



**Douglas Warrington**

## Tales of a Journeyman's Trails

As new residents of Sonoma Pines, my life partner/soul mate, Sylvie and I are grateful and extremely happy to have found our new "home" so close to home – it's beautiful here. We realize how fortunate we are, and to give back to show our appreciation for the good life we have, I have volunteered to assist our team to continue publishing the Sun Newsletter for all Sonoma Pines residents. I intend to share with you some experiences of different cultures and countries that we have travelled, lived in and experienced for the past 18 years.

Initially, I was going to write about my favorite country, but after meeting Abbas, our neighbour with roots from far, far away, I thought I'd surprise him and at the same time thank him for helping new residents receiving the Clubhouse FOB – so let's buckle up and get ready to experience Zanzibar, a pearl of an island just off the coast of Tanzania.

After a direct flight from Dubai to Dar es Salaam, a short flight to Zanzibar and a left-side taxi ride, we arrived excited and exhausted at our destination. Thankfully Sylvie had done her great planning and booked us into a gorgeous, yet remote, resort where we woke up to one of the most beautiful beaches on this planet – white sand stretching for kilometers. Soon we were off to explore, experience and learn – and the first encounter was watching local ladies way out in the water harvesting a special seaweed that is used in cosmetics.



**Seaweed drying on shore**



**Locals harvesting seaweed**

After our initial walkabout, we met with the security guards of our hotel – two amazing young Masai warriors from Tanzania, Luka and Ninja, who opened their hearts to us and tried to teach me how to jump up in the air to impress the ladies – I would have ended up being a bachelor forever in their culture!



**So you think you can jump**

The next day we were off to find a local "madrassa" – a school where we could unload our heavy bags. As we always do on our travels, we bring note books, pens and pencils for the needy children – but this school was one of the neediest we have ever encountered. Happy children – and I stress the word happy – were sitting directly on the bare concrete floor, respectfully paying attention to their teacher who was scribbling on a blackboard that must have been there for

**Cont'd on page 2**



**Morning wake-up view**

### Inside this Issue

- News and Editorials.....page 1,2
- Gallery, Recent Events.....page 3
- Our Sonoma.....page 3
- Tidbits with Joel.....page 4
- Calendar of Events.....page 5
- Clubhouse Contacts.....page 5
- Sonoma Marketplace.....page 6



*Jennifer Wiancko*

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• Seniors Day, save 20% on last Tuesday of the month • Visit Rexall.ca for electronic flyer, photo centre and exclusive deals

## New column - Our SONOMA



**Mary Trueman** wants to interview you! The new *Our SONOMA* section appears in this February 2014 issue for the first time and will continue monthly with brief introductions of our

neighbours at Sonoma Pines with his or her photo. Getting to know one's neighbours is harder and harder to do these days it seems, so to help our growing Community along we're going to introduce some fascinating folks to you.

This is a volunteer position for Mary who has been a resident at SP for over three and a half years so please help her along by volunteering yourself for an interview. She says she'll need 20 to 30 minutes of your time and she'll take a photo of you to go with the introduction. Our new Clubhouse will be an ideal spot for the meeting or a coffee shop nearby - Second Cup or Tim Hortons for example.

Don't think you're a fascinating person? Mary will disagree with you. No matter how un-fascinating you may think you are Mary will find your fascinating truth. She's been watching and writing about people for years both professionally and for volunteer organizations. Mary is originally from Winnipeg, attending United College Collegiate at the University of Winnipeg, and St. John's College at the University of Manitoba as well as the Canadian Securities Course qualifying as a Stockbroker for work in Winnipeg and Toronto, lecturer & consultant. She belongs to the Canadian Society of Questers, is a Graduate of the West Coast Institute of Aromatherapy, is a Reiki Master and has studied with The Foundation for Shamanic Studies.

If Mary calls you, please say YES! and let her do a little interview with YOU. We want to get to know you better.

Email Mary at [mtrueman@shaw.ca](mailto:mtrueman@shaw.ca). Please put "*I volunteer to be interviewed*" in the subject line and include your name, telephone number(s) and address in the email. We are hoping to have interviews covering all Phases of Sonoma Pines. Come on, fascinating folks, email now! We want to talk to you !!!

### Cont'd from page 1

decades – or longer. And even though the children were of different ages, they all worked together, and behaved so well. When the teacher invited us into the one room school to distribute our gifts, we were flooded with the most beautiful smiles and thus had our hearts imprinted with those memories forever.



The madrasa - a one room school



Happy faces



Cont'd on page 3



Community Newsletter for Sonoma Pines  
Published bi-monthly

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We welcome written submissions by email, author to be identified.

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# Markets may change. Good investing advice is timeless.

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## Our Sonoma



Doug Ross has been a resident at Sonoma Pines for over three years. Doug is a graduate of the Royal Military College in Kingston retiring as a Colonel from the Royal Canadian Air Force with

**Doug Ross** 34 years service in Signals & Electronic Warfare and then going into the IT industry for several years. Doug has been thoroughly enjoying playing tennis, pickleball (with tournaments around BC and in the US) and golf in the Okanagan for fun and keeping in shape - but make no mistake, he loves sports with good competition - even at cribbage... "so long as you play fast"! You may have seen Doug riding around Two Eagles Golf Course in a cart with Players' Assistant on the front - he's been a volunteer at the course for the past five years. Travelling over many years to Europe, Mexico, the Caribbean, New Zealand, Hawaii etc., and wintering in Florida and Arizona ("there's been good pickleball there!") have offered great times and thoughts of new places to see. He scans the on-line travel sites for the best deals constantly - his wife thinks it's his new hobby :0).

Doug loves gardening. The past summers at SP have kept him busy with an expanding rose garden and pots of flowers. He's working on a new gardening plan for this year - "more drought resistant/xeri-scape plants". A little woodworking, one of Doug's hobbies, may come in handy.

Doug is originally from London, Ont. and this Spring his mother, who still lives there in her own home, will be turning 90. Plans are "in the works" for this important celebration. Doug and his wife Mary Trueman plan travels around

Ontario visiting old friends and family in Ottawa (son and daughter-in-law and 6 year old twin grandchildren); Kingston (daughter and son-in-law and old friends from RMC days) and Toronto (friends) while there. Another daughter and son-in-law, grandson 13, and granddaughter 8 live in Squamish, BC. "We see them several times a year".

"One Day in August" by David O'Keefe is the book Doug's just finished reading - "Excellent !" ... he recommends... and now is reading "An Astronaut's Guide To Life" On Earth" by Chris Hadfield.

very edge of where apparently we all started from, and which I will write about in a later edition of the Sun.



Time to mooove along

### Cont'd from page 2

The next few days continued to be fascinating as we immersed ourselves even more into the culture and back-tracked to Stonetown, Abbas' former home town, to check out their amazing wooden doors, talented musicians, delicious restaurants and other memorable experiences and sights. Then it was time to fly off to our next destination, Ngorongoro Crater - at the



Wooden door in Stonetown



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## SONOMA BLOCK WATCH

**Joel Young**, Sonoma Safety & Security Chairperson



Almost two plus years ago, we introduced the Block Watch program to the Sonoma community. We had several owners from the first few phases join us at the RCMP offices here in West Kelowna. We then sought owners to come forward and volunteer as **Block Captains** for their particular phase. Now, so you don't feel overwhelmed with this title - a single Block Captain for each of our phases would go to each owner in that phase and request their approval to participate in the program. This means basically the creation of a phase by phase communication vehicle for us to "demonstrate a community awareness system so that we may "watch and report" on unusual activities that we witness in our Sonoma community.

(Remember the 8 or 9 break-ins and robberies of two fall periods ago???)

Well, so far my friends, the uptake has NOT been favourable and we simply don't understand. So, on Jan 27 @ 7 p.m. I have invited owners from Phases 1 and 2 to join us at the Clubhouse for a reorientation with Duane McTavish, the Central Okanagan Crime Prevention Co-ordinator where we hope to confirm Block Captains and then continue for the remaining phases to fully implement the Program.

This will be the final attempt to initiate Block Watch for our safety program here in Sonoma as I will consider it not of interest if owners to not participate quickly.

For further information, please contact Joel Young [eagleyoung@shaw.ca](mailto:eagleyoung@shaw.ca)

## 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](mailto:billandjune@shaw.ca) or call 778.754.0462. We plan to start a Sonoma Pines Artists Group at the Clubhouse

Spring is around the corner and we are interested in accepting registrations for **yoga, tai chi and mat pilates** as well as an expression of interest in other forms of fitness that we may be able to obtain for the clubhouse calendar...

Please advise Joel Young, Fitness Chairperson at [eagleyoung@shaw.ca](mailto:eagleyoung@shaw.ca)



## 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



## BOOMERS AND PARENTS A New Paradigm For Aging Well



Please join us on **Friday, February 21**  
**1:30 to 3:00 pm**  
**Sonoma Pines Clubhouse**

If you are:

- A boomer wanting to age well to live your unique best life (A Zoomer!)
- Wanting to prepare for life transitions that may occur for yourself and/or an aging parent

This seminar offers a new way of thinking about aging and approaching change positively and proactively. Come join in the discussion!

RSVP your interest in this seminar to Joel Young at **250-707-3854 or [eagleyoung@shaw.ca](mailto:eagleyoung@shaw.ca)**



**Marjorie Horne**  
Seniors Consultant  
250-863-9577  
[marjorie@caresmart.ca](mailto:marjorie@caresmart.ca)



*Do you have an interesting photo of something in Sonoma Pines or nearby in the Okanagan?  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Clubhouse Rental</b> Gord Jackson 250-212-6326 gordejackson@shaw.ca		Interested in Volunteering?? contact any committee member				1
<b>2</b> Clubhouse cleaning Upper 11am-2pm Lower 1-5pm Gym open all day	<b>3</b> Yoga 9am	<b>4</b> Quilting Club 9am-12pm LL  Private Function 11am-11pm  Crib 7pm	<b>5</b> Yoga 9am	<b>6</b>	<b>7</b> Happy Hour 4-7pm BYOB & Appie or \$4.per person	<b>8</b>
<b>9</b> Clubhouse cleaning Upper 11am-2pm Lower 1-5pm Gym open all day	<b>10</b> Yoga 9am	<b>11</b>  Crib 7pm	<b>12</b> Yoga 9am	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> Clubhouse cleaning Upper 11am-2pm Lower 1-5pm Gym open all day	<b>17</b> Yoga 9am	<b>18</b> Quilting Club 9am-12pm LL  Private Function 11am-11pm Crib 7pm	<b>19</b> Yoga 9am	<b>20</b>	<b>21</b> Private Function Boomers & Parents 1:30-3:00pm  Happy Hour 4-7pm BYOB & Appie or \$4.per person	<b>22</b>
<b>23</b> Clubhouse cleaning Upper 11am-2pm Lower 1-5pm Gym open all day	<b>24</b> Yoga 9am	<b>25</b>  Crib 7pm	<b>26</b> Yoga 9am	<b>27</b>	<b>28</b>	

## Upcoming Special Events

DTBA  
(date to be announced)

### March

7th Happy Hour  
21st Happy Hour

### April

4<sup>th</sup> Happy Hour  
**18<sup>th</sup> Easter Happy Hour**  
**19<sup>th</sup> Tentative' Easter Egg Hunt & Pancake Breakfast**

### May

1<sup>st</sup> Ladies Night Out  
 2<sup>nd</sup> May Day HH & Potluck Dinner 4 -8 pm  
 16<sup>th</sup> Happy Hour  
 30<sup>th</sup> Happy Hour

### June

7<sup>th</sup> - 2<sup>nd</sup> Annual Community Garage Sale/BBQ  
 13<sup>th</sup> Happy Hour  
**27<sup>th</sup> Canada Day BBQ**  
**4 pm - 8 pm**

**\* SUBJECT TO CHANGE UPCOMING EVENTS: Quilting every second Tuesday starting January 7, 2014 9-12**

<b>Clubhouse Contacts</b>	<b>Committee Chair</b> Tom McEwen 250-768-3439 tandgmcewen@gmail.com	<b>Social Events</b> Lorna Wright 250-452-9872 lorna-wright@shaw.ca Sharon McNichol 778-754-0777 mcnicholg@shaw.ca	<b>Fitness Programs</b> Joel Young 250-707-3854 eagleyoung@shaw.ca	<b>Fundraising</b> Ed Dorosz 778-754-1238 edndenise@telus.net	<b>Key Fobs / Access</b> Abbas Dharamasi 250-452-6754 sabba_39@shaw.ca	<b>Volunteering</b> Joel Young 250-707-3854 eagleyoung@shaw.ca
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Single column 5 lines of text	4.5W x 2.0H approx 1.75"x.75"	\$5.00	First line text choice of <b>bold</b> or CAPITALS	<b>FOR SALE</b> <b>Miscellaneous</b>
Extra Line		\$1.00	each extra line of text	<b>Business</b>

- Discounts for consecutive ads (no changes): 4 ads 10%, 8 ads 20%
- All ads will be in Sonoma Sun newsletter; or on ad page of bi-monthly Event Calendar update;
- Ads to be paid in full with submission of text (cash or cheque); (prefer if text is sent electronically in Word format, by e-mail). Otherwise, type or print clearly.
- Ad submission deadline with payment, 24th of each month

**ADVERTISING CONTACTS:**

**Tom or Gail McEwen - [tandgmcewen@gmail.com](mailto:tandgmcewen@gmail.com)  
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**Joel Young - [eagleyoung@shaw.ca](mailto:eagleyoung@shaw.ca)  
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