



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

April 2020



MESSAGE FROM THE CHAIR



Considering the current situation with the Coronavirus pandemic and the CMS teacher's lounge cancellation received on Friday, March 13th due to SCC Public Health guidelines, effective immediately, the Columbia School and the Columbia Neighborhood Center will be closed for the next three weeks. As a result of the inaccessibility of the teachers' lounge for the Monthly SNAIL meeting, we will be cancelling the April 2nd meeting.

Our guest speaker, JOSE VILLARREAL from Santa Clara Valley Water District will be available at a future date to present the Sunnyvale East and West Channels Flood Protection project and upcoming timeline.

In all my 60 years of living, I have never seen empty shelves at the grocery store such as what I saw at our local supermarket:



Many of us have had our lives interrupted and will continue to be disrupted. We do not know what our future hold. Let us take this opportunity to come together as a neighborhood by helping those in need and reaching out to each other if necessary.

I know that many will be asked to work from home and children will be out of school; it is a good time to practice offering random acts of kindness to those around us.

Check on your neighbors on either side and across the street; talk through windows or doors if necessary and make sure everyone is staying safe.

I wish you all, my dear SNAIL residents, to stay strong, healthy and positive in these difficult times.

-Valérie Suarès



GENERAL MEETING

PLEASE NOTE:

THE THURSDAY, APRIL 2ND SNAIL MEETING HAS BEEN CANCELLED



SAVE THE DATE:

**APRIL 1, 2020
IS CENSUS DAY**

EVERYONE COUNTS | County of Santa Clara

Standing up for our community and securing funds for vital public services is the right thing to do. That's why our friends and neighbors are pledging to **GET COUNTED**. Join them!

Standing up for our community and securing funds for vital public services is the right thing to do. Our friends and neighbors are planning to participate in the 2020 Census because:

- ✓ **More Affordable Housing Counts** – Counting everyone will help demonstrate our housing shortage and win funding to fix it.
- ✓ **Stronger Schools Count** – A full count will help fund our schools and improve programs for our students.
- ✓ **Safer Neighborhoods Count** – An accurate count will help first respondents plan for emergencies and secure the funding to face them.
- ✓ **Better Health Care Counts** – A complete count will help improve our health policies and fund the health care service we need.

When we **ALL GET COUNTED**, we stand up for our values and we stand firm against anyone who would try to silence our voices.

Plan to be counted at:

<https://www.sccgov.org/sites/census/Pages/home.aspx>

The census questionnaire takes approximately 10 minutes to fill out and can be completed online, via telephone or via paper form.

The census is completely private by law. The Census cannot share any personal information gathered.

-Submitted by Santa Clara County, Office of the Census

The 2020 CENSUS *is* HERE!

Santa Clara County *is being counted!*

COUNT ME IN | CUENTA CONMIGO | IBILANG AKO | HÃY ĐẾM CẢ TÔI | 我要參加 | Learn more at [sccgov.org/census](https://www.sccgov.org/census)

Complete your 2020 Census today!

Participating will ensure our fair share of resources and representation! Your responses are confidential and protected by law.

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

- ❖ Even if you are not ill, avoid visiting hospitals, long term care facilities, or nursing homes to the extent possible. If you do need to visit one of these facilities, limit your time there and keep six feet away from patients and employees of the facility.
- ❖ **DO NOT GO TO THE EMERGENCY ROOM UNLESS ESSENTIAL.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever or other respiratory problems, contact your regular doctor first.
- ❖ Stay home when sick and away from others in your household.
- ❖ Practice excellent personal hygiene habits, including washing your hands with soap and water frequently, coughing into a tissue or your elbow, and avoid touching your eyes, nose or mouth.
- ❖ Stay away from people who are ill, especially if you are at higher risk for serious illness.
- ❖ Clean frequently touched surfaces and objects, like doorknobs and light switches. Regular household cleaners are effective.
- ❖ Avoid touching your eyes, nose and mouth unless you've just washed your hands.
- ❖ Get plenty of rest, drink plenty of fluids, eat healthy foods and manage your stress to keep your immunity strong.
- ❖ Follow CDC's recommendations for using a facemask:
 - ◆ CDC does **not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - ◆ Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).

Stay informed. Information is changing frequently. Check and subscribe to Public Health's website and social media pages:

- Public Health Website: <http://www.sccphd.org/coronavirus>
- Public Health Facebook: <https://www.facebook.com/sccpublichealth>
- Public Health Instagram: [@scc_publichealth](https://www.instagram.com/scc_publichealth)
- Public Health Twitter: [@HealthySCC](https://twitter.com/HealthySCC)

HIGHLIGHTS OF LAST MONTH'S SNAIL GENERAL MEETING

Guest Speakers: Luis Cordero, Census Outreach and Education Team, City of Sunnyvale. Luis is a San Miguel resident and has been hired by the City of Sunnyvale to help with the Census. The U.S. Constitution mandates a census be taken every 10 years. The Census helps determine where federal resources are allocated; decision-making for infrastructure and the number of elected officials to represent the state in Congress. In 1990's there was an undercount in CA, which means CA lost money and a Congress seat. This year, population shifts across states might result in CA losing a Congress seat(s). This year, population shifts across states might result in CA losing a Congress seat(s). The census will NOT ask about citizenship, immigration status nor financial information. The information from the Census won't be shared with ICE, FBI nor DHS. There is an extremely high level of confidentiality.

Dumpster Day Report: June 13th, six Dumpsters (Barry). Barry has made phone contact with all his monitors and has talked to the city. The Sunday dumpster will be located at Bob Chaney's.

Yard Sale Report: June 13th – 14th, Location for the 7th dumpster (Tarik). We need someone to take the lead for running the yard sale. We have people who are happy to volunteer to help, but so far no one to organize all these volunteers. Co-chairing is an option. Tarik will check on last year's newsletter 'ask-for-lead article'.

For full minutes, please visit: <https://nextdoor.com/login>

-Diane Gleason, SNAIL Secretary

THREE NEW BENCHES IN COLUMBIA PARK...

...or what can be accomplished when big business, Sunnyvale leaders and community members come together to better the community!



Approximately two years ago, Sharon McKnight and I, both SNAIL residents, approached the Toll Brothers Realtor principals beyond their outreach meetings with the future construction of the 370 San Aleso property where 65 new homes were, back then, in the planning review process. We asked them if they would be willing to entertain the idea of repurposing the benches from their property to the Columbia Park, located in the east boundaries of the SNAIL community. Even though they had not taken possession of the property when we met, the Division Vice President, made us a promise that *“These benches will be yours. I would rather see these well-maintained benches repurposed and placed in the community rather than see them go to the dump. I will inform you of our demolition day, and you are more than welcome to take them and place them in your community park.”*

It took time, commitment and a handful of City staff to have these benches installed in the Columbia Park. Thanks to the support of Mayor Larry Klein for letting me know whom to contact at the City; and to City Manager, Kent Stephens, his staff Christina Uribe; and to Public Works Department Director, Chip Taylor, his staff, Mark Merrill, Jim Stark, Kimberlee Pineda and the crew for transporting, transforming and transplanting these benches.

But most importantly, thanks to Nick Kosla and Benjamin C. Helber of the Toll Brothers for diverting these beautiful benches from landfill for everyone to enjoy.

-Valérie Suarès



Since many people now can work from home, think about how this may change your eating habits. Does this change what you buy from the store? Are you doing more homemade cooking or getting more take-out/premade food? Are you snacking more? Being at home

for these long stretches has its advantages but can sometimes encourage unhealthy eating behaviors. Several strategies that can help while being at home for these long periods are:

- ♥ Think about putting any healthy foods you want to eat more of - like fruits and vegetables – in convenient, easily accessible and visible locations (for example, put apples in a fruit bowl on your table).
- ♥ On the other hand, once you do treat yourself to an unhealthy snack, put it away for the rest of the day in an inconvenient, hard-to-access location so that it does not tempt you to constantly reach for it.
- ♥ Remind yourself to keep moving!

While at the office, some are inclined to do more walking than they realize (e.g., walking up and down stairs, taking 10-15 walking breaks away from their desk, etc.) but, at home, people can get very comfortable and might not move as frequently. So still make a conscious effort to move, take some short walks and take a break from looking at the laptop screen for a bit! 😊

-Leah Groppo, MS, RD, CDE

STAYING GREEN WHILE STAYING AT HOME



To stay healthy and safe, communities nationwide are staying inside and socially distancing. As we make this transition, we can still live sustainably with these tips:

Wash your hands with zero waste - the next time you're buying soap, go for a soap bar or a reusable soap dispenser that you can refill. Grocery shopping can come with plenty of plastic. When you can, buy loose fruits and vegetables that don't have any packaging. When meal planning and prepping, use the food that's already in your fridge. Visit <http://stopfoodwaste.org> for creative ways to "shop your fridge".

Garbage and recycling services are continuing normally, so don't stop recycling. Separate your containers, paper and food scraps to help Sunnyvale stay **low waste!**

-Bailey Hall, Environmental Programs Specialist

SENIOR RECOURCES – NEED ASSISTANCE?



The Sunnyvale Senior Center is providing resources for older adults who need help with meal delivery, access to groceries, care management and other needs that may come up.

This is available Monday through Friday from 8:30 a.m. to 5 p.m. and they can call the Senior Center main line at (408) 730-7360.

-Tracey Gott, Community Services Manager

COLUMBIA NEIGHBORHOOD CENTER (CNC) NEWS

Considering the County's Shelter in Place order, the Columbia Neighborhood Center has cancelled all programs, services and rentals through April 30th; however, the MayView Clinic will remain open during its normal business hours of Monday through Friday 8:00 a.m. to 5:00 p.m. We will continue to monitor the County's recommendations and act accordingly.

Lifeguard Certification Fee Waiver and Subsidy: The City of Sunnyvale is searching for lifeguard and swim instructors for the summer. Certification classes will be offered April and May and there are opportunities for subsidy or fee waivers for those who need assistance in paying for the certification fee. For questions regarding summer work or lifeguard certification fee waiver, contact Jesus Raygoza at jraygoza@sunnyvale.ca.gov.

-Jesus Raygoza, Interim Community Services Manager

FUTURE SNAIL COMMUNITY EVENTS

As we continue to plan our upcoming events: Cinco de Mayo Potluck, Yard Sale, Dumpster Day, Annual National Night Out Potluck and the Candidate Forum, SNAIL leadership is monitoring the orders, messages and guidelines received from the Health Officer of the Santa Clara County <https://tinyurl.com/SCC-COVID-19>. It is possible that we may need to cancel some of these future events. As you have seen the past few weeks, the situation is changing rapidly. We will do what is right for the community, while adhering to the directives from the Health Officer of the Santa Clara County.

-Valérie Suarès

ARE BICYCLING AND WALKING IMPORTANT TO YOU? THEN READ THIS!

The City of Sunnyvale is creating its Active Transportation Plan (ATP). The ATP focuses on making walking and bicycling safe in Sunnyvale. It includes the Safe Routes to School Plan, the Pedestrian Master Plan, and the Bicycle Master Plan. Due to delays caused by dealing with COVID-19, the city has pushed back its feedback deadline for the ATP draft to April 19th.

You can see the draft and give feedback by going to the website <https://sunnyvale.ca.gov>, then scroll down to the heading "News & Stories" and look for it there. If the website still says the deadline is in March, ignore that.



The city has a goal of reducing car traffic, but so far, they have done very little to support the residents who would prefer an alternative to driving a car. The city surveyed residents last year and found that about 60% of residents would sometimes use a bicycle to get around town if it was safe. Currently only about 1.5% of Sunnyvale residents use a bicycle for commuting, whereas the percentage is about 6% in Mountain View and 10% in Palo Alto. The ATP will include "low stress" bicycle routes, but there will be a big hurdle in getting them built. If this issue is important to you, contact John Cordes of the Sunnyvale Silicon Valley Bicycle Coalition (SVBC) Team at john@bikesiliconvalley.org. This is a local Sunnyvale group working to improve the draft ATP, and then getting it implemented.

-Diane Gleason

HEADS-UP FOR OUR SNAIL DUMPSTER DAY / YARD SALE



This year's yard sale will be in Tarik's front yard and driveway, at 667 San Diego Avenue. The sale will run Saturday and Sunday, June 13th and 14th but work begins Thursday evening, June 11th. We need volunteers for setup, pricing, sign placement, selling, cleanup and many other jobs. Call June (408) 497-0827 or Tarik (408) 745-1241 to volunteer.

Donations may be dropped off any time beginning Friday, May 1st. Call first for big items.

-Tarik Peterson


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, April 18th**. Send an email to SNAILeditor@snail.org.

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