



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

June 2020



GENERAL MEETING

Thursday, June 4th, 7:00 p.m.

Zoom, Zoom, Zoom, SNAIL Members!

You're invited to join in the SNAIL Community Meeting via Zoom

Zoom Login: <https://tinyurl.com/ZoomSNAIL>

Meeting ID: 925 8000 6237; **Password:** 372087

One-tap mobile: +1 669 900 6833, 92580006237# (U.S.)

Dial by your location: +1 669 900 6833 US (San Jose)

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.

Next Meetings: 7/9, 8/6

MESSAGE FROM THE CHAIR



Reflections - I don't know about you... But for me, it has been a long three months! I am so ready for the coffee shops, restaurants, schools, daycare centers, parks, movie theaters, beaches, concert halls, and beauty parlors to open. My grown-out-no-style-hair has taken me back to my early twenties, and my curls are so long that I'm getting close to standing in front of my hair salon shouting, "OPEN, OPEN, OPEN!". I am so ready for a haircut.

The reality is that this quarantine is such a strain on all of us; emotionally, spiritually and of course financially. I follow the guidelines, wear a mask and wash my hands 30 times a day, but if I have to hear one more "we are in this together", I am going to scream.

I know we all have some very strong and really varied opinions as to which business should reopen, and when it should be done. The truth of the matter is, I am very concerned about the economy, jobs and the morale of us all. My energy is low, despite having worked in the office of an essential business that did not close. Teachers had to adapt to teaching online, some with existing knowledge of the technology and some with great apprehension. Graduating students were robbed of their senior ball and graduation ceremonies. Birthdays were celebrated in isolation and births in agony and alone. Some had to say goodbye from afar and others did not have that chance.

Let us all be hopeful that a vaccine will soon be discovered and distributed to everyone. Let's all look forward to a brighter time when we take off our masks and gloves, hug our families, enjoy our parks and beaches, etc. without worrying about anything.

-Valérie Suarès

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

JOIN THE SNAIL COMMUNITY ON ZOOM!



Many of you have been missing the monthly meetings and have requested to meet via Zoom video conference.

If you are not familiar with Zoom, it is an easy, reliable online platform for video and audio conferencing, chat and much more. If you've heard of Google Meet, MS Teams or WebEx, it is a similar tool but much easier to use.

What you need to know to participate:

- You do not need to purchase any software.
- Zoom works on Mac, PC or Linux, Tablet, Surface or iPad.
- Zoom works on Mobile App (iOS and Android), so you can use your phone.
- There is no cost to join, and no cost to use Zoom.
- You have the choice to participate with Audio, with or without Video.

To download and install Zoom on any device, at least 15 minutes prior to the SNAIL meeting, please follow this link: <https://zoom.us>; click on "SIGN UP, IT'S FREE" in the top-right corner and follow the instructions.

If you've attended a SNAIL meeting and signed in with your email address, we have record of your email. We are presently entering these contacts in a private group. Initially, we will send everyone the invitation to the online meeting.

If you would like to join the Zoom SNAIL meeting and have not attended any SNAIL meetings in the past, please send an email:

To: ZoomMeeting@snail.org

Subject Line: SNAIL Add Me to the Zoom List

Content of the email: Please include your full name, street address and phone number.

We will then send you the meeting invitation with a link to enter the Zoom SNAIL meeting.

If you would like to opt-out, you can:

1. Ignore the Zoom invitation, and
2. Request to be removed from the Zoom list by sending an email to ZoomMeeting@snail.org with the following:

Subject Line: SNAIL Opt-out of the Zoom Meeting

-Valérie Suarès

LAST MONTH'S SNAIL GENERAL MEETING

The May meeting was cancelled due to the guidance of the SCC Public Health Department for the general public regarding public gatherings.

IT'S TOMATO SEASON!

Here is my favorite tomato and fruit salsa. I hope you enjoy it, too!

3 medium diced tomatoes about 1.5 cup
½ cup of fresh peaches or canned pineapple (with the water drained)
¼ cup chopped cilantro
½ jalapeño diced
¼ a medium onion
Juice of ½ lime
2 garlic cloves
Salt and pepper to taste



Combine all the ingredients and enjoy! If you let it sit for a few hours, the flavors really combine, and it will taste better. Think about enjoying this salsa recipe with grilled chicken or over salad or with chips.

Tomatoes are rich in lycopene, which is an antioxidant that may provide a reduced risk for heart disease and some cancers. If you want to increase your body's ability to absorb tomato-lycopene, then steaming/heating them before adding them to the salsa will help your body to use the lycopene found in tomatoes.

-Leah Groppo, RD, CDE

Santa Clara County **PUBLIC HEALTH** **ORDER OF THE HEALTH OFFICER OF THE COUNTY OF SANTA CLARA**
DATE OF ORDER: MAY 18, 2020:

ORDER OF THE HEALTH OFFICER OF THE COUNTY OF SANTA CLARA DIRECTING ALL INDIVIDUALS IN THE COUNTY TO CONTINUE SHELTERING AT THEIR PLACE OF RESIDENCE EXCEPT FOR IDENTIFIED NEEDS AND ACTIVITIES, IN COMPLIANCE WITH SPECIFIED REQUIREMENTS; CONTINUING TO EXEMPT HOMELESS INDIVIDUALS FROM THE ORDER BUT URGING GOVERNMENT AGENCIES TO PROVIDE THEM SHELTER; REQUIRING ALL BUSINESSES AND RECREATION FACILITIES THAT ARE ALLOWED TO OPERATE TO IMPLEMENT SOCIAL DISTANCING, FACE COVERING, AND CLEANING PROTOCOLS; AND DIRECTING ALL BUSINESSES, FACILITY OPERATORS, AND GOVERNMENTAL AGENCIES TO CONTINUE THE TEMPORARY CLOSURE OF ALL OTHER OPERATIONS NOT ALLOWED UNDER THIS ORDER

All construction projects that follow the Construction Project Safety Protocols; All real estate transactions; Childcare establishments, summer camps, and educational and recreational programs that provide care for children of persons who are allowed to work outside of their homes, so long as those organizations comply with certain protocols; Outdoor businesses such as nurseries, landscaping, and agriculture that normally operated outdoors prior to the shelter in place orders; Use of certain outdoor recreational facilities; All business facilities operating in the County, including businesses carrying out minimum basic operations, must comply with the requirement to create a Social Distancing Protocol.

Read the full Official Order here:

<https://tinyurl.com/SCCHealthOrders>



REDUCING WASTE DURING COVID-19

The world has experienced drastic changes these last few months, and that includes the world of zero waste.

Bag bans are rolled back in grocery stores and online shopping is at an all-time high. Health and safety are top priority; here are some ways to stay safe and reduce waste:

- Use your reusable shopping bags without bringing them in-store. When checking out at the grocery store, have the cashier load groceries back into your cart. Wheel the cart to your car, and load groceries into your own bags. No more plastic!
- Next time you order food delivery, specify that you don't need disposable utensils. After all, you're eating at home!
- Amazon has a Frustration Free Packaging Program that ships qualified items in their original package with no extra box. The program limits excess packaging, uses recyclable content, and is easier to open. Search "frustration free packaging" the next time you online shop.

-Bailey Hall, Environmental Programs Specialist

YARD SALE POSTPONED



-Tarik Peterson

Due to the lockdown there has been very little interest in the yard sale.

No one has volunteered and we have received only one donation so far.

We have decided to postpone the event. Hopefully it will happen later this year.

NATIONAL NIGHT OUT POSTPONED UNTIL OCTOBER



-Tracey Gott, City of Sunnyvale, Community Services Manager

I heard back from Sunnyvale DPS and they will be following the same date as Santa Clara PD in regard to the National Night Out; it is now scheduled for Tuesday, October 6, 2020.



COLUMBIA NEIGHBORHOOD CENTER (CNC) NEWS

Camp Sunnyvale

The City of Sunnyvale is offering camps at the Columbia Neighbor Center and Fairwood Elementary starting June 15. Camps run Monday through Friday from 8:30 am - 5:30 pm. Camps observe all local safety protocols. For those who need it, the City is offering subsidies for the camps to ensure affordability. for more information, call 408-730-7350.

Census through Tax-Aid

Tax-Aid is encouraging everyone to fill out the 2020 Census. They even have a website dedicated to this effort:

https://tax-aid.org/yes_you_count. Tax-Aid is providing a free gift to people that complete the Census and show them evidence of completion. For more information please go to the website.

-Jesus Raygoza, Interim Community Services Manager



Silicon Valley Bicycle Coalition has teamed up with the Silicon Valley Bicycle Exchange (SVBE) (<https://bikex.org/index.php>) to offer essential bikes to essential workers in need of transportation during shelter in place. This #BikeMatchSV program is inspired by New York’s Transportation Alternatives initiative (<https://transalt.org/bikematch>) and includes bikes that aren’t in perfect working order.

Can’t afford a bike but need one to get to your job or to get around? Fill out our form and we’ll try to match you with a bike.

Have a bike you aren’t using? If it’s in perfect working order, we’ll match you with a recipient. If it needs a bit of work, SVBE will refurbish the bike and give it new life. We’ll make an appointment for your drop-off.

Want to help with the effort? You can make a donation to cover the cost of bike parts (the average bike we refurbish requires \$40 in parts or you can help us tune-up the bikes by taking a few home to work on.

Join our #BikeMatchSV program as a recipient, donor, or volunteer through the form here: <http://bikex.org/bikematch>, and please share this program broadly to anyone you think may be in need of a bike (or have bikes to spare).

Acceda al formulario en español aquí: <https://tinyurl.com/SVBE-SVBC>

Please support partnerships like this by becoming a member of SVBC or donating to Silicon Valley Bike Exchange: <https://tinyurl.com/ClickAndPledgeConnect>. Let’s build a bike-friendly Bay Area together.

Questions? Contact John@Bikesiliconvalley.org
-John Cordes, SVBE Coalition Team



WORLD BICYCLE DAY

World Bicycle Day aims to bring awareness to how cycling can be beneficial to the environment and for road safety. The observance is celebrated by the United Nations. The organization also emphasizes how important it is for cities and towns to have the proper infrastructure for the citizens who desire to cycle or walk on the streets. The Global awareness day occurs every year on June 3rd.

BACKGROUND

Acknowledging the uniqueness, longevity and versatility of the bicycle, which has been in use for two centuries, and that it is a simple, affordable, reliable, clean and environmentally fit sustainable means of transportation, fostering environmental stewardship and health, the General Assembly decided to declare the 3rd of June World Bicycle Day.

WHY CELEBRATE THE BICYCLE?

Regular physical activity of moderate intensity – such as walking, cycling or doing sports – has significant benefits for health. At all ages, the benefits of being physically active outweigh potential harm, for example, through accidents. Some physical activity is better than none. By becoming more active throughout the day in relatively simple ways, people can quite easily achieve the recommended activity levels.

WORLD BICYCLE DAY:

- ◆ Encourages improved road safety and integrates it into sustainable mobility and transport infrastructure planning and design.
- ◆ Encourages people to adopt best practices and a means to promote the bicycle among all members of society.
- ◆ Encourages stakeholders to emphasize and advance the use of the bicycle as a means of fostering sustainable development, strengthening education, including physical education, for children and young people to promote health.

Reference: <https://www.un.org/en/observances/bicycle-day>

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, June 13th**. Send an email to SNAILeditor@snail.org.

SNAIL BOARD and CITY of SUNNYVALE SUPPORT STAFF

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