



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



November 2019



GENERAL MEETING

Thursday, November 7th

Location: Columbia Middle School Teacher's Lounge

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

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:

12/5, 1/9, 2/6, 3/5

Stay Informed and Be Heard!

MESSAGE FROM THE CHAIR

It Is Time to "Fall Back" On November 4, 2019.



Ever feel like there are not enough hours in a day? After months of daylight savings time, we will gain an hour, or so it may momentarily seem, as we set our clocks back one hour on November 4th. Although cell phones usually update automatically, most clocks may require manual adjusting. Avoid being the first person at your upcoming party, do not skip a beat in your routine and remember to set your clock back one hour.

Autumn Checklist

Autumn is here and with the heat of the summer slipping away it's important to remember to take a moment to check your home for the upcoming season.

- ❖ Fall is a great time to check out your air conditioning/heating unit. Take some time to check the air filter on your system. A clean and well maintained system will help keep your energy bills low and extend the life of your heating and cooling system.
- ❖ Trim those trees! Fall is a great time to look at trimming some of the trees in your yard. This is a vital part of keeping your trees healthy and reducing damage during high wind situations, which are right around the corner. If possible, trees should be kept below the roofline of your home.
- ❖ Review your watering schedule for your front and back yards. The hot summer days are coming to an end, be water wise and check your timers.



Jim Reynolds, Vice President, Heritage Park Museum

Jim Reynolds will share with SNAIL Members the proposed addition to expand the Heritage Park Museum, the Programs, Exhibits, and various upcoming Events hosted at the Sunnyvale Heritage Park Museum.

<http://heritageparkmuseum.org/>

December 5th - Bailey Hall, Environmental Programs Specialist, City of Sunnyvale

Bailey will share with us 'Best Tips for Recycling during the Holidays.'

SNAIL OFFICERS ELECTION



SNAIL will hold nominations at the November General Meeting for Chair, Vice-chair, Secretary and Treasurer. The incumbents: Chair, Valérie Suarès; Vice-chair, Diane Gleason; and Treasurer, John Cordes have agreed to run next year. June Valenti is looking for someone to take over the office of

the SNAIL Secretary. Also needed are volunteers for the non-elected Social Secretary.

The new offices will commence in January 2020. SNAIL bylaws require that you have attended at least two meetings within the last six months or have served as an active volunteer within the last twelve months to be eligible to vote or run for office.

Are you interested in helping? Join us at the November meeting and we will discuss other areas where we could use your assistance to help SNAIL remain a viable organization.

-Valérie Suarès, SNAIL Chair

I would like to leave you with a few words of wisdom, from E.P. (Edward Payson) Powell (1833-1915) an American author and journalist:

"Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude."

Wishing all of you a happy and safe Thanksgiving.

-Valérie Suarès



HIGHLIGHTS OF LAST MONTH'S SNAIL GENERAL MEETING

Guest Speaker (John Cordes, Sunnyvale ATP Committee Member):

Sunnyvale is creating its first Active Transportation Plan (ATP) by combining updates to its Bicycle Master Plan, Pedestrian Safety Plan and Safe Routes to School Plan. This is a once in a decade effort to make our streets safer for children walking to school, pedestrians, and bicycling.

Among efforts to achieve these updates were 21 focus groups walking around 21 schools, checking for safety, ease of walking, stressful areas, and obstacles. These groups created 21 maps for best routes to school. An online survey was offered through October 16th for the general public to pinpoint areas of concern. Walking and biking tours took place also noting safety, obstacles and stress. Other considerations were priority destinations and barriers encountered. A finding was El Camino is the most dangerous for bikers and walkers. Also, it was decided new buildings must include sidewalks.

City Council Updates (Gustav Larsson, Councilmember): Fifteen percent of the new apartments in Sunnyvale will be rented at low market rate. These must remain so for 55 years. \$45,000 to \$65,000 income per year is considered low income.

There is a new animal code for pets. Each household is allowed four large animals, such as cats or dogs. For small animals, such as chickens, six are allowed.

The 'Unity' district map was voted in unanimously with no discussion. At the November 5th Council meeting they will review and narrow-down the maps from 7 to 3. At the Tuesday, November 12th Council Meeting there will be a council decision on a map. Also discussed will be how the mayor will be elected and how long the terms will be. We want a map that keeps the SNAIL neighborhood intact. For information: <https://sunnyvaleelections.org>

Holiday Potluck Party: We need a host and location.

For full minutes, please visit:

<http://tinyurl.com/SNAILorg>; <https://nextdoor.com/login>

-Minutes taken by June Valenti

HOW SWEET IT IS!



Thanksgiving is great for so many reasons, and one of those reasons is the delicious sweets that become available to us! But before reaching for those sweets, do you know how to calculate grams of sugar into sugar packet equivalents?

On a nutrition-facts label, look at grams of sugar for the portion that you plan to consume. Take the total grams and divide by 4. This number is the equivalent of sugar packets to help you visualize the amount of sugar. Total recommendations for women are 6 packets of sugar total, and for men, 9 packets total per day. There is 25g of sugar in a standard pumpkin pie slice, which is around 6.25 sugar packets, or a little over the total daily recommendation for women of sugar in a day. So when reaching for those sweets, consider a smaller slice, and choose to have smaller samples of things over larger portions in order to help keep your sugar consumption down during thanksgiving season.

-Leah Groppo, RD, MS, CDE



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, Nov. 2nd 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.

Family Fitness Program: Saturday, Nov. 2nd from 9:00 a.m. – 12:15 p.m. at CNC. Free program to get strong, get healthy. This 9-month program meets bi-weekly on Saturday mornings at CNC. Work out with a fitness coach for 60-minutes, followed by a 90-minute, hands on cooking class. Open to Sunnyvale residents, register as an individual, family or group with friends/neighbors. Registration required and class is limited to 20 participants.

Free STEM Event for 5th – 10th Graders: Saturday, Nov. 9th from 9:00 a.m. – 3:00 p.m. at Foothill College, Sunnyvale Center, 1070 Innovation Way, Sunnyvale. A day of interactive, hands-on activities designed for students to explore, create, make and learn about opportunities in STEM (Science, Technology, Engineering and Math). Students MUST be accompanied by a parent/guardian. Registration is required, call CNC.

Drop-In Salsa Dance Classes for Adults: Mondays (Beginner) and Fridays (Basic II/Intermediate) through Dec. 20th, 7 – 8:30 p.m. at CNC Multi-Purpose Room. Learn to dance salsa and bachata, partnering skills and basic turn patters and combinations. No partner needed. Cost: \$2 Resident/\$3 Nonresident (cash only).

Youth Drop-In Gym at CNC: Basketball on Mondays, 7 – 9 p.m. and Fridays, 7 – 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 – 7:30 a.m.; Wednesdays from 6:30 – 8:30 a.m.; Saturdays from 8 – 9:30 a.m. and 10:30 a.m. to noon. **Evening hours:** Mondays and Thursdays from 6:30 – 8 p.m.; Tuesdays and Wednesdays from 7:30 – 9 p.m. 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

COACHES NEEDED AT CMS!

Want to show your Bulldog Pride by being one of our 2018-2019 Coaches? Check out our available positions on our NEW CMS Athletics <http://columbiaptsa.org/athletics>.

Season 3: December 9 - February 6

Girls Soccer (Multiple Positions)
Boys Basketball (Multiple Positions)

Season 4: February 10 - April 2

Boys Soccer (Multiple Positions)
Girls Basketball (Multiple Positions)

Season 5: April 6 - May 13

Track and Field (Multiple Positions)



NO experience necessary. You must be 18 years of age and complete a background check and fingerprinting with the Sunnyvale School District. (This can take up to a month to complete, so get started early). Compensation: \$1000.00 STIPEND, coach's uniform, and training. Practice and games are Monday-Thursday, generally from 3:00 to 5:00 p.m. If you have any interest, please send an email to: info@columbiaptsa.org.

ATTENTION BLOCK REPS AND RED BOW ELVES

It's that time again! Let us aim to have every tree in SNAIL country wrapped on Red Bow Day in SNAIL by a Saturday, Dec. 7th. We need those of you who have your bow packages at home, check what your needs might be. Do you need bow replacements, red tape, ribbon? Send me an email at SNAILchair@snail.org and let me know what supplies you need by Nov. 22nd. We will order and distribute them at the December SNAIL Meeting.

-Valérie Suarès, SNAIL Chair



SPEAKERS' CORNER: HERITAGE PARK MUSEUM

I will first introduce the Sunnyvale Historical Society and the beautiful museum we have, with the last 10 acres of apricots in Santa Clara County behind it. Then I will go into some details about the Stephens Townsend Murphy party. Stevens Creek is named for Elijah Stephens (they changed the spelling) and Murphy Avenue is named for Martin Murphy Jr. Their epic trip was in 1844 (two years ahead of the Donner Party) and resulted in the first wagons to cross the Sierra and the first European child to be born in CA. It is a great story. Then we will talk about the Murphy house which stood for 100 years in Sunnyvale. We have the original candelabras, clock and piano from this house. I will share with you what's behind the doors of the rest of the museum, time permitting.

I think you will find the talk entertaining and I am looking forward to speaking with your group at the November 7th SNAIL General Meeting.

-Jim Reynolds, Vice President, Heritage Park Museum

CITY EVENTS

Sunnyvale Housing Needs Open House

This is the final community open house to provide input on the draft housing strategy. Learn about how Sunnyvale proposes to address its current and future housing needs.

When: Thursday, Nov. 21st, 6 – 8 p.m.

Where: Community Center Ballroom, 550 E. Remington Drive

More Info: <https://tinyurl.com/SvaleOpenHouse>

City Council Meetings: City Hall Chambers, 456 W. Olive Ave.

1. The City Council will receive a summary of the public input received throughout October and will be asked to move forward two to three district maps.

When: Tuesday, Nov. 5th, 7 – 8 p.m.

More Info: <https://tinyurl.com/SvaleOpenHouse>

2. The City Council will be asked to choose one final district map for adoption.

When: Tuesday, Nov. 12th, 7 – 8 p.m.

More Info: <https://tinyurl.com/SvaleLegistar>

2019 First-Time Homebuyer Presentations

First-time low- to moderate-income home buyers are required to attend. The Housing Division offers several home buyer programs for low- to moderate-income first-time home buyers who live or work in Sunnyvale. (Doors open 30 minutes before the presentation start time for check-in; late arrivals not permitted.)

When: Wednesday, Nov. 20th, 6 – 7 p.m.

Where: Sunnyvale City Chambers, 456 W Olive Ave.

More Info: <https://tinyurl.com/SvaleHomeBuyer>

Electric Cars Demystified

Have questions about electric vehicles (EVs)? Join the City of Sunnyvale and EVucation for an EV Expo and panel discussion with EV experts.

Where: Sunnyvale Theatre, 550 East Remington Dr.

When: Saturday, Nov. 9th, 1:30 – 4:15 p.m.

Contact: (408) 730-7717 or green@sunnyvale.ca.gov

Winter Ice Rink in Downtown Sunnyvale

This holiday-themed ice rink under the redwood trees is presented by CityLine Sunnyvale, in partnership with Google and the City of Sunnyvale.

Where: Redwood Square, 250 S. Murphy Ave.

When: Nov. 22, 2019 – Jan. 20, 2020, 11:00 a.m. – 10:30 p.m.

Cost: \$13 - \$18

More Info: <http://www.citylinesunnyvale.com/IceRink>

DISTRICT MAPPING – IMPORTANT DATES

District Map Making Event: <https://www.sunnyvaleelections.org>

Nov 05: Council hearing - review and narrow-down maps

Nov 12: Council decision on a single map with 6 districts

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, November 16th**. Send an email to SNAILeditor@snail.org.

SNAIL BOARD and CITY of SUNNYVALE SUPPORT STAFF

Chair	Valérie Suarès	E. Eaglewood Ave.	408-390-3335	SNAILchair@snail.org
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