

Neighborhood ~ Newsletter

OF THE
MONTA LOMA NEIGHBORHOOD ASSOCIATION
P.O. Box 382
MOUNTAIN VIEW, CALIFORNIA 94042

OCTOBER, 1981

"TOWN MEETING" DISCUSSION SLATED FOR OCTOBER 7

Another of the popular "town meetings" will be held Oct. 7th where residents have the opportunity to hear what their neighbors are thinking and in turn can voice their own thoughts - on problems, ambitions, ideas and criticisms of what should be done, and how to improve and enjoy our neighborhood.

This bi-monthly meeting of the MLNA will be used as a forum for residents' views and for a neighborhood discussion of what specific concerns and problems we are experiencing, and how these might be resolved. Discussions are welcomed on neighborhood property improvement; social, cultural, and civic help activities; schools; crime prevention; and any other topics that are relevant to MLNAs purpose "to promote and advance united effort in support of community goals and welfare of the community residents."

NOTE FROM THE PRESIDENT

Welcome to the fifth year of the Monta Loma Neighborhood Association. Our general meeting on Wed., Oct. 7, will be a "town meeting." The areas of neighborhood improvement, crime and fire prevention, school activities and related topics touch all of us in the neighborhood. The forthcoming general meeting is an opportunity for you to share ideas and concerns with your neighbors. Hope to see you there!

Charlotte Stanger
President

MLNA MEETING WEDNESDAY,
OCTOBER 7, 7:30 PM.

The general meeting of the Monta Loma Neighborhood Association (MLNA) will be held at 7:30 pm at the Monta Loma School multi purpose room. All residents of the area are automatically members of the association, and are invited to attend.

KEEP THIS NEWSLETTER FOR FUTURE REFERENCE

LAST MEETING FEATURED HOLISTIC HEALTH

The June MLNA meeting featured Dr. Arthur Hastings of Benjamin Drive talking about holistic health. According to Dr. Hastings, the idea of holistic health is that the individual lay person can help himself. The most popular aspect is stress reduction. When stress is reduced, health has been found to improve. Health isn't just the absence of disease, but a level of optimal activity of body, mind and spirit.

Dr. Hastings discussed each aspect of holistic health: For the body, the vehicle in which we travel around, all health practitioners advocate exercise. Exercise includes aerobic (swimming, bicycling, running, brisk walking, etc.) and body work (oriental martial arts - like Ijutsu, Taiche, Yoga - and massage and disco). Dr. Hastings also taught the use of acupressure for the relief of aches and tension, particularly in the back and shoulder area. Nutrition was also mentioned.

For the mind, Dr. Hastings discussed how health can be improved through attention to attitudes and life goals. He talked of visualization of treatments, reprogramming mental expectations, hypnosis, and mental relaxation. From the relaxation technique taught to the sixty people present for the meeting, such side benefits as having cold hands warm up often occur.

For the spirit, Dr. Hastings indicated that it was important to health how we relate to the spiritual - to God, values, community service, creativeness, divinity, etc.

In conjunction with the tradition of a relaxing social gathering for the June MLNA meeting, election of officers for the 1981-82 year took place. New officers are introduced elsewhere in the newsletter.

THANK YOU!

Thank you to the following who so kindly lent their yards for the MLNA Back Yard Garden Tour on June 13th: Welda Graybeal: 2413 Alvin, Sylvia & Bill Johnson: 2461 Benjamin, Martha & Larry Rippere: 2459 Benjamin, Muriel Bonner: 2441 Benjamin, Alice & James Cochran: 2422 Thaddeus, Marie & Skip Macy: 2435 Thaddeus, Muriel Longbottom: 2381 Lida, Filicia & Gus Smoorenburg: 2519 Dell, Roxanne & Paul Geargart: 357 Ruth, Judy & Monty Jensen: 2445 Marjorie Ct., Mer-liz Munyer: 360 Anna, Phillip & Murray Ross: 245 Lassen, Terese & Ron Tricamo: 245 Hamilton.

BLOCK PARENTS NEEDED

Block parents are people who:

- 1) are often at home during the times children go to and from school,
- 2) are willing to assist a child (by calling the school, his parent, or the police) if the child is in trouble.

The Block Parent Program is designed to help neighbors help each other and particularly to aid children who might be injured, bothered by an older child, approached by a stranger.

This is how the Block Parent Program works:

- 1) Adult volunteers fill out a simple form which is given to the police.
- 2) After receiving police clearance, the volunteer will be given a Block Parent sign to display on the front of his house.
- 3) School children are taught to identify the signs and are instructed to look for one and to go to that house if they are in trouble. The Block Parent would provide the child safety until a parent or the police are called.
- 4) Block Parents are alerted if suspicious persons - flashers or anyone trying to pick up a child - are known to be in the area.

Having a Block Parent sign on your house can benefit you. Burglars, vandals, and other trouble makers know what the sign means too - that you're often home and that you look out for your neighbors. Seeing lots of these signs on your block can convince these potential trouble makers to move on. More importantly, you could really help a child who is in need of help sometime.

If you are willing to be a Block Parent, call Alice Cochran, 968-9049, and she will see that you receive an application.

Trees or shrubs serve best when

- they are a good breed
- do not constantly shed leaves thereby giving need for constant care
- suitable to our climate
- planted according to need - sunshine or shade
- You can care for any limitations such as pests or drought.

MLNA ORGANIZATION

OFFICERS

President	
Charlotte Stanger	969-1301
1st VP (community affairs)	
Dick Rummel	961-6040
2nd VP (newsletter)	
Eric Slutz	969-0153
Recording Secretary	
Ra Black	961-1645
Treasurer	
Dick Lugin	964-3176

NEIGHBORHOOD NEWSLETTER

The Neighborhood Newsletter is published by the Monta Loma Neighborhood Association. It is supported by neighborhood merchants through advertising and by much volunteer effort of the newsletter staff, area representatives, Boy Scouts and neighbors who contribute articles.

editor - Eric Slutz

delivery - Boy Scout Troop No. 83

advertising - Rich Hendrickson

COMMITTEES

Property Improvement	
Mer-Liz Munyer	961-6690
Neighborhood "Helps"	
Sharon Adams	969-9765
Crime, Fire Prevention & Traffic Control	
Barbara Lugin	964-3176
Block Watch Program	
Barbara Lugin	964-3176
Schools Committee	
Charlotte Stanger	969-1301
Animal Control	
Sandy Hastings	961-4703
Newsletter	
Eric Slutz	969-0153
Newsletter Advertising	
Rich Hendrickson	961-1282

ORGANIZATIONAL BONES

"Someone has said that there are four kinds of 'BONES' in every organization. There are the WISHBONES, who spend their time wishing someone else would do the work. There are the JAWBONES, who do all the talking, but very little else. Next, there are the KNUCKLE-BONES, who knock everything anyone ever tries to do. And finally, there are the BACKBONES, who get under the load and do the work."

RESPONSIBILITIES OF AREA REPRESENTATIVES

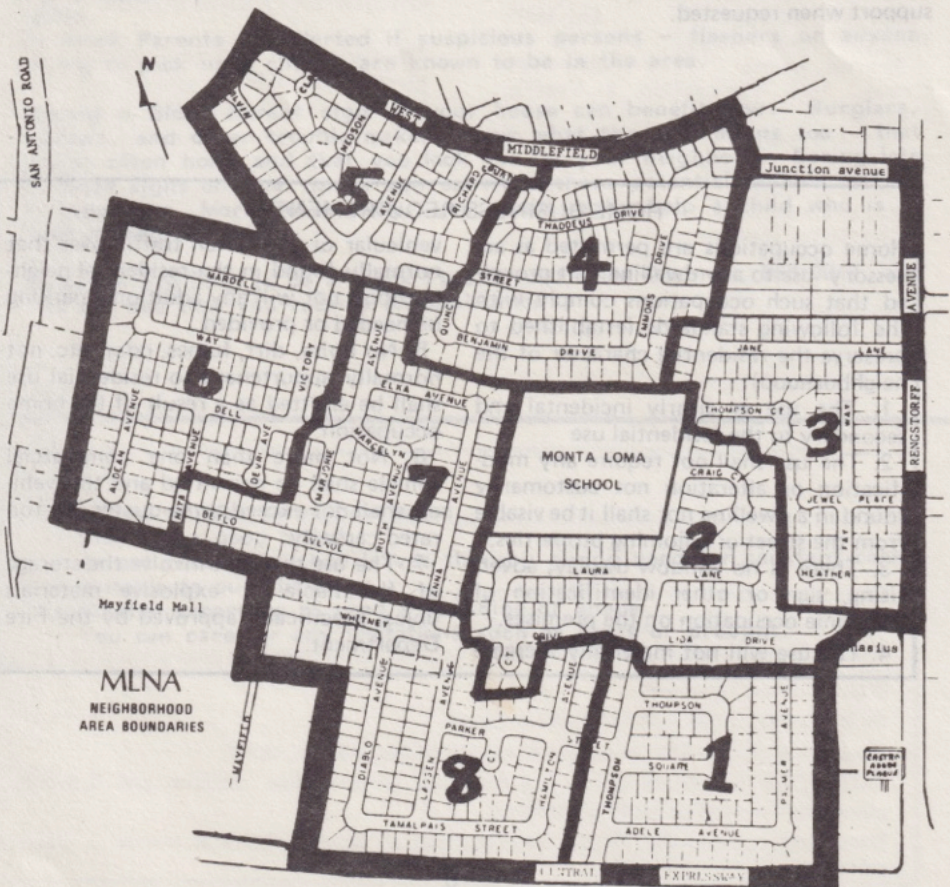
- Circulate newsletters within MLNA subarea
- Refer problems and questions to proper committee(s)
- Keep roster of interested area members (include addresses and phone numbers)
- Welcome new residents
- Be in charge of block reps within subarea
- Awareness of residents in area; i.e. special needs, talents, skills
- Responsible to attend combined meetings of executive, policies and activities committee as well as general meetings
- Place and remove the MLNA meeting sign at neighborhood entrance(s) within subarea.

MLNA P.O. BOX

The MLNA now has a P.O. Box! Residents might want to write concerning an issue or problem or idea for an MLNA activity, when a phone call just isn't as appropriate. Now there is a central address to use:

Monta Loma Neighborhood Association
P.O. Box 382
Mountain View, CA 94042

We hope you will write us your views and suggestions. We also welcome articles for the Newsletter, editorials, and even your complaints if we are doing something wrong.



NEIGHBORHOOD BUSINESSES – ILLEGAL?

Aggravated about your neighbor's home business? And not sure of its legality? Ask city hall. Since there are so many different business licenses, it is not easy to tell which are legal in a residential neighborhood. In general, a home business must be an incidental and secondary use of the residence, not visible and without a sign or advertising. To be legal, home businesses must conform to seven specific standards, as listed in the accompanying table.

To be a legally operating business, it must be licensed. If you are in doubt or wish to inquire about your own or a neighbor's business, call city hall at 967-7211 and ask for the building inspection department. In addition to providing information, a building inspector will file a complaint for you by filling out a service request form. The department will check on licensing of the specific activity you complain of and provide necessary code enforcement, if warranted. Your name will normally be held confidential and you should ask for progress information on the complaint if that seems necessary. The property improvement committee of the MLNA will also provide support when requested.

HOME BUSINESS REQUIREMENTS

Home occupations are permitted as accessory use to any dwelling unit provided that such occupations comply with the following standards (established to preserve the residential character of the neighborhood):

1. The use is clearly incidental and secondary to the residential use
2. The use shall not require any modification or alteration not customarily found in a dwelling nor shall it be visible from the street or adjoining properties.
3. There is no window display, advertising, sign or other identification of the home occupation on the premises.
4. The use will not materially increase

vehicular or pedestrian traffic over that normally found in the residential neighborhood nor will any additional parking be needed or provided.

5. No noise, dirt, fumes, odor, etc. not normally appurtenant to residential use shall be emitted as a result of the home occupation.

6. Not more than one commercial vehicle shall be permitted and this vehicle shall not exceed three-quarter ($\frac{3}{4}$) ton rated capacity.

7. The use shall not involve the storage of flammable or explosive materials unless specifically approved by the Fire Department.

Good neighbors are helpful
friendly and kind.

Begin the fall with some "clean up"
each day with a plan. Trying to
reach your goals for the house can
be exciting and stimulating.

Congratulations to those who have
developed a new way of living
through outdoor appearances!
Some are so excitingly different.

Do you want a tour? Some new
additions or remodeling may be
arranged.

Backyard gardening was "on view"
in May. Would you like one now?

Welcome new residents! We are
trying to use reasonable concerns
for care and appearance. Can
you, will you do your part?

Happy is he or she -
who gives a helping hand -
who needs help and finds it -
whose surroundings are neat and
clean -
who gives hope to others -
whose smile gives us strength to
carry on.

Is your neighborhood better
because -

you helped a neighbor today?
you loaned a garden tool?
you paid a compliment?
WE DO NEED EACH OTHER.

ALPHA BETA CENTER

Elect
MARY MASON
to the

Mountain View - Los Altos
School Board

- District Resident for 11 years.
- Actively involved in high school district for 5 years.
- Will be available after MLNA meeting Oct 7th to answer questions.

VOTE NOV. 3rd

(Paid for by the Committee to Elect
Mary Mason)

**Noise is
pollution,
too.**

BABYSITTING

The Mayfield Babysitting Co-op,
composed of responsible parents,
seeks new members. We trade
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information and/or interview, call
Martha at 961-0310 or Lee at
961-6040.

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GALLERY OF HOMES

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Owner, Resident and Member
of Monta Loma Neighborhood
Association

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Residence 968-2300

Office: 341 Castro Street, Mtn. View

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