

VIVA!

VINEYARD VALLEY NEWS

VOLUME 48

JULY 2024

NUMBER 8



VVHA Upcoming Events for July 2024

4TH of July Festivities

Flag Raising, Pet Parade, Bocce Tournament, Bingo, Dinner

July Bingo

Friday Night Social

Vineyard Valley Homeowners Association presents . . .



**Flag Raising at
9:00am**



**Pet Parade after
flag raising**



**Bocce Tournament
10:30am**



**Bingo
2:00pm**

Thursday, July 4th, 2024

5:00pm Dinner \$10.00

**Hot dogs - Cheese Hamburgers - Corn on the cob
Coleslaw - - Dessert**

Sign up at mailroom for events

**For dinner payment please use self-service envelopes at the
mailroom and deposit in VVHA box.**



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July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 4TH OF JULY SEE AD FOR TIMES	5	6
7	8	9	10	11	12 BINGO 6PM	13
14	15	16	17 VVHA BOARD MEETING 3PM	18	19	20
21	22	23	24	25	26 FRIDAY NIGHT SOCIAL 5:30PM	27
28	29	30	31			



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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
Treasurer _____ Henk Brok
Directors: Eve Breckenridge, Joyce Cahill
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VVHA Clubhouse Coord. ___ Mae Van Nett
Hospitality Robin McGuire, Mae Van Nett
Memorials and VV Clubhouse
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Bocce Committee Chair _____ Bob Distad
Clubs/Activities _____ Rick Wood

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

VIVA viva.vineyardvalley@gmail.com

July Birthdays

- 2 Tish Hiveley, Anne Offord, Anne Marie Storeide
- 3 Jeannine Burns
- 5 Robyn Orsini
- 6 Ron Naines
- 7 Michael Snowden
- 14 Carlos Ibarra
- 18 Steve Kinney
- 20 Jean Martin
- 22 Myrna Caratti
- 25 Sherie Downie, Jurg Oggenfuss
- 27 Tom Moran, Vera Pestana
- 29 Steve McNabb
- 30 Gale Terminello, James Wayson
- 31 Audrey Ward

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**

Currently Unavailable

**Moving Out -
Sad to see you go**

Currently Unavailable

In Memory of our friends

Robert Childs 2 La Canada

The Prez Sez . . . by Rick Wood

June is such a good month for tea!! Yes it was the annual TEA PARTY event, and with all the beauty and glamour one would expect. Janet and Eve outdid themselves putting all the pieces together for 80+ women to get dressed up and have a wonderful day..

Bingo was also well attended this month with over 50 players who enjoyed bingo cheeseburgers and laughter so if you're thinking about joining the fun come to the July bingo night.

June board meeting brought out those that want to see some changes in our community and asked the Board to be a liaison to the management so keep your eyes open and get involved.

The Friday night social in July is a storytelling night so if you have a true five minute story that you would like to tell, get hold of Michael Merriman to be added to the list. Come out and join the fun. Remember as always bring a plate to share and BYOB.

Fourth of July Come out and celebrate with the community. It all starts with the flag raising at 9 AM.(coffee and mimosas) followed by the pet parade (show your special friend off) The Bocce tournament will start at 10:30 am come down, hang out in the new gazebo and cheer on your favorite team. Four game bingo in the clubhouse starts at 2 PM followed by dinner at 5 PM on the menu is cheeseburgers or hotdogs ,corn on the cob, and dessert all for \$10 So come one come all and enjoy a full day of activities. Sign-up sheets are in the mail room and if you're interested in helping out there are sign-up sheets also.

Please have a safe holiday and remember to get up and get out and be healthy

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VINEYARD VALLEY HOMEOWNERS' ASSOCIATION MEETING
WEDNESDAY JUNE 19, 2024 MINUTES

The meeting was called to order at 3:01 by President Rick Wood

Minutes of April 17, 2024 meeting were approved

Treasurer's report by Henk Brok: As of May 31, 2024: Checking \$6,553.53; Savings \$9,012.60; VIVA \$4,299.08; Bocce \$3,439.65; Total \$23,304.86

51 people played June Bingo where cheeseburgers and potato salad were served

The annual Tea and Fashion Show was a huge success with 80 attendees. Check out the St Helena Star June 11th issue for more details and pictures.

The new shade structures at the Bocce court are up and enjoyed by the spectators. 2 large, moveable umbrellas are currently being vetted to put at either end of the court to shade the players. Note: It can get very windy in the corp yard – if you've pulled down the curtains during play, please remember to strap them back to the poles before you leave the court.

VVHA's new chairperson for Hospitality is Robin McGuire (303-901-4343), with Mae VanNett (707-246-2631) as her back-up. New residents – please reach out to Robin or Mae to supply your contact information to make sure you're added to the Directory and receive the monthly VIVA and other VVHA related information.

The Newcomer's Social will be held on Saturday August 24th.

4th of July Events all day, come out for a day of parades, bocce, bingo and dinner.

Join Police Chief Chris Hartley for his "Wednesday Walk & Talk." Every Wednesday at 9 a.m. Police Chief Hartley will meet at the corner of Main Street and Pope Street, and then walk one of the surrounding neighborhoods.

Several Homeowners requested that the VVHA Board acted as liaison with Park Mgmt on various items, including a "Giving Table" or place to put items that other residents may have a use for; request for updated equipment in the Shop; request for additional equipment in the gym; additional parking for guests near the clubhouse, especially on weekends and special events.

President Rick Wood adjourned the meeting at 4pm

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PARK MANAGER REPORT

Fire Season

Fire Season has begun with fires occurring during June in Napa and Lake Counties thank you to the first responders who were able to control and contain them quickly. Fire mitigation efforts continue in the Park, landscapers have been trimming trees and limbing up shrubs along the perimeter, clearing brush from common areas, in the corporation yard and along the Sulphur Creek banks and pathways. Last week Wildfire Safety Solutions sprayed the perimeter of the Park with fire retardant which protects the area until the first two inch rain storm this winter. This fire retardant is safe for residents, animals, fish, and vegetation, and is certified safe by Cal Fire. The annual Vineyard Valley emergency packet has been placed in resident cubbies, this includes emergency information, resources and evacuations tags.

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

After Hours and Weekend Managers

After hours and weekends managers are available for emergencies or urgent matters After 4:00 p.m. please contact resident Robert Wright 209-495-1451, Monday, Tuesday, and Wednesday. After 4:00 p.m. please contact Rebecca Soret, 408-489-0880, Thursday and Friday. Weekends, please contact Kay Bettinelli, 831-869-5914.

POOL REMINDERS

Happy Independence Day! Summer is here, residents have family and friends visiting, 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 be always 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.



FRIDAY NIGHT SOCIAL

July 26th 5:30pm



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Summer Bingo

Friday, July 12th

6:30pm

Doors open at 6:00pm

Entry Pack - \$15.00

Extra game packets - \$10.00



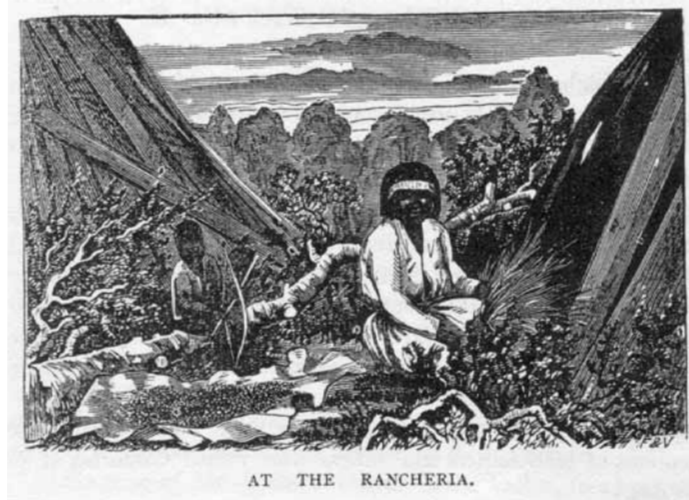
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3 x 6 game packs
Dauber and dinner



Part 2: The Lives of St. Helena Area First People: The Wappo
From Archeology of the Napa Region, edited by Robert F. Heizer
UC Anthropological Records Vol. 12 No.6, 1953
Reported by Mariam Hansen

Tribelets seemed to be mostly friendly with each other. Warfare was conducted by small avenging parties or raiders. Causes for conflict were poaching, murder or poisoning, but not conquest. Even a large battle would stop if an important man was killed. Favored was a sneak attack on an enemy village at night. Fighting words accompanied the fighting, which ended when one side withdrew or an important man was killed. Women and children were not attacked, but sometimes taken captive.

The Caucasian exploration of Napa Valley began in 1823, when the first recorded history of a Mexican expedition took place. Mexico was worried about the Russian incursion at Fort Ross in 1812, so in 1817 a new mission was established at San Rafael. Ensign Jose Sanchez led a group of 19 soldiers into Napa Valley to look for a new mission site. Father Altimira came along as he was to be in charge of the outpost. On the fourth day they entered the plain of Napa, named for the former Indian residents. The next day they continued east to Suisun plain, returning to Napa, then Sonoma two days later. There they decided to build the mission.



Also in 1823 white man's diseases were brought to California, with an epidemic of small pox. The encroachment of white settlers meant great changes for the Wappo: reduction in supply of game and wild vegetable foods, disease, mass murder by whites, and warfare against a better equipped enemy. Extermination is almost a more justified term for the course of native culture after the arrival of "the vanguard of civilization" (1873 quote). Most early settlers believed that the Indians of Napa Valley were something less than human up to the 1870s, when the few remaining Wappo were broken in spirit. As the aboriginal culture gave way to the white culture, Indians began to work as cultivators, wood choppers and herders. Large ranch owners were glad to have them nearby since it meant a handy labor supply. George Yount, the first land grantee, formed an alliance with the village on his land. With them he fought other villages until he was in control of his territory and converted the Kaimus to laborers and farm hands.

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The Lives of St. Helena Area First People: The Wappo
From Archeology of the Napa Region, edited by Robert F. Heizer
UC Anthropological Records Vol. 12 No.6, 1953
Reported by Mariam Hansen

In 1823 Mission San Francisco Solano was founded in Sonoma. A mere seven years later there were 650 Indians baptized and 370 buried. Lists of Indian groups converted included several Wappo tribelets: the Mayacama near Calistoga and the Loknomi near Middletown. More than 550 Wappo were converted to Christianity, most from southern Napa Valley. The Sonoma mission was secularized in 1835-36.

In 1847 the Indians in Napa County numbered in groups of 100 or more, mostly Wappo or Patwin tribelets. History records Indians gathering on the streets of Napa until 1856. There were still indications of aboriginal culture, though the general picture described in C.A. Menefee's book of 1873

is of a disheartened people with a dying culture.

Settler James Clyman visited Napa Valley in 1845 and 1848. He described the area around St. Helena as "literally covered with deer and bear". Civilization

was not so firmly established in this area as down valley. He mentions Glass Mountain, the chief source of obsidian near St. Helena. In 1848 the fields were uncultivated since most of the residents, including Indians, had gone to "wash gold".



1769 Mortar



Wappo woman on Spring Mountain

Indians that had escaped disease and other hardships from the influx of whites might still be murdered in cold blood by the newcomers. As late as the 1850s whites who wanted revenge for cattle stealing or murder were surrounding Indian sweathouses and killing people as they emerged, wrote Menefee.

Author D.T. Davis of Napa remembered a group who lived near Yount's old place at Yountville at the end of the 1800s. They fished in the river at Yount's Mill by poisoning the fish with soapweed. Most of the men had jobs for local whites. The chief's wife did laundry for Davis's mother while the chief sunned himself and smoked outside the door. These might have been Wappo or Patwin survivors. It was clear that white culture had almost completely obliterated the aboriginal life which had flourished there 75 years before.



THE TASTING ROOM

by Steve Kinney

Benessere Vineyards

Located just North of St. Helena on Big Tree Road is an old red Chevy truck. This marks the road to turn on for an Italian wine experience at Benessere Vineyards. Benessere means 'well being' or 'living the good life'. Back in 1994, that's what John and Ellen Benish were looking for. They found it in the house that they purchased, that just happened to come with 40 acres and a winery. In 1960 the property was a thoroughbred horse ranch that even had a racetrack up by Highway 29. It was converted to a vineyard and winery starting in 1970's. Chicago natives, the Benish family business built and supplied the school busses to Chicago. John was an avid car collector as well. After purchasing the vineyard, they were convinced of the prominence of the coming Cal-Italian wave and started planting varieties including Aglianico, Sagratino, Pinot Grigio and Sangiovese. Winemaker and General Manager is Matt Reid who started in 2013.



Our tasting started with a very nice sparkling wine made from Pinot Grigio. Light and fruity, a very easy drinking wine. Next was Rosato di Sangiovese. Beautiful copper – gold coloring with bright acidity and good fruit. A Sangiovese followed. Very typical flavors of dried cherry without that hint of sourness often associated with Sangiovese / Chianti. Then we started sipping their non-traditional varietals. First off was '21 Tenaci. A blend of Teroldego, Sangiovese and Sagrantino. This wine was created after the 2020 fire caused their harvest to be canceled. This had some bright flavors, in a bold style. Aglianico was next. It is a grape from the southern part of Italy. It has a rich tobacco flavor and grippy tannins. Sagrantino was poured as an addition to the menu. It is the most tannic of the Italian varietals. It has brighter fruit and more finesse. (Tannins come from the skins of the grape and cause your tongue to feel furry and bitter). Both of these wines are thick skinned and thrive in warmer climates.

Tastings start at \$40. We chose this tasting for the mix of red and white wines. For \$55 they have a red only tasting 'Grandi Rossi' (big reds). There is a vineyard tour and tasting available. No outside food is allowed but they offer several different cheese and meat plates as well as a couple small nibbles. This is a nice place to show a different side of the Napa wine community, away from the dominance of Cabernet and Chardonnay.



Upcoming Local Events

St Helena Summer Concerts in the park



The St. Helena Summer Concert Series returns Wednesday, June 26th! This year we are expanding the series to 7 concerts! We have our largest variety of genres yet and are excited to introduce this year's lineup.

St. Helena Summer Concerts Series will be Wednesday nights from 6 p.m. to 8 p.m. in Lyman Park from June 26 to August 14. We will have food and family activities to enjoy throughout the park!

June 26: Andre Thierry

July 3: No Concert

July 10: The Pulsators

July 17: Mama Said

July 24: Band Maya

July 31: Garratt Wilkins and The Parrotheads

August 7: Cassie B

August 14: The Viva Santana Band

Wednesdays

Lyman Park

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6-8pm

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Upcoming Local Event continued on page 21

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MINNA'S MOTORCYCLE TRIP 1994

SARDINIA By Minna Williams

Sardinia

When we arrived in the big Northern Italian seaport Livorno in the morning, the ferry for Corsica had left one-half hour earlier. So instead of waiting until the next day's ferry and having nothing much to do in Livorno, we jumped on board a ferry to SARDINIA, why not?

The ferry was huge with room for hundreds of cars and trucks and, hundreds of people. It had beautiful huge salons with elegant decor, several restaurants, lovely decks, and comfortable sitting/sleeping areas. We used all the facilities because the trip across the Mediterranean and down to Sardinia past Elba lasted from 9:30 a.m. to seven p.m. The sea was smooth, like a mirror. There were no waves, no rolling of the ship, just a beautiful calm and deep blue expanse of water.

We watched the entrance to the port of Golfo Aranci, it was still light and according to the maps we had hurriedly started to study on board, we should be close to the major city of Olbia.

We did indeed drive into the city of Olbia and were immediately caught up in the evening traffic. We looked for direction signs, found them and lost them again, ended up getting to the edge of town and then followed the only major road leading out of town.

It was now about eight o'clock in the evening, the sun was still high over the horizon, and we started inland. The map showed a major town about 50 miles up the road. This would be a good spot to either camp in or find a hotel.

It was strange to drive into this big, somber, massive island, The hills had bushes, few trees, no towns, nothing to temper the wild desolate character of the landscape. The ground was dry, dusty, and only a few areas here and there showed some green. We met very little traffic, we were, and we felt alone in a vast deserted dry landscape.



Suddenly a huge stone tower appeared. It stood alone on one of the many bare hills. It seemed a leftover from some ancient fortress. Nothing was there except this massive tower made of granite blocks. In the distance we saw what looked like grey blocks of stones that turned out to be sheep. Otherwise, there was no sign of life, no wind, no noise. It was eerie.

Well, we were out of gasoline and needed to find a home for the night.

Sheep grazing in Sardinia

MINNA'S MOTORCYCLE TRIP 1994

SARDINIA

Fortunately, the town of Oschiri showed up. We had high hopes for this town. Alas, when we drove through the main street, we both kind of shuddered. The houses were gray, dirty, closed with dark shutters. The street was filled with small, dark, suspicious looking people that stared at us as much as we stared at them. The hotel was right at the main corner with no place to hide the motorcycle. It looked bad, and the gas station owner agreed that we should drive on to the next town.

Though the dusk we continued our somber trip across Sardinia, the sun was now setting, and we approached through these rolling hills landscape the county seat Sassari. The road became a four-lane freeway, and in the distance a huge fortress loomed over the town.

At nine o'clock we drove through Sassari, through empty streets, looking for any place to rest. The hotel Agip, sitting on a hill overlooking the town had room for us. We chained the bike to the iron posts outside the hotel, covered it with its protective cover to deter theft, and hoped the bike would still be there the next morning. The parking lot signs carefully advised us that the hotel was not responsible for anything stolen from its parking area.

I was little impressed by the prior night's panorama of the island. It seemed depressive, massive, grey, brown, deserted, and lonesome. Sardinia is about the size of Vermont and has a population of only 1.7 million people. Most of them seem to be hiding inside their shuttered-up houses, except the people living in the big towns. There are no farms spread over the landscape, the sheep huddle together inside areas fenced with 3 feet high stone fences. A few cork trees stand here and there. I saw no rivers on the way across the island to Sassari, no lakes nor dams. It was dry and desolate.

The Sardinians are according to the historians a hardy, independent, somber people, who retreated inland to avoid the invading Romans, Greeks, and Phoenicians. They were united with Italy in 1870 but still speak their own language that nobody understands but themselves.

The next morning in beautiful sunshine we drove into Sassari. It was a pretty town. It has a lovely town square with impressive buildings, statues and avenues leading into it.

While I was seeking the information center, Edson had fallen into a conversation with a medical student, who had traveled in U.S. and spoke English fluently. He suggested a route and two places we absolutely had to see.

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MINNA'S MOTORCYCLE TRIP 1994

SARDINIA

We followed his advice and left town toward per tour books, the prettiest town in Sardinia, namely Alghero. The main street was narrow and busy, but there was room for the motorcycle next to one of the many outdoor cafes, which mostly consisted of 4-5 plastic tables with plastic chairs, and 6-8 middle-aged men in constant, loud, vigorous discussions. We stopped, drank beer, and looked at the town.

It has a beautiful bay, the castle is located right next to it, the street signs are in Spanish, the town is called "Little Barcelona," When we missed the bank's closing hour by one minute, we knew the Spanish - Italian siesta also here was respected. Banking hours are about 1-2 hours in the morning.

The road from Alghero took us south and inland, through some olive groves, some steep mountain roads, past stone towers and small cities carved into the cliffs, the panorama was still the grey, brown withered landscape, but more cork trees dotted it, more small shepherds' stone huts were visible. The trip was certainly more entertaining and more interesting than the one we took last night.

We passed the towns of Villanova Monteleone and Montresta, both being neatly compacted with old houses with grey stone roofs, narrow steep streets, clinging to the mountain side. They appeared to have had no change in size or architecture for centuries.

It was nice to drive in the mountains because the weather was warm, but the mild winds made the temperature perfect. Sardinia has a wonderful climate. The ocean breezes over the hills cool the sun's rays, so that you only feel pleasure in being outdoors.



The landscape was hilly and a little greener. Bigger groves of cork wood were apparent. The roads were steeper and more interesting for Edson. The weather was perfect, and we knew exactly where we were heading, namely the place suggested by our medicine student, the place called "Enis Cooperative." We were not quite sure what it was, but we were told we could sleep there, as there was a campground and rooms available.

There are no built-up fences on the island. All the fencing is miles and miles of 2-3 feet stone hedges, sometimes with some thorny bunches of twigs on top. The enclaves are from one-half to hundreds of acres, and since the island is of volcanic origin it is loaded with stones in all sizes and shapes.

The attempts to get money from the automatic teller machine had been futile in Alghero, Bosa and Macomer, so when we came to Nuoro we drove straight downtown, found the post office and tried to get travelers' checks cashed. Since it was past 3:30 p.m., the lady who had that job was gone, and no banks being open, we left Nuoro in a hurry,

Nuoro is impressive because of its location. It sits in the middle of a massive mountain, the road leading from it towards the coast is as narrow and steep as the steepest in Switzerland, the valley lies before it in a narrow gulch with one of the tallest mountains of Sardinia, the Monte Ortobene, rising close to it.

MINNA'S MOTORCYCLE TRIP 1994

SARDINIA

However, having no money we were eager to see if this Enis place could provide lodging somehow on credit.

Enis lies outside an old mountain city, Oliena Oliena is at the foot of Monte Corrasì, which looms over the town with its great limestone bulk. The harsh countryside surrounding it is softened by olive-groves and vineyards.

Again, we drove into a town where the streets were narrow, steep, and impassable if another vehicle showed up. Again, we saw the earth toned houses closed with shutters, few people, a couple of old women in long black dresses, black shoes, black shawls over their heads. If addressed, however, all were friendly and gave us directions in a language we simply could not understand.

We missed it first time around, but a young man stopped his car when he saw us looking puzzled at our map and by hand gestures and smiles showed us the way. He pointed to a place somewhere on the side of Monte Carrossi. No road could be seen, nor any campground or building. Upon regrouping we found a little worn-out sign saying Enis Cooperative and started up the side of the mountain, on a road that never was straight, only one hair pin curve after another. The speed was 5 mph, never faster, the clutch was going all the time, the brakes were going, it never seemed to end.

Finally, at the near top of this massive, steep mountain side, we see a beautiful, modern, elegant hotel. Fronting the hotel is a huge stone terrace. There are fully equipped gleaming bars, lovely dining rooms, television rooms, three stories of guest rooms opening out to immense balconies overlooking the whole valley, the towns of Nuoro and Oliena, and the mountains.

A natural waterfall splashes melodiously, and a wood tepee covering an enormous stone and dirt oven for roasting the wild and domesticated suckling pigs. The kitchen has a gourmet menu of the most delicate and famous Sardinian foods and wines.

We are in heaven. Especially since Enis takes Visa. We order a lovely room furnished with the most elegant modern Italian furnishings; the French doors open to the balcony that gives us an incredible panorama. We make dinner reservations, drink beer on the terrace, and Sardinia gets a much higher place in our estimation.

Sitting in the outdoor upstairs dining room, surrounded by other guests in quiet conversations, we order a five-star meal. The menu is roast lamb, roasted wild pig, carta da musica (paper thin bread), tender ravioli, variations of salami made from pigs that have foraged on the local fragrant heath, and delicious crisp local white wine.



MINNA'S MOTORCYCLE TRIP 1994

SARDINIA

Enis is an operation supported by tourist agencies, business and the government. It is an effort to preserve the Sardinian culture, promote tourism and the love of their mountains. We paid very little for the room, I think about 25-30 dollars, it should have cost \$150. The dinner was very inexpensive too, so there is no doubt that the whole set up is being subsidized by side money.

In clear, sharp sunshine we wound our way down the steep mountain again, never driving straight but in constant curves until we arrived back in the ancient town at the foot of our Enis mountain. We finally got to a bank that was open by asking little old ladies in black for guidance and after having been stopped by a toothless, happy, old man, who wished us a good voyage.

Off into the mountains to see Orgosolo, a little town hanging on the cliffs, which the medical student told us to see because the buildings had political pictures and mottoes painted on them. We saw, among others, a huge scene depicting the uprising at Tieneman Square.

The streets in the town were the steepest yet. Suddenly we could not continue and had to turn into an alley, so narrow that no cars could pass, so steep and bumpy that no bicycle, horse, or human could pass with any safety.

Edson, however, had no qualms about it. I found myself completely perpendicular, staring down this incline and Edson below my vision. I was sure that this was the end of our trip. The motorcycle stalled, I was heading over Edson's head, the motorcycle shook, Edson gave the engine gas, and



somehow it righted itself up and Edson could steer it from side to side of the alley which was no wider than eight to nine feet. If the motorcycle had stalled, we would have tumbled down the incline. His experience in desert riding probably led him to instinctively speed up when most people would do sso.

Finally, we found the main street out of town and continued through the countryside, a few rivers were visible, a few vineyards gave us some relief from the rocky, bare hills. We were heading toward the East coast.

The road ended. A new road was being built and sand and rock were lying across the beginning of this new road. We jumped this obstacle because the new road ahead looked very lovely.

After an hour it ended. The road disappeared, ahead was a dirt road. We were hungry and had no intention of turning back to ride over and around the mountains (hills) again. So, on we went, I had no idea where the road might lead. Well, it led right back to where we had started. We took off again toward our original destination the town of Dorgali near the coast.

MINNA'S MOTORCYCLE TRIP 1994

SARDINIA

The road climbed through a scene of pastures, rugged mountains, woods of cork trees and more ruins of massive round towers. These towers were built in prehistoric times, by the Nureghy people. They were probably used as watchtowers but also for burial sites, maybe for protection of the people when invading armies landed on the isolated island. The towers are crudely built with no smoothness, only massive granite stones fitted together to form a conical shaped tower. They fit well into this prehistoric massive island of barren hills and mountains that Sardinia inland looks and feels like.

Before we reached the coast and driving along a nice wide road high up in the mountains, we noticed some enormous white/yellow slabs of marble. Looking down inside an enormous pit we saw tiny figures moving around the mountain side, which had been sliced open to reveal the whitest, most beautiful marble. Huge water saws were slicing marble into slabs that giant forklifts gently lifted from the cutting site. We stared and stared. It was incredible to see the whiteness of the marble, the size of the slabs and the white dust that covered everything, even the road we stood on way above the pit.

There is a violent contrast between the rugged, wild, and deserted mountains we had been traversing inland and the beautiful, lush, palm lined road we now encountered when the coast and the calm, deep blue Mediterranean became visible. Lovely coves with the clearest water were popping up. Sandy white beaches were dotted with green pine and cypress trees, elegant homes and hotels lined the marinas. Along the drive up the coast to our last stop in Sardinia, we passed scenery that measures up to Nice, Cannes, Monaco and the Italian Riviera. The bluest blue warm water, the clear blue sky, a cooling breeze, fine sand beaches in little coves hidden by softly curved rock formations were always in our view.

Around five O'clock we reached Paula this harbor town where ferries leave daily for Corsica and the Italian mainland.

This was our third night in Sardinia. We had, however, gotten to see so much more and Corsica was within two hours reach. So, we bit the bullet and said goodbye to this unique island.

**Minna Williams is a resident of Vineyard Valley and anyone wishing to chat with her can email her at vinnig@sonic.net or call 530-741-3566 Minna lives at 3 Del Campo. Next month Corsica*

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the Red Garden Gal

by Eleanor Crebs

Hello Happy Summer Gardeners!!!

I don't know about you, but with this heat, my "gardening" is done before 11:00AM or after 7:00PM, at which time I am exhausted and horizontal watching the latest Netflix, Prime or Apple TV. If you're brave enough to work in the dead of the heat, God bless you, AND please be careful! Sun stroke is not just a myth your mother told you, it's the real deal! I remember when my Mom and Dad used to insist my nephews take salt tablets when they'd come up and be outside running around all day, just to be sure they wouldn't get cramps. Not quite sure if I'd subscribe to that theory, but who's to say, right?

So, let's also talk about the HAT phenomenon??? Well, I'm so glad you asked... This is directly from google..."By wearing a HAT, you create a physical barrier that blocks a significant amount of UV rays from reaching your skin. During the summer, excessive heat can lead to discomfort and even heat-related illnesses. Wearing a HAT can provide relief by creating shade and reducing the direct exposure of your head to the sun." In Australia, a lot of people actually wear a HAT all year around. They enjoy the outdoors and are smart enough to realize that any sun exposure can cause skin damage. When my Mother was young, in the 1920's, her family moved from Montreal, Canada to Melbourne, Australia where my Grandfather was part of a team who started a Ford Agency. Mom loved to tease us at Christmas time saying they spent Christmas at the beach, and of course we couldn't quite understand how it would be hot enough to go to the beach when it was cold and rainy in California. She also told us she had to wear a HAT every day to school. In the early 1920's no one had a clue about UV rays, it probably just kept them cooler.

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the Red Garden Gal

by Eleanor Crebs

Let's chat gardens and suggestions to accomplish the month of July!

Pests:

What to do with earwigs: They love to live in the compost I suggested you distribute and in dark moist places...so to remove my suggestions are the following:

1. Sluggo plus
2. Roll up a damp newspaper as night falls, which you'll place under the plant the earwigs are feasting on. The next morning go to the plant, you'll pick up the newspaper which you will keep rolled up. Merely toss in either the green or brown bin.
3. Take an empty tuna or cat food can, fill it with ¼ inch soy sauce. This should go under or around the plant in question at night fall and in the morning merely pick up and toss.

Thrips are a nuisance which actually are not visible to the naked eye. They can actually bore a hole right through the middle of a rose bud. Or they are guilty for causing curling and discoloring of leaves. There are a couple of different ways they can be controlled:

1. An organic method would be with a mixture with pyrethrins or pyrethrum.
2. Safer brand or a soap and water combination will both smother the thrips

Vegetable Garden Suggestions:

Pick vegetables while young for better flavor. Harvesting early encourages plants to continue producing longer. Pick tomatoes when they are first red and ripen indoors. In case you have blackberries and raspberries, it's suggested to cut 2 year old canes to the ground.

Fertilize:

Annuals especially in pots need fertilizer which should be administered weekly depending upon the exposure. In full sun alternate chemical fertilizer ie: Miracle Grow and organic fertilizer ie: Maxsea. Otherwise every 2 weeks with same alternating.

Citrus: Sometimes there will be fruit drop, you can minimize it with regular watering and timely feeding. Oranges will remain fresh on the tree and continue to sweeten for months.

Maintenance:

Continue to pick/dead head, pick up fallen fruit.

A suggestion I'd like to make to keep track of fertilizing and composting your plants, it might be a good idea to keep all of the information on a calendar. That way it's on paper and you won't forget...I might even follow this suggestion.

Water, water, water...and be sure to observe whether or not the soil is draining, the water is standing still and puddling or if it's turning to mud. As I've mentioned before, AIR is an important aspect of healthy soil/plants/gardening and a healthy gardening situation would be compost rich with relatively loose soil which drains well!

Until we meet again! Happy 4th!

UPCOMING LOCAL EVENTS

Continued from page 12

St. Helena's 4th of July Parade, Festival & Fireworks

JULY 4, 2024

Crane Park 360 S Crane Ave

The City of St. Helena is bringing back its community fireworks show along with additional activities for all ages this year as we invite residents and visitors to celebrate Independence Day!

July 4, 2024 Schedule:

Red, White and Blue Bike Parade
3:30pm @ Meily Park → Lyman park

Saint Helena Community Band Concert
5pm – 6pm @ Lyman Park



Community Festival
6pm – 8:30pm @ Crane Park

Fireworks
9:30pm @ Crane Park and
St. Helena Primary School



Concerts in the Park 2024 PIONEER PARK, CALISTOGA

Dirty Cello

JUNE 20 @ 6:30 PM - 8:30 PM

San Francisco based band Dirty Cello brings the world a high energy and unique spin on blues, rock, and Americana.

Sacred Fire

JUNE 27 @ 6:30 PM - 8:30 PM

Sacred Fire is a fun Santana tribute band. Their repertoire of classic Santana hits create an electrifying atmosphere.

Traveling Wilbury's Revue

JULY 11 6:30PM - 8:30 PM

TWR performs the music of The Traveling Wilburys who never played live and hits from each member -

George Harrison, Tom Petty, Roy Orbison, Bob Dylan, Jeff Lynne. Come dance and sing to all your favorite songs

Solsa Funk

JULY 18 @ 6:30 PM - 8:30 PM

Solsa Funk Project are among the best dance and Show Bands in the Bay Area. They've accomplished that by serving their audience some of the best Pop / Rock / Jazz / Soul / Latin and Big Band music of our era.

Kid Galaga

JULY 25 @ 6:30 PM - 8:30 PM

Kid Galaga is a lively party band known for their energetic performances of danceable rock, funk, disco, new wave, and more.

Bautista

AUGUST 1 @ 6:30 PM - 8:30 PM

Bautista is a dynamic band known for their eclectic mix of samba rock, Latin rock, funk rock, and jazz fusion.

Boys of Summer

AUGUST 8 @ 6:30 PM - 8:30 PM

Eagles Band hailing right from Southern California

NPR

AUGUST 15 @ 6:30 PM - 8:30 PM

National Park Radio is a nationally touring indie-folk "power duo" based in the Ozark

Special Events:

Costa Rica Travel Presentation, July 10, 12:30pm-1:30pm. Rianda House.

Get a head start on planning as the Rianda House Tripsters gear up for an unforgettable journey to Costa Rica from February 5-13, 2025. Jay will be on hand to unveil Collette's latest trip and address all your queries. Over nine exhilarating days, immerse yourself in experiences like touring a coffee plantation, gliding along the Cano Negro River, trekking through the Monteverde Cloud Forest (with the option for daring souls to try ziplining), lounging on pristine beaches, and encountering an astonishing array of wildlife. With its staggering diversity of over 500,000 wild species, including many rare, endangered, and indigenous creatures, Costa Rica boasts one of the planet's richest ecosystems. This adventure is limited to just 20 travelers, so secure your spot swiftly!

Saturday, July 13, 9am-12pm

Come join us for the Rianda House Adoption event.

We Care Animal Rescue and the Napa County Animal Shelter will have some four-legged companions all looking for a good home. We Care Animal Rescue are always looking for volunteers and hold orientations the first Saturday of each month.

Monday, July 8, 1-2pm at St Helena: Legion Hall

Recycling and composting is great for the environment, but it can leave a lot of questions! Join Amanda Griffis with the Upper Valley Waste Management Agency to learn about what goes in your blue recycling cart, green compost cart and what's left in the trash. Be sure to bring your questions and we'll have a pop quiz at the end with prizes!

Thursday, July 11, 1-2pm at Rianda House

Alzheimer's Informational Walk presentation

Today, more than 6 million Americans are living with Alzheimer's and over 11 million are their unpaid caregivers — an escalating health crisis that affects many in our community. Join us for a brief informative program to learn about the impact of the disease, local resources, The Napa Valley Walk to End Alzheimer's and other ways you can join the fight against Alzheimer's and all other dementia



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References from park residents available

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Tea and Fashion Show 2024

Photos by Hans Mauli



Complete Tea and Fashion show pictures are posted on Hans Mauli's Facebook Page

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