



Kent Woodlands Journal

Newsletter #321

August 2022

The monthly newsletter of the Kent Woodlands Property Owners Association

President's Note

Building Community by Getting to Know Our Neighbors:

Katie Arnemann — Founder, Selfishly Healthy

Katie Arnemann is an excellent example of someone who has accomplished a big pivot. After a successful 24 year career in the fast-paced world of corporate retail in New York and the Bay Area, she dropped it all, went back to school, and launched Selfishly Healthy, an integrative nutrition health coaching service.

Why 'selfishly healthy?' "I believe that you need to be a little selfish to be healthy and it's easy to put yourself and your own needs last," Katie explains. She meets people where they are in their journey and partners with them to identify little changes that will add up over time with consistent effort. As she says, "Making any diet and/or lifestyle changes on your own can be daunting so why not have a partner in your journey to become the best version of yourself?"

Katie was born and raised in Iowa. After graduating from Iowa State University with a BS in Apparel Design, Merchandising and Production as well as Communications, she moved to New York City to work in fashion. During those five years, she worked in design and product development at Calvin Klein and Old Navy. When Old Navy offered a transfer to the Bay Area, she happily moved west for a change of scenery. After launching two clothing companies – one in custom bridal and the other in women's ready to wear – she transitioned from fashion to interiors. She spent the final six years of her corporate career at Restoration Hardware, rising to Senior Director of Sourcing and Quality Assurance for Lighting, Décor, Hardware and Baby Child and Teen brands.

After many years of trial and error tackling her own health frustrations including infertility, gut issues and hormonal imbalances, she enrolled in a graduate program at the Institute for Integrative Nutrition in New York. She graduated as a Certified Integrative Nutrition Health Coach in September 2021 and began to help others to improve their immune system, digestion, hormones and en-

ergy levels for optimal health, longevity and weight loss. People can also come to her for help making quick and easy balanced meals that will please even the pickiest eaters or those with food intolerances. She is their "advocate and accountability buddy," and helps them to meet their health and wellness goals with continued check-ins and support as needed.



Katie and her family love Kent Woodlands. She and her husband, Roger, moved to Kent Woodlands in November 2016 with their newborn daughter. They were seeking "community, outdoor space and warmer weather after many years in San Francisco." Roger is General Manager of GuideWire Analytics. Margo is now six years old, recently finished her Kindergarten year at Bacich Elementary School, and looks forward to first grade after staying busy with summer camps this summer.

What does Katie love most about our neighborhood? She says that she loves the greenery, the privacy, and the warm and lovely people. You may find the three of them hiking on the trails with their Bearded Collie, Clyde.

If you'd like to learn more about Selfishly Healthy, Katie is offering a FREE 25 minute coaching session if you reach out at katie@selfishlyhealthy.com and mention this newsletter. You'll leave with at least one tip to get you started on your own selfishly healthy journey. For more information: www.selfishlyhealthy.com.

— Ann Peckenpugh Becker, President

The "President's Note" is intended to build community by spotlighting local residents. It is not an endorsement by the Association of any commercial product or service. If you know of a Kent Woodlands resident who would be a good subject of a "President's Note," send an email to info@kwpoa.com.

New Exterior Paint Color Options

At the July 28, 2022 regular board meeting, the KWPOA Board of Directors voted unanimously to adopt the expanded exterior color chart as previously submitted to the membership for a 28-day review and comment period. An earlier survey had indicated that 69% of the responding members were in favor of adding these lighter colors to the approved color options. The new palette now includes a wider selection of colors ranging from dark to lighter earth tones with an LRV (Light Reflective Value) of up to 55.

If you'd like to paint the exterior of your house a new color, your first step should be to contact Michael Barber at mbarber@kwpoa.com to make arrangements to view the new chart and see which colors are possibilities.

SAVE THE DATE!

Join us for KWPOA's fall FOOD TRUCK EVENT!

Sunday, September 11, 5:30—7:30pm
in the parking lot at the bottom
of Woodland Road

All Kent Woodlands residents welcome!
Food/beer/wine for purchase!
Family friendly!



Fire Safety Tip!

Defensible Space and Resilient Landscapes:

Over the years of inspecting properties, I have often heard owners and neighbors express concerns involving vegetation. There are laws that require each property to have 100 feet of defensible space which includes zone zero which is 0-5 feet from the home. This is so critical that in 2024 there will be zero vegetation allowed next to the home. Now is the time to start thinking about tree trimming, clearing ladder fuels close to your home, and removing combustible mulch directly next to your home.

So, what about healthy green leaf shrubs? Keep it green, choose which plants can be removed during the drought to provide proper spacing and consider rocks and decomposed granite intermingled with shrubs and trees.

I'm often asked about trees that overhang properties and if removal is necessary. If they are redwoods and mature oaks, free of disease and not creating structural damage please keep them. Leaves and needles that fall on the ground, roof, and gutters require continuous cleanup, but I believe these native trees are worth the extra effort.

As someone with a background in natural resource management, I care passionately about maintaining habitat for wildlife while also creating resilient and fire-smart landscaping. Have additional questions or concerns? I can be reached at hhill@kwpoa.com.

— Heather Hill, Hazard Mitigation Specialist



Architectural Applications: August 2022

Please note: This newsletter is your **official notice** from the KWPOA regarding property improvements submitted for approval by the Architectural Committee. Please review this section very carefully as some planned development may affect you. Note that Architectural Committee actions are not final until ratified by the Board of Directors.

THIS MONTH'S ARCHITECTURAL REVIEW MEETING IS August 9, 2022

Important Notice: Due to the ongoing Covid-19 situation, AC meetings will be held via video- or teleconference until further notice. Please email mbarber@kwpoa.com for participation instructions. As this situation continues, it may be necessary to reschedule or change the format of AC meetings.

Applicant	Property Address	Category/Project Description
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New Applications for August

Raabe	226 Woodland	C-2 Minor Additions
Wilka	108 Woodland	C-8 View restoration
Shulman	27 Rock	C-3 Preliminary
Geissberger	141 Upland	C-3 Preliminary
Arabelovic/Gallardo	110 Idlewood	C-7 Changes to approved plans

Applications Approved in July

Centeno	11 Rancheria	C-4 Significant Changes in appearances
Slaugh/Farmer	101 Crown	C-4 Significant Changes in appearances
Unkrich	69 Rock	C-4 Significant Changes in appearances

Open Enforcements

14 Madrone (enforcement on hold)
111 Idlewood (enforcement on hold)
421 Crown (enforcement on hold)

Exempt and Administratively Approved Applications

None

ARCHITECTURAL COMMITTEE MEMBERS: Julie Johnson (Chair), Ann Peckenpaugh Becker (Board Representative), Bruce Raabe, Cori Snyder Schuman, Tom Nicholson

AC COORDINATOR: Michael Barber (mbarber@kwpoa.com)

MEETINGS: Held on the 2nd and/or 4th Tuesday of each month. To be noticed in the newsletter and placed on the agenda, COMPLETE applications must be received by the 21st of the preceding month (or the Friday prior if the 21st falls on a weekend or holiday). All inquiries regarding Architectural Committee matters should be directed to Michael Barber at the KWPOA office at 415-721-7429 or via email at mbarber@kwpoa.com. Materials and applications may be mailed to P.O. Box 404, Kentfield 94914, or delivered to the office by appointment only.



Kent Woodlands Property Owners Association
PO Box 404
Kentfield, CA 94914

Next Board Meeting

Thurs. September 22, 2022 - 6:00PM

Contact jwilliams@kwpoa.com for log-in info.

AGENDA:

- Call to Order
- Public Comment
- Approval of July 28, 2022 Meeting Minutes
- AC Report and Ratifications
- Proposed Revisions to Architectural Rules: Discussion and Vote
- Fire Safety & Hazard Mitigation Report
- Entrance Beautification
- Officer Reports
- County Update
- Social Events Update
- 2023 Election Calendar and Process
- Administrator's Report
- Next Regular Board Meeting Agenda
- Adjourn and Reconvene in Executive Session

Executive Session Agenda:

- Call to Order
- Approval of July 28, 2022 Executive Minutes
- Enforcements and Legal Matters
- Personnel
- Adjournment

(This is a preliminary agenda. Final agenda posted at KWPOA office window 4 days prior to meeting.)

KWPOA Contact Information

Mailing address: PO Box 404, Kentfield 94914

Office address: 1010 Sir Francis Drake Blvd. #200
Kentfield, CA 94904

Office Hours: By Appointment

Phone: 415-721-7429

Web Site: www.kwpoa.com

Email: info@kwpoa.com

Board Members and Staff

Ann Becker, President/AC Rep abecker@kwpoa.com

Bitsa Freeman, Vice President bfreeman@kwpoa.com

Sara Wardell-Smith, Treasurer swardellsmith@kwpoa.com

Noah Hagey, Secretary nhagey@kwpoa.com

Jeff Leh, Director jleh@kwpoa.com

Natasha Altman, Director naltman@kwpoa.com

Jeanne Williams, Administrator jwilliams@kwpoa.com

Michael Barber, AC Coordinator mbarber@kwpoa.com

Heather Hill, Hazard Mitigation hhill@kwpoa.com