



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

August 2022 – Issue 33.8

CHANTARELLE GAZETTE EDITOR

TOM FLINN – thomasflinn@gmail.com

Linda Jackson - Proofreader

Additional Chantarelle Gazette content and photos online at Chantarelle.org.

WELCOME TO AUGUST 2022

August starts with Friendship Day on August 7th. Jewish observance of Trish B'Av is also on August 7th. August 8th is the Muslim observance of Ashura. August 25th is the Hindu observance of Raksha Bandhan. August 15th is the Christian celebration of the Assumption of Mary. August 18th, Hindu Krishna Janmashtami is celebrated. Senior Citizen Day is August 21. Women's Equality Day is August 26th. August 30th is the celebration of Hindu's Ganesh Chaturthi.

--Tom Flinn

MESSAGE FROM THE EDITOR

If you have constructive comments on what you like, don't like, how to improve the newsletter, please just email me and I will try to improve the newsletter. Thank you. --Tom Flinn

PRESIDENT'S REMARKS

It has been brought to our attention that residents in Chantarelle have been pruning trees and vegetation in the common areas. This is not allowed unless you get permission first from the Landscape Committee. If you take action to prune or eliminate plants in the common areas and the HOA determines that some form of restoration is needed, you will be responsible for the expenses to fix the damage.

We currently have two openings on the Architectural Control Committee and need membership to help out and become a

volunteer. Please let me know if you are interested in serving on this very important committee. If you are unsure of what this position entails or need more information, please contact me and I will take you through the duties.

I am looking forward to our Summer BBQ to be held outdoors at the Clubhouse on August 20th. This is a fun event and set up out on our patio by the pool. A bright yellow flyer will be/has been put into your mail tube so be on the lookout for it. You must pre-sign up to attend as we will need an accurate food count!

There will be **NO** First Friday on August 5th as we substitute the BBQ instead.

Hope to see you there!

--Steve Rogers

TREASURER'S REPORT

Through the end of June 2022

We are still doing well through the end of June. We finished the last part of the major upgrade to the common area electrical system in June, but other than that it was a quiet month. Total expenses for the year so far are under budget by about \$6,404, and our reserve fund is still in good shape, amounting to about \$530,937 at the end of the month. The one delinquent homeowner account involves a house that is on the market, so this should be cleared up once the house is sold and escrow closes.

--Ron Yamato

LANDSCAPING NOTES JULY 2022

Hello Neighbors, it looks like we are in the long hot "dog days" of summer. Lawns are brown in some areas that receive an excessive amount of sunshine but we are irrigating regularly to ensure a rebound in the fall. For

those who were not at the HOA meeting, I would like to let you know that Ben Jones has resigned from the Landscape Committee. He has given generously of his time and talent and I thank him for all his work. From now on if you have any landscape questions or concerns, please contact me either via text, email, or phone. Also, if you are requesting any work regarding the planting in the front of your homes, please use either the online request form or the paper form available in the clubhouse. This will ensure that your requests are not overlooked. I would like to bring all homeowners up to date on the information just recently received regarding the health of our redwood trees. I am sure that many of you have noticed browning at the tips of the tree branches. On Thursday 7/21 a certified consulting arborist walked around the community and provided us with his educated opinion regarding our redwoods. He let us know that the trees are in no danger of dying. The browning at the tips of the branches is caused by excessive heat and low water. Many of the trees are already showing new budding along the brown branches. He assured us that our trees are healthy and will survive. I will be working with Waldron to ensure that our trees are receiving adequate water and additional irrigation lines will be added in needed areas. Have a continued wonderful summer.

--Debbie Yamato 415-696-2424

javagirl0547@yahoo.com

CHANTARELLE SUMMER BBQ

Save The Date!!

Saturday, August 20, 2022

Doors Open at 5 p.m.

(This is a residents-only event)

SAFETY & WELFARE

Protect Yourself in the Summer Sun

From Landmark Health:

As we age, the risk of developing skin cancer increases. According to the Skin Cancer

Foundation, over half of skin cancer deaths are adults over the age of 65. It is important to prevent sun damage. During the summer months, ultraviolet (UV) rays increase in strength. Extended time outdoors without proper sun protection can lead to sunburn, dehydration and even skin cancer.

Follow these tips to stay safe in the sun.

1. Apply sunscreen - Before going outside, apply sunscreen with broad-spectrum protection and a sun protection factor (SPF) of at least 30. SPF 30 sunscreen will protect your skin against sunburn while broad-spectrum protection defends against all types of sun rays. Reapply every two hours for the best protection.
2. Wear protective clothing -- Clothing and accessories can offer protection against the sun. Wide-brimmed hats and sunglasses shield your face. If it is not too hot, wear long sleeved shirts and pants for additional protection.
3. Spend time in the shade -- When you spend time outside, try to find a spot in the shade, such as under a tree or a covered porch. Minimize direct sun exposure from 10 a.m. until 4 p.m. when the sun is the strongest.

Summer Heat Safety:

Hydration Tips and Resources

As the temperature rises across the country, watching for heat-related illnesses is important. According to the Centers for Disease Control, people over age 65 and those with chronic health conditions are at higher risk for serious heat-related health problems.

Prevention is Critical: Tips for Hot Weather

1. Taking cool showers, baths, or using a water bottle mister can help you cool down.
2. Don't rely on an air fan as your primary cooling source when it's extra hot outside. As much as possible, stay in air-conditioned buildings instead.
3. Avoid unnecessary sun exposure.
4. Avoid cooking with a stove or oven to keep your house cool.

5. Dress in loose, lightweight, light-colored clothing.
6. It's essential to drink extra water and not wait until you're thirsty. Heavy sweating removes salt and minerals from your body. Make sure you talk to your doctor about your medications and how to replace salt and minerals lost through sweating.

Heat exhaustion and heat stroke can happen in extreme heat. The CDC's warning signs of heat exhaustion are:

1. Heavy sweating
2. Paleness
3. Muscle cramps
4. Tiredness/weakness
5. Dizziness
6. Headaches
7. Nausea
8. Fainting

Seek medical care immediately if you or someone you know has these symptoms.

Stay safe and enjoy our beautiful Sonoma weather.

--Peggy Owens, Coordinator

--SAFETY/WELFARE Committee

--powens2@juno.com

CONTRACTOR RECOMMENDATIONS

Need a contractor? We 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

We extend a warm "Welcome" to our new Chantarelle neighbors who just moved into their home at 225 South Temelec Circle.

Names - Gary and Marybeth Jacobsen

Email - jacobsenmarybeth@gmail.com

Phone - 949-290-4757

Please call one of the welcome committee if you hear of a new neighbor 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

Debbie 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.

ART CLUB – AUGUST EXHIBITION

Come see who the featured artist is.

--Shelley Lawrence – Art Club Steward

SONOMA'S VINTAGE HOUSE WANTS YOU TO GET INVOLVED -

Here's A Special Offer For Chantarelle Residents

For those who've never experienced the benefits of a Vintage House membership, we're offering a 30-day FREE trial membership if you sign up before September 30. It's simple to get started--just call or stop by and a staff member will assist you. Once active, your free trial membership entitles you to enjoy member perks and prices for **all** of our activities - *with the exception of TECHsquad which is exclusively for annual and lifetime members.*

Look at their two-sided flier at the end of this newsletter in the online version to see the wide range of services, classes and volunteer opportunities that Vintage House offers.



264 First Street East, Sonoma, CA 95476
707-996-0311, www.vintagehouse.org

TOM'S AUGUST RECIPE **PEACH COBBLER**



Source - Tastesbetterfromscratch.com

REVIEW

This peach cobbler is easy and delicious. One pan. You don't have to peel the peaches. I used

monk fruit powder instead of sugar. So good for diabetics. Plus it tastes great. Enjoy with vanilla ice cream and coffee.

INGREDIENTS

5 peaches, peeled, cored and sliced (about 4 cups)

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{4}$ teaspoon salt

For the batter:

6 Tablespoons butter

1 cup all-purpose flour

$\frac{3}{4}$ cup granulated sugar

2 teaspoons baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup milk

ground cinnamon

DIRECTIONS

Add peaches, sugar and salt to bowl and toss. Preheat oven to 350 degrees F. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven.

In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until combined. Pour the mixture into the pan, over the melted butter and smooth it into an even layer.

Spoon the peaches and juice (or canned peaches, if using) over the batter. Sprinkle cinnamon generously over the top.

Bake at 350 degrees for about 38-40 minutes. Serve warm, with a scoop of ice cream, if desired.

NOTES

To substitute canned peaches, use 1-quart jar, undrained.

NUTRITION

Calories: 386 cal | Carbohydrates: 66g | Protein: 4g | Fat: 12g | Saturated Fat: 7g | Cholesterol: 33mg | Sodium: 211mg | Potassium: 496mg | Fiber: 2g | Sugar: 48g | Vitamin A: 915IU | Vitamin C: 10.4mg | Calcium: 108mg | Iron: 1.5mg

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 OPEN

To enter the clubhouse you either need to be vaccinated or you must wear a mask.
If you are going to the 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
Water Aerobics 11:00		Water Aerobics 11:00		Water Aerobics 11:00
		Bridge 12:00-4:30		

AUGUST 2022

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

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

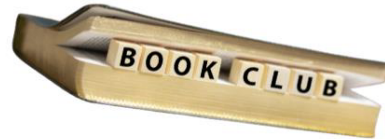
Garbage, recycling & garden trash pickup is on Monday.



VINTAGE HOUSE

CONNECT. EXPLORE. BELONG.

Try something new this year!



pick up a Vintage House Activity Schedule at the Chanterelle Club House
or visit vintagehouse.org/classes for complete information



VINTAGE HOUSE
CONNECT. EXPLORE. BELONG.

Programs & Services:

myRIDE



- Free Rides, Grocery Shopping & Pharmacy Pick-Ups
- Soup's On! Every Friday - free!
- Vision Support Group
- Health Insurance Counseling & Advocacy
- Grief Support
- Volunteer Opportunities
- Service Referrals
- Legal Aid
- Fall Prevention Classes
- Tech Assistance ... and more!

Chanterelle Residents - we can't wait to see you!

**Please stop in for a tour
or call for more information**

(707) 996-1328

www.vintagehouse.org