



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

February 2018



SNAIL General Meeting Thursday – February 1st

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

Partial List of General Meeting Agenda Items:

- Discuss Candidate Forum
- SNAIL Business

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!

3/1, 4/5, 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, Feb 2/7, 2/14, 2/21, 2/28	SNAIL to Volunteer at the Cold Winter Shelter 6 to 8 p.m.	Valérie Suarès (408) 390-3335
Wed, Mar 3/7, 3/14, 3/21, 3/28		
Fri, Feb 23 7:00 p.m.	Dinner Night Out Chinese New Year (See article)	Bonnie Lloyd (408) 747-1949 RSVP by 2/21

SNAIL Neighborhood Little Free Library Update



Made from a Red Recycled Newspaper Box

A Little Free Library (LFL) is a “take a book, leave a book” free book exchange. They come in many shapes and sizes. The first SNAIL Little Free Library is located at the corner of Borregas and West Ferndale. Last month Sophia hosted a launch party for the 2nd and newest addition: located on 595 E. Arbor Avenue, it is almost at the corner of Fair Oaks. Please visit either one of them anyone may “take a book or leave book” to share.

To encourage readers, and thanks to a grant SNAIL received from the City of Sunnyvale, three more Little Free Libraries are being built, decorated and prepped for installation.

So stay tuned. The 3rd and newest location will be announced next month! The photo above is actually the photo of the 3rd SNAIL LFL. To learn more about the project, visit this page:

<https://littlefreelibrary.org/>

-Valérie Suarès, SNAIL Vice-chair



CHINESE NEW YEAR DINNER

Celebrate the New Year in Chinese style by joining SNAIL members on Friday, Feb. 23rd, 7:00 p.m. at CHEF YU, 163 S. Murphy Ave. Parking in the rear.

Our menu will include:

Wrapped Chicken and Dumpling, Hot and Sour Soup, Mongolian Beef, Kung Pao Chicken, Moo Shu Pork, Honey Pecan Prawns, Kung Pao Triple Delight and Fried or White Rice. All of this with tax and tip included: \$25 per person.

I have reserved 24 seats for dinner. Please call me by Feb. 21st if you are coming.

Bonnie Lloyd (408) 747-1949

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

Meeting Minutes

Brief Summary of January General Meeting Minutes

Standing Rules – Newsletter Policies: A proposal to adopt a policy for renewing and accepting future advertisers and also a policy for fundraiser and non-profit articles in the newsletter were discussed for consideration as standing rules. A vote was taken and three new standing rules passed unanimously with ten votes:

1. Priority for accepting and reviewing advertising:

- Ads will be accepted or renewed according to the priority stated below and based on available openings as determined by the newsletter editor:
 1. SNAIL residents with businesses.
 2. SNAIL businesses.
 3. Sunnyvale businesses.
- A copy of every SNAIL newsletter is available in the Newsletter Archive on the SNAIL website.

2. Newsletter Advertisement Costs:

- One month for \$35.00
- Six months for \$200 (\$33.33/mo.)
- Twelve months for \$390 (\$32.50/mo.)

3. Non-Profit or Fundraiser Articles:

- Articles must be for organizations or events in Sunnyvale, endorsed by the City of Sunnyvale, or
- Articles must be for organizations or events in Sunnyvale or neighboring cities submitted by SNAIL neighbors associated with those organizations or events.
- Articles will be published based on available space as determined by the newsletter editor.

City Report: The January 8th City Council Meeting will include the final hearing for the Bluebonnet Mobile Home Park. High-density housing is scheduled to replace the park, consisting of sixty luxury units and twelve affordable units.

Business Meeting: John Cordes was unanimously voted in as Treasurer; though some initially volunteered, there have been no confirmations of desirable sites for our yearly yard sale and there is a slim possibility that the school may be available; there are a variety of speakers available through the City and the membership affirmed their desire to hear many of the City speakers this year.

For full minutes, please visit the SNAILorg Yahoo Group website:

<http://tinyurl.com/SNAILorg>

-Minutes taken by June Valenti, SNAIL Secretary

Fremont High and Columbia Middle School Events

A community building event is being hosted by Fremont High and Columbia Middle school. An Open Forum Coffee at Columbia Middle School will be held on February 13th at 6:00 p.m. in the Teacher lounge. Coffee and refreshments will be served. All are welcome.

We are also having another community event on March 15th from 4 – 8 p.m. at the corner of Sunnyvale Ave. and El Camino Real. Five Guys, Panera, Pizza My Heart, Rubios and Pinkberry will all be participating in a dine-out night that includes a performance by the Fremont Choir and Orchestra.

Please call Linda Garcia at (408) 480-5544 if you have any questions. Thanks for your support!

-Linda Garcia



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>

Sunnyvale Community Baby Shower: Saturday, Feb. 3rd, 10:30 a.m. to 12:30 p.m. at the Sunnyvale Public Library, 665 W. Olive Avenue. This free community event, sponsored by City of Sunnyvale and local community partners will honor new and expecting parents. The event will include baby shower games, light refreshments, prize drawings, parenting resources, information on local child care and the opportunity to meet other new parents. No registration required.

Free Legal Clinic by SABA: Free professional legal assistance available on Saturday, Feb. 3rd, 10 a.m. to noon, and the first Saturday of every month at CNC. South Asian Bar Association (SABA) will be assisting walk-in clients needing legal advice with various issues. No appointment is necessary. First come, first served.

New Morning Hours for CNC's Drop-In Fitness Room: Beginning the week of Feb. 5th, Columbia Neighborhood Center Fitness Room will be open 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. New 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 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.

Story Time in the Columbia Neighborhood: Wednesdays, Feb. 7th and 21st at 3:30 p.m. in the Columbia Middle School (CMS) Library, 739 Morse Ave. Join us for story time hosted by a Sunnyvale Public Library children's librarian with stories and songs for children. All families welcome.

Free Tax Preparation Assistance for Low and Moderate-Income Families at CNC: Tax Aid, a non-profit organization, will provide free tax preparation assistance to families with an annual income of \$54,000 or below at Columbia Neighborhood Center (CNC). They will provide free tax preparation assistance on Saturdays – Feb. 17th and 24th and March 3rd, 17th, and 24th from 10 a.m. to 2 p.m. in CNC Morse Conference Room. Both appointments and walk-in service are available. Bring photo ID and all tax and income related documents. For more information or to make an appointment, call (408) 730-7800.

Youth Drop-In Gym: Middle and high school students can enjoy open gym at Columbia Neighborhood Center. Come out with friends or meet new friends. Indoor soccer on Mondays from 7 – 9 p.m. and Saturdays from 7 – 10 p.m. and basketball on Fridays from 7-10 p.m. Bring your own ball and your school ID. Sunnyvale youth pay \$0.50 and non-Sunnyvale youth pay \$1.00.

-Angela Chan, CNC Manager



Cold Weather Shelter Update

Thanks to the generosity of all, thus far for the past two months, SNAIL members have volunteered 174 hours of time at the homeless shelter to serve hot meals to the growing community of 140 registered guests. Milk, juices, homemade cookies, teas, condiments, individual size toiletry items and serving utensils were donated. Marty's Donuts, at the corner of Maude and Mathilda, donates over 100 freshly baked donuts every day for the morning breakfasts. If you want to hear more about this amazing good-deed opportunity or if you have young adults in need of community hours and wish to know how you can contribute, please give me a call at (408) 390-3335 or email me at SNAILvicechair@snail.org.

-Valérie Suarès, SNAIL Vice-chair



Did you know, on average, someone dies of cardiovascular disease every 40 seconds? That is about 2,200 deaths of cardiovascular disease each day.¹ February is a time to focus on keeping our hearts healthy for the rest of the year. Below are some

recommendations to make sure you are focusing on keeping your heart healthy:

1. Know your numbers - it is important to know your cholesterol, blood pressure and blood glucose (A1c) numbers.
2. Discuss your risk factors and lab work with your primary care provider.
3. Focus on making small changes to make a lasting change. For example, increase your physical activity or increase your consumption of vegetables.

Think about adding fiber rich foods like beans, vegetables and whole fruit if your primary care provider tells you to lower your cholesterol.

-Leah Groppo, CDE, RD

¹ American Heart Association Heart Disease and Stroke Statistics 2017 At-a-Glance



- 7 Feb - Rose Day
- 8 Feb - Propose Day
- 9 Feb - Chocolate Day
- 10 Feb - Teddy Day
- 11 Feb - Promise Day
- 12 Feb - Kiss Day
- 13 Feb - Hug Day
- 14 Feb - VALENTINE DAY

We Want to Hear from You!

Do you have any concerns related to the City of Sunnyvale you would like clarified?

SNAIL is looking for SPEAKERS to address city issues that concern you at our upcoming monthly meetings.

The SNAIL members, who attended the January meeting, expressed interest in inviting speakers who could address the following suggested areas of city/county policy:

- ❖ Homeless shelter
- ❖ Affordable Housing
- ❖ Green building standards
- ❖ Rent Control
- ❖ Mobile Home parks (SNAIL is adjacent to the Fair Oaks Mobile Lodge)
- ❖ The "Mathilda Monster" interchange
- ❖ Railroad grade separation at Sunnyvale and Mary Avenues

Do you work with or know someone who would be ideal to cover any of these or other topics at our monthly SNAIL meetings?

Let us know by emailing or calling any one of us. Look for our phone numbers and email at the bottom of this page.

-Tarik, Valérie, June, John and Denise

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, Feb. 13, 27
West SNAIL Neighborhood	Wednesday, Feb. 14, 28

March 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, Feb 10th. 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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Neighborhood Resource Officer	Amy Pistor		408-730-7146	apistor@sunnyvale.ca.gov

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