



You can tell by my photos that Spring has arrived at Sonoma Pines; the magnolia trees are blooming at our entrance, the gardens need clean-up, and Two Eagles Golf Club is already busy. The Social Committee has several things on the go as you know and our photographers, Karen and Lyle Larrigan have been busy too. And just as we are looking forward to a warm Okanagan Summer two of our residents, Gail and George Forshaw, are heading off to hike the Pacific Crest Trail - a five-month test of endurance. I know we will be hearing lots about their trip in the future. Good luck Gail and George.

This brings me to ask you "what would you like to read about?" in future issues. The Communications Committee has a few ideas that we hope will be of general interest but we'd like to know what YOU would like to read. Are you interested in The Arts (any in particular?),

## Welcome Back Snowbirds!

Sports, Restaurants, Gardening Tips, Books, Cooking, and special interest in any Hobbies? We have covered introductions to our Council Members, our new Property Manager, Greg Bickert, the Fantastic Sonoma Pines Social Committee and some sports clubs and events, even a book review or two. I would very much appreciate your taking the time to let me know what you would find interesting [mtruelman@shaw.ca](mailto:mtruelman@shaw.ca) Subject line - idea for Sonoma Pines Newsletter. Thank you!

We are situated beautifully at Sonoma Pines to take advantage of the short distances to two cities (Kelowna & Penticton) and three towns (Peachland, Summerland & Naramata) south of us that all have lots of things happening throughout the Summer. The Farmers' Markets in each of these places are a delight. Peachland has a beautiful new Art Gallery on Beach Ave. in the Yellow Schoolhouse and the Art Gallery in Summerland has been a destination spot for shows for many years. There's music in the park concerts all over the place too. If you're new to this area you don't need to wonder if there's anything to do around here. There is! Kelowna's Newspaper 'Kelowna Daily Courier' has lists of things, as does 'Peachland View' and the other



town newspapers - pick one up when you're going through the smaller towns. If you want to head North to Lake Country and on up through Armstrong, Enderby to Vernon you'll find similar things there. The beautiful Okanagan wineries and golf courses are legendary. Just be on the lookout for your favourites and then get going and enjoy :0) Enjoyable restaurants and picnic areas are part of the fun.

Do send me your ideas and again... welcome back snowbirds!

Note: If you are interested on some earlier restaurant reviews, local hikes or information on local galleries you will find more on our website - <http://www.sonomapines.info> and if you want to "get the word out" about an upcoming event, let us know on our facebook page.

<https://www.facebook.com/sonomapinesresident>

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## 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).



## New Neighbours?

The WFN Chief and Council have given initial consideration to an amendment to change the Land Use on the parcel identified below, from Mixed Use to Residential Low Density; and Zone from Single Family High Density to Multi Family Low Density.



Rumor has it that the development might look similar to one in Kelowna at the corner of KLO and Benvoulin seen below. This is an example of what is being proposed, as nothing in this plan has been finalized yet and WFN has not released the name of the developer.



On a connected note, regarding the intersection at Carrington and Sonoma Pines you may have noticed some surveying work taking place last week. I spoke with the fellow in charge and he said that he was producing a map for the engineers to use in their decision on what to do with the intersection. He mentioned that it was a busy junction and that while trying to do his survey he was, "always dodging somebody."

## Spring Fix Up



You may have seen Vern out and about as the weather improves. He has been busy getting an early start on some repairs around the neighbourhood. If you see anything that needs some fixing up please contact Greg Bickert

at [sonomapines@associatedpm.ca](mailto:sonomapines@associatedpm.ca)



## Please keep an eye out for cyclists

As Mary mentioned on the front page, spring is definitely here. With the milder weather we'd like to remind drivers to please watch for the pedestrians and cyclists who will be on the roads in much greater numbers.



ps. - we found an abandoned bicycle a few days ago and if you have lost one, please send the description to [vernpati@shaw.ca](mailto:vernpati@shaw.ca) and they will get in touch with you. Thanks



## St Paddy's Day



"Fair Play!, to the ladies of the Social Committee"

A wonderful Happy Hour was held to celebrate St. Patrick's Day; when all raised a glass to declare, "Today we're all a bit Irish!"



## Letters



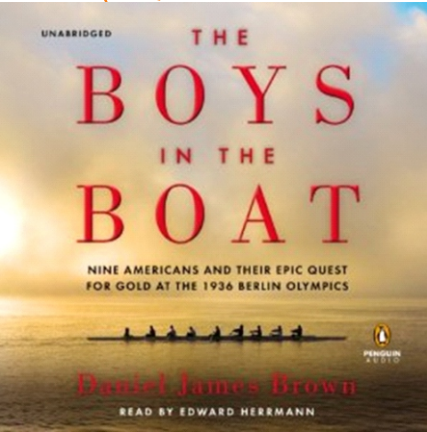
Please send your comments and letters to [sonomapinesnews@gmail.com](mailto:sonomapinesnews@gmail.com)



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## Book Review - The Boys In The Boat

by John Scott

You'll want to add this to your summer reading list. We've all heard and read stories of the last Olympics before World War II, but unless you're an alumnus of the University Of Washington you probably have not heard of The Boys In The Boat.

It's a story of a group of freshmen rowers and the accounts of their trials to make the team, their struggles to stay in school during the depression and how they managed to out row more senior crews on the Washington team, as well as the Ivy League schools; finally to represent their country at the 1936 Olympics.

You know from the first page that they won Gold, yet as the story unfolds you'll find yourself sharing the uncertainty of the rowing crew, even as they surpass each of the challenges in their journey.



### CPR Course

A CPR Course has been tentatively scheduled to take place in the Sonoma Pines Clubhouse from 9-12:30 on the morning of April 25.

There are still a few spots open and if you like to participate please send an email to [sonomapinesnews@gmail.com](mailto:sonomapinesnews@gmail.com)

#### CPRA with AED

This course teaches adult resuscitation only and is suitable for adult caregivers, family members, seniors, high school teachers, coaches (for adults) and the general public. There is no written examination.

#### Course content includes:

- roles and responsibilities
- adult resuscitation (1 and 2 rescuer CPR, automated external defibrillation (AED), and first aid for choking)
- use of universal precautions including gloves and pocket mask

Cost of the course: \$40

**Sonoma Pines Eggstravaganza & Pancake Breakfast**

**Saturday April 4, 2015**

Activities: Egg hunt, Prizes, Easter Bunny, Face Painting, Games

**9:00 to 11:00**  
at Sonoma Pines Clubhouse  
(Egg hunt at 10:00)

Proceeds to Sonoma Pines Community

Invite your family and friends.  
\$ 5 per person  
\$ 3 per child (3-12)  
under 2 is free

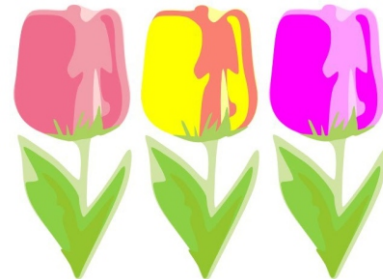
R.S.V.P to [eggstravaganza2015@gmail.com](mailto:eggstravaganza2015@gmail.com) before April 1

Come get to know others in your community.

## SPRING FLING

### POTLUCK DINNER/DANCE

**SATURDAY MAY 9<sup>TH</sup> 2015**  
**COCKTAILS: 6:00-7:00pm**    **DINNER: 7:00 – 8:00pm**  
**DANCE: 8:00 – 11:00PM**



Bring your favourite dish to share, put on your dancing shoes and join us for an evening of good friends and good music .....  
Door Prizes and Raffle

RSVP TO LORNA WRIGHT [lorna-wright@shaw.ca](mailto:lorna-wright@shaw.ca) 250-452-9872 or SHARON MCNICHOL [mcnicholgs@gmail.com](mailto:mcnicholgs@gmail.com) 778-754-0777  
THIS EVENT IS LIMITED TO THE FIRST 80 PEOPLE

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

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# Pickleball. a Sport?

Pickleball. A sport? You gotta be kidding with a name like that! It seems like there are two types of people in the world: those who know about this oddly named sport and those who don't. But the number who know about Pickleball – and are getting on the courts and playing – is quickly increasing. It is now recognized as one of North America's fastest growing sports with over 7,500 players in BC alone at over 100 different places to play. Pickleball courts and programs are springing up everywhere including in the Okanagan Valley where there are at least a dozen place to play indoors and just as many outdoors.

I discovered Pickleball while wintering down in sunny California about ten years ago and have been playing ever since to keep up my fitness and to satisfy some of my competitive juices. Pickleball has been described as a combination of tennis, badminton and

table tennis – but is so much more. The game is played indoors or outdoors on a court that is (almost) identical in size to the one used in doubles badminton. The game is played with a solid paddle and a plastic perforated ball resembling a large wiffle ball.

The Pickleball net is 34 inches high in the centre – two inches lower than a tennis net. Like tennis, and most other racquet games, the sport allows for singles and doubles. Most games go up to 11 points and must be won by two points, and only the serving team can score. Racquets (or paddles) are lightweight typically ranging from about \$25 (for wood) and \$70 to \$90 for graphite, aluminum or composite. There's no formal Pickleball wear – players are encouraged to dress comfortably in gym-type clothing and to wear athletic, tennis-style shoes.

The sport is perfect for seniors because, if you play the game right, you don't have to be running all over the court and hitting the ball hard as you do in tennis. The sport is also perfect for young people and is currently being taught in schools in Canada including in Kelowna. Fast-paced and characterized by quick reflexes and good hand-eye coordination, it is a game of being in the right place and hitting with accuracy and not necessarily strength. Finesse! Because of this men and women often play together as equals. In fact, if you have ever played any racquet sport (tennis, badminton, ping pong, squash, racquetball etc.) there is no doubt that you will be able to learn the basic strokes in a few short sessions and enjoy yourself from the get-go. Master a few fundamental rules and you are on your way to enjoying a wonderful sport noted for its camaraderie and just plain FUN while continuing to keep fit both physically and mentally.

The game celebrates its 50<sup>th</sup> anniversary of invention this year. To learn more about the history, terminology, rules and strategies you can't go wrong accessing the following sites: <http://pickleballcanada.org/> (this is site of the Canadian governing body) <http://www.usapa.org/> (the US governing body)

The Pickleball Kelowna website is at: <http://www.pickleballkelowna.com/>

(this site lists all the places to play in the Okanagan as well as the contacts for each location. For us in Sonoma Pines, Peachland offers excellent court times and programs for beginners and experienced players alike - you can even borrow racquets there!)

So, wait no longer – try out something different while keeping fit and meeting a whole gaggle of folks with the same thoughts and aspirations.



**Signs  
of  
Spring!**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Sonoma Pines Ladies Golf  Yoga 9am Canasta 7pm	<b>2</b> SPHOA Council Meeting 9am Pool 7-9pm	<b>3</b> Sonoma Pines Ladies Golf	<b>4</b> Easter Egg Hunt Pancake Breakfast 
<b>5</b> Private Function 2pm	<b>6</b> Yoga 9am	<b>7</b> Quilting Club 9am - 12pm LL Cribbage 7pm	<b>8</b> Yoga 9am Canasta 7pm	<b>9</b> Camera Club 1:30 pm Pool 7-9pm	<b>10</b> Sonoma Pines Ladies Golf Happy Hour 4-8pm	<b>11</b>
<b>12</b>	<b>13</b> Yoga 9am	<b>14</b> Quilting Club 9am - 12pm LL Cribbage 7pm	<b>15</b> Yoga 9am Canasta 7pm	<b>16</b> Pool 7-9pm	<b>17</b> Sonoma Pines Ladies Golf	<b>18</b> Town Hall Meeting 10am til 12 noon
<b>19</b>	<b>20</b> Men's Golf Back Nine and Breakfast 7am Yoga 9am	<b>21</b> Quilting Club 9am - 12pm LL Cribbage 7pm	<b>22</b> Yoga 9am Canasta 7pm	<b>23</b> Men's Golf Back Nine and Breakfast 7am Camera Club 1:30 pm Pool 7-9pm	<b>24</b> Sonoma Pines Ladies Golf Happy Hour 4-8pm	<b>25</b>
<b>26</b>	<b>27</b> Men's Golf Back Nine and Breakfast 7am Yoga 9am	<b>28</b> Quilting Club 9am - 12pm LL Cribbage 7pm	<b>29</b> Yoga 9am Canasta 7pm	<b>30</b> Men's Golf Back Nine and Breakfast 7am Pool 7-9pm		

## Upcoming Special Events

**April 4**  
Easter Egg Hunt



**April 18**  
**Town hall Meeting**  
We will review the AGM agenda and final bylaw revisions.

**May 8**  
Spring Fling Potluck Dinner at The Clubhouse



### Clubhouse Cleaning every Sunday.

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

**ATV Enthusiasts**  
Glen Lesmeister  
250-707-1151  
[glesmeis@shaw.ca](mailto:glesmeis@shaw.ca)

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

**Quilting**  
Gaye Hunter at  
250 768-0996

**Snowshoe Club**  
George Forshaw  
250 768-8070  
[ghfsquaredf@gmail.com](mailto:ghfsquaredf@gmail.com)

**Something New!**  
Big White Car Pool  
[mcnichol@shaw.ca](mailto:mcnichol@shaw.ca)

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)