



**Sonoma Pines Council Members**  
Photo taken July 9, 2015

In this August Issue we introduce the three new SP Council Members - Sandi Bellamy, Bryon Dickie and Tom McEwen. While there is much more to discover about each one of them I hope we have provided enough information to know that we are all in good hands at SP.

### Finance Committee Needs Assistance

With the departure of Arnold Walter from the committee, we are looking for a replacement. We need someone with a strong financial background in accounting, banking and/or business. We usually meet for 2 hours, once a month and if you have any questions or would like to discuss please call Bryon Dickie at [\(250\) 864-1040](tel:2508641040)

We thank Arnold for his contributions to the committee and wish Linda and Arnold all the best in their new community.

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## Your Sonoma Pines Council

by Mary Trueman



### Bryon Dickie

has joined the Sonoma Pines Council as Chairman of the Finance Committee. Bryon is from Edmonton, AB graduating firstly

from the University of Edmonton with a Commerce Degree and secondly with an MBA. His career experience includes senior level positions (Special Projects and Marketing) with Amoco Canada, Molson Western Brewery, Calgary Olympic Development Association and lastly from KPMG. His professional life has found him living in Edmonton, St. John's Nfld., Calgary and back to Edmonton. Bryon retired in 2010 and he and his wife, Karen, moved to SP in 2013. They love it here, he says.

Bryon has significant Board of Directors experience too. Province of Alberta Crown Corporation (Travel Alberta), Alberta Economic Development Authority, Province of Alberta Strategic Tourism Marketing Council and four more. The Calgary Convention & Visitors Bureau, Calgary Olympic Development Association, Bow Valley Brewing Co. Ltd.- Founding Director, Calgary Exhibition & Stampede are all part of his background. I have deduced that Bryon knows a thing or two.

By now you've noticed that Bryon has Molson Western Brewery and Founding Director of Bow Valley Brewing Co. Ltd. in his past expertise. If we need, say, a Sonoma Pines Pale Ale we'll know who knows... who knows... who knows. It's always a good idea to make note of unusual talent in a group!

The Dickies are a blended family with a daughter and two sons between them. They really love to travel. In past years they have done independent travel but this past trip was a cruise to Indo China. That turned out to be a very good experience and their next adventure will be a cruise to Australia and New Zealand.

Bryon and Karen golf, walk their dogs, enjoy hiking and, as members of the West Kelowna Yacht Club, spend time out on the Lake.

Bryon's reading preferences are periodicals, and newspapers and the Dickies are looking forward to hosting friends and family during Summer 2015.

**If you are interested in past copies of the Newsletter or more information on The Sonoma Pines Community please check out the website at: [sonomapines.info](http://sonomapines.info)**

## Sonoma Pines Website and Sonoma Sun Newsletter

[www.sonomapines.info](http://www.sonomapines.info)

You can check here for most recent articles on the community, back issues of the newsletter, or copies of Council minutes and financial statements. Some pages are password protected so use sonomapines and you should be fine. If there is something that you would like to see on the site or in the Newsletter please email

us at [sonomapinesnews@gmail.com](mailto:sonomapinesnews@gmail.com).



**Sandi Bellamy** is one of three newly elected Sonoma Pines Council members. She has been on the SP Social Committee for the past two years and will now serve on Council and as Council Liaison to the Social Committee.

Sandi is originally from Vancouver. She worked at the Head office of Southland Canada (Seven-Eleven) as their Benefits Consultant travelling across Canada in that position and also coordinated training programmes for Southland. Following that, Sandi worked at Todd McMahon, a bankruptcy firm in Vancouver, as Estate Manager and Counsellor.

For the past 44 years, Sandi has been married to Darrell Bellamy a retired Police Officer (14 years Abbotsford Police Department) and former member of the RCMP (21 years). They have one son and one daughter, both living in Alberta, one granddaughter and two grandsons. This summer golf lessons at Two Eagles are the plan for the grandsons annual summer visit at Sonoma Pines. The Bellamy's have lived at Sonoma Pines almost 9 years, and, says Sandi, they love it! After driving back and forth to see aging parents for several years, life has become easier with the move of Darrell's parents into the Westwood Residence in West Kelowna.

The Bellamy's have enjoyed wintering in Mesa, AZ over the past years and in September of 2016 they have plans for a cruise to Hawaii. Then next, perhaps, off to Europe where Darrell's interest in Military History will find lots to see and do. I couldn't resist recommending a couple of books and the TV series War Junk: I'm a bit of a Military History buff myself.

Sandi golfs, loves to garden and is an avid walker. And as an aside, Sandi has a marvellous sense of humour which will probably come in handy from time to time in the year ahead. All the best, Sandi, and thank you for devoting time to Sonoma Pines.

Mary Trueman



**Tom McEwen** is a member of Council and Chairman of the Clubhouse Management Committee.

He is what one might call 'experienced' having served on SP Council as Chairman

for two years.

Tom is the person who worked with Rykon to get our Clubhouse up and running; it was a huge job and we are all reaping the rewards of Tom and his team of committee member's hard work.

Tom attended BCIT in his hometown of Vancouver, taking Management Courses and Trade Certification. Beginning in 1982 he worked with The City of Vancouver Fire and Rescue Services starting as a diesel mechanic. Next he studied Fire Fighter Training, became a Career Fire Fighter. By 2006 Tom was promoted to Chief Mechanic and retired in 2010 as Deputy Fire Chief. Human Resources, Occupational Health and Safety and Fleet Maintenance were Tom's core responsibilities. Knowing all this I figured Tom would be just the person to ask about something that had been on my mind. Several of us who live at Sonoma Pines have taken CPR/Defibrillator training and thankfully have not had to use it since. Since Tom was a First Responder for many years I asked him how one could get a refresher course to be really current with the latest. Immediately Tom had the answer ... YouTube! And then he was kind enough to email me the information to pass along to all of us here at SP <https://youtu.be/-qmy5V-40CO>. Thanks, Tom. Hopefully all of us at SP will be ready with the latest training now. And hopefully there will be another defibrillator in the upstairs area very soon too.

The McEwen's love living at SP. Tom says he enjoys the social fabric of the community.

Being retired, Tom and his wife Gail of 37 years have time for things they really enjoy, like golf and travel. Tom has an

an acoustic and an electric guitar (60's and surf music) but claims he's not ready yet to play for us. He's still an 'aspiring' guitar player, he says adamantly, but you know how those Happy Hours can end up. Skiing, snowmobiling, some ATV and hockey have been part of Tom's interests in the past and when the McEwen's spend winter holidays in Casa Grande, AZ pickleball is on the list too.

This summer the McEwen's took a driving trip across Canada and down through the USA. August 2015 will find them back in the USA again for their daughter's wedding at Olympia, WA. Their daughter is a Family Physician and has studied in Canada (UNBC), Grenada, West Indies, New York, and most recently Indianapolis where she completed her residency. After 11 years of med study she will be coming back to Campbell River, B.C. to practice family medicine. The McEwen's son has a tile setter business in Kelowna and has provided 2 grandsons to keep the McEwen's busy.

Business travel has taken Tom to Germany, U.K and many states in the USA. The McEwen's have enjoyed Cruising and are looking forward to a Hawaiian Cruise next.

The last thing about Tom McEwen I'd like to mention in the amazing search for his Ancestors/Family History he has been doing. He has been successful in tracking down relatives in Canada and the USA that he didn't know he had. He met some of them on the cross Canada & USA trip the McEwen's have just completed. It's been a huge amount of work so perhaps if you'd like to learn how he's done it I may do a story on this at a later date. Personally I found it fascinating and would like to learn more about the process.

Mary Trueman

## Letters



Please send your comments and letters to [sonomapinesnews@gmail.com](mailto:sonomapinesnews@gmail.com)



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## Kayaking Our Lakes

By Ed Dorosz, July 2015

Soon after moving to Sonoma Pines we decided to take advantage of the numerous nearby lakes. The question was 'Should we get a canoe or kayak'? After testing various models of both boat types we settled on a kayak, which offered more flexibility of use, superior stability on the water and importantly, took less storage space.

We use the kayak about twice weekly from mid June until October, mostly for day trips to local lakes. Sometimes we'll disappear for a week or longer to the BC interior or coast to explore new waterways. Occasionally friends will join us with their kayak(s) for a wonderful day on the water, with picnic lunches at secluded beaches or islands, and perhaps a stop at a winery at the day's end. Those are truly some of the best summer moments.

Of course the aim is to have fun and some exercise, but safety is paramount at all times. We find kayaks are more stable than canoes and our 'sit on top' model is unsinkable. Make no mistake, they can be capsized, but one quickly learns the safety precautions and paddling techniques to minimize that danger. The winds can pick up suddenly in the mountain valleys and higher elevation lakes making it risky for amateur paddlers in smaller canoes or boats. The wind often appears mid day or soon after, so beware. You need to keep reading the sky and water surface off toward the horizon, including behind you for tell tale signs of wind or approaching storms. If the sky appears unsettled, its best to stay close to shore so shelter can be easily reached if necessary. Besides, the sights and sounds of nature are more attractive along the shoreline. However, be 'bear-aware' whenever you stop at a remote beach or island. Another thing about winds, they can shift or become more intense. Paddlers usually return to their departure point (because that's where the car is). After that wonderful paddle with the wind at your back for the last hour or two, you decide to return. Now you'll likely have a headwind, which can double your paddling time and effort. Keep that in mind. Rarely will you have a tail wind in your favour all day.

It's easy to launch a kayak in Okanagan Lake just about anywhere, and begin exploring its innumerable shorelines. We've paddled directly across many times (20-30 minutes) including accompanying swimmers at Peachland's famous Rattlesnake Is. swim race. Other favourite lakes include Vaseux Lk (south of Okanagan Falls), Beaver Lk (east of Winfield), west arm of Kootenay Lk, Allison and other small lakes around Princeton. Really the choices are almost limitless. In a canoe or kayak, you can silently glide along the shores or wetland areas to capture nature at its finest, spotting turtles, loons, herons and other birds, turtles, beavers and baby fawns to name a few. Have your cameras ready.

For those looking to get into the sport of paddling, a great local resource is the Kelowna Canoe and Kayak Club which offer training, group events and plenty of information. Check them out at [www.kckc.ca](http://www.kckc.ca) Or if any Sonoma Pines residents would like kayak information or possibly share a fun day on the water with us, feel free to contact Ed Dorosz [edndenise@telus.net](mailto:edndenise@telus.net)



Exploring the channel north of Vaseux Lake



Stop to stretch legs, Vaseux Lake, (near Oliver)



Starfish on paddle, Copeland Is., north of Lund, B.C. (not so sunny Sunshine Coast)



### Markets may change. Good investing advice is timeless.

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## Best Kayak Trip Ever!

By Sandra Dirom

Beaver Lake. What a delightful surprise!

It was an easy launch with our friends on this surprisingly beautiful, northern (in elevation) lake just an hour from West Kelowna.

We paddled north to its furthest end, beached the kayaks and had a picnic lunch near a clump of trees. It was quite peaceful, and we were lulled into a trance of peace and solitude. After lunch we started our return leg, enjoying the scenery every paddle sweep of the way. We were awakened from our trance by a frightening roar which echoed and re-echoed from the forest we had just left! Our hair stood on end as we all paused and attempted to assess what we just heard.



### Listening to the loon symphony on Beaver Lake

As the roar of the bear diminished, other forest voices emerged. We were entranced by a symphony of voices the like of which we have never heard before. Loons! Their repertoire was rapturous and melodic, and their water ballet was like nothing I had ever seen. As we continued further down the east shore, we saw an osprey. All of a sudden, it plunged into the lake in front of us and emerged with a fish in its talons. Another osprey appeared and dove on the first osprey, forcing it to the water. It dropped its fish, and the second osprey scooped up its prize and flew away. The first osprey flew away to start its search again. As we neared the end of this remarkable journey, the last surprise still awaited us. As we rounded a slight corner, a shaft of sunlight glinted off of a majestic blue heron perched on a log near the shore. We were able to drift to within four feet of it before it took flight. I was able to capture some amazing photos of this magnificent bird.

I have painted several canvases from this trip; a trip which will live long in my memory as outstanding.



### Approaching beaver dam on Beaver Lake

What was that? Animal? Machine?

We heard it again, but were still not sure. We heard it again and no doubt, it was a bear, but such a terrible roar. It sounded like it was trapped and in agony. We resumed our journey with some vigor and throughout the afternoon we continued to hear the bear until it was out of our hearing.

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## Vandalism in Sonoma Pines

The recent vandalism damaging the sprinkler heads near the Clubhouse was done by a group of youths from outside our community.



Although a resident came upon the vandalism and was able to track the youths to a mobile home location near the lake, unfortunately was not able to call the RCMP. APM have informed the RCMP and United have been engaged to fix the broken heads.

This is a reminder that as residents, we are the eyes of our community and whether you see suspicious activity or are a victim (no matter how small) please report the occurrence to the West Kelowna RCMP. By knowing what is happening in our community the RCMP and your Safety & Security Committee can take whatever action is required to deal with the situation.

The RCMP contact number is 250-768-2880 or 911 if it is more urgent.

Darrell Bellamy

Chair, Safety & Security Committee

## Interested in what's going on in Sonoma Pines?

Please check out our community website – <http://www.sonomapines.info>

Here is some of the information you will find:

The date for the next SPHOA Council Meeting.

Upcoming Community Events for the next three days and if you are interested in a longer-term view you can click on the Calendar tab at the top right of the page

Latest news from the committees can be found under Recent Stories And Posts in the right hand column.

Lists of committees and committee members can be found under the Council And Committee tab at the top of the page.

Latest Council minutes and historical minutes as well as AGM minutes can be found under the Council And Committee tab at the top of the page.

Financial information, monthly budget actuals as well as our annual approved budget is available under the Council And Committee tab.

Recent and past copies of the Newsletter can be found under the Newsletter tab.

If you are looking for something specific and can't find it try the search function in the right hand column.

Information on our expanded community can also be found with restaurant reviews, book reviews and articles on interesting places nearby to visit.

*Some of the items are password protected. The password is sonomapines (all one word, small case).*

There is a lot of good information on the site and if you don't find what you're looking for or think that there is something else that should be included please let us know at

[sonomapinesinfo@gmail.com](mailto:sonomapinesinfo@gmail.com)

## Checking your home water pressure



You read in the last Newsletter about volunteers checking the water pressure regulators in Sonoma Pines homes. It was decided at the June maintenance committee meeting that checking the water pressure should be the responsibility of the individual homeowner and it is recommended that homeowners do the check annually.

Supposedly the water pressure regulators have a life expectancy of about ten years but several that have been replaced in the last year had only lasted between five and six years. As Norm Asselstine found and reported in an earlier article on water pressure, "While you should be able to adjust your PRV to control your water pressure both my neighbour and I ended up replacing ours. With the original PRVs we found that after we lowered the pressure down to 60 PSI it gradually went back up to over 100 PSI – meaning our PRVs no longer functioned properly."

### Symptoms:

Have you heard any funny new noises coming from your toilet bowl tank or found water in the drip tray below your water heater?

### How you can fix it:

For an accurate reading all taps in the house should be off. If they are on, it can lower the pressure by 10 or 15 psi. Using an outside hose bib, open the tap for a few seconds to release any trapped pressure in the system. (caused by a slow leak in the PRV) Attach the Pressure gauge and turn on the tap slowly. The gauge should quickly reach the measured pressure. Watch the needle for 5 or 10 seconds to see if it remains constant. If it does then you have an accurate reading. If it slowly increases then the valve is leaking and needs replacement as there will be excessive pressure on the system when no water is being used. Turn the tap off and slowly unscrew the gauge to release the pressure.

You can buy an appropriate gauge for under \$20. Home Hardware has them in stock.

If you need more help with checking your water pressure and adjusting your PRV there are a number of videos on YouTube that can assist you, or you can contact your plumber. The company that installed most of the plumbing related equipment in Sonoma Pines (including the toilets, water tanks and PRVs) is [West Kelowna Plumbing; they can be reached at 250-769-7477.](#)

Thanks to Norm Asselstine, Glen Hemming and Lyle Larrigan for their contributions.

## "Summer Fun Photo Contest"

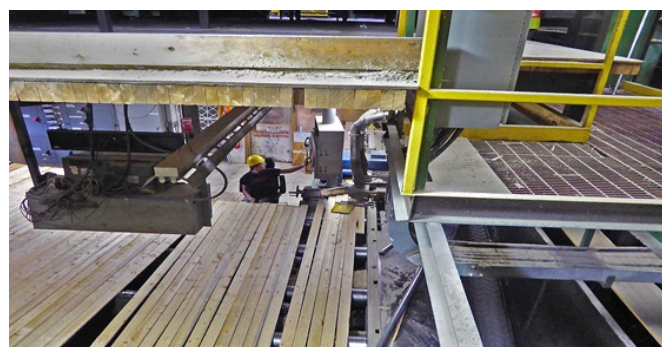
Submit your favorite " s u m m e r f u n " photographic image. At least the top three images will be posted to the Sonoma Pines Website in October. The winning photographer will receive a \$50 gift certificate from London Drugs for use in the Photo Department.



Open to all Sonoma Pines Residents. Images should be in the JPEG format with a maximum horizontal dimension of 1400 pixels or a maximum vertical dimension of 1050 pixels. If you can't or don't know how to resize your image send it anyway and it will be resized for you. Images must have been taken between June 15 and September 15 this year. Images are to be submitted to Lyle Larrigan at: [heritageimaging@shaw.ca](mailto:heritageimaging@shaw.ca) with a subject heading of: Sonoma Pines Summer Fun Photo Contest. Deadline for submissions is September 15. Images will be evaluated by the Sonoma Pines Camera Club.

## Gorman Bros SiteTour

Gerry McNichol and the social committee organized a site tour of the Gorman's lumber mill for Wednesday, July 22. There were about 20 Sonoma Pines residents in attendance and we were astonished to learn the scope and complexity of this operation. The wood products are typically planks of various widths, tongue & groove boards that are sold locally in Rona but their major market are Korea & China. This is the largest sawmill of its kind in North America and operates three shifts 5 days a week. The use of technology in both maximizing the usable wood from a log and the whole process management was on a scale that was simply spectacular. Every bit of the log from the bark and chips are all used in one form or another. It was quite a site to see the logs being handled like tooth picks and being cut in boards at a rate that was dizzying. A huge thank you to Gerry for organizing this.



**Community Celebrates Canada Day**



Well over 120 residents turned out to celebrate Canada's 148<sup>th</sup> birthday. The weatherman cooperated so many guests enjoyed the patio. Food was prepared by our very own master chef Bruce Harper and his crew. 'Hats off' to Lorna Wright and the Social Committee for a fabulous job of decorating the Clubhouse and making sure everyone had fun, Eh!

Photos by Ed Dorosz



**Latest Canada Day Head dress**



**Men drink beer while women patriots line up for food**



**Bruce Harper & crew, feeding the party-goers**



**The Rykon Appreciation Barbecue was a resounding success with some 200+ people in attendance.**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Men's Golf Back Nine and Breakfast 7am Yoga 9am	3	4	5	6	8
August 9 Car Rally 	9	10	11	12	13	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

## Upcoming Special Events

**August 9**  
Car Rally  


**August 14**  
Pot Luck Dinner  
Happy Hour 4-8pm

**August 22**  
Sonoma Pines Block Party

**September 20**  
Sonoma Pines Golf Tourney  


### Sonoma Pines Activities & Contacts

**Clubhouse Cleaning every Sunday.**

Upper from 11am to 2pm  
Lower from 2 to 4:30pm  
Gym from 2 to 4:30pm

**Photography Club**

Lyle and Karen Larrigan  
250-768-2555  
[heritageimaging@shaw.ca](mailto:heritageimaging@shaw.ca)

**Quilting**

Gaye Hunter at  
250 768-0996

**Painting Club**

Glen Heming  
[250-768-0991](tel:250-768-0991)  
[glenheming@telus.net](mailto:glenheming@telus.net)

**To place notices, on the Bulletin Board, please contact:  
Charlie Milazzo at 778 754 1000 or drop off the item at 2150 Alvarado Trail**