



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

January 2023 – Issue 34.1

CHANTARELLE GAZETTE EDITOR

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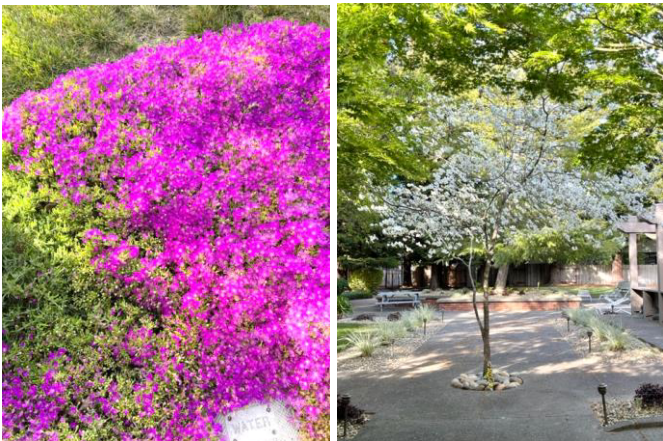
Linda Jackson - Proofreader

Read and print the Chantarelle Gazette, often with additional content, online at Chantarelle.org.

WELCOME TO JANUARY 2023!!

Welcome to January 2023! A new year filled with hope and promise. January 1 is New Year's Day - we start the year with homemade cinnamon rolls. It's a good thing. The 7th is Orthodox Christmas. January 16th is Martin Luther King Jr. Day. January 22 is Chinese New Year. The 31st is National Hot Chocolate Day. If you saved the newsletter from last month, you can prepare my recipe for make-ahead hot chocolate and enjoy.

As the rain gurgled off my roof and into the downspout, I thought of these spring pictures.



I'm encouraged by this significant rain that we will once again have beautiful flowers and flowering trees this coming spring. Fingers crossed for even more rain!

--Tom Flinn

MESSAGE FROM THE EDITOR

Please email me with any feedback or if you would like to write something for the

newsletter. We can always have more voices in the newsletter.

The Chantarelle Board would like to send out the Newsletter as a PDF email, please provide your email address to Strong Management as soon as possible. They did a mailing to everyone this fall.

We can save printing costs and have more freedom to use color and more information as it's nearly free to add pages. Any help you can give me moving to an online newsletter is greatly appreciated.

--Tom Flinn

PRESIDENT'S REMARKS

My column returns next month. Happy New Year to all who call Chantarelle home.

---Steve Rogers

TREASURER'S REPORT

Through the end of November 2022

There were no reserve expenses in November, and the amount in the reserve fund is still in good shape, amounting to about \$520,958 at the end of the month. As was approved at the November meeting, I closed the remaining CD at Redwood Credit Union (paying 0.4%) in the amount of \$85,469.71. This was the net amount after deducting the early withdrawal penalty of \$52.61. I used \$80,000 of that to open a 6-month CD at Poppy Bank paying 4%. The remaining \$5,469.71 was deposited in the reserve account we have with PacWest. There are two other low-interest rate CDs maturing in 2023, which we will roll over into more rewarding CDs.

As for operating expenses, as I had mentioned last month, we incurred those usual end-of-year costs that has caused us to be over-budget by about \$1,454 through November, or about 0.6% of total expenses to date. Our ready

cash stands at about \$57,300, which should be enough to cover any surprises until the end of the year. Lastly, we had one delinquent homeowner, with whom Strong Management is in contact.

--Ron Yamato

LANDSCAPING NOTES

Happy New Year to All. As we begin 2023 we are looking forward to the possibility of more rain. **The pump and the well repairs were completed in December.** Waldron was notified and their irrigation manager will reset the timers and irrigation will resume as needed.

We received the two bids for the large tree work needed to make the community safer during the upcoming fire season. These bids and the scope of the work will be discussed at the January meeting.

While we all struggle with the very cold weather the good news is that the risk of fire blight disease on our flowering pear trees is greatly reduced. This will reduce the number of dead branches and the need for extensive pruning in the coming year.

As a reminder, requests and concerns can be sent via the Chantarelle website or paper request forms found at the clubhouse. For more emergent concerns I am always available via email.

--Debbie Yamato 415-696-2424
javagirl0547@yahoo.com

SAFETY & WELFARE

From CaringPlaces.com:

Thinking about making some New Year's resolutions?

Some suggestions to boost your health and quality of life:

1. Keep a Positive Mindset

Research shows that maintaining a positive mindset comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a

lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

Positive thinking doesn't mean wearing rose-colored glasses all the time or ignoring difficult feelings. Rather, it means stressing less about the things you cannot change, focusing on those you can, and, all the while, remembering what is good in life.

If you struggle to maintain a positive outlook with everything going on in the world, incorporate positive thinking exercises into your daily routine. Examples include making a gratitude list, practicing mindful breathing, and treating yourself as you would for a friend.

2. Commit to 10 Minutes of Exercise Daily

Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Though the research behind the positive effects of exercise on aging is extensive, the findings from a 30-year study effectively sum them up. Per the findings, incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass. For some people, the improvements are so significant that baseline levels match those from their early 20s.

While you don't have to get up and run a marathon, you should dedicate a portion of your day to fitness. Just 10 minutes of swimming, walking, or yoga can make a huge difference in your health, happiness, and lifespan.

3. Make Better Dietary Choices

As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

4. Quit Smoking

It's never too late to quit smoking. Regardless of your current age, quitting now can reduce your risk of developing several health problems and improve your overall quality of life. For instance, individuals who quit smoking claim to have more energy, sleep better, and breathe easier.

5. Stimulate Your Mind

Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

6. Reach Out to Old Friends, and Make New Ones

Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while retirement living communities provide ample opportunity to make new ones.

The Safety/Welfare Committee wishes you and yours a happy and healthy new year!

--Peggy Owens, Coordinator

--SAFETY/WELFARE Committee

--powens2@juno.com

FREE CHRISTMAS TREE PICKUP

Sonoma Garbage will once again be picking up Christmas trees this year - for free. Date is Monday, January 9, 2023. Please remove stands and place them at the curb the night before. No flocking, tinsel, decorations or stands allowed.

CONTRACTOR RECOMMENDATIONS

Check Chantarelle.org under Resources for recommendations from your neighbors.

CHANTARELLE SOCIAL ACTIVITIES

There are no planned social activities for the month of January.

--Lois Rogers, Social Chair

ART CLUB – JANUARY EXHIBITION

In January we are featuring the watercolors of Mike and May Hashii.

--Shelley Lawrence – Art Club Steward

SOMETHING NEW IN CHANTARELLE A SEWING CLUB

Starting in January, a new group will be meeting in the clubhouse. A sewing group will meet once a month to do hand crafts such as quilting, needlepoint, cross stitch, embroidery, knitting, crocheting, etc. The first get together will be January 9, 2023 from 1:30 to 3:30. If you have never done any of these things before and are interested in learning more, you are welcome. If you just want to hang out with your neighbors, you are welcome too. For more information call Nancy Mitchell at 916-995-3625. I hope to see you there.

WELCOME COMMITTEE

We will have a new neighbor report in February.

Please call one of the welcome committee members if you hear of a new neighbor this month so we can greet them with our "Goodie Bags". Thank You.

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/Flex Exercise

Peggy Owens – 707-343-7087

Bunco Babes

Russelle Johnson – 707-935-8658

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.

TOM'S JANUARY RECIPE

Pork Tenderloin with Honeyed Butter



Prep Time: 20 mins - **Cook Time:** 30 mins -
Servings: 4

PREFACE

I love this simple recipe. Pork loin, pork chops, whatever you have works. You can add herbs you like, for example rosemary, thyme, parsley etc. It's the sauce that is so tasty. Add roast potatoes, broccoli, acorn squash. It's a very quick cook. I also slice apples, add some cider and sauté the apples in the sauce. Serve with the pork.

INGREDIENTS

4 tablespoons butter

2 tablespoons honey

1 1/2 pounds pork tenderloin, trimmed of silver skin

Coarse salt and ground pepper

1/4 cup water

DIRECTIONS

Preheat oven to 375 degrees. In a Dutch oven or ovenproof skillet, heat butter and honey over medium heat, stirring to melt butter. Season pork with 1/2 teaspoon salt and 1/4 teaspoon pepper, and place in pan. Cook until underside is lightly browned, about 5 minutes. Turn pork, and cook until other side is browned, about 5 minutes more. Lower the heat if the honey begins to burn.

Put pan in the oven, and roast until pork is just cooked through, 7 to 10 minutes. Transfer pork to a plate.

Add water to the pan and stir over medium heat to scrape up all the browned bits. Add any accumulated pork juices from the plate, and simmer until sauce is reduced to about 1/2 cup. Slice pork on the diagonal and serve drizzled with sauce.

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
707-931-8832

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

POOL IS CLOSED – SEE YOU IN SPRING 2023!

To enter the clubhouse you either need to be vaccinated or you must wear a mask.
If you are at the clubhouse/pool and have children who are minors using the bathroom,
please supervise them so that the bathroom remains clean.

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		

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Bunco 1:00-4:00	4	5	6	7
8	9 New Sewing Club 1:30-3:30	10 Mexican Train Dominoes 12:30-4:00	11	12	13	14
15	16	17 Board Meeting 2:00pm	18	19	20	21
22	23	24 Mexican Train Dominoes 12:30-4:00	25	26	27	28
29	30	31				

Waldron Landscaping is now here on Monday 9:00am-3:45pm, Tuesday 9:00am-3:45pm, and Friday 10:00am-3:45pm.

Garbage, recycling & garden trash pickup is on Monday.