



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

APRIL 2022 – Issue 33.4

CHANTARELLE GAZETTE EDITOR

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

WELCOME TO APRIL 2022

April starts with April Fools Day. Go do something foolish, it's fun! Ramadan starts April 3rd. Palm Sunday is April 10th. Good Friday and Tax Day are both April 15th. Easter is April 17th, get your hat and ham ready. Earth Day is April 22, the 23rd is the end of Passover. Time to plant a tree, it's Arbor Day April 29th. Many more special days in April than March, I never noticed how Spring brings special events. Winter is almost over, everywhere!

Starting with this newsletter, we are trying to put more information on the electronic version on the newsletter. If you have something to share, please email me and I will see what we can incorporate into the Chantarelle Gazette.

You will see after the calendar in this newsletter some of the beautiful street scenes that spring is bringing to Chantarelle.

--Tom Flinn

PRESIDENT'S REMARKS

Spring has arrived and just maybe we will get a little more rain! **Regardless of how much rain we may get, however, we will still be in a drought status.** With this in mind I would like to remind everyone again to please check the drains at the curb in front of your house, you should not see a lot of water run-off. If you do, you may be watering excessively in your back yard.

The Board was pleased to award Peggy Owens with the Resident of the Year Award for her contributions to our HOA. Peggy as the head of Safety and Welfare kept us informed throughout COVID on where to go for testing

and best places for shots, among many other helpful tips during the entirety of the Pandemic. She was a huge help and we extend many thanks to Peggy!

Our next First Friday event will be coming up shortly on April 1st. Since we are now back to Daylight Savings time we would like to change our gathering to go from 5:30 to 7:30, which should also be more helpful for our working folks. For our new neighbors, we meet over at the Clubhouse and bring a small appetizer to share, and what ever your preferred beverage is.

It's a great time to come meet your new Community!

This year we will be asking each household to submit an email address that can be used for official HOA business. This would include notices of upcoming meetings, the meeting agenda, and any other important notices that must be sent. By using email, as opposed to flyers in your tube, it will help save the HOA money plus we can get things sent out faster. The Board is also discussing sending the monthly newsletter by email as that would also save us money on printing, as well as allow us to use more color, pictures and articles.

--Steve Rogers

ANNUAL MEETING UPDATE

Tom Flinn, Ron Yamato, and Steve Rogers were elected Directors for a 2 year term by acclamation.

The IRS vote ballots were tabulated with 79 yes votes, 0 no vote. Therefore it was RESOLVED that the excess assessments over and above the amount used for operations in the year ended December 31, 2022 be carried forward and applied to the following year's assessments in accordance with Revenue Ruling 70-604.

--Steve Rogers

TREASURER'S REPORT

Through the end of February 2022

Not much to report so far this year. **Our reserve fund is still in good shape, total expenses are under budget by about \$4,300,** and there are two delinquent accounts amounting to about \$600. However, as you are all aware and have more than likely been affected by it, the cost of living has been increasing over the past few months and the outlook points toward a continuation of this trend for the foreseeable future. We already know our landscape contract will be increasing by about 10%, PG&E rates are going up, and I expect other expenses will be similarly affected by rising prices. The continuation of the current HOA dues of \$165 (last raised in April of 2018) may be in jeopardy. (In comparison, Creekside's dues are \$220 per month, and Temelec's are \$205.) Given the current climate, the Board will do everything it can to keep dues in check.

—Ron Yamato

LANDSCAPING NOTES MARCH 2022

Hello neighbors. Most of our projects for the season are finished. The changeover to drip irrigation of the shrubs is finished. The spring refresh of the front plantings is done and the mulching just was done a few days ago. Considering the lack of rain, the lawns look good.

Speaking of the lawns and drought, a committee is being formed to discuss what can be done to conserve water in the future.

This dry weather doesn't seem likely to change soon. Even though we have a well, it would still be a good idea to conserve the ground water.

If you have any requests for the attention of the Landscape Committee, forms are available in the clubhouse and on the Chantarelle website. We are still available for immediate concern.

—Ben Jones 415-939-8955

benjaminjnes1@verizon.net

—Debbie Yamato 415-696-2424

javagirl0547@yahoo.com

SAFETY & WELFARE

Now that spring has arrived, we're looking forward to getting out and spending more time with family and friends. Here are some tips from Healthline.com to optimize your well-being.

The Senior's Guide to Staying Healthy Year-Round

No matter your age, it's important to take care of your body and prevent illness.

But if you're 65 or older, something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse.

Because of this, it's important to make healthy choices to strengthen your immune system and reduce the likelihood of illness.

Follow these nine tips to stay healthy year-round.

1. Get active - Physical activity is an immune system booster. The more you move, the more your body is able to fight inflammation and infections.

The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too.

You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of 150 minutes a week. Also, strengthen your muscles by lifting weights or doing yoga.

Modify your exercise routine to find what feels best for you.

2. Take supplements as necessary - Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12.

Take supplements or multivitamins as

instructed to boost your immune system.

3. Eat a healthy diet - Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy.

You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system.

In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.

4. Wash your hands frequently - Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face.

Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands.

You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

5. Learn how to manage stress - Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system.

To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

6. Get plenty of rest - Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses.

Sleep is also important as you get older

because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night.

If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

7. Take steps to prevent infections - Getting annual vaccinations is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine.

Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective, and it reduces the risk of the flu by 40 to 60 percent when the vaccine strains match the circulating strains.

The flu virus changes each year, so you should get the vaccine yearly. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.

8. Schedule annual physicals - Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns about your health.

Conditions like diabetes and high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications.

Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus.

If you see a doctor within the first 48 hours of flu symptoms, they can prescribe an antiviral to reduce the severity and length of symptoms.

9. Avoid contact with people who are sick -

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people

who aren't feeling well and avoid crowded areas until conditions improve.

If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves and wash your hands frequently.

The takeaway

The flu and other viruses can be dangerous as you become older. You can't prevent all illnesses, but taking a proactive approach can strengthen your immune system.

A strong immune system can keep you healthier and make you less susceptible to illnesses throughout the year.

The SAFETY/WELFARE Committee wishes you and yours a healthy, happy and peaceful Passover and Easter holidays.

--Peggy Owens, Coordinator

--SAFETY/WELFARE Committee

--powens2@juno.com

SOLAR NEWS OF IMPORTANCE TO US

Has anyone noticed all the Solar Cells appearing all over Chantarelle? Welcome to the club, I've had Solar since 2003. Nextdoor has people complaining about \$300 a month electric bills with our recent cold snap, double their bills from last year. I am 100% solar, we make all our own power. When we had a power outage this fall, our batteries kicked in and we had uninterrupted power. My bill never goes up. Yes up front can be expensive, but when the power goes out or the monthly bill arrives, it's priceless. I don't have to have a noisy generator because of fire season. You can also pay nothing and let the Solar company put their equipment on your roof. You will save money but not as much as if you owned the solar and received the federal tax credits. Questions? thomasflinn@gmail.com

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

A very warm "Welcome" to our new neighbors that just moved into 182 St. James Drive:

Jackie Fraize O'Neill and Steve O'Neill.

707-292-0261 - 54dawgs@comcast.net

They live next to our President Steve so we have double Steves.

We are all looking forward to our new directory. Paul mentioned they are being printed and should be ready very soon. I don't think the O'Neills made it in time so you will have to add them.

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

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

Peggy Owens – 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 - APRIL 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.

April's Artist is – Heather Dahlberg.

--Shelley Lawrence – Art Club Steward

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.

SONOMA'S VINTAGE HOUSE WANTS YOU TO GET INVOLVED

We have posted the Vintage House class schedule on the bulletin board. You can also pick one up at Vintage House or go online to vintagehouse.org/classes to print one. Vintage House offers both bridge lessons and art classes.

TOM'S APRIL RECIPE

WILLIAM PENN HOTEL CHEESECAKE

Tom's Re-imagined Recipe

Prep Time: 30 min. | Cook Time: 1 hr | One 10" cake

Description:

The William Penn hotel is the Grand Dame of Pittsburgh hotels. My hometown and favorite cheesecake. Have a "Golden Girls" party and

invite all your friends over this spring. Watmaugh Strawberries on the side please.



Ingredients:

Please leave cream cheese and eggs out on the counter overnight, otherwise you will have difficulty mixing them into the batter.

For the crust:

- 3 tablespoons sugar
- ¼ teaspoon cinnamon
- ¼ cup melted butter
- 1 teaspoon vanilla

And your choice of:

- 1 cup graham cracker crumbs or
- ½ cup graham cracker crumbs and either a
- ½ cup zwieback crumbs or
- ½ cup chocolate graham cracker or Nabisco Famous Chocolate Wafers

For the batter:

- 6 eggs
- 1½ cup sugar
- ½ teaspoon salt
- ½ teaspoon vanilla
- Juice of one Meyer lemon
- Zest of one Meyer lemon
- 3 pounds (6 Packages, I know it's a lot) Philadelphia cream cheese, softened overnight

Directions:

Combine all crust ingredients.

Butter a 10 inch springform pan. Sprinkle bottom and sides with crumb mixture, pressing in place with your hand. Set aside.

Mix eggs, sugar, salt, vanilla, lemon juice and zest with a mixer on slow speed until thick and lemon-colored.

Mix cream cheese with mixer til smooth, avoid adding air to cream cheese. Do not whip.

Slowly add cream cheese to egg mixture until soft and smooth batter is formed.

Pour in batter. Bake at 350 degrees for 1 hour.

Do not overbake or the cake will crack. When you take it out, if it seems pale, put it under the broiler for a few seconds to brown. If you're brave, use a butane torch!

Chill thoroughly. Place on plate, browned side up. Serve with delicious Watmaugh strawberries.

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

NOTICE

Vaccinations are required to enter the clubhouse. Masks are optional.

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		

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1 First Friday Get- Together 5:30-7:30	2
3 Ramadan Begins	4	5 Bunco 1:00-4:00	6	7	8	9
10 Palm Sunday	11	12 Mexican Train Dominoes 12:30-4:00	13	14	15 Good Friday Tax Day	16
17 Easter	18	19	20	21	22 Earth Day	23 Passover Ends
24 Private Event	25	26 Mexican Train Dominoes 12:30-4:00	27	28	29 Arbor Day	30

*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.

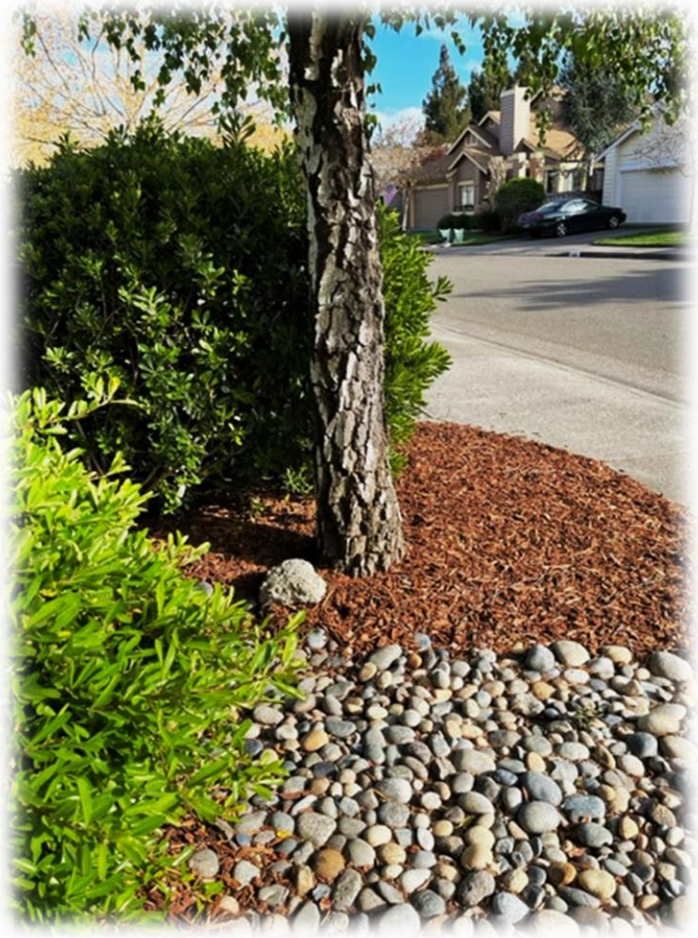
SPRING ARRIVING EARLY IN CHANTARELLE

Here's the clubhouse fully dressed with mulch and green trees.



Look at this beautiful blooming tree just inside the clubhouse gate.

*Thanks to Debbie
and Ben for the
beautiful mulch!*



*And thanks to Ron
for the beautiful
newly refurbished
benches!*

*Linda and Hewitt have beautiful blooming ice plants.
I see it every day this time of year on dog walks. Thank you.*

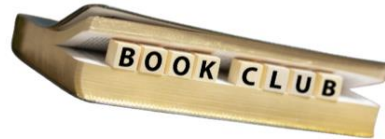




VINTAGE HOUSE

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