



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



August 2019



GENERAL MEETING

Thursday, August 1st

Location: August meeting will be hosted by Jenny and Peter Purushotma, 390 E. Eaglewood.

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

No guest speaker for August

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:

9/5, 10/3, 11/7, 12/5

SNAIL 2019 EVENT CALENDAR

Date/Time	Event Name	Organizer
Tues, Aug 6 6:30 to 9:00 p.m.	National Night Out BBQ Street Party E. Arbor Ave. at Morse Ave.	Diane Gleason (650) 353-1575
Thurs, Sep 5	SNAIL General Meeting Columbia School Teachers' Lounge	Valérie Suarès (408) 390-3335

NATIONAL NIGHT OUT BBQ POTLUCK STREET PARTY



This summer's National Night Out party will be Tuesday, August 6th. For those of you who are new to the neighborhood, this is an open street party with food, a live band and children's activities. For those of you who have attended in previous years, we are hoping to add a few more children's activities, which means that we need more volunteers. Would you like to help out at a table making various crafts? Assist with managing chalk painting? If you have ideas and/or time to help out during the event, please email me at: gleasondiane@yahoo.com and put 'NNO' in the subject line or you can text me at (650) 353-1575.

-Diane Gleason, NNO Organizer

A TASTE OF HOME WANTED FOR NATIONAL NIGHT OUT

One of the many attractions to our successful National Night Out is our famous Potluck. SNAIL's residents make the most varied dishes. We have tasted family dishes that were kept warm in a crock pot for a few hours and enjoyed items picked up after a quick trip to your favorite store for an easy selection of fabulous items that can feed a crowd. Whether you want to bring a small bite, a main dish or a sweet ending, any of these will be the star of the spread.

See you on August 6th on East Arbor between Bayview and Morse Avenues.

-Valérie Suarès

MESSAGE FROM THE CHAIR



I hope you are having a great summer. It was wonderful to see so many new neighbors attend the July meeting at Jenny's home. Thanks to our hostess for her gracious hospitality and the delicious treats she served.

Councilmember Nancy Smith attended our meeting. She shared with us the news on the district election; the City will move ahead with six districts and a directly elected mayor for a March 2020 ballot measure. She extended an invitation to all of us to attend the State of the City event in downtown Sunnyvale at Redwood Square (behind the old Macy's) on Saturday, September 14th from 10 a.m. – 3 p.m.

Plan to attend the SNAIL big event on August 6th - our annual "National Night Out BBQ and Potluck Street Party". SNAIL's street party is the largest NNO event in Sunnyvale! If you are new to the area, this is a great way to meet your neighbors. This is a potluck, so bring a dish to share and use your very own reusable container for water. We have planned lots of activities for all, music will be played, BBQ will be cooking, a fire truck and police motorcycle will be there and, as with last year, a truck filled with ice cream will be there, too. (See flyer in this issue).

The August monthly SNAIL meeting will, again, be held at Jenny's on 390 E Eaglewood Avenue on August 1st. We will finish preparing the children activities for the NNO party.

Sept. 5th SNAIL meeting: We will return to the Columbia school the teachers' lounge. The guest speaker will be Travis Duncan, Development Project Manager from SARES|REGIS. He will update us on the status of the Sunnyvale downtown redevelopment.

I hope you will have the chance to attend some of the upcoming events organized by the downtown association:

<https://sunnyvaledowntown.com/events.html>

SUMMER MOVIE SERIES continues on Friday nights:

Aug 9 – The Lego Movie 2 in our very own Columbia Park, and
Aug 23 – How to Train Your Dragon 3 at Plaza Del Sol (*in front of the CalTrain station*)

SUMMER MUSIC SERIES continues downtown on Wednesday nights:

Aug 7 – The Groove Foundation
Aug 14 – Joint Chiefs (*returning for the second year at our very own National Night Out Street Party*)
Aug 21 – What the Funk! (R&B)
Aug 28 – *The Hitmen (R&B) [**will be playing at Plaza del Sol*]

JAZZ AND BEYOND continues downtown on Saturday nights:

Aug 03 – Legally Blue (Blues/Jazz)
Aug 10 – Charged Particles (Jazz)
Aug 17 – Tony Lindsay (R&B/Contemporary Jazz)
Aug 24 – East Side Funk (Old school Jazz & Funk)

We hope to see you at some of these activities. Happy Summer everyone!

-Valérie Suarès

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



POLICE • COMMUNITY PARTNERSHIPS

POTLUCK BLOCK PARTY

This is a Potluck Event

Date: Tuesday, Aug 6th

Time: 6:30 – 9:00 p.m.

Location: E. Arbor Ave. between Morse and Bayview

♥ **FREE:** Hot Dogs, sausages and water.

♥ **Potluck:** Main dishes, side dishes, appetizers and desserts are all welcome. Gluten-free, nut-free or vegan are also welcome and, if so, please write it on a small card displayed in front of your dish.

♥ **Entertainment:** Returning for the second year, *The Joint Chiefs* (R&B), one of the most versatile and exciting dance bands currently performing.

<http://thejointchiefsband.com>

♥ **For the kids:** Face painter, chalk painting and succulent planting activity.

♥ **DPS:** Fire trucks, police motorcycles and CERT team – sponsored by the Sunnyvale Department of Public Safety.




♥ **Special Guests:** City Council, Neighborhood preservation Staff and other City staff.

Volunteers are needed for set up, managing the food, working at the sign-in table and to clean up.

Please contact Diane [gleasondiane@yahoo.com] to help.

SUMMER TIME MEANS P-A-R-T-Y TIME!

How can you navigate all the parties and still be healthy? Here are my top 6 tips:

1. Try to do something physically active the day of the party
2. Bring a produce-based dish for a potluck party 
3. Eat a salad before the sweets to help fill up on fiber first
4. Focus on portion sizes and stick to one plate
5. Listen to your body and hunger signals 
6. Limit high calorie beverages because they are not filling and add extra calories 

Above all, having fun with family and friends is important! Enjoy your summer!

-Leah Groppo, RD, MS, CDE

SNAIL ON THE INTERNET

SNAIL's presence on the Internet is in three locations, the first two are moderated by SNAIL members:

1. Yahoo newsgroup, <http://tinyurl.com/SNAILorg> for SNAIL Business and events, meeting dates, announcement from the City, etc.
2. Yahoo newsgroup, <http://tinyurl.com/SNAILchitchat> for SNAIL socializing, referrals, lost pets, etc.
3. SNAIL and Nearby Sunnyvale Neighborhoods, with advertising, alerts, and announcements:

<http://www.snail.nextdoor.com>

To subscribe to the first two Yahoo Newsgroups, send an email to Jim Quaderer, Valérie Suarès or Denise Perez at SNAILgroups@snail.org. Please include your name and address for verification.

HIGHLIGHTS OF LAST MONTH'S SNAIL GENERAL MEETING

Guest Speaker: There was no guest speaker in July. The guest speaker for September will be Travis Duncan, Development Project Manager from SARES|REGIS who will update us on the status of the Sunnyvale downtown redevelopment.

Upcoming Community Meetings (John Cordes):

- **7/18:** Bicyclist & Pedestrian Advisory Commission (BPAC) meeting 6:30 (Agenda not posted yet)
- **7/19:** Livable Sunnyvale Meeting 6 - 9 p.m.: Discussion on creating a Housing and Transportation Platform
- **7/21:** Sunnyvale Democratic Club Picnic/Potluck: 12 - 3 p.m. at Braly Park, 704 Daffodil Ct. Please bring a main dish, salad, beverage or dessert to share. Mingle with club members and attending candidates.
- **7/31, 8/20:** District Mapping workshops 6 – 8 p.m. at 505 W. Olive Ave #315. Learn about the Phase 1 outreach results, the legal requirements to create Council district maps and receive technical assistance to draw your own map.

City updates (Councilmember Nancy Smith):

Council:

Last Meetings:

- Approved 2019/20 budget.
- Approved Neighborhood Grants (Request from SNAIL included) Moved ahead with six districts and a directly elected mayor for a March 2020 Ballot Measure.
- **Other City Meetings:**
 - Monday, July 15th - First district map making exercise.
 - Saturday, September 14th – State of the City at Redwood Square 10 a.m. – 3 p.m.

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](mailto:CNC@sunnyvale.ca.gov) or visit our webpage at: <http://tinyurl.com/SVCNC>.

Free Legal Clinic at CNC: Sat, Aug 3rd 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 (SABANC). No appointments. Customers are attended to on a first come, first served basis.

Family Nights at the Park (Columbia): Wed, Aug 7th at 7:00 p.m. at Columbia Park. Enjoy an evening of free family entertainment in the park with your friends and neighbors sponsored by Sunnyvale Library. The performers are the *Raytones*, five friends that rock out, have a ball and play cool music that gets everyone up and dancing. Bring a blanket for lawn seating. Free event and all are welcome.

Summer StoryWalk: Thurs, Aug 8th, 4:30 – 6:30 p.m. at Ortega Park, 636 Harrow Way. Take a stroll through the park trails and read the story, *Bear Likes Jam*, along the way. Free event and all are welcome.

Sunset Movie Series at Columbia Park: Friday, Aug 9th, arrive at 7:45 p.m., free movie starts at sunset. **Movie: The Lego Movie.** All are welcome. Bring your own blanket, chair and snacks/drinks.

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 with New Cardio Machines: **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. Bring a towel, water and wear athletic shoes.

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



INTERNATIONAL LEFT-HANDERS DAY HISTORY

International Left-Handers Day is a day to bring attention to the struggles which lefties face daily in a right-handed society. August 13th is observed as International Left-Handers Day.

International Left-Handers Day Facts

- 10% of people are left-handed according to a report by Scientific American.
- Geniuses are more likely to be left-handed; 20% of the top-scoring SAT takers are left-handed.
- The Spaniard Rafael Nadal is perhaps the best left-handed tennis player of all time. As of 2019, he has won 18 Grand Slams. This is two titles less than the all-time record, which is owned by Roger Federer.
- Of the last six Presidents, three were lefties: Obama, Clinton and Bush Sr.
- Famous lefties: Albert Einstein, Bill Gates, Judy Garland, Oprah Winfrey, Tina Fey, Queen Elizabeth II, Leonardo da Vinci.

International Left-Handers Day Top Events and Things to Do

- Eat with your left hand today.
- Attempt to use only your left hand while writing today. If typing or navigating on a computer, use the mouse with your left hand.
- Look around you and notice how many people you know are left-handed.
- Attempt to cook using your left hand as the primary one.
- Create a Lefty Zone where everyone who enters must only use their left hand for the day.

References and Related Sites:

- <https://www.goodhousekeeping.com/health/g22664282/left-hand-facts/>
- <https://www.rd.com/culture/famous-left-handed-people/>

LIONS CLUB NEEDS YOUR EYEGLASSES DONATION

Please bring your old prescription eyeglasses to NNO and to the monthly meetings where there will be a collection box for the local Lions Club who works with optometrists to fit them to people who otherwise could not afford or have access to prescription eyewear in underprivileged countries.

SNAIL 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, August 17th**. Send an email to [SNAILeditor @ snail.org](mailto:SNAILeditor@snail.org).

SNAIL BOARD and CITY of SUNNYVALE SUPPORT STAFF

Chair	Valérie Suarès	E. Eaglewood Ave.	408-390-3335	SNAILchair @ snail .org
Vice-chair	Diane Gleason	550 E. Arbor Ave.	650-353-1575	SNAILvicechair @ snail .org
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