



# Sherman Oaks Neighborhood Association

## Notes From the President

*First of all, Happy 2009 to all of you. I hope your holiday season was fun, filled with family and that somehow, somewhere along the line you had some time to put your feet up and enjoy yourselves.*

*Thank you all for being so open to moving our meeting this month. When the first of the year starts on a Thursday, our first real week is still in the middle of vacation time.*

*Our meeting is going to be an open forum this month to discuss plans for the year and to set some goals. Tree planting, an e-waste recycling event and moving forward on fund raising and other plans will require your help. We want to make sure that what is planned is what you want.*

*This is also going to be our time to get caught up on what's happening with San Jose City College, the Bascom Community Center/Library and other projects near and dear to our hearts. The Mayor's office always holds a budget meeting for the community in January.*

*What are your thoughts on services you feel are absolutely necessary and what services could be cut? In this time of financial meltdown, the city needs to continue to cut expenses. Your voice should be part of that process.*

*I try to keep my personal life out of this column, but I have a favor to ask of those who live along Fruitdale and Kingman. Are any of you being bothered by a family of raccoons? While they were cute this spring and summer, it makes me shudder to think what will happen when breeding season comes upon us and we suddenly have a dozen or more. They are busy feeding themselves in our backyards and need to be relocated but I am not sure what their range is. And, if you find pieces of chimes or bird feeders in your yard and can't figure out how they got there, they probably came from my yard....those little "bandits" are quite smart.*

*Looking forward to seeing you at the meetings....Randi*

## SONA

### General Meeting

Tuesday

January 20, 2009

6:30pm

Coffee and Social Time

7:00pm

Welcome

7:05pm

SJPD (if available)

7:10pm

Open Forum

8:00pm Adjourn

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

#### Stay Warm

**With the cold season here, there is no need for you or anyone you know to suffer. There are warming stations open (free) in community centers around the city. For a location call the 24 hour city hotline 535-3500. Make sure you or someone you know is protected.**

## Notes and News

While **graffiti** may slow down some in the fall and winter, it should not be tolerated at any time. You can call the City's 24 hour hotline for all of these problems by dialing 535-3500

December brought the rains out finally, but there are areas that really need some attention. If your **street drainage is chronically blocked** with overflowing water, call the city before it becomes a huge problem. If you can clear the blockage yourself, then do so; keep these drains clear keeps our water clean. You can always call the 24 hour hotline (535-3500) for minor problems, but we have one intersection (Moorpark and Leigh) that becomes so flooded we lose several lanes. In this case, you can call 311. That's 277-8900 on your cell phone.

**Join District 6 residents on February 7, 2009 at the Sherman Oaks Community Center.** We will be spending a morning meeting our neighbors and working on common issues. If you are interested in public safety, streets and traffic, parks and recreational facilities, planning and development or any other topic that affects the neighborhood and our business districts, please join us from 9am-noon. You'll find that many residents have the same issues in their neighborhoods and they are willing to work together to help build resources and address problems that affect us all.

**Please help us locate a lost dog. See the back page for more info.** And, if you were one of those firing off artillery on New Years Eve....

The **DaVnci exhibit** has been extended for another few weeks. This is a must see event. Be prepared to spend a couple of hours marveling at a time when art, science and medicine were all thought of as an interwoven part of life.

We had a great potluck in December! We saw many new faces, had time to sit and get to know each other and there was a ton of great food that we all got to divide up and take home. Many thanks to Michael LaRocca for pulling it all together.

### New and Renewing Members

**Thanks to our new and renewing members!**

**Steven Kline and Laine Kulwin, Elaine Ferris, Woody Wilson & Brnda Brown, Carlos Uribe, Mary Margaret Wedge, John & Sally O'Toole, Lea & Bill Adams, Janet & James Hawkins, Mehran Beheshti, Lois Silva, Glenn & Joy Lillie, Jan Hawkins, Charlotte & Roque Centeno, Bo Brackmann, Yoka Drion & Paul Gonda, May Inouye, Jacqueline Schooler, and Anne Kearney**

SONA dues help pay for meeting expenses, our website and our newsletter. As a grassroots operation, we depend on dues and donations for revenue. It's not too late to support SONA by sending in dues or donations.

PRESIDENT, Randi Kinman	835.2881	randikinman@yahoo.com
ADMINISTRATIVE VICE PRES, Marlene Bird	288-9727	mbird@cbnorcal.com
SECRETARY, Nancy Moritz	993-1059	
TREASURER, Michael LaRocca	564-2374	mlrool@yahoo.com
BOARD MEMBER, Sheila Cvitanich	292-2690	
BOARD MEMBER, Jussi Rajna	291-0202	
BOARD MEMBER, Lisa Steingart	666-3287	
Website	www.sona-sj.com	

SONA's newsletter is published monthly and distributed to almost 1500 residences. It is partially funded by a City of San Jose CAP Grant. All ad copy is due by the 15th of each month. Our all-volunteer group welcomes your participation and comments.

SONA Newsletter Editor: Randi Kinman  
SONA Website Administrator: Patrick Solmon

## **COLD WEATHER TIPS**

### **Cold Weather Health and Safety Tips from the American Red Cross**

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. Follow these tips to stay safe in cold weather:

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
- If possible, avoid being outside in the coldest part of the day, or for extended periods of time in extreme cold weather.
- Dress in layers so you can adjust to changing conditions. Avoid overdressing or overexertion that can lead to heat illness.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
- Take frequent breaks and stay hydrated.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has hypothermia or frostbite.
- Recognize the symptoms of hypothermia that can be a serious medical condition: confusion, dizziness, exhaustion and severe shivering. Seek medical attention immediately if you have these symptoms.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.

**Let's All Practice and be Aware of  
These Tips and Have a Great  
New Years**

## **AVOID IDENTITY THEFT**

This is the time of year we clean out the old and get ready for the new. In doing so, we often start clearing out unnecessary papers and documents. Are you protecting your safety while disposing of documents in an environmentally good manner?

- You don't need to keep cancelled checks, copies of statements and your duplicate checks. Cull out some of these for easier storage.
- Shred any document with your personal information on it. We receive a ton of mail that includes our social security number, account numbers, date of birth or other information that can be used to steal your identity. Buy a small compact shredder, or at the very least, use scissors to cut up the papers with this information.
- Always place shredded paper in a clear plastic bag that is tied shut. We have been instructed by waste management to make sure that all of this loose, shredded paper is not flying around. Imagine what it's like when you open a box with that annoying stuff and then multiply that a million times. Besides, this bag of shredded paper can go at the bottom of your recycling.
- Never, ever burn documents. This creates a health hazard due to the particulate matter it releases. Burning paper floats away from your control, and besides, it smells bad.
- Do not use your social security number as an online identification. Keep all your passwords and online id info stored safely; that does not mean posted on your computer monitor. Change your passwords at least once a year.
- Never give out vital information over the internet for "promotions".

### **WANT TO SLEEP LIKE A KING?**

**Do you need better sleep?**

**Is your mattress 10 + years old?**

**Want the best for LESS?**

**If you are in the market for a new  
mattress call Shane at 408 499 8221**

**Be sure to mention the SONA ad**

# SUPPORT SONA ADVERTISERS



## Marlene Bird

408-491-1627 Direct  
mbird@cbnorcal.com  
www.marlenebird.com

*Your Sherman Oaks neighbor for 40+ years...For all your real estate needs...CALL ME...I'm always here to help!*

1045 Willow Street, San Jose CA 95125

**COLDWELL  
BANKER**

RESIDENTIAL BROKERAGE

**PRIME Mortgage Funding, Inc.**  
Your Primary Choice in Home Loans

## Shane Costanza

408 499-8221  
2001 Gateway Place 301E  
San Jose, CA 95110  
E-mail: [shane@pmfloan.net](mailto:shane@pmfloan.net)



## Nicole Morrella-Costanza

Moving people and places  
leaving happy faces!

408 781 3093

**Century 21**  
Hallmark Realty  
[www.morrellahomes.com](http://www.morrellahomes.com)

## Quality Childcare right in your neighborhood!

Joanna S. Koomas

Childcare Provider

Mon - Fri, 7:30am - 5:30pm

Small group, ages 6 weeks & older

Excellent references & competitive rates!

License # 434409814

408-293-4453



We lost our dog on News Years Eve. We live on College Drive and are hoping that someone in the neighborhood has her and will return her to us. We are very worried about her. She has tags with our phone numbers on them. If you see her please call ASAP. Thank you, Roxana & Doug.

**Please call-**

**408 8381032**

**408 293-5048**



**\*\*\* REWARD \*\*\***