



# Sherman Oaks Neighborhood Association



## Used Towel & Blanket Drive

Dear SONA Friends & Neighbors,  
 My friend and I collected so many towels and blankets that we filled the donation bin at Humane Society Silicon Valley (HSSV) on our first trip! We made a second trip with another trunk full! My friend collected towels & blankets at her school....mine came from the great people of SONA! We also made cat toys that are being sold at Andy's Pet shop to raise donations for HSSV. And another day we made rabbit toys out of toilet paper tubes stuffed with Timothy hay that we later delivered to HSSV. All of these things are to earn our Junior Bronze Award. Thanks again for your help!

Sincerely,  
*Rebeca*

**AGENDA**  
**SONA GENERAL MEETING**  
**Thursday**  
**June 12, 2008**

**6:30 p.m.**  
**Social Mixer**

**7:00 p.m.**  
**General Meeting**  
**Announcements**

**SJPD**

**Code Enforcement**  
**Presentation by**  
**Pierre Schutz**  
**City of San Jose**

**Open Forum**

**Sherman Oaks Neighborhood Association meetings are held on the second Thursday of each month at the Sherman Oaks Community Center, 1800A Fruitdale Ave. SJ CA 95128**

## Notes and News

**There's a new coffee shop in the area!** Immanuel Lutheran Church at Parkmoor and Leigh has opened up the Fireside Coffeehouse in the Fireside room. You can drop in between 6:30am and 8:00pm Monday through Friday, enjoy a variety of coffee drinks, visit with neighbors or take advantage of a local space to work on a computer. SONA welcomes this new addition to the neighborhood.

**Dues Notice:** Make out checks to SONA and send as follows:

SONA

P O Box 59146

San Jose, CA 95159-0146

SONA members voted to increase yearly dues from \$12 to \$15 per year beginning May 1, 2008. This is the first increase in dues since SONA was formed. The increase will help offset costs. The SONA newsletter is one of our major expenses and delivering it to 1500 households each month runs just under \$300 per month so every dollar helps. If you are not sure whether your dues are current or not contact Michael LaRocca our Treasurer at 356.2374 or mlroo1@yahoo.com and he will let you know.

## Help a Neighbor

This could be an opportunity for you to assist an ailing or elderly neighbor. If newspapers are collecting or the yard hasn't been mowed and you haven't seen your neighbor in awhile, you can call SJPD's 311 number and ask them to conduct a welfare check. SJPD will then contact your neighbor and make sure all is well.

## Abandoned Homes:

There are approximately 3000 abandoned houses in San Jose due to the mortgage meltdown, so it's only a matter of time before we see that here. If you know of an abandoned home, call Code Enforcement at 277-4528. They will begin the process of monitoring the property and ensuring the yards are maintained and that vandals or homeless are kept out of the house. Abandoned houses can quickly become a nuisance and health hazard.

Also if pets have been abandoned you should immediately contact Animal Control at 578-7297.

PRESIDENT, Randi Kinman	835.2881	randikinman@yahoo.com	SONA's newsletter is published monthly and distributed to almost 1500 residences. It is partially funded by a City of San Jose CAP Grant. All ad copy is due by the 15th of each month. Our all-volunteer group welcomes your participation and comments.
ADMINISTRATIVE VICE PRES, Marlene Bird	288-9727	mbird@cbtnorcal.com	
SECRETARY, Nancy Moritz	993-1059		
TREASURER, Michael LaRocca	564-2374	mlroo1@yahoo.com	
AREA CAPTAIN, Sheila Cvitanich	292-2690		
AREA CAPTAIN, Roberta Emerson	297-9093		
AREA CAPTAIN, Jussi Rajna	291-0202		
AREA CAPTAIN, Lisa Steingart	666-3287		
AREA CAPTAIN	Vacant		
Website	www.sona-sj.com		
SONA Newsletter Editor: Randi Kinman			
SONA Website Administrator: <b>Help Needed</b>			
June 2008 Page 2	www.sona-sj.com		

## Exercise

Being physically active is one of the best things you can do for your health. Being active helps you boost your ability to lose weight and keep it off. But the benefits even go way beyond weight loss! When you're physically fit, you have the strength, flexibility, and endurance needed for your daily activities. According to both the National Institutes of Health and the American Medical Association regular exercise also reduces risk for many diseases and can postpone disability.

### **Being active and fit brings many benefits, including:**

- Reach your goal to get to or maintain a healthy weight by burning more calories.
- Feel stronger, feel more energetic and be more flexible.
- Improve your immune system and circulation
- Lower your risk of heart disease, diabetes and some types of cancer
- Lower cholesterol and blood pressure levels
- Help prevent osteoporosis and relieve pain and ease joint mobility
- Reduce depression, stress, and anxiety and improve sleep

When you think about starting an exercise program you might feel overwhelmed, confused or fearful. Remember, being physically active helps you feel better physically and mentally. Exercise is physical activity and includes anything that gets you moving. Walking, dancing, or working in the yard count.

The most important thing you can do is make the commitment. Although health clubs and exercise programs are great, there are plenty of ways to get active and be fit. You can earn the benefits of being physically active without going to a gym, playing sports, or using fancy equipment.

## SUNNY DAZE DAY CAMP 2008

This day camp program is for boys and girls ages 6-11. Each season will include field trips, sports, games, arts & crafts, and much more. Food and drinks for barbecues will be provided.

**Location:** Camp will be held at Hamann Park, 2750 Westfield Avenue. Camp hours are from 10am to 4pm, Monday through Friday.

**Extended Hours:** 8-10am & 4-6pm

Cost: \$30.00 for either am/pm

\$60.00 for both am/pm

Session 1 June 30-July 11 (no camp July 4)  
Great America (7/9) \*\$130.00

Session 2 July 14-15  
Raging Waters (7/23) \*\$130.00

Session 3 July 28-August 8  
Great America (8/6) \*\$130.00

Session 4 August 11-12  
Raging Waters (8/20) \*\$130.00

\*Non-residents of San Jose add an additional \$27.00 to the cost of each session.

Registration is now being accepted. For information contact Bob Ramirez at the Sherman Oaks Community Center 1800A Fruitdale Avenue, San Jose, CA 95128.

Phone: (408) 292-2935

Email: bob.ramirez@sanjoseca.gov

**June 14, 2008 at 10:00 a.m. is the groundbreaking ceremony for the Bascom Library and Community Center! We are finally going to see our project get off the ground! Join us along with Council-member Oliverio to celebrate this milestone.**

# SUPPORT SONA ADVERTISERS



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mattress call Shane at 408 499 8221**

Be sure to mention the SONA ad

## A Revival of Historic San Jose Rose Parade The Rose, White & Blue Parade on July 4th!

You are invited you to be a part of the revival of this historic rose themed 4th of July Parade and festival. The Rose, White and Blue Parade is presented by the neighborhood and business associations surrounding The Alameda. All are invited to participate in this community parade! There will be floats, bands, an old-fashioned calliope, local youth groups, kids and pets, antique cars, dance troupes and local dignitaries.

You can participate as a group, as a family or as individuals. There will be decorations available for kids to decorate their bikes and tricycles before the parade. Spend the morning enjoying the parade and have fun and food at the festival in the early afternoon.

The parade begins at 10:00 am at Lincoln High School located on Dana Avenue (near Naglee) and ends at The Alameda and Hanchett Avenue. The festival will be from 12:00 to 3:00 pm. Please visit the Alameda Business Association website for a complete schedule and participant applications at [www.the-alameda.com](http://www.the-alameda.com). For media information, contact

Larry Clark at 408-436-8581, [lclark@creditcorp.com](mailto:lclark@creditcorp.com). For application information, contact Maria Le at 408-795-1859, [maria.le@sanjoseca.gov](mailto:maria.le@sanjoseca.gov).

