



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

NOVEMBER 2024 – Issue 35.11

I'VE BEEN A LEFTIE ALL MY LIFE LEFT-HANDED, THAT IS . . .

When I was about 3 years old and learning how to write the alphabet, my mom saw me pick up the pencil with my left hand. She panicked and told my dad. He said to leave me alone and let me do what came naturally. My father was left-handed but got his knuckles hit with a wooden ruler in school. As a result, he became ambidextrous but also developed a stutter. He didn't want that to happen to me.

I knew I was different when I started to go to school and couldn't find a left-handed desk. I always had ink on my left hand and often smeared the ink when I wrote. None of my friends had that happen to them. As I grew older, I started to do some research about being left-handed. Here's what I found out: Only 10 percent of the world's population is left-handed. That's 708 million left-handers versus 7.7 billion people world-wide.

Discrimination against lefties can also be traced back culturally.

In the Catholic religion, the left hand was perceived as the devil's hand, while the right was associated with God. It was this belief that prompted Catholic teachers to discipline their left-handed pupils. (I went to public school where they didn't do that.)

Many ancient cultures designated the right hand as the "clean" hand to be used for eating and greeting others and the left as the "dirty" hand, to be used for maintaining personal hygiene. I was a nervous wreck when I went to Malaysia on a business trip with my husband years ago. Most of the country is Muslim. I was invited to a banquet where I had to eat in front of 50 people. I tried to eat with my right hand but got terribly frustrated. My husband noticed and leaned over and told me, "Hey, they know

you're American. Just eat with your left hand." So, I did. I was hungry.

I also found out that when we're left-handed, our right brains are usually dominant, and that's where creativity and intuition are centered. So, it's often easier for us to be creative than logical. And our brains more easily use both sides of the brain at once, so we have the advantage of also being more flexible in our thinking.

One of the advantages we have as left-handers is in sports. Lefties are unexpected and are rare in sports.

We lefties do have greatness in our ranks. Among them: artists (Michelangelo, Pablo Picasso, Leonardo da Vinci), actors (Charlie Chaplin, Julia Roberts, Brad Pitt), musicians (Paul McCartney, Jimi Hendrix, Kurt Cobain), techies (Bill Gates, Steve Jobs, Mark Zuckerberg), and eight of 45 U.S. presidents, including former President Bill Clinton. I see I'm in good company.

--Valerie Camarda

valerie@marketingsense.net

PRESIDENT'S REMARKS

Our next Board Meeting will be on November 19th at 2:00pm and there will be a discussion about contracting for landscape plans for areas where we have to eliminate lawns. My vision is that we will have multiple plans and then we can pick several that will then be used to guide us when the lawns are removed. We need to consider how the landscape will look over time, the amount of maintenance and water use.

There are current State Executive Orders that all HOA decorative lawns must no longer be watered. These orders are not being enforced at this time but if a drought comes around

again these orders will be enforced and we want to be ready if and when this happens.

We have a number of common areas that would be impacted and we also want to start considering what order we would make any changes to the landscape.

Look forward to seeing you at the meeting on November 19th and at our First Friday November 1st.

Have a wonderful Thanksgiving!

--Steve Rogers



TREASURER'S REPORT AS OF SEPTEMBER 30, 2024

There were two reserve expenses in September, one in the amount of \$1,280 for a new solar pump for the pool, and the other in the amount of \$4,800 for tree work. The reserve fund was still in good shape at \$583,850.20 at the end of September.

Operating expenses through the end of September jumped to being over budget by about \$11,830. The three categories that contributed to this were landscape, utilities and the pool.

Our operating cash stands at about \$27,147. Subtracting current liabilities of \$19,676 from this amount leaves us with ready cash of about \$7,470. Like last month, this is somewhat tight, but not to worry, as we do have ready reserves

that can handle emergencies over the next couple of months.

The number of homeowners who are behind in payments has decreased from last month, as has the amount in arrears. The total delinquent amount is \$4,216, down over a thousand dollars from last month. There are two homeowners who make up the majority of the delinquent amount, and Strong Management will personally contact these homeowners to determine if they need assistance.

--Ron Yamato

CHANTARELLE SOCIAL NEWS

This upcoming "First Friday" will be easy to remember as it falls on the FIRST (1st) day of November! As usual we will be meeting in the Clubhouse around 5:30 p.m. If you are new to the neighborhood or haven't been in a long while please do try to come join us! Each household brings one appetizer or a dessert to share, and the beverage of your choice. This is a relaxing, nice, laid back atmosphere - no one has to give a speech, or sing a song...just fun chatting with your neighbors! We sure would like to see you there!

I am hoping to have the flyers out for our "Holiday Party" by November 18th so be sure to keep an eye out in your mail tube. I will need to get your RSVP back latest by Dec.4th as this is a catered event and they have to know our guest numbers by then. The party is Friday Dec.13th at the Clubhouse, so this will take the place of our December "First Friday". I will not be able to take late reservations for this event, so please be sure to get yours in by the due date.

Happy Thanksgiving to all!

--Lois Rogers, Social Chair

LANDSCAPE COMMITTEE REPORT

November weather has finally signaled fall. October was such a warm month, it's nice to have cooler weather to let the gardens and lawns relax before rain. Sprinklers are running three days a week, Monday, Wednesday and Friday. We were watering 7 days a week in the

heat of the summer. That was the only way to ensure every yard turned green, any less and some lawns had dead spots. We have to remember that new water restrictions start in January. The restrictions vary across the state and place the burden on the water companies to meet the water reduction requirements. This will affect landscape watering, including lawns, shrubs and trees. Ornamental lawns will no longer be allowed to be watered by Homeowner Associations. The plan is to discuss this at the November HOA meeting. We are working on upgrades to the sprinkler system to more effectively water only when the soil needs it.

There are several ways to replace HOA lawns that can't be watered with something that uses much less water. Options include: remove lawn, landscape fabric and mulch. No water needed. Remove lawn, plant with native, low water plants, succulents, ground covers and grasses. All kinds and colors of crushed rock to fill in the gaps. Underground irrigation to water each plant when needed, so what little water is needed can be done without hand watering. And an increasingly popular idea is to convert an area to a meadow. There is a company in Santa Rosa that sells seeds for it. You remove the lawn, seed the meadow, keep moist for the first year. After 3 years, should not require any water. The idea is to cut the meadow in spring so new flowers can grow and fill in the meadow. We could do this on the grassy side of the clubhouse by the area where there was the golf course. We could put a path through the area and even a table and chairs so you can sit, read a book or just enjoy nature. Birds, bees and other pollinators love a meadow, and we can enjoy watching them. These are just ideas I have collected to start discussion. I have found that low water doesn't mean Arizona desert planting. It can be lush, beautiful and can include ground covers to fill in some of the space. Here is a link to the favorite plants from UC Davis. Look at the colors, the diversity. Makes for a beautiful meadow.

<https://arboretum.ucdavis.edu/news/what-are-future-favorite-plants>

Here is a photo of a low water garden.



This photo shows a meadow. Plant, water, mow once a year. That's amazing.



As you can see in the photos, the low water native gardens are beautiful, you can use them, walk through them and enjoy them. They are not just to look at. I've been looking for almost two years for something we could put in to replace grass. When I saw the front yard in Temelec I smiled. It's really that special. I have been in touch with the landscape architect who did that yard and know we can find something that makes us happy. Yours in low water and California native plants,

--Tom Flinn

415-621-7572 thomasflinn@gmail.com

HOLIDAY DECORATION REMINDER

With the holidays fast approaching and that decorating itch just dying to be scratched, we felt that now is a good time to remind residents

of the rules regarding this topic that aim to keep our community looking not only festive but also neat and in alignment with HOA rules. For example, Christmas lights and other decorations can be hung on the outside of the house and along your fence, but **not** on HOA bushes, trees, or in other common areas. The reason for this is so that our gardeners can take care of the common areas unimpeded. Holiday flags can be hung in your existing flag pole holder. Holiday decorations should not be displayed more than 30 days prior to nor 15 days after the holiday has occurred. This and more information can be found on pages 8 and 9 in the *Chantarelle Rules and Regulations* booklet, updated March 15, 2022. If you don't have a hard copy, you can check the online copy at Chantarelle.org.

OUR NEW CHANTARELLE NEIGHBORS

WELCOME! WELCOME! WELCOME!

We are so happy to welcome our new Chantarelle residents to our beautiful neighborhood. All the trees are welcoming fall for all of us, with their lovely fall colors.

Please update your directory until the new ones come out in March.

Marianne Sullivan
181 St James
530-575-9386
msullivan101010@gmail.com

Nancy Cooper
17 St. Patrick

Next month we may have more new residents for the newsletter and our welcoming committee to call on. These properties will be up for sale or rent:

209 South Temelec Circle
168 South Temelec Circle
140 South Temelec Circle
150 St. James

If you hear of any other new neighbors let us know. 707-935-8658 We will keep our eyes on the above properties.

--Russelle Johnson - 707-935-8658

rxrjohnson@yahoo.com

--Peggy Owens - 707-343-7087

powens2@juno.com

--Shelley Lawrence - 951-202-0459

pashelaw@gmail.com

--Debby Bonamassa - 315-725-8047

debbonamassa@yahoo.com



SUNSHINE COMMITTEE

If you know of a neighbor who is feeling under the weather or needs a little cheering up, please let me know. We'd like to show that our lovely community cares.

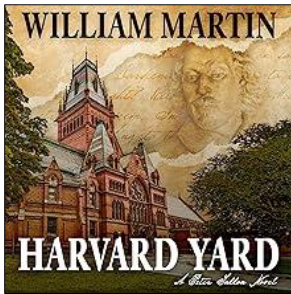
--Jackie O'Neill - 707-292-0261

BOOK CLUB NEWS

It is hard to believe it has been a year since we began the Chantarelle Book Club! It is a casual group with no structured questions nor agenda. We are neighbors who connect to socialize and informally discuss their reaction to the selected novel. We invite you to join us as we begin our second year!

Starting this month, we have changed our meeting day and time to the 2nd Thursday of the month from 2-3:30, beginning on November 14. Kris and Ivan will be hosting at their home, 144 S Temelec Circle. Please join us to connect and discuss our next book.

In October we read **Long Island by Colm Toibin**. Although we were all disappointed with the story line and abrupt ending, many enjoyed the author's style of writing and character development.



For November, our host has selected **Harvard Yard by William Martin**.

A unique piece of historical fiction that takes the reader back to the 17th century and the origin of the first college

in America. Woven in the story line is the mystery of a lost Shakespearean Play. It sounds like a fascinating page-turner! We hope to see you at Kris and Ivan's to hear if you liked it.

If you have any questions, please call or text Marybeth (940-290-4757) or Barbara (415-377-8712).

--Marybeth Jacobsen

Jacobsenmarybeth@gmail.com

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 groups with scheduled activities:

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

Mike Hashii – 415-686-5512

Poker Night

Ron Yamato – 415-305-1400

Book Club

Marybeth Jacobsen - 949-290-4757

Barbara White - 415-377-8712.

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.

--Linda Jackson

BOARD OF DIRECTORS

Steve Rogers, President

707-771-9290

Susan Carlisle, Vice-President

415-302-8935

Ron Yamato, Treasurer

415-305-1400

Cindy Adamson, Secretary

707-931-8832

Pat Chace, Director

707-935-7301

MANAGEMENT COMPANY

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ART CLUB – OCTOBER EXHIBITS AND FUTURE EXHIBIT THEMES

OCTOBER ART EXHIBITION was P.S. Lawrence's one artist show at the clubhouse, plus window paintings (121 S Temelec).

Shelley says: "Thank you for giving me the opportunity to have a one person show." **June** says: "I thought it was fun to look for the many hidden objects within Shelley's creative strokes. The colors are so rich and vibrant." **May** says: "Shelley's exhibition was very enjoyable. I can't help but name those untitled paintings. Phenomenal 2 and 3 dimension mural, Birds & Flowers Paradise, Light Reflection in Misty Forest, Painting of Dream, Toy Story." **Mike** says: "I really like the landscapes, especially the one with the hidden face of a little girl in the sky." **Heather** says "Loved all of Shelley's blue abstract paintings and those showing now of fall scenes! Especially the one forming a circle! Love the abstracts, one like many flags or a boat!"



Future exhibit themes: Heather Dahlberg's one artist show (November), Winter and more (December)

More Art welcomed! If you're interested in showing your art piece for future exhibit(s), please contact Mike Hashii (mhashii@gmail.com).

From Rolling Green Assisted Living: Nine self-care tips for seniors

1. It's OK to ask for help.

No one likes to ask for help, especially as you grow older. For some people, it's a sign of weakness. But asking for help is a sign of strength. By accepting help, you're allowing others to feel needed and trusted, which makes them feel great.

Toughing it out and dealing with stuff on your own isn't the way to a healthy life. Achieving goals together and acknowledging our interdependence is key to mental and physical health.

2. Try to laugh more often.

Seeing the lighter side of life is good for your health. It reduces inflammation and stress, improves circulation, and enhances the immune system. Laughter may even improve your memory. So take a break from the bad news and do what tickles your funny bone. Read a hilarious book. Watch a comedy. Spend time with people who make you laugh. It really is the best medicine.

3. Stretch your muscles.

A daily stretching routine can improve strength, balance and flexibility. It may even help you feel less stressed, sleep better, and provide relief for that aching back. Yoga classes are great for learning how to stretch safely and effectively. Plus, you'll meet people who'll help you stick with your self-care practice.

4. Make exercise a habit.

Regular physical exercise is vital for healthy aging. It can prevent a lot of the health problems that seem to come with age. And it can help you maintain your independence and ability to keep on doing the things that make you happy. Try to do moderate-intensity aerobic activity at least 150 minutes a week (about 20 minutes a day) and muscle-strengthening activities at least two days a week. If that's too much, do what you can. Some physical activity is better than none.

5. Eat a more plant-based diet.

Putting more plants – fruits, vegetables, beans, whole grains – on your plate and fewer animal products can lower your risk of heart disease, high blood pressure, diabetes, obesity, and certain types of cancer, including breast, colon and prostate. You need only look at cultures where rice and vegetables are staples to see how it leads to lower rates of serious illness. So consider cutting back on burgers, barbecue and milkshakes. You'll feel better and so will the animals.

6. Stress less with meditation.

Meditation teaches you how to react to stress and negative thoughts. Mindfulness meditation may also reduce anxiety and depression, improve memory and cognition, and help you get a better night's sleep. It's no wonder more older adults are meditating every day. Instead of worrying about the future, meditation helps you focus on the present and realize, "In this moment, I am OK."

7. Find your groove with music.

Listening to music is a wonderful tool for self-care. It can encourage you to be more physically active, whether you're working out at the gym or getting in the groove on the dance floor. It connects you to warm memories and strong emotions from your past. And it can help you create a space for calm and reflection when you need an emotional lifesaver. Therapists recommend you pick one or two songs to listen to, preferably with good quality headphones, then close your eyes for five minutes and relax. Over time, it'll help reduce stress and create a sacred space of refuge.

8. Give the best hours of your day to yourself.

What one- or two-hour period in each day do you feel your best? Your most energetic? Your most productive? Use that time to focus on your priorities rather than someone else's. Give yourself time every day to focus on your personal goals and values.

9. Help someone else.

Our bodies and minds benefit in a variety of ways when we help others. Studies show that having a strong sense of purpose protects us from stress in the short term and predicts long-term better health. If traditional forms of self-care feel too self-focused to you, think about how helping others can be good for you.

Remember to set y our clocks back one hour Saturday night, November 2nd.

Daylight Saving Time ends at 2 a.m. on Sunday, November 3rd.

Remember those who have served our country on Veterans Day, November 11th.

Wishing you and yours a very happy Thanksgiving.

– Peggy Owens, Coordinator

SAFETY/WELFARE Committee

powens2@juno.com

POOL CLOSED

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 4:00		Flex 4:00		Flex 4:00

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 1st Friday 5:30	2
3 Daylight Savings Time Ends	4	5 VOTE!! Bunco 1:00-4:00	6	7	8	9
10	11 Thank A Vet Today	12 Mexican Train Dominos 12:30-4:00	13	14 Book Club 2:00-3:30	15	16
17	18	19 HOA Meeting 2:00	20 Poker Night 6:30	21	22	23
24	25	26 Mexican Train Dominos 12:30-4:00	27	28 Thanksgiving Day	29	30

Waldron Landscaping is now here on Monday 8:00-4:00 and Tuesday 8:00-4:00.
Garbage, recycling & garden trash pickup is on Monday.