

VIVA!

VINEYARD VALLEY NEWS

VOLUME 48

AUGUST 2024

NUMBER 9



VVHA Upcoming Events for August 2024

Bingo, Aug. 9th

Newcomers' Social, Aug. 24th

Save this date

September 2, Labor Day

Men in the Kitchen Breakfast

*Vineyard Valley Homeowners Association
and the Hospitality Committee presents:*



The Newcomers' Social

You are warmly invited to a special social event to welcome and introduce the new members of our community. Join us for an evening of fun, food, and friendly conversation.

Date: Saturday, August 24th

Time: 5:30 PM

Location: VV Clubhouse

This is a potluck event, so please bring a dish to share and a beverage of your choice. Newcomers, just bring yourselves – we look forward to welcoming you!

This is a wonderful opportunity to meet and connect with our new neighbors. We look forward to seeing you there!

A sign up sheet coming to the Mail Room Bulletin Board soon.

August 2024

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5	6	7	8	9 BINGO 6pm	10
11	12	13	14	15	16	17
18	19	20	21 VVHA BOARD MEETING 3pm	22	23	24 NEWCOMERS' SOCIAL 5:30pm
25	26	27	28	29	30	31

MONDAY, SEPT. 2 MEN IN THE KITCHEN BREAKFAST



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VIVA Mission Statement: To provide a periodic newsletter concerning current & upcoming events, VVHA news, Activities, neighborly news, and other non-political and local items of interest to all Vineyard Valley Residents.

2023-2024 VVHA OFFICERS & DIRECTORS

President _____ Rick Wood
Vice President _____ Janet Schmidt
Secretary _____ Mae Van Nett
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Clubs/Activities _____ Rick Wood

Non-Social Resident-formed Groups
Community Education _____ Grace Kistner
Neighbor Helping Neighbor, Carroll Cotten

VIVA viva.vineyardvalley@gmail.com

August Birthdays

- 1 Janell Myhre
- 4 Calie Candia, Karl Mosher, Pam Shroeder
- 7 Rosalie Blumberg, Roger Collins
- 10 Mark Siobal
- 13 Gina Papale-White
- 14 Bonnie Schoch
- 16 Fred Camacho
- 17 Janeen di Rienzo
- 23 Phipps Moran
- 25 Luci Urias
- 26 Pat Dell
- 29 Michael Merriman
- 30 Ken Robison

If there are any changes or additions to our list, please call Hospitality Chair
Robin 303-901-4343 Mae 707-246-2631

If there is a death, call Janeen di Rienzo at 707-294-8307 so she can post it on the bulletin board and arrange for the \$50. donation to the organization you designate. She will explain how to schedule the clubhouse for a memorial

Moving In - Welcome to our community

Moving Out - Sad to see you go

Mara Rankin 7 La Cuesta

In Memory of our friends

The Prez Sez . . . by Rick Wood

It's time to say something that needs to be said-

On the third Wednesday of July at 3 PM I sat at the table with seven other board members thinking that eight of us have given up going to the movies seeing our grandchildren, making doctors appointments having our hair or nails done why to be at a monthly meeting for this community. every year there are members of a board that try to keep this community together having socials changing rules and always looking out for the betterment of all the homeowners and in return all that is asked of you is to give up one hour a month on the third Wednesday at 3 o'clock??? on July 17 at 3 PM there were 7 residents who gave their time to be there. all we ask is that you show up and support us!!

Please check the calendar in this month's Viva for all upcoming events. August has the newcomers social on the 24th. This is a good time to all come together and welcome those that are new to our community.

To the newcomers Please feel free to get involved with the monthly events as always you are the future of this community.

As always get up and get out and be healthy



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**VINEYARD VALLEY HOMEOWNERS' ASSOCIATION MEETING
WEDNESDAY JULY 17, 2024 MINUTES**

The meeting was called to order at 3pm by President Rick Wood

Minutes of June 19, 2024 meeting were approved

Treasurer's report by Henk Brok: As of June 30, 2024: Checking \$8,332.06; Savings \$9,012.82; VIVA \$3,936.71; Bocce \$3,439.65; Total \$24,721.24

The 4th of July festivities included a day full of fun – beginning with the flag raising, then early Bocce to avoid the heat of the day. 31 people participated in afternoon bingo, followed by 70 people celebrating with hamburgers and corn on the cob.

July Bingo was rousing fun as always with Ed Smith calling. Rick's pulled pork sandwiches and coleslaw were a hit.

Mae reported for Hospitality chairperson Robin Mcguire that Robin is in the process of reaching out to all the new residents to welcome them to the community and to entice them to join us at the Newcomer's Social, which will be held on Saturday August 24th.

Elizabeth Green stressed the importance of being prepared in case of fires this season. Have your valuables, medicines, important papers, etc in a handy location in case a quick evacuation is necessary.

We are very excited to report that a VVHA website is in the works, to act as a central location for all things VVHA. Stay tuned for more details.

Henk reported that he would like to remain in the Treasurer position next year. The proxies that will be delivered prior to the September General Meeting will include a vote to change the By-Laws so that the Treasurer position will not be subject to the 2 year consecutive term limit rule.

Rick circulated a petition requesting signatures for those who would like to see the Pool Guest rules updated so that Homeowners can bring up to 4 guests at a time (instead of 2). We will present this request to Park Management.

President Rick Wood adjourned the meeting at 3:45 pm

Submitted to the Viva by Secretary Mae Van Nett

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PARK MANAGER REPORT

AUGUST 2024

POLITICAL SIGNS

The 2024 election cycle has begun, beginning August 5th residents may display political signage on their lot. Below is the California Civil Code that governs political campaign signs in a mobile home park, which includes Vineyard Valley.

799.10 POLITICAL CAMPAIGN SIGNS A resident may not be prohibited from displaying a political campaign sign relating to a candidate for election to public office or to the initiative, referendum, or recall process in the window or on the side of a manufactured home or mobilehome, or within the site on which the home is located or installed. **The size of the face of a political sign may not exceed six square feet (2'x 3'), and the sign may not be displayed in excess of a period of time from 90 days prior to an election to 15 days following the election, unless a local ordinance within the jurisdiction where the manufactured home or mobilehome subject to this article is located imposes a more restrictive period of time for the display of such a sign.**

Additionally, this is a reminder that political material on behalf of any candidate, political party, proposition, etc., is not permitted to be placed in the cubbies or anywhere in the mailroom, on bulletin boards, desks, counters, etc. Thank you in advance for respecting the right of your fellow residents to enter the mailroom, greet their friends and collect their mail and packages in a neutral space.

POLITICAL CANVASSING

Only Vineyard Valley residents may canvass in the park, Civil Code 798.51 a. No provision contained in any mobilehome park rental agreement, rule or regulation shall deny or prohibit the right of any homeowner or resident in the park to do the following: (3) Canvass and petition homeowners and residents for noncommercial purposes relating to mobilehome living, election to public office, or the initiative, referendum, or recall processes, at reasonable hours and in a reasonable manner, including the distribution or circulation of information.

If a non-resident is canvassing in the park they are trespassing on private property, please alert the office during office hours or the after-hours manager or weekend manager.

POOL REMINDERS

Summer is here, residents have family and friends visiting and wishing to enjoy the pool. for the safety and enjoyment of all those who use the pool, please note the following Pool Rules reminders. Enjoy!

The pool is for the exclusive use of residents and their guests.

Guests must be accompanied to the pool by their host resident.

The guest limit is **two persons per household.**

All persons must shower before using the pool.

Glass containers are not allowed in the pool area.

Pool toys are not permitted. Pool flotation devices for therapeutic use are allowed.

Appropriate swimwear must always be worn in the swimming pool.

Diving and jumping into the pool are not allowed.

Animals are not allowed in the pool area.

Swim times for children ages 3-5 years are 10 am to 1 pm, 6-16 years are 10 am to 3 pm

Children under three years are not allowed in the pool area.

No one under age 18 is allowed in the therapy pool or sauna.

Please contact the office if you have misplaced your pool code.

Fire Season

Keep your property lean and green to help protect your family and home as well as others in the Vineyard Valley community. Proper defensible space also provides firefighters a safe area to work in, to defend your home. Please join your neighbors in doing your part to protect our community by:

- Removing all dead and dying weeds, grass, plants, shrubs, trees, branches, and vegetative debris (leaves, needles, cones, bark, etc.); Check your roofs, gutters, decks, porches, stairways, etc.
- Contacting the office to review any tree branches within 10 feet of any chimney or stovepipe outlet
- Limit combustible items (outdoor furniture, planters, etc.) on decks and patios
- Remove accumulated vegetative debris from the roof

Residents who have a concern regarding maintenance of their own lot, trees, or common areas should call the office, 707-963-2725 or email vineyardvalleymhp@gmail.com, so that it can be addressed. Thank you.

Reinstatement of Late Fees

During the Covid 19 pandemic late fees were not applied to late rent payments, The late fees are now being reinstated at Vineyard Valley, beginning August 1st, a \$30 late fee will be applied to all rents received after the 10th day of the month. Please contact the office with any questions.

BINGO

Next Bingo Game will be Friday, August 9th
Doors open at 6pm, Bingo starts at 6:30
Entry pack \$15.00, Extra game packs \$10.00
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July Bingo winners



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Upcoming Local Events

St Helena Summer Concerts in the park



2024 St. Helena Summer Concert Series

We are excited to be back for the 2024 St. Helena summer Concert Series! The concert series will run **Wednesdays 6:00-8:00 PM** from June 26-August 14.

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A Travels in Napa & Sonoma Counties in 1861

Excerpts from the diary of William H. Brewer

Reported by Mariam Hansen

[William Henry Brewer (September 14, 1828 – November 2, 1910) was an American botanist. He worked on the first California Geological Survey and was the first Chair of Agriculture at Yale University's Sheffield Scientific School.]

.....Oct 26, 1861: We raised our camp and moved up the Napa Valley to Suscol Ferry, five miles from Napa. The roads were dusty almost beyond endurance. There is much travel, and every team moved in such a cloud that it was impossible to see it at any distance—you only saw its cloud of dust.

.....we camped by a pretty brook, near the Suscol House. On our way we passed the pretty little village of Vallejo (pronounced here in the Spanish style Val-lay'-ho), where the United States has a navy yard. We passed through a fertile region, fine farmhouses at frequent intervals, farms fenced, young orchards growing, everything with an American look.

.....in a few hundred feet we got below the clouds, and the lovely Napa Valley, with its neat village, pretty farms, green trees, and pretty sites, lay below us, lit by patches of sunshine here and there. A spot of sun lay directly on the village of Napa, six or seven miles distant, producing a delightfully beautiful effect.

.....the view is finer than any we have had since crossing the bay, more extensive and more grand. San Pablo Bay gleams in the distance; the lovely Napa Valley lies beneath us, with its pretty farms, its majestic trees, its vineyards and orchards and farmhouses. Its villages, of which three or four were in sight, the most picturesque of which is St. Helena, are nestled among the trees at the head of the valley. Bold rocky ridges stand across the valley, a bold broken country around us. To the northwest lies the distant valley of the Russian River, one of the finest in the state, many thinking it even finer than the Napa and the Santa Clara valleys. But the feature is Mount St. Helena, rising to the north of us, over four thousand feet—steep, bold, and rocky—an object of sublimity as well as beauty.

.....Here let me state that your maps will give but little satisfaction for the region I am to describe. All north of the Napa Valley is guess work—much totally wrong—only a few of the main features are correct. There is a Mount St. Helena (not St. Helens), but no Mount Putas (Whore Mountain). The latter is probably the one now called Mount Cobb, as there is a high Mount Cobb near where the map puts Mount Putas.

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A Travels in Napa & Sonoma Counties in 1861

Excerpts from the diary of William H. Brewer

Reported by Mariam Hansen

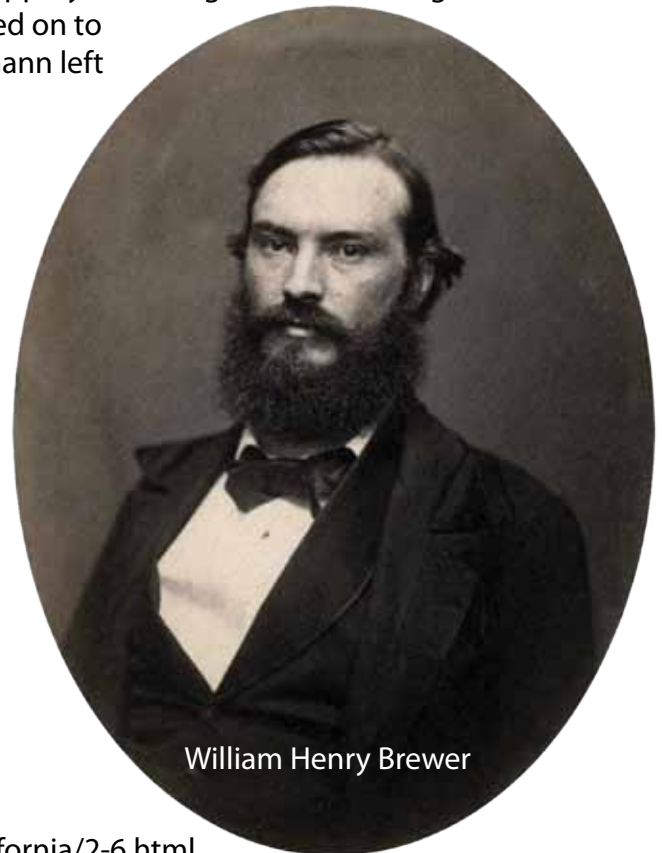
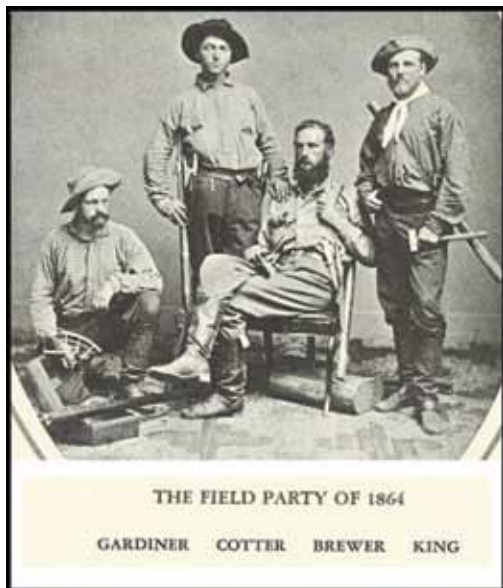
But all the region through to Clear Lake and on to the Humboldt is a very rough country, of which there are as yet no maps anywhere near correct. We, of course, are getting as many details and bearings as we can, and will eventually, I hope, get a tolerably good map. But do not wonder if my letters and the maps disagree during the remainder of this trip. We passed up to the head of the Napa Valley, then over a low divide toward the northwest and descended into Knight's Valley, a lovely valley watered by a tributary of the Russian River.

.....to the west of us rose Sulphur Mountain, a sharp conical peak 3,500 to 3,700 feet high, sharp regular and covered with dark green chaparral, like a green mat. At time clouds curled over its summit, at others they rolled away and the sharp cone stood out against the sky. To the southwest lay the beautiful valley of the Russian River, some villages scattered in it; beyond it were the rough ridges to the sea, against which cold masses of fog rolled in from the Pacific.

To the south we could see the broken country lying between the Napa and Russian River valleys, the Santa Rosa Valley, the black peak of Tamalpais by Tomales Bay and the bay of San Francisco. To the southeast was Napa Valley with rugged ridges east of it. At the head of the valley stood the grand St. Helena, towering over a thousand feet above us, its rugged sides scoured by the elements, sometimes clear and distinct, at others with heavy manes of clouds drifting across its rocky brow for two thousand feet down its sides.

The scene was not merely beautiful, it was truly sublime. As we hiked we had a grand view of the rocky peak of Mt. St. Helena. We found the best view from a ridge 2,000 feet high, where we could take in the whole mountain from base to top at a glance—its 4,500 feet of crags and rocks in furrowed canyons.

.....Wednesday, November 13, 1861 was a fair day, but not clear. We were up betimes and pushed on. The amount of rain fallen was large, the roads muddy and slippery, the foliage once more bright and clean. The storm had been snow back on the mountains. We pushed on to St. Helena that day, where Professor Whitney and Hoffmann left us, going on by stage.



For the complete diary see

https://www.yosemite.ca.us/library/up_and_down_california/2-6.html



Terraces Winery

Just south of Zinfandel Lane at 1450 Silverado Trail you'll find Terraces Winery. This is a little hidden gem that sits in its own little valley. 130 acres of rolling wooded hillsides, with just 40 acres planted. Mostly to Cabernet Sauvignon, with a touch of Cabernet Franc and 5 acres of old Zinfandel. This property winegrowing dates to the 1860's. It is also the site of what was an extensive quarry. In recognition of this history, wines made from here are labeled as Quarry Vineyard. The underlying Rhyolite rock provided much of the stone that was sought after and used throughout the Napa Valley. Even as late as the 1960's, the quarry was very productive. The current owners, The Crulls, acquired the property in 1992. It was fairly rundown and overgrown, but wineries such as Caymus and Cakebread seek out the Cabernet being grown here. They also partnered with Beringer to help replant their terraces.

The tour starts off with a fun 4-wheel drive through the property to show its beauty and features. They have several houses on the property that are for use of the wine club members. The next to last stop is at a lovely stone building, built in the 1800's, that hides a secret vinegar barrel room. Here they age balsamic vinegar through a solera method that is at least 25 years old. We tasted three different years, where you see how these develop and mature. Then we were off to the winery and tasting room to commence the tasting. Since it was a quite warm day we sat inside. There is a lovely deck for outside seating. We started with a Sparkling Apple Cider made from the apples grown on the property. Crisp and light with delicious fruit. Next was Falanghina, an Italian Varietal grown in Clarksburg. Fairly light and dry but lacked varietal distinction. Their Chardonnay comes from a single vineyard on the Sonoma Coast, Taylor Crown. Nice crisp green apple and a touch of vanilla come from 7 months in barrel. Their Cabernet Sauvignon showcases the vineyard which is planted with the Grace Family Clone. Rich and bold with lovely black cherry and berry flavors. We finished with the Rhyolite Blend. This is a blend of the different varietals from their vineyard and is considered their flagship. A rich wine with accessible tannins and bright fruit that lingers.

At \$75 per person, this is not an inexpensive tasting. With the fun of Mr. Toads Wild Ride tour and the stop at the Balsamic Room it has its value though. Interesting wines and a diverse menu of homegrown and purchased wines adds to the fun. They do have wine club options that are flexible and add discounts to purchases. Some interesting artwork is sprinkled throughout the tasting room. The Crulls were avid Burners (Burning Man) and are still involved in the Bay Areas art scene.



BROWN WATER? Here's what we need to do.....

by Colleen Gillaspy

I have been coming to Vineyard Valley for years to visit family so I'm familiar with the Brown Water issue. As a newer permanent resident, I have experienced Brown Water more often and lasting longer. I was advised to report this to the City. It was a great conversation but the biggest take away was that it should be reported to the City, ANYTIME & EVERYTIME it happens. This helps the city to pin point problem areas and act more quickly.

If you are like me, I don't like to continually complain BUT that is what the city is asking us to do.

There were 2 emails that came out on July 19th. One from the City of St. Helena newsletter. (If you haven't signed up for email from the city, it's a great resource - newsletter@cityofsthenana.org) The second email was forwarded to residents from our office manager, Shelly. Apparently some residents do not receive these emails from Shelly either, so I encourage you to let the office know your email.

The portion of this article referenced below, under "Reporting Issues", is directly copied from the City email. It tells us exactly how to report issues.

Let's all do our part to help the city.

By the way, I've been assured the brown water is only aesthetically displeasing but I filter my water anyway.

Here's how to report issues:

REPORTING ISSUES

In the meantime, if you experience discolored water in your household, please report the issue on the St. Helena Grapevine (cityofsthenana.org/grapevine) or call (707) 968-2658. A member of our team can then connect with you directly on a case-by-case basis. Continuing to report the discoloration you are experiencing is important since it can help us understand the geographic prevalence of the discoloration as staff explores measures to address it.

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MINNA'S MOTORCYCLE TRIP 1994

CORSICA *by Minna Williams*

CORSICA JUNE 1994

Corsica is only 8 miles from Sardinia. We were ready early in the morning after breaking camp in Paula, the most northern port of Sardinia. Our ferry was enormous but besides 4—5 other people we were the only ones on board. It had just arrived from an overnight trip from the mainland, the busboys were busy cleaning the cabins, the restaurants were closed, it took some major effort to get a cup of coffee.

Looking down the huge empty deck where only one car and a lonely motorcycle were standing made us again realize how fortunately it was to travel outside the tourist season.

The Mediterranean was calm, deep blue, and glistening. I saw dolphins play in the waters. Soon we were approaching the island of Corsica. We arrived midmorning at Porto Vecchio, about 30 miles north of the most southern point of the island.

PORTO VECCHIO

It was a fjord-like harbor, used by the Romans, the Genoese, the Etruscans and nowadays by about 2 million Italians visiting Corsica yearly.

What a difference between the two islands. It seemed like we had arrived back at a civilized place. The food market on the harbor square was a paradise. We loaded up on all kinds of French delicacies, meats, pates, fresh bread, and cheeses. Then off into the mountains. The island is one huge mountain surrounded by a narrow twisting road around it.

We were climbing up and up into the mountains within minutes after leaving the harbor. We drove on a beautifully paved road into thick dense forests of pine, beech, cork trees and thick rich brush. Now and then huge vistas opened and the road ahead could be seen snarling narrowly, clinging to the steep mountain sides, the few motorcars were crawling slowly in and out of our view.

The silence of the woods was rarely interrupted by traffic noise. We again and again marveled at the richness of the land compared to the desert like Sardinia's interior. Suddenly, a town, Zonza appeared, in the middle of the forest, clinging to the mountain side. It was built in terraces, had solid granite houses and flowers were blooming in pots, along the garden fences and near the entrance doors and wherever a little spot could accommodate th

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MINNA'S MOTORCYCLE TRIP 1994

CORSICA

The landscape was sometimes a bit barren, but mostly covered with maquis, fragrant bushes, and trees. The fragrance of the island is well known, it's like being in shop full of spices. Corsica is called the Island of Beauty, and we agreed whole heartedly

We had no idea where we were going to spend the night. We had no specific plans about what to see and where to go. We only had one duty promised to some friends in Southern California, to deliver pictures and messages to a family they had stayed with the year before.

Driving down into a town that simply should not have been built in that every house was attached to or built into the mountain side so that there was not one foot of even flat area to walk on. It was midafternoon and very hot. A friendly, talkative Frenchman came over to talk with Edson, and soon maps were spread over the little cafe's table and for the next 30 minutes the Frenchman was impressing upon us certain places we simply had to see.

GUITERA LES-BAINS

One of these was a unique hotel run by husband and wife, located deep into the mountains. We were game, and after a hazardous trip for the next two hours where we met only one car, fortunately, we arrived at this garden spot, Hotel Gite D' Etape, Chez Paul Antoine. Paul was still out in the fields tending to the cows, the old stone hunting cabin—house was unlocked, we rested after being told by the various citizens of the little town, just to be patient, someone would show up.

The creek was running deep down in the gorge, the street was being used by the children as a playground, the dogs were fighting, the hens cawling, a couple of sheep lazily sauntered down toward the hotel. Everywhere we looked, the green hills, the deep green forest and the blue sky engulfed into a feeling of peace and solitude. Nobody knew where we were, we hardly knew ourselves, it was a wonderful and eerie feeling. People living here could have no interest in the outside world's problems. We certainly did not.

Soon the landlord, his father and several old timers were gathered for the evening drink which they graciously shared with us. We enjoyed cold, crisp wine, ice cold beer and later a 5— course Corsican dinner of 12 brook trout, pickled vegetables, lots of different hams, (homemade) salamis, cheeses and olives, tripe in heavy mushroom sauce, green salad, dessert and after dinner liqueur with the host. We slept in bunk beds and crawled down creaky rough wood stairs to use the toilet, but so what, the look from our 2nd floor window over the tiny town, narrow street, old stone houses with gardens full of flowers and vegetables, the rushing creek, and yellow fields visible in between the tall, towering pines was worth whatever minor inconvenience we had. Who cares about towels and bed sheets when nature is pressing upon you its abundance of beauty and fertility.

With many heartfelt thanks we drove away amidst barking dogs, and old men, kids and neighbors waving goodbyes.

The road from Guitera was unique. Beautiful and solitary narrow strips of pavement snaking their way in and out of dense woods on high mountain slopes, what a scenic experience.



MINNA'S MOTORCYCLE TRIP 1994

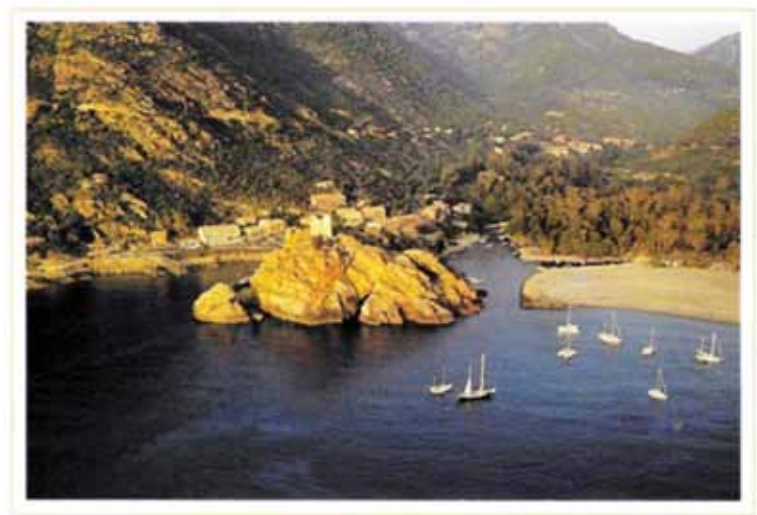
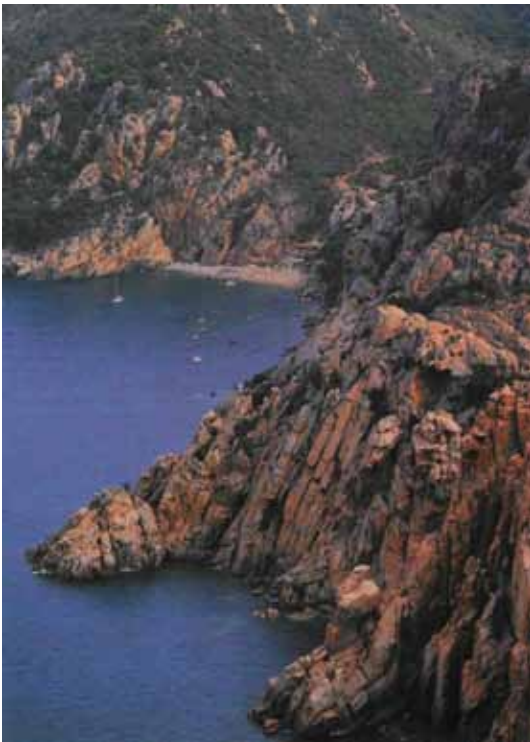
CORSICA

On nearing the west coast of the island, the landscape flattened out a bit. We skirted the town of Ajaccio where Napoleon was born. It was beautifully situated in the Golfe of D'ajaccio, the beaches were white and sandy, expensive houses had been built all along the coastline, it resembled the coast line of Nice and Cannes.

We drove on in the heat. A large group of young Germans on motorbikes were ready to leave the gas station where we had stopped to get gas. They all surrounded Edson and could not believe that the bike had been shipped all the way from the States and now was here, on a remote island in the Mediterranean.

PORTO ON THE COAST

In the late afternoon we arrived at the campground. Way above us the town itself was hanging onto the rocky granite mountain, deep below the azure blue water of the incredible beautiful Golfo de Porto was simmering.



PORTO

The tent was pitched under a great old tree, and quietly and steadily a warm rain was pouring down. Lying safely and snug in the tent, with the rain falling gently, we relaxed from a strenuous day.

According to the tour guides Porto is one of the most beautifully situated towns in the whole Mediterranean area on an astonishing coastal strip of red spurs, steeples, sculptured heads, and incredible shapes of rocks in colors from red to pink. Very, very slowly the motorcycle passed in and out of these amazing formations, deep down we could see the dark blue sea. And behind us the ancient stone houses showed lights in their windows.

Calls were made to our family from the telephones located at the camp office. All during the trip we could use our calling card numbers and get directly into the homes of the people we were calling, and we got all the cash in the currency we needed from automatic teller machines.

Porto is almost right in the middle of Corsica's coast. So next morning we headed inland. New vistas of open space and farmland, interspersed with heavy dense forests were open to us.

MINNA'S MOTORCYCLE TRIP 1994

CORSICA

INLAND

We stopped for breakfast in Evisa, supposed to be the most beautiful village in Corsica. That may be, but we were not too excited, at least not about the service. We had an enormously expensive breakfast of stale bread, served by a reluctant waitress, but the view down the valley from this town through which the highest mountain road in Corsica runs, was stunning.

The scene changed constantly, from dramatic wilderness to peaceful vineyards to quiet forests. Cattle walked courtly on roads and drank from the fountain sprouts in the mountain sides, sheep doze in large numbers on the side of the road next to the low stone wall fences. In the forest pigs were foraging in the lush underground.

CALVI-REST

When we finally arrived at the town where we wanted to rest for more than a few hours, namely, Calvi, we took the hotel room for two days. The first place we had spent two whole days. It was wonderful.

The French Legion has used Corsica for its training headquarter after Algeria became independent. On our way across the island, we had seen several huge buildings with the French Legion mark. We had also seen along the coast many huge stone towers and several big fortifications. These were built by the Genovese in the 14th century. The Italians had built the great cathedrals on the island. The town we came into had had the history of the invasions of all these people and more. Calvi is ancient, fortified by an enormous citadel that sits at the very beginning of the harbor and guards the old town.



BASTIA-TAKE OFF

Our last night on this amazing island, which has all the nature of California, but squeezed into about 3,00 square miles, was outside Bastia. We had to take the ferry back to Livorno from Bastia.

This bustling, energetic, impressive town also boasts of a great well—kept citadel guarding the city. At the harbor numerous huge ferries were constantly coming and going to Nice, Livorno, Napoli, and Spain.

The camp we found about 20 miles out of town on the water on the coastline of Cap Corse was a marvel. Completely furnished with beautiful bathhouses with more than 20 shower stalls, lots of toilets, beautiful rooms with billiards tables, music room, TVs and restaurant. The tent was set on lush grass and the view was over the mountain ranges in the back, the blue ocean in the front and green pastures to the sides.

We ate our final Corsica dinner sitting on the patio at a restaurant almost touching the water, palm trees were bordering the patio, the sun was setting slowly over the water and with some melancholy we were saying goodbye to Corsica, the pearl of the Mediterranean.

- Next month The Return Through Italy, Switzerland and Germany. Minna Williams lives at 3 Del Campo.

the Red Garden Gal

by Eleanor Crebs

First of all, before we get started, I want to apologize for this awful heat! I hope your garden is fairing better than mine...haven't lost anyone yet, but lots of sunburn. If you're having the same challenges don't worry, once this excessive heat has moved on it's just a matter of removing, or defoliating, the sunburned leaves. Unfortunately, the flowers which have been burnt are "toast!" But, the good news is, probably your plant will survive just fine!

August Gardening Suggestions:

1. If you have Wisteria it would be suggested to prune the scrawny shoots to about 8 inches or 5 buds from the main branch
2. Take pelargonium cuttings
3. Prune hedges and boxwood shapes
4. Continue to deadhead annuals, roses, perennials and some of your hydrangeas
5. Harvest lavender and trim to keep the compact shape
6. Feed all of your pots with an organic fertilizer. BTW this should be done weekly at this stage.
7. Check out your irrigation to make sure EVERYTHING is getting ample water.

Special suggestions for hydrangeas and roses:

Hydrangeas:

1. Most flowering should be finished
2. The first week of the month is your last good chance to remove any flowers that have faded. Pruning by then will still give the plant enough time to produce some new growth, which is where the flowers will be next season, on old wood varieties
3. Only prune stems that have flowered this season; leave all other stems ALONE since they will flower on their tips next season
4. Any pruning after the beginning of this month will interfere with the plant's ability to bloom well next year. Don't cut the plant again until next summer..

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the Red Garden Gal

by Eleanor Crebs

5. Feed them one more time in order to produce more new growth which will bloom next year.

Roses:

1. The heat we have been experiencing is taking a toll on the roses, as well as the rest of our gardens. So we need to be aware of all which is jeopardizing the overall health of your garden.
2. A moderate summer pruning will help revive your roses now and will encourage a big bloom display over the next few months. Early in the month would be best. Remove about 1/3rd of the plant and any crossing or awkward growth. AND, be sure to fertilize well immediately after pruning. A well balanced organic fertilizer/product is always my choice.
3. Check on the mulch layer under the roses and add more as needed.
4. Check on the possibility of slugs. Spider mites are also frequent this month with the warm summer weather.
5. Irrigation should be frequent and deep in the warm summer weather.
6. Hose off the foliage of roses frequently. Contrary to popular myth, this will actually reduce the likelihood of powdery mildew and discourage spider mites as well...I suggest the hosing off of most plants would be beneficial to pretty much all of them

I trust you have enjoyed this information I researched for you. I want to share the sites I used in case you'd like to look up other information,

1. rogersgardens.com
2. Pollyanna_wikinson.com

Please do your best to stay out of the direct sun and if you have to wear a hat and sunscreen!
Enjoy!

Gratefully, elbell

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FROM THE 4TH OF JULY



RIANDA HOUSE SENIOR ACTIVITY CENTER

SPECIAL EVENT

The St. Helena Forum presents: We Are Alone in The Universe with Doug Barr & Tom Ferrell Friday, August 9, 4:00-5:30, Rianda House

Dr. Nathalie Cabrol, a French-American explorer and astrobiologist, the director of the Carl Sagan Center at the SETI Institute has researched habitability and life beyond Earth and developed science exploration strategies for NASA for Mars and Titan. Cabrol also documents life's adaptation to extreme environments and the effects of rapid climate change. Cabrol holds the women's record for free and scuba diving at high altitude. This is an interview presented in video format, with question and answers after with producer Doug Barr. The subject will be, "An astobiologist's search for the origins and frontiers of Life." RSVP Call 707-963-8555 x101

August classes:

Balance & Stretch Amanda Cole & Kerry Brackett Mondays, 10:00-10:45, Rianda House or Zoom (hybrid) Thursdays, 11:15-11:45, American Legion Hall

We tend to lose balance as we age, but we can improve with practice! Join us on Mondays (Rianda House or Zoom) or Thursdays (American Legion only) for balance exercises followed by a stretch for flexibility. Drop in ok or call 707-963-8555 x101 to register.

Brain Fitness Providence Wednesday, August 14 & 28, 10-11:30, Rianda House

This class is for anyone concerned about maintaining their brain health. You will learn new techniques and find connections between physical activities, exercise, and overall brain health within a small group. Drop in ok.

Chair Yoga Kaylee Hardin Wednesdays, 10:00-10:45, Rianda House NEW

A great way to enjoy Yoga, especially for those experiencing injuries or mobility restrictions. Poses are performed seated or standing with a chair for stability. Classes are designed to help lengthen and strengthen the body while staying gentle and having low impact exercise.

Men's Fitness Evan Massaro Tuesdays, 8:00-9:00, American Legion Hall, 1291 Madrona

Improve balance, flexibility and cardiovascular fitness with a splash of dad jokes! "Stay within your safety zone but push your comfort zone!" All levels are welcome. Please bring a mat.

Rock Steady Boxing for Parkinsons Daniel Burkhardt Mondays and Wednesdays, 10:00-11:30, ZOOM Begins on Wednesday, August 7. NEW

Daniel Burkhardt Master Certified Personal Trainer, Senior Fitness Instructor and Owner of Rock Steady Boxing Greater Bay Area has a passion to help individuals with Parkinson's develop a "never quit" mindset. Through exercises and consistency, he sees his participants feel better and gain self-confidence with everyday tasks. This 90 minute online boxing class begins with stretching and focuses on range of motion, posture, proper body mechanics, and getting the heart rate up to build dopamine naturally through exercise. RSVP Call 707-963-8555 x101

Tech Today James Scanlan Wednesday, August 14, 2:30-4:00, Rianda House

Hard time keeping up with the latest gadgets? Let a pro help you. Bring your handheld devices (iphones, ipads, tablets, e-readers...). RSVP Call 707-963-8555 x101

Yoga: Stretch and Flow Kaylee Hardin Tuesdays, 11:15-12:15, American Legion Hall, 1291 Madrona Thursdays, 11:00-12:00, Fireside Room, PUC (NO CLASS ON 8/1)

A soothing class combining deep stretches and gentle movements to create more mobility and fluidity within body and mind. Suitable for all levels of ability, with options to increase or decrease intensity. Bring a mat. Chair modifications available.

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Napa

Bed in Summer

Robert Louis Stevenson

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

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