

MONTA LOMA NEIGHBORHOOD NEWS

EXPERIENCE THE MONTA LOMA HOLIDAY SEASON

The Monta Loma Neighborhood Progressive dinner is back!

Join in the neighborhood tradition at the annual Monta Loma Progressive Dinner on **December 10th** from 5:00 to 8:00 pm.



Photo by Michelle Le

Ernie's trains will run again

John Bianco, Ernie's son, will continue the tradition of running his model trains from Thanksgiving through Christmas Eve. Weather permitting, five tracks will run trains every evening except Mondays at 2387 Adele from 6:30 to about 9:00 pm. The engines and cars change daily. Visit montaloma.org for links to past articles and photos in the Mountain View Voice.

As many as 100 visitors a night — up to 300 on Christmas eve — come, including children brought by parents who themselves watched the trains when they were young.

Ernie also began the Christmas Eve tradition of curbside luminaria (candles in paper bags). Over the years, neighbors have added their own, so a row of the softly glowing lights now lines Adele and stretches around the corner onto Palmer, making the block a must-see on Christmas Eve.

Sign up to join a Progressive Dinner

By Karla Valente

Neighbors (long-timers, newcomers, couples, and singles) get together for a potluck dinner where they either drive or walk from house to house. It is a wonderful opportunity to meet your neighbors and have fun. This year's format will consist of smaller groups than in previous years and only two courses, appetizer and dessert.



For detailed information to host or participate, please fill out this form: <https://tinyurl.com/MLNdinner>

If you have issues with the form or have questions, email Karla Valente: klvalente@yahoo.com with the subject "2022 Progressive Dinner".

The deadline to sign up is November 27th.

IN THIS EXTENDED HOLIDAY EDITION:

- Monta Loma artists host holiday open studios.....p. 3
- Holidays Happenings in Monta Loma.....p. 4-5
- Saving Water — Options and Resources.....p. 6
- Monta Loma has a Coffee Roaster.....p. 8
- Birding in Monta Loma - Part 2.....p. 13
- Trees, Trees, and more Trees.....p. 14

MLNA Board Members

Phone messages: 650-691-5258

President

Nirvana Nwokidu
president@montaloma.org

First Vice President

Open Position

Second Vice President

Olga Bright
vp2@montaloma.org

Treasurer

Andre Valente
treasurer@montaloma.org

Secretary

Alice Pang
secretary@montaloma.org

Members-at-Large

Marilyn Gildea (communications)
Tricia DelGaudio
Jennifer Dell-Ernstrom
Anish Morakhia
Baidra Murphy
Alan Whitaker

MLNA Newsletter

Editor & Member-at-Large

Jennifer Dell-Ernstrom
newsletter@montaloma.org

Layout & Member-at-Large

Tricia DelGaudio
newsletter@montaloma.org

Advertising Manager

Baidra Murphy
ads@montaloma.org

Illustrations/Photos

If interested in contributing, please email the editor with content ideas. Submissions of relevant cartoons also welcome.

© 2022 by the Monta Loma Neighborhood Association. All rights, including electronic posting and distribution, reserved. Individual article rights revert to the authors, and permission must be obtained from them to re-use their articles in any way.

A Note from the MLNA President



As we enter the fall season and usher in the festivities of the holidays, it's the perfect time to pause and reflect upon the events and accomplishments of this year, give thanks, and look forward to the joys of celebration with family and friends.

With the bouts of the COVID-19 pandemic behind us, our neighborhood is again able to participate in many of our community events. We held a successful and engaging in-person Annual

Meeting, elected new board members, enjoyed our neighborhood-wide garage sale, saw yet another record attendance at the ice cream social, and hosted many block parties.

I had the pleasant opportunity, as the newly elected president, to attend all these gatherings, which gave me more up-close and personal interactions with many neighbors. It was truly a joy to meet so many of you and witness the connections and support you share with each other. Fostering these relationships is one of the reasons that we encourage block parties. You all demonstrate that "to know your neighbor is to create a sense of safety."

It is my hope that we begin the New Year with new vigor, positivity, compassion, and kindness in our own little corner of Mountain View. I also hope to continue to see many of you on walks around the neighborhood. Please do reach out with any questions or concerns.

On behalf of myself and the entire MLNA board, I want to wish you all a very happy and safe holiday season, and a happy New Year!

Nirvana Nwokidu, MLNA President



Ashton, age 3



Bryce, age 7.5

Kids of all ages!

Submit your art, jokes, or games to newsletter@montaloma.org

What do you call a fake noodle?



Answer: An impasta

Local artists host holiday open studios



Ayelet Gal-On

Open Studio on Saturday and Sunday,
Dec. 10 and 11, from 11 am to 5 pm

Where?

The Alameda Artwork
1068 The Alameda, San Jose (studio number 3)

Paintings, postcards, and wearable art
(printed art on clothing and accessories).

Credit cards, checks, Venmo, PayPal, and Zelle
accepted.

Contact Information/Website:

<https://ayeletgalon.wixsite.com/artist-painter>

<https://www.legaleriste.com/en/ayelet-gal-on>

ayelet.galon@gmail.com

650-793-0112



Dotty Calabrese

Open Studio on Friday and Saturday,
Dec. 16 and 17, from 11 am to 4 pm

Where?

Home studio at 2465 Richard Ct.
(Corner of Thaddeus & Richard Ct.,
across from Thaddeus Park).

Stop by for last-minute holiday shopping, weaving
demonstrations, hot cider, and cookies. Mask required.

Elegant hand-woven scarves & herbal pillows, polymer
clothing buttons, needle cases, earrings, necklaces,
bracelets, pins, badge holders, hair barrettes, cuff links,
& eyeglass chains. All Dotty's original designs.

Blanche Prior's fabric necklaces, masks, eyeglass holders,
coasters, and collage will also be for sale.

Cash or personal check preferred; credit/debit cards
accepted.

Contact Information/Website:

<http://www.dottycalabrese.com/>

dottycala@aol.com



Neighborhood Resources

Community Emergency Response Team (CERT)

Tim Slattery, 650-964-6389
CERT@montaloma.org

Neighborhood Watch Coordinator

Tom Purcell, 650-224-5110
MontaLomaNBC@gmail.com

Traffic/Parking Liaison

Alan Whitaker, 650-279-3375
traffici liaison@montaloma.org

Stay Connected with MLN

To subscribe to the email list at
<https://montaloma-post.org>

Find Monta Loma on

NextDoor.com

MLNA Websites

www.montaloma.org

Referrals: localwiki.org/montaloma

Webmaster: Việt Hoà Dinh

webmaster@montaloma.org



Thanks to those who delivered the August newsletter:

Susan Jee, Tracey Ostebo, Elizabeth
Eaton, Donna Horn, Jenny Schroder,
Linda Powers, Olga Bright, Dave Er-
skine, John Canata, Maria Harnoto,
Diane McCleary, Jessica Latour, Paul
Kostka, John Thomas, Dave Mc-
Cleary, Chuck & Cookie Henderson
& Griffen Auckland, Herb & Victoria
Perry, Leanne Reelfs, Birgit & Grant
Grundler, Andy Coe, Ivy Lu

Do you have an hour to spare? We
welcome new volunteers, even if
you can help only occasionally. It's a
great way to get to know your neigh-
borhood and get an hour's exercise.

Contact Linda Powers at

lindapowers.007@gmail.com



Welcome Alan Whitaker – New Traffic Liaison volunteer

Thank you to Alan Whitaker for volunteering to serve as our
neighborhood traffic liaison with our Google-X neighbor and
city traffic engineers. A special thank you to John Canata for
his past service and continued commitment to serving our
community.

Monta Loma Neighborhood Holiday Fundraiser

Every year during the holidays, the Monta Loma Neighborhood Association raises funds for the Second Harvest Food Bank. This holiday season, 450,000 people will rely on Second Harvest for food each month, an 80% increase over pre-pandemic levels. Any amount is welcome, and your generosity is much appreciated. Your gift of any size provides a nutritious mix of fresh produce, protein, and pantry items so that local families can enjoy a holiday meal together. One dollar helps provide enough food for two meals.

Please check whether your company offers matching donations. This fundraiser will be open until December 31st. Link for online donations: <https://impact.shfb.org/team/460190>



Bay Nature magazine offers subscription discount to MLN newsletter readers

Bay Nature magazine connects people to the natural world of the San Francisco Bay area. This quarterly publication is a local gem! Discover new places to hike, learn more about our local plants and wildlife, and stay current with the region's critical environmental issues. Bay Nature magazine is offering \$5.79 off a subscription of any length (1, 2, or 3 years) or platform (print, digital, or print+digital edition), which is equivalent to a 20% discount on a one-year print subscription. Use the coupon code **MONTALOMA22** at checkout to get the discount. The coupon can also be used for a gift subscription, and it expires March 31, 2023.



Use this link to purchase a subscription with the discount: <https://baynature.org/product-category/subscriptions-renewals/>

Holiday tree recycling schedule

Holiday trees will be picked up through the third week of January. See mountainview.gov/holidays for information on recycling holiday trees, lights, and extra trash.



Find the perfect gift at the Lobby Shop in the Mountain View Library

By Beverly Acevedo

Did you know the Mountain View Library has a Lobby Shop? So many people have been going to the library for years but have no idea. The Friends of the Mountain View Library volunteer organization (where I volunteer weekly) runs the shop and it is full of fun items. There is a large assortment of gently used books for children and adults at great prices. Volunteers sort through books donated by the community weekly and pick out the best ones to stock in the shop. If you are looking for a book to gift to someone or a book for yourself, stop in and check out the selection.



In addition to quality books, the shop also stocks items made by local artisans, such as jewelry, candles, hand-sewn items, and cards. There is also a fun selection of lovable stuffed animals,

puppets, pens, pencils, journals, stickers, and more! Why not support local artisans and the Lobby Shop and shop local for the holidays or anytime you are looking for a gift? All proceeds support Library programs such as the Children's Summer Reading Program and the Friends' Best-seller Collections of popular books and DVDs. The Friends also help pay for other library books, materials, programs, and equipment.

The Lobby Shop is conveniently located just inside the library's main entrance and is open daily from 11 to 5, except Sundays, when it is open from 1 to 5. The shop is closed on Fridays for restocking. We hope to see you in the shop!



Vivienne, age 8

Upcoming free community concerts at the Community School of Music and Arts (CSMA):

- **Jazz Pianist Gerald Clayton**
Sunday, December 3, at 7:30 pm
Six-time GRAMMY nominated artist performs jazz.
- **Mark Lettiere Ensemble**
Saturday, January 21, at 7:30 pm
GRAMMY winner plays an eclectic take on instrumental rock and jazz.
- **Musas: Uncovering Lost Piano Works by Latin American Women Composers**
Saturday, January 28, at 7:30 pm
Piano concert featuring the contributions of Latin American women composers



Location:

CSMA – Tateuchi Hall
230 San Antonio Circle, Mountain View

Note: This is a free community concert and seating is first come, first served. No advance tickets are available. Face masks are strongly recommended inside Tateuchi Hall.

For more information visit <https://arts4all.org/>



Liliana, age 9.5



Bryce, age 7.5

Interested in learning more about the Community Emergency Response Team (CERT)?



You are welcome to drop in on a CERT meeting, held on the second Saturday of every month, between 9 and 11 a.m. at the trailer next to the Montaloma Elementary School.

The next meetings will be on November 12, December 9, January 14, and February 11. Questions? Contact Tim Slatery at CERT@montaloma.org or 650-964-6389.

Pizza Napoletana

By Heather Schoell

There are plenty of pizza options in the area these days, but Napoletana Pizzeria has been the one place that has kept us coming back. In 2011, this restaurant was one of the first in the Bay Area to receive the Vera Pizza Napoletana certification from the official pizza governing board in Naples, Italy (second in the Bay Area after A16 in San Francisco).

In a recent visit, owner and pizza maker Costas explained that to be certified, he went through training in Naples, and his restaurant was evaluated on how he makes the dough, the ingredients used, and even how the restaurant looks. When asked how the pizza is so simply delicious, Costas explained that the dough has only four ingredients: flour, water, salt, and yeast. The pizzas are baked in a wood-fired oven at 850-900 degrees Fahrenheit. Maintaining that high temperature was another part of the official pizza-maker test.

All this training and certification has paid off, because the 14 pizzas offered on the menu are absolutely delicious. Two of our favorites are the Del Carcerato, a Margherita with creamy ricotta cheese hiding in the crust, and the Capriciosa, with tomato sauce, fresh mozzarella, basil, artichoke hearts, mushrooms, black olives, and Italian ham. You can't go wrong with the classic combination of sausage and mushrooms of the Salsiccia e Funghi. Our kids have loved the Penne a la Vodka pasta since we first visited this family-friendly restaurant when they were babies, and they still order the same dish now, at ages 8 and 9.



Napoletana Pizzeria offers salads, appetizers, desserts, and a good selection of wine to round out the meal. Ordering take-out is an option, but, Costas explained, they do not offer DoorDash or other delivery services because those services often deliver to multiple customers on one run, and there's a good chance your pizza will arrive cold. We recommend dining in, as the staff is very kind and helpful, and there's nothing like eating pizza just seconds after it comes out of the oven.

https://www.napoletanapizzeria.com/menu_pizze.html

Napoletana Pizzeria
1910 W. El Camino Real, Mountain View
650-969-4884

(Located next to Cost Plus World Market on El Camino)

Saving water

By Jennifer Dell-Ernstrom

As the drought drags on, I've started saving water in low-tech ways, such as keeping a bucket in the shower and a dishpan in the kitchen sink. Rain collection and greywater systems are more complicated and expensive to implement, and not an option available to everyone. But every water saving action, big or small, counts! If you have examples of water conservation that you would like to share in the newsletter, please contact newsletter@montaloma.org

Rain barrels collect water from your roof downspouts that can be used in your garden. Other ways to harvest rainwater include cisterns and rain gardens, as well as stormwater management techniques such as permeable pavement.

Valley Water offers various landscape rebates, including \$35 per rain barrel, plus cistern and rain garden rebates.

See the Valley Water website for more information: <https://scvwd.dropletportal.com/rainwater-capture-rebate-details>

Last year I installed a rain barrel. An overflow pipe waters a Redwood tree, so water from my roof goes into the soil instead of a storm drain. One rain barrel is a good start, and I hope to connect two more to other downspouts before the winter rains begin. If you would like to see my barrel setup, contact me at jdellern@gmail.com.

Prevent holiday thefts

By Tom Purcell, Monta Loma Neighborhood Watch Captain

With the holidays approaching, we can expect a spike in package thefts. Take steps to avoid having deliveries loiter unattended on your doorstep. Many package deliveries offer detailed tracking information and delivery preference options so that you can make sure you or a trusted neighbor can secure a package soon after it's delivered.



For a tip sheet on preventing package theft as well as other helpful safety tips, visit the Neighborhood Watch page on montaloma.org.

Take care to avoid leaving signs that you're not home, such as empty trash bins at the curb. If you leave before your bins are emptied, ask a neighbor to roll them off the street. If you have home security cameras, include in the coverage area where you expect packages to be left.

Thefts from vehicles continue, so avoid leaving valuables in yours, and always lock it. The police urge you to call whenever you see anything that seems suspicious. For emergencies and in-progress incidents, call 911. For other matters, suspicious circumstances, or crimes that have already occurred, call the non-emergency number (650) 903-6344.

Pictured right: 50-gallon rain barrel from Gardener's Supply Company (Gardeners.com). Blocks from Ace Hardware, East Charleston Rd.

Greywater systems, such as laundry-to-landscape systems and shower-to-landscape systems, can save even more water. Valley Water provides a rebate of \$200 per qualifying residential site for properly connecting a clothes washer to a greywater irrigation system.

Go to the Water Valley website to see video tutorials and a list of companies that have experience with the Landscape Rebate Program: <https://www.valleywater.org/saving-water/outdoor-conservation/about-graywater>

Several years ago, neighbor Raymond White installed a greywater system that distributes laundry water to the yard in two directions (back & front). He used Bay Maples Wild California Gardens (<https://baymaples.com/>). If you are interested in learning more about his installation pictured below, please contact him at rrweditha@yahoo.com.

See the City of Mountain View website for more water conservation information:

<https://www.mountainview.gov/depts/pw/services/conserv/residential/default.asp>



Save the date for our 2023 Neighborhood Garage Sale! So many households and so much great stuff!

Our neighborhood garage sale and driveway give-away last spring was a great success, so we'll do it again on Saturday, May 6. Information will be at montaloma.org in early spring.



Monta Loma Welcome Wagon needs volunteer ambassadors

By John Canata

Are you interested in welcoming new neighbors to our wonderful neighborhood? In an effort to warmly welcome new residents, we are looking for people who can help us do that. If you notice a moving truck on your street, see a new face, or strike up a conversation at the park and realize you are talking to someone new, you are in a great position to help welcome them to our active Monta Loma neighborhood. John Canata, Debbie Cunningham, Alice Pang, and our MLNA President Nirvana Nwokidu are gathering ideas, and we hope that we can count on more of you to be ambassadors to help extend hospitality and welcome new neighbors.

Please contact us if you would like to be a part of the team. Your input is needed. Debbie, John, Alice, and Nirvana (and anyone else interested) will meet soon to discuss what steps we can take to welcome new residents to our neighborhood. We would also appreciate you letting us know of any new residents (including yourself) to Monta Loma.

Our contact information is:

- canata350@comcast.net
- alice.h.pang@gmail.com
- debbie.cunningham@gmail.com

HELMING'S

AUTO REPAIR

Complete Car Care and Maintenance
Serving the Community Since 1976!

- Owned by a Monta Loma Family
- All Makes and Models
- Convenient 24-hour Drop-Off
- Certified Bay Area Green Business
- Expert Diagnosis Using State-of-the-Art Equipment
- Superior Service You Can Trust
- A Certified Smog Check Facility



We are taking every precaution to keep our customers and staff safe from COVID-19.

Helming's Auto Repair
2520-G Wyandotte Street
Mountain View, CA 94043
www.helmings.com
650-988-0460



Successfully serving
Monta Loma for
more than 20 years

How can I help you?



Nancy Adele Stuhr

Mountain View Neighborhood Specialist

650.575.8300

nstuhr@sereno.com
www.nancystuhr.com
CalDRE# 00963170

CHRISTIE'S
INTERNATIONAL REAL ESTATE
SERENO

sereno

1% For Good

CHARITABLE FOUNDATION

Noah Dietz shares coffee passion with neighbors

By Jennifer Dell-Ernstrom

Noah Dietz grew up on Thompson Avenue and remembers his mom making big pots of coffee. He began appreciating craft coffee as a student at Cal Poly while studying software engineering, and even tried roasting coffee on a frying pan in the college dorm.

During the pandemic in 2020 he decided to try home roasting when a colleague at work offered to sell him his used hobbyist coffee roaster. It was only \$100 bucks, so Noah decided to give it a try. He taught himself how to roast using this machine.

On a recent visit to Noah's garage, he showed me this small roaster, where he began testing roasting profile coffees. The whole process takes about 30 minutes from start to finish. In the beginning he could sit in his garage all weekend roast-



ing batch after batch. He explains "I like turning the green beans brown. I'm an engineer so I like to figure out how things work, to experiment. I really enjoy figuring out what tastes good and what doesn't, and making it happen. Working with these machines is pretty cool."

Soon he offered his first test batches for free to neighbors, using our neighborhood email list to spread the word. Neighborhood interest has remained strong, and Noah now rents time on a production roaster in Berkeley, where he roasts approximately once a month. He has connected with several neighbors who are connoisseur coffee tasters, and they have given him wonderfully descriptive feedback to help him fine-tune his roasts.

Noah has enjoyed the process of learning how to start a small business, from the nuts and bolts of getting the correct county permits, to working with wholesalers, and selecting coffees to buy. So far, the easiest part has been selling his coffee! He usually sells out within a day of posting on our neighborhood email list, and one neighbor told him that they have canceled their coffee subscription and now rely on his coffee! He has enlisted help from neighborhood fifth-graders Henry and Violet, who stamp the front and back of compostable coffee packages with the Monta Loma Coffee Co. logo. I love the logo, which was created by his partner Emma; its iconic Eichler-style house on the logo encapsulates our neighborhood vibe perfectly.

Noah has recently trained on the use of a larger roaster, so his production may be expanding in the future. He sells caffeinated and decaffeinated coffees, and roasts coffees from various countries, including Brazil, Indonesia, East Timor, and Ethiopia, and looks forward to learning more about how the different climates and geographies affect coffee attributes. Noah recently donated the proceeds from a batch produced by a women-led and run coffee co-op in Indonesia back to the women's cooperative. Noah says he finds it rewarding "to use coffee to do something good" and, together with the neighborhood, make an impact.

Noah can be reached at montalomacoffee@gmail.com



Let your creativity shine through at CSMA!

We have art and music experiences for everyone, from preschoolers to adults, at our nearby Mountain View campus.

Private music lessons • Group music classes including music theory • Art classes, camps and workshops • Free concerts and art exhibitions



community school of music and arts

Learn more at ARTS4ALL.ORG • Financial aid available

Monta Loma School News: From the PTA

By Tanya Ngo, Vice President

After a two-year hiatus, the PTA brought back the beloved Fall Festival on Friday, October 28th. It was wonderful to see the school and community come together to enjoy carnival games, face painting, food, and music.

As a 100% volunteer-driven event, we couldn't have done it with the support from so many people: school staff; the Purcell family for DJing; students who brought their enthusiasm and school spirit; Safeway for their candy donation; and Los Altos Taqueria, who generously donated Mexican food (fun fact: the owner's children attended Monta Loma over two decades ago!). Lastly, a huge THANK YOU to the parents who volunteered, donated prizes, made food, and took the time to attend the festival. We couldn't have done it without all of you, and we are so grateful!



The money raised from the festival funds field trips, supplies, equipment, and books for the school. Thank you for supporting Monta Loma Elementary!

Lastly, congratulations to Monta Loma's very own Ms. Jessica Rodriguez for winning the district's Teacher of the Year award. We are so happy and lucky to have her!

Monta Loma Elementary School update

By Trisha Lee, Principal

Teacher of the Year!

Monta Loma Elementary is so proud to celebrate third grade teacher Ms. Jessica Rodriguez as our MVWSD Teacher of the Year. She was honored and celebrated on Monday, October 24th, along with all the other Teacher of the Year awardees of Santa Clara County, at the Heritage Theater in Campbell. I was joined by Chief Human Relations Officer Tara Vikjord; Board of Trustees members Laura Blakely and Laura Berman; Monta Loma teacher Lien Truong; and Ms. Rodriguez's family.



Mountain View Library Bookmobile

Growing up in Mountain View, one of my favorite childhood memories is of the monthly visits of the bookmobile to my neighborhood. The Mountain View Library Bookmobile visited us at Monta Loma on October 27th and was parked in our small parking lot by our soccer field. We are excited to see the Bookmobile on a monthly basis! You can find their schedule at MountainView.gov/Bookmobile.



In Memoriam: Charlotte Scheithauer

By Adrienne Heiskanen



Our beloved neighbor Charlotte Scheithauer passed away on Thursday, October 20, 2022. Charlotte and her husband, Walter, bought their house on Palmer Avenue in the early 1970s. They moved to Rochester, Minnesota, in the 1980s but kept ties with their friends and neighbors. Charlotte returned to Palmer Avenue in the 2000s.

She brought light, warmth, color, and lighthearted humor to our neighborhood. We will all miss her very much.

Image provided by Cheryl Smith. Enjoying a meal with Charlotte at The Sea by Alexander's Steakhouse.



Owner Operated since 1990

www.hobbledehoy.org

We offer FULL-TIME and PART-TIME programs for children ages 2-5 years old.

(650) 968-1155

2321 Jane Lane ★ Mountain View

Blockbuster block parties – The year in review

By Marilyn Gildea

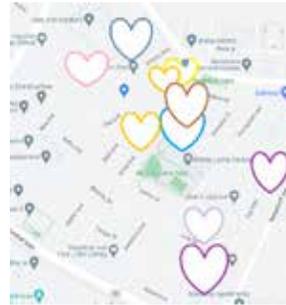
Nine block parties were held this year, with over 380 neighbors attending. The partying began in May in Richard Court for the residents of Thaddeus, Richard, and the 500 block of Emmons. This was followed in June on Benjamin; a Fourth-of-July brunch on Mardell; and a party on Anna/Elka in August.

The residents of Thaddeus, Richard and Emmons partied again in September. October saw parties for residents of both blocks of Alvin; the 2300 block of Laura; and Lida, Palmer, and Adele. Unfortunately, the mid-October party planned for Jane Lane was canceled due to Covid.

Newcomers and long-timers appreciated the chance to get together, and everyone is looking forward to a repeat in 2023.

A warm thank you to all the party organizers who do the planning, shopping, and inviting as well as to CERT member John Thomas, who handles the loan and return of the safety cones and Road Closed signs.

The map at right shows the general areas where parties took place. Consider planning a block party if your part of the neighborhood lacks party coverage!



Debbie Cunningham's BBQ cupcakes

Cheryl Smith bikes for the American Diabetes Association's Tour de Cure

By Jennifer Dell-Ernstrom

In October, Cheryl Smith finished the Tour de Cure bike ride in Sonoma County and reached her goal of raising \$5,000 for the American Diabetes Association.

I sat down with Cheryl to learn about her interest in biking and her journey since being diagnosed with diabetes as a young child. Her interest in biking began in 2008, when she attended an adult camp for people with diabetes who wanted to start training to be a triathlete. She decided to focus on biking, and she finished her first Tour de Cure fundraiser soon after completing the camp. Cheryl says about the biking fundraisers, "There are so many people, and you feel the camaraderie. You're doing something for the world and for your own health."

Cheryl moved to Monta Loma about 20 years ago and could bike to her job at SAP. She joined a cycling club at work and began participating in biking fundraisers, as well as taking bike tours in Europe with family and friends. These days she's not biking as many hills, but she is still a member of Western Wheelers, a local recreational road-bicycling group that offers various levels of rides during the week and weekends. She recently went on a bike trip with her 85-year-old father, who now uses an electric bike. They enjoyed a two-week bike tour from Krakow, Poland, to Budapest, Hungary.

Over the years, technology improvements have played a larger role in the management of diabetes. Cheryl showed me her insulin pump and the sensor that communicates with the pump using bluetooth technology. This technology allows her to check her blood sugar at any time, such as at a stop light during a bike ride. In the past, her blood sugar could spike during a long bike ride, and she would need to rest, get insulin, and hydrate before continuing the trip. This year during the Tour de Cure, she was able to closely monitor and adjust her insulin levels during the ride so that she could mostly stay in the normal blood-sugar range during the whole trip.

Cheryl is so grateful to all Monta Loma neighbors who have supported her. It is intimidating to set a fundraising goal and then ask people for donations. Cheryl says, "I always get one or two people who I don't know who they are...It's always such a good feeling, because these people donate out of the kindness of their hearts. The surprise donors are always very heart-warming."

Congratulations to Cheryl and her neighborhood supporters on a successful Tour de Cure!



Ice Cream Social Sweet Success!

By Marilyn Gildea

Our annual Ice Cream Social, held at Monta Loma Park on Sunday, August 28, was a huge success. Attendance was approximately 350 people, with the crowd and exhibits spread out along the trees on the south side of the park all the way to Thompson Avenue. Thank you to everyone for building community and having a blast while doing so! Here are a few highlights in case you missed the event:

Wouter Suverkropp gave rides to kids in a buggy drawn by robot horses, Gloria Jackson and John Ari Stepp offered cotton candy, and balloon twisters “Gizmo Gary” Heyman and his daughter Tori kept the kids entertained with their imaginative creations. The talented neighborhood band *On the Edge* provided music for everyone’s enjoyment. Representatives from our friendly Fire Department were on hand to answer questions and their shiny red fire engine attracted a lot of interest. And of course, there was ice cream!

Other neighbors included our CERT members (safety information), Bill Lambert (Friends of Mountain View Parks),

Tom Purcell (Monta Loma history), Alan Whitaker (Monarch and Pipevine Swallowtail butterfly info plus the plants they require), Joan MacDonald (CHAC), and Jill Rakestraw, Ann McMillan, and Grant Grundler (plant exchange). Marilyn Gildea and Marty Pulvers staffed the t-shirt and logo-items sales table, Jim Cochran took photos, and Bill Cranston provided the A-frame signs that reminded us to attend.



There were also representatives from the MLE PTA, Mountain View Educational Foundation, Living Classroom, Canopy, Recology Zero Waste, the city’s Recreation Division, and the Mountain View Historical Association.

Invited attendees who came included Mayor Lucas Ramirez and City Council members Alison Hicks, Ellen Kamei, Lisa

Matchak, and Pat Showalter, plus MVWSD trustees Laura Ramirez Berman and Ellen Wheeler. They all appreciated the opportunity to meet Monta Loma residents, and their appreciation was echoed by the neighbors.

Annual Financial Report

By Andre Valente, MLNA Treasurer

We’ve had a very successful year, supporting the Ice Cream Social, which is our signature event, and nine neighborhood block parties. I have met many neighbors at these activities, which help make this neighborhood such a wonderful place to live.

This is a condensed financial statement for the 2021-2022 fiscal year, audited by the Board. Feel free to contact me, treasurer@montaloma.org, if you need more detail. Please patronize our newsletter advertisers; they provide significant financial support to the association.

MLNA	Withdrawals	Deposits
Beginning balance (7/1/2021)	\$6,409.11	
City Grant	\$0.00	\$2,000.00
Ice Cream Social	\$519.79	\$0.00
Block Parties	\$530.83	\$0.00
Newsletter	\$3,918.45	\$7,804.64
Fees	\$200.00	\$0.00
Internet Hosting	\$301.26	\$0.00
Branded logo items	\$442.60	\$676.00
Supplies	\$130.12	\$0.00
Total Withdrawals/Deposits	\$6,043.05	\$10,480.64
Ending balance (6/30/2022)	\$10,846.70	

Community Health Awareness Council (CHAC)

By Joan MacDonald, CHAC Board member

The pandemic has raised mental health concerns for children, youth, and adults. As the stigma around mental health



issues lessens, many are reaching out for help. That's a very good thing! Perhaps you have sought services for yourself or for your school-age child at CHAC, our local non-profit mental health agency.

New to Monta Loma? CHAC wants to ensure that everyone knows what our services are and how to access them. Success in school depends on good mental health. Students often self-refer to the CHAC counselor at school, or a friend, parent, or teacher may refer the student. CHAC may work with students one-on-one, in pairs (diads), triads, or in small groups. There is no charge for CHAC services at school.

If your child is feeling overwhelmed, or struggling with friendship, academic pressure with school demands, excessive worrying, or other challenges that affect their well-being, they can reach out to CHAC for help. Parent groups meet to learn how to help themselves or to help their child or youth. If one member of a family is hurting emotionally, the entire family is affected. Stresses at work or at home can be difficult, and CHAC can help.

The CHAC clinic at 590 W. El Camino is available for youth, adults, couples, and families, and can be reached at 650-965-2020. Sliding scale fees are based on income. No one is turned away for lack of ability to pay.

Road Trip!

By Leane Reelfs, The Car Gal at Helming's Automotive

What's your favorite road trip? We recently took a few days to explore the Mammoth Lakes area and found it was kind of like Tahoe's cousin and equally beautiful. Of course, we first prepared by checking our tires and oil, then grabbed our snacks and hit the road. We headed east and took the Sonora Pass over the Sierra. This is not a road for the faint of heart, but wow, are the views spectacular! Make sure you've got plenty of material on your brake pads, because you will be using them on the way down. We spent a few hours exploring and learning about Mono Lake and the tufas, mineral growths kind of like stalagmites, but not made by dripping. Later, we took the gondola to the top of Mammoth Mountain, and the views were stunning. During the summer, folks take their mountain bikes to the top and then ride the trails all the way down...it looked so fun (okay, and pretty crazy). We spent most of a day exploring Bodie, the old mining town that is now a ghost town. It's amazing how well-preserved and rich in history it is. The drive in and out is long, 8 miles on a dirt road that will challenge anyone's suspension, but well worth it.



Whether you enjoy nature's beauty locally or venture to it, be sure to take a moment and breathe.

Local adult day care program receives state funding

By Dr. Elna Tymes, Cognitas Health

The Avenidas Rose Kleiner Adult Day Care program, located next to the Senior Center at 270 Escuela Avenue, has received state funding to offer scholarships to low-income seniors with Alzheimer's and other forms of dementia. The program is also open to those with other activity-limiting conditions, such as stroke, Parkinson's disease, and other health conditions. Scholarship recipients may attend the program up to three days a week, from 8 a.m. to 5 p.m. The scholarship money also covers transportation between the attendee's home and the center.

The Avenidas Rose Kleiner Adult Day Care program provides a supportive environment for adults with cognitive and physical challenges. Participants can enjoy many activities, such as physical, occupational, and speech therapy, health monitoring and nursing care, group exercise, lunches and snacks, and a variety of cognitively stimulating activities. The program also provides caregiver support services.

More information about the Adult Day Care program and the scholarships can be obtained by calling the center at 650-289-5499.

A professional advertisement for Nirvana Nwokidu, a Notary Public and Realtor. The ad features a blue and white color scheme. On the left, the text reads 'NOTARY PUBLIC And REALTOR' in bold, orange and black fonts. Below this, contact information is provided: 'Contact Me: 650-435-2349 nirvana.nwokidu@gmail.com'. At the bottom left is the logo for Keller Williams Bay Area Estates, with the text 'KELLER WILLIAMS BAY AREA ESTATES DRE# 02142853'. On the right side, there is a circular portrait of Nirvana Nwokidu, a Black woman with short black hair, wearing a dark blazer and a necklace. Below the portrait, it says 'A Proud Monta Loma Resident NIRVANA NWOKIDU'.

BIRDING IN MONTA LOMA

Part 2: Common neighborhood birds

By Dotty Calabrese

Since my last column in August, I hope you have been able to spot a Mourning Dove, California Towhee, and a Dark-Eyed Junco. During the autumn and winter months, you will see different birds in our neighborhood due to bird migrations. Orioles leave for Mexico, while the Yellow-



Turkey Vulture

rumped Warbler, Ruby-crowned Kinglet, Cedar Waxwing, Northern Flicker, and Red-breasted Sapsucker join us for our temperate winter weather.

Meanwhile, our year-round residents are still here. Below are four more common birds I see all year, with a few facts to help you identify them. Bird lengths below are measured from tip of beak to tip of tail.

See how many of these four you can find over the next few months.

Soaring Overhead:

- **Turkey Vulture** - 25" - black and gray- featherless redhead visible when close

Overhead Predators (also perched in trees)

- **Cooper's Hawk** 15 1/2" - gray or brown, streaked breast, long striped tail
- **Red-tailed Hawk** 18" - rust-orange tail, dark leading edge on wings



Cooper's Hawk, male **

At Hummingbird Feeders and Nectar Flowers

- **Anna's Hummingbird** 3 1/2" - iridescent green - Males have a red head/throat and females can show a dark patch in the center of the throat. Red can appear dark when not catching the light.

Red-Tailed Hawk



Check the full list of birds seen in the Monta Loma neighborhood in the last 40 years at www.montaloma.org/montaloma/neighborhood-birds/

Email your bird questions to me at dottycala@aol.com

credit: Photos, with permission, by Tom Grey <https://pbase.com/tgrey/>

**Quiz Answer from the August newsletter: Cooper's Hawk

Our Annual Rosh Hashana (Jewish New Year) Event 5783

By Joel Orr

For the past several years, we have organized and executed a lovely event in our back yard in Monta Loma. This year we celebrated the 5783rd birthday of the world, according to the Biblical tradition, on September 27. Judaism follows a lunar calendar, so the Western date varies from year to year, and it is always in the fall.

The forty or so guests brought delicious foods, so nobody left hungry. Prominent were traditional holiday foods, including honey cakes, pomegranates, and especially apples for dipping in honey (symbolizing our hope for a "sweet year"). A Google search for "Rosh Hashana foods meaning" will reveal an endless variety of yummys and their symbolism. Singing traditional songs is taken for granted at Israeli holiday gatherings. We sang about the upcoming fall and new beginnings, and songs from our liturgy.

Learning is central to Judaism. The theme for the meeting this year was "Korban," sacrifice. Our beloved teacher, Nitzhia Shaked, discussed what the Torah (the first five books of the Bible in both Jewish and Christian versions) and the sages say about this topic—and what implications it has for our lives today. Learning always involves discussion, and our gathering had a good—and edifying—time with the occasionally controversial aspects of this topic.

We concluded with the blowing of the Shofar, the ram's horn. It has many symbolic meanings and has called Jews throughout history to pay attention to G-D's commands.

We wish a joyful, peaceful, and healthy year, to all people, and to the whole world!

If you would like to be invited to next year's event, please contact Joel at joel.orr@gmail.com.



LET'S TALK TREES

Monta Loma Trees: The Chinese Pistache Tree

By Olga Bright

The Chinese Pistache trees along Thompson Avenue and throughout Monta Loma come into their full beauty in November with a burst of red and orange colors. These colors occur when the chlorophyll in the plant degrades and the underlying colors, hidden by the green, become apparent. The yellow colors are present all the time, and the red colors develop in response to sunny days because the sun allows the plant to produce sugars and cool fall nights prevent the sugars from spreading throughout the tree. The sugars accumulate in the cells of the leaves (in the vacuoles) and are converted into anthocyanin and other pigments, producing the lovely colors that we so much enjoy.



The Chinese Pistache tree grows quickly in full sun to partial shade. It is successful in many soil types, including clay, loam, and sand, and it tolerates a range of PH. Best of all, it is tolerant of heat and drought.

City of Mountain View Annual Arbor Day Tree Give Away

By Jennifer Dell-Ernstrom

Every year the City of Mountain View celebrates Arbor Day by offering a free tree to residents who agree to plant and maintain the tree on their property. There are a variety of trees to choose from, and applications generally open in Mid-December. www.mountainview.gov/depts/cs/parks/arbor_day.asp



When selecting a tree, consider the growing requirements, such as sun and shade exposure, soil type, and drought tolerance, as well as tree height and spread at maturity. Based on this information, you can decide which tree suits your space.

This past spring, I chose the Majestic Beauty Olive from the long list offered by the city. It is a slow-growing tree that rarely produces mature fruit and thrives in a hot and dry climate.

The time for tree trimming is now

By Dotty Calabrese

Now through December is the BEST time to trim your trees and shrubs, both for the health of the trees/shrubs and for the birds and mammals that inhabit them for raising their young. Late December and early January are the best time to trim many fruit trees. By mid-January, many of our local birds are choosing potential nest sites and beginning to court potential mates. Courting, nesting, and raising young go on through most of August. Only emergency tree work should be done during Mid-January through August. If your trees and/or shrubs need work, schedule it now or ASAP.

Fall leaf cleanup and street sweeping schedule

How can you help prevent storm-drain clogs and street flooding? Keep leaves off our streets by putting your leaves in your compost cart or compost them in your yard. Go an extra step and keep the storm drain nearest you free of leaves. We can also help by moving our cars and trash bins off the street the evening before the street sweeper comes so the driver can make a clean sweep. For us, that's the second and fourth Thursday of the month, except the fourth Thursday of November.

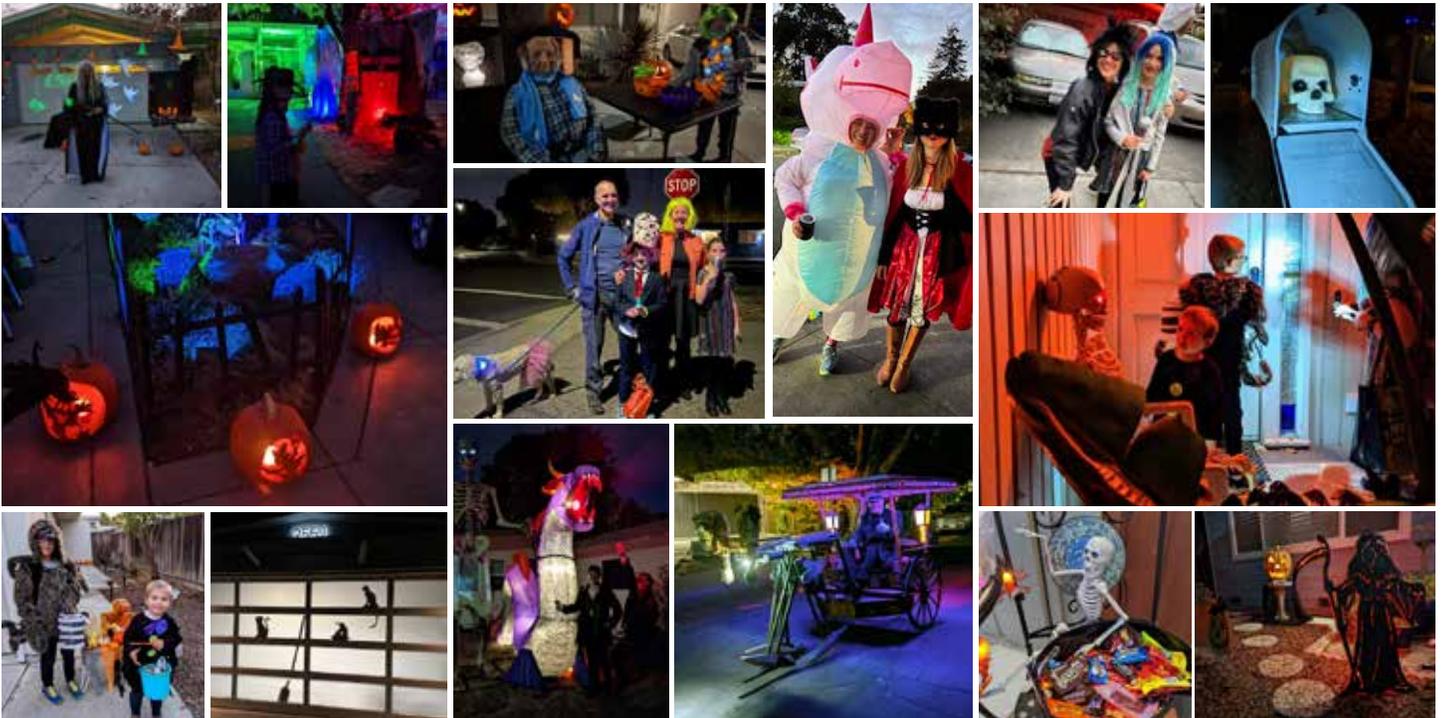


MIDDLE & HIGH SCHOOL MOUNTAIN VIEW CAMPUS

LEARN MORE & ENROLL:
WALDORFPENINSULA.ORG



Halloween offered Tricks and Treats



Selling Homes For Top Dollar In Mountain View Over 25 Years...

HOW WE CAN HELP YOU....

With no obligation we have helped many Sellers in Monta Loma with the following:

NOT SELLING!

- Great up-to-date ideas for home improvements with minimal investment, as well as medium to large sized remodeling projects
- Access to our Rolodex of tradespeople
- Names of local lenders for re-fi and lines of credit

SELLING WITHIN 3 YEARS?

Unfortunately, most people improve their home just before they sell and never enjoy those upgrades...how sad!

- Call us for a walkthrough to share our proven market-preparation upgrades that provide the biggest bang for your buck / ROI when you are ready to sell
- Understand the true value of your home verses what the websites say which are traditionally inaccurate
- Access to our Rolodex of tradespeople for those improvements
- *Considering selling in 2022...call us for a zero-obligation consultation. Our Plan-Of-Action will ultimately provide the highest possible price for your home*



SHELLY POTVIN
REALTOR®

650.303.7501
shelly@sereno.com
ShellyPotvin.com | DRE 01236885

sereno-

MICHAEL SUTTON
REALTOR®

650.799.2253
sutton@sereno.com
DRE 01916467 | **MichaelSuttonRealtor.com**





**New Patients Welcome
Friendly Exceptional Service**

**Shirley Irudayaraj DDS
877 W Fremont Ave Suite L1
Sunnyvale, CA 94087**

Call 408 498 0244

www.dovedentalsmiles.com

From Our Home To Yours,
Happy Holidays



THE TROYER GROUP

DAVID TROYER
DAVID@DAVIDTROYER.COM
650.440.5076
DAVIDTROYER.COM
LIC#01234450

INTERO
A Berkshire Hathaway Affiliate

BAIDRA MURPHY Managing Broker
PROUD MONTA LOMA RESIDENT
650.383.7201
BAIDRA@DAVIDTROYER.COM
LIC#01216142



Serving Monta Loma for More than 40 Years!



Wishing you Happiness
for the Holiday Season...

The Monta Loma Specialist

Visit my blog at www.Lmercerc.com
for market updates and
home improvement ideas.

Lynne Mercer

650.906.0162 • Lmercerc@Compass.com

DRE# 00796211