

VIVA!

VINEYARD VALLEY NEWS

VOLUME 49

FEBRUARY 2025

NUMBER 2

Happy Valentine's Day



Inside this edition

**Viva Editor and Assistant Editor Retiring
VVHA events for February**

**New Article and Contributor
Idle Musings of an Idle Old Person by Joyce Armington**

BINGO
FRIDAY, FEBRUARY 14th
6:30pm
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dinner



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VVHA

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*FRIDAY NIGHT
SOCIAL*

in the Clubhouse

February 28, 2025

Design.com

An illustration of three glasses filled with different colored liquids: yellow, red, and purple. Each glass contains several white ice cubes. The glasses are arranged in a slightly overlapping row at the bottom of the poster.

February 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|------------------------------|-----|------------------------------------|-----|--|-----|
| | | | | | | 1 |
| Mon, Wed, Exercise with Stacy 10-11 Exercise Room Sundays Tai Chi w/ Mark Siobal 4pm Exercise Room | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 BINGO 6PM VALENTINE'S DAY | 15 |
| 16 | 17 PRESIDENT'S DAY | 18 | 19 VVHA BOARD MEETING | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 FRIDAY NIGHT SOCIAL 5:30 | |



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Contributors Mariam Hansen

Robin McGuire, Steve Kinney, Suzanne

James, Susie Arthur, Eleanor Crebs,

Minna Williams, Joyce Armington,

Janeen di Rienzo

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

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VVHA Website _____ Michael Merriman

Non-Social Resident-formed Groups

Community Education _____ Grace Kistner

Neighbor Helping Neighbor, Carroll Cotten

VIVA viva.vineyardvalley@gmail.com

February Birthdays

9 Denise Nelson

11 Jack Casserly

13 Anita Peters, Janis Petrou

14 Chip Dingess, Miriam Hess

15 Andree Bryan, Cindy Long

17 Ron Burns

22 Linda Andreotti

25 Suzanne James

26 Joyce Brok

28 Barbara Greenfield

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

Saying Hello to

Happy Trails to

In Memorium

Michael Berger 26 Redondo Ct.

Marsha Maxcy 31 Redondo Ct.

Rest in Peace dear friends

The Editor's Desk



A goodbye to the VIVA

Over the years, I have spent over 3000 hours at my desk creating the monthly VIVA for the residents of Vineyard Valley. So many know that it was passion for me, and it has not been an easy decision to retire from being the Editor. From the days that I worked with Diane Barr, to the present time, I have given the VIVA my undivided attention and produced what I feel was a quality newsletter for the residents of this park.

I now will take a much-needed break and consider my options for my own newsletter for the community of St. Helena. I will be gathering all the events and activities that take place in our town and combining them into a monthly digital newsletter. I am tired of finding out about an event that I may have wanted to go to, but found out much too late to make plans to attend. I will spotlight the independent businesses that are in our town, and the amazing people that run them.

In closing, I need to thank the people that made this VIVA what it is today. Our dear departed Diane Barr, who gave me a chance to be part of this. Our business manager Carroll Cotten, who has been with the VIVA longer than anyone. To all the contributors, now and in the past, that put their pen to paper and created the articles. To our Hans Mauli, whose amazing photographs have graced our pages for years. Most of all, to my best friend and assistant editor Gigi. Your editing skills and proof-reading ability has been unmatched. You are amazing and the most supportive person I know. So, thank you Vineyard Valley residents for allowing me to be part of this newsletter.

I now hand over the reins of the VIVA to a very capable Francine Freeman, who I expect will make it an even better newsletter.

- Janeen di Rienzo

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The Prez Sez . . . by Rick Wood

I would like to start off this Prez Sez by thanking all the active board members for their time and dedication to this community. We as a group accomplished many things that have enhanced our Park in two years.

1. The bocce court now has two new gazebo's umbrellas, and furniture on the way.
 2. we brought back the favorite tea party.
 3. started a lobster boil that raised over \$15,000 in the two years.
 4. After meetings with management, we were able to have dimmers switches for the clubhouse and Lanai handicap doors for the front clubhouse, enhanced pool hours and the availability to bring up to four guest with you.
 5. New portable Sound-system has been ordered as many members request.
- There are many hours that go into keeping this community active so my hope is that as the boards time comes to an end in March that you remember some of these accomplishments and support us as we realign the board going forward

February is a month of love, we started off with the love of Bingo on Valentine's Day, February 14th at 6 PM in the clubhouse where you can make it as spicy as you want " chicken tacos" are on the menu this month and if you're hot enough, you might even cool off with some cold cash so sign up today.

February 19th at 3 PM is the monthly board meeting so please come out and get involved!!

February 28th is a Friday night social 5:30 PM in the lanai. It's a great place to meet new and old neighbors. we encourage new members to come out and say hi. Please bring a dish to share and BYOB.

This Viva is very special to all of us here in Vineyard Valley, and over the years change has happened. Janeen and Gigi have informed the board that they are stepping down. We would all like to say Thank You to both of you for the many years of service of keeping us informed with information. The Viva will continue on.

If you are interested in getting involved with the board, a new nominating committee has been formed and information is on the VVHA board at the mail room. Remember as always get out and about and be healthy



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PARK MANAGER REPORT

February 2025

PARK PROJECTS

The accessible door at the clubhouse entrance which has been on management's projects list for quite some time is finally complete. We are awaiting a scope of work and bid for the lanai door to the walkway from Redondo.

The landscaping team has completed large drainage projects on San Juan and Redondo. Work continues pruning crepe myrtle trees before Spring. The corporation yard is undergoing a cleanup and reorganization of parking spaces.

FIRE SEASON PREPAREDNESS

The catastrophic fires in the Los Angeles area are a reminder to review your emergency preparedness plans. The St. Helena Fire inspector is doing a site visit next week to assess any needed fire prevention maintenance, including trees, brush, and resident carports and lots cleanup.

The arborist is in the park on a regular basis reviewing the health of the trees throughout the park and any maintenance needed. They have been in the Park twice in the month of January.

WATER CONSERVATION

The City bases the wastewater rate for the year on the winter average of water usage, during the months of December, January, and February. All residents are encouraged to continue conserving water.

REVISIONS

These are revisions to information published by VVHA.

1. The rules for the swimming pool hours have not changed.
2. The rules for the numbers of guests per household at the pool have not changed.
3. Resident accessibility is a goal of park ownership, the installation of compliant doors in the clubhouse is part of an ongoing plan as was the installation of the ramp and accessible doors at the mailroom and the curb cuts completed two years ago.

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VINEYARD VALLEY HOMEOWNERS' ASSOCIATION MEETING

WEDNESDAY JANUARY 15, 2025 MINUTES

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

Minutes of November 2024 meeting were approved

Park Management was unable to attend

Treasurer's report by Henk Brok: As of December 31, 2024: Checking \$10,490.58; Savings \$9,013.28; VIVA \$3,088.69; Bocce \$4,013.32; Total \$26,605.87

Nominating Committee for March elections: Henk Brok, Eve Breckenridge, Ellen Cotton, Gale Terminello and Anne Marie Clifford – please reach out to one of these members if you'd like a chance to be on the Board. A notice will also be sent out via the website.

January Bingo – about 40 people showed up for the fun and Rick's tortilla soup!

The Craft Fair was tame with 7 vendors, thoughts on getting more next year? Please reach out to Eve B with ideas.

The Home Tour was enjoyed by all in attendance, in 2025 we will be having a summer Garden Tour in lieu of the winter tour.

The Holiday Dinner, catered by Napa Valley Bistro, was enjoyed by 80 people, all dressed up for the season!

Upcoming VVHA expenditures update – We should have our updated Sound system in the next month; Bocce Court furniture is being reviewed and will be in place by the time the weather improves. A shopping trip for the new kitchen equipment is being planned

February events – the usual 2nd Friday (Valentine's Day) Bingo and 4th Friday Social
Super Bowl reminder – there is no formal VVHA event but the TV in the pool room is always open for any/all residents to watch the game with friends.

Mark Siobal will be teaching Tai Chi classes again on Sundays in the exercise room at 4pm starting February 2nd

The automatic door opening system is now operational on the main clubhouse door!

President Rick Wood adjourned the meeting at 3:30pm

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Idle Musings of an Idle Old Person

by Joyce Armington

Speaking Elderly

The more time I spend in old age, the more bothered I am by the special ways the Young talk to the Old. (It also bothers me that people think I'm old, but there's only so much makeup can do.)

There's more than one "speakin' to granny" style of speech. The "speakin' to granny" style is not very different from the drawn out, sing-songy way people talk to toddlers. In its most extreme form, it sounds something like this: "Coooooome on, big girl, finish up your peeeeeeas, put on your sweater and we can go for a waaaaalk, OK?" The speaker's face is impatient, but the voice oozes kindness, so I guess the intention is positive. I write it off as just one small cut among the thousands that occur in the life of an Old.

And then there are the Young who think the Olds cannot comprehend much. They often work in technology stores or phone support, and visibly slump if forced to deal with an Old. Looking at the floor or the ceiling, the Young says, "Well, you just mumble, mumble into the mumble and press the mumble button. Bathrooms are over there. Next!" If you protest, they will usually be willing to mumble more slowly and add hand gestures. I like to answer this kind of interaction by using my old person vocabulary to write blistering comments on customer satisfaction forms. And then I switch to another brand.

Finally, there are the customer service Young who are pretty sure you will fall down or blow an artery in the next five minutes. They look around wildly for a chair, thinking the slightest hint of frailty portends an emergency. Who can fault them? They're earning a poverty wage for their simple skills and never signed up to deal with seniors expiring in Aisle 6. They know even the healthy looking Olds can fool you with a sudden seizure.

While elaborate and labored, Old person speech sounds direct and cogent to my 70 plus ears. The rapid speaking style of the Young leaves gaps that are apt to be filled with misunderstanding and misdirection. The Olds don't have enough time left for either.

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Happy 2025!

Most of us make some sort of resolution for the coming year, we just can't help ourselves. It's one of the things that is sort of programmed into our brains to do.

Did you know that statistically most resolutions only last until the third Friday of the new year? If I'm honest, I can say that has been true for me. Mostly because I either set too many goals for myself or set unreasonable ones.

When working with clients, I have found that it is important to search beyond behavior change goals and connect with their deeper desire. For example; "I want more energy to enjoy playing with my grandchildren." We can then break that down into action steps that support this ultimate goal.

Researchers have found the most successful behavior goals are those that take some effort and are at the same time, not overwhelming. This makes sense because if something is too easy, then there is no real sense of accomplishment and success. If it is much too difficult, we'll give up and perhaps have a sense of failure.

Life is too short to feel bad about ourselves for not achieving the challenges we set. Besides, small successes can add up to lasting change.

A long-held belief originated by Dr. Maxwell Maltz was that it takes 21 days to change a habit. That falls right around that 3rd Friday after a resolution/intention is embarked upon as I noted earlier. Current studies show that it does take 21 days to create a new habit but it takes at least 30 days to make it a sustainable one. Regardless of when you make a decision to change, successful change is the sum of small changes repeated day after day.

When it comes to making positive diet and lifestyle changes, I believe that keeping one's mind on the deeper purpose of the change is also essential for success. What are your inner desires in regard to your health? More energy, more comfort in your body, less pain, a greater sense of control over your choices? The ultimate desire, I think we all share, is that we want to be happy.

Making slight shifts in your choices can make a remarkable difference in your happiness quotient. Here are some tips that might help:

1. The 80/20 rule. If what you eat, how you move and your attitude is healthy 80% of the time, then your body and your spirit will take care of the 20% of the time that you are indulging in un-healthy supporting behavior. Evaluate the ratios of your healthy and unhealthy practices. What needs attention?
2. Gradual changes rather than all or nothing tend to be more sustainable, more rewarding and add up to satisfying results over time.



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3. GOOD > BETTER > BEST: don't shoot for perfection. For example: Instant oatmeal, is good vs highly processed breakfast cereal – Slow cooked oats are better – Organic whole grain rolled oats are best.
4. Good is good enough in most cases. Reading labels and being more mindful of your choices puts you in the better category with just a little effort.
5. Plan ahead. Think about the coming week's activities and have meals loosely planned. Shop and do some food prep ahead of time. Build in flexibility for the unexpected. Plan some sort of exercise/movement into every day. Make time for rest.
6. Human bodies and minds thrive on routine, try to incorporate some regularity in meal times, physical activities, pleasure, rest and bed times.
7. Use the S.M.A.R.T. goal setting technique.

S. M. A. R. T.
Specific Measurable Applicable Relative Time-bound

Example:

Specific: walk 20 minutes 4 times per week

Measurable: this goal is trackable in some way it can be reviewed and adjusted

Attainable: the goal is reasonable for your health, abilities and schedule

Relevant: the goal will support your ultimate desire – increased energy for example

Time bound: what days, what time, when will you start, etc.

8. Create strategies for the action steps you intend on taking. Ask yourself "What do I need to do to make this happen?" Put exercise on your calendar, for example.
9. Practice moderation – avoid absolutes. Reduce instead of eliminate, unless there is a dire health requirement to do so. Add healthy foods and activities first. Never eliminate something without 2 or 3 healthy alternatives in place.
10. Have fun with it. Don't set goals around things you hate doing or eating just because you think it is good for you. Find activities and healthy foods that you like and that fit into your lifestyle.
11. At the end of each week reflect on the successes and challenges you encountered, adjust your goals and strategies and apply these for the week to come.
12. Relax! Be patient. Measure success by the changes you make not by the immediate results, the results will come. And remember...

Most people are as happy as they make up their minds to be.

Be happy my friends!

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Feel free to reach out to me with questions

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Know Thy Neighbor

by Suzanne James

This month you will meet a neighbor fairly new to Vineyard Valley, whose story is unique, as is everyone's here in the Park, making each interview so enjoyable! May it make for enjoyable reading as well.

This neighbor was born in Hollywood and raised in the San Fernando Valley. He was the middle of three boys, having an older brother and a younger brother who was a musician and is now deceased. His father was an engineer and had a small manufacturing business salvaging old films. His parents met back East. Early in their relationship, his mother cured his father of an illness and influenced him to practice Christian Science with her. Over time the family moved on to join the Church of Religious Science (now known as the Center for Spiritual Living). "Then my mother got caught up in the Jesus movement." He describes both parents as musical, each loving various types of music, listening to vinyl records and the radio.

His parents divorced when he was seven. Our neighbor started on his own musical path in grade school, self-taught and without formal lessons, "although I did study some theory and such. Music was a passion as far back as I can remember" and has been a passion of his ever since. He was an aspiring musician by high school and enjoyed playing in bands with peers. However, he realized he needed to go to college and pursue a degree in a more lucrative field "because we were in poor financial circumstances when I was growing up," and he didn't want to remain there. He was in and out of colleges for awhile until he found a path in pharmacy.

He met his future wife in a chemistry class in 1969 and they married in 1974. They had their first child of two shortly after moving to St. Helena in 1980 after our neighbor completed his six year Doctor of Pharmacy Degree at USC, followed by a three month clinical internship rotation at City of Hope Hospital. Later he took a staff position at the hospital for another 22 months which was also a courtesy faculty position for the USC Pharmacy School

After moving to St. Helena, he secured a job in Pharmacy at the St. Helena Hospital in Deer Park, finding his job "challenging in a lot of ways, e.g., building trust with doctors there, as well as very rewarding." After ten years of "very long hours" he decided to join the CA Dept

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Know Thy Neighbor



by Suzanne James

of Veteran Affairs (CalVet) in Yountville for a more reasonable schedule. There he found the people and staff gradually becoming stressed due in part to wages not staying up to market rates. Known for his computer skills, even temperament, and persistence, he became the Pharmacy Lead for two major projects: Meditech and then FrameworkLTC/ADL, implementing the computer system, Meditech, for the re-computerization of all CalVet Hospitals.

He summarizes that the project ultimately “was not a good fit between Meditech and Outpatient Pharmacy and other services as well. After ten years CalVet went with a different system which is also failing, as reported several years ago:

([http\[s\]://information.auditor.ca.gov/reports/2015-121/summary.html](http[s]://information.auditor.ca.gov/reports/2015-121/summary.html).) The administration is still working on implementing a replacement, but this project too is currently stalled. I think the point is that they were decent people but they were not appropriately incentivized. People who work in a political system often make bad choices. They may be good choices politically but have bad results for citizens.”

Our neighbor retired for a year in 2016 and then returned to CalVet at the Director’s request. He now works a maximum of two days a week but expects to be laid off soon due to state budget cuts.

Asked about free time activities he states being involved with his Church as Chairman of the Finance Committee, and spending time with his children and grandchildren. His daughter, Ellen specialized in Early Childhood Education and currently lives in Salt Lake City with her husband and two children. His son, Sam, born in 1983, now lives in Oakland with his wife and two children after completing his Master’s degree in Engineering at Berkley.

Music continues to be a vital part of his life. He plays numerous instruments including the guitar, electric bass, four string banjo, mandolin, and the Irish Bouzouki. He has played hundreds of gigs on his electric guitar and still does so occasionally. He favors “a certain type of rock, jazz standards, gospel, country, American Songbook and occasionally the Blues.” His wife is a musician in her own right, playing the piano, mandolin, violin, and ukulele. The couple perform singly and together at their church and for private events. Finally, our neighbor is well known for performing with the Kith and Kin Irish group around St. Patrick’s Day at the Clubhouse here in Vineyard Valley.

Our neighbor in the spotlight this month is Ron Brunswick who lives with his wife, Esther, at 14 Del Monte.

Volunteers and referrals for this column are encouraged and welcome!



Orin Swift Cellars

I have been struggling with the concept for these reviews recently. I have been trying to “stay local” and under \$50. But there are fewer and fewer of those spots available. I have also been trying to stay away from corporately owned spots. But this month I threw caution to the wind and decided on going to Orin Swift, which is located right smack dab in the middle of good ole St Helena. OSC, as they call themselves, is now owned by Gallo Wines, but is still the product of Dave Phinney, its founder. I was aware of Dave as one of the eccentric winemakers in The Valley / California. He has produced several unique blends that had blossomed under his hand, including The Prisoner. He sold Prisoner to the Huneeus folks (Quintessa & Faust), and they’ve subsequently sold it to Constellation (one of those large corporations). He has made some good money in these transactions, but he still makes some very compelling wines. With the advent of the Gallo money, OSC has swelled to over 400,000 cases, an impressive growth.

Approaching Orin Swift, I’m sure you’ve all stopped to see the door impaled by all those scissors. The doors are just to the right of the opening into their luxe tasting room. This is just the beginning of the eclectic OSC experience. No Wine is called just by its varietal name. Almost every wine is a blend of some kind, with a label reflecting Phinney’s artistic take on that wine. Each wine has a story that the staff tells in a very friendly, informative way.

Our tasting started with a sparkling wine aptly called ‘You Go First’. Bright and refreshing, a perfect way to start. Next up was Veladora, a Sauvignon Blanc. Nice dry fruit with some melon notes. Available only in the tasting room, this wine is used for donations and its proceeds so

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far has raised about \$65K for Puertos Abiertos, a fund for wine workers. Firebent Chardonnay is one of the few single varietals. It refers to the process of bending the oak staves for the barrels, rather than steaming them. Refreshing fruit up front with a fair amount of vanilla on the palate. '8 Years in the Dessert' was our first red. The name refers to the non-compete clause that Dave had to sign with the sale of the Prisoner. Fairly bold style Zinfandel, with rich peppery notes. Scattered Stones is their only vineyard designated wine, It comes from Stagecoach Vineyard in the Atlas Peak region. A lot of the grapes used for OSC Wines are from this vineyard. Prior to Phinney joining Gallo, he was a major user of this vineyard which also happens to now be owned by The Gallos.

We were treated to a tasting of another 100% varietal wine, Trigger Finger. This is Grenache and is delicious. The label is on a whiskey bottle with the picture of a childhood relative in cowboy regalia shooting his cap gun. Very whimsical and quite yummy! The next two wines were bigger and bolder blends. Double Take is Merlot based and is rich and fairly tannic but shows the chocolatey side of Merlot. Pappillon is a Cabernet Blend that is cedary and complex. Finally, we finished with a tasting of one of their reserve wines, Mercury Head. Every bottle is adorned with a Mercury Head Dime. A fair amount of money and effort went into finding enough dimes to ensure their continued availability. This is an expressive, complex wine, showcasing the bold style of Orin Swift wines, as a \$180 bottle should.

The tasting room has many options available. You can just drop in for a glass or participate in one of their "rohshambo" tastings - Rock is \$45, Paper is \$60 and their Scissors Experience is \$120. There is much more to see in the very comfortable room with many different and unusual exhibits. I liked the overlarge display of four fire charred grape leaves mated in large picture frames. These came from the Glass Fire and were found in his yard. The tasting room is an intriguing visit and can be a very convenient find when friends drop by. Cheers!



Vineyard Valley: The Community that almost wasn't


We know it as an uber mobile-home community, but its entree into Napa Valley was controversial. Though billed as the "ultimate park for discriminating adults", it was a tough sell. There was a foreclosure in 1974; a year later one of its owners was convicted on 13 counts of grand theft. Then a group who hid their identity formed "Citizens Against Trailer Parks". They collected enough signatures to put a referendum on the ballot. An accounting firm collected contributions to keep their secret. Find out what happened next.

And then there was the catastrophic flooding

Vineyard Valley suffered several catastrophic flooding episodes in 1986, 1995 and 2005. Residents were evacuated on short notice and housed at the high school or RLS Middle School. The city council was persuaded to enact rent control, which became a political hot potato in the park.

All this and more will be covered in a St. Helena Historical Society Program: The History of Vineyard Valley on February 11 @ 4pm. Research Director and Vineyard Valley resident Mariam Hansen will be the presenter.

Location: St. Helena Heritage Center, 1255 Oak Avenue, Room 3, St. Helena. No RSVP is necessary.



St. Helena Historical Society Presents

VINEYARD VALLEY'S TUMULTUOUS HISTORY

With Research Director Mariam Hansen

:::: **ADULTS ONLY** ::::

PRE-OPENING ANNOUNCEMENT
Vintage Valley Mobile Park

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A look back
at Vineyard Valley's
stormy past—its
sometimes-sordid
politics and the floods
that drove residents
from their homes!

Feb. 11 @ 4pm • The Heritage Center Museum
1255 Oak Ave. | St. Helena



ST. HELENA
HISTORICAL
SOCIETY

RIANDA HOUSE SENIOR ACTIVITY CENTER

Balance & Stretch Jennifer Duncan & 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.

Breathe it Away with Ray Ray Chandra. NEW

Monday, February 10 & 24, 1:00-2:00pm, Legion Hall, 1291 Madrona NEW!

Conscious breathing techniques improve physical, mental and emotional well-being. Benefits include: reduced stress, anxiety, tension, boost immunity, increase focus and clarity and more!

Heart of the Matter Lorne Glaim

Monday, February 3 & 17, 1:00, Rianda House

Our group leaders bring engaging topics to the table, covering everything from current experiences and world events to local happenings and beyond. It's a welcoming space to share ideas and life stories, all within a safe and respectful environment.

Ladies & A Cuppa Tea Ellen Cotten

Tuesdays, 9:30-10:30, Rianda House

Ladies, come enjoy friendship and a cup of tea with us! In a warm and welcoming atmosphere, we'll share fun, engaging conversations that brighten your day.

Line Dancing -Becky Jo Peterson

Mondays, 11:30-12:30, American Legion Hall, 1291 Madrona

A great low impact way to keep fit and socialize. Kick up your heels to lively music and learn five new dances each session. Step-by-step videos help you keep up with the class. Beginners welcome.

Music with Ric Ric Morgan

Wednesdays, 1:00-2:00, Rianda House

This sing-along program takes you on a nostalgic journey through the beloved songs of the 1930s to the 1960s, letting you rediscover and relive the music of your youth.

St. Helena Forum: Rosa Parks Beyond the Bus

Friday, February 28, 11:00-12:00, Rianda House

Rosa Parks Beyond the Bus: a personal and inspiring glimpse into Rosa Parks' life, as seen through the eyes of author and dear friend H.H. Leonards, who hosted Mrs. Parks in her Washington, DC home for a decade. While widely known for her pivotal role in the Montgomery Bus Boycott, this SHForum interview reveals Parks' depth as a leader and advocate for civil, human, and women's rights.

Travel Presentation February 26, 12-1:00, Rianda House

CROATIA, SLOVENIA and the ADRIATIC COAST May 7-20, 2026

Join Jay Fehan and Robin McGuire to learn about the Rianda House Tripsters' upcoming adventure to Croatia and Slovenia! Explore charming towns, stroll Plitvice Lakes National Park, and savor local flavors as spring awakens the region. Highlights include Dubrovnik, Zagreb, Split's Diocletian's Palace, and more. Book soon to save \$450 per person. Robin McGuire will accompany you on this unforgettable journey



Thanksgiving 2024

Thank you to all that donated and helped to put on this event that fed a total of 65 people, in house and delivery.



Photos from the Holiday Dinner

Vineyard Valley Dining Values

Please present coupon for redemption.
Feel free to copy this page if you wish to use these coupons more than once.



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THE SPIRITUAL WORDS & POETRY OF MARSHA MAXCY

I LIVE IN A WORLD OF COSMIC STARS
 BREATHING ANCIENT ENERGY FROM THE BEGINNING,
 SPIRALING SACRED COMPASSION
 THROUGHOUT THE SPHERES.

I LIVE AS ONE IN THE DUST OF INFINITY
 HOLDING OPEN THE WAY FOR US TO PASS
 INTO OPEN ARMS OF THE KINGDOM OF FOREVER



IN SPIRIT, I FIND I CAN FACE THE TRUTH
 AND THE SUN CAME OUT,
 THE BIRDS SANG TO ME & THE WIND
 WHISPERED SOFTLY INTO MY HEART
 GOD BLESS. AMEN

AND SO,
 WITH A SHEPHERD'S STAFF
 I TRAVEL ACROSS THE EARTH
 FACING THE DARKNESS WITHIN MYSELF
 RECOGNIZING THEM IN THE FACES
 OF OTHERS
 IN THEIR PATTERNS & HABITS
 THAT ARE ALSO MY OWN
 AND
 FALL ON MY KNEES
 IN GRATEFUL TEARS
 THAT I AM SO BELOVED
 AND BLESSED



IN OUR HEARTS FOREVER

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