



Landscaping Solutions

Members of the Sonoma Pines Council met with representatives of United Landscaping on Monday July 15 to discuss ongoing issues with the quality of service being delivered by United to the Sonoma Pines Community this spring and summer.

Ken Andrusiak the owner and CEO of United was asked to start off the meeting with his impressions of the landscaping issues faced by Sonoma Pines residents this year, " Nobody is happy with what has been delivered in Sonoma Pines so far" He said that they had experienced a number of start up problems with staff, machines etc. which compounded when excessive rain came in June. They have been struggling to catch up since then. The delays meant that by the time they should have been weeding, the weeds it had gotten out of hand. As well they have had to replace 2 crew foremen but the good news is that they now have Jason in charge of the crew and they are very

pleased to have him on board. "We didn't start very strong, we took steps to fix it and hopefully it is getting better".

A number of commitments to improve lawn care in Sonoma Pines were made by Mr. Andrusiak. United will take control of the irrigation system in the multi family sections, ensure it is working properly and lock out the system so no third party can mess with it. Their irrigation technician will meet with a member of council on a regular basis to discuss issues and corrective measures. They have subcontracted an expert for lawn fertilization who also works at Gallaghers Canyon to take care of the fertilization. They will be spraying to control the clover in the grass and this may take numerous sprays to bring certain areas under control. They have temporarily hired 3 extra people as "weed crew" to help clean up the current problem. For the

walk through with a member of the Sonoma Pines Council and Jason, the United foreman to highlight issues and make sure they are being addressed.

Bob Wiltshire, Chair of the Landscaping Sub-Committee was also present at the meeting and shared these thoughts, "I think the meeting went well. If they stand up for all the improvements the say they are going to do, extra help, more time on weeding etc. it should help to slow down some of the complaints".

Finally, we do ask that as United and the Landscaping Sub-Committee is working on these improvements that if you do have any concerns please communicate with Rob Zivkovic of Associated Property Management at robz@associatedpm.ca or Bob Wiltshire at highview1@telus.net. Don't forget to include your phone number in case someone from United wants to follow up with you personally.



At the head of the table Shelley Koehler – Director of Client Services and Ken Andrusiak – Owner/CEO Of United Landscaping. In attendance from the Council Tom McEwen, Bob Wiltshire, Joel Young, Cam Johannsen, Greg Marshall, Pat Arnieri and John Scott.

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For Your Interest

My name is **Pieter Rijke**, a Sonoma Pines resident I am a physiotherapist since 1979 and specialized in acupuncture since 1983. I practice Traditional Chinese Medicine and also apply IMS for pain reduction, called ah-shi acupuncture in Chinese Medicine.

I have been practicing physiotherapy and acupuncture first in the Netherlands, where I was born and raised and lived for almost 50 years. Later I lived and worked in Germany. I also have a Dutch law degree.

My family and I immigrated to Canada in 1999 and I have been practicing in the BC Interior and since 2002 in the Okanagan. I used to own and operate the Okanagan Acupuncture Centre in Kelowna between 2002 and 2008. Since 2009 I have been practicing acupuncture on cruise ships all over the world. Since last year I work in Summerland at the Summerland Physiotherapy and Sports Clinic as a physiotherapist and acupuncturist.

Acupuncture is becoming more and more popular, because of its gentle approach, its more than three millennia old existence and the fact that it fits seamlessly into the new way of looking at health, without the use of chemical medication, stimulating the body to produce its own healing chemicals and greatly reducing inflammation. Inflammation is more and more seen as the main reason for sickness and malfunctioning of the body, including cancer, cardiovascular disease, diabetes etc.

Acupuncture, as an energetic approach, works really well together with physiotherapy treatments, because by combining these two principles, all aspects of the body are being treated.

I would like to offer the opportunity to hold a lecture about the benefits of acupuncture in the SP clubhouse, if enough people are interested. If you would like to support this idea and would certainly come and listen send a email to Joel Young at eagleyoung@shaw.ca and we will evaluate the level of interest.

Pieter Rijke, BScPT, acupuncturist

LIFE IN SONOMA

My fellow Sonoma residents, all 360 homes of you, this second Sonoma Sun community newsletter issue inspires me to highlight some words for thought about our: life in Sonoma.

Where else could we look out a window and enjoy the neighbourhood interaction comprising of several wives, wine glass in their hands, strolling down the street to settle in for a "happy hour discussion" at one's home?

Truly, it is a joy - sharing a tee time at Two Eagles Golf and a coffeetalk with a new friend at our wonderful Clubhouse; seeing the team of ladies busily chatting while walking to fitness class with their mats tucked under their arms strolling down Sonoma Pines Drive.

And, the special moments, after entering the Happy Hour event

newly created and observing a roomful of smiling faces absorbed with zestful chatter - warms my soul.

I often tell the tale of - where else could I stand on my deck on Phase 3 and speak to at least 7 neighbours so effortlessly? OK then, a quickly filling events calendar, new friendships aplenty, working together on our community projects - and with the beautiful sights we see daily as we walk the Sonoma pathways, I've come to realize the secret to "life in Sonoma" as I see it is- we are home...and we are a community of many...Bravo to all of us who have arrived at this destination from throughout Canada, multiple occupations and entrepreneurial endeavours to embrace our piece of "the best place on earth." Welcome Home...

Joel Young

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Joel Young, Publisher
eagleyoung@shaw.ca

Edward Dorosz,
Editor, Advertising
dorosz@telus.net
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Ron Le Stage, CIM, FCSI
Investment Advisor, Financial Planner

Author of *Westside Weekly's Smart Money*
Tel: 250-707-2190

ron.lestage@nbpcd.com
www.lestageinvestmentgroup.com

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Happy Hour



Never too much of a good time.
Come out and meet your neighbours
and make new friends.

Every 2nd Friday, 4-7 p.m.

Canada Day Happy Hour



Patio patriots



Kitchen patriots



Jennifer Wiancko multi-tasking by demonstrating a Tai Chi move while sipping wine.

WELCOME TO CONDIMENT VILLAGE

*The folks in this division love their hamburgs and hot dogs
Along with all those toppings that are tasty
The condiments are flowing in most homes throughout the day
The name Sonoma Pines was somewhat hasty
The mud on walls of some homes are made to look like ketchup
While others sport a mustard tone that's yellowish
And many paint their outer walls in a dark olive green
That certainly could be mistaken for some relish
Now when sweet things are desired after eating of the meats
Most require brown sugar in good proportions
And to top it off we nibble on bits of dark chocolate
That come in various shapes and contortions
So if you plan to down-size to this Condiment Village
The color of your house will come with flavor
It must be mustard, ketchup, relish, brown sugar or dark chocolate
But mustn't jive with color of your neighbor*



J. D. Chapman

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Coffee Klatch Saturdays



Cancelled due to lack
 of participation.



New Neighbours

We are pleased to welcome Mel and Wendy Cowan, recently moved to Pine Vista Place in Sonoma Pines. They come to us from Kamloops, B.C. Mel & Wendy are already enjoying life here while trying to master the golf course. Welcome to all and hope you'll love it here. (PS. if you know of others new to SP, please contact the editor).

Spotlight Page 4



Sonoma residents have been enjoying Tai Chi classes at the clubhouse since April. Open to beginners as well as the more experienced, the classes are held Tuesdays and Fridays at 9am. Occasionally the classes are held outdoors to take advantage of the beautiful summer mornings. Professional instruction is provided by Doug Waines (pictured right) of the Canadian Tai Chi Academy. Tai Chi is a complete whole-body exercise without impact, strain or pain. Some of the benefits include improved flexibility, balance, immune function, cardiovascular function and motor coordination. And its fun, no special equipment needed and can be practiced anywhere. For more information, just come to one of our sessions 10 minutes early or visit

www.canadiantaichiacademy.org/health.html

Art Show & Sale at the Clubhouse featuring Artists of the New Moon Gallery



Sonoma Pines Artists Art demos
 Saturday September 28th
 11am to 6pm
 Sunday September 29th
 11am to 4pm
 Entrance by donation

Attendees will have an opportunity to paint a few strokes on canvas and then a professional artist will complete the painting for someone at the show to win the painting.

Drop - In Music Jam

Join the music jam at the clubhouse every 2nd and 4th Wednesday at 7pm. Whether you play a little or a lot bring your instruments and get ready to have a great time. No pressure to commit come when you can.

Call for Artists & Artisans



If you are a painter or practice visual arts in any form, or wish to learn / take lessons, contact **Bill Everden**, billandjune@shaw.ca or call 778.754.0462.

We plan to start a Sonoma Pines Artists Group at the Clubhouse

Congratulations

If you know of any SP resident that has achieved a special milestone, award or significant anniversary/birthday, we would like to announce it here, as a regular feature.



Please contact the editor

GARDENERS - Want a SP Community Garden?

Are you ready to get your fingers dirty and have fun? Looking to start a Community Garden. Grow food and flowers not lawns. All ages welcome. Planning session coming. Sign up at Clubhouse bulletin board or e-mail edndenise@telus.net



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Clubhouse Rental Ivars Dravinskis 778-754-1802 cougs72@shaw.ca		Interested in Volunteering?? contact any Committee member			1 Fitness Walk 8am Yoga/Bellyfit 9am	2 Tai Chi 9am	3 **KOFFEE KLATCH CANCELLED *
4	5 Yoga 9am	6 Tai Chi 9am Cribbage 7pm	7 Yoga 9am Jam Session 7pm	8 Fitness Walk 8am Yoga/Bellyfit 9am	9 Tai Chi 9am Happy Hour 4-7pm BYOB & Appy	10	
11	12 Yoga 9am	13 Tai Chi 9am Cribbage 7pm	14 Yoga 9AM	15 Fitness Walk 8am Yoga/Bellyfit 9am	16 Tai Chi 9am	17 **KOFFEE KLATCH CANCELLED *	
18	19 Yoga 9AM	20 Tai Chi 9am Cribbage 7pm	21 Yoga 9AM Jam Session 7pm	22 Fitness Walk 8am Yoga/Bellyfit 9am	23 Tai Chi 9am Happy Hour 4-7pm BYOB & Appy	24	
25	26 Yoga 9AM	27 Tai Chi 9am Cribbage 7pm	28 Yoga 9AM	29 Fitness Walk 8am Yoga/Bellyfit 9am	30 Tai Chi 9am	31	

Upcoming Special Events

DTBA
(date to be announced)

September

14 - 60's Dinner & Dance
 28 & 29 - Art Show & Sale

October

5 - Oktoberfest

November

7 - Ladies Night Out
 24 - Grey Cup Party
 DTBA - Christmas Bazaar

December

7 - Christmas Dinner & Dance

* SUBJECT TO CHANGE Pilates: Resumes in September Fitness Walk : One day a week in August- will review in September

Clubhouse Contacts	Committee Chair Tom McEwen 250-768-3439 tandgmcewen@gmail.com	Social Events Lorna Wright 250-452-9872 lorna-wright@shaw.ca Sharon McNichol 778-754-0777 mcnicholg@shaw.ca	Fitness Programs Joel Young 250-707-3854 eagleyoung@shaw.ca	Fundraising Ed Dorosz 778-754-1238 edndenise@telus.net	Key Fobs / Access Abbas Dharamasi 250-452-6754 sabba_39@shaw.ca	Volunteering Joel Young 250-707-3854 eagleyoung@shaw.ca
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SONOMA MARKETPLACE

Personal and Business ads for Sonoma Pines Residents

<p>AVON If you'd like a brochure call Sharron at 250-808-0150 or e-mail: sharr2013@yahoo.com exp. Sept/13</p>	<p>Your Ad Here</p>	<p>Misc. Are you new to the area? Treat Yourself to a Visit From WELCOME WAGON! It's FREE! Call or Email Yvonne Waines, 778-754-0987 yvonnewaines@shaw.ca www.welcomewagon.ca</p> <p>WELCOME WAGON Since 1930 exp. Oct/13</p>
<p>WANTED Looking for a used piano, small fridge, office desk, etc? Advertise here! Only \$5 for 5 lines</p>	<p>VACATION RENTAL Have a vacation property, RV, etc. you want to rent? Advertise it here. Only \$5 for 5 lines</p>	
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- Ad submission deadline with payment, 24th of each month

ADVERTISING CONTACTS:
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Joel Young - eagleyoung@shaw.ca
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Photo of the Month



Hatching quail chicks



Mother guarding chicks



First steps with mom

Many thanks to **Margaret & Don McClelland** of Madera Court, who took these photos off their patio in May. Isn't mother nature wonderful?



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Do you have an interesting photo of something in Sonoma Pines or nearby in the Okanagan? Please submit it to the Editor.