



Sherman Oaks Neighborhood Association

Notes From The President

First of all, I want to thank all of you for your support during my term as President. It has been an honor. As I mentioned at our last meeting, there has been a big change in our area in the last few years and that is due to the hard work of all of you. We have seen a reduction in the crimes that vexed us several years ago...petty thefts, graffiti, vandalism and auto break ins. Our neighborhood is no longer at the top of the "10 dirtiest streets" list because our volunteers are out there daily. We have better working relationships with our city and county governments, have held social events and continue to grow. So, while I would love to lay claim to solving these problems, I have to give credit where credit is due...all of you deserve a big round of applause.

*SONA membership continues to grow, slowly but surely. If you are reading this and are not a member, why not? Your dues help pay for meetings, clean ups and social events. By supporting your neighborhood group you help build a stronger and safer neighborhood. Speaking of new members, welcome to **Charissa DeFranchesco and Katheryn and George Penny**, our latest new members.*

We hope you are joining our online chat corner because this is where we can all get together to ask "Who knows of a great.." or "Where is a good place to ..." and get great responses from your neighbors. If you want to join us online, simply email a note to talk2sona@yahoo.com and we'll get you signed up. For more information about SONA and for archived minutes, events and newsletters, visit our website at www.sona-sj.com.

*I hope you can attend some of the fun events coming up this month and during the spring. You can help pick up litter, watch marching bands and see just how far we stretched over half a million dollars at the Richmond Menker celebration. Also, if you have free time on April 19, 2004, come to the City Council Meeting at 7pm and see your neighbors receiving awards from the San Jose City Council for the Richmond Menker project. **Sherman Oaks Community Charter School** is in the process of renewing it's charter and needs your support at a public meeting on April 7th at 7pm at the Sherman Oaks Community Center.*

As always, SONA is here to serve you and your neighbors, so let us know what's going on in your area and, if there are problems or issues, let us know so we can help. Again, thanks for a great two years....see you at the meeting...Randi

AGENDA

SONA GENERAL MEETING

April 10, 2005

6:30 P.M.

Snacks & Social

7:00 P. M.

Call to Order

7:15 P. M.

Police Report

7:30 P. M.

Elections

May SONA Garage

Sale & Block Party

8:00 P. M.

Announcements

Adjourn

SONA general meetings are held the 2nd Thursday of each month at 1800A Fruitdale Ave. San Jose

CA 95128

Good Neighbor Corner

Several people have remarked on the thoughtfulness of their neighbors on trash day. Many people leave for work before the trucks come by and they are delighted to find that some really nice neighbor has pulled their cans off the street and put them away. This seems to be happening across the entire SONA area. So a big thanks to those of you who are helping your neighbors on garbage pick up day. Your neighbors may not know who is doing it, but they want you to know they appreciate your efforts!

Come One-Come All

Neighborhood Garage Sales & Block Party

Meet Your Neighbors

Review Traffic Calming Plans

High Five Program

Enjoy Food & Beverages or Just Hang Out

Saturday May 21, 2005

Garage Sale: 9:00 AM to 2:00 PM

Block Party 3:00 PM to 6:00 PM

1st Location: Randolph Drive, Rexford Way, Kingman Drive, Mansfield Drive, and Sherman Oaks Drive North of Fruitdale Avenue with block party on Mansfield between Randolph & Rexford

If you want to have a garage sale in your area, let us know and we'll put your location on a map that will be run in the newsletter and available that day. We'll also help provide signage.

Join other SONA residents in our first area wide garage sale and block party event. Funds available for block party activities and advertising for the garage sales. Do your spring cleaning and take some time to get to know your neighbors. Open to all SONA residents.

For more information about hosting your own garage sale or block party contact SONA board members Michael LaRocca or Sheila Cvitanich

or email confirmation to
talk2sona@yayogroups.com

Garage Sale Listing

___YES!!! COUNT ME IN ON THE ANNUAL SONA GARAGE SALE AND CELEBRATION!

NAME:

ADDRESS:

PHONE:

SPECIAL ITEMS OF INTEREST:

___I'LL BE COMING TO THE AFTER SALE BLOCK PARTY AND POTLUCK.

Your location (without phone numbers or names) will be added to the SONA map. Locations will be listed in our online website and other advertising materials before the day of the event. Maps will be available for each location the day of the event. Mail this coupon to SONA, PO Box 59146, San Jose, CA 95159-0156.

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The SONA newsletter is published monthly and distributed to almost 1500 residences. All ad copy is due by the 15th of each month. Our all-volunteer group welcomes your participation and comments.

SONA Newsletter Editor: Randi Kinman

SONA Website Administrator: Sonya Paz

Health Tips

By, Dr. Charles Crowder

Kid's Health Tips - Backpack Safety

Failure to choose the right backpack, and to ensure it is worn correctly, can have lasting effects on a child's back. "We know that children who wear backpacks that are too heavy, or that don't fit properly, can develop serious back trouble that will plague them for the rest of their lives," said Dr. Dennis Buckley, President of the California Chiropractic Association. "The good news is that this is one health problem that can easily be avoided by following a few simple guidelines," added Dr. Buckley.

Nearly 5,000 children were injured due to the use of backpacks in 1999, according to the U.S. Consumer Product Safety Commission. Health care experts recommend the total weight of a loaded backpack not exceed 15% of the child's weight. However, due to the increasing size of textbooks and the removal of lockers for space and safety reasons, this limit is not being achieved for most elementary and high school students in California.

BY FOLLOWING THESE SIMPLE STEPS, PARENTS CAN HELP PREVENT CHILDHOOD BACKPACK INJURIES:

BACKPACK SAFETY CHECKLIST

- Choose a backpack that is sturdy and correctly sized. When worn, backpack should not extend below hips.
- Purchase a backpack with padded shoulder straps.
- The total weight of the loaded backpack should not exceed 15% of the child's weight (15lb pack for a 100 lb child).
- Pack heavier items closest to the back.
- Use both shoulder straps at all times.
- Tighten shoulder straps until snug but not tight.
- For heavier loads, use a stabilizing waist strap.
- If a child must carry heavier loads than recommended above, use a roller bag like your airplane luggage.

This new column for the SONA newsletter will focus on simple, common sense things that we can do to care for our self, our parents or our kids' health. Dr. Charles Crowder, D.C. has been a Chiropractor and massage therapist for the last 15 years with an office in Santa Clara. A founding SONA board member, Dr. Crowder welcomes questions and topics for future columns.

SONA Board Elections in April

Per our bylaws, elections for board positions are held in April each year. Due to term limits, we will have vacant positions for both President and Administrative Vice-President.

Michael LaRocca is heading up the elections committee and would love to talk to anybody who has an interest. You can toss your hat into the ring at any time, including the night of elections.

Our current slate of candidates is:

President	Vacant
Administrative VP	Vacant
Communications VP	Randi Kinman
Treasurer	Michael LaRocca
Hospitality	Sheila Cvitanich
Area Captain	Dr. Charles Crowder
Area Captain	Tommy Ellis
Area Captain	Mark Kovich
Area Captain	Carl Lindner
Area Captain	Jussi Rajna

Voting will take place at the April 2005 meeting by ballot and officers will begin their terms in May 2005.

The duties of President and Administrative VP are primarily coordinating meeting agendas and acting as spokesperson on behalf of our group. The board is dividing up meetings so we all take turns arranging for speakers. We are also looking for people to take minutes at our general meetings periodically. Gathering and maintenance of minutes and archives falls under the Communications VP. The website has been maintained (expertly and with our gratitude) by Sonya Paz. Area Captains are the eyes and ears of the neighborhood and these positions can be expanded to allow for greater participation. We even encourage you to share this position with a neighbor or friend. Area Captains help coordinate newsletter deliveries and act as liaison between the neighbors and the board. This allows the board to stay abreast of matters if members cannot make it to meetings. We are looking for more captains around Del Mar High School and all points south of Fruitdale.

Festa Del Mar Returns April 30!

For those of you who missed it last year, this is your chance to watch a marching band competition in your very own neighborhood! The Festa Del Mar competition is hosted by Del Mar High School. Step off is at 8:40 a.m. and should end at noon. More than a dozen teams compete for points, prizes and trophies as part of a national ranking system. Grab your families and a couple lawn chairs and join more than 1000 other spectators along the parade route.

The parade has been extended this year and you can pick your choice of spots along the parade route above. **Princess Anne Drive, Mardel Lane and Del Mar Avenue will be blocked off, so plan accordingly.**



- 6:30-8:15 a.m. Buses arrive on campus
 - 8:15 a.m. Streets closed: Princess Anne from Mardel to school, Mardel Lane, Leon Drive, Del Mar Avenue from Mardel to Stokes
 - 8:40 a.m. First band steps off from campus onto Princess Anne
 - Noon Last band to be cleared from streets and clean up by Key Club members begins
 - 1:00 p.m. Streets open
- For more info contact Bill Burkhead at 298.0260. Those of you who live on the route can look forward to flyers soon.

NUMBERS TO KNOW

- U.S. Post Office**
800.225.8777
- Airport Noise Hotline**
408.452.0707
- San Jose City Hall Hotline**
408.277.4000
- Councilman Ken Yeager**
408.277.5166
- Animal Services**
408.501.2130
- Anti-Graffiti**
408.277.2758
- Code Enforcement**
408.277.4528

Terrance Evanoff
Cell: (408) 964-8464

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Hours Available:

Sat.	9:00	7:00
Sun.	10:00	6:00
Mon.	12:00	8:00
Tue.	12:00	8:00
Wed.	8:00	4:30
Off	Thurs & Fri	

4401 Stevens Creek Blvd
Santa Clara, CA 95051
Office: (408) 296-1721
Fax: (408) 296-2155

Crowder Chiropractic
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Dr. Charles Crowder
D.C., C.M.T.

2797 Park Avenue, Suite 204
Santa Clara, CA 95050

(408) 244-5317

April-May 2005

Sun Mon Tue Wed Thu Fri Sat

3	4	5	6	7 7:00 pm Public Mtg. On renewal of Sherman Oaks CCS charter renewal at community center	8	9 Supervisor Jim Beall's Annual Pancake Breakfast 8-11am Campbell Community Center
10	11	12	13	14 SONA General Meeting 6:30 p.m. SOCCS Elections and Garage Sale/ Party Discussion	15	16
17	18	19 SONA Board Meeting MOVED TO 4/26 R/M Awards at City Council Meeting 7pm	20	21 Streetsweeping Day so Move Those Cars!	22	23 Pick Up San Jose! Meet at Sherman Oaks
24	25	26 6:30PM SONA Board meeting @ Michael LaRocca's	27	28 NAC Meeting 6:30 p.m. SOCCS	29	30 Festa Del Mar Parade 10-noon Richmond Menker Celebration 11am-3pm
31	1	2	3	4	5	6

Spring Gardening and West Nile Virus

With our wet winter leaving, many of us are looking towards our summer gardens. After pulling weeds, trimming back bushes and cleaning out winter debris, what are you looking forward to doing this year? Whether you're a first time gardener or an old pro looking for new ideas, there are plenty of activities for everyone in the coming months.

The **Master Gardener** program is a UC California program that trains people to be resident experts in gardening. The Master Gardeners have a wonderful spring vegetable sale on April 2, 2004 at Emma Prusch Park. The program sells heirloom and new varieties of tomatoes, peppers, beets and other vegetables to raise funds for educational programs. There are also vendor booths selling garden related supplies, plants and equipment, tool sharpening booths and many educational booths. In addition, the Master Gardeners conduct composting workshops and provide year round advice (...just what the heck is that creepy crawly thing in my garden and what do I do about it..) through their hotline. Volunteers are available to answer any gardening question at 408.282.3105, 9:30 a.m. - 12:30 p.m. Mon-Fri throughout the year.

The **Recycling & Waste Reduction Commission of Santa Clara County** holds workshops throughout the season that introduce you to the wonderful world of composting. You can turn your leaves, lawn clippings, kitchen scraps and other yard waste into a great soil amendment that is great for your gardens. Why buy bags of fertilizer and amendments when you're already producing your own? Composters range from kitchen size to yard size and can be operated by anyone. Classes and demos in our area will be in Campbell on May 14, August 27 and October 29 with many others scheduled throughout the valley. For more information on compost workshops call 408.918.4640.

With **West Nile Virus** and other avian born diseases, many people are wondering whether they should continue filling bird feeders or keeping water in bird baths and ponds. The answer is a rousing YES, but only if you are willing to maintain the area. According to Freddy Howell from the Wild Bird Center in Los Gatos, seed eating birds may consume up to 20% of their food from back yard feeders because their natural habitat is not available. This back yard system is a vital 20% for migrating birds. Feeders and feeder areas should be kept clean and the Wild Bird Center provides a feeder cleaning service with donations going towards local animal and wildlife organizations. Feeders should be cleaned monthly and bird baths should receive periodic scrubbing to make sure the water is always fresh and clean. If you have questions about feeding birds, want to join bird watching groups, or are looking for unique children's activities, contact Freddy or John Howell and their crew at 408.358-WILD or visit the store at 792 Blossom Hill Road in Los Gatos.

Birdbaths, fountains and ponds are special pieces of our yards. They are essential elements for butterflies, birds, raccoons and other urban wildlife as well as humans. Studies have shown that these water elements help cool small micro-cultures in our yards and we automatically feel cooler when we hear running water. The Santa Clara County of Environmental Health **Vector Control District** can help you make sure that your water areas are not breeding mosquitoes or creating health hazards. Smaller fountains and birdbaths should be cleaned regularly, but did you know you can also get **free mosquito fish** just by asking? **Standing water**, whether from seasonal showers, leaking pipes, faulty sprinkler systems or untended pools is a health hazard and should be reported. You don't have to confront the local neighbor or business person, you can simply call the Vector Control District at 408.792-5010 to report any suspected problem, get free information or arrange for free mosquito fish. They also have a website full of information at www.sccvector.org. This is also the time of year when wasps are nesting, so take a walk around the perimeter of your house and make sure you aren't becoming a home for unwanted pests. If you find them, you can call Vector Control for information about how and when to safely remove these nests before they become a huge problem.



Day of the Child

Join Councilmember Ken Yeager,
 Sherman Oaks Neighborhood Association,
 Burbank/Del Monte Neighborhood Advisory Committee,
 Richmond Menker Property Owners Association,
 Menker Inquilinos Richmond Asociación,
 the City of San José Housing Department, and the
 San Jose Redevelopment Agency

**Celebrate the Renewed
 Richmond Menker Apartments**

April 30, 2005

11 a.m.

Richmond Menker Apartments on Richmond and
 Menker Avenues between Interstate 280 and
 Kingman Avenue.

Enjoy food, music, and children activities.

For more information, contact Erik Larsen at (408) 858-8562.



El Dia de Niño

El Concejal Ken Yeager,
 La Asociación de Vecinos de Sherman Oaks,
 El NAC de Burbank/Del Monte,
 La Asociación de Propietarios de Richmond Menker,
 La Asociación de Inquilinos de Richmond Menker,
 El Departamento de Vivienda del Ayuntamiento San José,
 y la Agencia de Desarrollo Urbano de San José

**le invitan a celebrar la revitalización
 del vecindario de Richmond Menker**

**30 de abril de 2005
 a las 11:00 de la mañana**

El evento tendrá lugar en los apartamentos
 de Richmond y Menker, en las calles de Richmond y Menker
 entre la autopista 280 y la calle Kingman.

Disfrute de comida, música y actividades para los niños.

Para más información, por favor llame a
 Erik Larsen al (408) 858-8562.

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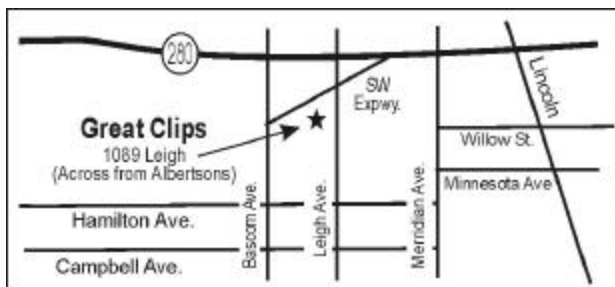


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