



# S.N.A.I.L. News

Sunnyvale Neighbors of Arbor, Including La Linda

PO Box 62072, Sunnyvale, CA 94088

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

Representing over 1,400 households | Established in 1995



## February 2019



## GENERAL MEETING

Thursday, February 7<sup>th</sup>

**Location:** Columbia Middle School Staff Lounge

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

### Guest Speaker:

**Susan Castillo, Program Manager House Sharing Program, Emergency Programs & Housing Services Division, Catholic Charities of Santa Clara County (see article below.)**

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:

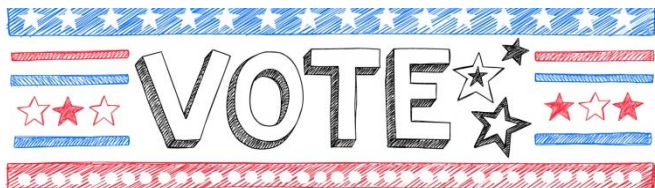
**3/7, 4/11, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5**

## Stay Informed and Be Heard!



**Susan Castillo, Program Manager House Sharing Program, Emergency Programs & Housing Services Division, Catholic Charities of Santa Clara County.**

Housing is at the forefront of our region's biggest needs. Homelessness in our cities and County are at an all-time high. Are you interested in learning about **House Sharing** and how County of Santa Clara residents are being matched to take advantage of existing housing stock at affordable rental prices? Are you a homeowner or home renter who is interested learning how you can personally be a part of the County's Housing Solution? Please join us on February 7<sup>th</sup> at Columbia Middle School for a presentation on **House Sharing**. In addition to the presentation there will be an opportunity to ask questions and explore how this program fits into the County's efforts to address the region's housing crisis.



### Vote for SNAIL Treasurer Replacement

Due to family reasons, our newly elected treasurer needs to step down. John Cordes has graciously accepted to remain the treasurer this year. Per our SNAIL bylaws, a vote of the membership will take place at the February 7<sup>th</sup> SNAIL General Meeting to confirm John as our 2019 treasurer.

## SNAIL 2019 Event Calendar

Date/Time	Event Name	Organizer
Feb 6, 13 Mar 6, 13 Apr 3, 10 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, Feb 22	Chinese New Year's Dinner Tao Tao 175 S. Murphy Ave. (See full article on page 3)	June Valenti (408) 497-0827 (RSVP by Feb 17)
Sat, June 8	SNAIL Dumpster Day	Barry Boole (408) 739-1420

## Message from the Chair



SNAIL started the year with a bang!

A big thanks to both our speakers this past month. At our last general meeting, **Kent Stephens, City Manager** addressed SNAIL members about the Sunnyvale Study Issue process. Why should we care about the study sessions? To view his PowerPoint, visit our SNAIL's website: <https://www.snail.org/docs/speakers.shtml>.

There are currently 37 Study Issues pending for 2019. February 7<sup>th</sup> will be *Council Strategic Planning Session* and our last meeting for City Council to sponsor new study issues. March 7<sup>th</sup> will be the *Study Issues Workshop* starting at 8:30 a.m. and May 23<sup>rd</sup> will be the *Budget Workshop*. All meetings are open to the public.

If you want to learn more about the changes being studied, the community-wide initiatives, studies, long-range planning projects and policy and governance-related topics, visit this website: <https://sunnyvale.ca.gov/news/topics/default.htm>.

**Jaqui Guzman, Deputy City Manager** addressed what the City is doing for the consideration of district-based elections and the potential change to City Council Elections. To learn more, visit the City's page on District Elections: <https://sunnyvale.ca.gov/news/topics/district.htm>.

We worked on planning the general calendar of activities for 2019. Dumpster day will be June 8th. We haven't decided on having a yard sale as of yet, volunteers and location are still in great demand for our major SNAIL fundraiser. We will again have our popular National Night Out Community Potluck on Tuesday, August 6<sup>th</sup>. We are looking for ideas which will bring neighbors together to share a common interest and since we have many new residents in SNAIL, we encourage SNAIL members to throw "block" parties. Please consider hosting a block party to get to know your neighbors. SNAIL can assist with the funding of your event. Email, or call me to discuss what SNAIL can do for you.

-Valérie Suarès, SNAIL Chair

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

## Speakers' Corner



Want to know who will be our upcoming guest speakers?

Missed a talk and want to view the speaker's presentation?

Visit our newest page on our SNAIL website to find it all:

<https://www.snail.org/docs/speakers.shtml>

-Valérie Suarès



### Columbia Neighborhood Center (CNC) News

For current information on programs, call CNC at (408) 730-7800 or email [CNC@sunnyvale.ca.gov](mailto:CNC@sunnyvale.ca.gov) or visit our new webpage at:

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

**Free Legal Clinic at CNC:** Saturday, February 2<sup>nd</sup> 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.

**Columbia Neighborhood Storytime:** Every Wednesday, 3:30 to 4:30 p.m. at Columbia Middle School Library (739 Morse Ave.) Stories, songs and activities for children are provided by volunteer story time leaders. Snacks for children provided at the end of the program. All are welcome.

**Free Tax Preparation Assistance for Low and Moderate Income Families at CNC:** Saturdays, Feb. 2<sup>nd</sup> and 16<sup>th</sup> from 10 a.m. to 2 p.m. in CNC Morse Conference Room. Tax Aid, a non-profit organization, will provide free tax preparation assistance to families with an annual income of \$55,000 or below at Columbia Neighborhood Center (CNC). First come, first served, no appointments. Bring photo ID and all tax and income related documents. Additional Saturdays in March are available.

**Community Baby Shower:** Saturday, February 2<sup>nd</sup> from 10:30 a.m. to 12:30 p.m. at the Sunnyvale Public Library, Program Room, 665 W Olive Ave. Free community event honoring expectant mothers and fathers. Get child care information and resources, play shower games, enter prize drawings and enjoy light refreshments.

**Free Falls Prevention Program for Older Adults - Matter of Balance:** An 8-week course on Thursdays, March 7<sup>th</sup> to April 25<sup>th</sup>, 10 a.m. to 12 p.m. at Columbia Neighborhood Center. Learn to view falls as controllable, set goals for increasing activity and make changes to reduce fall risks at home. Program is recommended for older adults, age 65+ and registration is required. Call CNC to register.

**Youth Drop-In Gym at CNC: Basketball** on Mondays, 7 to 9 p.m.; 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.

**Youth 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 and 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. Bring a towel, water and wear athletic shoes.

-Angela Chan, CNC Manager

## Highlights of SNAIL General Meeting – January

**Guest Speaker #1 (Kent Steffens, City Manager):** There is a bi-weekly newsletter, *Update Sunnyvale*, from the City Manager's office. To subscribe, follow the links on the main City of Sunnyvale page. Study issues are a big part of the City Manager's job. These issues deal with the budget, land use, and traffic. In 2018 thirty-six study issues were discussed; of these, 23 dropped, three were deferred, three of four were funded and the rest did not need money. Studies help prioritize issues. Ideas are ranked by department and studied, dropped or deferred.

**Guest Speaker #2 (Jaqui Guzman, Deputy City Manager):** Sunnyvale is being sued for possibly not complying with the California Voting Rights Act. There is a concern that Sunnyvale's current voting districts do not allow for minorities to be voted into our city government. Every city sued over this issue who contested this accusation has lost and paid millions in legal fees and possibly fines. Currently, Sunnyvale has an at large voting system, meaning everyone votes for all council members. All districts have approximately the same number of voters.

For full minutes, please visit:

<http://tinyurl.com/SNAILorg>

<https://nextdoor.com/login>

-Minutes taken by June Valenti, SNAIL Secretary

## Sunnyvale Personal Emergency Preparedness 2019



During this 2.5 hour class you will:

### LEARN

- ☒ What to prepare for emergencies and disasters.
- ☒ How to prepare yourself, your family and your home.
- ☒ How to prioritize your preparations.

### GAIN

Knowledge, tools and resources so you and your loved ones can survive emergencies and disasters.

### SCHEDULE

Follow this link to the PEP Classes registration page:

<https://tinyurl.com/SunnyvalePEP>

Use the "Select a Date" button to menu to register for either class

- Feb. 3
- May 5
- Aug. 4
- Nov. 3

Classes are held at the Sunnyvale Department of Public Safety  
700 All America Way, Sunnyvale

Contact [sunnyvalepep@gmail.com](mailto:sunnyvalepep@gmail.com) with any questions.

-Department of Public Safety





### Heart Healthy Recipe with a Secret Ingredient



Want a heart healthy recipe with dark chocolate and beans? Check out my black bean brownie recipe. I have made this for potlucks and no one has been able to guess the secret ingredient.

#### Black Bean Brownie Recipe

##### Ingredients:

- 1 ½ cups canned black beans, rinsed
- 3 eggs or 4 egg whites
- ½ cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- ½ cup sugar
- 3 Tablespoons canola oil

Optional: 1 Tablespoon instant coffee, ½ cup of chocolate chips, ½ cup nuts (I would recommend the semi-sweet chips)

##### Directions:

Pour the rinsed beans and 1 egg into a blender, blend until smooth. Add in the rest of the ingredients (except the chocolate chips and nuts). Blend until smooth.

Pour the batter into a cooking sprayed 8"x8" pan. Evenly sprinkle the chocolate chips and/or nuts on the top of the brownie. I prefer to add the chocolate at the end due to using fewer chips with the appearance that there are more. This helps keep the sugar lower in this recipe. Bake at 350°F for 15-20 minutes or until the brownies are firm to the touch.

-Leah Groppo, RD, CDE

### Sunnyvale CERT Spring 2019



CERT educates individuals about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations. Using training learned in the classroom and during exercises, CERT volunteers can assist others in their community following a disaster when professional responders are not immediately available to help.

#### Spring 2019 CERT Schedule and Content

**Thursday April 4<sup>th</sup> 6:30-9:30pm:** Disaster Preparedness/Understanding Utilities

**Thursday April 11<sup>th</sup> 6:30-9:30pm:** Disaster Medical Operations Part I/Start Triage

**Thursday April 18<sup>th</sup> 6:30-9:30pm:** Disaster Medical Operations Part II

**Thursday April 25<sup>th</sup> 6:30-9:30pm:** Quick Hazard Survey/Neighborhood Survey/Light Search & Rescue

**Thursday May 2<sup>nd</sup> 6:30-9:30pm:** Incident Command System Part I/Communications

**Thursday May 9<sup>th</sup> 6:30-9:30pm:** Fire Safety & Suppression (This class held at Fire Station 2, 795 E. Arques Ave).

**Thursday May 16<sup>th</sup> 6:30-9:30pm:** Understanding Terrorism/Incident Command System Part II/Critical Incident Stress Management.

**Saturday May 18<sup>th</sup> 8am-3:30pm:** Cribbing & Shoring/Drill Exercise/Graduation (This class held at Fire Station 2, 795 E. Arques Ave).

\*A \$15.00 fee per registrant is requested. The fee covers the cost of refreshments/snacks during the course of the training.

To register for the Spring CERT class, following this link:

<https://tinyurl.com/SunnyvaleCERT>

-Department of Public Safety

### SNAIL CHINESE NEW YEAR'S DINNER



Celebrate the New Year by joining SNAIL members on

Friday, Feb. 22<sup>nd</sup>, 7:00 p.m. at

Tao Tao Cafe

175 S. Murphy Ave. -Parking in the rear-

Tossed Shredded Chicken Salad, Won Ton Soup, Pressed Almond Duck, Snow Peas with Water Chestnuts, Tao Tao Beef, Yang Chow Fried Rice, Sesame Chicken, Sweet & Sour Pork and Honey Walnut Prawns

\$30.50 per person, tax and tip included.

Please RSVP to June Valenti (408) 497-0827 before Feb. 18<sup>th</sup> with how many people are in your party.

#### Did You Know?

Sunnyvale Library cardholders can reserve free and discounted admission passes to more than 25 museums, science centers, zoos, theaters and cultural institutions in Northern California through the online museum pass program, *Discover & Go*.

##### Participating Venues:

<http://discoverandgo.org/venues/venueNames.php>

##### Requirements:

- ❖ You must have a Sunnyvale Public Library card.
- ❖ You must be a Sunnyvale resident.
- ❖ You must be at least 18 years old.
- ❖ You may reserve up to two passes at a time.
- ❖ Each Discover & Go pass expires the day after the reservation date.
- ❖ Reservations may be canceled ONLY if the admission pass has not already been printed.
- ❖ The pass is non-transferable and only for use by person who made the reservation for date specified.
- ❖ Valid identification is required.

##### Reserve Discover & Go Passes:

<https://sunnyvalelibrary.discoverandgo.net>

Need more information? Check Discover & Go's FAQs:

<http://dganswers.discoverandgo.org/>

-Sunnyvale Library Staff

#### Looking for an Article Seen in Previous Newsletters?

Visit our archives on:

<https://www.snail.org/docs/newsletterarchive.shtml>

#### Newsletter Deadline

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, Feb. 16<sup>th</sup>**. Send an email to [SNAILeditor@snail.org](mailto:SNAILeditor@snail.org).

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