

# VIVA!

VINEYARD VALLEY NEWS

VOLUME 49

DECEMBER 2024 - JANUARY 2025

NUMBER 1



*Happy Holidays*

## **December Events**

**Holiday Craft Market  
Christmas Home Tour  
Holiday Dinner**

## **January Events**

**Monthly Bingo  
VVHA Board Meeting  
Friday Night Social**

**Next VIVA will be February 2025**



V.V.H.A. Invites you to a

*Holiday  
Dinner*

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**DECEMBER 14, 2024**

*6:00 pm – Wine, Hors d'oeuvres and  
mingling with friends new and old.*

*7:00 pm – Doors will open and holiday fine  
dining will unfold.*

**\$60.00**

**Reservations available from 11:00am - 1:00pm on  
Sat. 11/30, Mon. 12/2, Wed. 12/4, Fri. 12/6  
Sat. 12/7, Mon. 12/9**



# The Prez Sez . . . by Rick Wood

I am hoping that everyone had a wonderful Thanksgiving and that all the food, family and friends filled your table.

December leads us into the holiday season and it's full of activities in the park. We start off with the craft fair on December 8. Where homemade crafts are for sale made by the talent crafters of Vineyard Valley. It all starts at 12 noon until 3 PM. If you have a crafters talent and wish to have a table please contact Eve Breckenridge.

On December 10th at 5 PM head to the clubhouse and meet an elf who will take you on a stroll through the park and stopping to enjoy your neighbors homes that are decorated with Christmas decorations, and who knows maybe a warm toddy or a treat to enjoy. If you are interested in joining the fun or showing your home please sign up at the mail room.

The last event of the year is the Christmas dinner on Saturday, December 14th and it all starts at 6 PM with hors d'oeuvres in the billiard room. This gives us an hour to settle in and enjoy catching up with friends and neighbors. The club room doors open at 7 PM where the Napa bistro will serve a full catered dinner. The sales for seats will be sold at the mailroom starting November 30-December 2,4,6,7,&9-from 11 AM to 1 PM sign up early to reserve your seat as this event could sell out.

January we have bingo on the 10th. Please see the poster at the mail room for all the information needed and sign up.

The next board meeting is slated for January 15 at 3 PM. Let's all get involved with our community. The Friday night social returns on January 24 at 5:30 and as always bring something to share and the beverage of your choice. wishing everyone a happy new year.

Remember, get up and get out it's healthy to socialize.



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# December 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 HOLIDAY CRAFT MARKET 12-3pm	9	10 CHRISTMAS HOME TOUR	11	12	13	14 HOLIDAY DINNER 6pm
15	16	17	18 NO VVHA BOARD MEETING	19	20	21 First Day of Winter
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Year's Eve				



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# January 2025

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 New Year's Day	2	3	4
5	6	7	8	9	10 BINGO 6pm	11
12	13	14	15 VVHA BOARD MEETING 3pm	16	17	18
19	20 Martin Luther King, Jr. Day	21	22	23	24 FRIDAY NIGHT SOCIAL 5:30	25
26	27	28	29	30	31	

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References from park residents available

[jmpetty1@att.net](mailto:jmpetty1@att.net)

**CWE**  
CALIFORNIA WINDOW EXTERIORS INC

## VIVA STAFF

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Susie Arthur

**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  
Ines Chiarello, Janice Dugan, Inger Laidley

VVHA Clubhouse Coord. \_\_\_ Mae Van Nett  
Hospitality Robin McGuire, Mae Van Nett  
Memorials and VV Clubhouse  
Coordinator \_\_\_\_\_ Janeen di Rienzo  
Directory \_\_\_\_\_ Michael Merriman  
Library \_\_\_\_\_ Joyce Cahill, Rick Wood  
Bocce Committee Chair \_\_\_\_\_ Bob Distad  
Clubs/Activities \_\_\_\_\_ Rick Wood  
VVHA Website \_\_\_\_\_ Michael Merriman

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

**VIVA** [viva.vineyardvalley@gmail.com](mailto:viva.vineyardvalley@gmail.com)

## December Birthdays

4 Wayne Anton  
5 Mike Burns  
7 Marcy Calhoun, Lalah Anton  
13 Carol Havens  
15 Margaret Nixon  
16 Nancy Carlson  
20 Judith Hanley  
26 Anne Gridley, Celia Rehnberg  
28 John Rehnberg  
29 Ann Camacho  
30 Caroline Zach-Gillou

## January Birthdays

1 John McCreedy  
3 Barbara Ringenberg  
4 Indra Obeysekere  
5 Madeline DeMarco  
7 Rodney Green  
11 Craig Austin  
14 Wendy Strachan  
17 Diane Kawaguchi  
19 John Smith  
20 Sandi Keist  
25 Alberta Berger, Vivian Pirchner  
26 Neil Walden  
28 Sylvia Segura  
29 Vicki Clark  
30 Elle Wheeler  
31 Eve Breckenridge

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





# HOLIDAY CRAFT MARKET

Sunday, December 8  
12pm - 3pm  
In the Clubhouse

Call Eve Breckenridge at 707-968-1482  
for more information

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# VINEYARD VALLEY HOMEOWNERS' ASSOCIATION MEETING

## WEDNESDAY NOVEMBER 20, 2024 MINUTES

The meeting was called to order by President Rick Wood at 3:02pm

Treasurer's report by Rick Wood: As of October 31, 2024: Checking \$16,753.86; Savings \$9,013.05; VIVA \$3,269.70; Bocce \$2,013.32; Total \$31,049.93

Minutes of October 2024 Meeting were approved

November Bingo had 46 people attend for chili dogs and fun!

VV Park Manager report – Mgmt was unable to attend – as reported by Rick: Dimmers have been installed in the clubhouse with all LED lights; Thank you to Mike Snowden for bringing it to their attention, automatic door openers to the main clubhouse door should be installed by Jan 1; Residents may now bring up to 4 guests to the pool – please send Mgmt an email when/if you will be doing this; Bluetooth enabled TV should be in the gym so you can cast workouts from your phone.

VVHA expenditures approved – Holiday Dinner (approx. \$5000), Sound system (up to \$3000), Bocce Court furniture (up to \$2000), kitchen equipment (up to \$1000)

Upcoming events: Craft Fair Dec 8, 12pm-3pm (\$10 per table, \$25 for non-residents); Home Tour Dec 10, begins in the clubhouse at 5pm, Elf volunteers requested; Holiday Dinner Dec 14 (sign ups begin Nov 30th, \$60 per person. Menu will be posted in the mailroom)

VIVA Delivery – As print expenses have become higher than income from advertisers, we are attempting to determine who doesn't need/use the print copy of VIVA. Please mark the roster in front of the mailroom with your choice – Paper or Electronic only.

The December Board Meeting has been cancelled – please enjoy Family and Friends in the Holiday Season!

Residents would like a central place to bring items other residents may want, since Management does not allow the mailroom for this, where should it be? Answers to follow.

President Rick Wood adjourned the meeting at 4:10pm.

### **THE PAINT WORKS**

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# **PARK MANAGER REPORT**

## **DECEMBER 2024/January 2025**

### **Happy Holidays!**

The holiday season is always a special time of year. Here are a few holiday cooking and decorating reminders:

- Water live Christmas trees daily.
- Replace any string of lights with worn or broken cords or loose bulb connections.
- Stay in the kitchen while you are frying, grilling, or broiling food.
- Keep a fire extinguisher available
- Have a home fire escape plan.
- Blow out all candles when you leave the room or go to bed.
- Test your smoke alarms.
- Test your carbon monoxide alarms.
- Do not overload extension cords or power strips.
- Keep anything that can burn at least 3 feet from heating equipment.

### **RAINY WEATHER PREPAREDNESS**

Inspect Your Roof - check the condition of your roof. Worn or warped roofing can crack, allowing rainwater to enter your home. You may wish to contact a professional roofer and pay for an inspection. Not only will they highlight any issues with your roof that you may need to address before winter, but they should also be able to give you an idea of your roof's remaining lifespan and provide an estimate of the replacement cost.

**Clean Your Gutters and Downspouts** – Leaves and debris can accumulate in gutters and downspouts, which reduces the efficiency of your gutters and downspouts. **Emergency Preparedness** – Winter is a good time to review your emergency preparedness plans for yourself, your family and your pets and check your disaster supply kit (remember a working flashlight).

### **Water Conservation**

The rainy season has begun; irrigation controllers have been turned off to the common areas and should be turned off to resident's homes. 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.

An estimate has been received from the contractor and approved to make the clubhouse entry accessible. Updates will be made available when the work is scheduled.

The work of reorganizing and clean-up of the corporation yard is ongoing. Thank you to the residents who have cooperated with management in this effort.



## Christmas Home Tour

Tuesday, December 10<sup>th</sup>

If you're interested in showing off your home holiday decorations inside/outside or both for small groups of Vineyard Valley residents, please sign up below.

Exact tours times and meeting location will be posted at a later date.



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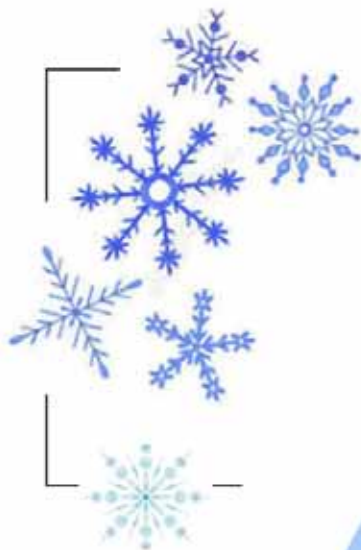
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**BINGO**  
**FRIDAY,**  
**JANUARY 10<sup>TH</sup>**  
**Doors open at 6:00pm**  
**Bingo Starts at**  
**6:30pm**



**\$15.00** includes 3x6 game cards, dauber and dinner.  
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Extra game packs are just \$10.00.

There will be no Bingo in December

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# Friday Night Social

January 24, 5:30Pm



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share a story!

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# Prepare and Protect Your Body This Winter

Susan Arthur NC

Certified Therapeutic Nutrition Consultant & Wellness Coach

Brrrr! These cold mornings and nights are alerting us that winter is almost here. Preparing now before the cold weather really sets in is a proactive way to get into health supporting habits that will be a protective step during cold and flu season.

- Energetically, winter and cold greatly affects the kidneys. Keep warm and cover your back to protect those precious kidneys.
- Drink plenty of hydrating fluids, especially warm ones. Avoid icy drinks. Nettle tea is amazing as it is high in vitamin C and other immune system supportive nutrients.
- Soak your feet in warm water to heat the entire body. Warm baths on cold days are not only soothing, but therapeutic as well for warmth.
- Wear a hat when outside on really cold days, we lose heat from our heads.
- Get some time in the sun. Take mid-morning walks or sit out in the sun to expose your face (arms and legs on warmer days). Vitamin D is deficient in winter as we spend more time indoors and the sun is much weaker. Talk to your doctor about supplementation D during the winter time.

*A note about supplementing D: many foods are fortified with D. Look for D3 and avoid D2, which is often found in supplemented foods is NOT useable in the body*

- Vitamin C!!! This is my favorite anti-oxidant and it is found in practically all fruits and vegetables. Some seasonal choices that are high in vitamin C are: apples, citrus, broccoli, kale, Brussels sprouts, lettuce, persimmons, pomegranate, prunes, currants, cranberries, carrots, white potatoes, peppers, and frozen or dried berries.

*A note about supplementing VC: use a whole food supplement of rose hips or acerola cherry or a combination of both. These provide you with all the synergistic elements of natural vitamin C*

- Sleep! Go to bed earlier. Stop screentime for 30 to 60 minutes before turning in and dim the lights. If you read in bed, use the dim setting on your device or use a reading light. This calms down the hormones that keep us alert. We need full dark for the sleep hormone (melatonin) to be released. If you need light during the night for safety, use a rock salt lamp or amber light bulbs in your bedroom, you can get these in night lights as well (as little as \$6 to 8 each)

- Stimulate lymph flow. Our lymphatic system that flows through our body, supports the immune system by removing infectious agents. Bouncing is a great way to do this. Be safe! Lifting and dropping your heels works as well. Extend and pulse your arms out to the side and over your head. Dry brushing stimulates lymph flow (I like a dry wash cloth for this). Try lymphatic massage for yourself, it's easy and it feels amazing!

5 Minute Lymphatic Drainage Routine for your Immune System Health

- Movement! Find safe and comfortable activities that involve movement of your entire body to stimulate circulation of blood and lymph. Walking is ideal with some light weight bearing exercise to stimulate the immune system.
- While in crowds, wear your mask. If you are sick, wear your mask.
- The immune system is boosted by acts of kindness. Even witnessing kindness boosts immune system and serotonin (our feel-good neurotransmitter).
- Humor! Laughter boosts the immune system. Cuddle up and watch comedies.

Connect with others, love, laugh and be happy!

(831) 239-4555 [susan.arthurnc@gmail.com](mailto:susan.arthurnc@gmail.com)

Feel free to reach out to me with questions

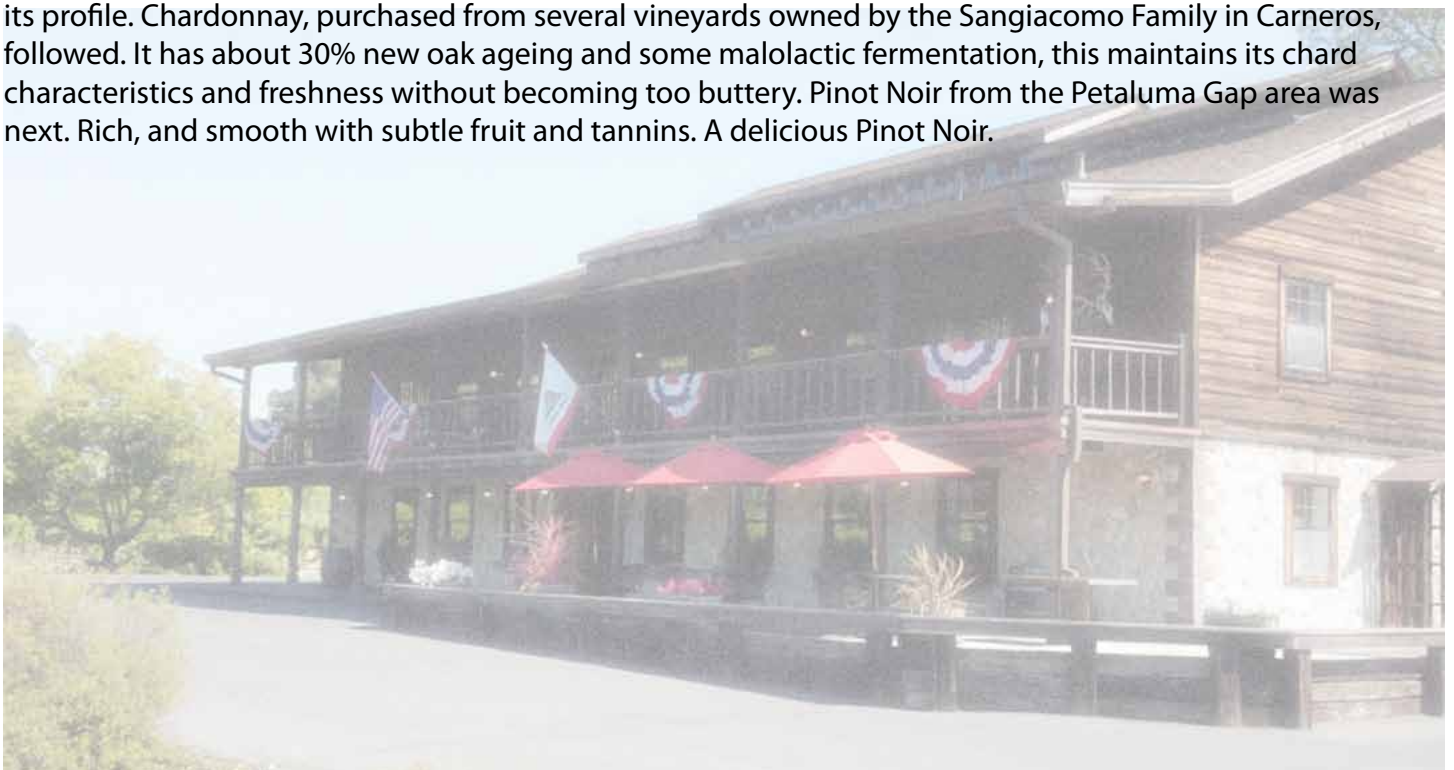


## William Harrison Winery

Located just past Zinfandel Lane is William Harrison Winery. We visited on a soggy day and were promptly seated inside the tasting room. William (Bill) Harrison traces his winemaking history back 12 generations to his family's Italian roots. Bill's grandfather, Antonio Perelli -Minetti, immigrated to the US in 1902 and worked for Italian Swiss Colony in Sonoma. In 1936, after Prohibition, Antonio opened A. Perelli Minetti & Sons which eventually became California Wine Association (CWA). After graduating Bill worked at marketing and sales for the family business. In 1976 Antonio died and Bill started working with his Uncle, Mario Perelli Minetti. When his family dissolved their interests in CWA, Bill designed one of the first mobile bottling lines and still has a significant share of the mobile bottling market.

Bill was told about a small vineyard of 8 acres. He purchased the land and its old head trained Chenin Blanc and Petite Sirah. Because of the ongoing relationship with his Uncle Mario, if he built a winery, Mario would lease it. The winery was finished in 1988 and produced its first wines, and thus helped start Mario Perelli Minetti wines. (some of you may remember this label and Mario who hand delivered his wines in the Bay Area until his death at 101 in 2010). Starting in 1990 Bill launched a replanting of his vineyards with the help of Phillippe Titus as a consultant. Cabernet Sauvignon, Merlot, Cabernet Franc and Petite Verdot were the recommendations due to his spot in the Rutherford area. 1993 saw the first wines from William Harrison Winery.

Our tasting Started with a Sauvignon Blanc from Oak Knoll. These and all the whites are purchased grapes. Aged in neutral oak barrels and some stainless-steel barrels, this is a bright, crisp wine. Nice fruit completes its profile. Chardonnay, purchased from several vineyards owned by the Sangiacomo Family in Carneros, followed. It has about 30% new oak ageing and some malolactic fermentation, this maintains its chard characteristics and freshness without becoming too buttery. Pinot Noir from the Petaluma Gap area was next. Rich, and smooth with subtle fruit and tannins. A delicious Pinot Noir.







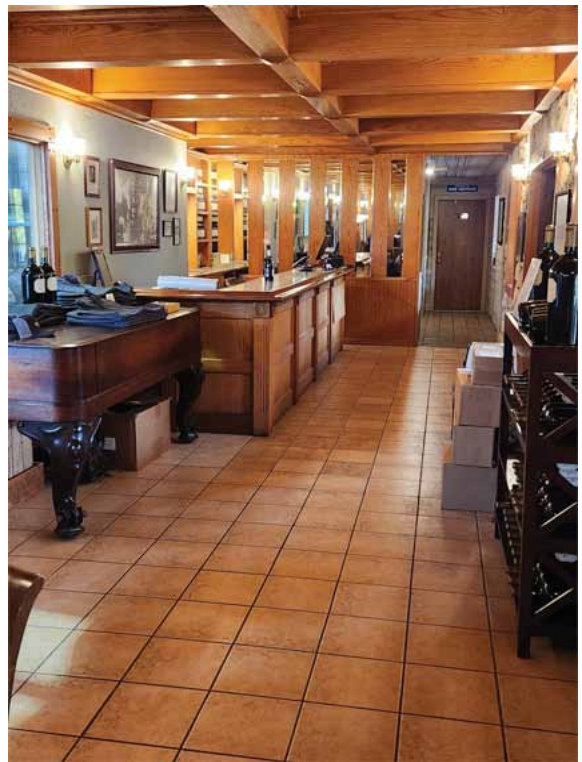
# THE TASTING ROOM

by Steve Kinney

## William Harrison Winery

2019 Cabernet Franc was the first wine from their estate to be tasted. Aged partly in Hungarian Oak and French Oak, this is one of their best-known wines. Delicious with approachable tannins and bright fruit, it shows off the classic Rutherford Dust character. A 2019 Cabernet Sauvignon followed, composed of 4% Petite Verdot, 4% Malbec and 2% each of Merlot and Cab Franc. 40% new oak highlights a bolder expression of black fruit and cocoa. We were treated to a taste of their Reserve Cabernet as well. Also from 2019, this was just a little more of everything, as a reserve should be.

The Tasting was \$40 for the five wines. As always, their wine club offers additional, more in-depth tastings and other benefits. While there is room inside for seating and a nice long bar to stand at, a warm day would be best for a visit here. Lots of shaded outdoor space facing the rustic ranch style building. No food was offered. Great wines and a very hospitable staff highlight a rare unknown find here just the other side of Zinfandel Lane.



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# Know Thy Neighbor

by Suzanne James

Our neighbor in the spotlight this month is a spirited, adventurous person who has explored and enjoys multiculturalism over a long and rich life. In 1939, after a college courtship and marriage, her father was drafted into the Army and stationed on the East Coast, while her mother returned to her parents' home in Oklahoma City to give birth; she and her twin brother were born 20 minutes apart in the summer of 1940. After the war, the young family settled in OC. Her father worked JC Penney's, while her mother was a stay-at-home mom with a burgeoning career as a composer and concert pianist.

Our neighbor attended school in OC until she was 16. Because her parents separated and reunited three times during this period, she and her brother attended 10 different schools; one year she attended four different ones! She and her mother moved to San Francisco when she was a junior (her brother stayed with their father). She enjoyed exploring the City. With her mother's second marriage and divorce, she enjoyed helping to decorate their four homes while attending two more high schools!

Graduating high school as class valedictorian, she received an AA in drama at San Francisco State College. After taking a work break, she finished up at UC Berkeley with a BA in English Literature. In her mid-fifties, she completed a master's degree in social linguistics from the College of Holy Names.

Her twin brother died of cancer at age 57. Her parents also died many years ago. She married her first husband in 1973, raising their two children together for 15 years before divorcing. Her son is married with two children, lives in Berkeley, and is a financial analyst. Her daughter is married with one child, lives in Plumas County, and works as an after-school teacher. Our neighbor met her future husband in 1995; they were together for 26 years before his death three years ago. Many in Vineyard Valley knew Joe as a friendly night guard.

She started working part time when she was 15: as stock clerk, movie concessions and cashier, Girl Friday at two law schools, and paralegal in San Francisco. After receiving her BA in Berkeley, she worked for UC Extension's Continuing Education of the Bar, learning the many skills involved in producing publications about the law. After CEB, she worked for a small publishing company, eventually becoming a freelance editor for small presses and corporations. She was co-founder and second director of Editecetera, an association of people in publishing, and for 15 years owned The Compleat Works, a book-publishing production company. In addition, she worked for many years as an editor for two other UC Extension departments.

# Know Thy Neighbor

by Suzanne James

Ten years ago, she co-founded Napa County's League of Women Voters. She was its second president and writes and edits LWV outreach materials and the online newsletter. Recently, she was co-program chair for two years of the local chapter of the American Association of University Women. She has two passions: women's legal rights and language literacy.

Travel continues to be a theme in her life. After graduating from UCB, she continued studying German at the Goethe Institute in Germany, overwintering as an 'au pair madchen.' She then bought a used VW and traveled with a few pals all over Europe and Eastern Europe. After sleeping on a beach in Crete for two months, a cousin invited her to stay with him in Entebbe, Uganda (East Africa). There, she worked as a secretary at an animal health research center and traveled all over Uganda as a tech assistant—so exciting in its diversity and different ways of life!

She is fond of going to out-of-the-way places in Mexico and has traveled all over the US and Canada. She has also delighted in visiting big cities like DC, NYC, and Paris. Later in life, she and Joe joined tours to Morocco, Tunisia, India/Nepal, and China. Next year, she plans to visit Costa Rica and to make the annual trip to Manhattan.

Asked what she most enjoyed currently and what her plans are for the future, she responded, "I look forward to spending more time reading-reading-reading and pursuing various writing projects. I am a passable gardener and farmer (my VV 'farm' is the terraced 'L' by the bocce court). I enjoy live music, movies, and the theatre—and laughing with my friends! And I love the way my loyal dog Bella listens and talks back!"

This hospitable neighbor is Robyn Orsini who has lived in Vineyard Valley at 3 Los Robles Court for about 17 years.

**Referrals and volunteers for this column are encouraged and appreciated!**  
Call Suzanne James at 763-234-6643.

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# RIANDA HOUSE SENIOR ACTIVITY CENTER

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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.

## **Heart of the Matter Lorne Glaim    Monday, December 2 & 16, January 6 & 20, 1:00, Rianda House**

Group leaders curate topics relevant to our current experiences, world events, local happenings and more. Share ideas and life experiences in a safe and respectful setting.

## **Ladies & A Cuppa Tea Ellen Cotten    Tuesdays, 9:30-10:30, Rianda House**

Ladies, please join us for friendship and a cup of tea. A warm and inviting atmosphere will encourage fun and engaging discussions.

## **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.

## **Music with Ric Ric Morgan    Wednesdays, 1:00-2:00, Rianda House**

This sing along program will rekindle nostalgia of songs from the 1930's to the 1960's, allowing participants to rediscover and enjoy the music of their youth.

## **HOLIDAY PARTY!    Thursday, December 12, 4:00-6:00, American Legion, 1291 Madrona**

Join us for a festive holiday party! Our favorite holiday entertainer is back - Elaine Jennings will be singing tunes. Stop by to enjoy warm cider, delicious cookies, and plenty of holiday cheer. Bring your favorite stories, relax, and celebrate the season with us.

## **Holiday Open House    Tuesday, December 24, 10:00-12:00, Rianda House**

Celebrate the season and learn more about our 2025 classes. There will be treats, cider and festive company. Maury may even join his friend David Davies for a few french horn duets. RSVP

## **Masterminds Veronna Ladd    Wednesdays, January 8 - February 12, 10:00-11:30, Rianda House**

As we age, our memory functions change, and our ability to absorb information slows down. This new Brain Health & Wellness Program is a 6-week course designed to help participants understand memory, learn strategies to improve it, and develop practical skills for daily use.

RSVP - 15 MAX

# Vineyard Valley Dining Values

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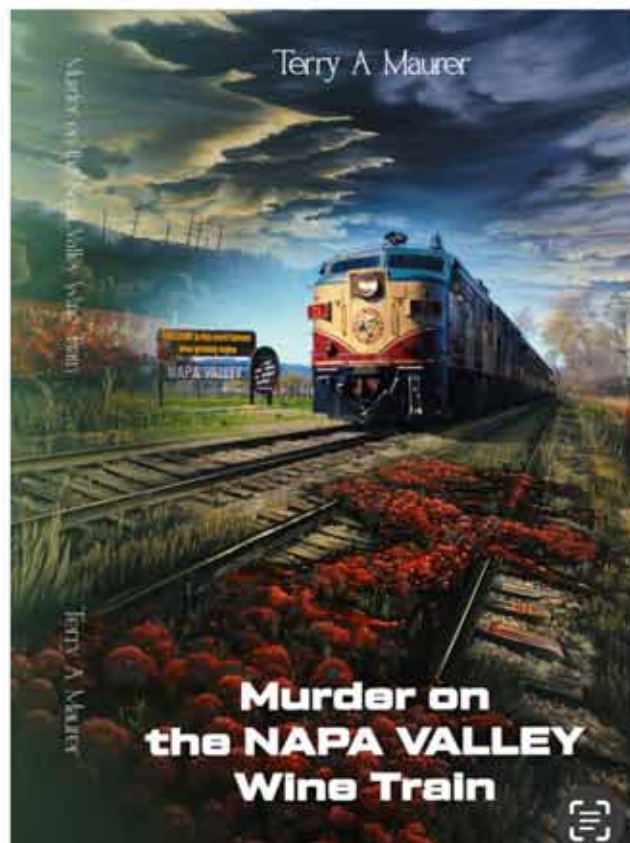
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**CONTACT INFO:**

- [terrymaurer.webversatility.com](http://terrymaurer.webversatility.com)
- Google
- Amazon

**Other books by Terry A. Maurer**

- Old Farmer's Son (1942-2022)
- Holy Trinity Alaboma (1958-1960)
- Death in Pine Cheney Cemetery

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