

Artist: Joe Cotruvo



Local Resources Events • People

Cloverdale Connect

Bringing our community together

October 2021



Editor's Note

This last month has been quite a roller coaster ride for me personally. Despite receiving both my vaccinations early last spring, I contracted COVID. Luckily, after a week, I was up and feeling better. Please continue to be vigilant against this virus.

The fun news is that I am currently awaiting the birth of my first biological grandchild. I'm blessed with seven bonus grandchildren and I'm thrilled to be adding this new baby to the family.

And now we head into October and once again the Cloverdale community will be celebrating with Oktoberfest and the Tour de Vine. Meanwhile, I drove by the Clover Theater and there was lots of activity so maybe we'll get our wonderful movie house back soon. So, get out and enjoy this great weather and all our Cloverdale community has to offer. Let's keep our fingers crossed for rain too and get us out of this drought soon. We've got our firewood stacked and I look forward to firing up the woodstove once it's chilly and safe.

I'll see you around town!

Dana

Front Page Photo Contest Winner

Diane O'Neill

Congratulations!

She won a
\$10 Gift Card from
Estate Retail Therapy



Mowgli was delighted to see his friend Toby in the paper and told Mimi that he loves Cloverdale Connect and "all the love, info, pictures and stories that its pages hold".

EXPERIENCE CLOVERDALE

SAVE THE DATE

Oktoberfest

Saturday, Oct. 2nd
Citrus Fair
Noon to 6 p.m.

Courtney's Pumpkin Patch

Saturday, Oct 2nd,
Dahlia & Sage Community Market
115 E. Second St.
11 a.m. to 5 p.m.

Halloween Downtown Trick or Treating

Friday, Oct. 29th
4 to 6 p.m.
More details to come!

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Look
Inside!

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Reginal Park update, Tour de Vine, Craft Show,
Happy Birthday Ann Gillis, and more!

**On Behalf of the Chamber of Commerce,
we thank our sponsors and our volunteers for
an amazing 2021 Cloverdale Car Show.**

Thank you to the following Individuals:

Cloverdale Chamber of Commerce Board of Directors -

Mollie Asay, Nina Sibert, Tedi Spain, Jenness Brewer,

Ramiro Rodriguez, Erica Bishop

Chamber Staff- Neena Hanchett and Savannah Hemphill

City of Cloverdale - Brian Wheeler, Craig Johnson,

Hector Galvan & Crews

Cloverdale Arts Alliance for the beer trailer

Cloverdale Kiwanis Club

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Cloverdale Lions Club for Parking

Joe and Karen Devine for Trophy Sponsorship

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Papa's Pizza

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W Real Estate - Registration Help + Monster Truck

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***If we've overlooked any
organization or person,
please accept
our apologies.***



Coyote Warning

There have been recent suspected incidents of coyotes attacking pets in Cloverdale. You can take preventative actions to discourage these encounters.

Take the following steps to avoid attracting wildlife:

- Trim and clear dense vegetation around your home that could provide hiding places and habitats for rats and mice
- Pick up fallen fruit that could attract rodents and coyotes
- Ensure fencing is at least 6 feet tall and is secured below ground level
- Always supervise small children when playing outside
- Keep pets on a fixed leash when walking them
- Do not leave pets out at night
- Clean bird feeders and fallen seeds often; seeds attract rodents and rodents attract both coyotes and mountain lions
- Secure chickens and livestock in cages or pens at night
- Install motion sensor lights around the home; flashing lights frighten both coyotes and mountain lions.
- Secure garbage cans with locking lids or place bungee type cords over the top of the can while in storage

If you encounter coyotes or mountain lions, follow these steps:

- Use loud noises to scare them away
- Do not run away or turn your back on a coyote or mountain lion
- Attempt to leave the area calmly
- If followed by a coyote or mountain lion, make yourself look big by lifting your purse or backpack on top of your head
- Do not bend down with your back facing a coyote or mountain lion when attempting to lift a pet or child
- Be aware and avoid distractions; adjust headphone volume low enough to be able to hear animals walking across dry leaves, and assess the environment before stopping for any reason

DESIGN THE *Cloverdale Connect* *Holiday Card*

Attention Artists – young and old! Design our annual Holiday Card that we send to our valued advertisers, columnists and business associates. The contest is open to everyone, every age.

To select the winning artist, we will look for artwork that creatively incorporates

Cloverdale Connect into the artwork. All symbols and interpretations of the Holiday Season are welcome. Be sure to include your name, age, address, email and phone number.

Format is a 300dpi (very high-resolution) pdf, jpeg, or original drawing 3.5" x 5".

Use crayons, markers, paints, pastels – anything colorful.

Be creative and have fun creating your artwork.

Submit artwork to info@cloverdaleconnect.com or mail to
P.O. Box 404 Cloverdale, CA 95425

Please note: We cannot return original artwork.

**Deadline is Friday November 19th.
Winner will receive a \$50 Gift Card
from Ray's Food Place**

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**Edna Cobb Gorden:
More Than Just a Mortician**
Mary Jo Winter

Born in Utah in 1892, Edna Frances Cobb Gorden (nee: Carpenter) moved to Cloverdale around 1920 with her first husband, Nelvin Cobb. From the time she arrived until her death in 1984, Edna was a shining star in the community and her accomplishments were many and varied. Her husband, a mortician, was Rotary Club of Cloverdale President in 1928 and served as Mayor from 1925 to 1933.

Edna was an accomplished musical actress who not only studied dance, she gave lessons. Her students were known for the beautifully costumed dances they performed for the annual Citrus Fair. For seven years, she also played first violin in the Santa Rosa Symphony Orchestra. After she and Cobb divorced, she married George Gorden, a lineman for the telephone company, in 1936.

A natural student, Edna had made a study of undertaking and embalming, not because she expected to make use of it, but because she had the opportunity and wanted to understand more. Little did she realize this would become her profession.

The Edna F. Gorden Funeral Parlor, with its furniture store up front, was located at 231 N. Cloverdale Blvd. Under appointment by then-coroner Fred Young of Healdsburg, she was a deputy county coroner, qualified to conduct inquests and perform other work of the office. One of the first female morticians in the Western United States, she served the Cloverdale community for more than 35 years. She wrote historical articles for the Cloverdale Reveille and her handwritten Funeral Records can be found at the Cloverdale History Center.

After WWII, Edna received an award from the Marine Corps for providing information on ship movements vital to national security as the war began. According to the 1940 census, Edna only had an 8th grade education. Can you imagine a mortician today who didn't even have a high school diploma?

**Caregivers Needed at
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Vine Ridge is hiring Caregiver, PM and Overnight shifts. Caregivers are responsible for the following duties:

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A big huge heart. No experience necessary. Vine Ridge will provide all the training. Must be willing to get the Covid-19 vaccine and pass a background check. Pay will depend on experience. Contact Vine Ridge Senior Living 247 Treadway Cloverdale 707-791-4787

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Welcome Fall!

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Well cared for and updated Porterfield Model Home. The Porterfield is the smallest Clover Springs model but this home makes up for it with upgraded kitchen, beautiful laminate flooring throughout and a bonus patio solarium. The master bath room has been updated as well as the smaller half bath. With an ample Master Bedroom and additional Office/Den/2nd Bedroom, you will find this home is the perfect size and price point.

Clover Springs is a 55 plus community that features a club house with exercise room, craft rooms, meeting rooms and a pool and spa. There are tennis, bocce and horse shoe courts as well as walking paths following Porterfield Creek. In the hills behind is the Porterfield Preserve with miles of hiking trails for the expert and novice. Come take a look and you will be surprised at what a great community this is to call home!

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DEBRA DELFINO | 707.483.2121

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Thank You Denise Devlin

Cloverdale School of Dance is closing its doors after 33 years in business, after thousands of students, hundreds of performances and a true institution of performing arts. The Director, Denise Devlin showed the youth of Cloverdale how to find passion and express themselves through Ballet, Tap, Jazz, Musical Theater, and Hip Hop. Many of her students became her teachers and helped continue her esteemed legacy. The entire Cloverdale community wishes her the best of luck in her retirement and thanks her for all of her hard work and dedication to the youth of Cloverdale. She will be truly missed.

With the blessing of her longtime mentor Denise Devlin, Ashlyn McLean will be opening "Encore Dance Theatre" in the previous dance studio's place. She plans to improve and renovate the current studio to be ready for registration in late fall. Stay tuned for future updates, as Ashlyn feels honored to bring dance back to life in Cloverdale!

Find us on:

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Fitness At The Grange

Cloverdale community fitness instructor, Gris Alonso Soto, is teaching at the Cloverdale Grange four days a week.

Gris scales the workout up or down to fit all abilities and fitness levels with fitness classes accessible to all.

Low cost of \$5 per class

Schedule for Cloverdale Grange Hall all **7:30pm - 8:30pm:**
Monday and Wednesday ZUMBA
Tuesdays and Thursday's Boot Camp

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03

FINANCING THE PERFECT PROPERTY

- Contact your Mortgage Broker to determine the right loan program for you
- Go over the closing costs
- Prepare your down payment

04

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Work continues on the future 19-acre north county regional park located on the Russian River, along an approximately 1.75-mile stretch of Geysers Road, just south of the Mendocino County line.

To date, Sonoma County Regional Parks maintenance and operations crews, in partnership with Russian River Keeper have removed more than seven tons of trash and seven abandoned vehicles from the site. Parks staff has also been working closely with Sonoma County Health and Human services to relocate homeless campers living on the property and connect them to the appropriate social services for rehousing and other needs.

The proposed Russian River Parkway runs along the banks of the Russian River, and will provide a minimum of three river access points. Although only recently under the management of Regional Parks, the area has long been known as an informal swimming spot during the summer months. Due to the lack of oversight and public amenities, such as trails, signs, restrooms or trash facilities, this use has impacted the environment and community. With cars parked along narrow shoulders and pullouts, traffic hazards are high and car break-ins have been common.

All river access points will include safety and improvements, miles of new trails, restrooms, trash and recycling bins, navigational and educational signs, and amenities like picnic tables, benches and scenic viewing areas.

Funding for the planning, development and construction of the \$1.2-million parkway comes from a grant made possible through State Proposition 68, county park mitigation fees, and revenue from the Measure M parks sales tax approved by Sonoma County voters in 2018. In July 2020, Regional Parks secured the necessary fee title to the property underlying a 2-mile section of Geysers Road, thereby allowing the project to move forward.

The draft master plan, which will guide the park's development and management is in its final stages of development and will be presented to the Board of Supervisors in fall 2021. Construction will begin in spring 2022, with the park's opening in fall 2022. To learn more about Russian River Parkway project, visit russianriverpkwy.com. There you can access a presentation and interactive map, read related project documents and provide comments.



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For a complete list of sources, please visit dontmovefirewood.org/octoberisfirewoodmonth

4



"Blowouts"

The term "blowout" is generally used by drivers to describe a bursting tire accompanied by a rapid loss of air pressure. While one might assume that all blowouts are caused by too much internal pressure bursting a weak spot in the tire, the main reason for them is just the opposite. Most blowouts are caused by too little air pressure allowing the tire to flex beyond its elastic limits until it overheats to the point where the rubber loses its bond to the internal fabric and steel cord reinforcement.

Tire blowouts are usually the result of overloading the vehicle, impact damage, a massive cut that causes rapid air loss, or an unnoticed small puncture that allows the tire to slowly lose air over time and, most commonly, worn out tires.

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KS Tian Yuen Restaurant, A Garden For All Michele Armanino

One Friday afternoon I sat with Mei Jung Shih, proprietor of the KS Tian Yuen Restaurant, located on S. Cloverdale Blvd, to learn more about her life and success as a restaurateur. Amidst a bustling, brightly lit room, focused chefs and wafting fragrances, her story evolved.

Mei, her husband, Ming Cheng Kuo and her two children arrived in the States in 2004, and opened a buffet in Santa Rosa. In 2007, smitten with the similarities between the Cloverdale mountains and the majestic mountains in Taiwan, the family relocated to Cloverdale and launched, with the aid of extended family, KS Tian Yuen Restaurant (followed in 2018 with a Tian Yuen in Windsor.) Mei translated the Chinese words, Tian Yuen, to mean "garden for the world" and genuinely remarked that everyone is included in her restaurant.

Mei studied Chinese medicine in Taiwan, her native home, at a community college for two years where she learned about the ancient healing art of Chinese herbalism. This knowledge was the impetus for her desire to open an Asian Fusion restaurant (a blend of at least two Asian cuisines) that is exceptional in its quest to nourish body and soul. With endless experimentation, Mei created a cuisine unique to Tian Yuen.

Fruits, such as Tamarind, known for its medicinal properties, vegetables, and proteins are carefully selected by Mei to create harmonious, healthy dishes. Steam cooking allows the natural flavors of the ingredients to emerge and oil is minimally used, resulting in a light and fresh cuisine. Mei's own creation, chicken rice rolls, are a beloved after school snack by Cloverdale High School students because they are affordable, healthy and delicious. Beverages include, local Pedroncelli Wines and hot and cold sakes. Mei demonstrated how a popular sweet after dinner drink is made by mixing cold sake with plum wine. Hot sake, she pointed out, is an excellent pairing with sushi since it is also made from rice.

When asked what three words might describe KS Tian Yuen, Mei replied: "healthy, happy and family!" "We are all in the same family," she said. "We are all in the same garden."

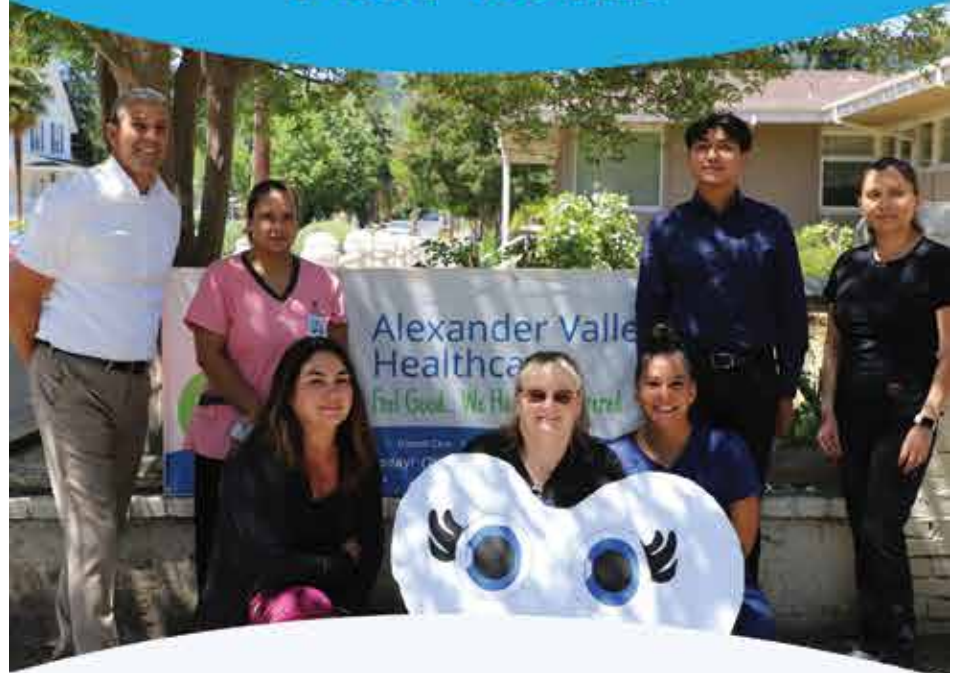
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What Is Clearwater Ranch?



Clearwater Ranch is a housing project in Cloverdale where families are creating a safe, wholesome housing for their special needs adult children to support life-long independence. Families of individuals with developmental disabilities banded together to develop integrated housing where people with and without disabilities can live together. This group of active parents partnered with Living Unlimited, a San Francisco Bay Area based non-profit, to design, develop and implement a life-long housing solution for their loved ones. The mission is to provide life-long housing and community that empowers them to live their lives to the fullest potential with dignity, purpose, and joy.

Clearwater Ranch is on an eighty-four acre piece of land which includes:

- Nine single-level homes where the individuals can live in a family environment
- A large workshop space for teaching and learning technical skills
- A large multi-purpose hall with class rooms, for social, recreational and learning activities
- A fully equipped commercial kitchen for preparation of food at events
- A shallow swimming pool for the residents' recreation
- And plenty of open space for a garden, farm, livestock or any other enriching enterprise

Currently, houses are being remodeled and upgraded before the residents can move in. When Clearwater Ranch is fully subscribed, it will house 24 young adults with various disabilities plus other neuro-typical individuals. It will be a safe and secure place with potential for growth and learning. Clearwater Ranch is a private company, working as an ownership model housing, where families can buy a share which will then provide a room for their loved one for the rest of their life in a clean, beautiful environment.

If anyone is interested to know more about Clearwater Ranch, they can check out the website www.CRanch.net. There are events happening online and at the Ranch where one can RSVP to join. We are always looking for people who can enrich the lives of those living at the Ranch: a) People who would like to live and work at the Ranch. b) Coaches, teachers, and mentors; c) Businesses with ideas to develop opportunities for revenue generation using our land. If you would like to talk about a business opportunity, contact Uli at 650-270-7575.



Introducing Siri to the Cloverdale Community

Swathi H. Chettipally



Siri, a young lady with an inspirational story is moving to Cloverdale from San Francisco, soon. In spite of her challenges due to autism, she inspired many with her talents and reached out through her appearances on TV, Print Media and her Social Network.

Siri was born and raised in San Francisco and is the oldest of three children to her parents who migrated from India. When Siri was 22yrs old, her mother trained

her to make care packages for the soldiers in the army which eventually turned into an online jewelry making business.

Before pandemic Siri was involved in functional fitness, boxing, fitness dancing, horse riding, ice-skating and also started working at the Goodwill store. Unfortunately, all her activity stopped when the pandemic arrived in 2020. Recently, Siri restarted her training in boxing and functional fitness with a professional in Mixed Martial Arts. She continues to make jewelry and started sewing. Siri's family is excited about a documentary in the making of her story to bring awareness to autism with a title "My Name is Siri".

Siri can be followed on her social media channels; YouTube, Instagram, LinkedIn, Twitter, Face Book Page, Tumblr, Pinterest all under "Designs By Siri". Don't miss visiting her website www.DesignsBySiri.com to see her beautiful handmade items.

Siri's family is looking forward to making many sweet memories in Cloverdale.

The Creative Corner
Christy Latchford



As we approach the end of another dry summer, the subtle shift in the weather has begun. Although I am sure we shall have a few more Cloverdale hot days, the promise of Fall has started to arrive. The hustle and bustle of holiday overload, school projects, laughter heard in the air of sports being practiced and, if we are lucky, peppered into the mix are moments of down time where we get an opportunity to relax, and for those who delight in it...time made for reading.

Well, on Sunday, September 19th, the grown-up addition is finally being installed next to the kiddos free library on Muscat. As Louise Penny is my favorite author, I was inspired to make a bench top for the grown-up locker so one could rest for a moment while checking out the books. My husband Brodie made an exquisite top of red oak and I painted my favorite Louise Penny quote on the top.

“Three Pines is a state of mind. When we choose tolerance over hate. Kindness over cruelty. Goodness over bullying. When we choose to be hopeful, not cynical. Then we live in Three Pines.” — Louise Penny

I wanted to keep it simple and not worry about being perfect, but I also wanted to ensure it would hold up to the elements. It was an opportunity for clear liquid epoxy! So simple to mix, applying is simple as it is self-leveling and after 3 days you have a top that can survive just about anything. The best part is it can be used for a myriad of projects, both big and small. My mama and I often say that Cloverdale is as close to Three Pines as you can get, so being able to share the quote with any who visit this new addition makes my heart smile. Not to mention, it is a pretty good reminder.



Cloverdale Kiwanis See's Candy “Storefront”

Kiwanis Club of Cloverdale is selling See's candy via the website below. Go online to make your selection, pay and the candy will be delivered to you or whomever you want it sent to. It's easy! Thank you for supporting the Cloverdale Kiwanis See's Candy Store! We'll receive all profits from any items you purchase below. Order more to help us reach our fundraising goal!

https://www.yumraising.com/secure/cloverdalek_cloverdale_kiwanis_sees_candy_sto61/candy



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Alexander Valley Film Society AV Cart

Just like the old days when the teacher would roll in the AV Cart and show a movie! This new feature from AVFS offers a free film for students to view inside or outside of class, as well as the option for synchronous discussion with a subject-area expert during one or more class sessions. The experts will discuss the film and thematic issues. Most of the offerings can be customized to fit each classroom depending on hybrid or in-person sessions. For more information, or to schedule an AV Cart, please contact Tess McHaffie at tess.mchaffie@avfilmsociety.org.

(Notes: Required minimum of 10 students in a class to schedule an expert. They have hotspots to distribute if students cannot access the internet at home.)

Cloverdale CYO 2021/22 Season
Daniel Fernandez

CYO basketball is still planned for this season. The board has yet to finalize the length of the season and we are working with the many school districts to define what the COVID protocols will be. This information will be made available prior to the start of practices.

This season will be a little different than previous years. All CYO for Cloverdale families will be through the St John parish program in Healdsburg. The Athletic Director is Graham Haun. A huge thank you to Fr. Sean Rogers for opening up his parish to the Cloverdale CYO basketball community. You can email your sign-up and medical forms to arhaun@aol.com.

This will be the first time in 32 years that St Peter will not be part of North Bay CYO. This will also be the last season for both Dennis Kurpinsky and myself running this program. It has been one of my greatest honors to serve the Cloverdale community in this capacity and see so many kids grow up and continue to play the game that we love BASKETBALL. Thank you for all your support the past 7 years! For more information, email the Athletic Director, Graham Haun at arhaun@aol.com

Alexander Valley Healthcare 6 Tarman Drive Cloverdale CA, 95425 707-894-4229				
What	Who	When	Where	
Covid Testing	Asymptomatic Patients and community	M-F, 8am – 5pm. Call 894-4229 for appointment.	AVH Medical Center at 6 Tarman Drive, Parking lot	AVH requests that symptomatic individuals schedule testing with their Primary Care Physician. *AVH welcomes new patients who want to establish care with us.
Covid Vaccine	Patients	M-F, 8am – 5pm. Call 894-4229 for appointment.	AVH Medical Center at 6 Tarman Drive	1st, and 2nd doses. Pfizer and Janssen (Johnson & Johnson) ONLY until further notice. Moderna availability TBD.
Covid Vaccine	Community	Thursdays 2-6pm MyTurn.ca.gov or call 894-4229	AVH Medical Center at 6 Tarman Drive	MyTurn.ca.gov available for AVH scheduling. 1st or 2nd doses. *NOTE: Due to software issue on MyTurn you must select 1st dose appointment to schedule an appointment for 2nd dose, even if 1st dose was already received.
Covid Vaccine 3rd Dose	Immunocompromised Patients: provider to assess suitability	Call 894-4229 for appt. first with Primary Care Physician for assessment.	AVH Medical Center at 6 Tarman Drive	Pfizer only.

Drought Education SonomaWater.org

Our region is currently experiencing a severe multi-year drought. Rainfall and reservoir storage levels are at historic lows.

What is a drought?

- A drought occurs when an area receives a lot less precipitation than they normally receive, leading to a shortage of water.

How is rainfall measured?

- Rain Gauge: Precipitation is measured by using a rain gauge. A rain gauge consists of a tube and a measuring scale. When it rains, the water falls into the top of the tube. In the United States, we measure precipitation in inches.
- Water Year: We track rainfall by water year. A water year is the 12-month period from October 1st to September 30th.

How much rain have we received in the 2021 water year?

- Rainfall: The 2021 water year will end on September 30th, 2021. So far, Santa Rosa has received just under 13 inches of rain. The 30-year annual average for our region is 30 inches of rain.

How drastic is this drought?

- Rain The 2020 water year (October 2019 - September 2020) was the third driest water year over the last 127 years.
- Reservoirs Lake Sonoma and Lake Mendocino provide water to our community. These two reservoirs are at record lows for this time of year.

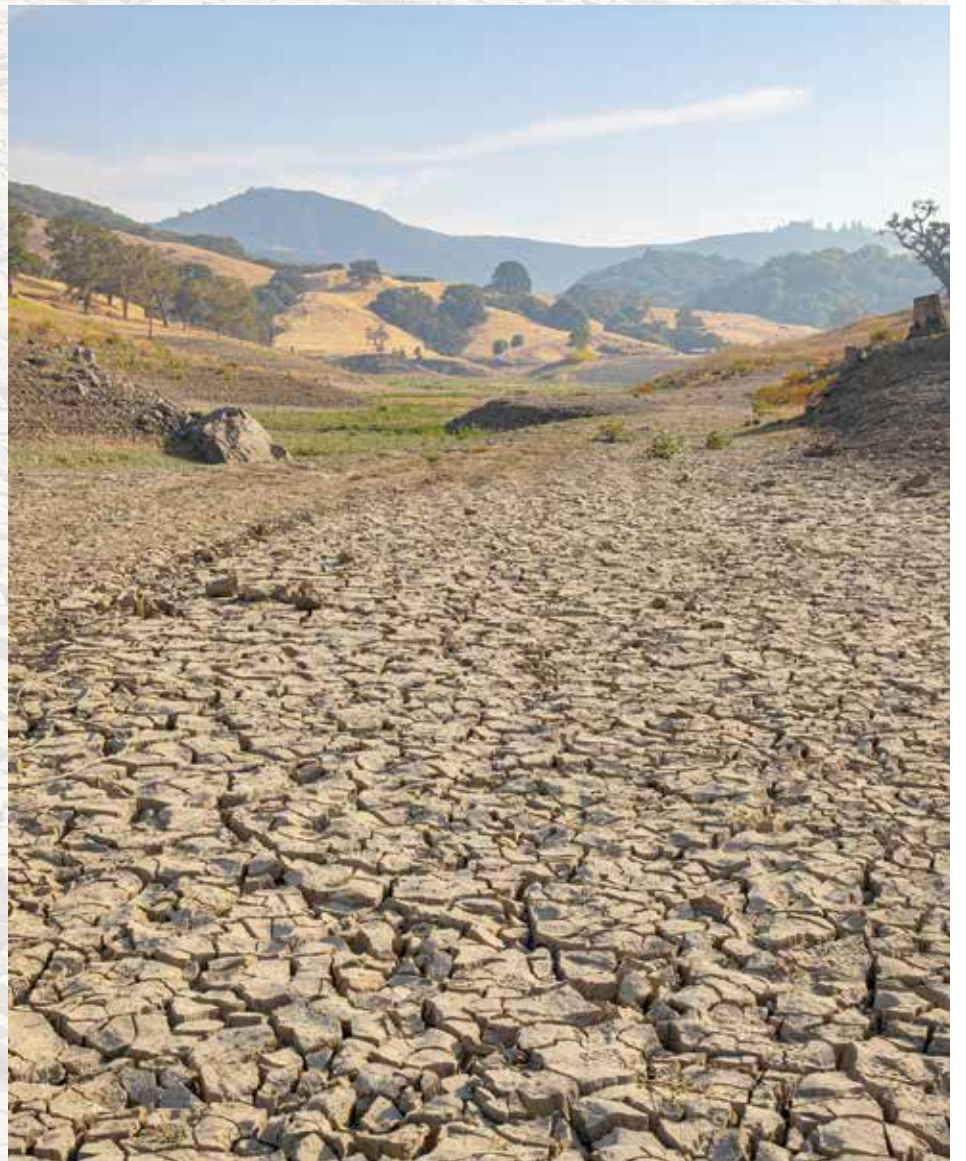


Photo courtesy Rick Tang Photography

Let's Travel – Craig Clark

Here are 7 affordable Fall vacations for everything from warm weather Caribbean weekend getaways to cheap fall family vacations.

Niagara Falls, New York

Take it all in from the Observation Tower or get an up-close view of the falls by boarding a Maid of the Mist tour boat. Put on a poncho for the Cave of the Winds tour, for the splash zone on "Hurricane Deck."

Boston, Massachusetts

Iconic activities in Boston include lots of walking: the Freedom Trail Foundation's 2.5-mile trail past 16 historical sites or the 40-plus-mile Harborwalk. Reward yourself with a free tour at the Sam Adams Brewery and Tap Room or a trip to one of the North End's many Italian restaurants.

Ontario, Canada

For fall leaf peeping, stay in Toronto and take a ferry to Toronto Island Park or take a road trip to parks like Algonquin Park or a train tour of Agawa Canyon.

Belize

Stretch out on sandy white beaches, explore ruins or go snorkeling around a barrier reef. It's an affordable paradise with many small independent lodging options and a

favorable exchange rate to the U.S. dollar. The fall is the (sometimes rainy) off-season, which means there are even more deals to be had.

San Juan, Puerto Rico

Taking photos in scenic Old San Juan and near El Morro fortress is a must, as is visiting Puerto Rico's beautiful beaches including Playa Condado or Isla Verde. Take a trip to explore the lush El Yunque National Forest, the only rainforest in the U.S. National Forest System.

Cancun, Mexico

Swimming, sunbathing, snorkeling, and scuba diving all top the list of activities in Cancun. Beyond the sea, book a package to visit historic sites like the Chichen Itza Ruins or take a street food tour to try tacos and mezcal.

Athens, Greece

Stay near the Acropolis and other sightseeing destinations in small hotels. There's more history in Athens to explore than anyone could fit into one visit — from the Parthenon to Hadrian's Arch. Don't miss the recently renovated National Museum of Contemporary Art Athens.

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Courtesy of The Pavelka Team & Cloverdale Connect

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Animal Hospital of Cloverdale894.3951
California Highway Patrol576.2175
Cloverdale Ambulance894.5862
Cloverdale Fire Department894.3545
Cloverdale Police Department894.2150
Healdsburg District Hospital431.6500
Sonoma County Sheriff565.2511

Schools

Cloverdale Unified School District894.1920
Cloverdale High School894.1900
Jefferson Elementary School894.1930
Washington Middle School894.1940
JEH Continuation School894.1925

Utility Resources

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PG&E800.743.5000
Recology (Garbage)800.246.0291

Transportation Resources

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Sonoma County Transit / Bus576.7433
Sonoma County Airport Express837.8700

City Resources

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Cloverdale Citrus Fair894.3992
Cloverdale City Hall894.2521
Cloverdale Post Office894.4607
Cloverdale Public Library894.5271
Cloverdale Water/Sewer894.1700

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Important Phone Numbers

Keep important Cloverdale phone numbers at your fingertips by displaying this FREE magnet in your home or business.

This valuable gift is provided FREE to the community by Jane & Ron Pavelka and Cloverdale Connect. The Lightning Athletics Cheer team, Storm, will be delivering the magnets throughout the community. Supplies are limited so request your magnet right away – info@cloverdaleconnect.com or 707.322.3403.

Whisker Talk

Brigid Wasson

“Helping pet lovers live their best life”

Some of you may know that I am a mail carrier in Cloverdale. I love bringing folks all the things they need, especially in today's climate where most shopping is done online. One thing that can prevent mail carriers from serving you is loose dogs.



Many people don't understand the seriousness of letting their dogs run loose. If they cause a car accident, bite a person, or injure another pet, you could be sued. Most dogs are friendly with household members, but not always with strangers, especially those they view as trespassers like delivery persons. I have had dogs bolt out of the house or come from out of sight on the property, charging at me with hackles up and teeth showing. Fortunately, I was not injured in these situations, but it could have easily ended that way.

Do everyone a favor and keep your dogs confined safely. Communicate with delivery services as to where you want your packages placed. If your dogs are in the yard, consider posting a sign that says DO NOT ENTER - DOGS or just lock the gate to be sure.

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9

When Do I Get My Keys?
Anne Miserlian Baker

Ofentimes, after the buyers go into the escrow office to sign, they ask me questions like, “When do I get my keys?” and “When can we move in?” If you are a buyer, chances are you have had these questions.

These are good questions because by this time nearly 30 days have passed since finding the home of your dreams. You’re excited to move in and get settled.

You have fallen in love with your new home. You have completed all the inspections. The house has been appraised. Your lender told you last week that you are fully approved. You have gone into the title company, met with the escrow officer and signed your closing papers. What’s next?

You will visit your bank to transfer your down payment to the escrow company. In the meantime, the lender will take one last look to make sure everything is in order. Once they are satisfied, the lender will send funds to the escrow company and your agent will be notified.

Once the escrow company receives all the money to pay for your home, they record the closing papers with the County Recorder’s Office. Once again, your agent will be notified, but this time will contact you with congratulations!!! You will arrange a time to meet at the home to get your keys. Welcome Home!!!

New Scoreboard Installed



Rege Construction recently donated time to the high school to take down the existing scoreboard at the CHS football field and erect the new. They feel lucky to be part of building our home town football field last year and are glad to have helped with the finishing touches.





State of the City Brunch

Friday, October 8th, 2021
8:30 to 10:00am


\$35 per person (Tip & Tax Included) *

Join us for a delicious breakfast. Guest speakers will share their unique perspectives on our community.

*Payment in advance. Seating is limited.

If you purchased tickets in 2020, please call the chamber to re-confirm that you will be attending.





Pavelka's Puns

Local Area Network
in Australia -
the LAN down under.



Halloween Happenings

Team Cloverdale - Awakening Alzheimer's will be providing the Halloween Carnival downtown Cloverdale on October 29th from 5 pm to 8 pm with games, vendors, carnival games, Trunk or Treat and more.

And don't miss the Harvest Festival and Trunk or Treat at Living Water Church on the 31st 3 pm to 5 pm. Free! Carnival games, cake walk, Trunk or Treat!

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Recap
for Cloverdale

Average High Temperature 89°F
Average Low Temperature 54°
Total Rainfall 0.21 inches

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What's in Your Dog's Closet?

Michele Armanino



When Kalene and Gabriel DiMartini bought their first dog, Harper, a Goldendoodle, Kalene was excited to show her husband the cute, \$20.00 bandana she had purchased for their new pup. “You could have made that!” he commented after inspecting the bandana. Days later, the young couple found themselves lugging an old sewing machine out from Gabriel’s mom’s basement. Kalene said, “It was covered in dust and spiderwebs and it was missing a foot pedal!” She tenaciously fixed the machine and spent an infinite amount of hours teaching herself how to sew.

Kalene began by making holiday and sport themed bandanas and giving them to her friends and family as gifts. Consequently, she perceived the usefulness of matching tote bags and wristlets that could easily be brought along on dog walks. Hence, a dog clothing and apparel collection, HarperHasIt.com, was born. The line now includes colorful bow ties, hair bows and scrunchies, baseball caps that say, “Girls just wanna have dogs!” and screen printed, acid washed tank tops with “I love my dog” in dainty, black cursive lettering. Kalene sources some of her fabric through Cloverdale’s Bolt Fabric and Home which always carries unique fabric selections to compliment her trendy line of clothing. “I’ve also photoshopped my own graphic designs and had them printed on fabric.” Kalene said.

DeMartini is conscious of how her fun products positively affect people. “If I read about a person on Instagram who has a dog with an illness, I’ll send them a bandana and good wishes for their pet,” she said. She has sent over one hundred, cheerful, hand-sewn masks to hospitals in her area.

CloverDog, Pet Supply and Wash, owned by Melissa Shreeve, carries a variety of items in Kalene’s quality clothing collection which include jaunty gingham bow ties, playful bandanas, tote bags and wristlets. “Melissa really didn’t know who I was.” Kalene said. “She took a chance on me.”

DiMartini is passionate about her work, a dog-loving mom with two small kids, and a supportive husband. If you like modern, trendy and chic, then check out Kalene’s collections. There’s always room for one more cute outfit in your dog’s closet.





WHAT GOES WHERE?

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Must be CLEAN & DRY. Leave lids on.



COMPOST

Food scraps (produce, meat, dairy & bread) • Plant trimmings • Soiled paper & cardboard • Wooden utensils, stir sticks, & chop sticks



GARBAGE

Broken glass & dishware • Wrappers & chip bags • Styrofoam, straws, plastic bags, plastic utensils, & coffee cups



NO

Plastic bags • Liquids • Batteries • Food residue • Coffee cups • Styrofoam • Syringes or sharps

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Plastic bags • Dirt or rocks • “Compostable” labeled plastics • Animal feces • Glass

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CLOVERDALE HOLIDAY CRAFT SHOW

The Cloverdale Theta Zeta Sorority and Friends are presenting their annual Holiday Craft Show, November 6th at the Veterans Memorial Bldg., 205 West 1st Street, Cloverdale from 9am-4pm, where crafters will be selling their wonderful craft items. A light lunch, dessert, snacks and drinks will be available for purchase at the event.

Raffle tickets may be purchased for wonderful gift basket prizes at Ray's Food Place, at a table at Courtneys Pumpkin Patch on Oct. 2nd, and also at the Craft Show on Nov. 6th. For more information, please contact Neva Goodman 894-5617 or Carolyn Ramos 894-2037.

Yams, Turnips, and Rutabagas – Oh My!

Gina Berry, MS, RD, CLT

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This is the time of year when we start thinking about hearty soup, yummy baking, and warm cozy dinners. A delicious and healthy addition to your winter meals can be root vegetables! Tubers, roots, and bulbs are all root vegetables which grow underground at the base of the plant and really are buried treasures. Some examples are onions, carrots, beets, potatoes, yams, parsnips, ginger, and turmeric. Root vegetables have extended shelf-life and will keep for several weeks stored in a cool dry place. They are excellent sources of fiber, vitamins, and minerals. The skins of root vegetables (and most vegetables) store many of their nutrients, so avoid peeling them unless the skins seem tough or thick. These often-overlooked veggies have both insoluble fiber and soluble fiber which may lower LDL "bad" cholesterol levels and are nice slow digesting complex carbohydrates to add to your winter meal.

Each root veggie provides something slightly different: potassium (potatoes, radishes, parsnips), magnesium (turnips, parsnips), folate (beets, parsnips), vitamin A (carrots, yams, sweet potatoes), vitamin C (turnips, rutabagas, potatoes) and calcium (turnips). Beets contain particularly healthful phytochemicals called betalains which give beets their distinctive red-violet and even yellow hue. Betalains are powerful antioxidants and anti-inflammatories and may be helpful for cardiovascular health. So, a nice colorful combo of these veggies will provide you and your family with a varied mix of nutrients!



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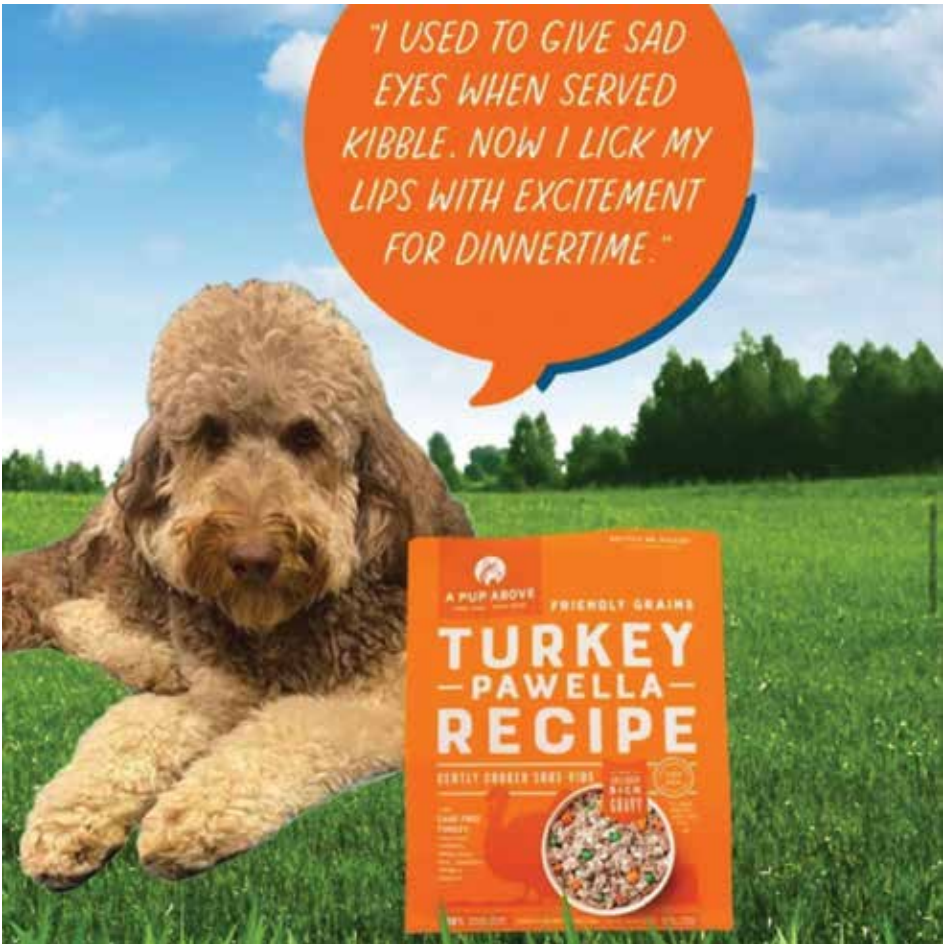
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10/8/21 – 10/10/2021 • 9am – 5:00pm • E-Waste Recycling
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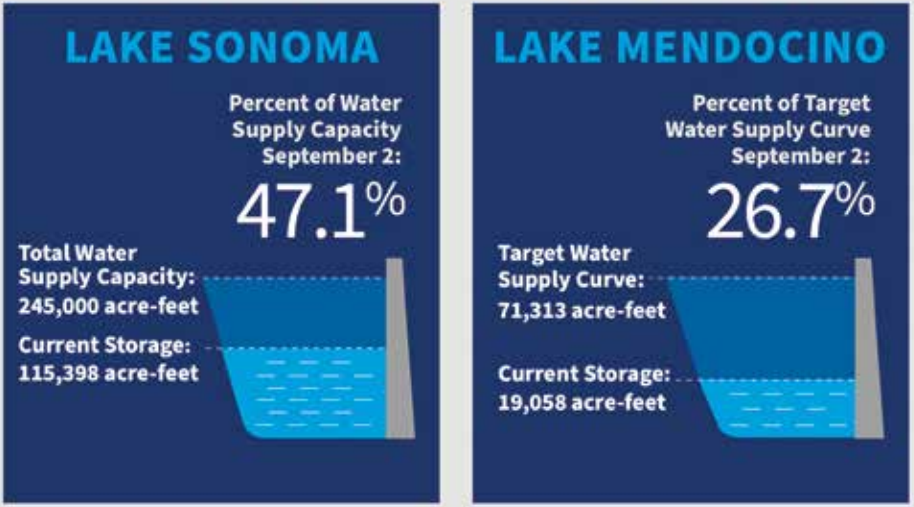
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Cloverdale Library News
Donna Romeo

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Don't have a library card? Library cards are free and everything is free at the library all the time. Come in and get your library card today. The library is open from 12-7 Mondays and Tuesdays and from 10-5 Wednesday through Saturday. If you are unable to come into the library, we can help you get an eCard for immediate access. Call 707 894-5271 for help.

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Cloverdale Lions



Alexander Valley Healthcare

Resource Center Re-Opens

SVDP is now open again on Tuesdays, 9:30am - 12:30pm. We really need our great volunteers back if you are willing.

The format outside will prevent us from serving breakfast and lunch. Hoping to get back inside by November 9 and back to normal. We have really expanded the variety of agencies helping us. Our new participating agencies include: SAY (Social Advocates for Youth), Cloverdale Senior Center, La Familia Sena, Corazon, CHDC (California Human Development), CRA (California Rural Assistance), CUSD (Cloverdale Unified School District), Management Connections and The Mexican Consulate in San Francisco. Our returning agencies include: Reach for Home, Catholic Charities, Alexander Valley Health Care, Sonoma County Veterans Association, REFB (Redwood Empire Food Bank).

During our drive through we will be distributing dry goods food boxes with 14 items, produce, dairy products, diapers and wipes and emergency safety kits. Reach for Home is bringing their RV to serve the homeless. Nurse Jackie will be back with her team to provide a wide range of services. For now, a rotating group of agencies will be distributing contact info and also if needed, doing intakes.



Vine Ridge Senior Living planted a
PROMISE GARDEN

The Sonoma-Marin Walk To End Alzheimer's
Is SATURDAY, OCTOBER 9th
All of you are more than welcome to join us

13th Annual Asti Tour de Vine October 9, 2021



Join your hosts, the Cloverdale Rotary Club, for the 13th annual Asti Tour de Vine, a **25k, 50k, 100k, 100m** (century) bicycle tour. The tour takes place Saturday October 9, 2021 in Northern Sonoma County, California's breathtaking wine country

and is hosted by the Cloverdale Rotary Club. We have many rides to choose from, including the easy carefree 25k for the beginner rider and our extreme 100 mile challenge we call the Rockpile Rumble. The additional out and back 25 mile journey will get your heart pounding and your thighs burning as you climb nearly 2,000 feet, enjoying the breathtaking views of beautiful Lake Sonoma. Along the way, enjoy our harvest-themed rest stops and healthy foods and snacks which are included with your registration, SAG support too. At the end of your ride, a bountiful luncheon, prepared by the Cloverdale Rotary Club and served with wine, awaits you in Cloverdale on the grounds of the Historic Mount Carmel Church, about 100 yards north of the Asti Winery. This delicious bountiful lunch is included in each riders paid registration. Additional lunches can be purchased for \$35.00 for family and friends during the online registration process. The Rotary Club of Cloverdale will adhere to Sonoma County Public Health Dept. guidelines in place at the time of the event. Register on line at <https://www.astitourdevine.com/>

Creative Notions Is OPEN!

Wednesdays 10-4 PM

Side-walk sale table - up to 50% off

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Cloverdale Performing Arts Center presents The Beard of Avon

THE BEARD OF AVON



The Beard of Avon by Amy Freed

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Saturdays Oct 9 16 23 at 7:30pm

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In following with the California state guidelines for indoor venues, and to ensure the safety of all of our patrons, performers, crew and staff, the Cloverdale Performing Arts Center will be requiring masks and proof of a completed COVID-19 vaccination to enter the theatre until further notice.

We at CPAC are doing our part to help slow the spread of COVID-19 by assuring you that the entire cast, crew and front of house staff are vaccinated for all future performances. Only the performers will be allowed to be unmasked at this time while in performance.

Children under 12 will require proof of a negative covid test within 3 days of attendance.

Proof of vaccination will be accepted as a vaccination card, photo of a vaccination card, or a QR code from the state of California providing proof of vaccination.



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ENERGY AND SUSTAINABILITY DIVISION

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Ann Gillis is a Cloverdale treasure

Mary Jo Winter

Known as the “Hugging Grandma of Cloverdale,” Ann Gillis celebrated her 101st birthday last month with a party at the Cloverdale Senior Center.

Born Anna Maria Amaroli in Tuscany on September 8, 1920, she came to America when she was only 11 months old.

As a youngster, she played both the viola and mandolin, with dancing being something she’s enjoyed since she was 17. She still manages to do a little dancing today. Just ask anyone who has ever seen her “cut a rug” at Friday Night Live.

Ann earned a BA from U.C. Berkeley in 1942, taking additional courses to gain office and accounting skills. Thanks to her ability to speak Spanish, one of the jobs she landed was with the California Farm Production Council, which facilitated immigration of Mexican nationals for agricultural labor.

She met her husband Al at a dance in San Francisco a few months before the start of WWII. They corresponded all the time he was overseas and married December 30, 1945. Ann wore a Navy-blue outfit she had made in an evening sewing class.

Five years later, they moved to her parent’s farm on Dutcher Creek Road and started making plans to build their own home on the property. With guidance from a book titled, “How to Build Your Dream Home for \$3,500,” they sawed and hammered each board by hand. At the end of 10 months, their cozy cottage, where she still lives, was complete.

An accomplished artist, her paintings have won numerous awards. She served more than 10 years as Cloverdale’s representative to the Sonoma County Arts Council. She was also instrumental in bringing an evening art class to Cloverdale and has helped raise money to purchase a potter’s wheel and kiln for local artists.

Volunteering has always been second nature to her, but her biggest volunteer effort involved staging elaborate fundraising dinners alongside other civic-minded friends to help build the Senior Center.

Currently, a number of her oil paintings are on exhibit at the Center with all money from any sales donated back to them. “I may be slowing down and not able to volunteer as much as I used to, but there are still ways I can help,” she says.

A stomach cancer diagnosis in 1997 totally changed Ann’s life. Fearing she would lose her strength and vitality, she happened to read a book about the benefits of organic foods. She attributes her complete recovery, good health and long life to organic gardening and eating foods without chemicals.

Always ready with a smile and a hug, keeping busy is her secret to being happy and staying young. “There’s one second and then it’s gone. I try to enjoy every second before it’s all over.”



Happy 101st Birthday Ann



COVID’s Still Here & Flu Season’s Coming ... What’s the Plan AVH?

Beginning October 4, get your flu shot at Alexander Valley Healthcare! Call (707) 894-4229 to schedule an appointment now. Take these precautions to protect yourself during flu season:

1. Get vaccinated. The best way to prevent flu is to get a flu vaccination each year. Everyone six months and older should get vaccinated. (And yes, you may receive the flu and COVID-19 shots simultaneously.)
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
3. Don’t share personal items: Toothbrushes, beverage bottles or cups.
4. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
5. Protect others. If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone – except to get medical care or for other necessities.

Get protected: Save time and come to AVH.

www.alexandervalleyhealthcare.org Follow us on Facebook

Donna Cambra & Kidney Disease Awareness



In our August issue of Cloverdale Connect, we shared a story about Donna Cambra, a member of our Cloverdale community, who is searching for a kidney donor. One in seven adults has chronic kidney disease. When someone has chronic kidney disease (CKD), their kidneys aren't as effective in removing waste products and extra fluid from their blood.

Usually, this happens slowly over time. Symptoms also develop slowly and may include common things like fatigue, loss of appetite or ankle swelling. Some people have no symptoms until CKD makes them very sick, usually when kidney function falls below 10% of normal.

CKD is diagnosed by simple, quick and inexpensive blood tests. If the disease is discovered early, most people can prolong their kidney function through lifestyle changes and medication.

There's no cure for CKD. When kidney function falls below 10%, most people begin kidney replacement treatment. There are two types of treatment:

- Kidney transplant – about 21,000 transplants are performed each year.
- Dialysis – more than 460,000 people receive dialysis treatments each year.

In the U.S. alone, more than 37 million people are living with CKD. Dozens of organizations support CKD patients and their families, ready to educate, encourage and advance care for longer, healthier lives. Satellite Healthcare in Windsor is a leading, national not-for-profit kidney care company that has been dedicated to making life better for patients with kidney disease since 1974.

Satellite Healthcare and its entities provide:

- in-center and home dialysis services;
- innovative research and clinical trials; and
- early and end-stage-kidney disease management.

Their focus is to improve the quality and access of dialysis care, reduce costs and implement integrated value-based care models.

Diabetes and high blood pressure together are the primary causes for more than two-thirds of cases of CKD in the U.S. These two conditions, especially if uncontrolled, cause damage to blood vessels and kidneys. At first, this damage happens slowly over time, which makes noticing symptoms difficult. Early detection and a kidney-friendly lifestyle can help keep your kidneys working well and give you the best chance for a longer and healthier life.

Other causes of CKD include sudden injury to kidneys from a severe illness or reaction to certain drugs or chemicals. It's also possible for CKD to result from a birth defect, inherited disease, autoimmune disease or other conditions.

Symptoms of CKD

- Swelling of ankles, feet, face or hands
- Fatigue
- Trouble sleeping
- Decreased appetite
- Metallic taste
- Nausea
- Itching
- Blood or protein in the urine

The kidneys are amazing organs that play a major role in keeping our body clean and healthy by flushing out unwanted wastes and toxic materials. Though their primary function is to remove toxins from the body, it is not their only function. The kidneys also play a crucial role in regulating blood pressure, the volume of fluid and electrolytes in the body. Although most of us are born with two kidneys, just one suffices to effectively carry out all important tasks.

In recent years, there has been a disturbing increase in the number of patients suffering from diabetes and hypertension that has led to a noticeable increase in the number of patients suffering from chronic kidney disease. This calls for better awareness and understanding of kidney diseases,

their prevention and early treatment. The kidneys are among the most vital organs of the human body. Malfunction of the kidneys can lead to serious illness or even death. Each kidney has a very complex structure and function. They have two important functions namely: to flush out harmful and toxic waste products and to maintain balance of water, fluids, minerals and chemicals i.e., electrolytes such as sodium, potassium, etc.

Treatment Options:

Dialysis is the most common treatment for those living with end-stage kidney failure. Regular dialysis treatments remove toxins and extra fluid from your body and are done either in your own home or around others in a treatment center.

Peritoneal dialysis (PD)

- Needle-free dialysis through the abdomen
- PD treatments use the lining in your abdomen (peritoneum) and a special solution (dialysate) to remove waste and extra fluid from your blood.
- Treatments at home may be performed during the day or at night—or both—using either a machine or doing it by yourself.

Hemodialysis (HD) - Blood is cleaned using an artificial kidney machine and filter

- A little at a time, blood flows out of the body into the dialysis machine. Waste and extra fluid are removed from the blood. The cleaned blood is returned to the body.
- Treatments are done either in the home or in a dialysis center or sometimes, when necessary, in a hospital setting.

A healthy kidney placed during surgery

- A successful kidney transplant is the preferred kidney replacement treatment.
- A kidney from a human donor is put into the body during surgery.
- Waiting for a kidney that's a good fit can take years.
- Someone who needs a healthy kidney may ask a special person in their life to consider donating one of theirs. This can speed the ability to have transplant surgery. In addition, a donated kidney from a living person has a higher chance of long-term success.
- While waiting for a transplant, most people begin dialysis treatment.

For more information about kidney disease or to see if you could be a donor, contact info@satellitehealth.com

Help Tim Christ Study in Florence



Cloverdale resident Tim Christ has an opportunity to study abroad next semester and is seeking the community's support. Some of you may know his father, Frank Christ, from The American Legion post here in town or you may know his brother, Frank Christ Jr, who keeps our community up to date on fire information.

Tim is a student at Santa Rosa Junior College studying video game design and hopes to participate in the American Institute for Foreign Study (AIFS) program in Florence, Italy in Spring 2022.

He will be taking 12 Units of classes including everything from a required Italian Cultural Class, Creative Writing, to Digital Photography and others. With classic architecture and art all around in Florence, Tim feels there is no better place to take these classes. Participating in the AIFS program saves thousands of dollars for the student compared to what it would cost independently.

Tim is well on his way to his goal of \$10,000. This amount includes the initial price for the trip (\$8,000), a transportation package including airfare for an additional \$1,000, and a food voucher for \$500. The deadline to submit the funds is the first week of December. For a longer and more detailed write-up for this, please see Tim's Go Fund Me <https://gofund.me/ae3ddab2>. Let's have our Cloverdale Community assist Tim in achieving his goal for the opportunity to study in Florence, Italy next semester.

Substitutes Needed

**YOU CAN MAKE A DIFFERENCE AT A
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**School districts across Sonoma County are
seeking substitute teachers**

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Get started today!

Learn More: scoe.org/pub/htdocs/substitute.html

Attend Orientation: scoe.org/classes

Questions: 707-524-2681, subs@scoe.org



River Park Vegetation Clean-Up Todd Lands

After several months of meetings, phone calls, emails, and working with many different agencies, we are finally able to move forward on vegetation management along and in our river. With the help of James Gore, Jen Mendoza, Mayor Marta Cruz, David Kelley, Kevin Thompson, Sonoma County SAC Crews, Fish and Game, CA Water Quality Control Board, HEART, Sonoma Sheriff, Cloverdale Police Dept and others, we are creating a safer and cleaner Cloverdale. The vegetation management will create a fire-break on the East side of our town to aid fire departments in keeping our community safe. The debris and trash removal will keep our river cleaner for us and our wildlife.

I cannot thank everyone enough for their hard work in making this happen. If successful, it can become a yearly maintenance project and our rivers can be a great place to visit once again.

Now we definitely need volunteers to help drag brush, collect trash, and chippers to help with the brush. We could even use a few people willing to bring small tractors to aid where possible. For those who want to help, please get ahold of me, Todd Lands at tlands@ci.cloverdale.ca.us. This is a great opportunity for the Cloverdale community to help clean one of our biggest resources.



DAHLIA & SAGE COMMUNITY MARKET

COMMUNITY PRESENTATION:

WEDNESDAY, NOVEMBER 3RD

AT DAHLIA & SAGE COMMUNITY MARKET

THIS EVENT IS FREE!

Come and meet Loren Poncia, the
Rancher from Stemple Creek Ranch!
He will be talking about his Sustainable
Farming Techniques and Carbon
Neutral Farming practices.

5:30-6PM: Reception with complimentary
wine and nibbles from our kitchen
6PM-6:45PM: Presentation with Loren Poncia



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Lloyd Robert Mittelstadt

July 30, 1928 - September 6, 2021

Lloyd Robert Mittelstadt was born July 30, 1928 in Gackle, North Dakota and died on September 6, 2021 at age 93. When he was 14 Lloyd took the train alone from North Dakota to California, joined his father in Cloverdale and worked in the timber and lumber industry for 50 years. Lloyd operated Barnes Lumber with his brother, Leonard Mittelstadt.

Lloyd enjoyed hunting, fishing and outdoor sports and was a long-time member of the Cloverdale Lions Club. When he retired, he and his wife Mary Jane traveled throughout Europe and the United States. Lloyd leaves his wife Mary Jane, his ten children and stepchildren and their spouses, many grandchildren and great grandchildren, his sister Palma and several nieces and nephews. Services were held in September and donations are encouraged in Lloyd's memory to the Cloverdale History Center.

Our Local Firefighters at the Dixie Fire at Lake Almanor



Pictured are: Captain Kevin Sauder, Firefighter Tyler Bowman, Firefighter Ernesto Rodriguez, Firefighter Andre Gluch, Engineer Kagen Davis, Firefighter Logan Spain along with Chris & Wally Blem, owners of Peninsula Market, who have been generously feeding the team.



Cooking With David

David Maciel

Sponsored by Ray's Food Place

Asian Tomato Beef

Tomato beef is a classic Chinese restaurant lunch dish over rice or rice noodles. The ingredients are easy to find. I use top round cut of beef, but any lean beef cut will work.

Marinade

- 2Tbsp soy sauce
- 2 Tbsp dry sherry vermouth or rice wine
- 2 tsp cornstarch
- ¾ pound of lean beef sliced thin into bite size pieces
- 3Tbsp vegetable oil
- 1 tsp minced garlic
- 1 small onion, cut into quarters
- 1 small green bell pepper seeded and quartered
- 2 medium tomatoes cut into 8 wedges
- 2 tsp cornstarch dissolved into 2 Tbsp water

Sauce

- 1/3 cup chicken broth
- ¼ cup catsup
- 1 Tbsp soy sauce
- 1 Tbsp distilled white vinegar
- 1 tsp hot sauce
- 1 tsp sesame oil
- 2 tsp sugar

Let's cook

Combine the marinade in a bowl and add the beef and set aside. Place the wok or pan with a good working surface over high heat until hot. Add the oil and stir fry the beef until barely pink remove and set aside

Add garlic & onion cook until soft about 1 minute add the bell pepper stir for 30 seconds. Stir in the tomatoes & sauce mixture and mix well. Return the beef and bring to a simmer and add the cornstarch to thicken the sauce.



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