



## S P New Property Manager

Dear Owners,

As you may have recently heard, I am taking on a more senior role in the management of Associated Property Management. Unfortunately, this means that I will no longer have the pleasure of acting as your property manager. Greg Bickert will be taking over as the designated property manager for Sonoma Pines.

I will be involved as much as possible during the transition of property management responsibilities to Greg. And of course, I will be available to assist Greg and answer his questions after the transition is complete.

Going forward, you may contact Greg directly about any matters involving Sonoma Pines. His contact information is noted below.

Phone: **(250)869-8828**  
**1-877-612-0025 ext. 311**

Email:  
**sonomapines@associatedpm.ca**

Web: **StrataGreg.com**  
**facebook.com/StrataGreg**

Please allow me this opportunity to share some information about Greg and his experience in Strata Management.

Greg joined the industry in 2005 as an unlicensed assistant. He demonstrated his ability to lead and rapidly worked his way to the top of the corporate ladder to

b e c o m e  
 Managing Broker for the head office and two branch offices of one of the largest Strata Management companies in the BC Interior. He was Managing Broker for that business for three years, before he joined the team at Associated Property Management (2001) Ltd in January 2015.



**Greg Bickert**

Greg prides himself on being an expert in his field. He frequently receives positive feedback about the depth of knowledge he has about the Strata Property Act and related law. He has even given several seminars to insurance companies and to an insurance adjuster and brokerage society about the Strata Property Act and its application to insurance claims.

Greg maintains that there is always something new to learn. To that end, he makes it a practice to attend seminars, complete courses, and sit on committees with other strata agents so that he will constantly grow his understanding of condominium law and building science, thereby providing a higher standard of care for his clients.

Thank you for your time.

With best regards,  
 Robert T. Zivkovic, *B. Comm.*

## What do you see for the future of Sonoma Pines?

As we move into the budget process for the 2015/2016 fiscal year, council would like to provide you with an opportunity to influence the priorities and future plans for Sonoma Pines.

The Town Hall meetings to date have been very productive. Council has taken the advice presented and has made changes to the parking rules & included input on the landscaping guidelines. These will be tabled at subsequent council meetings.

The March Town Hall meeting will focus on the ideas you have for our community. What are the additions you think should be considered that would enhance our community or make it more desirable? Does an extension to the clubhouse seem reasonable? Should we consider adding more parking around the clubhouse? What about adding some paths near the fence on southern end of the property? Do you think we should be moving the security gate to the upper entrance on Sonoma Pines Drive? Are there operational priorities you think need attention?

This discussion is simply a starting point to help direct council on projects we should be considering. The next steps from these discussions would be to develop high

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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).



## Sonoma Pines Ladies Golf



Ladies Golf is just around the corner and we at Sonoma Pines are gearing up for a even bigger and better season. We could have double the numbers that we had last season, so, to get organized and to be able to talk to the golf course about how many they can handle, we are asking you to let **Kerri Schmeid** know now if you're interested in joining us.

We golf Fridays at Two Eagles starting around 10:00am with the group that plays 18 holes, and around 1:00pm with the group that plays 9 holes. We then all meet back at 19 Okanagan Grill and Bar for a cocktail. If you think you might be interested, please send a email to Kerri at [kerri.s@telus.net](mailto:kerri.s@telus.net), with your name, email address, phone number and your choice of 9 or 18 holes. As the season gets nearer, she will email you your first tee time.

We, the Ladies of Sonoma Pines are just out for a fun time, so don't feel intimidated. If you're just learning, or a pro we all just want to have fun and meet the local ladies.

## Sonoma Pines Men's Golf



For the last two years the Men's League of Sonoma Pines has joined forces with the Newcomers group to golf Monday and Thursday mornings at Two Eagles Golf Club. We do the back nine and breakfast.

There is also a league of seniors who play Tuesday mornings and a men's night on Wednesday, this allows those participants to join us as well.

It has worked out awesome that we could meet our neighbours from the surrounding areas, have coffee and breakfast and golf for the fun of it.

I have taken the names of the men that want to golf with this group, Mondays and Thursdays (some do both), and pass the names on to Barry who does the scheduling and emails everyone the times. It has worked out great and all that have joined seem to enjoy this event.

If you are interested, send your details to Gerry McNichol at [mcnicholgs@gmail.com](mailto:mcnicholgs@gmail.com) and I will pass the names on to Barry. He takes care of the Newcomers and I take care of Sonoma Pines.



## Community Golf Tournament Coming

Circle September 20 on your calendars. Planning is well underway to hold the golf tournament at Two Eagles GC that afternoon, followed by an awards dinner at our SP Clubhouse. The net proceeds of this year's event will be split 50/50 between local charities and the SP Social Committee for program development. The 9-hole golf game will be limited to 80 players and dinner seating will be capped at 95. More details will be available in late April, with ticket sales starting in May. Initial inquiries may be e-mailed to Ed Dorosz at [edndenise@telus.net](mailto:edndenise@telus.net)

## Revised Parking Regulations

Subsequent to the Town hall meeting where we discussed revisions to the parking regulations, Council has been discussing and revising the regulations to reflect suggestions made by homeowners. Once the revisions have been approved at Council and before our final Town Hall meeting this spring, the final regulations will be published.

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discussions would be to develop high level cost estimates, hold future town hall meetings to share the details and provide an impact assessment to our strata fees. These would then all be subject to approval at our AGM.

Sonoma Pines is our community and think



Karen Dickie is discussing proposed landscaping guidelines

we need to continually invest in projects and priorities that provide for changing needs of our residents. Our future is based on the vision you bring. A progressive community looking to the future provides protection to the investment homeowners have made in Sonoma Pines and will continue to make us one of the most desirable housing complexes in the area. Our next Town Hall meeting will be held on March 7<sup>th</sup> from 10:00 to 12:00 at the clubhouse.

We have also scheduled the final Town Hall before our May 28 AGM, to take place April 18<sup>th</sup>, at 10:00 am to review the AGM agenda and final bylaw revisions.

## Booking Agent For The Clubhouse

Thanks to Dianna Eskildsen who has taken over responsibilities for clubhouse bookings. We greatly appreciate Dianna stepping up to help out, but she will still require some assistance when she is away.

The booking agent will help with bookings of rental events for Sonoma Pines residents and ensure those bookings are added to the Clubhouse Calendar. If you are interested in helping out please contact:

Dianna at 778-754-0106 or

Charlie Millazzo at

[charliem.strata@gmail.com](mailto:charliem.strata@gmail.com)

## Letters

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



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Tell us you live in Sonoma Pines to save 5%

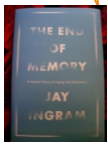
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### Store Hours

Monday to Saturday  
8:30AM - 5:30PM

Sunday & Holidays  
10AM - 4PM

250-768-3125



## The End Of Memory

I encourage everyone to read this book. - Mary Trueman

Jay Ingram's new book "The End of Memory" is quite a read. When I decided to buy the book and then do a review for the 'Sonoma Sun' I was hoping to be able to deliver some good news. Not yet, I'm afraid. We know that people over the age of 65 now comprise 15% of Canadians; by 2030 they will become a quarter of the population. We also know that one in two North Americans over 85 now suffers from dementia, and to make matters worse once Alzheimer's starts, its spread is inexorable. There are two kinds of Alzheimer's Disease, Early Onset which seems to strike at about age 45 or so and the kind that strikes much later, in Old Age. Jay Ingram's mother died of it at age 94.

Some of you will remember Jay Ingram from CBC Radio One's 'Quirks & Quarks' and Discovery Channel's 'Daily Planet' - a Scientist with a sense of humour. But in Jay's own words "I like to tell jokes in my science talks, but there really aren't any good Alzheimer's jokes".

Clearly what we need is more money devoted to Alzheimer's Research ... lots more research.

I am not a scientist so I'll spare you the paragraphs on plaques, tangles and tau . My own copy of the book is underlined with notes in the margin all over the place where these important parts of what Alzheimer's actually does to the brain are explained. I will tell you that a good formal education gained at an early age is one of the things that ward off Alzheimer's (it builds "brain reserve") and then getting a challenging job/career. Being bilingual also protects against dementia as does learning to play a musical instrument early on in life. Conscientiousness is hugely important!!! And here's a sentence from the book I found quite interesting - "On the other side of the coin, a recent study out of Finland argues that cynics are more likely to become demented". Soooooo, don't be a cynic!

What can we do to protect ourselves against Dementia & Alzheimer's since research tells us that Alzheimer's begins years, even decades, before symptoms appear? And most of us are now way past twenty-five. (1) We can study what Alzheimer's is all about. I'd recommend this book for starters. (2) We can "eat smart". Sugar is the enemy of Alzheimer's & Dementia. We can eat lots of vegetables, especially leafy greens and cruciferous (3) we can get some exercise every day, even just walking will do nicely. We can stop sitting in front of the Television, alone, watching any old thing. Watching TV with someone else is best and documentaries are preferable - we might just learn something. (4) Doing Crossword puzzles is good as is knitting (5) Social interaction is very good, mixing with others, having a chat ..... all the sorts of things our Social Committee at Sonoma Pines is so famous for :0).

On February 25th my husband and I will be attending the UBC Distinguished Speakers Series presented by the Irving K. Barber School of Arts and Sciences at the Kelowna Community Theatre- we go to all of them. Jay Ingram is the Distinguished Speaker. So many of us wanted to hear him that I understand a second night has been added.

At the very end of "The End of Memory" Jay Ingram said "While I was writing this book, two new blood tests for Alzheimer's, or at least tests to foresee the development of the disease, were announced : one based on a set of ten fat molecules in the blood, the other on a set of ten proteins. In both cases, the combination of results from all ten could predict progression to Alzheimer's over the next few years with 80- to 90 per cent accuracy."

## Easter Egg Hunt and Pancake Breakfast

Mark it in your calendars for April 4. Come enjoy some pancakes with your neighbours. Feel free to bring your children, grandchildren,

nieces and nephews as The Easter Bunny will be in attendance with face painting and treats for all.

This is a truly great family event, with details to follow.



## Sonoma Pines Facebook Page

Did you know that we have a Sonoma Pines Facebook Page?

Yup. We set it up as a way of notifying our neighbours about upcoming social activities within our extended community. You can find us at:

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

Don't forget to like us and if there is anything you think other residents of Sonoma Pines would be interested in, be sure to post it.



We are also looking for someone to run a short course on Facebook, for non internet types who live in Sonoma Pines and would like to become more familiar with social media and how to use it. If you can help out please contact us at [sonomapinesinfo@gmail.com](mailto:sonomapinesinfo@gmail.com)



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

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## Happy Hour Update

Turnouts of the Happy Hours have been awesome and we have two for the month of March – Friday the 13th and then Saturday the 28th, due to a booking for a private function. The one on the 13th will be the **St. Patrick's Day** event and we all want you to wear green, bring out the Irish in all of us. We are looking forwards to the snowbirds returning but warn them that seating at the clubhouse is getting full so you have to come early.

**All in fun - The Social Committee.**

## Valentines Happy Hour



Great crowd!



Great food!



Sharon McNichol, Jean Scheidl,  
Sandi McTavish, Larry Herchak,  
Sandi Bellamy, Susan Dravinskis,  
Diana Eskildsen.



## Social Committee Member



Sharon McNichol

Sharon McNichol who is one of the 15 Members of the Sonoma Pines Social Committee was kind enough to spend about an hour and a half with me, filling me in on what these

hard-working people do for us. You are probably familiar with the Sonoma Pines Event Calendar that is part of the monthly newsletter, and also now at <http://www.sonomapines.info>, which lets us all know what's going on at SP and allows us to choose to do the things that most interest us.

There is much to choose from, planned and executed by the Social Committee. This is where I say a huge Thank You! to each and every one of them. Happy Hours and Pot Lucks, Special Dinner & Dance occasions (Valentine's Day, St. Patrick's Day, Grey Cup Party, New Year's Eve, etc. etc. - one theme per month) are all made possible through the work of this 15-member committee. Not only do they do all this organizing, they are wizards in the cleaning up department too. Just pop into our lovely Clubhouse the day after an event and abracadabra... it's gone!

This Committee also runs the SP Library. Books are donated by people like you and me by dropping them in the basket/bin in the Library, then the committee sorts, stamps and puts them on Library shelves for you to borrow, read and return. It's run on the honour system - read & return. Puzzles are also available and the addition of DVD's is currently being considered pending the storage space to house them.

Saturday, April 4th is our Easter Egg Hunt and Pancake Breakfast: This event is extremely popular, especially with the Grandkids. Carrie and Roger, who have run this event the last few years, are coming back to our community to help us out. Treats and The Easter Bunny will be there!!! You won't want to miss it.

Depending on how long you've lived here you may have heard about the SP Spring Garage Sale. This year it's on June 13th. Volunteers will be needed! It's always very successful and lots of fun- people come from all over the place for this. We have a bit of a reputation for a really worthwhile garage sale - lots of good, useful items and no junk. And, of course, it's a great way to meet your neighbours.

This committee has some great ideas for future events but they want to hear YOURS. Do let them know what you'd like to see happening. What do you think others may like to do too? It takes only a minute or two to phone or email your idea.


I won't list every member of the Social Committee here by name - they're just a great group. Sharon McNichol has given me permission to let all SP residents email her or phone her and she will re-direct you to the person who would like to hear your idea(s). [mcnicholgs@gmail.com](mailto:mcnicholgs@gmail.com) (778) 754-0777 Thanks, Sharon! Ideas for a new club (jazz, book, walking... who knows ? are all ideas that come though the Social Committee)

There is a message for each and every one of us from the Social Committee. "It's Your Clubhouse - Use it! Enjoy it!" And, "We the Social Committee have met the most awesome people that attend our functions. They are new to the community as we are and are looking forward to meeting other SP residents, socializing and having a good time. Your Social Committee is here to serve - we are here to make it happen!"

So call, share your ideas; the Social Committee wants to hear from you (unless you're proposing a SP Marching Band). Who knows? You may even want to join the group or volunteer to help out at one of the events.

Mary Trueman



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Yoga 9am	<b>3</b> Quilting Club 9am - 12pm LL  Cribbage 7pm	<b>4</b> Yoga 9am  Canasta 1:00pm	<b>5</b> Pool 7-9pm  SPHOA Council Meeting 9am	<b>6</b>	<b>7</b> Town Hall Meeting 10am til 12 noon
<b>8</b>	<b>9</b> Yoga 9am	<b>10</b> Quilting Club 9am - 12pm LL  Cribbage 7pm	<b>11</b> Yoga 9am  Canasta 1:00pm	<b>12</b> Camera Club 1:30 pm  Pool 7-9pm	<b>13</b> Happy Hour 4-8pm 	<b>14</b>
<b>15</b>	<b>16</b> Yoga 9am	<b>17</b> Quilting Club 9am - 12pm LL  Cribbage 7pm	<b>18</b> Yoga 9am  Canasta 1:00pm	<b>19</b> Pool 7-9pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Yoga 9am	<b>24</b> Quilting Club 9am - 12pm LL  Cribbage 7pm	<b>25</b> Yoga 9am  Canasta 1:00pm	<b>26</b> Camera Club 1:30 pm  Pool 7-9pm	<b>27</b> Private Function	<b>28</b> Happy Hour 4-8pm
<b>29</b>	<b>30</b> Yoga 9am	<b>31</b> Quilting Club 9am - 12pm LL  Cribbage 7pm				

## Upcoming Special Events

**March 7**  
Town Hall Meeting  
10am til 12 noon



**March 13**  
Happy Hour  
4-8pm

**April 4**  
Easter Egg Hunt



### 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  
[gfsquaredf@gmail.com](mailto:gfsquaredf@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)