



MONTA LOMA NEIGHBORHOOD NEWS

THE SCOOP: ICE CREAM SOCIAL

The Monta Loma Ice Cream Social is planned for Sunday, August 27th, from 3 to 5 pm in Monta Loma Park. Catch up with neighbors, check out information tables, enjoy cotton candy, and of course, eat ice cream.

This event can't happen without neighborhood volunteer support!
E-mail eventcoordinator@montaloma.org if you can help out.

What to see and do at the Ice Cream Social

By Marilyn Gildea

The MLNA Ice Cream Social is our biggest social event of the year. This year it's on Sunday, August 27, from 3:00 to 5:00 pm in Monta Loma Park. Visit the welcome table first and sign in. (Our insurance requires it.) Write your name and street on a name tag so your neighbors can meet you.



In addition to free ice cream, attendees can enjoy Gizmo Gary's balloon creations and many exhibits.

Look for the new-this-year welcome team's table with information for new residents (and their neighbors).

Our CERT members will display equipment and information to help us stay safe during a disaster.

Alan Whitaker will educate us about Monarch butterflies.

Tom Purcell will display Monta Loma history items, and the Mountain View Historical Association's Robert Cox will offer books and stationery.

The Monta Loma PTA will offer information, membership signups, and spirit wear. The Mountain View Educational Foundation, which helps our schools, will be represented, as will the Living Classroom.

Canopy will again provide tree information, and perhaps some free trees. Bring your tree questions!

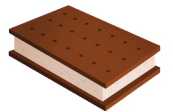
Recology Zero Waste will bring recycling information, and the city's new Multicultural Outreach program will offer information in Russian and Chinese.

Barring an emergency, a Fire Department crew will bring an engine.

Gloria Jackson's cotton-candy machine will begin spinning at 4:00 pm.

The city manager, members of the City Council, and the members of the Mountain View Whisman School District and the Mountain View Los Altos High School District boards have been invited so you can meet them.

Updates are posted frequently at montaloma.org.



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

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MONTA LOMA BLOCK PARTIES

Block parties — is yours scheduled?

By Marilyn Gildea

At press time, three parties had been held, and five more are scheduled. If you haven't yet planned your party, the after-summer-vacation season is a good time to hold it. A block party is a great way to meet your new neighbors, build the friendships that help keep our neighborhood safe, and compile a list of contact information to share.

To promote these goals, the MLNA will help pay for your party, and, thanks to a recent increase in the grant, a higher amount. The grant amounts are:

- up to \$100 for parties with 10-19 people
- up to \$150 for parties with 20-39 people
- up to \$200 for parties with 40 or more people

For how-to information, go to montaloma.org and click on Block Parties under Events. Find "printable version" at the bottom of the page. Note that to block off a street, you must obtain a permit. Allow 30 days for it to be processed, though it can be done faster.

Our Neighborhood Watch Captain, Tom Purcell on Alvin, would be happy to visit your party. Contact Tom at MontaLomaNBC@gmail.com or 650-224-5110. To invite a police officer to stop by, request it on your permit application. To invite city council members, email them all at citycouncil@mountainview.gov or individually under Council Roster at mountainview.gov.



Benjamin/Quincy/Emmons block party



40+ neighbors gathered for the Mardell/Victory July 4th brunch potluck. The younger kids celebrated the holiday with a bike/scooter parade that everyone enjoyed.



Robert Engelmann brought out a snow cone machine at the Benjamin/Quincy/Emmons block party delivering made-to-order cold treats.



Welcome Cheryl Smith, new MLNA board member



Cheryl Smith has lived in Monta Loma for 20 years. During the pandemic she felt very lucky to live on Palmer Avenue as neighbors worked to ensure that everyone had their needs met. She's written articles for the newsletter and often contributes to the Free Food Pantry.

In her professional life she is a technical writer and instructional video creator. For years, she bicycle-commuted to her job in the Stanford Research Park. Active transportation is one of her passions. Cheryl finds that cycling also helps her health. She has been a diabetic for 55 years, and helping find a cure is another pursuit. Every October she raises money and rides in the Tour de Cure bicycle ride in Sonoma.

You can read Cheryl's articles on early Monta Loma history at montaloma.org/monta-loma/history.

Mountain View's 5th Annual Harvest History Festival is Saturday, September 16

The 5th Annual Harvest History Festival celebrates Mountain View's agricultural past.

- Live music by the Stragglers
- Children's activities and entertainment, including puppet show, caricaturist, and bubble entertainment.
- Historic Immigrant House tours and garden demonstrations



Heritage Park, 771 Rengstorff Ave
9:00 am – 12:00 pm

The event is free and open to the public. Limited street parking is available. Biking and walking is encouraged.

Thompson Ave Park approved for construction!

By Anish Morakhia

Great news, Monta Loma! As we mentioned earlier, the City of Mountain View bought the property at 538 Thompson Ave. last December, with the intention of creating a pocket park. We're thrilled to share that the City Council has now approved the design and construction of this 0.29-acre park. Since this project is scheduled for Fiscal Year 2025-26, the approval of the estimated \$1.5 million budget for this park will need to wait until June 2025. Stay tuned for more updates as this project unfolds.



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

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MLNA Websites

montaloma.org
Referrals: localwiki.org/montaloma
Webmaster: Viêt Hoà Dinh
webmaster@montaloma.org



Thanks to those who delivered the June newsletter:

Cheryl Smith, Silke Gurlich, Leane Reelfs, Donna Clarke, Ivy Lu, Olga Bright, Maria Nelson, John Canata, Maria Harnoto, Diane McCleary, Dave Erskine, Paul Kostka, Jill Rakestraw, Dave McCleary, Tracey Ostebo, Herb & Victoria Perry, Martha Elderon, Grant & Birgit Grundler, Jenna Lee, Jennifer Dell-Ernstrom, Nirvana Nwokidu

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 neighborhood and get an hour's exercise.

Contact Linda Powers at
lindapowers.007@gmail.com

HELPFUL HINTS FROM THE NEIGHBORHOOD

Car cooling systems – here's what you need to know

By Leane Reelfs, *The Car Gal* at Helming's Auto Repair

While it is hot outside, let's talk about keeping cool. There are two systems that keep your car cool: the AC (air conditioning) system (which keeps you cool) and the cooling system (which keeps your engine cool).



Your AC system consists of a compressor, condenser, evaporator, freon (either R134 or the newer Y1234) and associated hoses and valves. Air is drawn from the cabin of your car by the suction line, it is cooled through the condenser (kind of like a radiator for the AC system) and goes through your cabin air filter back into the cabin via the discharge line. This is a closed system that doesn't need flushing. If your AC is not working, you either have a leak in a hose, valve, or connector, or your compressor is not working. We can put dye in the system and check for leaks with a black light. Remember that it will take 3-5 minutes on a very hot day for your car to cool because it must remove all the hot air and make it cold.

Tip: Open your windows for a few minutes to let the heat out. You aren't using up or wasting AC, because it's a closed system.

Your engine's cooling system is one of the most important systems because if you lose coolant, your engine could overheat and blow the head gasket, or the motor could seize. Your engine essentially has a double wall: the oil is on the inside keeping the valves and pistons lubricated, and the coolant circulates in a wall around all that to keep the engine from getting too hot. If you get a coolant leak, you want to address that ASAP, the same as if you have an overheating issue. Radiator hoses are made of strong rubber that degrades over time, so if they are too hard, crunchy, or squishy, they should be changed. They usually last about 60k miles, but it depends how much and where you drive, and whether you have oil leaking on them, causing them to degrade. Your mechanic checks your hoses, along with everything else, during the annual inspection, so you don't need to worry about it unless you "spring a leak." Coolant is all colors of the rainbow (except purple), so if you see dripping under your car on the front right side, that is probably condensation (water) draining from the AC. Touch it, and if it is colorless and not slippery, it's just water.

I hope I've taken some of the mystery out of the two cooling systems. You know where to find me if you have more questions!

Free emergency training begins Sept. 21

Our Community Emergency Response Team (CERT) members encourage you to take the city's free CERT course, whether or not you join our neighborhood group.



The next series begins on September 21. Visit the CERT page montaloma.org/mlna/cert for a link to info.

Interested? Check out a Monta Loma CERT meeting to learn more. The team meets on the second Saturday of the month, between 9 and 11 a.m. at the trailer next to Monta Loma School. The next meetings will be on August 12, September 9, and October 14. Meeting organizer is Tim Slattery at CERT@montaloma.org or 650-964-6389.

Free ready-to-use compost and mulch

Mountain View residents may pick up free finished compost and tan mini-mulch seven days a week at the SMaRT Station, 301 Carl Road at the intersection of Caribbean Drive and Borregas Avenue in Sunnyvale (408-752-8530).



Proof of residency is required. Please bring your own shovel and containers. The limit is 96 gallons per week each for mulch and compost.

Visit MountainView.gov/composting for more information.

2023 Annual Meeting & Board Election

By Tricia DelGaudio

Approximately 30 Monta Loma neighbors attended the annual neighborhood meeting on June 14, with many neighbors coming early to socialize and enjoy refreshments before the meeting.

Board President Nirvana Nwokidu began the meeting with a review of MLNA activities including the mlna.org website, quarterly newsletter, neighborhood email list, block parties, and the upcoming ice cream social. She thanked the numerous volunteers who make these events possible and encouraged more neighbors to volunteer.

Nirvana presented the list of candidates running and asked current board members and candidates to stand. Because the election was uncontested, the slate was confirmed with an “aye” for the new incoming board. The one new board member is Cheryl Smith, who replaced Alice Pang as secretary.

Guest speakers from the City were Lenka Wright, who described the work of the Communications and Outreach Division, and Nancy Ducos, who explained the city’s new Multicultural Engagement Program (MEP). Its mission includes building relationships with the community, the ambassador’s program, translation services, delivering clear communication to enhance the city’s values, and using technology to enhance community engagement.

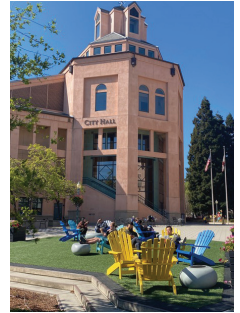
The annual meeting ended with Q&A with the speakers and MLNA President Nirvana Nwokidu.

Kids of all ages!

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

City of Mountain View inaugurates new website

It’s much easier now to find what you’re looking for on the city’s new website. The address is still mountain-view.gov, but the pages have changed. If you find links on montaloma.org that need to be updated, on the Resources page or elsewhere, please send them to marilyn@gildea.com.



Join our Monta Loma Neighborhood email list!

The 20+ year old Monta Loma Neighborhood email list is a major part of our close-knit community, and we encourage you to join if you haven’t already. Information about the list is at montaloma-post.org

Mountain View City Council approved additional grant funding for Neighborhood Groups

The city’s Neighborhood Grant Program provides annual grants “to help resident-based groups carry out programs and activities designed to improve participation and neighborhood conditions.” This year the City approved additional grant funding for neighborhood groups and as a result, the MLNA grant amount increased from \$2,000 to \$2,667.

The grant helps pay for block parties and the Ice Cream Social, and the Council Neighborhoods Committee (CNC) urges neighborhood associations to spend the money. We receive the funds after MLNA Treasurer Andre Valente submits original receipts. For details on how to plan your block party, see the article on page 2.

Monta Loma School News: From the PTA

By Tanya Ngo, Vice President

We hope you had a wonderful summer and first week of school! In early August, we met many Monta Loma families at the Juice Box Social and morning Parent Meet & Greets. It was a great way to kick off the school year! The PTA has a number of events planned for the year, including the beloved Fall Festival on October 27.

Stay up-to-date by joining Konstella, an online communications platform where we post events, volunteer opportunities, and other PTA activities.

To learn more about the PTA, visit our website, montalomapta.org.



Documents to prepare before the end of life

By Dr. Elna Tymes

CognitasHealth.com

Many older adults may be hesitant to address instructions for their successors prior to their passing. However, neglecting these matters could burden others with decisions and legal actions if preparations are not made in advance. To ensure a smoother process for your descendants, it is advisable to assemble or create the following documents:

Last Will and Testament (to be executed after your death):

Your will communicates your wishes regarding the distribution of your assets and personal belongings. It may also specify beneficiaries and provide explanations for any exclusions. This legal document is administered by an appointed individual who typically receives compensation for their services. It is important to note that a will should not be used as a platform to air grievances.

Living Trust (manages your assets until your passing):

A living trust is a legal document that establishes an entity to manage your assets until your passing. This entity can have multiple members, facilitating the smooth transfer of asset control from one person to another. Usually, the original asset owner serves as the majority shareholder, while the other members divide the remaining shares upon your death.

Letter of Intent (covering funeral arrangements, pets, beneficiaries, debts, and passwords): A letter of intent is another legal document designed to guide the executor of your will in making decisions both before and after your demise. It may reference various Power of Attorney documents that address your care towards the end of your life. The primary purpose of this letter, however, is to provide instructions regarding your funeral arrangements, care for your pets, outstanding debts, and a comprehensive list of current passwords, which should be regularly updated.

Power of Attorney for Legal and Financial Matters: This legal document designates an individual who can act on your behalf if you become incapacitated or are unable to sign or acknowledge important papers. Among other responsibilities, it enables the designated person to manage bill payments, sign checks, or authorize electronic transactions.

Health Care Power of Attorney: A Health Care Power of Attorney is a legal document that designates someone to make

medical decisions on your behalf if you are unable to do so. This is especially crucial when you are unconscious and unable to provide consent for surgery or the use of life-saving equipment and procedures.

Do Not Resuscitate Card: Also known as a DNR card, this card can be carried in your wallet and informs first responders of your preference regarding life-saving resuscitation measures, such as CPR, if you are found unconscious. The card becomes effective as soon as it is discovered. It is essential to keep a visible copy, such as under a magnet on your refrigerator, so that paramedics can easily locate it if they are called to your residence.

Organ Donor Card: An organ donor card grants permission for your medical team to utilize your organs and other body parts for transplantation to other patients or for scientific studies. In certain states, including California, this permission is electronically linked to your driver's license and stored in a state database.

Letter of Competency: To potentially assist your successors in resolving any disagreements regarding your mental competence at the time of signing the aforementioned documents, a letter of competency can be written and signed by your doctor. This document essentially affirms that you were of sound mind when you executed the legal papers.

As always, it is advisable to seek the guidance of a lawyer when signing any legal documents.

Know Which Documents You'll Need for ===== End Of Life Planning

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nirvana.nwokidu@gmail.com

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Greenmeadow Artisan Fair Returns!

Monta Loma neighbor and Greenmeadow member Heather Schoell is planning the second Artisan Fair for Sunday, November 5, and invites our neighborhood artists to set up a table to sell their creative works. Artisans of all kinds are welcome, including fine art, crafts, artisan foods, and even creative kids. To apply to sell your work, fill out the form at tinyurl.com/GM-Artist-Form by Sept. 26. Last year, Monta Loma was well represented, with both artists and shoppers. The organizers are looking forward to another fun community event with art, food, and music, all within walking distance just across San Antonio Road.

FAQ: tinyurl.com/GM-Art-Fair-FAQ

Questions or interested in volunteering to help organize?
Email Heather, Carmen, Gail, and Janice at GMArtFair@eichlerstyle.com

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AROUND THE BLOCK

Sushi Jin puts Monta Loma Plaza on the foodie map

By Ya-Chen "Zin Zin" Lee and Heather Schoell

In the location in Monta Loma Plaza that had been home to an artisan noodle shop and a Thai restaurant, the latest tenant brings the cuisine to new levels with an omakase style sushi experience. Sushi Jin, opened in Spring of 2022, has been quickly and organically gaining a following in the area for their high quality, seasonal, beautiful sushi menu.

If Yelp is a barometer, the 1400+ photos will tell you that this place is definitely worth a shot - and more than one photo of their exquisite plating to commemorate your \$145 fixed price meal. You can order a la carte as well, but our recommendation is to go for the full program, and enjoy the highly curated menu the chef has prepared for that event.

Before a dinner with our friends recently, we sat down with Chef Jin to learn more about his background and why he opened this restaurant. He has worked in a variety of highly regarded restaurants of all kinds in the Bay Area over the last 14 years, with San Francisco's one Michelin star Kusakabe being one of the most impressionable experiences. He wanted a new challenge all his own now - and decided opening a high caliber sushi spot on the peninsula was that challenge.



Chef Jin and Staff

Ingredients are primarily Japanese, including rice, fish and seaweed, although we did have some delicious Santa Barbara uni on our recent visit. The fish is flown in fresh from Japan Tuesday through Friday, and kept fresh in the huge walk-in cooler that clinched the decision to locate the restaurant in Monta Loma Plaza. He explained that with this cooler, he can age fish (a technique used to bring out more umami flavor) and do more culinary experiments that would be hard in other spaces. He said that this was, "a perfect spot in a beautiful neighborhood."



Seasonal Uni Tasting course

As Chef Jin explained, his customers often come to celebrate special occasions or are real sushi foodies, something we could relate to. We highly recommend making this your next special date night or birthday dinner outing, as it is a meal well worth it. Sushi Jin is the pearl of Monta Loma Plaza.

Summer's abundance



BIRDING IN MONTA LOMA

Feeding Backyard Birds - Part I Nectar Feeders - Hummingbirds

By Dotty Calabrese

European explorers first encountered hummingbirds in the West Indies, and could not decide whether these creatures were large insects or tiny birds! All hummingbirds, 341 known species, live only in the Western Hemisphere, most close to the equator. Of the 15 species that breed in North America, most do not travel north of the Mexico/Arizona border. Only the Anna's hummingbird lives in Northern California year-round, and is plentiful in our Monta Loma neighborhood. Just 3 1/2"-4" long from the tip of its 1" thin bill to the tip of its tail, it can be seen darting from flower to flower sipping nectar, hovering to feed, or perching high on wires or tree branches. Its plumage is metallic green above, grayish-brown (male) or buff (female) below, with a red throat and head (male). The female has a small red throat patch and white-tipped outer tail feathers. Its iridescent red feathers can look black from some angles, depending on the light.

Hummingbirds, named for the sound their wings make, are the smallest warm-blooded animals, have the highest metabolic rate of any animal, and consume their weight in nectar daily. They supplement their diet with tiny insects, spiders, and tree sap. Hovering motionless, and even flying backwards or sideways, hummingbirds beat their wings 20-80 times per second!

One way to observe Anna's hummingbirds closely is to position a hummingbird feeder in your yard, easily visible from a window, out of direct sunlight. Inexpensive hummingbird feeders are sold at discount, hardware, pet, and nature stores. (Ten minutes watching local hummingbirds at a feeder in 1972 transformed me into an avid bird watcher

for life!) Fill with a solution of 1-part white sugar dissolved in 4-6 parts water. Boil for 10 minutes. Rinse out the feeder and change the solution every 1-3 days. Red food coloring is unnecessary. The yellow plastic "bee guards" will keep bees from sipping the nectar.

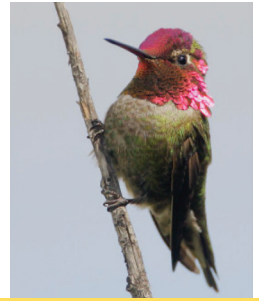
It may take up to a week for hummingbirds to find your feeder.

Tube-shaped red flowers, high in nectar, such as fuchsia, will attract them to your garden. They also feed on hummingbird sage, agapanthus, bottlebrush, and even impatiens. Other flowering plants in bloom and trees or shrubs nearby will make your feeder more inviting. In summer, you may find an occasional yellow-green female or yellow-orange, black, and white male 6" hooded oriole consuming your sugar solution.

Once found, your feeder may become the territory of one hummingbird, who will fiercely defend it, driving off competitors as well as other species of birds. I recently watched an Anna's hummingbird in our neighborhood drive a crow away from its territory, and another who teamed with two mockingbirds to drive two Cooper's hawks from my cedar tree! The Anna's hummingbird's beauty and breathtaking aerobatics will provide fascinating entertainment for you and your family.

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

credit: Photos, with permission, by Tom Grey



Anna's Hummingbird, Male



Anna's Hummingbird, Female



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Welcome Committee updates

The Welcome Committee met in early August to plan its information table at the Ice Cream Social. We welcome news of any new residents to the Monta Loma area. Please invite the new residents on your block to the Ice Cream Social.

In the meantime, anyone wishing for more information about what's available to residents can contact us:

John Canata, (650) 269-5646 or canata350@comcast.net

Brad Ostman: ostmanbrad@gmail.com

Shelly Ostman: ostman4@gmail.com

Andrea Thomas: anthomas589@comcast.net

Ham radio: The ultimate way to stay connected during disasters

By Tim Slattery

During emergencies or natural disasters, communicating with your family can be extremely difficult if traditional methods fail. Enter ham radio, a reliable and versatile communication option. In this article, we'll explore how ham radio, with its digital modes and NVIS propagation techniques, helps you stay in touch with loved ones in a crisis.

Ham radio, or amateur radio, operates independently of traditional communication infrastructure. It uses radio waves to establish direct communication between radios, which proves invaluable when cell towers, landlines, and the Internet are down.

One major advantage of ham radio is its long-distance reach. High-frequency radio waves bounce off the ionosphere, allowing operators to communicate with others hundreds or even thousands of miles away. This is especially crucial for



reaching people beyond your immediate area during emergencies. However, ham radio has its challenges, such as the requirement of an operator license and the need for appropriate equipment. You must contend with the actual difficulties of communicating. For example, in some cases, the ionosphere may not reflect the radio waves back to earth, or the signal may be too weak to be received. Additionally, traditional voice communication can be difficult to understand if the signal is weak or there is a lot of background noise.

Digital modes of communication refer to methods of transmitting and receiving data, images, or even video over airwaves. These modes, such as Packet Radio, PSK31, and SSTV are particularly useful in situations where voice communication is difficult or impossible.

- **Packet Radio** divides data into small packets for reliable transmission.
- **PSK31** uses phase-shift keying, efficiently sending short text messages and images.
- **SSTV** specializes in transmitting images over the airwaves.

Ham radio faces obstacles when radio waves follow a straight line and encounter the curvature of the earth. However, **NVIS** or Near Vertical Incidence Skywave propagation techniques are effective in these scenarios. NVIS involves transmitting radio signals almost straight up into the ionosphere, causing them to scatter and reflect back down at a steep angle. This enables communication over shorter distances, typically 300 to 500 miles, making it ideal for disaster-stricken communities or regions.

In summary, ham radio and its various communication modes offer a powerful means of connecting with loved ones during emergencies. By utilizing high-frequency radio waves, digital modes, and NVIS propagation, ham radio operators can establish communication over long and short distances, send data and images, and ensure reliable contact when other forms of communication are unavailable.

To learn more about ham radio and obtaining a ham license, join our CERT meetings on the second Saturday of each month, from 9:00 to 11:00 am. We meet at our trailer in the Monta Loma School parking lot. You can also contact CERT@montaloma.org or visit montaloma.org/mlna/cert for further information.



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



Concerts

• Quadre: The Voice of Four Horns

Saturday, September 16 at 7:30 pm

Celebrate Quadre's 25th anniversary with a joyous evening of contemporary classical music infused with jazz and Americana influences.



• The Anderson Brothers play Gershwin

Saturday, September 30 at 7:30 pm

Grammy-winning twins Peter & Will Anderson will explore the music of George Gershwin with a fascinating narrative and live performance with their six-piece ensemble.

Location:

CSMA – Tateuchi Hall
230 San Antonio Circle, Mountain View

Art Exhibit

The Wild Places: Greetings from Caddo Lake

The Mohr Gallery showcases artists Amy Da-Peng King, Dianne Tittle de Laet and Marianne Lettieri.

The exhibit is open until September 17, with a planned reception on September 16.

Gallery hours:

Monday – Friday: 9:00 am – 6:00 pm
Saturday: 9:00 am – 1:00 pm



Location:

CSMA – Mohr Gallery
230 San Antonio Circle, Mountain View

For more information visit arts4all.org

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