



OMVNA Newsletter

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www.omvna.org

Restaurant Update

by Max Hauser

Overview: Amid the pandemic, many downtown businesses are struggling and some have closed. No indoor restaurant dining has been allowed since March. The partial closure of Castro St., called "Summer StrEats," now enables some restaurants to offer outdoor dining with health precautions, in addition to take-out and delivery. A new "universal" Mountain View gift card, accepted at a growing list of businesses, is available. More details below on these programs.



Castro Summer StrEats: Since late June, four downtown Castro St. blocks have been closed to traffic to allow outdoor dining (all cross streets remain open). This experiment (several nearby cities have similar closures) is scheduled to last through September 30. Sarah Astles, President of MV's Downtown Business Association, declares that the businesses have reimagined themselves, rejuvenating downtown MV's "culture and excitement in these challenging times. There is a beautiful sense of community when you walk the streets, and a comfort in the safety being provided by the open air atmosphere and safety measures taken by every business. Come enjoy the sights, smells and sounds of summertime

in Downtown Mountain View!"



List of open restaurants and other businesses: iloveMV.org



Mountain View universal gift card and the latest list of businesses where it can be used: <http://www.ilovemv.org/mountain-view-gift-card>



New restaurants pending: Even with a quarantine economy and business challenges, new hospitality businesses have been approved and are making progress. As of mid-July, according to the City: **Three Kingdoms Hot Pot** (134 Castro, formerly Han Gen Restaurant) is under construction. **383 Castro**, whose remodeling for a new location of **Ludwig's German Table** was troubled by permit delays, progressed rapidly during the pandemic, the construction fence has come down and exteriors are new. Modifications were approved at **143 Castro**, near Olympus Caffe and Bakery, for a new café tenant, **Yifang Boba Shop**. A use permit is pending at **298 Castro** for a new restaurant (**Nick the Greek**).



19th Amendment 100 Year Anniversary

by Susan Bickford

In the midst of all the uncertainties about the future, August 2020 is a wonderful time to step back and remember that this year marks the 100-year anniversary of the passage of the 19th Amendment of the United States Constitution:

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

The words are simple. They belie the intensity and tenacious 80-year fight waged by women like Susan B. Anthony, Elizabeth Cady Stanton, and Lucretia Mott, starting in Seneca Falls, NY. They didn't live to see steamy August 1920, when Tennessee became the 36th state to ratify the "Susan B. Anthony" Amendment, which passed by one vote.

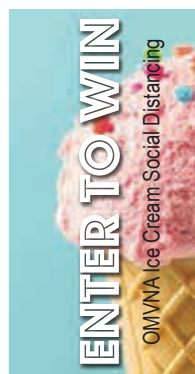
The victory was a mixed blessing. It did not guarantee suffrage for all women or citizens. Most Native Americans were not recognized as citizens at that point. In the many southern states, Jim Crow laws denied suffrage to Black men and women and other ethnicities. Concerns about voting rights and suffrage continue to this day.

The journey included victories and setbacks. California narrowly approved suffrage for women in 1911 and on November 1, 1919, California became the 18th state to ratify this amendment.

The journey continues. In this election year, I urge you to honor this tradition and—regardless of your political opinions—encourage and engage with your fellow-citizens, and VOTE!



Save Your Ticket! Look Inside!



PRIZES ★ PRIZES ★ PRIZES ★ PRIZES ★ PRIZES

ICE CREAM SOCIAL *Distancing*
Enter online www.OMVNA.org

★★★★★

Prizes include: ★ Ice Cream Cones
★ Neighborhood Swag
★ Restaurant Gift Certificates

ENTRY DEADLINE

OLD MOUNTAIN VIEW, CA

AUG 21 2020

Play Games to Win
○ Neighborhood iSpy
○ Block Party Bingo
○ Trivia Crossword

A2020

Disclaimers: Prizes are Limited. Participants and winners(s) must be Old Mountain View residents. Only one (1) prize per person will be awarded. For complete rules go online at omvna.org.

PLAY GAMES TO WIN



Artist In Residence: Jonathan L. Clark

Artist, Publisher, Photographer, Writer

by Don McPhail

Mountain View an art colony? Really. Our beautiful community is filled with painters, photographers, musicians, playwrights—and a classical letterpress printer whose handcrafted works are known throughout the world, Jonathan L. Clark. “I do fine-art limited edition printing for artists, collectors and institutions, and a little publishing,” he said. “I was not interested in commercial photography, so I relied chiefly on fine-art printing and book design to earn a living.”

In addition to classical printing, he writes, publishes, photographs, and even performs. While Jonathan has succeeded in at least four artistic categories, he still finds time to produce dance concerts with his wife Leslie Friedman, and is her technical director, sound and lighting expert, artistic collaborator and, occasionally, a performer.

Born in Ottawa, Illinois, he became interested in photography as a teenager, always self-taught. “A book of photographs I did in 1967 at age 15, of my hometown in Illinois, was published some years ago. I lived there until my family moved to Palo Alto.” He spent a lot of time in the darkroom at Palo Alto High School, where his dad taught English and Creative Writing.

Jonathan graduated from UC Santa Cruz in 1974, with a degree in Aesthetic Studies and a MA in Humanities from CSU Dominguez Hills. “I was fortunate to associate with a number of wonderful artists, writers and musicians in those days. Around that time I became interested in making hand-crafted printed books,



also basically self-taught, and set up a printing studio called Artichoke Press.”

Artichoke Press productions are collected by leading libraries, museums, and bibliophiles throughout the world. Editions are handcrafted in his Mountain View studio using techniques including letterpress, sheet-fed photo-gravure, etching, lithography, original photographs, and digital printing.

His books and prints have been included in exhibitions throughout the world, including: the J. Paul Getty Museum in Los Angeles; Legion of Honor Museum in San Francisco; Photo Gallery International in Tokyo; San Francisco Museum of Art; Stephen Daiter Gallery in Chicago; Stanford University Library; and many other renowned galleries.

Jonathan was the 2012 recipient of the Oscar Lewis Award for outstanding contributions to the Book Arts from the Book Club of California. He received two USIA travel grants, to Poland and Spain; a fellowship from the Arts

Council of Silicon Valley; the JGS Foundation Book Award; the Western Books Award of Merit; and Photo-eye’s Best Photography Book Design of the Year Award.

He is also a busy teacher and speaker, having lectured or held residencies at elite institutions in America, Spain, and Poland, including the Legion of Honor Museum in San Francisco, the University of Barcelona, Stanford University and The Book Club of California, among others.

Jonathan L. Clark continues to earn the respect of collectors and artists around the world, as he quietly enhances the Old Mountain View pantheon of artists. His work can be explored at Artichoke Press <http://www.artichokepress.net>



From the book “CARMINE”, Photographs by Jonathan L. Clark
Taken in a small country graveyard in southeastern Texas. In the dazzling summer sun, imitation flowers glow in astonishing colors that evoke a sense of unreality and pathos.

Opinions expressed herein are not official positions of the OMOVNA Steering Committee or its members unless otherwise stated.

Contact the newsletter team at: editor@omvna.org

Submissions for our August 2020 issue are due by September 22, 2020.

Keeping Mountain View Safe: Updates and Advice from the Mountain View Fire Department

Electronic Cigarette Fires

by Robert Maitland



According to the United States Fire Administration (USFA), reports of 195 separate electronic cigarette (e-cigarette) fire and explosion incidents in the U.S. were found, dating from January 2009 to Dec 31, 2016. In 68% of these incidents, 133 acute injuries were reported. No deaths were reported during the study period.

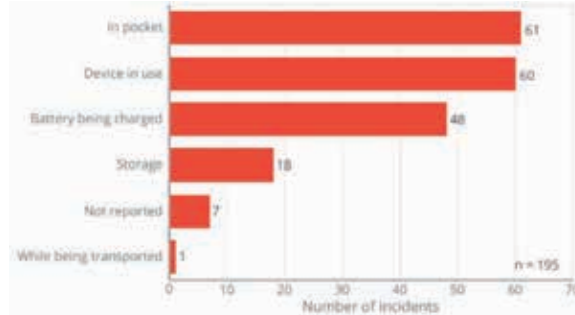
What is an e-cigarette?

E-cigarettes are battery-powered devices which simulate tobacco smoking by producing a heated vapor that resembles smoke. These devices have become very popular as an alternative to smoking, including with a growing number of individuals who have never been smokers, but who enjoy the flavors and/or the experience of using e-cigarettes.

The devices have an electric heating element (an atomizer or cartomizer) to vaporize a liquid solution. Solutions usually contain a mixture of propylene glycol (increases flavor), vegetable glycerin (increases vapor), nicotine, and flavorings.

Injuries

In 133 (68%) of the reported fire and explosion incidents involving e-cigarettes, a single individual was injured. The following figure illustrates the number of injuries in e-cigarette fires and explosions.



Key Points

- The combination of an e-cigarette and a lithium-ion battery is a new and unique hazard.
- Fires or explosions caused by the batteries used in e-cigarettes are uncommon; however the consequences can be devastating and life-altering for the victims.
- It is likely that the number of incidents and injuries will continue to increase.
- One hundred and twenty-one (62%) of the incidents of explosion and fire involving an e-cigarette or its battery occurred when the device was either in a pocket or actively in use.
- The shape and construction of e-cigarettes can make them behave like "flaming rockets" when a battery fails.

Did the Fires Spread?

Of the reported fire and explosion incidents involving e-cigarettes, 128 (66%) resulted in ignition of nearby contents such as clothing, carpets, drapes, bedding, couches, or vehicle seats. Users were generally nearby when the incident occurred, were alerted by the sound of the explosion, and were able to take action to extinguish the fires while they were still small.

Conclusion

E-cigarettes using lithium-ion batteries present a new and unique hazard to consumers. No other consumer product places a battery with a known explosion hazard such as this in such close proximity to vital areas of the human body. In order to reduce the frequency of e-cigarette fires and explosions, the following recommendations should be considered:

- The long-term effects of the new UL safety standard cannot be determined at this time. Even with improved protection circuitry in an e-cigarette device, and with 100% compliance in providing such protection, there remains a possibility of battery failure and severe injury. Manufacturing defects and damage to the device or battery simply cannot be eliminated.
- Lithium-ion batteries should not be used in e-cigarettes.
- As long as lithium-ion batteries continue to be used in e-cigarettes, severe injuries will continue to occur.

For additional information and to read the full report, please visit <https://tinyurl.com/myse795>.



This time may have shown you
a need for connection.

We are here for you.

When we can once again gather,
let's gather together.

FrontPorchMV.org

Keep in Touch with Mountain View PD

Want to get the latest on the Mountain View Police Department?

Read about it on Twitter @MountainViewPD, or on Facebook at www.facebook.com/mountainviewpolicedepartment

Just want critical alerts and advisories? Sign-up for Nixle via your smartphone by texting your Mountain View zip code to 888777.



Okay, Old Mountain View residents, it's time to get acquainted with the myriad of state legislature initiatives created to (allegedly) solve California's housing issues.

A cabal of state legislators is bound and determined to empower Sacramento with the final say in local zoning throughout the state—all in the name of housing “availability” and “affordability.” The sheer number and scope of the bills they’ve introduced or supported confirms their determination. Many of these bills, if passed, could directly threaten Mountain View’s historic core in and around downtown. Take a look (AB = Assembly Bill; SB = Senate Bill):

- AB 725 would penalize countless California cities that, perhaps for reasons well out of their control, haven’t generated enough housing density to reach state-ordered targets.
- AB 1279 was conceived to create “opportunity zones” in which 50- to 120-unit apartment buildings could be built, despite local zoning—all without public hearings.

Bills, Bills, Bills



by Jerry Steach

cumventing environmental protection laws.

- AB 2345 would allow a “density bonus” in exchange for developers to promise more affordable housing than currently required, and give them a pass on local controls on height, open space, parking, design review, building setbacks, sustainable materials and countless other standards.
- AB 3040 poses a dilemma for cities: comply and sacrifice a majority of single-family homes to massive over-development, or refuse and attempt to meet unrealistic, if not unreachable, density goals.
- AB 3107 takes a shot at height, “upzoning” areas and green-lighting developers to build unimaginably tall buildings—even next to single-family homes.
- SB 902 provides for city councils to overturn voter-approved ballot measures protecting open space, shorelines and other lands, in addition to allowing them to override local zoning.
- SB 995 would dramatically reduce the number of affordable units developers have to build to qualify for large “fast-track” apartment complexes, thus cir-

- SB 1085 could reduce by nearly one-half the “density bonus”—the percentage of affordable to moderate-income housing required for new apartment construction.

- SB 1120 would allow up to eight living units on which single-family homes are presently built.

Note: In early August, AB 1279 and AB 3107 were withdrawn; if and in what form they return is unclear.

These bills demand serious consideration—and direct feedback to state legislators—from residents concerned about Sacramento's attempted power grab. A great take-action organization with expert perspective and insight on these threatening bills is Livable California, whose website provides a way to voice your concerns to legislators (www.LivableCalifornia.org). In a way, Livable California is a macro of our local—and vocal—Livable Mountain View group, which also advocates tirelessly for livability (www.LivableMV.org).

What's Up? Update on New Development in Mountain View

by Robert Cox

With the arrival of COVID-19, many are asking, “How will this affect new development in our city?” Of course, none of us has a crystal ball, but it is worthwhile to look at what has been happening with rents, housing prices, construction, changing work habits, and housing legislation to get a sense of where the development market is headed.

Many local tech firms have given the green light to employees to work from home for the rest of the calendar year. Some employees have used this to temporarily or permanently relocate out of the Bay Area. Some are even working from their homes of origin outside the USA. Due to the decline in travel in and out of the Bay Area, many short-term rental (AirBnB, for example)

hosts are now renting to long-term clients. The result is a 15% drop in apartment rents. Prices of condos are also down about 15%, while prices for single family homes are almost unchanged. But there is a much smaller inventory of homes available for sale.

While few new projects have started since COVID-19, large development projects are continuing apace. But 3 of the 10 major development projects in Mountain View were shut down temporarily, due to COVID-19 infections on site. All were reopened after a deep cleaning was done. Indications are construction will continue until the projects are completed. Most of these are new housing projects. The possibility that telecommuting will

continue in earnest in the post-COVID-19 era has put a damper on new office construction.

New California state housing legislation is also changing the housing construction scene. Last year, the legislature passed SB-330, which mandates if an old rental housing project is demolished to make way for a new one, units within the new project must be made available to the existing tenants at the same rents. This may end the rush in Mountain View to replace old rental units with new ones, which occurred after Measure V rent control was instituted.

All in all, look for a steady or decline in real estate prices and rents and a pause in new development projects until the COVID-19 crisis is resolved.

Chickens in Old Mountain View

by Susanne Martinez

As many residents of Old Mountain View know, backyard chickens have been living in our community for a long time. Some of our neighbors, Alyse, age 14, Patrice, age 12, and Nancy, age 12, became caretakers for a new flock that moved into the neighborhood soon after our shelter-in-place order started this spring. I asked them to tell us about their experience.

What made you decide to start raising chickens?

We had thought about it for a long time. When the pandemic began and it was hard to get eggs from the store, it seemed like a good time to do it, especially because we were all home from school and had plenty of time to build their coop and get them adjusted to life in Old Mountain View.

How old were the chickens when they moved in and how did you get them?



Bakbak and Bean

There are local hatcheries, but because of the pandemic, most were closed so we ended up ordering them on-line. They were shipped to us as pullets, who are old enough to live outside in a coop, unlike baby chicks, but too young to lay eggs. They range from 4 to 20 weeks of age when they are shipped.

Where do they live?

We built them a coop and chicken run from a kit we found on-line.

Tell us about what they are like.

Backyard chickens are pretty friendly birds. Since we raised them from when they were very young, they are used to being held and carried around and are really quite spoiled!

We have a large, totally enclosed backyard so we let them free-range often during the day when we are around and put them back in their coop at night to protect them from predators. They have a small chicken run that they can enjoy when not free-ranging.

We did have to put another fence around our vegetable garden because they were raiding it and eating all of the veggies. They love carrot tops especially. They have very distinctive personalities.

"Bakbak" is extremely food oriented and will run across the yard to get food. She is always the first to come for treats.

"Bean" is a 'chilled' chicken, very cuddly, doesn't run away and is easy to pick up. She will fall asleep in your arms and is the least food oriented of the flock.

"Zebbie" is one of the smallest, but is very dominant, loves



Zebbie and Bob

food and is fearless.

"Bob" is very sweet, more scared of people than the others and hard to catch. She has attachment issues to "Zebbie" and wants to be with her all of the time.

How hard is it to take care of chickens?

We found it was surprisingly easy. You need to clean out their coop and run on a regular basis and make sure they have fresh food and water. We have to let them out of the coop into their run every morning and put them back in the coop every night. Getting them back into the coop sometimes takes two people (one to herd them, the other to catch), but otherwise, they are pretty easy to pick up. Chickens tend to live from 5 to 10 years so it is a long-term commitment.

How many eggs do they lay a week?

We selected breeds that lay a lot, so we expect to get about 20 eggs from four of them a week. They are still too young to lay so we don't know for sure how many eggs we will be getting once they start.

To subscribe to the OMVNAtalk2@groups.io list, send email to: omvnatalk2+owner@groups.io or go to omvna.org



Proud member of

Mountain View Rotary

**Tori Ann
Atwell**



Life in the Time of Coronavirus

by David and Carol Lewis

While it looked, for a short while, like life might be getting back to normal, or more normal, events have forced a retreat of sorts, and we may be back in the same weird state of affairs we had for the past three or four months.

There aren't many of us who have experienced this kind of thing before. Someone well over 100 might have lived through the inappropriately named 'Spanish' Flu pandemic—it didn't come from Spain. One theory was that it originated in Kansas (first known case in Fort Funston, KS) and genetic evidence suggests it probably did originate in North America, and was taken to Europe by our GI's.

It turned out that this flu really wasn't very lethal by itself, but it led to bacterial infections that were lethal in the absence of antibiotics. Some of our older residents who lived in South America in the early twentieth century might have lived through the Time of Cholera, described in the book by Gabriel García Márquez.

More recently, in 2009, we had the aptly named swine flu pandemic, where the virus was a hybrid of avian, swine, human and Eurasian pig viruses. Because this was the same H1N1 kind of flu as the 'Spanish' flu, there was general hysteria and a lot of commotion, but this flu turned out to be a bust, as pandemics go, no more lethal than the common flu, and an effective vaccine was developed for it in very short order, possibly limiting the effects.

Now we have the Covid-19 pandemic, which turns out to be a lot worse than the common flu, both more infectious and more dangerous, and has required us changing the way we live—staying home, wearing masks, keeping our distance from others, waiting in line to get into stores.

Still, life hasn't changed much for some—the individual living off investment income or the gardener or furnace repair-

man who still have jobs, but it has dramatically for others, particularly for those who have been without income for four months or more. Is your barber shop or hair salon still operating?

Besides the unpleasant effects, there have been some other changes that one might like. For several months our streets have been virtually deserted, like the good old days; it's much easier to drive anywhere, and there's safe bicycling on our streets, and even use of our soft blacktop streets for joggers and runners. A lot more of our neighbors are out walking or jogging or running around our neighborhoods, for exercise, or fresh air and sunlight.

Another, more subtle effect of our pandemic is a great reduction in the urge to build more offices and more luxury condos, et al. A bunch of folks have figured out they can actually work effectively from home and they don't need to commute to work on our congested highways! They can be with their family a whole lot more and homeschool their kids. If people can work from home, we don't need more offices; if they can work from their parent's home in Kansas City, they don't need to pay the rents around here. Now we have a glut of homes on the market for sale or rent.

Hopefully by next spring, we will have a vaccine, and a lot of us will have had Covid-19 and recovered, and life can return to normal, or perhaps to a new normal. Until then, everyone needs to be careful, so I'm glad that schools are closed, that most of us are practicing social distancing and wearing masks, and especially that we have been blessed with Dr. Sarah Cody, our Santa Clara County Public Health Director, who has guided us through thick and thin so capably and the doctors, nurses, grocery workers, bus drivers, delivery folk and many others that are helping us cope with the pandemic.

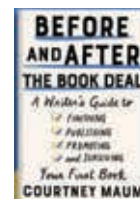
Library Updates

by Kyle Hval

On Tuesday, August 18, Mountain View Public Library is hosting a virtual author talk with critically acclaimed novelist Courtney Maum via Zoom.

Courtney Maum is the author of the novels *Costalegre* (a GOOP book club pick and one of *Glamour Magazine's* top books of the decade), *I Am Having So Much Fun Here Without You* and *Touch* (a New York Times Editor's Choice and NPR Best Book of the Year selection), and the handbook *Before and After the Book Deal: A writer's guide to finishing, publishing, promoting, and surviving your first book*.

Courtney will discuss her writing process, offer recommendations to aspiring authors, and read selected passages from her latest novel, *Costalegre*.

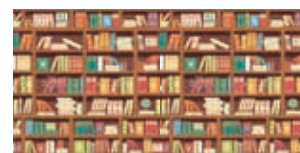


We're also hosting an environmental talk with 350 Bay Area and BayREN called "Electrify Everything."

Our presenters will lay out a vision for where we are going: 100% clean, renewable power, all transportation is electric and buildings use electric heat pumps for space and water heating.

Through this presentation and community-centered discussion, people can learn from each other and gain the knowledge and confidence they need to adopt these measures and significantly reduce their reliance on planet-heating fossil fuels.

Register to attend these virtual events at <https://www.mountainview.gov/librarycalendar>



Your are Invited to Participate in OMVNA's Annual

ICE CREAM SOCIAL *Distancing*

★ Puzzles

★ Games

★ Prizes

Our annual neighborhood ice cream social may be melted, but we are committed to having a little fun in our community (and there is ice cream involved!) Check out the following pages for a few games and fun. Enter online. Deadline entry 8/21/2020



★ Neighborhood iSpy

iSpy with my little eye, something in our neighborhood. Over the next week we will post a bunch of photos. Identify locations correctly to win prizes. Find the complete rules, official entry form and the remaining pics at www.omvna.org and on Twitter @OMVNA.

Have you seen some fun or unusual items in the neighborhood? Play along #iSpyMV. Our favorites will win a prize.*

iSpy #1



★ Bingo Block Party

Play Bingo. Share Some Photos. Win Some Prizes.

- ★ Use the bingo card as you walk around the neighborhood.
- ★ Take photos of the things you find.
- ★ Get BINGO (5 in a row).
- ★ Email your bingo photos* with a pic of your completed card to social@omvna.org

Palm Tree	Old Fashioned Light Post	Swing	Bear in Window	Red Car
Dogs on Walk	Purple Flowers	Rosemary	Fire Truck	Pokemon Stop
Funny Joke	Sidewalk Art	FREE	Lavender Bush	Little Free Library
Starship Robot	Resting Bench	Place of Worship	Police Vehicle	Door Wreath
Cat	Train	Redwood Tree	Antique Car	Painted Stone

*By sharing your photos with us, you are allowing us to post on social media, the website and in the newsletter.

ICE CREAM SOCIAL *Distancing*

★OMVNA Trivia Crossword

Answer & hints online at www.omvna.org after 8/21.

To be eligible for a prize, email a pic of your completed game before 8/21 to social@omvna.org. Complete rules online.

Across

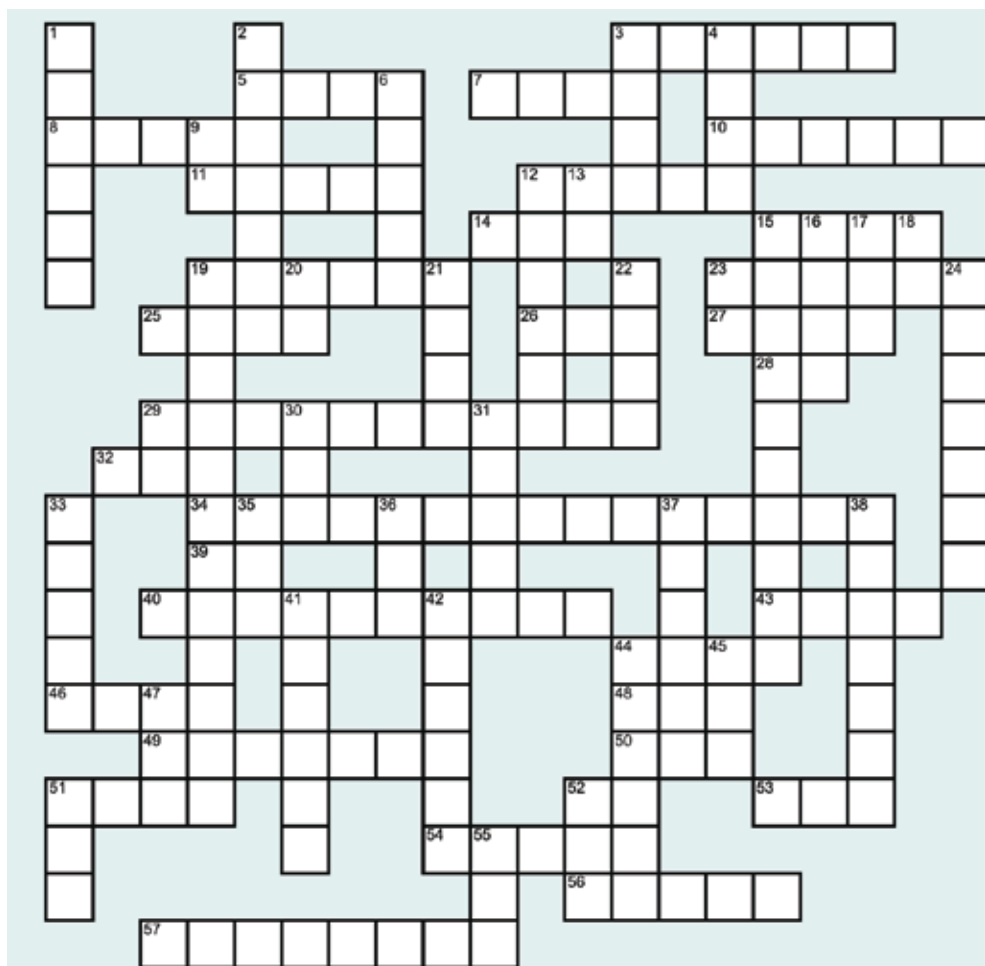
- 3 Planet with rings
- 5 ____Karenina, Tolstoy
- 7 Rapid Transit in East Bay
- 8 Transit on SF peninsula
- 10 Quik's company
- 11 Backyard paved area
- 12 TV Alternative
- 14 He writes restaurant updates
- 15 Sky color
- 19 Mascot of old MV High School
- 23 Audible alerts
- 25 Other
- 26 Part of a circle
- 27 Vegetable with kernels
- 28 Calvin Klein
- 29 Movie with MV city hall in it
- 32 Scottish cap
- 34 OMVNA August parties
- 39 Negative
- 40 Old drive-in at Grant & El Camino Real
- 43 Use a keyboard
- 44 Remain
- 46 Provides shade
- 48 Attempt
- 49 Shoreline Park landfill
- 50 Fish eggs
- 51 Not hot
- 52 Exist
- 53 A listing of events
- 54 Skirmish
- 56 Short musical composition
- 57 Delivery robot in MV

Down

- 1 Child care, baby ____
- 2 Monkeys eat them
- 3 Ticket end
- 4 Song
- 6 Sun dried brick
- 9 Internet protocol
- 12 Hut at swimming pool
- 13 For chopping down trees
- 15 Neighborhood gathering
- 16 Songbird

Down (cont.)

- 17 Metal coffee container with tap
- 18 Dorothy's Auntie ____
- 19 CA Highway 82
- 20 Appliance company
- 21 Vocalize a tune
- 22 Graphic symbol on computer
- 23 Air Conditioning
- 24 Transistor material
- 29 Radium symbol
- 30 Vision
- 31 Lacking sensitivity
- 33 Machine that carries out actions
- 35 Anti
- 36 ____ your engine
- 37 MV's main street
- 38 Young tree
- 41 Gymnastic move
- 42 Pant measurement
- 44 Avenue
- 45 Yes
- 47 Self-esteem
- 51 The Golden State
- 52 Buzzing insect
- 55 Employee Assistance Program



ICE CREAM SOCIAL *Distancing*

The Summer Street Social A Recipe for Socially Distant Neighbor Meet-ups

We are living in an odd time where traditional block parties and neighbor gatherings are taboo and frowned upon. Isolation is too isolating and what we need is a safe way to have a little mask-to-mask in-person meet-ups.

While some residents have ample yard space to have a guest or two visit and maintain county guidelines, others may be feeling left out (or in, as the case may be). The following is a recipe to have an inclusive street social, and invite your near neighbors to participate (and stay safe).

If you are unwell, considered at risk, or don't feel comfortable with this activity, then you should not participate.



Be the host:

- Pick a date (see the side column for ideas to celebrate)
- Set out signage on your street (see sample below)
- Send out the details to neighbors

Details:

- Those who have space, set up own chairs /table at end of their drive way
- Set up guest chair(s) 6+ feet away
- Wear a name tag
- Wear a mask
- Wander mindfully to socialize at the end of the driveways

Remember:

- Avoid the street, keep sidewalks clear
- Maintain 6+ feet distance
- Wear masks except when eating/drinking
- Bring your own food/drinks
- Parents be mindful of your kids

Concept modeled from a Paul Avenue Neighbor

★★★★

Don't know your many neighbors? Try these RSVP ideas to collect emails

Set up a google form
Create a new email like
YourStreet@gmail.com

National Ice Cream & Pie Month?

**Delicious days ahead.
Nearly every day in
August is filled with
National Days celebrating
desserts.**

- 1 National Raspberry Cream Pie Day
- 2 National Ice Cream Sandwich Day
- 3 National Watermelon Day
- 4 National Chocolate Chip Cookie Day
- 5 National Underwear Day
- 6 National Root Beer Float Day
- 7 National Water Balloon Day
- 8 National Sneak Some Zucchini Into Your Neighbor's Porch Day
- 9 National Rice Pudding Day
- 10 National S'mores Day
- 11 National Presidential Joke Day
- 12 National Vinyl Record Day
- 13 National Prosecco Day
- 14 National Creamsicle Day
- 15 National Lemon Meringue Pie Day
- 16 National Tell a Joke Day
- 17 Black Cat Appreciation Day
- 18 National Ice Cream Pie Day
- 19 National Soft Ice Cream Day
- 20 National Chocolate Pecan Pie Day
- 21 National Spumoni Day
- 22 National Pecan Torte Day
- 23 National Sponge Cake Day
- 24 National Peach Pie Day
- 25 National Banana Split Day
- 26 National Cherry Popsicle Day
- 27 National Pots De Creme Day
- 28 National Cherry Turnovers Day
- 29 Insert your favorite dessert here :-)
- 30 National Toasted Marshmallow Day
- 31 National Trail Mix Day

Curated from
www.nationaldaycalendar.com

Per CDC Official Guidelines

Many people have personal circumstances or situations that present challenges with practicing social distancing to prevent the spread of COVID-19.

Know Before You Go: Before going out, know and follow the guidance from local public health authorities where you live.

Messages Sent—But How Received?

by Elisabeth Seaman

How much thought do we put into messages we send these days? Let's look at some questions we could ask ourselves before we send off a message:

- How do I want my message to be received?
- What kind of a response am I looking for?
- How well do I know the recipient of my message?
- How likely is the other person to respond to the message I send?

This may be a lot to think about before writing a text or an email, but it may be crucial to maintaining a positive relationship. This is where empathy comes into play.

Empathy is an essential ingredient in listening for deep understanding. It draws on the capacity to understand other people's thoughts and to feel their emotions. That goes for written communications as well as those in person. We need to ask ourselves, what wording would resonate with her and still get my message across to her?

At a recent study session I attended, a team was making a presentation. I thought I heard a team member say that if we weren't to accept the team's recommendation, he would be out of there and would be done with the project. At the end of the study session, participants in the meeting were asked for written feedback.

I wrote a first draft of a message I was planning to send to the team. In it I wrote that what the team member had said was

unacceptable and an affront to everyone concerned. However, I gave more thought about how this would be received by the team member who had made the strident declaration.

So, I wrote a second draft of my message, "Did I hear correctly that XXX said he would take non-acceptance of the team's proposal as a personal rejection and he would not continue with the project? If so, the harsh statement he made could come across as intimidating and result in shutting down the conversation. I hope all of us can be more open to hearing each other's questions and opinions even under trying conditions." I sent this second draft.

The following day the person who had made the declaration at the study session, wrote to me and said he'd be glad to talk with me any time over issues to which I alluded in my email. He expressed no anger or animosity, but openness and a willingness to talk. We did meet the next day, and had a most cordial conversation. He agreed he could have stated his position more constructively and said he'd think about this in the future.

A little empathy can go a long way toward building and maintaining good feelings among coworkers, family members, friends, and even strangers.

Elisabeth is the co-author of *The Unexpected Gift: Making the most of disputes in life and work* with Jack Hamilton and Sharlene Gee. iUniverse, 2018

Park Updates



by Elisabeth Seaman

A former resident of this neighborhood, Cathy Murphy, read the article about the park on the corner of Eldora, in the last issue, and she wrote me this:

"That park used to be the home of Al and Nellie Rosingana and family, he of Al's Foodmaster on Dana Street. I went to St. Joe's with Harry and Leonard, Al's sons". Cathy's son Nick and his family now live on Eldora.



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Life in the online flute studio

by Marian Concus

I have approximately twenty private flute and recorder students. In the beginning of this year, I switched from seeing them all weekly face-to-face, to teaching them online. I have mastered Zoom and FaceTime, but my students have become even more technologically proficient than I have.

In addition to preparing their flute assignments, some of my students have worked on computer antics to use during their lessons. And I am guilty of having been entertained by their mischief.

At the beginning of their online lessons, my students seem extremely happy to see me appear on the computer screen, especially those that crave undivided adult attention. For the most part they are willing to follow my direction, that is until they feel a need to circumvent my authority.

If I try to correct their hand position, they can hide behind the computer camera, or simply turn off the video. If they need a break, they can turn the camera upside down. And if I ask them to play something they have not practiced, they can turn off the audio while quickly re-viewing their music.

And my students know I can't see their assignment books during their lessons. They sometimes say, "You didn't tell me to do that", or "I forgot." So I have learned to keep track of their homework. This helps me be prepared for their remarks.

To help my students cope with Shelter in Place difficulties, I have given them extra lesson time when their overloaded household WiFi or disorganized household schedules have interrupted their flute instruction.



And my patience and generosity has paid off. My students have tolerated my technological shortcomings, and some have even taught me to use my computer more efficiently.

They have introduced me to repertoire and video game music I would not have known otherwise. Most of my students enthusiastically performed in the Zoom recitals that replaced the performances they had been scheduled to participate in at Community School for Music and Arts, Almaden School for Music and Art, and Bellarmine College Preparatory School.

So what is it like to teach online? Well it's much easier to teach in person. Remote learning isn't perfect. But my students are still progressing, and having fun.

In the big scheme of things, I feel my students benefit greatly from the emotional outlet music provides them and the focus their practicing demands amidst societal chaos.

Marian Concus is a freelance flutist and lives in Old Mountain View. She is a member of Santa Cruz and Fremont Symphonies and teaches at Community School for Music and Arts, Almaden School for Music and Art, and Bellarmine College Preparatory School. www.mconcusflutist.com

Neighborhood Watch



Family

Photo by: Heather Myers




Castro Street

Photo by: Andrea Klein Lacy



Everything Will Be OK

Photo by: Mia Whitfield



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Neighbor Is a Verb



by Sam Blewis

When I was given the opportunity to start a new faith community in downtown Mountain View, I spent as much time as possible trying to have conversations with people in this area. “What do you love about this area? What troubles you about this area?” I would ask people over and over again. A theme I heard repeated over and over again was a desire for authentic connection in this area. The kind of relationships and connections where we don’t have to put up the façades that we so often wear in this area to make sure we appear to be who we are supposed to be—relationships where we can share genuinely about our lives and do the work of being present with one another in community.

So that has been the focus of Front Porch, the new faith community in downtown Mountain View getting started at the corner of Hope and Mercy. We look

at this neighborhood and see so much beauty and so much good. We see the ways that people reach out and care for one another. It’s the best. And so, we started to call this the Sacred Act of Neighboring. Everywhere I go I keep an eye out for people engaging in the Sacred Act of Neighboring—people saying hello when they’re walking their dog, people sharing lemons from their tree, people keeping an eye on my kids when they’re out and about. There are so many ways that folks in the Old Mountain View Neighborhood make the word neighbor a verb.

When we started Front Porch, we put all of our proverbial eggs in the basket of physical presence being crucial to the cultivation of authentic relationships.

So we started a community meal open to anyone hoping to connect with their neighbors and engage authentically. It

was... not great timing. It turns out that being physically present with one another isn’t super safe right now.

But I don’t think that means the Sacred Act of Neighboring is dead. I see people finding new and creative ways to do this all of the time. What does it look like to bring a little joy to the neighborhood? What does it look like to make authentic connections without being physically present with one another?

This neighborhood is showing me how more and more each day. I can’t wait to see the next way our neighbors show us how to engage in the Sacred Act of Neighboring.



Rediscovering Yoga

by Cheri Gross

I’m not a morning person. Since shelter in place began, in March, I’ve been taking Doris Yoga core condition classes at 6:30 a.m. Doris Yoga is body awareness and control; actively engaging muscles we’re not accustomed to engaging, strengthening them to live pain-free, improve balance, and build core stability.

Inviting me to join her 6:30 a.m. core conditioning yoga class, Doris asserted I would get 6-pack abs. I’ve observed dramatic shifts in my body.

Speaking of paying off, the yoga business has been tough for yoga teachers. Many were furloughed in March, due to shelter in place. To survive, they’re reinventing their businesses. Many are transforming their homes into virtual studios. Mountain View resident Doris brands herself simply as “Doris Yoga, Just Be”. She’s gone from teaching 18 classes at 7 locations a week, to teaching from home.

Upsides include saving travel



time and conserving gas. Doris has participants in Washington DC, Colorado, Oregon, France, UK, Denmark, and South Korea. “I’m digging this Zoom thing. It’s exciting connecting with students around the world,” Doris admits. Her international following stems from leading annual trips to Nepal. She has an Italian trip lined up, deferred due to COVID.

Doris reminds us, “Self-care is important, as we face unforeseen challenges. I’m grateful we’re staying connected via technology. It provides comfort and joy amidst uncertainty.”

A participant observes “I’ve noticed my right hip improving.

I note new back muscle definition. I’m able to coordinate big muscle groups.” Another student shares, “As I became increasingly sedentary during quarantine, I noticed old injuries cropping up in my hip and shoulder, making sleep and sitting difficult. After consistently practicing Doris Yoga, I’ve gained stability in those joints. In addition to healing my injuries and sleeping better, I have improved posture—and a more muscular behind!”

Doris teaches meditation classes on Monday, Wednesday, and Friday mornings. For 15 minutes Doris will guide you through visualization and breathing techniques.

What’s the downside? That things get “back to normal”, and we won’t have Zoom classes anymore. Just when I got hooked on waking up early, and getting my early morning core conditioning.

Learn more at:
<http://dorisyyoga.com>

El Camino Healthcare District

Free COVID-19 testing

No-Cost COVID-19 testing funded by the El Camino Healthcare District is now available for those who live, work or go to school within the District.*

Tests are required to be scheduled in advance and are available Monday through Friday, 7:30 a.m. to 4 p.m.

Please call 650-940-7022 and select Option #4 to schedule your free test.

For more information on testing and locations, go to **elcaminohealth.org/covid19testing**

* The District's cities include most of Mountain View, Los Altos and Los Altos Hills; a large portion of Sunnyvale, and small sections of Cupertino, Santa Clara and Palo Alto.



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