



Chantarelle Gazette

Chantarelle Homeowners' Association Newsletter

JUNE 2022 – Issue 33.6

CHANTARELLE GAZETTE EDITOR

TOM FLINN – thomasflinn@gmail.com

Linda Jackson - Proofreader

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

WELCOME TO JUNE 2022

June 2022. Summer is really going fast. Beautiful weather, sun but where is the rain?

June 15 is World Elder Abuse Awareness Day. June 19 is Father's Day. And June 19 marks Juneteenth, the day slaves in Texas were thankfully, finally freed in 1865. Sunday June 26 is San Francisco Pride and New York City Pride. Pride is celebrated through the fall around the USA, different days in different cities. Summer Solstice is the 21st. Make the most of the longest day light of the year!

--Tom Flinn

MESSAGE FROM THE EDITOR

Do you have constructive comments on what you like, don't like, or how to improve the newsletter? Please email me. Please share all your good ideas. Thank you. --Tom Flinn

PRESIDENT'S REMARKS

The Social Chairman and her assistants have selected Saturday August 20th for our Chantarelle Community Summer Barbeque.

After a 2-year hiatus I think we can all agree it is time to finally be able to have a fun outdoor get-together! More information will be forthcoming on a flyer as the event gets closer.

Now that our weather is becoming more summer-like we are hoping we will be able to have our First Friday's out on our pool patio area. We would love to see some of our newer residents attend too as I am not sure I have even had the opportunity to meet some of you

yet! Our next First Friday will be on Friday June 3rd at 5:30p.m.

Summer is nearly upon us, enjoy it, and stay safe in any of your travels.

--Steve Rogers

TREASURER'S REPORT

Through the end of April 2022

We are still doing well through the end of April. Our major expense in April was for the community-wide hard pruning and new plantings, which was performed by Waldron. As for the rest of our finances, our reserve fund is still in good shape, total expenses are under budget by about \$1529, and there are no delinquent homeowner accounts.

--Ron Yamato

LANDSCAPING NOTES JUNE 2022

Hello Neighbors. It appears that summer is here. **We are entering our water conservation plans for summer, so lawns will begin to look a little brown.** We will continue to water them so that they will come back in the fall but for now they will have the brownish haze of summer. Please keep the faith. The shrubs will continue to be watered as new planting and shrubs that were cut back earlier this season will have the opportunity for new growth.

Not sure if you have noticed but several of the birch trees in front of the clubhouse have not leafed out this season. As several landscapers have shared with us, these are probably some of the last birches in Sonoma county. Our weather is not conducive for these trees and we are fortunate to have had them for as long as we have. We have contacted our arborist to come and assess their condition and advise us on how to proceed.

As mentioned in the last newsletter, we ask anyone wishing a change to their front planting

to fill out a request. These can be found on our website or paper copies in the clubhouse. This will allow us to make sure that we don't miss any requests. Additionally, please remember if you wish to make changes yourself to your front planted area, HOA approval needs to be obtained prior to any work. Also, remember that you will be responsible for maintaining the new plants.

Remember to watch your personal irrigation and make sure that water is not running out of the street drains into the gutter. This could mean that you might be overwatering or have a leak in your yard.

If you have any problems or concerns please feel free to contact either of us by phone or email.

Enjoy the summer months.

--Ben Jones 415-939-8955

benjaminjnes1@verizon.net

--Debbie Yamato 415-696-2424

javagirl0547@yahoo.com

CHANTARELLE SUMMER BBQ

Save The Date!!

Saturday, August 20, 2022

Doors Open at 5 p.m.

More information coming in a flyer
In Mid-July.

(This is a residents only event)

SAFETY & WELFARE

Fun and Fitness in the Chantarelle Pool

If you haven't tried exercising in the pool, there's no better time than the present.

Our group meets every Monday, Wednesday and Friday from 11:30 to 12:30.

We follow a 45-minute audio program with a 5-minute relaxation period.

You are welcome to join us, but if those days and times don't work for you, here are some other options:

The website ActiveBeat has some suggestions for water exercises that you can do on your

own (although I strongly recommend having someone with you, at least to observe and maybe chat while you're exercising).

Walking in Water - Especially good if you have any joint issues. The water is very forgiving, as well as providing resistance.

Jumping Jacks - That's right, just like calisthenics in elementary school, but maybe more fun.

Flutter Kicking - Flutter kicking is another excellent low-impact cardio exercise that will get your heart rate up. Using a kickboard, hold it in front of you and then flutter kick your legs to propel you around the pool. If you don't have access to a kickboard you can perform this exercise without it. Simply begin by floating in the water on your belly and then kick your legs. Be sure to kick at a steady tempo to get your heart rate up!

Back Wall Glide - The back wall glide exercise will help stimulate the muscles in your lower body and core. Begin by holding onto the pool ledge. Next, tuck your knees into your chest and press your feet into the wall. Once you're in position, push off from the wall and float on your back going as far as you can. Then bring your knees to your chest and push your feet down to the floor of the pool. Finally, run, jog, or walk (whatever you're capable of doing) back to the wall. Repeat this exercise for five to 10-minutes.

Pool Edge Push-Ups - If you have a hard time doing push-ups on land, then give them a try in the pool! Pool edge push-ups are a joint-friendly exercise that will help you build strength in your shoulders, chest, and arms. Begin by facing the pool wall and put your arms out in front of you. Place your hands on the pool edge about shoulder-width apart. Next, press your weight through your hands and slowly raise your body, halfway out of the water while keeping your elbows slightly bent. Hold for a few seconds and then slowly lower back into the pool. Try to repeat for 10 repetitions.

Lateral Arm Raises - Lateral arm raises are another great exercise that targets your arms and upper body. Once again to feel a greater

resistance we recommend using water weights for this exercise. Start by standing in the water at shoulder height. Hold the dumbbells at your sides and begin to raise your arms to shoulder height. Then, slowly lower back down. Try to repeat for one to three sets with ten repetitions in each set.

Leg Curls - Legs curls will help strengthen your hamstrings and calves. You'll work against the resistance of the water as you lower and lift your leg. Begin by standing with your feet together. Extend both arms out to the sides and if you need to, hold on to the edge of the pool with one hand for support. Next, bend your right knee and tap your butt with your heel to perform butt kicks. Lower your leg and repeat with the left leg. Continue alternating back and forth for 20 repetitions.

High knee lift extensions - High knee lift extensions are an excellent exercise that can help strengthen the muscles in your lower body and core. You don't need weights; however, if you want to add extra resistance you can add ankle weights. Start by standing in the water at about waist height. Next, engage your core and begin to lift your left leg. Bend the knee until your leg is at water-height. Hold this position for a couple of seconds and then extend your leg straight out. Hold this position for another couple of seconds and then lower your leg back down to the starting position. Repeat with the other leg and continue alternating legs for up to ten minutes.

Whatever you decide to do, have fun and stay safe.

--Peggy Owens, Coordinator

--SAFETY/WELFARE Committee

--powens2@juno.com

CREEKSIDE JOB OPENING

Part-time administrative staff position, 20 hours/week, hours are flexible, in Sonoma's lovely Creekside Village, a 55+ community. Report to the Management Trust Community Manager who is based remotely. We are looking for a candidate who will provide excellent customer service to internal clients

and external vendors, and assist with special projects to support the Homeowners Association. You will manage day to day office operations, to include phones, processing paperwork, and maintaining records and files.

This position requires proficiency with Word, Excel, and the ability to learn the company's proprietary software program. You will possess excellent written and verbal communication skills, and the ability to multi-task and manage time well.

We offer a very competitive salary based on experience.

Send resume with cover letter to:

lori.storm@managementtrust.com or apply directly.

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

No new neighbors to welcome this month.

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/Flex Exercise

Peggy Owens – 707-935-8658

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 - JUNE EXHIBITION

Drop by the clubhouse to see which artist Shelley Lawrence is featuring in the month of June.

--Shelley Lawrence – Art Club Steward

SONOMA'S VINTAGE HOUSE WANTS YOU TO GET INVOLVED - HERE'S A SPECIAL OFFER FOR CHANTERELLE 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.



VINTAGE HOUSE
CONNECT. EXPLORE. BELONG.

264 First Street East, Sonoma, CA 95476

707-996-0311, www.vintagehouse.org

TOM'S JUNE RECIPE

Strawberry Popsicles



Prep Time: 15 minutes **Total Time:** 4 hrs 15 min **Difficulty:** Easy **Servings:** Yield 9 popsicles depending on size

INGREDIENTS

4 cups sliced strawberries (roughly 8 ounces)
¼ cup granulated sugar
¼ cup water
2 tablespoons lemon juice

DESCRIPTION

I just put strawberries in blender jar, half full, added water, sugar, lemon juice and 2 T of Chambord or other alcohol to reduce excessive icing of the fruit.

DIRECTIONS

Add strawberries, sugar, water, and lemon juice to a blender. Blend until smooth.

Transfer the mixture to popsicle molds or paper cups then insert wooden sticks. Freeze until firm, roughly 4 hours but preferably overnight.

Once unmolded, place the popsicles in a single layer on wax or parchment paper then place in a freezer-safe container. Freeze up to 1 week. For longer storage, once they refreeze solid wrap each one in plastic wrap then place in a freezer bag or container. Freeze up to 1 month.

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

**Vaccinations are required to enter the clubhouse. Masks are optional.
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 11:30		Water Aerobics 11:30		Water Aerobics 11:30
		Bridge 12:00-4:30		

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 Memorial Day	31 HOA Board Meeting 2pm	1	2	3 First Friday Party 5:30-7:30	4
5	6	7 Bunco 1:00-4:00	8	9	10	11
12	13	14 Mexican Train Dominoes 12:30-4:00	15	16	17	18
19 Father's Day Juneteenth Day	20	21 Summer Solstice	22	23	24	25 Clubhouse Reserved
26 SF & NYC Pride Day	27	28 Mexican Train Dominoes 12:30-4:00	29	30	1	2

*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.

PEGGY OWENS THIS MONTH ALERTS US TO THE NEED TO CHECK ON THE STATUS OF PANTRY FOODS THAT WE NORMALLY MIGHT THINK LAST FOREVER BUT INDEED HAVE A SHELF LIFE. YOU MIGHT PRINT THIS OUT AND PUT ON YOUR REFRIGERATOR.

THE GUIDE TO THE SHELF LIFE OF PANTRY ITEMS

				
FLOUR <i>All-purpose</i> 8 months	BAKING SODA 2 years	BAKING POWDER 1½ years	GRANULATED SUGAR 2 years	BREADCRUMBS <i>plain</i> 6 months
				
LONG-GRAIN RICE <i>white</i> 2 years	GRAINS <i>bulgur, quinoa, couscous or farro</i> 3 months	PASTA <i>standard, rice pasta or egg noodles</i> 2 years	PASTA <i>whole-grain</i> 6 months	
				
HIGH-ACID CANNED FOODS <i>tomatoes, fruit</i> 1½ years	LOW-ACID CANNED FOODS <i>chicken broth, beans, vegetables, meats</i> 5 years	GROUND SPICES OR DRIED HERBS 2 years	DRIED BEANS 1 year	

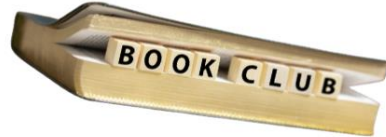




VINTAGE HOUSE

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