

THE WILDWOOD Independent

Friday, March 3, 2023

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Meet Tricia Lutkus

By LWA Staff

This month we highlight Tricia Lutkus, Pastry Chef, who has just recently joined our team at The Oaks Clubhouse.

Tricia grew up just north of Boston, Massachusetts. She is the youngest of five children, and an identical twin. They spent their summers exploring New England, camping, and hiking, which is most likely why she has a love for nature. She comes from a family of artists of many mediums (musicians, hairdressers, cartoonists, and many others). She has always had a love of all things sweet for as long as she can remember, which we can attribute to her chosen career path.

She went to a vocational high school where baking was her major. She said, "I wasn't a big fan of cooking, so I begged to stay in the bakery." Then, she studied baking and pastry arts at Johnson & Wales in Providence, Rhode Island where she graduated in 1992 with an AOS.

She arrived in Nevada County just weeks ago, after a week-long road trip in her little Jeep from the East Coast. She started her adventure on Martha's Vineyard and this was her very first road trip. She stated, "I finally saw the Grand Canyon! I made lots of memories and it was definitely the best way to start my new adventure."



Courtesy photo | Tricia Lutkus

Her first job was in high school at a small Italian bakery in her hometown. She was decorating wedding cakes by her junior year and teaching in the bakery when a substitute was needed. After graduating college, she worked in Boston at a French hotel for a few years. She then married and

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Marching Forth

EDITOR'S NOTE



Dora Scott

“Did you know that March 4 makes the only sentence in the calendar?” A family friend explained to me when I was a kid when we realized that we shared the same birthday—March 4. I love my birthday date due to this fun fact; I march forth each time as I turn year older.

Many of my birthdays were spent with my two best friends. We had a tradition where we would go see a movie and then go to Asian Garden to eat after. I remember learning how to tip on one of these excursions, and feeling so “adult-like” that we were out on our own. Whenever we meet up, with all of us living in other cities or states, we still visit Asian Garden to catch up. It’s amazing how being in the same setting showed me how far we have come and how much more we have to grow in life.

I used to write letters to my future self to better see this juxtaposition. I would pick an age where I would be allowed to open the letter, many of them being milestone years like 18 and 21. Perhaps I will look at this Editor’s Note years from now in a similar light, picking apart the immaturity in my writing, and flooded with feelings of nostalgia for the year I turned 23.

If you are interested in submitting content or a Letter to the Editor to *The Wildwood Independent* please email me at dscott@theunion.com.

The Wildwood Independent Editor

LWA OFFICIAL NEWS

The Weeds are Loving It



DSAV



Steve Roddy

We are lucky to be enjoying a wet winter. Precipitation numbers are looking good. The days are getting longer, with more sunlight. This is great for our plants, all of them, especially the weeds. Our grasses and weeds are annuals with a short growing season. They sprout early and seek the sunlight so they can grow, reach maturity, and reproduce quickly before the hot dry days of summer when all that lush bright green growth quickly turns into a dry brown fire hazard.

Now is the time to think about spring weed eating. Lake Wildwood has a weed abatement rule in effect year-round, but for those of you who are new here, there is a special enforcement deadline around mid-June. Wet years produce heavier weed growth, and this spring should produce a bumper crop. It won’t be long before the hum of weed eaters fills our neighborhoods.

If you are going to hire a crew, now is the time to schedule the work. The good ones are busy and get harder to schedule the longer you wait. I worked my tail off for 38 years doing my own weed abatement. Our lot is large and hilly with a seasonal drainage creek. I finally decided to hire some professionals. I am happy to pay for the job.

If you are a do-it-yourselfer, make sure your weed eater starts and runs well. If you need a tune-up, go early. Small motor mechanics are swamped once the season starts.

I like to cut mid-May before the weeds dry out, but timing can be tricky. Cut your weeds too soon and some may grow back. Cut them too late and it could be a fire hazard. Last year there was a small grass fire inside Lake Wildwood when somebody was cutting dry weeds late in the season. If you do hold out, be sure to cut in the morning when temperatures are cool. Be careful not to create sparks and consider keeping a hose or other water source nearby.

Plan early, the weeds are growing!

TRICIA LUTKUS

From page 1

started a family and put her career on the backburner, but always kept baking. She said, “I made many wedding cakes as well as other baked goods.” She held odd jobs to keep food on the table and then started working at a farm in New Hampshire, where she lived with her sons. As the head baker, she managed a small staff, taught many the craft of scratch baking, and filled many customers bellies with breads and treats. She moved to Martha’s Vineyard in 2020 and held a few different jobs before working at a dairy/cheese farm as the pastry chef. Her specialty there was hand rolled croissants and danishes.

In her free time, you can find her baking. She stated, “baking is my passion.” She loves taking recipes and changing them. Aside from baking, she also enjoys reading, painting and decorating spaces, thrifting, and shopping. She said, “I also love adventures and can’t wait to add the West Coast sites!”

She is a mom of three amazing young men. They are 27, 25, and 21. She says, “I also have two beautiful young ladies that ‘adopted’ me.” They all still live in New Hampshire where she raised them. Her mom lives in Massachusetts with her twin, and she has twin brothers, one on each coast.

Welcome Tricia, we’re so happy to have you with us!

THE WILDWOOD Independent

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LWA OFFICIAL NEWS

Japanese Cuisine Night at The Oaks Clubhouse, March 15, 2023



By Val Chobanu, Director of Food & Beverage

We are so glad to introduce to our members to International Cuisine Nights every month. Our next special dinner is on March 15, 2023, and it's going to be a Japanese cuisine, which is renowned for its emphasis on fresh, seasonal ingredients, precise preparation techniques, and elegant presentation. It is considered one of the world's healthiest and most balanced diets, as it typically includes plenty of vegetables, seafood, and rice. In this article, we will delve into the fascinating world of Japanese cuisine, exploring its history, main ingredients, cooking techniques, and popular dishes.

History of Japanese Cuisine

Japanese cuisine has a long and rich history that dates back thousands of years. It has been influenced by various cultures and regions, including China, Korea, and Southeast Asia. The first written records of Japanese cuisine date back to the eighth century, when Japanese cuisine was heavily influenced by Chinese cuisine, including the introduction of noodles and soy sauce.

During the Edo period (1603-1868), Japan was a closed country, and the Japanese cuisine developed in isolation. During this period, the use of fresh, seasonal ingredients became more prominent, and many of the cooking techniques that are still used today, such as grilling and steaming, were refined.

Main Ingredients of Japanese Cuisine

The main ingredients of Japanese cuisine are rice, fish, vegetables, and soy products such as tofu and miso. Rice is a staple food in Japan and is used in many dishes, including sushi, donburi, and onigiri. Fish is also an essential ingredient in Japanese cuisine, and it is often served raw or light-

ly cooked. Popular fish varieties include salmon, tuna, and mackerel.

Vegetables are also a crucial part of Japanese cuisine and are often served as side dishes. Some of the most common vegetables used in Japanese cuisine include bamboo shoots, daikon radish, eggplant, and shiitake mushrooms. Soy products such as tofu and miso are used to add flavor and texture to many dishes, and they are also a good source of protein.

Cooking Techniques in Japanese Cuisine

Japanese cuisine is known for its precise and delicate cooking techniques. Some of the most common cooking techniques used in Japanese cuisine include grilling, steaming, simmering, and frying. Grilling is often used to cook fish and meat, while steaming is used to cook vegetables and rice. Simmering is used to create flavorful broths, such as the dashi broth used in many Japanese dishes. Frying is also used to cook foods such as tempura and tonkatsu.

Popular Dishes in Japanese Cuisine

One of the most popular Japanese dishes is sushi. Sushi is made up of small, bite-sized pieces of raw fish served on top of sticky rice. Sushi can be enjoyed in a variety of ways, from simple nigiri sushi to more complex rolls like the California roll, which combines crab, avocado, and cucumber. Other popular sushi ingredients include salmon, tuna, eel, and shrimp.

Another popular Japanese dish is ramen. Ramen is a type of noodle soup that is typically made with pork or chicken broth. The noodles are usually made from wheat flour and are served with various toppings such as sliced pork, green onions, and soft-boiled eggs. Ramen is a hearty and filling meal that is perfect for colder weather.

Aside from sushi and ramen, there are other Japanese dishes that are worth trying. Tempura is a dish made up of deep-fried seafood and vegetables that are battered in a light, airy batter. Yakitori is another popular dish that consists of skewered chicken that is grilled over charcoal. Lastly,

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Out of my Comfort Zone

CATHY'S SPACE



Cathy Fagan

Meditation and massage have been a part of my health-care routine for many years. Along with walking and Qi Gong on alternate days, I believe I am doing what I can to maintain a healthy life style.

Recently, I expanded my routines to include Sound Healing and Reiki. I was doing most of it online and truly enjoyed the sessions. Then I discovered that there were both a Sound Healing Session and a Reiki Massage Therapist in the area. So, I did some investigating.

I attended my first Sound Healing session at the community center on a Sunday at 3 p.m. A girl named Maria led the session. She had a complete set of crystal bowls and other sound equipment. For an hour, Maria led us through meditation using the beautiful singing bowls. It was the most peaceful and calming time I have experienced in a long time. So revitalizing. I will be going back.

The next adventure was a complete Reiki massage done by Kelly Novak who has a salon right here in Penn Valley. Kelly is on Next Door every day and you can get more specific contact information. Her massage is meant to get energy moving around in your body and seek out areas that are having some problems. She considers herself a healer and can use her energy to calm those troubled areas. My body felt so energized after her session. Well worth a try.

My next endeavor is to book a session with a Reiki healer that does the hovering therapy. This requires no disrobing as the therapist just moves her/his hands over the body and can determine if there is an injury or illness, then proceeds to send healing energy into the body. It sounds interesting, and I want to give it a try.

As you can see, I have stopped looking for new physical activities that tax the bones and joints, and am turning to keeping my body healthy through other more gentle activities. I will continue to walk and do Qi Gong, but the majority of my time will be dedicated to quieter things. I'll keep you posted, but in the meantime, stay healthy and be good to your body. It is the only one you have.

Brotherhood

Y'THINK?



Alex Alexander

I have an ongoing association with about thirty or so of my West Point classmates. We do it on email, and we call it a forum. We've been doing it for probably fifteen years or so, and it looks like we'll keep at it for a lot longer.

And that's strange, because we bicker. We argue. We call each other names. We form temporary alliances around political positions, and fight verbal battles with each other. We demean each other's stupidity and inability to see "the truth."

And, we love each other, dearly. Probably always will.

I'm not much of a joiner, so it's strange that I would value this kind of association as much as I do. But I do.

Why? I'm not really sure. Maybe it has something to do with evolution. Mankind has survived and thrived against overwhelming odds, probably, more than any other reason, because of our ability to associate with each other...to work together for food, shelter, defense against predators, and all of the other threats that our hairless, weak, vulnerable species has had to face over the past million years, give or take. If Darwin is correct, we evolved to be a social species because that worked for us. So being social is woven into our DNA. It's in our nature.

Does "being social" explain brotherhood? No, I don't think so, but it's a beginning. The social part puts us together in groups because that's how we survive...in societies, large and small. The brotherhood thing happens, I think, when a group has common experiences, and those experiences have a lot of emotional content. Fear, and sometimes grief, as when soldiers go to war together. The emotional ups and downs of athletic teams, including the endurance of training, the exhilaration of winning, and the pseudo-grief of losing. The relief and gratitude of surviving something threatening like a flood, tornado, earthquake, or hurricane. The fun and good times of clubs and activity groups who meet over long periods of time. Membership and active participation in things like a political campaign. Good works (and hard work) in groups like Habitat for Humanity or Green Peace or Hospice. Really, any common cause that includes risk or hard work or a lot of emotional experience can generate feelings of brotherhood among the people who live through them together.

By the way, to me "brotherhood" is a genderless word, but if you want to use "sisterhood" go right ahead. But don't use "personhood"...it's too sterile.

I think shared experiences, even if not shared together, have a lot to do with it. The members of my email forum all shared four years at West Point, not an

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Garden Club Hosts Program on Indoor Plants

Submitted by the Lake Wildwood Garden Club

What are the important features found in the most attractive homes, offices, and resorts you’ve visited? Certainly the location of the structure and the architectural design are of utmost importance, but it’s usually the furnishings, lighting, flooring, decorative items, and artwork which create the atmosphere of comfort and admiration. And, of course, plants and flowers always enhance the entire setting. Those special touches make a difference no matter where you are.

The Garden Club has invited two indoor plant enthusiasts from Penn Valley’s Wildflower Nursery & Gift Shoppe to assist you with adding your own special touches to your home or office with live plants. Please join the Garden Club on Tuesday, March 14, at 1 p.m. in the Lake Room of the Community Center to learn how to grow the right plant in the right location for year-round enjoyment. Our speakers, Judy Wirkner and Erica Nick, will share their knowledge of caring for indoor plants and inspire you to grow your own healthy plants. They will showcase their personal favorites and bring a variety of containers to stimulate your interest and creativity.

Judy Wirkner, a resident of Penn Valley, joined the “Wildflower team” four years ago and enjoys working with similar creative people who love being surrounded by beautiful plants and accessories. Judy says “I was blessed with an amazing and fulfilling professional career in banking for 42 years; it was the perfect fit for me. As I look back today, I would not have guessed that pulling weeds on a Sunday afternoon in 1987 would release the ‘Plant Whisperer’ in me and begin my deep passion for plants and their care. I discovered that plants have a unique way of telling me their needs—I just need to stop, look, and listen to them.” Judy adds she “enjoys working with people who take personal joy in the care we give our beautiful plants. It’s no wonder we love sharing it with our community.”

Erica Nick grew up on a small family farm in Nevada County. Erica shares that “I spent my days playing in my grandparents’ orchard, running around in the woods and helping with my dad’s vegetable garden. I had endless opportunities to enjoy nature and I developed a deep appreciation for it and all nature has to offer. I believe each plant is a work of art ... begonias with their silvery spots, the vibrant colors of a calathea, or the delicate details of a rabbit’s foot fern with its fuzzy rhizome feet. It’s an absolute joy to curate the plants in the nursery.” Erica says she found “her place” at Wildflower Nursery & Gift Shoppe in the summer of 2022. She



Photo courtesy of Wildflower Nursery & Gift Shoppe

feels it “encompasses my passion of being surrounded by the beauty of plants while working with the most fun, caring and knowledgeable team.”

Welcome Judy and Erica! The Garden Club is very fortunate to have these two knowledgeable speakers at our March 14 meeting. We encourage members and guests to join us and benefit from this educational program. Plan to stay after the program for refreshments and learn more about our friendly, energetic club.

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Historical Drama, Unique Comedy Closes Out Wildwood Theatre Festival

Submitted by Lake Wildwood Little Theatre

Our community's resident theatre company, Lake Wildwood Little Theatre, wraps up its Winter Into Spring Festival of plays this week with a tour de force of living history and a radio broadcast-style version of an innovative Neil Simon comedy.

The festival continues this weekend with "The Trials of Clarence Darrow." A one-man play written and performed by long-time Little Theatre actor Paul Hauck, "Darrow" brings to life the formidable mind and ferocious heart of the legendary American lawyer. Along with deft comic miniatures of his clients and adversaries, Hauck delivers the masterful courtroom oratory that thrilled juries in Darrow's own turbulent times. The show plays for two performances only, Saturday, March 4 at 7 p.m. and Sunday, March 5 at 2 p.m.

Closing the festival next week is the Wildwood Radio Theatre presentation of "Jake's Women," deftly crafted by the late great Neil Simon. Title character Jake—writer, widower, husband, father, and philanderer—is a man who's come to depend way too much on too many strong women. As they pass in and out of his life, his imagination, his memories, and his fantasies, he learns the hard way what he can and can't control, what he really wants, and just how much it's worth.

Like the canine comedy "Sylvia," which kicked off the festival, "Jake's Women" is presented readers theatre style.

"We're calling it 'radio theatre' because it's like taking the audience into the studio for an old-fashioned radio drama broadcast," says director Steve Young. "We have lights and music and sound effects. But the emphasis is on acting with our voices, through dialogue alone.

"For that, this Simon show is perfect," he continues. "It's like a comic fever dream, as Jake struggles to make sense of what's real and what he's imagining in the massively messy web of his relationships. Are the voices he hears



Photo by Suzy McGowan | The women in "Jake's Women"—Pam Bazzani, Sylvia Carlson, Diane Langemach, Vicki Young, Carolyn Winters, Denise Hockley-Cann, and Chris Megenity—have Jake (Steve Young) surrounded in Neil Simon's close-to-the-bone romantic comedy. The show closes out Lake Wildwood Little Theatre's Winter Into Spring Festival March 8–10.

in the room or in his head? Is he writing his life or living it?"

"Jake's Women" plays Wednesday through Friday, March 8–10, at 7 p.m.

All performances are in the Cedar Room at The Oaks Clubhouse, with open seating and flexible pricing. Individual tickets are \$20 for "The Trials of Clarence Darrow" and \$15 for "Jake's Women." Patrons may also purchase a festival pass including tickets to all remaining performances for \$30. Tickets are on sale at <https://beta.purplepass.com/lwtspring> and will also be available at the door.

Proceeds from the Winter Into Spring Festival benefit the Penn Valley Fire Department for local wildfire readiness and response.

Advisory: "Jake's Women" contains adult themes and coarse language and may not be suitable for younger children.



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PENN VALLEY Chamber

MAR. 2023 •

PRESIDENT’S MESSAGE *by Chrissy Benton*

As I have mentioned before, there are some changes coming this year and a big one I want to keep on your radar is the Penn Valley Rodeo Parade. As many of you may know, the Chamber has had the pleasure of putting on the Rodeo Parade each year. I am happy

to announce that we are already starting to work on the logistics of the parade. This year, after careful consideration, we have decided to change the route of the parade as well as the time. There was a great turn out for last year’s parade, hundreds of viewers lined Penn Valley Drive to watch 24 Parade entries consisting of floats, tractors, beautiful cars, amazing horses, and of course, the donkeys bringing up the rear of the parade. The rodeo sold out of tickets on Saturday night, and as you can imagine there was a line of cars all the way up the highway trying to get to the Rodeo.

Fingers crossed that this year will be just as great, if not better than last year. You can imagine what a logistical nightmare it can be to try to get the Parade floats back in place with pedestrian traffic and cars trying to find parking. The solution we came up with was to start the parade at 2 p.m. this year. The roads will be closed from 1:45 p.m. to 3:15 p.m. to allow the parade to disperse before rodeo parking starts. Ready Springs School has so nicely offered us the

use of their parking lot to end the parade and keep all our participants vehicles in. The route will still start at Western Gateway Park and continue down Penn Valley Drive, onto Spencerville Road, and end at the school. The announcer will still be in the Penn Valley True Value Fence parking lot on Penn Valley Drive. It is our hope that this will clear up a lot of the traffic and make for a better experience for all. If you are interested in participating in the parade this year, please reach out to the chamber office or email us at Pennvalleychamber@gmail.com.

Another change this year is that we are bringing back monthly Business for Breakfast. The Penn Valley Business for Breakfast kicked off this year on February 2. We had a great turn out of business owners, managers, and local non-profits as well as the town busy buddies who help us spread the word of the Penn Valley events. This is one of my favorite events each month—get together with the community and see how we can help it grow. On February 2, we were given information on the Penn Valley Easter Egg Hunt that is taking place on April 8; this is a great event that the community puts on each year. If you want to get your business name out there or know what other community events are going on, please come on out. The next meeting will be Thursday, March 2 at the Buttermaker’s Cottage from 7-8 a.m. Hope to see you there.

Until next time,

Chrissy Benton
President, Penn Valley Chamber
Financial Advisor, Edward Jones



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Penn Valley Community Foundation

It has been over twenty years since the Penn Valley Community Foundation was first established in the year 2000, but the vision of the non-profit has not faltered. While there have been setbacks along the way, the plans to establish the 10,000 square foot facility are still as strong as ever, with a few, but dedicated, men and women that work together to bring the Penn Valley Community Center into reality.

The Penn Valley Community Foundation was first established on November 21, 2000, with the goal of creating a community hub in downtown Penn Valley. The vision is expansive and includes meeting rooms available to residents and businesses, a commercial kitchen, outdoor pavilions and patios, a complete proscenium theater/stage with sound system, a banquet room, and a main meeting hall. They are also envisioning a garden available to the community. It will be located at the Penn Valley Community Foundation property located at 10592 Spenceville Rd.

The Foundation recently gave an update on the project at the Community Town Hall Meeting on February 23 at the Seventh Day Adventist Church. During their presentation, they shared about recent progress made with the county in the pre-application process. There were some items of the plan that would need to be modified according to the county and the Foundation is in the process of mitigation. Updates will be forthcoming.

Funding for the project has been limited in recent years, but the Foundation looks forward to providing opportunities for the community to support the endeavor. The project is evolving to a point where the Foundation can soon seek government grants, offer naming rights for different building features, and begin robust local fundraising efforts. You can find information on how to provide a legacy gift or a stock donation on their website, as well as any upcoming fundraising activities. Finally, if you still need bulbs this spring, purchase them through their Flowerpower fundraiser.



The foundation meets once a month on the third Monday at the Penn Valley Firehouse at 6 p.m., and welcomes members of the community to come get involved by either serving on the board or as a volunteer on a subcommittee. There are many areas to serve, such as grant writing, fundraising, public relations, and event planning. The board welcomes new energy and perspectives. For more information, please visit www.pennvalleycf.org.

Penn Valley Daffodil Run set for April 16, 2023

By Gene Gilligan and Nicole Van Vacas Gagnon

The Penn Valley Daffodil Run is set for Sunday, April 16. It will again be held over the new course that was so well received last year. This is the perfect time and place to see if your fitness program is working. Or, the run could be the motivation to start your fitness program. If you missed the inaugural running of the Penn Valley Daffodil Run's new course last year, then you need to join in this year. If you ran the course last year then you know how much fun it was. This year you will have a chance to come back and challenge yourself again.

The 5K/10K course will start and finish at the cross walk on Penn Valley Drive and Spenceville Road across from Wildflower Nursery. The Runs and Walk will start at 8:30 a.m. Packets can be picked up on race day at the Wildflower Nursery starting at 7 a.m. There will be no race day registration. Registration is online at daffodilrunpv.com. Parking for the Run will be at Ready Springs School and the Penn Valley Shopping Center starting at 7 a.m. Honey and Cream will have coffee for sale and the Penn Valley Chamber will be selling a breakfast of pancakes, scrambled eggs, and sausage for \$5.00 at the firehouse starting at 9 a.m. Come grab a great breakfast with your friends after the event!

The 5K and 10K runners will start together on Penn Valley Drive and run West to

the Park Ride, then turn and head back down Penn Valley Drive. The 5K runners will return to the Start/Finish. The 10K runners will do the same but on the return towards the Start/Finish they will turn RIGHT onto Horton. Then make a LEFT off Horton onto Lasso Loop. They will run clockwise around Lasso Loop back to Horton. Continue LEFT onto Horton and run out Horton to a designated turnaround point before Golden Star Way. Then return on Horton making a RIGHT turn at the same entrance onto Lasso Loop as they did originally. Again running clockwise around Lasso Loop. On Horton, they will go RIGHT towards Penn Valley Drive. Once on Penn Valley Drive, they will make a RIGHT turn and return to the Start/Finish at Penn Valley Drive and Spenceville Road. The 5K Walkers will use the bike path along Penn Valley Drive following the 5K run course. Both 5K and 10K courses will be marked with signs to help guide you.

Registration is only on line at daffodilrunpv.com. The fee is \$25 for adults 16 years and up and \$15 for youth 15 years and under. Everyone will get a tech T-shirt. If you would like to be a sponsor and or if we can sponsor your business reach out to Lindy Beatie: lindybeatie@gmail.com or Gene Gilligan: geegill116@yahoo.com.

New Crossfit Gym in Penn Valley

Penn Valley is now home to a beautiful 3,000 sq. foot Crossfit gym – Crossfit 530. The gym serves a very wide demographic ranging from teens to those in their early 90's. Of course, the training process differs with age, but it is still a matter of conditioning and basic primal patterns. To add to its demographics, the gym also works with those with special needs and is involved with Engaged Services and the local Special Olympics. In fact, it seems that there isn't anybody that wouldn't benefit from what the gym has to offer.

"CrossFit 530 is also certified in Perinatal Physical Fitness. This allows for a safe and knowledgeable working environment for expecting mothers and mothers to be to maintain their fitness routine," says owner JP Camperi.

When asked about his vision for the new business, JP stated that he would most like to reach out to community and share what this style of training has done for him and the countless others that he has worked with. "Strength training is the fountain of youth. Lifting weights and building your aerobic capacity will help to slow down the aging process, giving the member a much higher and longer quality of life," he says, "When I first started CrossFit, my blood pressure and cholesterol levels were high. This style of training, a healthy sleep habit, and good nutrition has normalized my blood pres-

sure and all of my labs. It has also kept me out of the doctor's office and safely off of prescription medication."

Crossfit 530 opened in December of 2022, after undergoing three months of construction. 90% of the construction and design was done by JP and his wife Sara.

"Being involved in the development and design, allowed me to be a better coach," says JP. The flow of the gym and the amount of equipment makes it more efficient in that he doesn't have to modify movements or the workouts due to lack of equipment.

Upon visiting the Crossfit 530, one would undoubtedly be impressed by its cleanliness and depth of equipment inventory. The fully-outfitted gym includes non-traditional crossfit equipment such as leg presses and cable machines. There is a belt squat machine for people with back issues and specialty bars for those with shoulder issues. Dumbbells range from 5-95 lb in incremental weights going up by 2 ½ instead of 5 lbs.. Kettle bells range from 18-106 lbs, going up in 4 lb increments.

In addition to the above, the gym also includes the following:

- Soft boxes ranging in heights from 6" – 30"
- (8) Concept 2 Rowers
- (2) Concept 2 Stationary bikes
- (8) Concept 2 Ski machines

- (8) Rogue Echo flywheel bikes.
- Wall balls 8-20 lbs
- (4) Rogue GHD (Glute Ham Developers) multiuse tool for hamstring development and core strength
- (2) 24 foot Rogue Monkey Bar Pull-up Rigs which facilitates 12 squat racks
- (10) Rouge Landmines—to increase pickle ball game and golf swing. Offers legs, lunges, and unilateral work specific to pickleball and golf.
- Bands for activation, warm-ups and recovery
- Jump ropes color coded for height specific
- (8) climbing ropes

Classes are currently offered at 9 a.m., noon, 4:30 p.m., and 5:45 p.m., and typically last about an hour and include a private trainer.

Membership is:
\$155/mo. for 6 days a week
\$135/mo. for 3 days a week
And \$20 for drop-in.

There are discounts for military, first responders, and couples.

CrossFit 530 is located at 10177 Commercial Ave. in Penn Valley. For more information, visit www.crossfit530.fit

SPORTS

Winter Fishing is Fun!

By Katie Minor

The Lake Wildwood Fishing club held the February 16 tournament at Lake Englebright. The first prize went to the angler who caught the longest trout and Bob Chappell won. A very close 2nd place went to Don Bogart, 3rd place to new member Ron Brogdon, and the 4th place tie went to Jeff Babbage and Gary “Fritz” Fitzgerald. The next tournament will be held on March 15 at Lake Wildwood and you can find the tournament schedule on the fishing club’s website at LWWA.org under the clubs tab.

The club meets the first Wednesday of every month in the Manzanita Room in the Lake Wildwood Community Center, 6-7:30 p.m. and all Lake Wildwood residents are welcome. Annual dues are \$20 per person and \$30 for a family. The members share fishing tips and fun fish stories with each other and plan this year’s events. Along with our monthly tournaments we have a picnic in late spring, a dinner in the fall and we participate in several Lake Wildwood events. This year we’re also planning our first Family Friendly Fishing Derby, April 16, and all Lake Wildwood residents, their family and guests are invited.

More information and how to register will be posted on the club website, *eBits*, Lake Wild-



Photo by Katie Minor | Don Bagett and Jim Hudzietz at the February 16 tournament.

wood social media, and more. For more information about the Lake Wildwood Fishing club, contact Jeremy Zimmerman, 530-701-1851 or Bob Chappell, 650-515-8719.

Y'THINK

From page 5

easy place to survive. And at different times, with different experiences, we each spent at least a year in the Vietnam War. So we’ve “double-bonded” so to speak, over two long-term, intense experiences. I think that gives us an unusually strong sense of brotherhood.

Brotherhood earns you a lot of tolerance among your comrades. As I said, we bicker and insult each other’s intelligence—things that would normally create enemies. But our shared experiences see us through all that—they give us a lot of common ground, plus a deep understanding of each other, all of which sees us through the pettiness. It all plays out as mutual respect—a love for each other that has deep roots, and is not likely to rot or rupture.

The word “brother” in brotherhood (or “sister” in sisterhood) is meaningful. For most of us lucky enough to have siblings, our brotherly/sisterly love greatly outweighs our differences. Brothers and sisters fight, sometimes fiercely, but they still have the bond of family. Brotherhood is that kind of bond...like a family bond, yet different, probably because there’s no Mom and Pop to act as the glue that bonds us. The brotherhood bond is built on experience and common ground, not a figure-head like a mother or father.

My final, final thought on the subject is...I hope there really is such a thing as “the brotherhood of man.” It may be what saves us in the long run.

You can contact Alex at alex.ythink@gmail.com. His latest book, “Y’Think?: Essays about the Human Spirit” is available at [Amazon.com](https://www.amazon.com).

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SPORTS

Lake Wildwood Tennis Club

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Local Tennis

The Lake Wildwood Tennis Club has its first social tennis event of the 2023 year happening soon! So, mark your calendars for the Saint Patrick's Day Tennis and Lunch event on Saturday, March 18, 2023. This is a round robin event beginning in the morning at 9 a.m. (with warm-ups at 8:30 a.m.) followed by a delicious classic St. Patrick's Day lunch (beginning approximately at 11 a.m.). Tennis Club members may sign up for both tennis play and the lunch or for just the lunch. Sign-up at the North Gate Tennis Complex bulletin board by Thursday (2/16), which allows time for the format of play to be arranged and

preparations for food may be made. Everyone is encouraged to wear green.

Please join the Tennis Club in welcoming its newest members: Jim Sartori, Patrick Buchanan, Shau-na Stott, Bruce & Donna MacInnis, Julie Hoffman, and Chris & Sherri Long!

In other news, the North Gate Tennis Complex courts are scheduled to be resurfaced in June 2023. There are also plans for Summer Junior Tennis sessions. So, stay tuned for more information as these dates become closer.

World Tennis

The BNP Paribas Tennis Open returns to Indian Wells on March 6-19, 2023. This tournament is often referred to as the "Fifth Major" even though men are only required to win two out of three sets. This tournament venue is also referred to as "Tennis Paradise" set in beautiful Indian Wells at a spectacular time of year for almost perfect weather. This tournament is also a favorite of many tennis pros. According to the BNP Paribas Open website, the player entry lists today include defending champions Iga Swiatek of Poland—the current World No. 1—and World No. 8 Taylor Fritz of the U.S.—for two weeks of thrilling action. Taylor Fritz claimed his first ATP Masters 1000 title at Indian Wells in 2022, defeating Rafael Nadal 6-3, 7-6 (5) in the biggest match of his blossoming career. World No. 2 Carlos Alcaraz (Spain)—19-year-old Phenom—headlines the list of young ATP stars is entered, having made the semi-final at last year's BNP Paribas Open. Rafael Nadal (of Spain), World No. 6 and three-time Indian Wells champion (2007, 2009, 2013) is also entered for what would be his 16th career appearance in Tennis Paradise.

Tennis Tip of the Week

In researching for this week's tip, I found an array of opinions, ideas, and tips to improve generating more pace on a tennis ball. So, if you wonder "How do you generate pace on a tennis ball?", consider some of the following ideas.

To generate pace on a tennis ball, you need to take a full swing using your body weight and stepping into the ball to generate power. Be sure to start with the racket back, head higher than the handle, and then follow a looping trajectory to generate the most amount of power. If you want more power, you may also try loosening your grip slightly, as many players hold their racquet too tight, which can reduce power. In addition, if a player lets a ball get too close, that can reduce power by reducing the force of moving forward into the ball. Try following through more toward your opponent to gain more depth and help with pace. Other things to consider getting more pace.

1. Are you turning your shoulders and rotating your shoulders to swing your racquet?
2. Are you swinging with a loose arm instead of muscling your swing?
3. Are you getting low to the ball and using your legs to push through?
4. Is your weight moving forward as you hit?
5. Are you being too wristy and putting too much spin on the ball?
6. Timing is EVERYTHING! You can get plenty of power if you time it right, and you get no power if you time it wrong.

I hope this tip helps at least some of you. See you on the courts!

JAPANESE CUISINE

From page 3

Okonomiyaki is a savory pancake made with a batter of flour, grated yam, and dashi stock, and topped with meat, seafood, or vegetables.

Along with the food, Japan is also famous for its drinks. One of the most popular drinks in Japan is sake, which is a traditional Japanese rice wine. Sake is usually served at room temperature or slightly chilled and can range in flavor from light and sweet to rich and complex. Another popular drink is shochu, which is a distilled spirit that is usually made from barley, sweet potato, or rice.

If you're looking for something non-alcoholic, green tea is a popular beverage in Japan. Green tea is known for its numerous health benefits and is often enjoyed with meals or as a refreshing beverage on its own. Other popular Japanese drinks include oolong tea, barley tea, and various fruit juices.

Japanese cuisine is a fascinating and diverse cuisine that has been refined over thousands of years. It is known for its emphasis on fresh, seasonal ingredients, precise cooking techniques, and elegant presentation. Whether you are a fan of sushi, ramen, or tempura, there is something for everyone in Japanese cuisine.

We welcome you to try our international cuisine nights and share your experience with us!

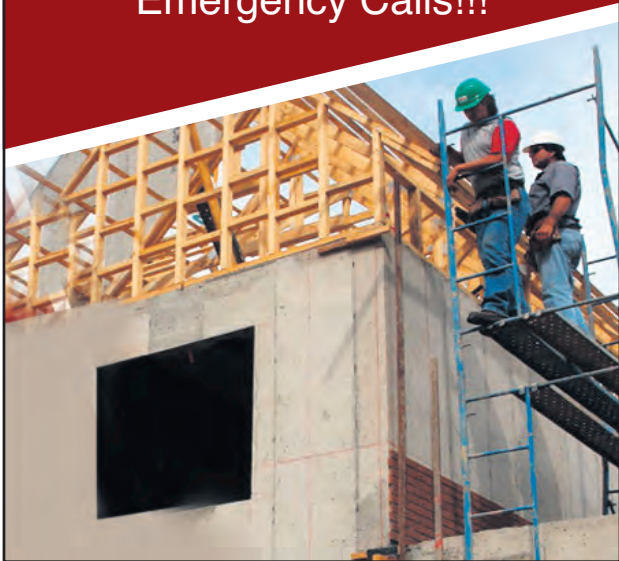
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SPORTS

Third Place

By USA Pickleball Ambassador Victor Simon

While playing at Lake Wildwood in Penn Valley yesterday and observing the crowd, I was struck (again) by how friendly and familial everybody was. People from all walks of life were discussing and sharing. And then it occurred to me that I recently read something on Reddit that the share of Americans that have no close friends has been rising for 30 years. This statistic is partly due to distancing caused by social media and technology. But one commenter wrote that it is also due to the decline of the traditional “third place.” So I will paraphrase the comment here. What is a third place? A third place is somewhere that’s not home or work. For whatever reason, traditional third places have been in decline. Traditional third places such as social clubs, churches, bars/pubs, malls, and coffee shops don’t function as third places as well as they used to. They have become overly politicized, commercialized, or capitalized. How many places can the average person go anymore without the expectation that they spend money and leave?

Ray Oldenburg’s *The Great Good Place*, published in 1989, defines the characteristics of an ideal third place.

1. **Neutral Ground:** The space is for anyone to come and go without affiliation with a religion, political party, or in-group.
2. **Level Ground:** Political and financial status doesn’t matter there.
3. **Conversation:** The primary purpose of the location is to converse and be social.
4. **Accessible:** The third place is open and available to everyone, and the place caters to the needs and desires of the community that frequents it.
5. **Regulars:** On a nightly or daily basis the same cast of people rotate in and out, contributing to the sense of community.
6. **Unassuming:** Third places aren’t regal or imposing. They’re home-like and serve the function of a home away from home for the patrons.
7. **Lack of Seriousness:** Third places are a place to put aside personal or political differences and participate in a community. Joking around and keeping the mood light is a big part of the “public house” experience.
8. **Third Place as Home:** A third place must take on multiple elements of the home experience, including a feeling of belonging, safety, coziness, and a sense of shared ownership. A successful third place has visitors saying, “This is our space and I feel at home here.”

Public pickleball courts tick all the boxes (even a private home pickleball court fails the test although we all fantasize about having one in our backyard). The popularity of pickleball is due in part to a public pickleball court being a perfect third place (I would argue that tennis courts and basketball courts fulfill the same function but are less accessible to older players, making them less than perfect). On top of that, pickleball is FUN, healthy, active, and skill-based. What’s not to love?! I often play at Memorial Park in Grass Valley, and the vibe at the courts is the same: warm and inviting. It’s common to see people smiling while playing and conversing while waiting for the next match. Imagine that happening all over the country every day?



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SPORTS

Lake Wildwood Men’s 18 Hole Golf Club

By Gene Palmer

Our February tournament was held on the eighth with two formats. In the “Cha Cha Cha” format, seven teams of four players each competed. This format was a variable best ball format, in which, the best score of the group was used as the team score for the first hole, the two best scores were used as the team score for the second hole, and the three best scores were used as the team score for the third hole. This process repeated on each of the succeeding three hole groups.

We had a tie for first place with a score of five under par. The team of Steve Ennis, Dan Bartlett, Joe Murphy, and Jack Castaldo tied with the team of Terry Thelen, Dave Cross, Ron McCauley, and Keith Dean.

There was also a tie for third place with a score of one under par. The team of Carliss Gilbert, Terry Texeira, Colin Jaques, and John Fochetti tied with the team of John Hicks, Tim Lawver, Bob Pucci, and Jerry Engelskirchen.

The other format was a “point par” format. In this format we had thirty teams with two men on each team competing in foursomes. Net scores of double bogey or higher earned a score of -1 point. Net bogie earned 0 points. Net par earned 1 point. Net birdie earned 2 points. Net eagle earned 3 points. Net double eagle earned 4 points. This format consisted of three flights with ten teams in each flight.

Flight 1:

Richard Coburn and Allen Prows came in first with a team score of 27 points. Dave Wiik and Kevin Nelson were second with 26 points. Craig MacDonald and Robert Trujillo were third with 25 points. Jim Twohig and Jim Quintal finished in fourth with 25 points.

Flight 2:

Kevin Jensen and Jim Grant were first with 31 points. Jeff Baldwin and Dean McLeod were second with 20 points. Tim Texiera and John Dolan were third with 19 points. Brad Crumpley and Gary Willard were fourth with 19 points.

Flight 3:

Steve Guilday and Gary Galindo were first with 34 points. Bob Manee and Gene Palmer were second with 33 points. Jud Duffy and John Beneven-to were third with 26 points. Vince McNamara and Dale Greenhalgh were fourth with 17 points.

I also want to give a shout out to John Dolan for his recent eagle on hole number 12. Way to go John.

SPORTS

Shock & Awe in the Valley

TEETALK



**John
Dickerson**

The Lake Wildwood Woman's Golf Club brought Peach Tree County Club to its knees last month in a dominating performance in a Peach Tree Guest Day Stableford event. Yvetta Testman, Alma Avery, and Candi Pray teamed up with a new Peach Tree member and won first place going away with an astounding 92 points!

Locally, two events were on tap in February, highlighted by the Queen of Hearts Tournament and followed by a tough Individual Low Net competition.

The Queen was randomly selected by a drawing on each hole and her score was mandatory in the best two of four ball event. Pity the poor soul who drew the Queen five or six or even 12 times in one case... better off playing the Lottery.

Some great golf was on display with Birdies by Sandy Thornton (2), Carol Jaques, Trish Willard, Patti Linney, and Kalli Brzezinski. Chip-ins were carded by Orene Sanders, Kathie Rupert, Betsy Szyper, Trish Willard, Yvetta Testman, Diane Brewster, Gail Johnson, and Chris Fridman. Joan Dickerson was Low Gross, and Trish Willard, Sandy Sammon, and Rose Frazier-Hart all tied for Low Net.



Photo by Jody Bond | Queen of Hearts winners celebrate: Nina Quintal, Shari Davis, Terri Mesple, and Trish Stella

Queen of Hearts Leaderboard

- 1st Place:** Nina Quintal, Terri Mesple, Trish Stella, Shari Davis
2nd Place: Karen Price, Janice Pucci, Bridget Buford, Linda Thode
3rd Place: Mo Mazzocco, Sandy Sammon, Rose Frazier-Hart, Blind Draw
4th Place: Sandy Twohig, Patti Linney, Dawn Castaldo, Diane Brewster
5th Place: Penelope Crumpley, Betsy Szyper, Judy Pennington, Joyce Maddox

The Individual Low Net Tournament was also a showcase for some great golf shots with Birdies by Karen Price, Joan Dickerson, Marilyn Baca, Patti Linney and Connie Berg. Chip-ins by Randi Kemper, Amy Lujan, Patti Linney, and Karen Price highlighted days play.

Individual Low Net Results

- Flight One:** 1st Patti Linney (Low Net), 2nd Joan Dickerson (Low Gross), 3rd Karen Price (Low Net)
Flight Two: 1st Dianna Mortara (Low Gross), 2nd Marilyn Baca (Low Net), 3rd Candy Pray (Low Net)
Flight Three: 1st Amy Lujan (Low Net), 2nd Linda Thode (Low Gross), 3rd Bridget Buford (Low Net)
Flight Four: 1st Dawn Castaldo (Low Gross), 2nd Shari Davis (Low Net), 3rd Yvetta Testman (Low Net)

Month end was noteworthy for the wet and cold weather and our envy for the members who traveled to Mexico for some fun in the sun on the annual Lake Wildwood Golf Trip. A margarita or maybe two were on the agenda. More on that later!

The Lake Wildwood Women's Golf Club plays weekly on Thursday mornings and is always looking for new members who enjoy some friendly 18-hole competition. If you are a woman resident of Lake Wildwood and want to play golf with some fun gals, contact Patti Egge at (530) 432-3545 for details on how to join.

Club-related information and success stories about members who did well at an Away Day or Invitational can be sent to jbd3886@gmail.com. The deadline for the next issue is March 8. Your help makes this article possible. Keep smiling and stay healthy... We'll see you on the Green!

SPORTS

The Lady Niners Are Ready to Play...Golf

By Arlene Thelen

The ladies are looking forward to some warmer, clearer weather so they can go out in larger numbers to enjoy the beautiful Lake Wildwood Golf Course. So far only the very hearty have consistently ventured out. An exception was Valentine's Day. Many of the group signed up to play in the fun Bingo-Bango-Bongo-Bunker Tournament and the luncheon meeting afterward. It was a brisk day, but the players persevered. They were rewarded by a delicious, warm meal served in a festively decorated room. If any Niners missed this event, here are some important points that were covered: you can pick up the 2023 Roster in the Pro Shop (one per member), we observed the birthdays of those with January and February dates, Captain Claire Ross distributed "Six Months at a Glance" listing the upcoming tournaments, luncheons, and away events, etc. The group was reminded that Niner Tuesday tee times would be 9 a.m. through March and return to 8:30 a.m. in April. There are new score cards with women's information on one side and the men's on the other. Become familiar with all the changes.

Thanks to Co-Captain, Pat Paulo, for creating a helpful chart which shows the maximum strokes per hole depending on the player's handicap from the Green tees.

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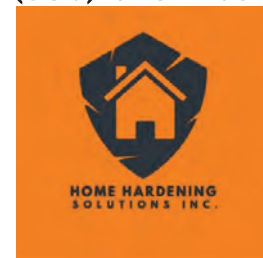
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SPORTS

Lake Wildwood Men’s Niners News

By Chuck Talley

The Lake Wildwood Community Association charters and supports over 40 different Member Clubs. One thing these Clubs have in common is dedicated individuals that volunteer their time and energy to serve on the Board of Directors. The Men’s Nine-hole Golf Club would like to acknowledge six individuals on our outgoing BOD that have guided and grown this organization for many years:

- Bill Mann:** Captain five years
- Bud Angell:** Co-captain
- Mike Baca:** Tournament Director six years, Club picnic organizer
- Rick Kahill:** BOD 2006 Turn Director, Treasurer, 2005 Director Emeritus
- Pablo Velasco:** Six enjoyable years as secretary
- Steve Moyer:** Assistant Tournament Director for the last three years

To a man, they did this because they enjoy the game and their fellow club members.

Thank you!

Feb 21, 2023: Men’s 9er’s Par 3 Team Scramble results

Cold and windy weather, front nine set up as all Par 3’s. Yardages up to 120 yards per hole for this four-man scramble team event that emphasizes the short game.

- Flight 1:**
- First Place:** Score 26
Dave Watt, Joe Matascio, Bill Samatis, and Dan Torjusen

- Second Place:** Four-way tie at 27
Mike Stratman, Scott Tucker, Bernie Scalisi, and Tom Gray
Phil Sanders, John Morello, Ray MacIntyre, and Bob Rich
Tim Lawver, Luis Samaniego, and Chris Heisler
Bill Cann, Dave Ryan, Ray Antonucci, and Pat Baeuregard

- Sixth Place:** Score 28
Bill Mann, Allen Knight, and Monte Campbell

- Flight 2:**
- First Place:** Score 25
Vince DeFrank, Wally Kuzma, Steve Moyer, and Dan Kyte

- Second Place:** Score 26
Bob Kieswtte, Ron Spooner, Roger Bielman, and Chuck Bloom

- Third Place:** Three-way tie at 27
Marv Amaral, Mike Baca, Larry Schofield, and John Grabowski
Scott Nelson, Hank Weston, Keith Dean, and Tim Flowers
Sean Lusk, Don Wichman, and PK Frawley

- Fifth Place:** Score 28
Jack Castaldo, John Cicero, Scott Payton, and Tom Cross

- Sixth Place:** Score 29
Bob Martin & Tim Sullivan

Close scoring in both flights and a good time was had by all!

LADY NINERS

From page 13

Make an extra copy to keep in the cart or bag out on the course. The roster also has a pop chart.

Betsy Metzler gave her treasurer’s report and announced that the luncheons would continue to be subsidized for the 2023 season.

Handicap Chair, Maggie Popplewell, announced that sweeps would begin on February 21. It is time to start posting all scores, not just Tuesdays. She also requested that the USGA uses e-mail addresses as their primary identifier for GHIN accounts. Please let her know if there have been any changes.

There is a new member among the ladies, Janet Wichman. She comes from Glendale and has been here since December. Be sure to give her a warm welcome! If you are interested in joining this fun group, contact Rita Kahil for all the answers of how to be a Lake Wildwood Niner Lady.

Jerri Morello of the Tournament committee reported the winners from the Bingo-Bango-Bongo-Bunker tournament:

- Third place:** Randi Kemper, Rose Frazier-Hart, Rita Texiera, Pat Hall, and Alma Ortega-Avery.

- Second place:** Maggie Popplewell and Kathy Thurmond.

- First place:** Marcie Elliott and Arlene Thelen.

She also announced the accomplishments so far this season. Coke Trotter, Sue Boyles, and Pat Hall have had chip-ins; Sherrie Oakley had two Break Nets and Pat Hall had one; and Dawn Castaldo had a Birdie. Jerri also reported that Janice Pucci of the 18-Hole Ladies Club has invited Lady Niners to participate in their invitational. They will need to invite a friend from outside Lake Wildwood and they must play to a 40 handicap. The dates are Wednesday, May 31 through Friday, June 2, if you are interested.

A drawing was held from all in attendance. The lucky thirteen drawn chose between the potted red tulips or a gift bag.

Luncheon Chair, Rose Frazier-Hart, thanked the Lake Wildwood staff for the delicious lunch and Joan Broomfield for helping with check-in. The festivities ended with the raffle and a humorous poem, “Golf Slang”, read by Claire Ross.



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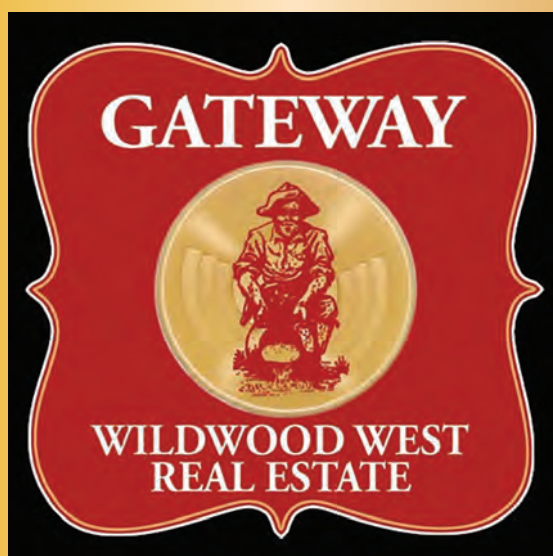


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