volume ceilings. Gourmet kitchen with granite counters and tumbled marble back splash. Den offers built-in Murphy bed & desk with organizing perfection. Master bedroom suite retreat with access to patio, handsome crown moldings, ceramic tiles throughout & the list of fine quality features go on & on. **Offered at $1,450,000**

**PRESENTED BY SALLY ROBERTS. CALL SALLY (925) 334-6277.**

**NEW!!**

Truly Unique, 2 Bedroom, 1 Bathroom Beautifully Remodeled Sonoma

Gorgeous home! Toupin over the top remodel! Reconfigured kitchen with stainless steel appliances, stacked washer dryer, custom cabinetry with granite counters, unique island, under cabinet and recessed lighting; incorporated enclosure, coffered ceilings; plantation shutters. Beautiful tiled shower with glass accents, double sink custom vanity in bathroom. Mirrored closet doors, ceiling fans, crown moldings and built-ins plus much, much more. **Offered at $425,000**

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

### SPOTLIGHT LISTING

**NEW!!**

2 BEDROOM, 2 BATH PINEHURST

Breathtaking view of Rossmoor Valley & Rolling Hills. Large eat-in kitchen, separate defined dining room & generous laundry room with full size W/D. Rare large wall-in closets; master tub, dual pane windows in sun room. Chair lift, great plus! **Offered at $525,000**

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

**NEW!!**

2 BEDROOM, 1 BATH MONTEREY


**PRESENTED BY SALLY ROBERTS CALL LORI (925) 334-6277.**

**NEW!!**

2 BEDROOM, 2 BATH SONOMA WRAP

Pristine condition with lovely view of rolling hills. Updated kitchen; custom tile counters, built in microwave, high quality hardwood floors, crown molding. Bathrooms feature resort style vanities, mirrors & lighting in baths. **Much more!** **Offered at $349,000**

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

Call The Rossmoor Experts Today at

**(925) 932-1162**

www.rossmoorrealty.com • 1-800-980-7653 (SOLD)
NEW ROOSSYN AT ROSSMOOR GREENS.


$725,000.

UPPER LEVEL.

New Rosslyn at Rossmoor Greens.

$725,000.

SAN FRANCISCAN NEAR GATEWAY.

New Rosslyn at Rossmoor Greens.

$725,000.

UPPER LEVEL.

New Rosslyn at Rossmoor Greens.

$725,000.

SAN FRANCISCAN NEAR GATEWAY.

New Rosslyn at Rossmoor Greens.

$725,000.

UPPER LEVEL.

New Rosslyn at Rossmoor Greens.

$725,000.

SAN FRANCISCAN NEAR GATEWAY.

New Rosslyn at Rossmoor Greens.

$725,000.

UPPER LEVEL.

New Rosslyn at Rossmoor Greens.

$725,000.

SAN FRANCISCAN NEAR GATEWAY.

New Rosslyn at Rossmoor Greens.

$725,000.

UPPER LEVEL.

New Rosslyn at Rossmoor Greens.

$725,000.
Prudential California Realty
1830 Tice Valley Blvd., in Tice Valley Plaza
(925) 280-4920
www.pruca.com

SERVING THE NEEDS OF OUR ROSSMOOR CLIENTS FOR OVER 35 YEARS!

THE PRUDENTIAL NEWSBOARD

Prudential California Realty is becoming a part of Warren Buffett’s
BERKSHIRE HATHAWAY HOME SERVICES GROUP
Watch for the changes beginning December 2014

CURRENT LISTINGS

SMASHING NEW SIERRA LISTING!
This 2-bedroom condo features 2 updated baths, a RECENTLY remodeled kitchen by Toupin Construction, a separate formal dining room, dramatic fireplace and vaulted ceilings, plantation shutters throughout and beautiful western view. $579,000

AN EXCITING SEQUOIA WRAP.
Sparkling 2 Bedroom home with a Panoramic view! Large fully enclosed Veranda with separate heat pump offers approximately 290 s.f of additional living space. Updated kitchen and bath.………..$299,000

A WELL-LOCATED SONOMA
Gorgeous views of hills from this 2-bedroom Sonoma CO-OP. This updated home features laminate flooring in the entry and kitchen. The bathroom features a washer/dryer. Locked storage space in carport and plenty of guest parking. $279,950

AFFORDABLE EXPANDED VIEW SEQUOIA
This newly Listed, 2-bedroom co-op has an enclosed veranda that brings its total living space to over 1200 sq. ft. Enjoy the views of Mt Diablo and the rolling hills of Central Contra Costa while you update and upgrade…. $239,000

NOW AVAILABLE: A PRISTINE YOSEMITE
This 2-bedroom, 2-bath Yosemite co-op is all freshened up with smooth ceilings, new paint, flooring, lighting and granite counters. This home faces a lawn area and has a charming patio and is close to carport and guest parking. …………………… $352,000

AN AFFORDABLEEXPANDED SONOMA
Please don’t miss this beautifully located, cozy 2-bedroom co-op that’s waiting for your own touches. This unit with over 1200 sq. ft. of living your personal changes and upgrades. …………………… $225,000

SMALL TREE LANE
Enjoy the peace and quiet of a beautiful tree lined street. This 1-1/2 bath unit features an enclosed patio and a deck. Deserted living and dining room offer space for entertaining.…….. $225,000

A SPECTACULAR CLOSE-IN CASCADE
These 2-bedroom, 2-bath condos feature large rooms and are one of the most desirable units in Rossmoor. This home has a beautiful Toupin kitchen, updated baths, new “LEES” carpet and an enclosed garage and carport. Walking distance to everything Rossmoor. $573,000

A BEAUTIFULLY REMODELED SONOMA
Exceptional craftsmanship puts this Sonoma above all the rest. This 2-bedroom co-op provides fabulous features from floor to ceiling and includes an inside laundry, stall shower and all new kitchen appliances. This is a MUST SEE. $399,000

A WONDERFUL CLASSIC CLAREMONT
A 2-bedroom beauty with a view of trees in front yard and from the open back patio plus a view of the golf course too! Super clean and crisp looking with new dwv, counter tops, sink, fixtures and new paint and carpet. This one’s a bargain $240,000

UNBELIEVABLE GOLF COURSE GATE WITH ABSOLUTELY NO STAIRS
This new listing is it – that combination of spectacular design and craftsmanship by Toupin Construction and the most amazing golf course location in Rossmoor. This 2-bedroom, 2-bath home is the newest complete rebuild by Rossmoor’s most respected builder.……….. $529,500

SOPHISTICATED VIEW SEQUOIA
This BRAND NEW LISTING with 2 bedrooms has been completely remodeled with the exceptional craftsmanship of western construction. Featuring “top of the line” custom cabinets, high-end appliances and Andersen windows and doors. Sleek and modern finishes throughout PLUS inspiring Mt Diablo views from the enclosed terrace. $380,000

FEATURED LISTING OF THE WEEK

STYLISH EXPANDED SEQUOIA
Sophistication meets cosmopolitan chic! Here’s a home that should only be shown to clients who want a designer showcase in a fabulous location. Modern touches, plush high-grade carpet, built-in cabinets, updated kitchen and bath, extra living space with half-enclosed balcony overlooking redwoods and greeted by lush green lawn. …………………….*$399,000!*

WATERFORD

A CHARMING GCHTSWORTH CONDO
In the incomparable Waterford. This 1-bdrm, 1-1/2-bath home with approx. 920 s.f. has a bright, cheery and convenient third-floor location. It offers custom built-in shelving, new carpet, fresh paint, a fully equipped kitchen, thermal pane windows and carport parking. …………………… Reduced to $249,900

NEWLY LISTED CYPRESS
This 2-bdrm, 1-1/2-bath home with approx. 920 s.f. has a northeastern exposure and lovely panoramic view. It offers new carpet, fresh paint, large entry foyers, fully equipped kitchen, Garage parking $315,000

MARY BEALL 965-2278
DIANE WILSON 787-7625
MARCIA WEBERENBERG 699-8404
SABINA SOJO 978-4612
DAVE SMITH 642-0415
JIM OLSON 788-2143
GEORGE HANGER 266-0723
SHARLEE MORGAN 209-4798
JOANNE MENDOZA 510-409-7914
Said sale shall be subject to a 90 day right of redemption period per the requirements of section 704 of the California Civil Code. The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The date and time of the sale shall be on or after the date shown on this notice of sale. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge a fee for this information. If you consult either of these resources, you should be aware that the lien, not the property itself, is being sold at a trustee auction. The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The best way to verify postponement information is to attend the scheduled sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.

The property hereinafter described is being sold "as is". The undersigned Trustee, disclaims any liability for any inaccuracies, omissions, or errors contained herein. Notice of Default and Election to Sell to be recorded in the county where the real property is located and on or after the date shown on this notice of sale may be postponed one or more times by the mortgagee, its assignee, or an officer of the court pursuant to Section 2924b of the California Civil Code. The sale date shown on this notice of sale of this property, you may call (714) 737-7777 to visit this Internet Web site: www.gobjects.com using the file number assigned to this case 14-004384A. Information about postponements that are very short in duration or that occur close in time to the sale date may not be reflected in the telephone information or on the Internet Web site.
This lovely Santa Clara condo is totally level-in making it accessible for all. There is no one above or below and only one shared neighbor. The property has been updated throughout with granite counter tops in the kitchen and bathrooms, smooth ceilings, a new shower and fixtures throughout. You won't have to do a thing before you move in as the home is in pristine condition with new flooring and fresh paint throughout. Located in a great small independent mutual. Offered for $485,000.

SAN FRANCISCAN NEAR GATEWAY
Unique level-in and no stairs. Approx. 1330 sq. ft. with 2 bedrooms, bright kitchen and updated bath. Beautiful laminate floors and enclosed atrium with skylight. Superb location across from Gateway and very close to carport. $349,000.

MONTEREY WITH A VIEW

LOVELY MONTEREY
This lovely Monterey features peek-a-boo views of golf course and surrounding hills. This special end-unit is a little larger than your average Monterey. The home is beautifully updated with a remodeled kitchen and bathroom. $365,000.

LEVEL-IN CYPRESS
This lovely level-in Cypress co-op is a spacious 1-bedroom/1-bathroom property with no steps to the door. The home has been updated with crown molding, granite counter tops. Walking distance to Creekside and close to everything! Offered at $170,000.

WELL-MAINTAINED EXPANDED KENTFIELD
Don't miss out on this lower level, 3-bedroom, 2-bath, den, vaulted kitchen light, wood floor in entry. Don't wait. This will go fast. $445,000.

UPPER LEVEL SIGNATURE TAHOE
Approx. 1540 sq. ft. with 2 bedrooms, 2 baths and DEN. Pristine condition with all new carpets and paint. Beautiful master suite with walk-in therapy tub. High ceilings and fireplace. Huge deck with wooded setting and spectacular views of the western hills. $575,000.

NEW ROSSLYN AT ROSSMOOR GREENS

RARE MONTEREY

SONOMA MODEL
This unit will wow you! Custom archways, beautiful crown molding, jet tub, recessed lighting, designer front door, covered deck with view, in unit laundry, mirrored closets and lovely remodeled kitchen and bath. $325,000.

PIEDMONT WITH A WOW FACTOR
Hardwood floors downstairs, new kitchen just this summer with great granite counters and back splash, removed popcorn with crown molding, neutral paint, recessed lighting above crown molding in entry, plus an open niche. Open staircase with fan. Three bedrooms plus remodeled 2.5 baths. Solar Brite tubes in bathrooms, newer stackable washer and dryer, stainless appliances, double-pane windows through, views of golf course and hills amazing! A must see. $359,000.

SEQUOIA WRAP
Beautiful updated and renovated two bedroom one bath Sequoia Wrap. Designer carpets and vinyl throughout. Two skylights, one kitchen and one in bathroom. Mutual has just renovated the building. $299,000.
Expecting guests? Call the guest clearance system: 988-7843

ATLAS
Heating and Air Conditioning Company
TUCK FAMILY OWNED SINCE 1908

Heating, Air Conditioning, Duct Cleaning
Installation, Service, Maintenance Agreements
Free Estimates • Award Winning Service & Repair

COMPARE OUR PRICES:
Rated 6% below average
www.atlashearing.com

CALIFORNIA LICENSE #688933

WE:
• Are experts, we listen to you
• Give you an easy to read, detailed bid
• Do fast move-in Remodels
• Help you get ready to sell
• Have a designer and color consultant on staff
• Work with our architects or your architect/designer
• Have a full painting crew
• Value you, our employees and our work

Altera Design & Remodeling, Inc.
3179 Boulevard Way
Walnut Creek
888-407-9977

www.alteradesign.com

Bd Barnum
BUILDING & DESIGN
925-628-6622

Diamond Certified means our customers trust us.
CONSTRUCTION

PREMIER KITCHENS 20 YEARS EXPERIENCE
Whatever your inspiration, the experienced design professionals at Premier Kitchens can help you create the exact look you’ve always wanted.
Visit our beautiful SHOWROOM and receive a free personal consultation.
925-283-6500
3813 MT DIABLO BLVD, LAFAYETTE
WWW.PREMIERKITCHENS.NET

If your Rossmoor News was not delivered on Wednesday, call 988-7800 between 8 a.m. and noon on Thursday.

JOE VITALE LIC. #725451

ROSsmoor Residents
Rossmoor Mutual Listed Contractor
Lic. #737656
(925) 256-9064

The experienced design professionals at Premier Kitchens can help you create the exact look you’ve always wanted.

VITALE CONSTRUCTION
Hire our company for all your construction needs from start to finish
INTERIOR TRIM • ACOUSTIC • KITCHENS • BATHROOMS • LAUNDRY ROOMS • SUN ROOMS • REMODELS
Free Estimates
925-555-6887 LIC. #728451

3rd Generation Crew Chief
Marley Daniel Toupin

Ralyn Drywall & Painting
Reasonable Rates • Honest Reliable • Professional
• Kitchen and Bath Remodels
• Popcorn Removal
• Home Preparation for Sale
• Washer and Dryer Closets
• Painting and Drywall
• Crown Molding Baseboards and Trim
Licensed General Contractor
Lic. 560934
(925) 200-8850
INSURED AND BONDED

PAINTING
Fine Residential & Commercial Painting
Thomas Mulliken
Painting Contractor
Lafayette
Since 1976
Licensed & Insured - 319838
P.O. Box 996 • Lafayette, CA 94549
925.930.9130 • Fax 925.930.8155

BUSINESS SERVICES

T & C Construction
Full service General Construction
Over 15 years of serving Rossmoor Residents
Lic. #737656
(925) 256-9064

Sattlers CONSTRUCTION
Call Dennis Sattler today...
(925) 525-4700
gosatters.com
• Fast Track Move-in Remodeling
• Kitchen Remodeling
Lighting, Countertops, Cabinets
• Bathroom Remodeling
Washers/Dryers, Showers, Vanities
• Whole House Remodeling
Crown Moulding, Painting, Flooring
• Window Replacement

Rossmoor Mutual Listed Contractor
Lic. #626819
Lic. #725451

License #768556
925-370-7070

BOYDSTUN CONSTRUCTION, INC.
Making your house a home since 1986

• Design through Completion
• Skilled and Professional Team
• Reputation of Integrity and Quality
• Your Full Service Remodel Resource
Lic. #744556
925-370-7070

Ralph Sattler
General Manager

Heat+ Air Conditioning • Indoor Air Quality
Rossmoor Mutual Listed Contractor
Installation • Service • Maintenance Agreements
Free Estimates • 2 year Client Trust Guarantee

Leapfrog Plumbing
LeapfrogPlumbing.com
• EMERGENCY SERVICE
• REPAIR & INSTALLATION
• PREVENTIVE CHECKUPS
• BATHROOM REMODELS
• WATER HEATER SPECIALISTS
• Serving our Rossmoor customers since 1984
933-1245

Tell the merchants on this page that you saw their ad in the Rossmoor News.

Heat+ Air Conditioning • Indoor Air Quality
Rossmoor Mutual Listed Contractor
Installation • Service • Maintenance Agreements
Free Estimates • 2 year Client Trust Guarantee

Tell the merchants on this page that you saw their ad in the Rossmoor News.
44A Rossmoor News • October 8, 2014

NEW RESIDENTS

MIRIAM GLICKMAN moved to Golden Rain Road in July. She is from Indianapolis and has also lived in Massachusetts, Georgia, Mississippi, New York and California. Miriam attended Brandeis University and Bank Street College. She is currently a math tutor, and she enjoys square dancing, bridge and politics. She is a member of the Rossmoor Squares.

MANHAR AND DILHAR GOHEL moved to Terra California Drive in October. Manhar is from India and has also lived in Texas, Los Angeles, London, Dubai and New Jersey. He attended University of Bombay, Bergakademie Clausthal Germany and University of Oklahoma. He worked for Atlantic Richfield and ARCO International Oil Co., and he enjoys golf and travel.

Dilhar is from India and has also lived in Texas, Los Angeles, London, Dubai and New Jersey. She attended University of Bombay and Cal Poly Pomona. She used to work in medical technology and biological research. Her hobbies and special interests include bridge, travel, photography and reading.

NADINE USTICK moved to Terra California Drive in August. She is from Detroit and has also lived in Japan, Montevideo, Uruguay and Panama Canal Zone. She attended Wayne State University, and she used to work as a teacher and real estate agent in Contra Costa County. Nadine likes to travel and cook.

JOSH AND BARBARA FENDEL moved to Ptarmigan Drive in September. Josh is from New York City and has also lived in Queens and Huntington. He attended Columbia University School of Social Work. He owned a private psychotherapy practice and mental clinic. His hobbies and special interests include duplicate bridge, photography and singing. He is a member of American Contract Bridge League (ACBL).

Barbara is from Denver and has also lived in New Jersey, Queens and Huntington. She attended University of Michigan and Columbia University School of Social Work. She owned a private psychotherapy practice. She enjoys duplicate bridge and is a member of a book club and ACBL.

How to get help from the Rossmoor Fund

The Rossmoor Fund stands ready to assist the Rossmoor community in various ways as needed. Grants to individuals may be available for significant, unanticipated expenses. These are intended to help with emergencies, such as medical expenses and equipment, dental care, eye glasses, temporary caregiving, ambulance services, orthopedics, etc.

Such grants are typically limited to those whose annual income is less than $23,340 (or two-person households with combined income under $31,400), other assets are also taken into account.

Anyone who needs and qualifies for such assistance may contact the Rossmoor Fund at 567-3863 to request a one-page application. Counseling Services, 988-7750, can also supply the application, as well as help completing the form. The Rossmoor Fund board meets twice each month, so it can respond quickly and confidentially to requests.

Grants may also be available to organizations within the community that provide services to residents of Rossmoor. Both the individual grant application and information on the application process for organizations can be found on the Rossmoor Fund website, RossmoorFund.org, or by calling 567-3863.

Ad Lib: Devil’s Slide Trail

Continued from page 19A

It’s much more fun to walk. The ocean views are incomparable, looking down the cliff from the highway. The geology lessons are also fascinating, as described by the Trail brochure: “At the south end of the Trail, the weathered rock face is the granitic rock of Montara Mountain. In contrast, at the north end, rough sedimentary layers of shale and sandstone – once ocean floor – have been thrust up and folded over millions of years.”

It’s also a prime spot for observing California wildlife, including birds (raptors, songbirds, seabirds), some nesting on offshore rocks. Also marine life: “Offshore, you may see marine mammals, including gray whales migrating from their winter breeding grounds in Mexico and their summer feeding habitat in the Arctic.”

We highly recommend a visit to Devil’s Slide Trail. It opens every morning at 8:00 a.m. Bring your sweaters, binoculars and cameras, and maybe a picnic lunch. Or go down to the Moss Beach Distillery after a morning hike.

Doug Hergert can be emailed at dah@msn.com.

Entertainment Notes

Continued from page 30A

7:30 p.m. and again as a matinee performance on Sunday, Oct. 19, at 3 p.m. A donation of $10 is suggested.

Refreshments will be available and the donation will provide a substantial benefit to the “Marriage Equality USA” organization. Ticket donations will be gathered at the door at each performance.

For information, call the producer at 937-6524 or by email at davewilcox@ndnu.org.

Enjoy the Art of Living Well

At Byron Park, we’ve learned that living well is an art to be enjoyed. As a resident, you’ll enjoy exciting programs that provide engaging and even challenging opportunities plus an award-winning wellness program that strengthens every facet of your life. Discover the joys of living in a vibrant senior living community less than a mile from Rossmoor.

- Independent and Assisted Living apartment homes
- State-of-the-art fitness center and heated swimming pool
- Transportation available 7 days a week

Call 1.888.576.4291 for more information, or to experience our newly upgraded community and see what excellence in senior living is all about!

1700 Tice Valley Blvd.
Walnut Creek, CA 94595
1.888.576.4291

www.LifeAtByronPark.com
Facebook.com/ByronParkSeniors
License #075601546

Byron Park
A Kisco Community
Fun-filled month awaits Niners
Four tourneys are scheduled

By Mary Beth Hodge
Club correspondent

The Rossmoor Women’s Nine-Hole Golf Club is looking ahead to four fun-filled October tournaments.

Thursday, Oct. 9, will be a Throw-Out-One-Hole Tournament, randomly selected by the golf pros. Hopefully, it won’t be your best hole.

On Thursday, Oct. 16, there will be a Low-Net (2 putt maximum) Tournament. This will be followed by a general meeting at 11:30 a.m. in the Fairway Room at Creekside.

The lunch menu will be salad with chicken, beverages and dessert. Cost of the lunch is $15. The sign-up sheet for lunch is on the Niners’ counter. Members who wish to attend the luncheon must also bring their own bag lunch. The Fairway Room will open at 11:30 for those who wish to attend the luncheon.

This is an important meeting and the final one for 2014. The agenda includes new members’ day, eclectic awards and election of 2015 officers, which includes the captain, co-captain, secretary and treasurer. The committee chairwomen of the Niners’ board will also present their final reports for the year.

On Thursday, Oct. 23, there will be another Cha, Cha, Cha Tournament.

And the Mad Hatters Tea Par-Tee Tournament and lunch will be on Thursday, Oct. 30. Sign up envelopes are now available at the Niner’s counter in the Pro Shop.

The Niners are encouraged to wear hats of any kind. The Pro Shop staff will judge which hats are the “maddest” and prizes will be awarded for the top three. Last year’s winners were Susie Sockol, Karen Wener and Carolyn Hensley.

Sign up as a single for the scramble tournament; the Pro Shop will assign foursomes. Sign up for the tea lunch only and still participate in the hat contest. The reservation deadline is Saturday, Oct. 25. Checks should be payable to Rossmoor Niners.

Half of teams beat pros in RMGC Better Ball event

The Better Ball/Beat the Pros Tournament resulted in half of the teams beating the Rossmoor pros on Sept. 24.

The tournament was sponsored by the Rossmoor Men’s Golf Club.

With Mark Heptig and Brent Murphy playing the Dollar Ranch Golf Course and posting a net score of 68, 12 teams of Rossmoor members beat the pros.

In flight one, John McDonnell and partner Mel Simpson posted a net 62 to win the flight. Curtis Mitchell and Don Carpiaux, Dan Gonzales and Bart Moore, Dallas Amos and Pat Kelley, Harvey Laiolo and Rich Fuller, Ceci Chang and Chuck Leong, Jay Shin and Seung Hong also bested the pros. Mitchell and Carpiaux won the low gross portion of the tournament with an even par 72.

In flight two, Ced Ferrret and Ron Binder posted a 59 to win their flight. Other teams in this flight beating the pros were Jim Graham and Dick Walsh, Alan Brown and John Newman, John Shannon and Bob Mcivor and Harry Paleologos.

On the nine-hole course with Heptig and Chris Andrews posting a net 35, all players in the field beat the pros. Low gross was won by Mark Lynch and Rich Mohr shooting a 49. Other players beating the pros’ net score of 35 were Mike Wener and Abe Abramson, Don Egan and Bill Knapp and Greg Harvey and Stan Phillips.

**SPORTS**

**Fun-filled month awaits Niners**

**Half of teams beat pros in RMGC Better Ball event**

**Fun-filled month awaits Niners**

**By Mary Beth Hodge**

**Club correspondent**

The Rossmoor Women’s Nine-Hole Golf Club is looking ahead to four fun-filled October tournaments.

Thursday, Oct. 9, will be a Throw-Out-One-Hole Tournament, randomly selected by the golf pros. Hopefully, it won’t be your best hole.

On Thursday, Oct. 16, there will be a Low-Net (2 putt maximum) Tournament. This will be followed by a general meeting at 11:30 a.m. in the Fairway Room at Creekside.

The lunch menu will be salad with chicken, beverages and dessert. Cost of the lunch is $15. The sign-up sheet for lunch is on the Niners’ counter. Members who wish to attend the luncheon must also bring their own bag lunch. The Fairway Room will open at 11:30 for those who wish to attend the luncheon.

This is an important meeting and the final one for 2014. The agenda includes new members’ day, eclectic awards and election of 2015 officers, which includes the captain, co-captain, secretary and treasurer. The committee chairwomen of the Niners’ board will also present their final reports for the year.

On Thursday, Oct. 23, there will be another Cha, Cha, Cha Tournament.

And the Mad Hatters Tea Par-Tee Tournament and lunch will be on Thursday, Oct. 30. Sign up envelopes are now available at the Niner’s counter in the Pro Shop.

The Niners are encouraged to wear hats of any kind. The Pro Shop staff will judge which hats are the “maddest” and prizes will be awarded for the top three. Last year’s winners were Susie Sockol, Karen Wener and Carolyn Hensley.

Sign up as a single for the scramble tournament; the Pro Shop will assign foursomes. Sign up for the tea lunch only and still participate in the hat contest. The reservation deadline is Saturday, Oct. 25. Checks should be payable to Rossmoor Niners.

**Half of teams beat pros in RMGC Better Ball event**

The Better Ball/Beat the Pros Tournament resulted in half of the teams beating the Rossmoor pros on Sept. 24.

The tournament was sponsored by the Rossmoor Men’s Golf Club.

With Mark Heptig and Brent Murphy playing the Dollar Ranch Golf Course and posting a net score of 68, 12 teams of Rossmoor members beat the pros.

In flight one, John McDonnell and partner Mel Simpson posted a net 62 to win the flight. Curtis Mitchell and Don Carpiaux, Dan Gonzales and Bart Moore, Dallas Amos and Pat Kelley, Harvey Laiolo and Rich Fuller, Ceci Chang and Chuck Leong, Jay Shin and Seung Hong also bested the pros. Mitchell and Carpiaux won the low gross portion of the tournament with an even par 72.

In flight two, Ced Ferrret and Ron Binder posted a 59 to win their flight. Other teams in this flight beating the pros were Jim Graham and Dick Walsh, Alan Brown and John Newman, John Shannon and Bob Mcivor and Harry Paleologos.

On the nine-hole course with Heptig and Chris Andrews posting a net 35, all players in the field beat the pros. Low gross was won by Mark Lynch and Rich Mohr shooting a 49. Other players beating the pros’ net score of 35 were Mike Wener and Abe Abramson, Don Egan and Bill Knapp and Greg Harvey and Stan Phillips.
The winners of the RTC's annual Mixed Doubles Tournament were, from left, Murray Veroff, Judy Corliss, Linda Jarvis, Jerry Robinson, Judy Stillman and Mike Ying.

The Buckeyes team that played Orindawoods included, from left, front row, Loc Barnes, Gay White, and Joyce Niebur; and back row, team captain Barbara Schwartz, Joan Warner, Angie Dometrovich, Carol Pillsbury and Cheryl Patterson.

The Oaks team players who best Harbor Bay are, from left, Patty Richardson, Judy Corliss, Nelly Sawczuk, Mary Ann Shields, Shin Kim, Pauline Hanley, Mary Kay McClure, team captain Jan Perez and Eppie Ying.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

RMGC hosts Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.

The Rossmoor Men’s Club (RMGC) will host the senior golfers from Mira Vista and Moraga country clubs on Wednesday, Oct. 15. Check-in will be at 7:30 a.m. with a shotgun start at 8:30. To pay your green fee, check in at the Pro Shop. Envelopes are now available in the Pro Shop. The cost is $28. The fee includes breakfast, lunch and prizes for winners. Reservation checks should be payable to RMGC. Cash is unacceptable.

Last sign-ups for this event will be taken on Saturday, Oct. 11, at noon. A player roster will be posted on Sunday, Oct. 12, in the Pro Shop. Checks for players not selected will be destroyed.

Players who need to cancel after the close of sign-ups will forfeit their payment unless an alternate can take their place.
Golf Shop News

From the Golf Pro

New Virus Alert

By Wayne Weckerlin, golf professional

There is a new virus attacking Rossmoor residents. It has been gaining momentum over the past couple of years, so I guess it isn’t really “new.” It is extremely contagious, but unlike Ebola or the bird flu, it actually prolongs longevity. It is called “the Golf Bug.”

During Rossmoor’s 50th Anniversary Games, it was evident that quite a number of residents had been bitten. Participants were given the opportunity to compete in any or all of the three contests. There was an accuracy contest on the range with two targets to hit. There was a nine-hole short game course (pitch/chip/putt) set up at the Lakeside Short, with a couple of wicked holes for the practice green by the first tee of the Dollar Ranch Course.

More than 100 players of all abilities ended up participating over the four-hour period, many of whom were first-timers. Putter, wedges and balls were provided to those without equipment. For those seasoned players, it was a great opportunity to evaluate needed areas of improvement.

Based on residents’ feedback, these challenges will no doubt be incorporated into our 2015 golf event schedule. One resident commented that he had never seen so many people having so much fun on the course and more than a few friendships were forged during the event. That is what golf is all about. If you only play with the same people each time, you are missing one of the ultimate benefits of golf.

And you don’t have to get out on the course to enjoy the health benefits of golf. We have a premier short-game area that offers the player the opportunity to get up off the couch and head outside and enjoy the beauty of Rossmoor. Deer saunter across the grass, turkeys cross the road, and ducks and geese are on the pond.

It’s hard to imagine anyone not being giddy or not wanting to share the Rossmoor experience with others. I’m sure the majority of residents do appreciate what Rossmoor has to offer and those that don’t wouldn’t be happy anywhere.

Speaking of appreciation. Thank you to all of the 50th Anniversary Committee members for a job well done. A special thanks goes out to Senior Manager of Communications Maureen O’Rourke whose unselfish and tireless efforts can’t be overstated and ensured that the week was a resounding success.

This event wouldn’t have gotten off the drawing board without the participation of many others. It’s the same for the four golf clubs at Rossmoor. Without participation, there would be no tournaments, outside events or donations to our charitable causes.

So if you haven’t been exposed to someone who has the “Golf Bug” virus, get to know someone new and catch it. You won’t ever have any regrets.

Happy Hackers plan year’s final scramble

Forty-two members of the Rossmoor Women’s 18-Hole Golf Club played last Thursday in a multi-formatted event: individual 18 holes; a Women’s Golf Association of Northern California (WGANC) Pin Day and Charm Day.

Barbara Crane captured the monthly charm with a low net of 67. She will compete with all of this year’s Charm Day winners to determine the overall winner who will be awarded a nice prize.

Results for low gross and low net are:

Flight 1: low gross, Janet Choi, 85; low net, Claudia Terry, 70; and second low net, Gail Ramirez, 77.

Flight 2: low gross, Betty Cunaberti, 97; low net, Aileen Choi, 73; and second low net, Gail Ramírez, 77.

Flight 3: low gross, June Lee, 97; low net, Linda Pritchett, 69; and second low net, Linda Scheffer, 75 (after a tie-breaker with Teddi Swanson, also 75).

Flight 4: low gross, Nikki Balkulian, 118; low net, Lori Lynn, 81; and second low net, Donna Rhodes, 86.

Linda Pritchett had the only birdie on hole No. 2. Diane Matoney had the only chip-in on hole No. 9.

New Pickleball Club for residents only

A new Pickleball Club has been formed and is open to Rossmoor residents only.

Information about the club and the schedule for play in the Sierra Room at Del Valle is available on the Rossmoor website under sports and activities. A board was elected and includes President Steve Ritz, Vice President Bill Sederowitz, Secretary Linda Bower, Treasurer Roger Svoboda and member-at-large, Jean Howard.

Dues from now until the end of the year are $8. Dues for 2015 are $15.

Pickleball has been called the fastest growing sport in America. All Rossmoor residents are encouraged to try the game.

Happy Hackers will offer free training

Rossmoor Men’s Golf Club (RMGC) has voted to use the $6,000 contributed by the Happy Hackers’ annual meeting on Monday, Oct. 18, on the Creekside Golf Course. Tee off time will be 2:30 p.m. Dinner and awards will follow.

This trip is open to all Rossmoor residents, their guests and family. Reservations are necessary; so call either of them at 256-4484 or 943-2003. Or, simply show up at the Pro Shop. Dinner and golf is $24, golf only is $17. Green fees will be collected at the Pro Shop. Include a reservation check at sign up.

This year’s Happy Hackers’ annual meeting and dinner will be on Thursday, Nov. 6, in the Tahoe Room in the Event Center. At this event, there will be a wrap up of the year’s events, information regarding next year’s events and the election of the club officers for 2015.

Dues will be paid in full until the end of 2015 for anyone who joins the RMGC in October.
By Linda Ritz

Club correspondent

It has been seven years since the Trails Club of Rossmoor journeyed south and east to Kings Canyon and Sequoia national parks. Forty-two hikers left on Sept. 8, car pooling their way to Fresno and then east to the parks.

Whenever the Trails Club goes off to hike for several days, the event is called a "safari." As was true seven years ago, this safari was led by one of the club’s most revered hikers, Sumner Walters, who has been a member since 1968. He was assisted by other members, Joe and Mary Alice Stadum, Carolyn Yandle and Don Geahry.

Sequoia National Park is the second-oldest national park in the United States. It was created by Congress on Sept. 25, 1890. General Grant National Park (the area now called Grant Grove) was designated soon after. Only Yellowstone and Yosemite were older.

National Park, created in 1872, was assisted by other members, Sumner Walters, who has been a member since 1968. He was assisted by other members, Joe and Mary Alice Stadum, Carolyn Yandle and Don Geahry.

The 42 members of the Rossmoor Trails Club that went on a safari to Sequoia and Kings Canyon national parks

Breakfast and dinner of buffet food satisfied members' hunger, with a choice of a meat or veggie dish and a dessert. Many chose to nap or read. At 5 p.m., the group met for happy hour, another enchanting day, the group met for happy hour, first inside the lodge, then outside on the wrap-around deck. Laughter and chatter continued as hikers munched on chips and dips. Once the clock climbed to 6 p.m., hikers abandoned the chips and dips for the dinner buffet.

Another view of the General Sherman sequoia

Black bear sighted

To their delight, on the way back from Crescent Meadows, several hikers saw a black bear roaming near the trail. He could care less about the group as he went about searching for food. It wasn’t long, and he was out of sight.

Before hiking on Sept. 10, most of the club members climbed the 172 steps to Buck Rock Lookout secured at 8,503 feet. Offering a 360-degree view, club members viewed miles of forest and mountains. The lookout is staffed from early spring until the first snow in the fall, watching for lightning fires. It’s a cute one room bungalow with a stove, sink with water, counter and drawers.

Later that morning, the group hiked in the Redwood Grove, where many unnamed sequoias grow to mammoth size. This forest is where UC Berkeley has engaged in research. Data has been collected for many years as the large trees and the forest that surrounds them are studied.

Into Kings Canyon

From the lodge, the hikers drove down a windy 35-mile road into Kings Canyon on Sept. 11. They stopped often to gaze at the awe-inspiring view of the ragged Sierra Crest rising up to more than 14,000 feet. Jagged and barren, the mountains tell of another time when a glacier moved through the area to create Kings Canyon. Made famous by John Muir, it is one of the deepest canyons in the United States.

Five of the stronger hikers left early to hike out of Cedar Grove in Kings Canyon. Wayne Tam, Marcel La Welch, Barry Grossberg, Angela Norton and Charlene Liu scrambled up a 10-plus mile round-trip hike, gaining 2,500 to 3,000 feet elevation in five to six miles. There was a waterfall and a 360-degree breath-catching view.

Relaxing after hike

After hiking, several of the hikers relaxed in the comfort and heat of the Jacuzzi along with a glass of wine. The stories of the day brought laughter and great discussions. Many chose to nap or read.

As the sun bid goodbye on another enchanting day, the group met for happy hour, first inside the lodge, then outside on the wrap-around deck. Laughter and chatter continued as hikers munched on chips and dips. Once the clock climbed to 6 p.m., hikers abandoned the chips and dips for the dinner buffet.

Every evening after dinner, data has been collected for many years as the large trees and the forest that surrounds them are studied.

Continued on next page
The Rossomoor News • October 8, 2014 5B

Trails Club holds potluck, meeting tomorrow

The Rossomoor Trails Club will have its annual meeting and potluck dinner tomorrow, Wednesday, Oct. 8, at 6 p.m. in the Fireside Room at Gateway.

Members are encouraged to attend and approve the club’s proposed slate of officers for 2015 and new board nominees to represent the four hiking groups.

Members are also invited to help with the decorating this year by carving or decorating a center-piece size pumpkin to bring to the dinner. The club will vote for their favorites and winners will receive Creekside Grill gift certificates valued at $50 for first, $25 for second place and $20 for third place. Call Sally Allen at 954-1647 to participate in the contest.

Members whose names are called to D are asked to bring a side dish; E to J, appetizers; K to Q, salads; and R to Z, a main dish. Remember to bring a serving utensil for your dish.

The club will provide apple and pumpkin pies for dessert, as well as tea and coffee. Bring your own beverages, as there is no bar.

Silver Bullets win at Mountain View meet
Swimmers look forward to meet this weekend

Rossmoor’s Silver Bullets swim team participated in a short-course meters swim meet in Mountain View recently.

Dolly Ackerman won the 50-meter backstroke and placed second in the 100- and 200-yard freestyle.

Ann Hirsh won the 200-meter freestyle, the 50-meter and 200-meter breaststroke and the 200-meter individual medley.

Morton won the 400-meter individual medley and received a special medal, commemorating Allen Lui, one-time coach of the Moun- tain View Masters.

Look for more swimmers to participate in the short-course meters championship meet at Heather Farm Park in Walnut Creek this Thurs- day through Saturday, Oct. 9 through 11.

Bocce Club plans November meeting

Trails Club offers lots of hikes in October

The Rossomoor Trails Club offers a variety of hikes every Wednesday and Saturday, and a walk around the golf course each Monday morning, when the course is closed to golfers.

There are four hiking groups. Generally, hikers hike three to five miles at a moderate pace with up to 500-foot-elevation gain. Rams hike five to seven miles. Trekkers hike six to eight miles, and Scramblers six to nine miles.

Pet owners are welcome to bring pets, lunch at Alumni Club; Trekkers, TBD

Hikers are divided into four groups. Generally, Am -

Large group from Trails Club enjoys national parks

The domino winners for Sept. 27 were


The domino winners for Sept. 29 were


Duplicate Bridge

Tuesday, Sept. 23

Section A


Section B


Wednesday, Sept. 24

Section A


Section B


Thursday, Sept. 25

Section A


Section B


Friday, Sept. 26

Section A


Section B


The domino winners for Sept. 27 were


Trails Club offers lots of hikes in October

The Rossomoor Trails Club offers a variety of hikes every Wednesday and Saturday, and a walk around the golf course each Monday morning, when the course is closed to golfers.

There are four hiking groups. Generally, Am -

Large group from Trails Club enjoys national parks

The domino winners for Sept. 29 were


The domino winners for Sept. 27 were


Experienced players meet on Monday evenings in the Oak Room at Gateway Clubhouse. Participants should plan to arrive at 7 p.m. to be ready to play at 7:30 p.m.

Beginners or rusty players meet Saturdays from 10 a.m. to 12:30 p.m. in Multipurpose Room 2 at Gateway. This is an opportunity to learn and practice the rules and etiquette of Five-Up, the domino game played at the club. A teacher is available for new players, but all attendees are asked to commit to the entire 2½ hour session.

The Domino Club plays a game called Five-Up. Because the player can use all of the doubles to play from, it is a faster, high- pressure game than the other Fives versions. Play is with partners, but it is not nec- essary to bring a partner.

Beginner players who want a more intense, higher-stakes game are invited to meet with the Brown Baggers on Mondays, Wednesdays and Fridays from 9 a.m. to 10 a.m. in the Garden Room (behind the kitchen) at Dollar Clubhouse.

Tip of the week

• It is good news to everyone with the 6-1. It is a good scoring domino later in the day, and does nothing as a starter ex- cept give the opponent two good scoring op- portunities.

More bridge news on page 17B

Large group from Trails Club enjoys national parks

The domino winners for Sept. 29 were


The domino winners for Sept. 27 were


Experienced players meet on Monday evenings in the Oak Room at Gateway Clubhouse. Participants should plan to arrive at 7 p.m. to be ready to play at 7:30 p.m.

Beginners or rusty players meet Saturdays from 10 a.m. to 12:30 p.m. in Multipurpose Room 2 at Gateway. This is an opportunity to learn and practice the rules and etiquette of Five-Up, the domino game played at the club. A teacher is available for new players, but all attendees are asked to commit to the entire 2½ hour session.

The Domino Club plays a game called Five-Up. Because the player can use all of the doubles to play from, it is a faster, high- pressure game than the other Fives versions. Play is with partners, but it is not nec- essary to bring a partner.

Beginner players who want a more intense, higher-stakes game are invited to meet with the Brown Baggers on Mondays, Wednesdays and Fridays from 9 a.m. to 10 a.m. in the Garden Room (behind the kitchen) at Dollar Clubhouse.

Tip of the week

• It is good news to everyone with the 6-1. It is a good scoring domino later in the day, and does nothing as a starter ex- cept give the opponent two good scoring op-portunities.
The Rossmoor Stamp Club, also known as the Rossmoor Philatelic Society, will hold its monthly trading session on Saturday, Oct. 11, in Multipurpose Room 3 at Gateway. The meeting starts at 9:30 a.m. and ends at 11.

Members are encouraged to bring their duplicate and unwanted stamps to the meeting for trade. Members have wide collecting interests. There are usually stamps from many countries and some from standard topical themes such as animals, trains, flowers and art.

The club has a basic collection of United States stamps and many worldwide stamps available for purchase at pennies per stamp. It’s possible to build a collection of interesting stamps for very little money. Only the imagination is the limit.

All are welcome at the club’s trading sessions and meetings. Those who are interested in starting or renewing their philatelic interests may stop by.

At this month’s trading session, members will also prepare for the club’s fall auction. The auction will be on Saturday, Oct. 25, between 9:30 and 11 a.m. in the Bunker Room at Gateway. The winning table will receive two bottles of French wine to enjoy with dinner. For reservations, call Sandy Cavallo at 930-6555 no later than Oct. 15. The auction will be at 10:30 a.m. in the Gateway Clubhouse.

The winning table will receive an RMUG membership and entertainment.

For those paying club dues after Sept. 15 will also receive paid dues through Dec. 2015, and depending on when dues are paid, they will receive extra months on their dues, but will not be included in the roster.

Send checks in the amount of $15, payable to the Antiques Club of Rossmoor to Diane Casey, 552 Spotted Owl Court. Do not put checks in the club mailbox at Gateway Clubhouse.

The International Club invites residents to an evening in France on Sunday, Oct. 19, from 6 to 9:30 p.m. at the Event Center. The evening will include dinner at a cost of $70. Reservations are due by Friday, Oct. 17. For information about the dinner, contact Lydia Bernhardt at 287-1258 or Peggy York at 935-2551.

The International Club brings together residents who are foreign born, lived or traveled abroad and who share an interest in the customs and traditions of foreign countries. The club’s dinner events feature different countries’ food and entertainment.

Membership applications are available in the club mailbox or at the club website at ic-rossmoor.com.

For those joining now, membership will be for the balance of the year. Dues are $20 per person. For club membership, contact Dorie Gallinatt at doriegallinatti@gmail.com or at 465-2451.

The Rossmoor Mac User Group (RMUG) will meet at the far corner of the Gateway parking lot at 11:30 a.m. to form car pools to the restaurant.

Time to pay Antiques Club dues

The Rossmoor International Club and its Antiques Club have changed their calendar year; the year members are encouraged to bring their duplicate and unwanted stamps to the meeting for trade. Members have wide collecting interests. There are usually stamps from many countries and some from standard topical themes such as animals, trains, flowers and art.

The club has a basic collection of United States stamps and many worldwide stamps available for purchase at pennies per stamp. It’s possible to build a collection of interesting stamps for very little money. Only the imagination is the limit.

All are welcome at the club’s trading sessions and meetings. Those who are interested in starting or renewing their philatelic interests may stop by.

At this month’s trading session, members will also prepare for the club’s fall auction. The auction will be on Saturday, Oct. 25, between 9:30 and 11 a.m. in the Bunker Room at Gateway. The winning table will receive two bottles of French wine to enjoy with dinner. For reservations, call Sandy Cavallo at 930-6555 no later than Oct. 15. The auction will be at 10:30 a.m. in the Gateway Clubhouse.

The winning table will receive an RMUG membership and entertainment.

For those paying club dues after Sept. 15 will also receive paid dues through Dec. 2015, and depending on when dues are paid, they will receive extra months on their dues, but will not be included in the roster.

Send checks in the amount of $15, payable to the Antiques Club of Rossmoor to Diane Casey, 552 Spotted Owl Court. Do not put checks in the club mailbox at Gateway Clubhouse.

The International Club invites residents to an evening in France on Sunday, Oct. 19, from 6 to 9:30 p.m. at the Event Center. The evening will include dinner at a cost of $70. Reservations are due by Friday, Oct. 17. For information about the dinner, contact Lydia Bernhardt at 287-1258 or Peggy York at 935-2551.

The International Club brings together residents who are foreign born, lived or traveled abroad and who share an interest in the customs and traditions of foreign countries. The club’s dinner events feature different countries’ food and entertainment.

Membership applications are available in the club mailbox or at the club website at ic-rossmoor.com.
TGIF will hold Ghosts and Goblins event Oct. 17

The TGIF Club will host a Ghosts and Goblins dinner dance on Sunday, Oct. 17, in the Evening Room at the Bunker Room. The attire for the evening will be costume (no shorts). At 6 p.m., the hosted bar will serve cocktails and hors d’oeuvres, including teryaki meatballs, fiesta chicken salad on crostini and focaccia bread with roasted peppers and cheese.

Dinner will begin at 6:45 with a Greek salad with feta, tomato and black olive slices family style. The entrée will be chicken cordon bleu served with roasted rosemary red potatoes and green beans with a sauce of roasted shallot butter. The vegetarian selection is cheese tortellini with marinara sauce. Desert is cherry pie with whipped cream and each table will have a complement of assorted red and white wine, coffee and tea. A fish or vegetarian option is available on request. Wine, coffee and tea will also be served with the meal.

Late phone reservations are sometimes possible. For information, call Phil Blakeney at 949-6007.

The TGIF dues for 2015 will be $30 per person. Members may send checks to Ann Peterson, 2209 Fairway Drive No. 3, or payment may be made at the October or November dinner meetings.

Send separate check for dinner reservations. Indicate any changes in address, phone, errors in the roster with the check. Mail a modernized reservation deadline is Monday, Oct. 10, at 5 p.m.

It is time to renew membership in TGIF. The TGIF dues for 2015 will be $30 per person. Members may send checks to Ann Peterson, 2209 Fairway Drive No. 3, or payment may be made at the October or November dinner meetings.

Save Mt. Diablo to hold reception

The annual Save Mount Diablo Rossmoor reception is Thursday, Oct. 16, from 5 to 7 p.m. at the organization’s new office, 1901 Olympic Blvd., Suite 320, Walnut Creek. Everyone is welcome. District naturalist Mike Morton will talk about “Delta Gateways: Heritage and Habit.” Door prizes will be awarded.

For information, call Jeanne Thomas at 937-4613 or at JeanneThom@aol.com. For reservations, contact Jeanne at 937-4613 or at JeanneThom@aol.com.

30s/40s/50s Club holds wine social

All members of the 30s/40s/50s Couples Club are encouraged to attend the general meeting, wine and social wine on Sunday, Nov. 9, from 3:30 to 5:30 p.m. in the Fireside Room at Gateway.

Residents will elect a president, second vice president, secretary and two event coordinators. The 2015 events calendar will be unveiled and sign-ups taken.

The afternoon will include hors d’oeuvres, chardonnay and zinfandel wines (or bring your own beverage), music by Dick Bertrand and door prizes.

The Rossmoor Car Club is established for individually who have an interest in automobiles. These can be antiques, original classics, restored oldies, special and unique cars of any age.

Join the group at this meeting or request a membership application from Joan Leonard. The annual dues are $25. For information about the club and events, contact Joan Leonard at 322-5744 or at boosjoan@yahoo.com. Anne Lenkert at 254-9195 or at alenkert@sbcglobal.net.

Prime Time Couples dine at Dollar

The Prime Time Couples Dinner Club will have its next dinner on Tuesday, Oct. 21, at Dollar Clubhouse.

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

Dinner will include a green salad, beef Burgundy, macaroni and cheese, carrots and pumpkin pie with whipped cream. A fish or vegetarian option is available on request. Wine, coffee and tea will be served with the meal.

The cost is $46 per couple for members and $50 per couple for nonmembers.

Reservations checks must be received by Thursday, Oct. 16. Checks can be dropped off at the club's mailbox at Gateway. Or, they may be mailed or delivered to the club treasurer, Tom Messzet, at 2132 Golden Rain Road No. 1, Entry 13. Late phone reservations are sometimes possible. For information, call Messzet at 939-2132. Seating, as usual, will be determined by a random drawing to mix couples and promote maximum acquaintanceship.

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

For information, call the club president, Phil Blakeney, at 933-6007.

 Couples (married or not married) are invited to learn more about the club by coming to dinner as paying guests on a space available basis.

Car Club Show ‘n Shine a success, to meet Friday and elect officers

Anyone who passed by the corner of Golden Rain Road and Tice Creek Drive last Friday afternoon couldn’t help but notice the Rossmoor Car Club’s Show ‘n Shine event in the Gateway parking lot.

The TGIF Club’s first event brought out a number of beautiful classic antique and unique automobiles owned by club members and curious spectators. Owners answered questions about their vehicles and represented the club.

Exhibited vehicles were a 1925 Rover (Kenneth Gun-

The next club meeting will be Friday, Oct. 10, at 7 p.m. in the Bunker Room at Creekside. All current members and anyone interested in joining are encouraged to attend. Officers will be elected and future events will be discussed. Officers will be responsible for member- ship, publicity, events and finance.

In addition, attendees will consider accepting a number of interesting event proposals. The events will involve day trips, exhibitions, car shows, picnics and seasonal parties in Rossmoor as well as in Carmel, the Delta, Laguna Seca, Woodside and other Northern California areas.

Jack Starr with his 1955 red T-Bird convertible.

The TGIF Club will host a Ghosts and Goblins dinner dance on Sunday, Oct. 17, in the Evening Room at the Bunker Room. The attire for the evening will be costume (no shorts).

This event is open, as space allows, to nonmembers who wish to meet for wine, cocktails, food and conversation. For information, call the membership chairwoman, Dione Williams, at 933-9077.

Sunday Salon invites all to Thursday happy hour

Tomorrow it is First Thursday. Each Thursday, Sunday Salon members gather at a designated restaurant for a YIT (Yea, it’s Thursday) happy hour, beginning at 5:35 p.m. This is a very popular event for friends, old and new, to meet for wine, cocktails, food and conversation.

Nonmembers are encouraged to attend a couple of these events. The evening provides a wonderful opportunity to meet Sunday Salon members, ask questions and experience this unique club.

For information about Sunday Salon, call the membership chairwoman, Dione Williams, at 933-9077.

In addition, attendees will consider accepting a number of interesting event proposals. The events will involve day trips, exhibitions, car shows, picnics and seasonal parties in Rossmoor as well as in Carmel, the Delta, Laguna Seca, Woodside and other Northern California areas.

The annual Save Mount Diablo Rossmoor reception is Thursday, Oct. 16, from 5 to 7 p.m. at the organization’s new office, 1901 Olympic Blvd., Suite 320, Walnut Creek.

Everyone is welcome. District naturalist Mike Morton will talk about “Delta Gateways: Heritage and Habit.” Door prizes will be awarded.

For information, call Jeanne Thomas at 937-4613 or at JeanneThom@aol.com.
RELIGIOUS SERVICES

JEWS

B’nai Israel Congregation Sabbath services led by Cantor Rachel Brett will be held on Friday, Oct. 10, at 7:30 p.m. in the Vista Room, Hillside Clubhouse. Greeter Tielie Molho will say the blessing over the challah. Mike and Betsy Rosenheimer will provide the traditional Hallel of Mike’s Bar Mitzvah and Betsy will say the blessing over the Shabbat candles. After the ser-

CONGREGATIONAL UCC

Rossmoor Pilgrim Congregational Christian United Church of Christ’s Sunday worship service will be held Oct.

LUTHERAN

Hope Lutheran Church invites everyone to gather for a spir-

INTERFAITH WORKSHOP

Interfaith Council workshop features Robin Caton of Dharma

St. Anne’s Catholic Church invites everyone to worship

CATHOLIC

St. Anne’s Catholic Church schedule of Masses for the weekend of Oct. 11 and 12 as is follows: Fr. George DaRoza will preside at the 9 a.m. Mass on Saturday and the 11:15 a.m. Mass on Sunday. Fr. Joseph Parekkatt will celebrate the 5 p.m. Mass on Saturday and the 9 a.m. on Sunday. The Sacrament of Reconciliation is celebrated on Saturdays, 4 to 4:30 p.m., by appointment. Everyone is welcome at St. Anne’s Church, cele-

PRESBYTERIAN

Grace Presbyterian Church invites everyone to worship on Sunday, Oct. 12, at 10 a.m. The Rev. Roger Reaber’s sermon “Just Because” will be based on John 13 and Philippians 2. It will explore the nature of Christ, why he died on a cross and how this shapes the ministry of his followers. After worship, there is a time to socialize in the Fireside Room at Grace. The adult Bible study, led by the Rev. Lou Delpech, will continue on Sundays at 11:20 a.m. and Tuesdays at 7 p.m. in the library. On Wednesdays everyone is invited to the Bible discussion at 10 a.m. in the library and to play bridge at 1:30 p.m. in the Fireside Room at Grace.

UNITARIANS

The Unitarian Universalists will present a talk by Duke Robinson, a Rossmoor author of several books, on Friday, Oct. 10. He will talk about his newest book,”A Middle Way: The Secular/Spiritual Road to Wholeness.”

Religious Services

St. Anne’s to hold pizza night

The Church of St. Anne will host a pizza and bin-

everal details: 937-4820. Visit the website: www.stlukeswal-

INTERFAITH COUNCIL WORKSHOP FEATURES ROBIN CATON OF DHARMA

Robin Caton, director of Dharma College in Berkeley, will lead a workshop titled “Inner Light: Understanding Our Minds and Hearts,” on Saturday, Oct. 11, at 10:30 a.m. to 12:30 p.m. in the Club Room at Creekside. The program is sponsored by the Rossmoor Interfaith Council.

What might life be like if people could forgive themselves for the past, resolve to start afresh and begin to understand their deepest values and needs?

This workshop will explore ways to understand minds and hearts more fully.

Based on “Revelations of Mind,” the newest book by Tibetan Lama Tarthang Tulku, this workshop will include lecture, discussion and gentle practices to guide a positive journey.

The cost is $25, cash or check only if paying at the door. To reserve a space or pay by credit card in advance, call 510-809-2010, ext. 676, or email robin.cat-ton@dharma-college.com.

The Interfaith Council workshop features Robin Caton of Dharma

St. Anne’s to hold pizza night

The Church of St. Anne will host a pizza and bin-

everal details: 937-4820. Visit the website: www.stlukeswal-

INTERFAITH COUNCIL WORKSHOP FEATURES ROBIN CATON OF DHARMA

Robin Caton, director of Dharma College in Berkeley, will lead a workshop titled “Inner Light: Understanding Our Minds and Hearts,” on Saturday, Oct. 11, at 10:30 a.m. to 12:30 p.m. in the Club Room at Creekside. The program is sponsored by the Rossmoor Interfaith Council.

What might life be like if people could forgive themselves for the past, resolve to start afresh and begin to understand their deepest values and needs?

This workshop will explore ways to understand minds and hearts more fully.

Based on “Revelations of Mind,” the newest book by Tibetan Lama Tarthang Tulku, this workshop will include lecture, discussion and gentle practices to guide a positive journey.

The cost is $25, cash or check only if paying at the door. To reserve a space or pay by credit card in advance, call 510-809-2010, ext. 676, or email robin.ca-

ton@dharma-college.com.
Bible Study Group to discuss Lot and Sodom

The Rossmoor Bible Study Group will continue its study of the “Life and Times of Abraham” on Thursday, Oct. 9, at Dollar Clubhouse. The group meets each Thursday from 9 to 10:40 a.m.

This study this week shows how the predicament Lot’s family faces as a result of moving down to Sodom. Also, it will show Abraham’s response to the predicament Lot’s family faces.

This illustrates how a believer in Jesus Christ should respond to help others. Class members are encouraged to identify these situational and apply the solutions to the problems being faced today.

This is a nondenominational, evangelical study with the main and only focus being the text of Scripture and how these teachings apply to life. Whether a member is a longtime student of Scripture or a novice doesn’t matter because everyone in the class is a learner.

For information, call the lecturer, Earle Fries, at 926-0307.

Pet blessing in honor of St. Francis will be at dog park

St. Luke’s Episcopal Church will offer a blessing of the pets in the spirit of St. Francis on Thursday, Oct. 9, at 3:30 p.m. at the dog park, near Del Valle Clubhouse. Pets of all types are invited.

The Rev. Beth Foote, a priest at St. Luke’s, will bring a brief prayer of St. Francis and give each pet an individual blessing, if desired.

St. Francis lived in Assisi, Italy, in the 1200s, and was known for his humility and loving service to others. A peace-making statement of the Franciscan Order is that St. Francis is known for his ability to communicate with animals.

Many churches throughout the world host blessings of the pets in his honor around the time of his feast day, Oct. 4.

All are invited. For information, call Foote at 510-205-9843, learn more about St. Luke’s at its website at www.st-lukeswalnutcreek.org or on Facebook.

Jewish Partisan Education Foundation is ORT topic

The Rossmoor chapter of ORT meets Tuesday, Oct. 21, in the Donner Room at the Event Center. Refreshments will be served at 12:30 p.m. with the meeting at 1.

The speaker is Sheri Pearl, development director of the Jewish Partisan Education Foundation.

A short film about the organization will be shown. The film’s narrator is Liev Schreiber. There is a discussion of the organization’s mission and goals. It teaches young people about resistance and standing up to oppression everywhere.

“Women in the Partisans,” a short film narrated by Tovah Feldshuh, will also be shown. The film is about female empowerment.

Pearl has a bachelor’s degree in Judaic studies from UCLA and a master’s in Jewish studies and public administration from Brandeis University. Her undergraduate thesis focused on Jewish resistance and Jewish moral dilemmas during the Holocaust.

Everyone is invited to the ORT meeting.

NCJW to hear about California Clean Money Campaign

The National Council of Jewish Women (NCJW) meets on Wednesday, Oct. 22, in the Donner Room at the Event Center. The speaker will be Dr. Laurel McClure. She will talk of her involvement with the California Clean Money Campaign.

McClure’s vision is to achieve an open and accountable government that is responsive to the needs of California.

McClure received her medical degree from Stanford University, School of Medicine. She has been in practice for 25 years. She is a volunteer for the California Clean Money campaign.

She shares her concerns about the growing role of dark money in the political system. Dark money is a term that refers to funds used to pay for an election campaign that are not disclosed to voters prior to voting.

McClure has been following efforts to address this problem since 2011 when the Citizens United decision opened the books on unregulated spending on political campaigns.

Refreshments will be served at 9:30 a.m. followed by a brief business meeting at 10. McClure will begin her presentation at about 10:30.

NCJW is a grassroots organization of volunteers and advocates who turn progressive ideals into action.

DAR to hear from Leslie Pfeifer at Creekside

The Mt. Diablo chapter of the Daughters of the American Revolution (DAR) meets on the second Tuesday of the month, September through May, in Fairway Rooms 1 and 2 at Creekside Clubhouse. The next meeting will be on Oct. 14 at 11:30 a.m. with a light lunch brought by members, followed by a business meeting and the speaker of the day.

Leslie Pfeifer from District IV will speak about the Flying Tigers and Vietnam.

The National Society DAR was founded in 1890. There are 116 chapters in California with more than 8,500 members. DAR is dedicated to promoting patriotism, preserving American history and securing America’s future through better education of all children.

Membership is open to women (18 years or older), regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution.

Members of the chapter are willing to help with the process of investigating family heritage and genealogy. Anyone interested in attending should go to mt.diablo.chapter@gmail. com or call Jennifer Langan, 280-0081.

Anyone who has an ancestor who fought in or rendered aid in the American Revolution may be eligible for membership in the DAR and is welcome to come to a meeting.

Mt. Diablo Genealogical Society to hear about land and property records

The Mt. Diablo Genealogical Society will meet on Friday, Oct. 17, at 1:30 p.m. in the Club Room at Creekside.

The speaker will be Vera Broyles, a genealogist who has been researching for over 35 years. She is also speaking at the upcoming Roots Family History Seminar in October. Her topic will be land records and maps.

She will talk about how to locate land and property records and how to use the information they contain for genealogical research. Land records, including deeds, land warrants and land grants, are some of the most complete records available and can often provide valuable clues to family relationships.

Members and guests are also invited to attend the operations.

Checks (payable to Shalom Club of Rossmoor), along with an email address and phone number, should be mailed to Ed Goldberg, 888 Terra California No. 4 or drop it off at the Shalom box at Gateway Clubhouse.

For information about this event, contact Sarena Zimmerman at 944-9414 or sarenez23@yahoo.com.

The Shalom Club serves as a social gathering place for Jewish Rossmoor residents to meet new and old friends and enjoy participating in multiple activities. For information about the club, call Larry Silver at 954-8823. Visit the new website at www.rossmoorshalom.com for club information and upcoming events.

Mt. Diablo Genealogical Society President Stan Wells, left, presents three books to Geri Williger, a librarian at the Heritage Room of the county’s Pleasant Hill library. The donation is in memory of three former board members who passed away recently.

Shalom Club will have dinner and entertainment event at Hillside

The Shalom Club’s dinner and entertainment event will be held on Saturday, Oct. 18, at 6 p.m. in the Diablo Room at Hillside Clubhouse. Jack Jaku, a better known as the Banjo Man, will sing and tell stories while he engages the participation of the audience to sing along.

Dinner will be catered by Sunrise Bistro and will comprise of turkey, roast beef, cashew chicken sandwiches and Aram sandwiches. Also included will be roasted veggies, Thai vegetable pasta, bulgur wheat, fruit, Caesar salad and a variety of dessert and drinks.

The cost for the evening will be $20 per person, and the deadline for reservations is Tuesday, Oct. 14 (no refunds).

Rossmoor’s Community Emergency Response Team (CERT) offers the following sources for emergency supplies:

- Ready Care Company: Contact Lisa Katzki, 937-6818, or visit www.ReadyCareCoom
- FEMA: Disaster supplies checklist at this website: www.ready.gov/are-you-ready-guide
- Emergency Essentials: 1-800-900-1863 or go to the website: www.BePrepared.com
- Red Cross: www.RedCrossShop.org

The NEPTUNE SOCIETY OF NORTHERN CALIFORNIA

Since 1973, Neptune Society of Northern California has brought trusted experience to you and your family. Available for your needs today and your plans for the future. Call for our free literature and planning guide.

(925) 944-5100
1855 Olympic Blvd. - Ste. 110
Wheat Creek, CA 95696
neptune-society.com
We see the world the way you do.
THURSDAY, OCTOBER 9

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Pilates Mat</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Aerobic Dance</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Masters Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Open Play</td>
<td>Bocce Courts, H</td>
<td>Bocce Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Open Workshop</td>
<td>Art Classroom &amp; Gall, G</td>
<td>Art Association</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Stickers</td>
<td>Sewing Rm., G</td>
<td>Sewing Arts Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Tai Chi</td>
<td>Shasta Rm., DV</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Strength Training</td>
<td>Art Classroom &amp; Gall, G</td>
<td>Art Association</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Zumba</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Crisis Response</td>
<td>Sanctum Rm., D</td>
<td>Interfaith Council</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Opera: Great Female Singers</td>
<td>Las Trampas Rm., H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Qi Gong</td>
<td>Shasta Rm., DV</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Kid Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Light Stretch</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Mat Science</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>noon</td>
<td>Italian Conversation</td>
<td>MPR 3 G</td>
<td>Itac. Conv. Group</td>
</tr>
<tr>
<td>noon</td>
<td>Open/Grade</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>noon</td>
<td>Stretching</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>Balance</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Crisis Response</td>
<td>Sanctum Rm., D</td>
<td>Interfaith Council</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Meeting</td>
<td>MPR 1, 2, G</td>
<td>Writers Group</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Oil and Acrylic - Beginners</td>
<td>Art Classroom &amp; Gall, G</td>
<td>Art Association</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Partnership Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1:45 p.m.</td>
<td>Super Circuit Clinic</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>1:45 p.m.</td>
<td>Parkinson’s Group</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Berg, Line Dancing</td>
<td>Diablo Rm., H</td>
<td>Line Dance Club</td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Berg, Tap</td>
<td>Shasta Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Int. Line Dancing</td>
<td>Diablo Rm., H</td>
<td>Line Dance Club</td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Int. Tap</td>
<td>Shasta Rm., DV</td>
<td>Happy Hoofers Tap</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>Open Play</td>
<td>Table Tennis Club</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>3:45 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Aquacise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Circuit Training</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>AA Open Meeting</td>
<td>Garden Rm., D</td>
<td>Counseling Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Art Class</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Duplicate Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>DVC: World of Webber</td>
<td>Tahoe Rm., 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>Sing-along Chorus</td>
<td>MPR 3 G</td>
<td>Sing For Joy</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>Singing</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

FRIDAY, OCTOBER 10

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Group Cycle</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>ABS Back</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Rhymobics</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water</td>
<td>Shasta Rm., GV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Men’s Exercise Class</td>
<td>MPR 1, 2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Res. Band Training</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Men’s Exercise Class</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Farmers Market</td>
<td>Parking Lot, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Farmers Market</td>
<td>Parking Lot, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Open Play</td>
<td>Bocce Courts, H</td>
<td>Bocce Club</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Quilters</td>
<td>Sewing Rm., G</td>
<td>Sewing Arts Club</td>
</tr>
</tbody>
</table>

SATURDAY, OCTOBER 11

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Pool Open</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Food Addicts Support Group</td>
<td>MPR 2 G</td>
<td>Counseling Dept.</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Camp</td>
<td>Trails Club</td>
<td>Trails Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Ballroom Dance</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Chess Play</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Yoga</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Pilates</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Yoga</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Partner Bridge</td>
<td>Oak Rm., G</td>
<td>Bridge</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Aquacise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Open Play</td>
<td>Table Tennis Club</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Open Play</td>
<td>Table Tennis Club</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Open Play</td>
<td>Table Tennis Club</td>
<td>Table Tennis Club</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Moving to Music</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Movie</td>
<td>Peacock Hall, G</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

SUNDAY, OCTOBER 12

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Group Cycle</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>ABS Back</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Fall Prevention</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Rhymobics</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water</td>
<td>Sierra Rm., DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Masters Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Monday Walk</td>
<td>Court of Flags, G</td>
<td>Trails Club</td>
</tr>
</tbody>
</table>

MONDAY, OCTOBER 13

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Group Cycle</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, D, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>ABS Back</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7 a.m.</td>
<td>Lug Tung Kuen</td>
<td>Diablo Rm., H</td>
<td>L.T.Kuen</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Fall Prevention</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>Rhymobics</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Deep Water</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Men’s Exercise Group</td>
<td>MPR 1, 2, G</td>
<td>Men’s Exercise Group</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>Strength</td>
<td>Fitness Center, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Deep Water</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Deep Water</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Deep Water</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Masters Swim</td>
<td>Pool, H</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Monday Walk</td>
<td>Court of Flags, G</td>
<td>Trails Club</td>
</tr>
</tbody>
</table>
### TUESDAY, OCTOBER 14

<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>Open Play</td>
<td>Boce Courts, H.</td>
<td>Bocce Club</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Open Studio</td>
<td>Art Studio &amp; Back Rm., G.</td>
<td>Art Association</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>T’ai Chi</td>
<td>Sierra Rm., DV.</td>
<td>Chinese-American Assoc.</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

### THURSDAY, OCTOBER 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Pool Open</td>
<td>Pool, DV</td>
<td>Rec. Dept.</td>
</tr>
<tr>
<td>6 a.m.</td>
<td>Strength Circuit</td>
<td>Fitness Center, DV.</td>
<td>Rec. Dept.</td>
</tr>
</tbody>
</table>

See following pages for Excursions, Club Trips, Special Events and Arts and Leisure listings.
**Excursions from the Administrative Department**

Excursion tickets are on sale in the Administration Office at Gateway, Monday through Friday, from 8 a.m. to 4 p.m. Visa, MasterCard, Visa and American Express payments can be made in person. Credit card charge and telephone orders are accepted for residents who cannot do so.

Excursion participants are assumed to be able to manage independently. Neither the Excursion Desk nor the trip escort will assume responsibility for residents who cannot do so.

The Excursion Desk has the right to cancel a trip in advance for any reason. A full refund will be given for all day-trips cancelled prior to 10 a.m. the day of the trip. Personal reservations, however, are guaranteed a refund if the trip is cancelled or postponed at least 48 hours prior to the day-trip departure. Refunds will only be available after that time if a ticket is able to be resold.

Tickets listed in the News and on the phone are for the actual time of departure. Names will be called to board the bus 15 minutes prior to this time. For information, call 988-7731.

**Pacific International Quilt Festival**

**Thursday, Oct. 16**

**Extensive walking**

The Pacific International Quilt Festival returns to Santa Clara Convention Center for its 21st year, showcasing new and traditional quilts and works of wearable and textile art. This highly anticipated quilt show is the largest in the nation. The show is the single largest view of market competition of the finest quilts created by talented artists from around the world. A separate Victorian property will provide a tour of the original Queen Anne home and an orientation video with historical footage, an award-winning audio tour in the prison Cell House with actual interviews of former prisoners and inmates. Make sure to visit the Gardens of Alcatraz. These historic gardens with colorful plants gathered decades ago from around the world are complemented by newly introduced plants that illustrate the gardens to the human spirit along with the ecological benefits of sustainable gardening. Also on display is “Big Al” on the Alcatraz Island featuring a featured image of the Chinese conceptual artist and political activist, a large metal sculpture in white, which is international renowned both as a maker of provocative art and as a passionate advocate for human rights and expression. His art and ideas find a compelling new context in this exhibition of works created specifically for Alcatraz - a 19th-century military fortress, a notorious federal penitentiary, a site of Native American heritage, protest, and now of America’s most radical national parks. Food is not available on Alcatraz but visitors can bring their own picnic lunch or purchase food and drinks on the ferry (and on additional ferries). Lunch can only be eaten on the ferry or on the dock area at Alcatraz. Wear comfortable footwear and clothing. Allow 3-4 hours to leave Rossmoo at 9 a.m. and return at approximately 5 p.m. The cost is $64.

**Houghton Hall: Portrait of an English Country House**

**October 25**

**Extensive walking**

“Houghton Hall” exhibit at the Legion of Honor in San Francisco showcases the history and elegance of one of England’s grandest country houses, known as Houghton Hall, built for the Earl of Burlington. The Palladian style was characterized by the influence of designer William Kent, who built the mansion for the last of the Earls in 1748. The exhibition includes a painting of the house surrounded by a park by Robert Adam and another by Thomas Gainsborough. This exhibition captures a revealing and intimate look inside one of England’s finest examples of 18th-century English architecture and painting. The exhibition is on view at the Gallery at the Legion of Honor until May 17, 2020. The cost is $54 for members and $65 for nonmembers.

**“I Love Lucy Live on Stage at the Curran Theatre”**

**Tuesday, Nov. 18**

**Minimal walking**

“I Love Lucy Live on Stage” is the brand-new hit show adapted from the most beloved program in the history of television, America’s favorite four-some – Lucy, Ricky, Fred and Ethel – are live on stage and in color for the first time. It’s 1952 and the audience becomes members of the studio audience awaiting the filming of two hilarious episodes. The story, told through music, dance and “her hyper-campical Theatre of Human Animation,” is “Wunderworld” tells the story of the 1890s欧-American Rodeo; imagine stepping back in time to the Desilu Playhouse soundstage where a chorus of cowboys laughs and enlightens the audience to the behind-the-scenes filming process of the 1950s, the hit-fidelity technology of the time, and the interaction of the actors with the camera and the audience. The Rossmoor Transportation Department will provide free transportation for the first 18 participants. The cost is $30.

**“Bye Bye Birdie” at the Lesher Center**

**Saturday, Nov. 22 at 2:30 p.m.**

**Minimal walking**

A musical theatre classic, “Bye, Bye Birdie” is coming to the Lesher Center in Walnut Creek. It is being presented by the Contra Costa Musical Theatre. The story, based on a book by Michael Stewart, was inspired by the phenomenon of Elvis Presley and his huge international attraction, which had already captured the hearts and minds of American youth. This fast-paced story of the 1890s, “Bye Bye Birdie” features tuneful songs like “Honesty Singer,” “One Last Kiss” and “A Lot of Livin’ to Do.” It has been described as “the first rock & roll musical.” The Rossmoor Bus Transportation Department will provide free transportation for the first 18 participants. The cost is $49.

**Keith Haring: The Political Line**

**Wednesday, Nov. 12**

**Extensive walking**

“Keith Haring: The Political Line” will have its U.S. premiere at the de Young Museum. This exhibition, the first multimedia show of this world-renowned street artist, features over 200 artworks from the 1980s and ’90s, showcasing his dynamic artistic process, the 1990s’hi-fi technologies, and the possibility of the street artist’s death, in 1990. The Political Line will feature more than 130 works of art, including large-scale paintings on tarps, quilts and works of wearable and textile art. This highly anticipated quilt show is the largest in the nation. The show is the single largest view of market competition of the finest quilts created by talented artists from around the world. A separate Victorian property will provide a tour of the original Queen Anne home and an orientation video with historical footage, an award-winning audio tour in the prison Cell House with actual interviews of former prisoners and inmates. Make sure to visit the Gardens of Alcatraz. These historic gardens with colorful plants gathered decades ago from around the world are complemented by newly introduced plants that illustrate the gardens to the human spirit along with the ecological benefits of sustainable gardening. Also on display is “Big Al” on the Alcatraz Island featuring a featured image of the Chinese conceptual artist and political activist, a large metal sculpture in white, which is international renowned both as a maker of provocative art and as a passionate advocate for human rights and expression. His art and ideas find a compelling new context in this exhibition of works created specifically for Alcatraz - a 19th-century military fortress, a notorious federal penitentiary, a site of Native American heritage, protest, and now of America’s most radical national parks. Food is not available on Alcatraz but visitors can bring their own picnic lunch or purchase food and drinks on the ferry (and on additional ferries). Lunch can only be eaten on the ferry or on the dock area at Alcatraz. Wear comfortable footwear and clothing. Allow 3-4 hours to leave Rossmoo at 9 a.m. and return at approximately 5 p.m. The cost is $64.

**Houghton Hall: Portrait of an English Country House**

**Sunday, Oct. 19**

**Extensive walking – nine blocks and stairs**

The Victorian Alliance of San Francisco will hold a house tour in the Haight-Ashbury district of San Francisco. The cable cars of 1883 transported San Franciscans to a sparkling array of newly minted homes in the Haight-Ashbury District, alongside the Panhandle of Golden Gate Park. Having escaped the devastating fires of 1906, these homes also have survived the housing partitions of WWII and the psychedelic subculture of the 1960s and 1970s, although the Good Earth commune and “a house’s architect, consort, craftsmen and the families who settled the Haight-Ashbury in the 19th century.” A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century. A separate Victorian property will provide a tour of the interiors of eight lovingly maintained homes, including a stately residence with an interior of 18th-century English portuguese, two homes painted homes occupied by the commune. Knowledgeable docents will provide historical background and a story of the house, the contractor, craftsmen and the families who set up the Haight-Ashbury in the 19th century.
Excursions

Continued from page 128

EXPLORING SOUTH AFRICA, VICTORIA FALLS AND BOTSWANA
March 4 through 11, 2015

South Africa’s epic scenery, winding coastlines, remarkable cultural diversity and abundant wildlife come together in this incredible adventure designed for a small group.

Tour highlights:
- Cape Town
- Table Mountain
- Hermanus (optional Great White Shark Experience)
- Entabeni Conservatory
- Soweto tour
- Victoria Falls, Zimbabwe
- Chobe National Park
- Wildlife Safaris

The tour includes: all transfers, roundtrip airfare, 12 nights first-class hotel accommodations, 23 meals (12 breakfasts, five lunches and seven dinners), sightseeing per itinerary, professional tour director and baggage handling. The cost per person, double occupancy is $7,149 (single accommodations are extremely limited). Book before Sept. 4, 2014 and save $250 per person. A Leisure Link segment of the new application. Travel protection Plan is available for additional $270. Final payment is due by Oct 3, 2015. Stop by the Excursion Desk for a complete itinerary and reservation form.

HAWAIIAN ISLANDS CRUISE
Jan. 13 through 28, 2015

Enjoy the wonders of the Hawaiian Islands in style on board the Star Princess sailing round trip from San Francisco. The Star Princess is an ideal-sized ship with great amount of amenities and a full itinerary of events at sea. Your days and nights will be full of endless opportunities for fun. Choose from traditional, anytime, specialty or casual dining. Take a personal enrichment class, do yoga, go duty-free shopping, or just relax with a dip in one of the pools or spas. In the evening, enjoy live theater and movies on the big screen, plush lounges, swanky casinos and dance clubs. After four busy days and nights at sea, you will enjoy four different Hawaiian Islands.

Ports of call:
- Hilo, Big Island
- Honolulu, Oahu
- Kona, Hawaii
- Maui
- Ensenada, Mexico

Included in the price: 15-night cruise aboard the Star Princess, round-trip transfers from San Francisco to San Diego per person, all meals and entertainment aboard ship, luggage handling, driver and stewedee tips, port taxes and government fees. Travel Guard Group Protection Plan, one bottle of wine per cabin and two onboard cocktail parties. Prices start from $2,280 per person depending on stateroom choice. Single rates are furnished upon request. A deposit of $990 per person is due to secure reservations. Final payment is due by Oct. 16, 2014. Stop by the Excursion Desk for a complete itinerary and prices.

TROPICAL COSTA RICA
Jan. 24 through Feb. 1, 2015

Travel to Costa Rica, one of Central America’s hidden gems, a haven for eco-tourism. Experience the lush forests, magnificent waterfalls, rumbling volcanoes, endless coastlines and diverse ecosystems in a place that preserves its delicate ecosystem.

Tour highlights:
- Doka Coffee Plantation
- Tamarindo Beach
- Monteverde Cloud Forest
- Hanging Bridges walking tour
- Talamanca Mountains
- Arenal Volcano
- Cano Negro Nature Preserve
- Zarcero topiary gardens
- San Jose Tour

The tour includes: all transfers, roundtrip airfare, motorcoach transportation, eight nights four-star-class hotel accommodations, touring per itinerary, 14 meals (eight breakfasts, six dinners), sightseeing per itinerary, professional tour director, baggage handling. The cost per person, double occupancy is $2,349 ($2,849 for a single). A deposit of $325 is due with application. Final payment is due by Nov. 25. Stop by the Excursion Desk for a complete itinerary and reservation form.

NEW YEAR’S IN THE SOUTHWEST

Travel to the beautiful Southwest to ring in the New Year! This 11-day/10-night journey will cover Palm Springs, Phoenix, Sedona and Las Vegas. First night accommodations is at the Spa Hotel and Casino in Palm Springs.

Tour highlights:
- Palm Springs Spa Hotel and Casino
- Phoenix
- Bilmore Fashion Park
- The Hall of Flame Fire Museum and the National Firefighting Hall of Heroes
- Desert Botanical Garden in Papago Park
- Musical Instrument Museum
- New Year Celebration at Kokopelli Winery
- Sonoran Desert
- Pinnacle Peak Patio Steakhouse & Micro-Brewery
- African Bush Safari Tour

SANTA FE HOLIDAY TOURING FOUR NIGHTS AT ONE HOTEL
Dec. 3 through 7

Tour highlights:
- Santa Fe City Tour
- Loretto Chapel and Palace of the Governors
- Albuquerque City Tour
- Indian Pueblo Cultural Center
- Old Town Albuquerque
- San Felipe de Neri Church
- High Road to Taos
- Ghost Ranch and Santuario
- Historic Taos City Tour
- Taos Pueblo Native American community (UNESCO World Heritage Site)

The tour includes roundtrip airfare, motorcoach transportation, four nights deluxe lodging, six meals (four breakfasts and two dinners), sightseeing per itinerary, professional tour director, baggage handling. A deposit of $300 per person is due with application. The cost is $1,325 per person double occupancy, $1,750 single. Stop by the Excursion Desk for a complete itinerary and reservation form.

EXTENDED TRIPS

LIVERMORE OUTLETS
NEW LISTING

“KINKY BOOTS”
Wednesday, Dec. 10

Minimal walking

Don’t miss a chance to see “Kinky Boots” at the Orpheum Theater in San Francisco. Winner of six Tony Awards including best musical, this inspirational musical follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that they have more in common than they ever dreamed possible.

The bus leaves Gateway at 12:15 p.m and will return around 6:30 p.m. Great orchestra seats. Cost is $145. Tickets will be on sale starting Wednesday, Oct. 8, at 8 a.m. Two tickets per person maximum.

SANTA FE HOLIDAY TOURING FOUR NIGHTS AT ONE HOTEL
Dec. 3 through 7

Tour highlights:
- Santa Fe City Tour
- Loretto Chapel and Palace of the Governors
- Albuquerque City Tour
- Indian Pueblo Cultural Center
- Old Town Albuquerque
- San Felipe de Neri Church
- High Road to Taos
- Ghost Ranch and Santuario
- Historic Taos City Tour
- Taos Pueblo Native American community (UNESCO World Heritage Site)

The tour includes roundtrip airfare, motorcoach transportation, four nights deluxe lodging, six meals (four breakfasts and two dinners), sightseeing per itinerary, professional tour director, baggage handling. A deposit of $300 per person is due with application. The cost is $1,325 per person double occupancy, $1,750 single. Stop by the Excursion Desk for a complete itinerary and reservation form.

NEW YEAR’S IN THE SOUTHWEST

Travel to the beautiful Southwest to ring in the New Year! This 11-day/10-night journey will cover Palm Springs, Phoenix, Sedona and Las Vegas. First night accommodation is at the Spa Hotel and Casino in Palm Springs.

Tour highlights:
- Palm Springs Spa Hotel and Casino
- Phoenix
- Bilmore Fashion Park
- The Hall of Flame Fire Museum and the National Firefighting Hall of Heroes
- Desert Botanical Garden in Papago Park
- Musical Instrument Museum
- New Year Celebration at Kokopelli Winery
- Sonoran Desert
- Pinnacle Peak Patio Steakhouse & Micro-Brewery
- African Bush Safari Tour

EXPLORE THE RECREATION DEPARTMENT

SPECIAL EVENTS

From the Recreation Department

The following are the current special events sponsored by the Rossmoor Recreation Department. For more information on any of these events during the month, check the Special Events listing on the calendar page each week, look for the article in the Arts, or call the Recreation Department at 988-7732. Events are free unless otherwise noted. This information is posted throughout the month on the Rossmoor News website at www.rossmoornews.com.

DANVILLE COMMUNITY BAND
Sunday, Oct. 12

The Danville Community Band will perform a free concert at 3 p.m. in the Tahoe Room at the Event Center. This free program is open to all residents and their guests.

MARLON GREEN BAND IN CONCERT
Thursday, Oct. 16

Marlon Green and his band will perform a concert for dancing and listening in the Tahoe Room at the Event Center at 7 p.m. This free program is open to all residents and their guests.

NATS VOCAL RECITAL
Sunday, Oct. 19

A free recital of classical, art song, opera and musical theater will be presented at 4 p.m. in the Metropolitan Room at Gateway. The recital is presented by the National Organization of Teachers of Singing (NATS). Music will range from Opera and Art Song to Musical Theater and Jazz. This free program is open to all residents and their guests.

MOVIES

From the Recreation Department

THURSDAY AND FRIDAY MOVIE
Thursday and Friday Oct. 9 and 10

The 2014 drama “The Fault in Our Stars” will be shown in Peacock Hall at Gateway on Thursday at 4, 7 and 10 p.m. and Friday at 10 a.m., 1, 4, 7, 9 and 10 p.m. Captions will be used on Thursday at 1, 4 and 7 p.m. and on Friday at 10 a.m. and 1 p.m. This film is two hours and six minutes long and is rated PG-13. This free program is open to all residents and their guests.

SATURDAY MOVIE
Saturday, Oct. 11

The 2002 drama “Far From Heaven” starring Julianne Moore and Dennis Quaid will be shown in Peacock Hall at Gateway at 4 and 7 p.m. with deaf and hard of hearing showings at 1 and 4 p.m. Feature language captions. This film is one hour and 46 minutes long and is rated PG. This free program is open to all residents and their guests.

SUNDAY FUNNIES
Sunday, Oct. 12

The 1998 comedy “Rushmore” starring Bill Murray will be shown in Peacock Hall at Gateway at 4 and 7 p.m. The showing at 4 p.m. will feature language captions. This film is one hour and 33 minutes long and is rated R. This free program is open to all residents and their guests.

HOLLAND/BELGIUM TULIP RIVER CRUISE
April 6 through 14, 2015

Enjoy a seven-night Holland and Bell-Continued on page 14B
Excursions

Continued from page 138

gium river cruise aboard the AmaLyra. These river cruis- es offer the beauty of Holland at tulip time, along with some of the world's most beautiful scenery. Berlin has to offer. Tour highlights:
• Amsterdam Canal Cruise
• Volendam Harbor
• Airborne Museum in Arnhem
• Het Louvre Palace (Holland Royal Residence)
• Nijmegen city tour
• Antwerp city tour
• Ghent with a visit to the Castle of the Counts
• Zealand Delta Walks
• Willemstad walking tour
• Kinderdijk windmills
• Keukenhof Gardens

The tour includes: all transfers, roundtrip airfare, seven nights in a cruise in deluxe outside cabin, 20 meals (seven breakfasts, six lunches and seven dinners), wine, beer and soft drinks with lunch and dinner, sightseeing per itinerary, onboard entertainment, baggage handling and all port charges. Prices vary based on cabin category and accommodation and range from $4,999 to $7,799. A deposit of $500 per person is due with application. Final payment is due by Jan. 6, 2015. Stop by the Excursion Desk for a complete itinerary and pricing information.

ELEGANT IRELAND
April 7 through 20, 2015

Believe those famous shades of green that stretch as far as the eye can see. This is Ireland. Explore a timeles destination while touring the Cliffs of Moher and Blarney Castle and staying two nights at the stunning medieval Ashford Castle. Tour highlights:
• Dublin city tour
• Irish Night "traditional entertainment

ITALY: TUSCANY, ALPS, RIVIERA, LAND TOUR
April 6 through May 6, 2015

Contact Barbara Crane, 300-3358

THE GREAT RIVERS OF EUROPE, RIVER SHIP CRUISE
June 4 through 18, 2015

Contact Hat or Roberta Davis, 510-919-0037

PANAMA CANAL CRUISE AND PANAMA LAND TOUR
Oct. 30 through Nov. 15, 2015

Contact Sally Day, 300-3332

REGULAR LISTINGS

CACHE CREEK WITH ORT
Monday, Oct. 13

Travel on a spacious bus with ORT to Cache Creek Casi no for five hours of fun and games. The bus departs Gate way at 6:30 p.m. and returns to Gateway at 9:30 p.m. Casino bonus includes $15 to play at table or machines and $5 food coupon. The cost is $28 inclusive and is open to all Rossmoor residents. Friends are welcome. Make checks out to ORT and mail to Joyce Kearney, 2009 Pratamigan Drive No. 2. For information call 935-5716 or email joyceearney@aol.com or call 932-8448. ORT helps trail and rehabilitate people in 58 countries worldwide and is open to everyone.

RED HAWK CASINO
Friday, Oct. 24

Join the Lawn Bowling Club on their trip to the Red Hawk Casino. Enjoy a floor level of smoke-free gaming and dining. The cost is $30. Receive casino bonus of $15 slot machine play or $20 table game play. This trip is open to all Rossmoor residents, their family or guests. Reservations are necessary. Call Elise or Frankie Napoli at 937-8290.

THUNDER VALLEY CASINO WITH THE CITY OF HOPE—FIVE-HOUR TRIP
Monday, Nov.3

Join in the fun at Thunder Valley Casino and support cancer research at the City of Hope. Stay five hours at the casino, Leave Gateway at 9 a.m. and return about 4:30 p.m. on the bus for fun, prizes, including a future trip. Bring friends and neighbors. Casino gives $15 player credit and $5 food credit. For reservations, call ORT at 935-7655 or email Lynne Kever@pruca. com. Send checks for $30, made payable to the City of Hope, to Kever at 1830 Tice Valley Blvd., Walnut Creek, CA 94595.

SANT FRANCISCO CHINATOWN
Tuesday, Nov. 4

Join the Chinese-American Association on its trip to San Francisco Chinatown. Leave Gateway at 8:30 a.m. on United Charter Tours and return about 5:30 p.m. Places to be visited are the Chinese Cultural Center and the Chinese American Historical Society of America museum. A docent will provide a guided tour. See the famous Dragon, part of the San Francisco Library, will lead a tour of the highlights of Chinatown. Walking will be moderate. The cost is $40 (for transportation, docent-led tour, and donations to the museum); lunch is not included, or upgrades are available at $35-36 for Chinese Cultural Center or $35-36 for Chinese Historical Society. Send check to Fongsrae@yahoo.com before Oct. 15.

2015 TRIPS

ART AND TULIP CRUISE TO HOLLAND AND BELGIUM
April 6 through 14

With optional two extra days

April in Holland is like April in Paris except with tulips and windmills. This trip is fully escorted by Ralph Parton, emeritus professor of art, CSUS, for the 21st anniversary of the first Rossmoor art tour. This tour is co-sponsored by the Rossmoor Railroad Club. All partici pants receive a one-year free membership in the Railroad Club. Cruise is by AMAWaterways on the AmaLyra with all deluxe outside cabins. Includes complimentary beer, wine and soft drinks with lunch and dinner, daily shore excursions, onboard entertainment and lectures. With 35 signatures, Rossmoor will have its own bus for all shore ex cursions. Cabin categories by deck begin at $2,799 per person double occupancy.

The trips listed below are sponsored by Rossmoor clubs and organizations and not by the Recreation Department. The trips are open to all Rossmoor residents, not just members of the clubs. For information, contact the person listed with each trip. Do not contact the Recreation Department. Rossmoor clubs and organizations wishing to be included in this column must email an article to the News at news@rossmoor.com by Wednesday at 4:30 p.m. Due to space restrictions, the News reserves the right to edit or delete details not relevant to the given week.

TRAVEL CLUB TRIP SUMMARY
At the request of the Travel Club, the News lists the following summary of upcoming Travel Club trips. Details of each trip are in the regular Club Trip listings.

ITALY: TUSCANY, ALPS, RIVIERA, LAND TOUR
April 6 through May 6, 2015

Highlights:
• Keukenhof Gardens with its tulips and sculptures
• The Kroller-Muller museum with the largest private collection of Van Gogh paintings and a sculpture garden filled with art from Auguste Rodin to the present
• Ghent, Belgium, Ghent Altarpiece (Adoration of the Mys tic Lamb) by Jan van Eyck
• Antwerp, Belgium, Peter Paul Ruben’s house and studio
• Basilica of Our Lady housing three of his master paintings

Optional two nights include visits to the Rijksmuseum with all the Dutch masters and Rembrandt’s Night Watch and Van Gogh museum. There will be free time to view other sights. For information and a day-by-day itinerary and registration form, call Parton at 266-7074.

ITALY: TUSCANY, THE ALPS AND THE RIVIERA
April 22 through May 6, 2015

For the first time, the Travel Club is sponsoring a trip to Italy in partnership with Granding in the cultured city of Rome and ending in Venice in 13 days later. Stops include Florence, Siena, Pisa, Verona, Portofino and the Dolomites. Travelers will also have an opportunity to visit the five small villages at Cinque Terre. This trip offers a variety of included and optional tours. One such tour is across the Austrian border to Innsbruck. Another goes to Genoa, birthplace of Christopher Columbus. A three-day pre-trip to Rome and a three-day post-trip to Venice are available at an additional cost. All hotel stays are at least three nights. Pace will be leisurely with opportunities to experience Italian art and culture. This is an un hurried pace that is perfect for those who have been there but also to those who have “been there, done that.” The Travel Club provides an additional benefit to its members through discounted airfare available to its members. Round-trip trans portation between Gateway and SFO will be arranged if at least 11 passengers sign up. For information and day- by-day itinerary, contact Barbara Crane at 300-3358 or barbaracran@aol.com. Flyers are also available in the Travel Club box at Gateway.

THE GREAT RIVERS OF EUROPE
June 4 through 19, 2015

This Grand Circle Cruise Line trip, sponsored by the Rossmoor Travel Club, departs from Amsterdam and con cludes in Vienna 15 days later. This river cruise is leisurely and comfortable. Enjoy scenery, history and culture from Holland, through Germany and ending in the cultured city of Vienna.
Club Trips

Continued from page 148

of Vienna, Austria. Rivers traveled are the Rhine, Douro, Main and Danube. The River Harmony, only carries 140 passengers, and this cruise is one of the most popular of all the Grand Circle cruises. The Travel Club has reserved space for 14 cabins, with two of those single cabins specifically reserved for Rossmoor residents. Cabins are exterior, and are about 160 square feet – large enough for two to share comfortably. There are pre- and post-trip options available for Bruges, Belgium and Vienna. This trip includes nine tours of cities and towns along the river, plus the opportunity to join several optional focus tours. All meals and beverages served during the cruise, including all beverages served aboard the ship, are included. The Travel Club provides highly skilled local-based program directors who manage activities while off the ship and who travel the entire cruise. The cost ranges from $4,195 to $5,295 per person for the cruise. Airfare, tips, port charges. The total cost for this two-week adventure is $2,895. For a six-page color brochure with pictures and a day-by-day itinerary, call Parton at 256-7078. Itinerary, call Parton at 256-7078.

2015 AFRICAN WILDLIFE SAFARI

Dec. 18 through 21, "Pinocchio" March 12 through 15, 2015; and "The Crimson Pirate" May 7 through 10, 2015 at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd. Tickets are $32. Call 283-3728 or go to www.gcplayers.org.

ROLE PLAYERS ENSEMBLE presents the classic comedy "Arsenic and Old Lace," Oct. 31 through Nov. 16 at the Village Theatre. Mountain View. Director is Dennis Brewer. Tickets are $20 to $28 at www.RolePlayersensemble.com. For tickets, call 945-7449 or go to losertheatres.com.


THURSDAYS @ THE VT presents blues and jazz by Sonny Stitt, Oct. 23 at 7:30 p.m. in the Ballroom and Theatre Art Gallery, 223 Front St., Danville. Beer and wine will be available for purchase. Tickets are $10 in advance or $12 at the door. Call 344-3400 or go to www.villageatthehastheatres.org.


THEATRE BAY AREA PRODUCTIONS present "The Broadway Divas" on Oct. 18, 25 and 26 at the Town Hall Theater, 3535 Broadway. This new revue celebrates four of Broadway's most celebrated, awarded and honored leading ladies--Angela Lansbury, Bernadette Peters, Ethel Merman and Mary Martin. Tickets are $22 to $25. For tickets, call the box office at 283-1557 or check the website at www.townhalltheatre.com.

REAL AFFORDABLE COSTA RICA

Nov. 1 through 13

This is a good time to leave the cold weather and go to sunshine to see the turtle hatcheries and visit the San Gerardo de Dota coffee plantation. This tour is sponsored by the Railroad Club and is filled with unusual activities from horseback riding, river rafting, nature walks and cruising a river for crocodiles. There is a choice to participate or not. This small group tour, like all DAT vacations, is limited to 15 participants and is fully escorted by Rossmoor Tour conductor, Gail Hart. Gail will arrange transfers from Rossmoor to SF, 29 meals, all land transportation, 10 small group tours, all camping fees, all park and attraction fees finca, a home-hosted meal, thermal mud baths and more. New for 2015, grantees for local guides, drivers and portage are ported; so are all govern-

Boomers plan fifth annual Halloween party at Event Center

The Boomer Forever Club will hold its fifth annual Halloween party on Saturday, Oct. 25, at the Event Center. The theme is "Oh the places you will go" and will feature all Senses, including the entire band at this event to delight dancers and listeners alike.

This year's featured entertainment will be Dawn Coburn and the Sugarbeats Band. Coburn played a smashing one-woman show at the Boomer Forever Club's "Dawn's Birthday Bash," a social club for both singles and couples born in the '40s, '50s, and '60s. There is no charge for this look at the production process with the show's creative director, actors and designers.

There will be a costume contest with prizes awarded in the following categories: funniest, scariest, best couple/group, and best overall. There will be a costume contest with prizes awarded in the following categories: funniest, scariest, best couple/group, and best overall.

Tickets are $32.50. Call 283-1557 or go to www.gcplayers.org.

For tickets, call the box office at 283-1557 or go to www.townhalltheatre.com.

Boomers plan fifth annual Halloween party at Event Center

The Boomer Forever Club will hold its fifth annual Halloween party on Saturday, Oct. 25, at the Event Center. The theme is "Oh the places you will go" and will feature all Senses, including the entire band at this event to delight dancers and listeners alike.

The party will be held in the Event Center on Saturday, Oct. 25, from 6 p.m. to 11 p.m. for all ages. The party is for adults only.

Tickets are $32.50. Call 283-1557 or go to www.gcplayers.org.

For tickets, call the box office at 283-1557 or go to www.townhalltheatre.com.

This year's featured entertainment will be Dawn Coburn and the Sugarbeats Band. Coburn played a smashing one-woman show at the Boomer Forever Club's "Dawn's Birthday Bash," a social club for both singles and couples born in the '40s, '50s, and '60s. There is no charge for this look at the production process with the show's creative director, actors and designers.

There will be a costume contest with prizes awarded in the following categories: funniest, scariest, best couple/group, and best overall. There will be a costume contest with prizes awarded in the following categories: funniest, scariest, best couple/group, and best overall.

Tickets are $32.50. Call 283-1557 or go to www.gcplayers.org.
Second Tuesday Lunch Group meets Oct. 14

The Second Tuesday Luncheon Group will have its October luncheon on Tuesday, Oct. 14, at Dollar Clubhouse. The social hour begins at 11:30 a.m. The luncheon will be served at noon. The theme is Fall. The menu will include salad, ham, scalloped potatoes and cheese cake.

Hostesses for this event are Gloria Leavenworth and Ann Shaddle.

The cost of $15 includes wine and sparkling cider. For reservations, call Leavenworth at 939-0875. A reminder, the reservation must be paid the day of the luncheon.

Dues of $5 are due at this October luncheon.

The Second Tuesday Luncheon Group meets every second Tuesday of the month, September through June. It is a continuation of the Gourmet Lunch Group of the former Rossmoor Federated Women’s Club.

All Rossmoor women are invited to join the group for friendship, fellowship and good food.

Quick step taught by Round Dance Club

The Rossmoor Round Dance Club offers quickstep lessons on Sundays, Oct. 12, 19 and 26 as well as Nov. 2, 9, 16, 23 and 30. The classes will be from 1 to 2 p.m. in the Shasta Room at Del Valle. The cost is $4 for residents and $5 for nonresidents, payable by the week.

The instructors are Jay and June Rosenthal. Quickstep is a light-hearted ballroom dance, fast flowing and sprinkled with syncopations. It evolved in the 1920s in New York as a combination of foxtrot and Charleston.

Students will learn 16 figures and use them in one or more complete dances. All dancing will be to pre-choreographed and cued routines.

Students are welcome to dance together. Although prior dance experience is not required, couples and singles are welcome, although classes currently average two to three women for every man. Women are welcome to dance together.

Pre-registration is requested. Contact the club president, Jay Rosenthal, at 943-7173 or jaycan9@yahoo.com. Give your name, street address, phone number and email address.

Note that free practice sessions are also offered on Mondays from 6 to 7 p.m. in the Las Trampas Room at Hillside Clubhouse.

Rotarians to hear about Camp Royal students

Four Camp Royal students will share their camp experiences with the Rossmoor Rotary Club on Wednesday, Oct. 15. Camp Royal is Rotary’s youth leadership conference held each June in the mountains of northern California.

Seventy Rotary clubs in District 5160 have provided this leadership learning opportunity since 1979. In 2013, Rotary hosted over 145 outstanding young leaders.

The Rotary Club meets weekly in the Diablo Room at Hillside from 11:30 a.m. to 1:30 p.m. The speaker starts promptly at 1. One does not need to be a Rotarian to attend.

There is a full buffet lunch available for $15. No reservations are required.

For information, call Barbara Safran at 890-8970.

Home values are discussion topic at Financial Forum meeting

The Financial Forum will meet on Wednesday, Oct. 22, at 3 p.m. in the Fairway Room at Creekside. The speaker is Chuck Lamb, the sales manager for Rossmoor Realty.

Lamb has 35-plus years of real estate experience. He will speak about the residential real estate situation, including Rossmoor home values.

He will clarify the leading indicators that impact the residential real estate market and in doing so, will give a five to 10 year forecast.

By the lecture’s end, members will be able to anticipate where residential real estate is going, what various issues could threaten home values and regional trends.

The meeting will last between 60 and 90 minutes.

Red Hatters lunch in November

The Red Hat luncheon Saturday, Nov. 8, entrée choices are turkey or roast beef with pumpkin cheesecake for dessert. Extended Roots will provide the entertainment.

When signing up for events, write the name of the event and luncheon entrée choice on the front of the envelope. Those who must cancel from an event should call Sandra Hawkins at 788-9124 or Pat Best at 944-1344.

New members will be contacted by Queen Ruth Koheler. Members should call Koheler at 930-9635 if they know of a member who is ill or in need.

Rossmoor Home Service Contract

Only $175 per Year for Cooperatives and $225 per Year for Condominiums

Income generated lowers the GRF coupon

 Experienced Rossmoor staff perform all repairs

Most parts included in service

COVERED:

- Electrical Repair
- Plumbing Repair
- Plugged Drains & Toilets
- Garbage Disposal
- Bathroom Fans
- Light Fixtures
- Table & Floor Lamps
- Air Conditioners
- Refrigerator
- Oven, Range & Hood
- Dishwasher
- Furnace
- Washer & Dryer
- Water Heater
- Window & Deck Shades
- Carpentery Jobs
- Drapery Rods
- Battery Installation
- Closet Doors
- Sliding Doors
- Stuck Garage Door
- “Helping Hand” Services
- And MUCH More...

FOR ASSISTANCE REGARDING THE FOLLOWING CALL:

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

TRASH AND RECYCLING PROBLEMS: 988-7640.

For an explanation of maintenance services, call Texs Molina at 988-7657.

Mutual Maintenance

FROM THE MUTUAL OPERATIONS DIVISION

FOR SERVICE, CALL 988-7650
Order Desk email: workorder@rossmoor.com
October Schedule

LANDSCAPE ENTRY MAINTENANCE:
First through Fourth Mutuals: once-a-month for routine ground cover and shrub trimming and weed control.

LANDSCAPE ENTRY MAINTENANCE:
INDEPENDENT MUTUALS:
Monday: Mutuals 28, 29, 48 and 61
Tuesday: Mutuals 5, 8, 22, 30, 65 and 68
Wednesday: Mutuals 5, 8, 29, 48, 59, 61 and 68
Thursday: Mutuals 5, 28, 30, 65 and 68
Friday: Mutuals 8, 29, 48, 56, 59 and 68
TREEMaintenance: Building clearance by Warner Bros. in SWCM, TWCW projects 49, 50 and 51; 4WCM, SWCM, Mutuals 28 and 65.

PEST CONTROL: Call 988-7640 for service order.

LAWMAINTENANCE: Mow, fertilize with 16-16-8.

EXTERIOR LIGHTING: To report exterior walkway carport lighting problems, call Mutual Operations at 988-7650.

GOLDEN RAIN HANDYMAN SERVICE

For service or questions, call 988-7650

Email: handyman@rossmoor.com

Mark

Your Handyman Guy

16B ROSSMOOR NEWS • OCTOBER 8, 2014

162
Bring harmony to body, mind senses with Tibetan yoga

The theme of this week’s Tibetan relaxation yoga class is brought to body, breath, mind, senses and the environment. The class will be taught by Santosh Philip on Saturday, Oct. 11, from 10 to 11:30 a.m. in the Shasta Room at the Fitness Center.

Philip, an architect and entrepreneur, has studied the Nyingma teachings since 1995. His primary area is Kun Nye Tibetan yoga which he has taught here since 2009. Kun Nye exercises help relax the body, calm the breath and still the mind, which also helps deepen meditation.

The classes are offered twice a month on Saturdays with a fee of $10 per class. All Rossmoor residents and their guests are welcome as are both new and experienced students.

Exercises are done sitting or standing. Dress warmly.

The next class is on Oct. 25 and will be taught by Abbe Blum. For information, call Endy Stark at 938-4681.

Wellness Group to hear interactive talk on sleep

The Wellness Group will host an interactive talk on Monday, Oct. 13, at 4 p.m. in Multipurpose Room 2 at Gateway.

The speaker will be Dr. Raphael Retter, whose practice is in Lafayette. His topic will be “Ten Secrets to a Good Night’s Sleep You Won’t Tell Your Doctor.”

Retter has been in practice for over 30 years and is one of the most highly skilled and respected chiropractors in the United States. He has made numerous radio and TV appearances, is the author of over 30 ebooks and has produced 27 DVDs including “Yoga for Deep, Restful Sleep.”

All Rossmoor residents are welcome to attend at no charge. For information, contact Brad Waite, Wellness Group vice pres.

Deep-water exercise classes offered at Hillside, Del Valle

Deep-water exercise classes are offered at Hillside and Del Valle pools on Mondays, Wednesdays and Fridays. The class runs from 8 to 8:45 a.m. at Hillside and 9 to 9:45 a.m. at Del Valle.

Water aerobics is a form of aerobic exercise that requires water-immersed participants. Participants in the class wear a flotation device to keep them upright and make floating in the pool easy.

Residents who take the class say that their balance, stability and muscle strength have improved. Water aerobics is non-weight bearing—there is no impact on joints. The classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

As people age, exercise can get more difficult. But deep-water exercise does not put stress on the joints, especially hips and knees, making exercise easier. Exercising in water can get the heart rate up, increase muscle mass and help build strength. It’s easier to move in the water.

The buoyancy of the deep water reduces body weight by 90 percent, enabling participants to move in ways that strengthen the cardiovascular and muscle strength have improved.

People who can’t move around easily for various reasons are able to lift themselves out of the water and move around to a great extent.

A two-month session is offered, which averages $4 per class. Participants need to sign up by session.

The instructor is Janet Braue, who has been teaching the class for 13 years. For information, call her at 253-9596. Students are asked to pay for a session, which runs two months at a time.

How to save water during drought

1. If you wash dishes by hand, don’t leave the water running for rinsing. If you have two basins, fill one with rinse water. If you have only one basin, use a sprayer device or short blasts instead of running water.

2. When washing dishes by hand, use the least amount of detergent possible. This reduces rinse water needed.

3. Let your pots and pans soak instead of letting the water run while you clean them.

4. Don’t put a pitcher of water in the refrigerator for drinking rather than running the faucet.

5. Don’t defrost frozen foods with running water.

6. Don’t let the faucet run while cleaning vegetables.

7. Use the garbage disposal less by putting the garbage in plastic bags and disposing in the refuse bins.

8. Showers:
   a. Start taking “Navy” showers. That is done by wetting down and TURNING OFF showerer while soaping down. Then rinse off quickly and turn off shower.
   b. If that is too big a problem, at least shorten your shower. Even a 1 to 2 minute reduction can save up to 700 gallons of water per month.
   c. Take a short shower instead of a bath. While a five-minute shower uses 12 to 25 gallons, a full tub requires about 70 gallons.
   d. In houses with good water pressure, you can save 40% of water by reducing the length of the shower at the faucet level—just don’t turn it on full blast!
   e. Don’t use your toilet as a wastebasket.
   f. Turn off the water while brushing your teeth.
   g. Men, switch to an electric razor if possible. If not then be sure to turn off water while shaving. Fill the bottom of the sink with a few inches of water to rinse your razor.
   h. Run-only full loads in the washing machine. Set water levels at appropriate level for the load you are washing.

Annuity Pair Games a success

The Duplicate Bridge Club sponsored games with various formats of play during Rossmoor’s 50th celebration.

Breaking from routine, players enjoyed the variety and social aspect of these games.

In the Rossmoor Games competition held on Sept. 15, there were 33 tables of players. There were two sections determined by master point levels.

On Sept. 16, a more social game was held where everyone played the basic yellow card. All levels were mixed together and players changed partners each round.

The game on Sept. 17 was a partners game, but with international match points scoring. Michael Gossell, assistant club manager, gave a brief description of the strategy used to win an IMP scoring game, which is different from match point scoring.

The weeklong celebration wrapped up on Sept. 21 with a unit game accompanied by a light lunch.

Partnership Bridge

On Sept. 26 at partnership bridge, the scores were Alvin and Francoise Buchignani 3580 making a small slam in no trump, Nancy Magee/Joyce Towner 3080, Dorothy and Jed Crate 2960, Judy and Ted Augustine 2770, Patsy McAteer John deBenedictis 2640 and Judy and Ted Augustine 2570. Low score was 1350.

For information, call Helen Bailey 944-1902 or Carol Nelson 256-0044.

On Sept. 30, there were 36 players at partnership bridge in the Oak Room at Gateway. John and Dolores Clark topped the winners with 4920 points. Other winners were: Cedric Ferrer/Arthur White 2930 including a small slam in hearts, Joan and Jim Chevney 2750, Barbara Murphy/Carynnel Nelson 2720 and Sam Raber/Joyce Dowensend 2670. Low score was 980.

Directors John and Dolores Clark were assisted by Ted Augustine.

For information, call Dolores Clark at 330-8612.

Partnership bridge on Oct. 2 had these winners: Neal Monschat/Valma Leavitt 3870, Don Thompson/Don Christian 3780, Vicki LaBatt/Edna Nebinger 3190, Jane Kadner/Barbara Klein 3050, Liz Alter/Leuciana Young 2680, Judy and Ted Augustine 2660, Eleanor Blanton/Jewel Ward 2590 and Elizabeth Moses/Naomi Fuller 2570.

Partnership bridge on Oct. 12 had these winners: Shari Siegel/Rita Hebert 3830, Tillie Molho/Natalie Stein 2940, Vicki Chu/Leuciana Young 2830, Neal Monschat/Edna Nebinger 2520 with a small slam in 6 hearts and Dawn Howell/Donna Prichard 2320.

For information, call Neal Monschat at 933-9429.

How to save water during drought

1. If you wash dishes by hand, don’t leave the water running for rinsing. If you have two basins, fill one with rinse water. If you have only one basin, use a sprayer device or short blasts instead of running water.

2. When washing dishes by hand, use the least amount of detergent possible. This reduces rinse water needed.

3. Let your pots and pans soak instead of letting the water run while you clean them.

4. Don’t put a pitcher of water in the refrigerator for drinking rather than running the faucet.

5. Don’t defrost frozen foods with running water.

6. Don’t let the faucet run while cleaning vegetables.

7. Use the garbage disposal less by putting the garbage in plastic bags and disposing in the refuse bins.

8. Showers:
   a. Start taking “Navy” showers. That is done by wetting down and TURNING OFF show -

Chess Forum

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

The answer for the Oct. 1 problem was 1...Qd1 check 2.Rxd1...Nxc2...Rxd1 mate.

This week, another problem is offered to tease the mind, black to mate in three. The answer will be included in next week’s column.

Players at all levels are welcome in the Chess Room on the first floor back corner at Dollar Clubhouse on Fridays from 12:30 to 2 p.m. There’s a nice crowd on Saturdays from 10 a.m. to 2 p.m. Play is also on Sundays from 10 a.m. to 2 p.m. Call or email a player to meet you there.

Call Bob Dickson at 934-1405 with the solution and any questions or comments.
Qigong and tai chi chuan offered at Fitness Center

Qigong and tai chi chuan classes are offered by the Fitness Center. The instructor is Adam Wallace, a certified master with over 25 years experience. Both classes are offered in the Sierra Room at Del Valle. Qigong is on Tuesdays at 10 a.m. and tai chi chuan is on Wednesdays at 10 a.m. The cost is $10 a class. Beginners are welcome and may join in or observe anytime.

These are China's most famous exercises for which centuries have proven themselves profoundly beneficial to health, vitality and longevity. There are also documented positive effects on arthritis, blood pressure, circulation and chronic conditions, including asthma and bronchitis. Both train and improve balance and stability (fall prevention) and brain coordination (senility prevention), and improve digestion, respiration, the cardiovascular and nervous systems and sleep quality.

Qigong is an internal training exercise connected with traditional Chinese medicine. There is a focus on breath, gentle movement and relaxation, and qi (vital energy) of the internal organs and channels.

Tai chi chuan, also considered a gentle exercise, has its roots in the martial arts so the emphasis is in making the legs strong and the body powerful.

Lin Housheng qigong is a set of 18 movements that can be practiced as a system or individually. The 24-step Yang tai chi chuan is a complete sequence of movements that are performed as one routine. Both are quite different from one another so it is worth trying them both to see which is more suitable.

Classes are ongoing and open to all residents and their families. Classes are not affiliated with the Chinese-American Association.

Wallace can be contacted at 917-539-3068 or at wallace@sifuwallace.com.

New supercircuit small-group training offered

New super circuit smallgroup training will be offered on Mondays, beginning Oct. 13, from 4 to 5 p.m. in the Sierra Room at the Fitness Center. Residents are invited to join and challenge their speed, strength and agility. The cost is $10 a session.

This small-group training mixes a variety of tools that work well for all levels. Modifications can be made to exercises to suit those who have physical limitations.

This type of high intensity training is also great for weight and fat loss and for developing athleticism. Circuit training can and should be highly functional so that the training transfers to many aspects of life and sport.

The small group training is designed to develop endurance, strength, stamina and flexibility. A variety of tools are used, such as kettlebells, sandbags, jump ropes, dumbbells and medicine balls.

Participants will perform at each station for 30 seconds to a minute, followed by a 30- to 45-second rest period. Rest times may be inserted as necessary. Participants can increase the work time and decrease the rest time as improvement takes place.

The benefits of super circuit functional exercise include more calories burned in less time, fast muscular tone and strength gains, variable cardiovascular endurance for longevity and time saved.

For information, call Dino Giannakis at the Fitness Center, 988-7850.

Keeping Your Balance offered Thursdays

Keeping Your Balance, a six-week workshop on balance, will be offered on Thursdays, from noon to 1 p.m., starting Oct. 16 in the Aerobics Room at the Fitness Center.

The fee is $60 payable upon registration at the second class. The first class on Oct. 16 is free.

Guild-certified Feldenkrais instructor Peter Boffey will coach students in learning to move more efficiently and to stand, sit, stand, walk and transition between positions with confidence. This course does not require getting up and down from the floor. The benefits of these classes can be immediate and are cumulative.

Boffey discovered the Feldenkrais Method of Somatic Education® 16 years ago, after experiencing the effects of his own deteriorating balance and long-term debilitating pain. Based on his experience, in 2012 he started offering his Keeping Your Balance series tailored toward residents of Rossmoor.

For information about the course, contact Boffey directly at 935-1240 or email him at peterboffey1025@aol.com.

Other than closed-toed athletic shoes required by the gym, no special attire is needed. It is suggested that students dress in layers as the Aerobics Room is kept at 68 degrees.

Register by calling the Fitness Center at 988-7850.

Massage and Bodywork meets in Vista Room

The Massage and Bodywork Club now holds its meetings at Hillside Clubhouse.

The club brings in different therapists each month to give free sample sessions to club members and guests. The purpose of the club is to help Rossmoor residents find the right therapist for them.

The club will meet next on Saturday, Oct. 18, at 1:30 p.m. in the Vista Room at Hillside.

Each therapist will briefly explain what he or she does. Then members can sign up for a sample session in the order that they check in. Most times members will be able to have more than one session to try different practitioners and compare their work, especially if they show up at the beginning of the meeting.

There will be two therapists doing individual sessions and another doing group movement classes simultaneously.

There is no better way to find the right therapist than to actually experience his/her work. The sessions are about 20 minutes each. If the therapist seems the right choice, residents can schedule directly with him/her for more sessions.

The sessions themselves are free for members and guests and will start at about 2. Once attendees have had a session, they can sign up for another.

Membership is open to all residents and annual dues are $5. Guests are $5 per meeting. All sessions are done fully clothed, so dress appropriately.

For information, visit the website at www.rossmoorbodywork.com or contact Carl Brown at 287-9993.

ChiWalking workshops offered at Fitness Center

ChiWalking workshops are offered on Sunday, Oct. 26, in the Sierra Room at Del Valle. The workshops will be taught by Sally Mitchell, a certified ChiWalking and ChiRunning instructor. The cost is $65 for each workshop.

ChiWalking is a graceful, low-impact and pain-free way to improve health and fitness, connect with the body and rediscovering being active. Improving the way you walk can improve the way you feel.

The workshop is from 1:30 to 3:30 p.m. and includes lessons on posture, ankle lift, core strength, energy efficiency, the upper body, the breath and mind.

Part two is from 3:30 to 5:30 p.m. and includes body loosener exercises, breathing, stretching, walking programs and mindful and meditative walking. The prerequisite is completion of part one.

Participants will get personal attention and feedback. There will be a maximum of 10 people in the workshop.

ChiWalking technique emphasizes the proper biomechanics of walking, including good posture, loose joints, engaging your core and relaxing the arms and legs. This approach makes walking easier on the body and helps to improve and eliminate aches, pains and the discomfort of walking poorly.

For information and to register, email Mitchell at sally@bodyflows.com or call her at 913-1144. Residents may also sign up in the Las Trampas Room at the Fitness Center front desk or call the center at 988-7850.

Learn more about Mitchell on her website at www.bodyflows.com.

Members of Peripheral Neuropathy Support Group will share experience at meeting

The Peripheral Neuropathy Support Group meets Friday, Oct. 24, from 10 to 11:30 a.m. in the Las Trampas Room at Hillside. All are welcome.

There will be no speaker because at this meeting, members can share their experiences. They can talk about what works and what hasn’t helped. The group can also discuss symptoms and how they have progressed.

At the last meeting, members were reminded by the speaker that cues are elusive and that it is very important that people have a “can-do” attitude and a willingness to stick with exercise and lifestyle changes to maximize their abilities over time.

Come to the meeting and learn how people have taken responsibility for their condition and maintained independence. Often the things people do each day can make a big difference in long term function.

If feet tingle or are numb, this may be a sign of peripheral neuropathy. The support group meets on the fourth Friday of the month except in November and December.

For information, contact David Woods at 287-8300 or at DavidLeeWoods2@aol.com.

HEALTH & FITNESS
Medical Marijuana Education and Support Group to hear about cannabis policy reform

The Medical Marijuana Education and Support Club will hear Oaksterdam University Executive Chancellor Dale Sky Jones talk about the 2069 voter initiative and affecting cannabis policy reform. She is a board member of the board for the Coalition for Cannabis Policy Reform and was previously a spokesman for the Prop19 Campaign in California.

She has served on the board of the National Cannabis Industry Association, Californians to Regulate Medical Marijuana and the National Cannabis Council, which is an organization of policy reform leaders motivated to find unity in reform messaging and methodology.

Jones has interviewed with thousands of news, entertainment and journalism sources, both domestic and foreign.

Stroke Support Group to start

Resident seeks to open dialogue

Umberto Bellini, a resident who had a stroke three months ago, has initiated the Stroke Support Group to share experiences and concerns.

According to an article published in the September issue of the magazine Neurology Now, 800,000 Americans will have a stroke every year; 130,000 Americans die from stroke every year and stroke is the fourth leading cause of death in the United States.

In 2009, nearly two-thirds of people with strokes were age 65 or older; and $36 billion per year is the estimated cost of stroke in the United States.

Anyone who is interested in joining this group may call Bellini at 280-6608 or email him at umbertobellini@sbcglobal.net.

Yoga classes offered at Fitness Center

The Rossmoor Fitness Center offers many styles of yoga and directed movement classes, from Monday through Saturday.

MONDAY
Integrated Yoga
Time and place: 10 to 11 a.m. in the Shasta Room at Del Valle Clubhouse.
Style: Iyengar, alignment, strength, balance and flexibility.
Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.
Fees: $8 per drop-in or four sessions for $36.

Flexible Yoga
Time and place: 5 to 6 p.m. in the Shasta Room at Del Valle Clubhouse.
Style: Emphasis is on flexibility using Iyengar-style yoga, which focuses on core body alignment. Hatha yoga with stretches using props will be practiced when needed.
Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.
Fees: $8 per drop-in or four sessions for $36.

TUESDAY
Integrated Yoga
Time and place: 7:15 to 8:30 a.m. in the Shasta Room at Del Valle Clubhouse.
Style: Improve energy, focus, strength, balance and flexibility.
Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.
Fees: $8 per drop-in or four sessions for $36.

Gentle Yoga
Time and place: 11 a.m. to noon, Aerobics Room at Del Valle Clubhouse.
Style: Hatha yoga (based on Iyengar teachings) emphasizing correct alignment and posture while developing strength and balance. May be done seated, standing or on floor. Props (blocks, straps) used when needed.
Instructor: Sarah Harvey. A certified yoga practitioner for 15 years, Harvey believes her class is a good match for those new to yoga, or those working through injuries or other limitations. For information, call 510-639-4568.
Fees: $8 per class or $30 per month for four classes. Drop-ins welcome.

ACTIVE Yoga
Time and place: 12:15 to 1:15 p.m. in the Shasta Room at Del Valle Clubhouse.
Style: This class is geared toward current yoga students who have taking class on a regular basis for at least two years.

Gluten-Free Discussion Group talks about Thanksgiving menus

The Celiac/Gluten Free Discussion Group will host another informal meeting at the Lafayette Whole Foods Market on Tuesday, Oct. 14, at 7 p.m. The topics of discussion will include a gluten free Thanksgiving.

Bring favorite Thanksgiving recipes to share. Whole Foods will provide information as well as gluten free Thanksgiving items sold in the store.

Lunch will be available for purchase, but participants are welcome to bring their own.

For reservations, contact Ellen Gilman at drellgil@gmail.com or at 300-3209.
Yoga classes

Yoga classes

The following programs are all scheduled to be broadcast this week. Check the grid below for days and times of programs. For information about programs on Channel 28, please call 988-7820.

■ POST IT! is a community bulletin board that allows residents to view activities within Rossmoor, including trips, movies and club events. This program runs between other programs when possible.

■ CLASSIC Arts Showcase includes video samplings of animation, architectural art, ballet, chamber and choral music, dance, folk art, museums, 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.

■ At AZIFOON Arabic Music/Dance, One hour

This chamber group of musicians, Yosfiah Roscher, crum, percussion, and voice; Nathan Craver, oud and percussion; Cynthia Rutherford, Egyptian tabla percussion, performed along with dancer Khalilah Samah. Rhythmic Arabic music on traditional and contemporary instruments.

■ HISTORY of Rossmoor Part 11, 30 minutes

Changes and More Changes. This video covers the development that took place within the Rossmoor community in the 1990s to early 2000s. The focus is on the adjustments within Golden Rain Foundation, the Mutuals, and Medical Center. Highlighted are lawsuits; the development of resident’s new community concern groups; the changing structure of Golden Rain Foundation; and the decision whether to continue to maintain the Medical Center. This program was written and narrated by Rossmoor’s Historical Society’s resident, John Nutley.

■ Beginning PILATES Fitness/Exercise, 30 minutes

Bob Huff has been a fitness instructor for 15 years and has taught in Rossmoor for over 8 years. He’s a certified medical exercise specialist, personal trainer, athletic trainer and he is Pilates certified. In this video, Huff shows beginning Pilates to explain the concept. He welcomes residents to join him at the Fitness Center.

■ ELDER Court Information, One hour

Judge Joyce Cram introduces the program of “Elder Court” to the residents of Rossmoor. This program brings together community programs and is designed to make it easier for seniors age 65 and older to get help with legal issues related to elder abuse. Panel speakers also included Verna Haas, staff attorney at Contra Costa Legal Services, and Tina Otto of Senior Peer Counseling. Supervisor Uilkema introduced Judge Cram.

■ CENTENARIAN Chronicles, Interview, One hour

Five centenarians (100 years plus) are interviewed by resident Dr. Edwin Cohen. Helen French, 1913; Benjamin Slomoff, 1913; Jessie Kasdan, 1913; Sid Moss, 1912; Barbara Sanderson, 1912. In this program, Cohen chats with each and tries to draw out interesting stories for the viewers. This program was edited and submitted by resident Gerry Swanstrom.

■ NICK Charo Trio. Standards/Latin. One hour

Darlynn Phillips performs with the Nick Charo Trio. The music was reminiscent of the big band era with such favorites as “Satin Doll” and “Frim Fram Sauce.” Phillips also includes some Latin tunes to spice it up.

■ A MIDDLE Way Book discussion, One hour, 30 minutes.

Duke Robinson’s latest work, “A Middle Way: The Secular/ Spiritual Road to Wholeness,” is a book that spells out a coherent worldview that can help people be real in the twenty-first century by covering deep and diverse subjects.

■ Understanding MEMORY loss. Health. 45 minutes

Steven Holtz, Neurolinguist, is co-founder of neurology Medical Group of Diablo Valley. Holtz has lectured extensively on neurological subjects over the last 21 years and is the current medical director of the Stroke Program of the John Muir Neurosciences Institute in Walnut Creek.

■ JOHN Creighton Murray, Violin Classics. 40 minutes

John Murray began studying the violin at age three and by five was winning important musical competitions. He made his debut at 17 in his native city, New York, receiving rave reviews. He has played frequently at Carnegie Hall. He has made solo appearances with leading orchestras throughout the music world.

■ MARK Twain Papers. Lecture. 55 minutes

Cal Alumni Club hosted Dr. Robert Hirst, Dr. Hirst has spent 35 years researching, editing and publishing the Mark Twain Papers. Hirst earned his bachelor’s degree at Harvard, his graduate’s degree at UCB and, to this day, continues to research one of the 19th century’s most favorite American icons.

Screened boxes indicate that programming continues into next half-hour time slot. When program ends, Post-It is broadcast. Reference programs below by titles in capital letters above.

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</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>6:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 a.m.</td>
<td>MEMORY</td>
<td>NICK</td>
<td>CENTENARIAN</td>
<td>MIDDLE</td>
<td>AZIFOON</td>
<td>HISTORY</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 a.m.</td>
<td>CENTENARIAN</td>
<td>ELDER</td>
<td>MARK</td>
<td>MEMORY</td>
<td>MARK</td>
<td>AZIFOON</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 a.m.</td>
<td>FITNESS</td>
<td>FITNESS</td>
<td>FITNESS</td>
<td>FITNESS</td>
<td>FITNESS</td>
<td>FITNESS</td>
</tr>
<tr>
<td>9:30 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>10 a.m.</td>
<td>MIDDLE</td>
<td>PILATES</td>
<td>JOHN</td>
<td>ELDER</td>
<td>CENTENARIAN</td>
<td>MIDDLE</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 a.m.</td>
<td>NICK</td>
<td>MARK</td>
<td>PILATES</td>
<td>AZIFOON</td>
<td></td>
<td>MEMORY</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td>JOHN</td>
<td>CENTENARIAN</td>
<td>HISTORY</td>
<td>MIDDLE</td>
<td>ELDER</td>
<td>MARK</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 p.m.</td>
<td>PILATES</td>
<td>AZIFOON</td>
<td>MEMORY</td>
<td>NICK</td>
<td>HISTORY</td>
<td></td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 p.m.</td>
<td>NICK</td>
<td>MIDDLE</td>
<td>CENTENARIAN</td>
<td>MARK</td>
<td>MEMORY</td>
<td>PILATES</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>MEMORY</td>
<td>ELDER</td>
<td>JOHN</td>
<td>HISTORY</td>
<td>CENTENARIAN</td>
<td>MARK</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>CENTENARIAN</td>
<td>HISTORY</td>
<td>PILATES</td>
<td>NICK</td>
<td>MARK</td>
<td>MEMORY</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 p.m.</td>
<td>MARK</td>
<td>JOHN</td>
<td>AZIFOON</td>
<td>HISTORY</td>
<td>MIDDLE</td>
<td>ELDER</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 p.m.</td>
<td>ELDER</td>
<td>MARK</td>
<td>NICK</td>
<td>AZIFOON</td>
<td>JOHN</td>
<td>AZIFOON</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 p.m.</td>
<td>AZIFOON</td>
<td>ELDER</td>
<td>MIDDLE</td>
<td>MEMORY</td>
<td>PILATES</td>
<td>AZIFOON</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 p.m.</td>
<td>HISTORY</td>
<td>MEMORY</td>
<td>CENTENARIAN</td>
<td>JOHN</td>
<td>NICK</td>
<td>PILATES</td>
</tr>
<tr>
<td>8:30 p.m.</td>
<td>POST IT!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 p.m.</td>
<td>CENTENARIAN</td>
<td>CLASSIC</td>
<td>CLASSIC</td>
<td>CLASSIC</td>
<td>CLASSIC</td>
<td>CLASSIC</td>
</tr>
</tbody>
</table>

TIBETAN KUM NYE YOGA

Two Saturdays a month

| Time and place | 10 to 11 a.m. | in the Shasta Room at Del Valle Clubhouse. |

Style: this class emphasizes correct alignment of the body and includes some chair work as well as basic standing poses. Each session ends with relaxation period.

Instructor: Sarah Harvey, a graduate of Iyengar Yoga Institute. Call 510-639-4568.

Fees: $8 per class; $30 for four classes.

SATURDAY

TIBETAN KUM NYE YOGA

Two Saturdays a month

| Time and place | 10 to 11:30 a.m. | in the Shasta Room at Del Valle. |

Style: Renew a spirit of ease and appreciation through gentle yoga. Relax the body and mind.

Co-teacher: Endy Stark. For information, call 938-4681.

Fees: $10 per class.

358496.0 1224.0 30x448: Barbara Bureker, instructor.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.

Fees: $10 per drop-in or four sessions for $36.

THURSDAY

THERAPEUTIC YOGA

Time and place: 10 to 11 a.m. in the Shasta Room at Del Valle Clubhouse.

Style: Deep therapeutic relaxation and energy renewal.

Instructor: Leena St. Michael, who has more than 5,000 teaching hours. She is trained in Mindfulness-Based Stress Reduction methods.

Fees: $8 per drop-in or four sessions for $36.

STRENGTH YOGA

Time and place: 5:30 to 6:30 p.m. in the Shasta Room at Del Valle Clubhouse.

Style: Stretch to relax and build up strength. All are welcome.

Instructor: Barbara Bureker, who has been a yoga instructor for 32 years. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

FRIDAY

FLEXIBLE YOGA

Time and place: 10 to 11 a.m. in the Shasta Room at Del Valle Clubhouse.

Style: This class puts an emphasis on flexibility with strength, using Iyengar style yoga with a focus on correct body alignment. A more vigorous yoga class using props is practiced when needed.

Instructor: Barbara Bureker. For information, call 934-7857.

Fees: $7 per class, one class per week; $6 per class, two to three per week; $8 for drop-ins.

GENTLE YOGA

Time and place: 11:45 a.m. to 12:45 p.m. in the Shasta Room at Del Valle.

Style: This class emphasizes correct alignment of the body and includes some chair work as well as basic standing poses. Each session ends with relaxation period.

Instructor: Sarah Harvey, a graduate of Iyengar Yoga Institute. Call 510-639-4568.

Fees: $8 per class; $30 for four classes.

SATURDAY

TIBETAN KUM NYE YOGA

Two Saturdays a month

| Time and place | 10 to 11:30 a.m. | in the Shasta Room at Del Valle. |

Style: Renew a spirit of ease and appreciation through gentle yoga. Relax the body and mind.

Co-teacher: Endy Stark. For information, call 938-4681.

Fees: $10 per class.