



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



May 2019



GENERAL MEETING

Thursday, May 2nd

Location: Columbia Middle School Teacher's Lounge

Time: 7:00 p.m. – Look for the **SNAIL** sign

Guest Speakers:

See Speakers' Corner below for information on our monthly speaker(s).

SNAIL typically meets on the first Thursday of the month. The rare exception is when the first Thursday is also the same date as a big holiday or our usual meeting venue is not available. All SNAIL area homeowners, residents and guests are invited. Children are welcome. Membership in SNAIL is always free.

Mark Your Calendar Now:

6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5

Stay Informed and Be Heard!

Message from the Chair



Hello everyone,

I hope everyone had a great Earth Day and you are ready for warmer weather. Hopefully a lot of you attended the many Earth Day activities offered in the City this past month.

We had a great planting talk at the monthly meeting, thanks to our guest speaker Katie Barnes, Garden Coordinator. Many of us took home great tips on how to plant summer crops. Check out the Santa Clara County panting guide <https://tinyurl.com/VegPlantingChart> and feel free to visit the Charles Street Gardens website for future events: <http://charlesstreetgardens.org/csg/events>.

SNAIL continues to be one of the most active neighborhood associations in Sunnyvale and we want you to be involved. SNAIL 'Cinco de Mayo' will be celebrated at the **next monthly meeting on May 2nd**. We will be back in the teachers' lounge for our May SNAIL meeting. You can bring your favorite dish to share, if you wish.

If you have topics you want to hear about, let me know so I can make arrangements for a speaker.

Our **May Dinner Night Out**, hosted by June, will be **Friday, May 17th at Off The Rails Brewing Co.** on Murphy Ave. These are great opportunities to get to know your neighbors better and support local restaurants. Contact June, our interim social secretary, if you wish to organize one of these events.

Our next big event this spring is our **annual Dumpster Day on June 8th** combined with our annual **two-day Yard Sale on June 8th and 9th**. This has traditionally been our biggest fundraiser each year. Sharon McKnight, June Valenti and Tarik Peterson will be in charge this year. The new location will be in one of the two cul-de-sacs on the 600 block of Madrone, between West Eaglewood and West Ferndale. We will need volunteers to help set up, sell and clean up. Please contact Sharon sharon_mcknight@comcast.net to help us organize this event.

The next big SNAIL party will be our National Night Out Potluck on Tuesday, August 6th. We are already planning many activities and, back by popular demand, will be last year's band: The Joint Chiefs.

We hope to see you at any of these upcoming events. If you are new to the neighborhood, come and introduce yourselves, you will be amazed at how friendly SNAIL neighbors can be.

I'm looking forward to meeting all of you.
-Valérie Suarès, SNAIL Chair

MAY

Sunnyvale Department of Public Safety (DPS).

Our May guest speakers will be Chief Ngo, Captain James Boone and Lieutenant Jose Ramirez from the Sunnyvale Department of Public Safety (DPS). They will talk about crime trends and give tips to the residents on keeping their homes safe.



SNAIL 2019 Event Calendar

Date/Time	Event Name	Organizer
May 1, 8 Jun 5, 12	Homeless Shelter Please call Valérie to Volunteer to serve dinner; two-hour shift, two Wednesdays a month.	Valérie Suarès (408) 390-3335
Fri, May 17 7:00 p.m.	Dinner Night Out Off The Rails Brewing Co. 111 S. Murphy	June Valenti (408) 497-0827 (RSVP by May 15)
Sat, June 8 8:00 a.m. to ~2:00 p.m.	SNAIL Dumpster Day	Barry Boole (408) 505-5670
Sat/Sun, June 8-9 8 a.m. to 4 p.m.	SNAIL Yard Sale TBD – (One of the two cul- de-sacs on 600 block of Madrone)	Tarik Peterson (408) 745-1241 June Valenti (408) 497-0827 Sharon McKnight (408) 745-0373

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



Highlights of Last Month's SNAIL General Meeting

Guest Speaker, Katie Barnes, Garden Coordinator, Charles Street Gardens: The Charles Street Gardens is a one-acre plot leased from the City. It has been in operation for the past twelve years. There are 90 beds with 100 gardeners. Some of the beds have as few as three gardeners while others have as many as 25. Katie covered many topics in her demonstration, including useful tools, types of fertilizer, and planting tips. <http://www.CharlesStreetGardens.org>.

May Dinner Night Out: May Dinner Night Out will be Friday, May 17th at Off The Rails Brewing Company, 111 S. Murphy Ave.

Summer Meeting Locations: July 11th and August 1st – since the school will be closed for the summer, our monthly meetings will be hosted by Jenny and Peter Purushotma at 390 E. Eaglewood Ave.

National Night Out: The grant has been submitted. Crafts for the kids attending were discussed as well the possibility of an ice cream truck being available.

Dumpster Day (June 8, Barry Boole): There will be six dumpsters. All monitors are in place except for one.

Yard Sale: Sharon McKnight has volunteered the site for the garage sale. Much more work needs to be done on deciding if this will be a one-day or two-day event and many more volunteers are needed.

City Updates (Larry Klein emailed dates of events):

- **Saturday, April 13, 9:00 a.m. – 1:00 p.m.** – Sunnyvale Election/CVRA Pop Up Event at Sunnyvale Farmers Market
- **Tuesday, April 23, Council Meeting** – Summit Denali comes back to Council (with proposed parking measures)
- **Saturday, April 20, 9 a.m. – 2:00 p.m.** – Charles Street Gardens Plant Sale
- **Monday, April 22, 6:00 – 7:00 p.m.** – Planning Commission Study Session on Proposed Macy's Site design.
- **Saturday, April 27th 11:00 a.m. – 3:00 p.m.** – Fit and Fun Fair (Columbia Center)

For full minutes, please visit:

<http://tinyurl.com/SNAILorg>

<https://nextdoor.com/login>

-Minutes taken by June Valenti, SNAIL Secretary



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 webpage at:

<http://tinyurl.com/SVCNC>.

Free Legal Clinic at CNC: Saturday, May 4th from 10 a.m. to noon. 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.

Youth Drop-In Gym at CNC: Basketball on Mondays, 7 to 9 p.m., and Fridays, 7 to 10 p.m. Improve your game. Affordable prices (\$50 residents, \$1 non-residents), middle school and high school students only. Bring school ID.

Drop-In Fitness Room at CNC: **Morning hours:** Tuesdays and Thursdays from 6:00 – 7:30 a.m.; Wednesdays from 6:30 – 8:00 a.m.; Saturdays from 8:00 - 9:30 a.m. and 10:30 a.m. to noon. **Evening hours:** 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. 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.

Registration Open for Kick, Lead and Dream: June 17th – 28th from 1:00 – 4:00 p.m. at Cooper Park in Mountain View. A soccer camp for under-served youth who just completed 2nd through 8th grades. Transportation for Sunnyvale locations is available. Cost is \$10 per camper (due on the first day of camp). Must register online at <http://www.kldsoccer.com> and offered by Sunnyvale PAL (Police Activities League). For questions or to request more information, email kldsoccer@yahoo.com.

Registration Open for Jr. Giants Program: League starts in mid-June. A free, non-competitive summer baseball league for boys and girls offered by Sunnyvale PAL (Police Activities League). For Sunnyvale youth ages 5-13 years old. **Must register online at** <http://www.gojrgiants.org>. For more information or questions, email info@sunnyvalepal.com.

Day of the Book/Day of the Child: Wed., May 1st from 3:30 to 5:00 p.m. at CNC Multi-Purpose Room. Free family event celebrating the environment and cultures of the Americans with musical guest, ZunZun. Every child receives a free book as supplies last. All are welcome, no registration needed.

Sunnyvale Community Services at CNC: Every Wednesday from 1:00 to 5:00 p.m. in Room 9. Sunnyvale residents may be eligible to receive assistance with Public Benefits, Food Programs and Emergency Financial Assistance. Stop by, say "hello" to learn more and ask questions.

-Angela Chan, CNC Manager



Mother's Day History

Mother's Day is a day dedicated to honoring and recognizing the sacrifices and accomplishments of mothers. Mothers are recognized by family and friends; regardless of whether they are biological or perceived maternal figures. It is a day to honor and respect mothers for their many sacrifices; a day to show them how important they are to us. In 1914, Woodrow Wilson signed a proclamation recognizing the second Sunday in May as Mother's Day.

Mother's Day Facts & Quotes

- According to the National Retail Federation, in 2018, consumers will spend a total of \$23.1 billion on Mother's day, almost record numbers. The average consumer will spend an average of \$180.
- Julia Ward Howe, the author of The Battle Hymn of the Republic, came up with the notion of a Mother's Day in 1870. In a proclamation, she urged mothers to take a stand against "sons killing the sons of other mothers."
- "A mother's love for her child is like nothing else in the world"
-Agatha Christie
- "God could not be everywhere, and therefore he made mothers."
-Hebrew proverb

Mother's Day Top Events and Things to Do

- Take mom out to brunch or dinner. Be sure to book in advance as Mother's Day brunches are always very busy.
- Clean the house for your mother or grandmother.
- Send mom and grandma flowers. You can either pick them up or deliver them yourself if you are nearby or use one of many online services that ship directly to her door.
- Give mom a gift she will really appreciate - a day at the spa or a weekend off.
- A simple phone call to mom will suffice. Let her know that you love her and think about her.

References:

- [Bureau of Labor Statistics: TED:The Economics Daily](#)
[US Government Census: Facts for Features Special Editions](#)

Smoothies vs. Whole Fruit

The weather is warming up and one way people may want to cool off, while also attempting to be healthy, is to consume smoothies. Contents in a smoothie can include nuts, yogurt, nut milks, seeds, vegetables and/or fruits. People are happy when smoothies provide them with the feeling of being full for a long time; however, this typically means the smoothies were probably high in calories and sugar.

One key point before deciding to consume a smoothie is to focus on eating whole fruit, rather than drinking it in smoothie format. Doing so means you eat less fruit (hence, less sugar) and you will consume the fruit (and sugars) slower, which allows your body to digest and store it better.



However, with that being said, if you would still prefer to have a smoothie rather than eating whole fruit, they can be beneficial if consumed properly. Here are the key points if you are going to consume a smoothie:

1. Typically focusing on a maximum of one (1) cup of fruit per smoothie.
2. Consider adding vegetables to your smoothie, such as cucumbers, spinach or celery. These vegetables are great additions because they have all the vitamins, minerals and fiber WITHOUT all the sugar.
3. Be wary of adding large portions of high fat foods to your smoothie, such as avocado, nut butters, oils or ground flax seed.

-Leah Groppo, RD, CDE

Summer Block Parties



Welcome the Summer by hosting your own block party. These are great opportunities to get to know your neighbors better and support local restaurants. Remember, SNAIL can assist you in sponsoring your block party. Contact me at (408) 390-3335 if you are willing to host one of these fun events.

-Valérie Suarès, SNAIL Chair



All SNAIL neighbors are encouraged 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, May 18th**. Send an email to SNAILeditor@snail.org.

SNAIL BOARD and CITY of SUNNYVALE SUPPORT STAFF

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Vice-chair	Diane Gleason	550 E. Arbor Ave.	650-353-1575	SNAILvicechair@snail.org
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Neighborhood Resource Officer	Amy Pistor		408-730-7146	apistor@sunnyvale.ca.gov

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