



S.N.A.I.L. News

Sunnyvale Neighbors of Arbor, Including LaLinda

PO Box 62072, Sunnyvale, CA 94088

<http://www.snail.org/>

Representing over 1,400 households | Established in 1995

April 2018




SNAIL General Meeting
Thursday – April 5th

Location: Columbia Middle School Staff Lounge
Time: 7:00 p.m. – Look for the **SNAIL** sign

SNAIL typically meets on the first Thursday of the month. The rare exceptions are when the first Thursday is also the same date as a big holiday. All SNAIL area homeowners, residents and guests are invited. Children are welcome. Membership in SNAIL is always free.

Mark Your Calendar Now!
 5/3, 6/7, 7/5, 8/2, 9/6, 10/4, 11/1, 12/6



SNAIL 2018 Event Calendar

Date/Time	Event Name	Organizer
Wed, April 4/4, 4/11	SNAIL to Volunteer at the Cold Winter Shelter 6 to 8 p.m.	Valérie Suarès (408) 390-3335
Fri, April 20 7:00 p.m.	Dinner Night Out Black Bear Diner 415 E El Camino Real	Bonnie Lloyd (408) 747-1949 RSVP by Apr. 18

The Sunnyvale Senior Center

SNAIL Seniors, what are you doing for fun? If you are 50 years or older, don't miss out on all the adventures at the Sunnyvale Senior Center. Your membership is your ticket to a variety of classes, drop-in programs, dances, trips, and a Billiard and Fitness Room. They provide a wide variety of education and recreation programs for older adults. You are invited to become a member of the Sunnyvale Senior Center. Learn new skills. Stay healthy. Get in shape. Attend lectures. Fresh coffee and newspapers by the fireplace. Make new friends and join them for lunch that is prepared Mon-Fri in the City Cafe. The Boutique is open five days a week where you can shop or sell your handiwork. Call (408) 730-7360 or refer to the 2018 Sunnyvale Activities booklet. The Sunnyvale Senior Center is located at 550 East Remington Dr. <https://tinyurl.com/SvaleSeniorCenter>. Become a member now!
 -Bonnie Lloyd

Tax Day (Taxes Due) in 2018

Tuesday, Apr 17

YES - April 17, 2018

Brief Summary of March General Meeting Minutes

Dumpster Day & Yard Sale: There were questions whether or not the City had been notified of our dates for this event. Our dumpster czar was unable to attend this meeting; however, the yard sale location is still somewhat unsettled. While Tarik has volunteered his yard, we are looking for a larger venue because parking can be a problem.

Candidate Forum: It was suggested early September is best for the candidate forum. John will contact the San Miguel Neighborhood Association to see if they are interest in holding this event with us. Valerie will contact the League of Women Voters to see if someone would be interested in being a moderator for this event. Also, the City will be contacted regarding dates the Fair Oaks Park Building will be available.

Delegate for Quarterly Neighborhood Meeting: June Valenti volunteered to attend the Quarterly Meeting next time. If possible, Valerie may also attend.

For full minutes, please visit the SNAILorg Yahoo Group website:
<http://tinyurl.com/SNAILorg>
 -Minutes taken by June Valenti, SNAIL Secretary



Forty-eight years ago, Earth Day was established to increase people's appreciation for our precious – and fragile – planet and to create awareness of the impact our actions have on it. Celebrated on April 22nd every year, countless activities happen around the world to commemorate what has been achieved and to make headway on what else needs to be done. This year's theme, established by the Earth Day Network, is the "End to Plastic Pollution". Although April 22nd is still highlighted as Earth Day, over the years, dialogue has expanded and Earth Day has evolved into Earth Week and Earth Month. After Earth Month is over, wouldn't it be great if we acted as if every month was Earth Month, and every day was Earth Day? After all, we live on this planet every day, don't we?
 -Nenuca Syquia

The publication of our newsletter and SNAIL Neighborhood Association sponsored activities are supported through our annual yard sale, newsletter sponsors and donations.



Columbia Neighborhood Center (CNC) News

For current information on programs, call CNC at (408) 730-7800 or email CNC@sunnyvale.ca.gov or visit our new webpage at: <http://tinyurl.com/SVCNC>

Early Morning Hours for CNC's Drop-In Fitness Room - Columbia Neighborhood Center Fitness Room, is now open for early morning hours. Come work out with over 15 fitness machines and free weights. Open to adults, high school students with a signed parent consent form, and middle school students must be accompanied by a parent/guardian. \$1 per session per person. Early morning hours: Tuesdays and Thursdays from 6:00 – 7:30 a.m. and Wednesdays from 6:30 – 8:00 a.m. Existing hours are: Mondays and Thursdays from 6:30 -8:00 p.m., Tuesdays & Wednesdays from 7:30 - 9:00 p.m. and Saturdays from 8:00 - 9:30 a.m. and 10:30 a.m. to noon. Bring a towel, water and wear athletic shoes.

Free Legal Clinic: Saturday, April 7th, from 10 a.m. to noon at CNC. Receive a 20-minute consultation on legal matters by licensed attorneys offered by South Asian Bar Association of Northern California (SABA-NC). No appointments. Customers are attended to on a first come, first served basis.

Story Time: April 4th and 18th, 3:30 p.m. A Sunnyvale Public Library children's librarian will host a story time with stories and songs for children. All families welcome. Location: Columbia Middle School (CMS) Library, 739 Morse Ave.

Recreation and Tech Camps for Youth during Spring Break: Priority registration is open now for pre-approved fee waiver families to register for Spring Break camps. Activities include: Camp Primavera, general recreation camp for youth ages 6-12 from 8:30 a.m. to 3 p.m.; Web Design Adventures camp for youth ages 9-12 from 9 a.m. to 3 p.m.; Extended Care available for both camps from 3 to 5:30 p.m. Registration opens for all families on April 2nd online or in person. Go online or call CNC for camp costs. **2018 Fit & Fun Fair:** Saturday, April 28th, 11 a.m. to 3 p.m. at CNC. Free family event that celebrates health, wellness and safety. Activities include: free health screenings for adults; fitness demonstrations; nutrition and health information, entertainment and children's activities. Car seat inspections will also be available, call (408) 730-7179 for an appointment.

Day of the Book, Day of the Child: Monday, April 30th from 3:30 to 4:30 p.m. in the Columbia Middle School Multi-Purpose Room. Sing and dance in English and Spanish with Latin Grammy Award winner, 123 Andrés. Every child will receive a free book. No registration required; all families are welcome.



-Angela Chan, CNC Manager



Grand Opening

All welcome to the launch of the
Little Free Library

This month, Georgia Ave. will be getting its very own Little Free Library, stocked with great books for children and adults alike. Please join us to celebrate its opening - humans (big and small), canines, and books are welcome!

We hope that by adding another LFL to SNAIL, we can collectively strengthen our neighborhood's love for reading.

Special thanks to Valérie Suarès for securing a grant from the City of Sunnyvale for the Little Free Library projects.



When: Sunday, April 22, 2018
Where: 738 Georgia Avenue
Time: 3 p.m. - 5 p.m.
Hosts: Nenuca and Roshan

(We also hope to see you at the grand opening of the bright red newspaper stand on March 31st, located at 633 Pine Avenue, corner of West Eaglewood, from 10:30 a.m. to 12:30 p.m. in front of Gaurav and Preeti's home.)

Sunnyvale Board of Supervisors Votes to Keep Winter Shelter Open All Year-round!!

This was a very emotional morning, many words were spoken and many tears were shed, including mine. It was clear from the way the agenda item was introduced to the public on March 20th that we would have the full support of the Board of Supervisors (BOS).

Both Sunnyvale Mayor Hendricks and Council Member Melton spoke in favor of the recommended action presented to the Supervisors. Many shelter residents were there, and many addressed the BOS.

This vote represented years of dedicated individuals, shelter and medical staff along with elected officials who spoke in favor of a year-round cold weather shelter. We must not forget the herculean efforts led by former Sunnyvale Vice-Mayor Jim Davis who initiated this effort.

Here is the link to the full San Jose Mercury News article:

<https://tinyurl.com/YearRoundShelter>

-Valérie Suarès, SNAIL Vice-chair



Infrastructure Changes in SNAIL

Sunnyvale currently has a lot of sidewalk and street striping transportation improvement projects underway within the SNAIL neighborhood. The changes you see are part of the "Safe Routes to School Pedestrian Safety Comprehensive Infrastructure Improvements" project. Work is underway at many locations in SNAIL. The project should be finished in April or May when temperatures are warm enough to allow locations to be slurry sealed.

There will be more changes coming in 2021 and 2022. The "Sunnyvale SNAIL Neighborhood Active Transportation Connectivity Improvements, Santa Clara - \$2,036,000" is one of the City's Active Transportation Program (ATP) projects. These projects propose to improve bike and pedestrian connectivity in the neighborhood with a combination of intersection improvements and new bike lanes. A preliminary list of six intersections has been identified for improvements (see list below), but the final improvements may change based on the results of a study that will take place during the design phase of the project.

Tentative List of Intersections:

- Mathilda/Ahwanee
- Mathilda/San Aleso
- Mathilda/Maude
- Fair Oaks/Ahwanee
- Fair Oaks/Caliente
- Fair Oaks/Wolfe

For more info, please contact:

NATHAN SCRIBNER, P.E.

Senior Engineer, Department of Public Works

City of Sunnyvale

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NScribner@sunnyvale.ca.gov

-John Cordes

Don't be Fooled this April Fools

Here are my top three nutrition myths in light of April fool's Day. Deciding what to eat should be a simple question, however, with food processing and so many options, it can get complicated. So many of my patients ask me what am I supposed to eat?!

Focus on eating unprocessed foods. Think about foods as close to mother-nature made them.

Look at nutrition fact labels for hidden sugar. Many smoothies and drinks market themselves as healthy, but actually have a lot of sugar. Women, focus on less than 24g of sugar a day; and for men, less than 36g of sugar a day.

Look for hidden saturated fat. Many foods made with coconut oil have a lot of saturated fat, which increased LDL cholesterol or our "bad" cholesterol. Most people think avoiding cholesterol is the most important but really looking at saturated fat is what you should do to reduce your cholesterol.

-Leah Groppo, RD, CDE



MORE NEWSLETTER VOLUNTEERS NEEDED

Do you enjoy reading your SNAIL newsletter every month? If you do, consider helping other neighbors get their hands on a copy, too! Our neighborhood newsletter is put together by volunteer contributors and a hardworking editor, and it's delivered to over a thousand households by a 52-person strong network of volunteers. We need a few more to join in and help out with deliveries.

Blocks within SNAIL currently without volunteers to deliver newsletters:

- Cypress 500 block (32 homes)
- Isla Vista (14 homes)
- Santa Barbara (14 homes)
- Santa Catalina (14 homes)
- Borregas 600 block (36 homes)
- Borregas 700 block (21 homes)

You do not have to live on the block to deliver them. In fact, many of our volunteers cover multiple blocks.

Here are some reasons why our neighbors volunteer their time:

1. It gets you out and walking. Your canine companions will be happy about that, too!
2. You can occasionally run into a neighbor and the spontaneous meetings can be fun.
3. It feels good to contribute to the sense of community here.

The newsletter is always available online at <http://www.snail.org/> but, as some of our neighbors would say, there's something about getting to hold it in your hands. If you'd like to help out or, if you have any questions or suggestions, please contact the distribution coordinator Nenuca Syquia (syquia.nenuca@gmail.com).

Neighborhood Street Sweeping Schedule

Our streets are generally swept every two weeks on the day following your trash pickup. If possible, please move your car off the street on street sweeping days. This month, the street sweeping schedule is:

East SNAIL Neighborhood	Tuesday, Apr. 10, 24
West SNAIL Neighborhood	Wednesday, Apr. 11, 25

May Newsletter Deadline

All SNAIL neighbors are invited to submit articles of interest to be published in our monthly newsletter. The deadline for submitting articles and photos for the next SNAIL monthly newsletter is Saturday, April 14th. Send an email to SNAILeditor@snail.org.

SNAIL BOARD and CITY of SUNNYVALE SUPPORT STAFF

Chair	Tarik Peterson	667 San Diego Ave.	408-745-1241	SNAILchair@snail.org
Vice-chair	Valérie Suarès	E. Eaglewood Ave.	408-390-3335	SNAILvicechair@snail.org
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