



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

FEBRUARY 2022 – Issue 33.2

CHANTARELLE GAZETTE EDITOR

TOM FLINN – thomasflinn@gmail.com

Peggy Owens - Proofreader

WELCOME TO FEBRUARY 2022

February is my favorite winter month. First, it's the beginning of spring in my mind. You can start planting your garden, it stays lighter in the afternoon making dog or cat walking easier and it's my birthday month. Sunnier days make more solar power and make everything yellow with mustard blossoms.

--Tom Flinn

PRESIDENT'S REMARKS

Our January HOA meeting was held over Zoom and was open to anyone in our community who wanted to attend. Some of the agenda items discussed are included here.

We will be having elections for several board positions before our March HOA meeting. Three seats will be up for re-election by the following incumbents, who wish to run again, Ron Yamato, Tom Flinn and myself (Steve Rogers). If you are also interested in running, please contact Paul Strong (Property Manager) who will let you know what the qualifications for running entail.

Every couple of years we have the concrete walkways around Chantarelle inspected for tripping hazards. Sidewalks are the responsibility of each homeowner in the front of your home per the CC&R's. The HOA cannot pay for any individual homeowners work that needs to be done. We will send homeowners, where repairs need attention, a letter noting the items that the contractor has recommended. If you want the work done on your area the HOA will add it to our other work list being done in the common area, and then bill you for your share accordingly. We expect to be able to

notify all homeowners sometime in February of the items assigned to your home and then you will have the choice to opt in or out of the work. If you have questions regarding this please feel free to call me.

Unfortunately we are NOT having the First Friday in February once again, as given the continuing situation with Covid it does not seem prudent. We are hopeful we will be able to resume in March.

We are sorry to relay the news that our neighbor Terry Carlisle, 130 St. James, died January 21st of complications from a stroke. Terry and Susan moved here 4 years ago. If anyone is interested to donate in his name, Susan suggests Pets Lifeline in Sonoma.

--Steve Rogers

TREASURER'S REPORT

Through the End of December 2021

Due to the hectic nature of the end-of-the-year financial requirements, we don't yet have the final figures for 2021. However, we do have a rough idea of how we did. We ended the year with the reserves still well-funded, and our total 2021 operating expenses was about \$5800 under budget. Our liquid cash position is about \$57,000, which is a comfortable margin with which to have at the beginning of the year. We only have one delinquent account at this time, and Strong Management has been in contact with the homeowner. All-in-all, we are starting the year in a comfortable financial position.

--Ron Yamato

LANDSCAPING NOTES FEBRUARY 2022

Hello neighbors. February is upon us. A lot is going on in the Chantarelle Landscape world.

You may have noticed some of the shrubs have been heavily pruned. Please don't worry, they may look a bit shabby now but they should

grow back much better looking. Many of them have been prevented from flowering by the constant shaping. Now they can flower. Plus air, light and rain can get into the center of the plants, making for healthier shrubs.

The changeover of the irrigation of the shrubs to drip is complete. If you notice leaks let us know.

We will soon be doing the spring planting to freshen up the fronts of the houses. After that we will put down new mulch. The mulch will cover most of the drip hoses for a better appearance. The board approved a contract with a company that will blow the mulch into place. That ought to be fun to watch.

For any landscape concerns, please contact us.

--Ben Jones 415-939-8955

benjaminjnes1@verizon.net

--Debbie Yamato 415-696-2424

javagirl0547@yahoo.com

CLUBHOUSE ROOF AND GUTTERS

Neighbors have had questions about the gutter guards and moss treatment, so I'd like to share what we did. David Stankas of NorCal Maintenance swept the roof and removed all the moss by hand. They washed the roof and cleaned the gutter and made any necessary repairs. They screwed the stainless steel mesh into the gutter tops so they will stay in place. Wind, a broom or a leaf blower will remove any stray leaves. The gutters should remain debris free. After the roof dried, they sprayed the roof with an antifungal spray to prevent the moss from growing again.

For Do It Yourselfers - there are sprays and homemade recipes online for moss killing. Many contain bleach and can damage plants. Search for moss preventer for more ideas. Given it involves climbing onto your roof, it may be best to hire a professional.

David Stankas, NorCal Maintenance
707-321-8477--<https://norcalmaintenance.com>

--Tom Flinn

NOTICE FROM SONOMA GARBAGE – FINAL REMINDER

Required changes effective January 1st 2022 - it will be mandatory for you to put all food and yard waste into the compost garbage can only. For recycling requirements in Sonoma, please visit sonomagarbage.com. If you have any questions please email sonomagarbage@gmail.com.

SAFETY & WELFARE

From healthline.com:

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. **Serotonin** is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called **melatonin**. This hormone is responsible for helping you sleep.

Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.

A mood boost isn't the only reason to get increased amounts of sunlight. There are several health benefits associated with catching moderate amounts of rays.

Spending time in the sunshine appears to help increase serotonin levels, and research suggests your skin may be able to synthesize serotonin.

The sun is your best source of vitamin D.

When your skin is exposed to sunlight, it makes vitamin D from cholesterol.

The sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur.

Vitamin D has many roles in the body and is essential for optimal health.

Vitamin D has many potential benefits. It may reduce the risk of certain diseases, help improve mood and reduce depression symptoms, and help with weight management. To maximize these potential benefits, aim to spend at least 10 to 15 minutes outside each day. Apply sunscreen if your exposure exceeds 15 minutes.

Thank you to everyone who has submitted an emergency contact form.

If you wish to be included in the SAFETY/WELFARE email group, send me a message at powens2@juno.com.

--Peggy Owens, Coordinator
--SAFETY/WELFARE Committee
--powens2@juno.com

[SOLAR NEWS OF IMPORTANCE TO US](#)

This is a follow up to the information we published about changing the amount of money PGE would pay if you sold them excess solar power and a proposed monthly charge for all solar customers. Vote is on hold.

In an unsurprising move, the California Public Utilities Commission has postponed a vote on a controversial proposal that would dramatically change the way the state's 1.3 million rooftop solar customers get compensated when their systems produce more electricity than they consume.

Earlier this month during a news conference outlining details of the state budget, Gov. Gavin Newsom said of the proposal, "We still have some work to do." Later in the briefing, Newsom said, "Do I think changes need to be made? Yes, I do."

Link to a newspaper article on the commission decision:

<https://www.sandiegouniontribune.com/business/story/2022-01-21/utilities-commission-delays-vote-on-controversial-california-solar-proposal>

Tesla is also spearheading a response on this issue. Go to this link for more information:

<https://engage.tesla.com/articles/1105-california-stop-solar-tax>

[CONTRACTOR RECOMMENDATIONS](#)

We now have a section under **Resources** on the Chantarelle web site that gives contractor recommendations. Mary Howland will post the recommendation and the name of the person who makes the recommendation. No other personal information will be added. If a person disagrees with a recommendation, they should contact the person who made it and discuss it with them.

[WELCOME COMMITTEE](#)

Welcome! Welcome! Welcome!

Time to update your directories with our new residents to Chantarelle for February.

217 South Temelec Circle

Marti Mantzoros 707-996-2320

Nancy Van Tries 707-996-2320/510-673-4791

1295 Avenida Sebastiani

Terry Graves 415-231-9616

tgraves@montgomerypartners.com

1275 Avenida Sebastiani

Bonnie Parks 530-774-0638

bparks1570@aol.com

117 South Temelec Circle

Barbara Zoeller 707-318 3846

cometgirl123@yahoo.com

Rob Weinstein 928-925-8425

rob.weinstein@comcast.net

125 South Temelec Circle

Tim Connor 415-310-9811

timcster@gmail.com

Pam Connor 415-310-8900

pamcster55@gmail.com

If you notice new neighbors please let us know so we can welcome them with a visit and goodies.

Russelle Johnson - 707-935-8658

Peggy Owens - 707-343-7087

Shelley Lawrence - 951-202-0459

Debby Bonamassa - 315-725-8047

CLUBHOUSE NOTES

All Chantarelle HOA members are welcome to join in fun activities with your neighbors. If you have an interest in joining a Clubhouse activity, please contact the club coordinators for the following activities:

Bridge

Phyllis Manning – 707-935-7301

Water Aerobics

Russelle Johnson – 707-935-8658

Bunco Babes

Russelle Johnson – 707-935-8658

Flex Exercise

Peggy Owens – 707-343-7087

Mexican Train Dominoes

Peggy Owens – 707-343-7087

Art Club

Shelley Lawrence - 951-202-0459

The days and times for those groups with scheduled activities are located on the calendar at the back of this newsletter.

If you are interested in knowing more about starting a new club activity or renting the Clubhouse facility for your next family and friends' event, please contact Linda Jackson 415-987-0021 for more details.

ART CLUB - FEBRUARY EXHIBITION

Is a picture worth a thousand words? Yes! I'm inviting everyone to visit the Clubhouse to see the featured Artist each month. Our local artists are very different in style, colors and themes.

February's Artist is John Dodgshon

--Shelley Lawrence – Art Club Steward

NEW GROUP - MEN OF CHANTARELLE

Let's gather on Wednesday 9 am at the Clubhouse for a bible-based study. We can learn, laugh and grow as we study.

Please RSVP to Don Sjolund on St. Mathew Court if interested - 707-933-9531

CALLING ALL BRIDGE PLAYERS!

Bridge players wanted. We play every Wednesday from noon until 4:30 at the Clubhouse. We need full time and substitute players. Call Phyllis Manning at 707-935-7301. Hope to hear from you soon.

TOM'S RESTAURANT REVIEW

DELICIOUS DISH

Delicious Dish on Arnold Drive is a fun, reasonably priced lunch and take out dinner café. They have seating on their back patio and movies in the summer Covid permitting. Dinner menus are posted online one week prior. You can also sign up for their email blast. Fried chicken, Stuffed Poblano peppers, Salmon Nicoise and Shepherd's pie were recently offered. They have one meal each evening, Monday thru Thursday.

Lunch features grilled or fried chicken sandwiches, lobster rolls, crab sandwiches and my favorite, Straus organic soft serve ice cream. They use it to make milkshakes and they also make their own magic shell topping. Fun place, nice people and you can order online for pick up.

TOM'S "NO TUNA" SALAD SANDWICH



This recipe is tasty and healthy. I love this sandwich. Tuna is made with chickpeas and crumbled Nori seaweed.

Cook Time: 10 minutes

Servings: 4 sandwiches

Source: Watch the video - print/save recipe:

<https://www.forksoverknives.com/recipes/veg-an-burgers-wraps/vegan-no-tuna-salad-sandwich/>

INGREDIENTS

FOR THE SALAD:

1 (15-ounce) can chickpeas, rinsed and drained

3 tablespoons tahini

1 teaspoon Dijon or spicy brown mustard

1 tablespoon maple syrup or agave nectar

¼ cup diced red onion

¼ cup diced celery

¼ cup diced pickle

1 teaspoon capers, drained and loosely chopped

Healthy pinch each sea salt and black pepper

1 tablespoon roasted unsalted sunflower seeds (optional)

Nori seaweed to taste

FOR SERVING:

8 slices whole-wheat bread

Dijon or spicy brown mustard

Romaine lettuce

Tomato, sliced

Red onion, sliced

DIRECTIONS

Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.

Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to mixing bowl.

Crumble nori or seaweed sheets to taste. It gives the spread a fish taste. I'm not a sushi fan and I like this. Mix to incorporate. Taste and adjust seasonings as needed.

Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).

Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.

As with all things Forks Over Knives vegan recipes you can have seconds if you want. Nothing bad in this "tuna" sandwich.

BOARD OF DIRECTORS

Steve Rogers, President

707-771-9290

Tom Flinn, Vice-President

415-621-7572

Ron Yamato, Treasurer

415-305-1400

Cindy Adamson, Secretary

Pat Chace, Director

707-935-7301

MANAGEMENT COMPANY

Strong Property Management

PO Box 1368, Sonoma, 95476

Paul Strong 707-933-9151

Email: paul@strongmgt.com

24 hour Emergency Number:

1-800-359-2362

NOTICE

The Clubhouse is open for normal activities. Only vaccinated people are allowed in the Clubhouse, masks required. Outside, vaccinated people can take off their masks.

CHANTARELLE WEEKLY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	Flex Exercise 4:30-5:30		Flex Exercise 4:30-5:30	
		Bridge 12:00-4:30		

FEBRUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 Bunco 1:00-4:00	2	3	4	5
6	7	8 Mexican Train Dominoes 12:30-4:00	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents' Day	22 Mexican Train Dominoes 12:30-4:00	23	24	25	26
27	28	1	2	3	4	5

*Contact Linda Jackson at 415-987-0021 for more info.

Waldron Landscaping is now here on Monday 8am-1pm, Tuesday 8am-4pm, Thursday 1-4pm and Friday 8am-1pm.

Garbage, recycling & garden trash pickup is on Monday.