



Oakmont Vets Club

Vets Club News



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Although you can't tell from this distance, the distinguished person sitting on the left side of the panel on the dais is our very own club chairman who is now running for the Oakmont Board of Directors in this election!

What's Ahead, for our club...

2025 Underway with big plans!

Dates for the events ahead

Our support for Our Partners and other actions

Club preview News

And more !

Issue 9 Volume 1
Welcome to the
Oakmont Vets Club
Monthly Newsletter

In this issue:

- A new year brings many new things and big club activities and dates

- Club News on Important Events

Birthdays

Web report

New Items to Announce



John declared his candidacy a few weeks ago, and has since held his first private meet and greet to a well attended session held prior to this OVA hosted event last night (2/19) at the Berger. A large group attended this event to hear what the 7 candidates have to say about themselves and their perspectives on issues now facing our community, and our new incoming Board of Directors to be elected in this cycle. John is now planning a schedule for holding more meetings in March.

The many attending community residents listened thoughtfully to the statements and responses to questions as the candidates each in turn expounded their opinions and expectations for the new Board, amid their personal hopes and plans for their part if they should be elected to serve. There were several questions fielded by the moderator that each candidate answered in turn and each had an opportunity for an opening and closing statement to make their case for the crowd watching.





The event was both informative and well received as all the panel members gave the attendees a sense of the character of those who are running for the Board, and what might be the contributions they could expect from each candidate if elected. The OVA recorded a zoom session of the entire event that will be available from the web in the days ahead. Watch the official OVA website for the link to view the entire program.

Also in the days ahead watch for announcements from our team about the schedule for our meet and greet events as they become available. There will be a series of events in March held at certain members homes TBA. In the mean time if you can volunteer to help our campaign contact John DeGroot, 707-974-8898 or Paul Gowins 408-401-1320 to sign up. And be sure to watch for our yard signs, banners, and door hangers that look something like this:



Let's not forget about the exciting event on Thursday, March 27th at the Berger, when we will host our first Health and Wellness event. That health expo will feature several of the regions exceptional bodywork and healing arts and sciences practitioners. We will have the benefit of a whole range of options of treatments to help aid in our well-being. There will be a variety of massage and body therapy choices, as well as acupuncture and options for accessing chiropractic, and even some leading-edge electromagnetic pulse therapies for treating PTSD, and heart regulation treatments.

There are a couple of things to remember. First, if you have paid your club dues the event is free to attend, including any and all of the treatments you elect to have on site at the event! So, please send in your dues if you can. All others attending (including non-club members) will be asked for a \$5 donation to the club at the door.

Second, we will need you to notify us in advance if you are attending, and what treatments you would like to have. The RSVP is for our practitioners to be able to schedule all those wanting treatment in a reasonable and organized way for everyone's benefit. If you want to attend please contact us at:

pngowins@yahoo.com or,

jdegroot@sonic.net

and let us know what services you would like so we can get you scheduled. We will let you know what the time(s) are for you.

The event will run from 2:30 to 5:30 so don't be late! Hope to see you all.

THE SIX

Our mission is to treat and educate veterans, first responders and survivors of traumatic exposure through state of the art multi-disciplinary rehabilitation.

WE'RE HERE TO HELP. SCHEDULE REHAB WITH US.

SANTA ROSA, CALIFORNIA
808 Duranite Drive
Santa Rosa, CA 95409

MISSION READY PERFORMANCE

707-322-6515
WWW.THERUS



Valley Acupuncture & Integrative Medicine

Dr. Devatara Holman
Dr. Evan Shepherd Reiff
Doctors of Acupuncture & Chinese Medicine

Natural Primary Care
Pain Relief
Women's Health
Healthy Aging

25 Years of Evidence-Based
Personalized Healthcare!


181 Andrieux St, Suite 204, Sonoma, CA 95476 ph:707-991-8738


 **KATE PINTOR** **SPONSORED BY:** 

Heart Rate Variability Training

HeartMath is a science-based approach that uses heart rate variability (HRV) to help people reduce stress and improve their emotional well-being.

Heart Coherence™
What is Heart Coherence and Why Does it Matter? Heart Coherence is a high performance and healthy state — physically, emotionally, mentally and spiritually — that brings out the very best in us.





More resilience
less stress

- HRV measures the variation in your heart rate from beat to beat.
- A higher HRV indicates a healthy balance between the sympathetic and parasympathetic nervous systems.
- A lower HRV indicates an imbalance in the autonomic nervous system.
- HRV training helps you learn to adapt to stress and recover quickly.

MEASURING HRV & COHERENCE
Our heart rate is always changing, creating a pattern. These heart rhythm patterns, also called "heart rate variability" (HRV), are a powerful window into our health and emotional wellness.

HOW DOES THIS SUPPORT RESPONDERS + VETERANS?
Our program focuses on building personal resilience. Our coaches provide trauma-informed exposure reduction and PTSD recovery with integrated therapies and coaching services.

HOW MANY SESSIONS WILL I NEED?
Studies conducted with over 10,000 people have shown improvements in mental & emotional well-being in just 6-8 weeks. We begin with 4 sessions.

(707) 322-6515 **WWW.THE6.US**

 **Steve DeMaderios** **SPONSORED BY:** 

Pulsed Magnetic Therapy

PEMF Therapy pulses a magnetic field into the body, creating an extraordinary healing effect. The results are less pain, reduction in swelling, and increased range of motion in the affected areas.

The Future of Pain Relief

APPROVED BY THE FDA TO PROMOTE THE HEALING OF NON-HEALING BONE UNIONS, AND USED IN EUROPE FOR OVER 400,000 SESSIONS WITH INDIVIDUALS EXPERIENCING MIGRAINES, SPORTS INJURIES, AND OTHER PAIN SYNDROMES INCLUDING:

- BACK AND JOINT PROBLEMS
- EDEMA AND SWELLING
- LACK OF CIRCULATION
- SKIN WOUND HEALING
- FIBROMYALGIA
- CHRONIC FATIGUE SYNDROME
- ARTRITIS

Unlike other systems that produce weak magnetic fields, Pulsed Magnetic Therapy produces magnetic fields approximately 10,000 times more powerful than a standard magnet. The treatments are completely safe with absolutely no side effects. Even after years of chronic discomfort, positive results are seen after a few treatments.

WILL I FEEL PAIN DURING TREATMENT?
No. The magnetic pulses can be adjusted to you individually so they do not hurt, however you will feel the pulsing of the magnetic current during treatment.

DO I HAVE TO UNDESS FOR TREATMENT?
No. All treatments are administered with you being fully dressed.

HOW LONG DOES TREATMENT LAST?
Treatment varies from 5 min to 20 min maximum during any one treatment session.

HOW MANY TREATMENTS WILL I NEED?
You may notice relief from pain in your first session, however it takes 5-20 treatments for chronic conditions.

(707) 322-6515 **WWW.THE6.US**

But our current announcements has more to add!

On February 6th we held a meeting with the Leadership Team, and there were a few new salient things that we are reporting here;

In the wake of the January 10th meeting that installed John DeGroot in the combined office of Chairman and Secretary, and Paul Gowins in the combined office of Communications Director and Treasurer, we had a February meeting when we first voted to install the newly created office of **Membership and dues Director** who is now **Randy Morton**.



The council also voted to file a set of Articles of Incorporation to become a 501(c)19 non-profit mutual benefit veterans corporation, followed by filing a set of Bylaws with the IRS to be Federally recognized also.

Here is another item you should know about.

Pat Hendricks sent us some information about some new VA law that all veterans need to be aware of. On January 2nd, 2025, just before the new administration took office, a newly passed bill was signed into law called the “ **ELIZABETH DOLE 21st Century Veterans Healthcare and Benefits Improvement ACT**” that has a significant impact on the services now being offered in the VA healthcare arsenal. Pat sent me the articles that ran in the VVA magazine for January and February that has a lot more detail. The latest issue is not yet online, but it will be posted soon on: [The VVA Veteran, a publication of Vietnam Veterans of America.](#)

I also went on line to find a great website called MILITARY OFFICERS ASSOCIATION OF AMERICA (MOAA) that has a bunch more info on the expanded and new services for veterans contained in the bill. Here is that link: [MOAA - Dole Act Becomes Law: What It Means to Veterans and Caregivers](#)

Remember to mark your calendars for our club’s general meeting set for this next Thursday, February 27th at the Berger center from 3PM to 4:30! This will be a very important meeting to discuss the current evolution of our club in a town hall setting for all the members who have been watching from the benches for a while. Come see, hear, and add your voice to the topics that will be central to our team going forward. Come meet our leadership and talk about the road ahead together as we expand our vision and the path that will take us there. See you all on the 27th

Spotlight on upcoming 2025 Events

What a year we have had, as 2024 flew by us in a deeply stimulating succession of events, activities and presentations! Then, we danced our patooties off on January 4th to the swingin' strains of DEATH AND TAXES, and we voted in some big changes for our club in February, and now we will get some much needed body work massage, and therapy in March, so where do we go from here? Well, vets, get ready for our promised encore concert/dance benefit show with our friends,

On APRIL 18th, 2025

**Oakmont Vets Club proudly announces our
Encore Dance event at the Berger Center from 5:30
to 9 PM to raise more funds to help send our
Vets on the Honor Flights on April 28th**

**Our concert and dance event at the Berger will again feature
the popular Swing Dance band, "DEATH AND TAXES"**



The doors at the Berger will open at 5:30PM with a swing dance class held at around 6:30PM that will be led this time by the wonderful dance couple that comes with the band.

Then the concert and dance begins at 7PM sharp

Tickets are \$30 in advance when you drop a check by the OVA office,

And you can buy tickets at the door for \$35

BYOB and snacks

Sonoma County homeless vets need you!

Joe Cholewa of **SONOMA COUNTY VETERANS OUTREACH**

Please don't forget to support the Outreach work. As harsh winter progresses, and colder weather persists, our homeless vets will still need you!

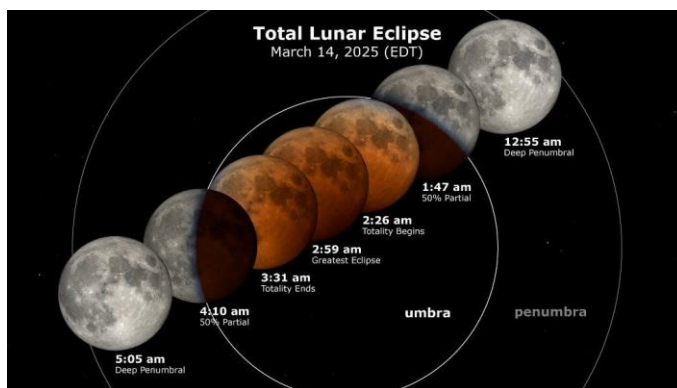
Our Oakmont Veterans Club outreach team

Karen DeGroot (707) 974-6455

Pat Hendricks (707) 321-2369

Diane Soshnik (707) 800-7983

An important reminder for you skywatchers:



On March 13th and 14th there will be a total lunar eclipse featuring a "Blood Moon" at its' Umbra.

The last blood moon eclipse this year will be entering the Umbra phase at 10:47 PM our time and be total at 12AM on the 14th. It is sure to be a great show!

Discussions re: the CLUB Website

We are pleased to announce, if you have not already heard, that we have now launched our domain found at: oakmontvetsclub.org

We are proud to report that we are making steady progress. If you haven't looked in on the site for a while we encourage you to look it the improvements and features that are there now.

There is still something we need your help with. We envision constructing more of our "Members Pages" (now at 25) as one of the featured components of the site. What we ask of all of our members is to send us a couple pictures of yourselves and a brief text of your story of service about when you served, etc.

BIRTHDAY BOX

It is our way of letting the membership know what fellow members are celebrating their birthday(s). Mazel tov to all!

There are three birthdays listed for the month of February in our Club registry.

There was one B'day celebrated on the 3rd, by Dave Paul

and one on the 21st for Sue Rowlands

Then last will be on the 26th for Michael Herrera

All our very best to you all!

Contact us

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707)974-8898

jdegroot@sonic.net

Paul Gowins
408) 401-1320

pngowins@yahoo.com