



President's Message

July 2024

Dear Fellow Residents,

With the weather of the past few days, it is very clear that summer has arrived! I hope everyone is out enjoying the latest "heat wave". In the next few days, we have our annual July 4th BBQ to look forward to. We can always use a few more volunteers if anyone would like to help out.

Looking back, we just had a very successful May and June. The Mother's Day Luncheon and Memorial Day were great events. Our donation drive for the Palo Alto VA Health Care System: Patient Needs was very successful and very appreciated by the Palo Alto VA. June's Father's Day event was a great potluck and The Dragon Boat Festival is always a very entertaining afternoon.

I'd like to thank everyone who worked so hard to make these events the successes that they were. I'd also like to thank everyone who stepped forward to help out at these events: be it food prep, decorating, set up, or clean up. It really does take many hands to have a successful event, thank you!

Sheila Wark

warkwyn@gmail.com



The 2024 CCVRA Board Members

(L-R) Sheila Wark, Kathy Love, Peggy Wegner, Bruce Edmundson, Diane Daley, Bill Hines, Priscilla Mattson, Elizabeth Morrison and Weizhi Sun

The Cape Cod Whaler is published monthly by MHB Group
for and distributed solely to residents of Cape Cod Village.

Cape Cod Village Residents Association

May 28, 2024 Association Meeting Minutes

Call to Order: The meeting was called to order on May 28, 2024 at 7:02 pm. There were 19 residents in attendance.



Flag Salute was led by **Nat Hanson**

Welcome New Attendees: No new attendees.

Approval of Minutes: Due to a delay with the delivery of the June Whaler, we do not have any minutes to approve. We will catch up next month.

Reports:

Treasurer's Report:

As of May 1, 2024, the beginning balance was \$5,515.20.

Total Income was: \$878.88.

Total Expenses were: \$1051.59.

Ending balance as of May 31, 2024 was \$5,342.49.

Membership Report: **Diane Daley** reported that we have 110 members out of 71 households.

Circle of Care: **Jo Asplund** reported. Please see Whaler for further details.

Treasure Seeker's Report: We collected \$192.88 for the month of May. The next collection date will be June 2, 2024.

Old Business:

➤ **Whaler:** The June Whaler went to print on May 9. **Sheila Wark** doesn't know what has happened, but we have not received our June Whalers yet. She sent Boe Davis an email on May 27th and he has assured her that the June Whaler is being printed.

➤ **Memorial Day Donation Drive:** We have had a very successful donation drive for the Palo Alto VA Health Care System: Patient Needs. Thanks to **Peggy Wegner** for taking care of the donation box on her porch. **Peggy Wegner** and **Sheila Wark** counted everything on May 28th and have it ready to go to the Palo Alto VA on May 29th.

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Cape Cod Village Residents Association: May 28, 2024 Association Meeting Minutes

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New Business:

➤ No new business.

➤ Events:

May Events

•**Exercise Class:** Every Monday and Wednesday mornings from 10:00 am to noon. Line dancing on Fridays at 10:00 am. **Sandy Bain** and **Jon Lichtenberg** have officially taken over from **Barb Matson**.

•**Line Dancing:** Every Friday at 10:00 am. **Sandy Bain** and **Jon Lichtenberg** have officially taken over from **Barb Matson**.

Sheila Wark would like to take this opportunity to thank **Barb Matson** for all her hard work getting both the Exercise Class and Line Dancing up and running.

•**Bible Study: Mary Knoppe:** Every 2nd and 4th Wednesdays from 1:30 to 2:30 pm in the craft room. **Mary Knoppe** has informed **Sheila Wark** that Bible Study will be taking a break for the summer. The last Bible Study for the summer will be June 12, 2024. Bible Study will resume on September 11, 2024.

•**Mother's Day Luncheon:** May 5, 2024: Noon until 3 pm. Lunch and bingo. **Kathy Love** was the chairperson. We had 36 people sign up. Everyone seemed to have a good time and the food was wonderful as usual.

•**Movie Night: May 25, 2024:** Doors opened at 6:30 pm and the movie started at 7:00 pm sharp. This month's movie was "King Richard". This was the story of Richard Williams, father of legendary tennis champions Venus and Serena Williams. He shows how family and perseverance can achieve the impossible and impact the world. Starring Will Smith as Richard Williams. We had 8 people show up.

•**Memorial Day: May 27, 2024:** Flag raising was at 11:00 am with lunch to follow. **Sheila Wark** was the chairperson. **Bill Hines** took care of the flag raising. **Sheila Wark** and **Tim Gladwin** looked after the music and reading. We had 31 people sign up for lunch. It seemed to work as a way to mark the day.

June Events

•**Father's Day: June 8, 2024:** Potluck and Bingo. **Bill Hines** is the chairperson. Flyers have gone out.

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Cape Cod Village Residents Association: April 30, 2024 Association Meeting Minutes

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•**Dragon Boat Festival: June 23, 2024:** Doors open at 1:30 pm and the program runs from 2:00 to 4:00 pm. **Weizhi Sun** is the chairperson. Sponsored by CCVRA and Melody Chorus Society.

July Events

•**4th of July: July 4, 2024:** Flag raising followed by games, BBQ, and Bingo. We will need volunteers from the community to pull this off. So far we have commitments for BBQ, Bingo and Cookie Walk. If you want more games, we need volunteers. Let **Sheila Wark** know ASAP if you are available to help out.

Comments, questions and additional items are invited from the floor.

The next Association meeting will be June 25, 2024 at 7:00 pm, doors open at 6:45 pm.

There being no further business, a motion to adjourn was made by **Art Aguiniga** and seconded by **Jo Asplund**. Motion carried.

Meeting adjourned at 7:28 pm

Respectfully submitted.

Peggy Wegner

Secretary

CCVRA Contact Information

Name	Function	Number	eMail
Sheila Wark	President/Kitchen	1 (323) 886-7829	warkwyn@gmail.com
Kathy Love	Vice President/Events	1 (650) 793-0991	Kathylove07@comcast.net
Diane Daley	Membership	-	dddaley3@gmail.com
Sheila Wark	Flyers and Copying	1 (323) 886-7829	warkwyn@gmail.com
Bruce Edmundston	Treasurer	1 (408) 307-6810	bruceedm@gmail.com
Jo Asplund	Circle of Care	1 (408) 205-1159	jvasplund@gmail.com
Vicky Lawson	Circle of Care	1 (408) 230-2551	-
Kitty Etter	Whaler Crew	1 (408) 744-0789	ketter63@yahoo.com
Priscilla Mattson	Whaler Crew	1 (408) 744-0789	prism2018@yahoo.com

Cape Cod Village Residents Association

Treasurer's Report - May 2024

05/01/2024 Balance Forward **\$ 5,515.20**

Income:

Dues and donations	\$	12.00
Treasure Seekers		192.88
Event income		674.00

Total Income		878.88
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Expenses:

Clubhouse	\$	(26.17)
Office/copy/printing		(50.13)
Fees/permits		-
Event expenses		(975.29)

Total Expenses		(1,051.59)
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Monthly Net Income (Expense)		\$ (172.71)
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05/31/24 Ending Balance		\$ 5,342.49
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Event summary by item	Expense	Income	Net Income
05/05 Mother's Day luncheon	(612.09)	450.00	(162.09)
05/25 Movie Night	(20.47)	14.00	(6.47)
05/27 Memorial Day luncheon	(342.73)	210.00	(132.73)

Fellow Musicians

I'm Dave, I'm a Drummer and looking for anyone in the Cape Cod Village Community that would like to get together and play some music!

Contact me if interested.

Cell- 650-207-6751

Email- dcsemenero@gmail.com



Cape Cod Village Celebration!!!

Thursday, July 4, 2024

11:00 am - 5:00 pm

At the Clubhouse

The Day's Events:

11:00 am Flag Salute Ceremony

11:20 am Corn Hole

12:00 pm (noon) to 1:30 pm Lunch

1:30 pm Cookie Walk

3:00 pm Bingo (\$1 per card per game)



The menu:

Hot dogs

Hamburgers

Coleslaw

Baked Beans

Chips

Ice Cream

Watermelon

Soft drinks and water

Drinks and snacks available as long as supplies last.

"Submit your reservation no later than June 28, 2024."

"Reservations after June 28, 2024 will NOT be accepted."

4th of July Celebration

\$7.00 CCVRA members, \$9.00 non-members (per person)

Members Name(s): _____

Guest(s) Name(s): _____

Space # _____ # Persons _____ Amount Enclosed: \$ _____

of Hamburgers: _____ # of Hot Dogs: _____ (two meat items per person)

I'd like to help with:

Food prep: _____ Decorating: _____ Set-up: _____ Clean-up: _____ Games: _____

Please make check payable to CCVRA and return this slip to the Association box

"Submit your reservation no later than June 28, 2024."

"Reservations after June 28, 2024 will NOT be accepted."

Editorial Deadline

- 5th of each month

Submissions

- Send submissions to: dms@danielsart.com
- Will be edited for content and space.
- No discussion of politics or religion shall be printed.
- No commercial advertising other than paid display advertising arranged with the publisher shall be included.
- Unable to accept copyrighted material.
- The publication is not to be used for residential/management disputes by either residents or management.

Copies of past issues of the Whaler can be found on the CCVRA website at:
<https://www.danielsart.com/CCVRA/Welcome.html>

Only the First Sunday of Each Month
Pick-up Sunday Between 6:30 pm and 7:00 pm

Treasure Seekers **Permanent** Pickup Schedule

A few tips to help you (and the Treasure Seekers Crew)

Be sure to place your recyclables in a container (plastic, paper or reusable container that we will return to you).

Place your containers at the end of your driveway - Not in the street or in the rain gutter.



**Put Your "Treasures" Out No Later than
6:00 PM on Sunday Evening.**

July 2024

Sun.	Mon.	Tue.	Wed	Thur.	Fri.	Sat.
	1 Walking Exercise Class 10:00 AM	2	3 Walking Exercise Class 10:00 AM	4  Celebration 11am to 5pm	5 Walking Exercise Class 10:00 AM	6
7  Treasure Seekers 6:30 PM	8 Walking Exercise Class 10:00 AM	9	10 Walking Exercise Class 10:00 AM	11	12 Walking Exercise Class 10:00 AM	13
14	15 Walking Exercise Class 10:00 AM	16	17 Walking Exercise Class 10:00 AM	18	19 Walking Exercise Class 10:00 AM	20
21	22 Walking Exercise Class 10:00 AM	23 CCVRA Board Meeting 6:30 PM	24 Walking Exercise Class 10:00 AM	25	26 Walking Exercise Class 10:00 AM	27
28	29 Walking Exercise Class 10:00 AM	30 CCVRA Meeting Doors open 6:45 Meeting at 7:00 PM	31 Walking Exercise Class 10:00 AM			

July 4 4th of July Celebration 11:00 am

July 7 Treasure Seekers 6:30 pm

July 23 CCVRA Board Meeting 6:30 pm

July 30 CCVRA - General Meeting 7:00 pm

 <i>July Celebrations</i> 	
<i>Happy Birthday</i>	<i>Anniversary Congratulations</i>
1 Loc Ly	13 Carole Childress
2 Patricia Carpio	14 Donna Skwarzynski
2 Mary Mitchell	22 Brian Holmes
7 Sharrol Thatcher	24 Denise Berri
8 Alice Palacio-Garbarino	25 Andie Cortez
11 Phyllis Chrisman	26 Denton Nelson
11 Mi Ha	31 Randy Dinga
2 Cindy & Randy Dinga	2005
7 Dave & Joan Johnsen	1990
7 Sheila Wark & Tim Gladwin	1990
11 Phyllis Chrisman & Dori Shimer	2008
20 Robert & Kumi Canastra	1991
22 Barb Matson & Daniel Schwartz	1984
20 Stella Bakalor & Lev Pilip	1970

July Directory Updates
No Updates this month
<p>Please Update your directory and take a moment to make sure your entries are correct. If not, please submit changes on the CAPE COD VILLAGE INFORMATION FORM printed in this Whaler and deposit in the CCVRA mailbox in the clubhouse.</p>

CAPE COD VILLAGE INFORMATION FORM

Please **PRINT** all information

Date: _____ Space # _____

Name 1: First _____ Last _____

Phone (only 1 per person) _____ Birthday: (mm/dd) _____

Email _____

Name 2: First _____ Last _____

Phone (only 1 per person) _____ Birthday: (mm/dd) _____

Email _____

Anniversary: (mm/dd/yyyy) _____

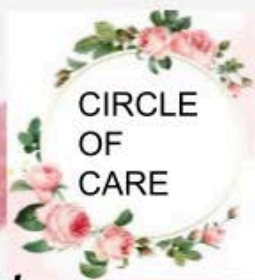
Please fill out this form and place it in the CCVRA mailbox in the clubhouse.
******* Updates and additions will ONLY be accepted on this form. *******
**** This information will be published in the Whaler, and used to update the CCV Phone Directory, (unless requested otherwise). ****

***** For Official Use Only *****

Date Received: _____ Date Entered: _____ By: _____

Code: Anniv Birthday Delete Email Moved New Phone Spelling

CCV_Information_Form_07



Our friend and former neighbor, Dory Dixon has passed away. Dory was in an assisted living home for the past few years. Her daughter, Julie and family would be happy to know that we are all thinking of them and are sending deepest sympathies.

We also want Robert Valdez to know that we were thinking of him during his recent medical situation. Hope you are doing well, Robert.

We would also like to keep Paul Goodwin in our thoughts as he continues to recover from a recent stroke.

A reminder from Co Chair Jo Asplund and Vicky Lawson to all residents. Please contact either of us to report any information about a friend or neighbor who may need get well wishes or condolences.

Please collect pertinent information concerning the individuals for correct spelling of their name and correct space number.

Questions directed to co chairs will be answered as quickly as possible.

Help us bring a small amount of comfort to those involved.

Thank you so much!

Jo Asplund 408 205-1159

Vicky Lawson 408-230-2551

Healthy regards to all residents from Cape Cod Residents Association

Walking Exercise Class In the Cape Cod Village Clubhouse



Every Monday, Wednesday and Friday
at 10:00 am
in the Clubhouse



Call: Sandy Bain or Jon Lichtenberg for details:
408-685-2140

Cape Cod Bible Study

Bible Study is taking a break over the summer.

The last Bible Study was on: June 12, 2024.
Bible Study will resume on: September 11, 2024.

Everyone is welcome!!!!!! Give us a try!!!!!! Questions?
Any questions contact Mary Knoppe 408-541-1520
maryknoppe@sbcglobal.net



Library or Clubhouse Donations

Please **DO NOT** leave items in the library or clubhouse. If you have items you wish to donate, please contact one of the following people:

Books for the library: please contact: Kathy Love at: 1-650-793-0991

DVD's for the DVD library: please see Joe Madison in #150

Puzzles for the puzzle table: please contact Peggy Wegner at: 1-650-303-4072

If any of the above people are unavailable: Contact Sheila Wark at: 1-323-886-7829

All other items: please speak to Management.



Cape Cod Village Memorial Day Donation Drive 2024

Congratulations everyone! We have had a very successful donation drive for the
Palo Alto VA Health Care System: Patient Needs.

Peggy and I counted everything and the following is the list of items:

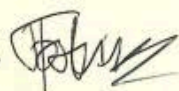
Item	Number	Item	Number
Quilt	1	Trident gum	6
Duffle Bags	3	Pkg ladies underwear	1
Cosmetic bags & make-up	4	Slippers	1
Jig saw puzzles	3	Pkg socks	14
Word puzzle books	9	White T-Shirts	6
Pkg of pencils	6	Graphic T-Shirts	3
Playing card set	1	Ladies dress shirts	2
Sewing kit	1	Sweater	1
Reading glasses	10	Hair brushes	2
Lip balm (Chapstick)	4	Toothpaste	29
Shaving Cream	12	Men's Shower gel	13
Pkg Razors	12	Body Wash	17
Pkg Toothbrushes	18	Deodorant	9
Pkg Dental Floss	5	Bar Soap	4
Shampoo	16	Conditioner	2
Body Lotion	11	Talc Powder	1



Peggy's Car load headed to the Palo Alto VA.

May 2024

Palo Alto ^{VA} Health Care System
Center for Development and
Civic Engagement would like
to thank the residents of
Cape Cod Village for their
donation of \$2,000 worth of
items in support of the
needs of our veterans.

Evan 



Someone as special as you
certainly knows how
to make the world a better place.



Cape Cod Village Memorial Day Flag Raising and Luncheon



Joe, Bill (veteran) and Bruce



Andy



Crowd at flag raising



David (veteran) and Christy



Mary, Charlie (veteran) and Jo



George (veteran)



Bill (veteran)



Diane, JoAnne, Peggy, Vicky, Sandy,
Jon, Alice and Sheila



Del, Paul, Derek, Isabel, Mary, Charlie, David,
Christy, Kitty and Dina



Carole and Elizabeth



Crowd Shot at Flag Raising Ceremony



Diane and Kitty at sign-in



Dina, Diane, JoAnne,
Jo and Sandy



One Last Crowd Shot

Freedom Isn't Free

By
Kelly Strong

I watched the flag pass by one day,
It fluttered in the breeze;
A young Marine saluted it,
And then he stood at ease.

I looked at him in uniform,
So young, so tall, so proud;
With hair cut square and eyes alert,
He'd stand out in any crowd.

I thought ... how many men like him
Had fallen through the years?
How many died on foreign soil?
How many mothers' tears?

How many pilots' planes shot down
How many died at sea
How many foxholes were soldiers' graves
No, Freedom is not Free.

I heard the sound of Taps one night,
When everything was still;
I listened to the bugler play,
And felt a sudden chill;

I wondered just how many times
That Taps had meant "Amen"
When a flag had draped a coffin
Of a brother or a friend;

I thought of all the children,
Of the mothers and the wives,
Of fathers, sons and husbands.
With interrupted lives.

I thought about a graveyard
At the bottom of the sea,
Of unmarked graves in Arlington.
No, Freedom is not Free!



*©Copyright 1981 by Kelly Strong
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Kelly Strong composed this poem when he was a senior at Homestead High School in Homestead, Florida, serving as a Junior ROTC cadet. It was written as a tribute to his father, a career marine who served two tours in Vietnam. Kelly is now a married father of three and resides in Mobile, Alabama. He is retired from the Coast Guard after 24 years service and is a Captain at a major U.S. Airline.

The Recipe Box



Cowboy Rice Salad

A Southwestern rice salad filled with bright zesty flavors and tossed with a lime dressing. Made with brown rice for extra flavor, and a hint of spice flavor in the dressing to drive home the SouthWestern flavors!

Serves: 8 - 10 as a side, 4 - 6 as a main. Prep Time: 20 minutes. Storage: Keeps in fridge for up to 3 days.

Author: Nagi Maehashi

Ingredients

- 4 1/2 cups cooked brown rice

Dressing:

- 1/3 cup lime juice , plus more to taste
- 1/2 cup olive oil
- 1 1/2 tbsp honey
- 1/2 tsp chipotle powder (sub with smoked paprika + cayenne pepper)
- 1/2 tsp cumin powder
- 1/2 tsp garlic powder (or 1 garlic clove, minced)
- 3/4 tsp salt
- Black Pepper



Salad:

- 1 red capsicum/bell pepper , diced
- 1 green capsicum/bell pepper , diced
- 1 small red onion , chopped
- 1 x 400g (14oz) corn kernels , drained
- 1 x 400g (14oz) black beans , drained and rinsed
- 3 tomatoes , watery seeds removed then diced
- 1 cup coriander/cilantro leaves , roughly chopped (Note 2)

Instructions

1. Place Dressing ingredients in a jar, shake. Taste test, adjust to your taste.
2. Place Salad ingredients and rice in a bowl. Drizzle with dressing. Toss, then serve. Fantastic served straight away and even the next day!

Notes

1. I like making this with brown rice because I like the slight nutty flavor, I think it adds more interest to the salad. However, it's super terrific made with white rice too. If using white rice , it's best to use long grain rice. Next best is medium grain. If using white rice,, you will need 1 1/2 cups of uncooked rice.
2. Coriander/cilantro is a pretty staple herb for a Southwestern salad! However, if you do not like / have it but are busting to make this salad, I think the best sub is either 1 1/2 cups of finely sliced shallots / scallions or 3/4 cup finely chopped chives. Different flavor, but still a nice burst of freshness to replace the coriander. Parsley will also be a suitable substitute (3/4 cup chopped) however I don't think it adds flavor as much as the other subs I suggested.



Sunnyvale Mobile Home Park Alliance

“Protecting Residents’ Investments & Rights”

UPS Noise Keeping Adobe Wells Residents Awake All Night

During the month October in 2017 smHpa received a complaint from an Adobe Wells resident who lived off of Tasman Drive right across the street from the UPS facility. He told us that there was so much noise at night that he and many of his neighbors could not sleep.

For more than 5 years there had been a problem with the UPS facility making excessive noise on a nightly basis. The timeframe was all night between 7pm–8am. This noise affected residents in 30 plus homes in the park.

One night smHpa went to the residents house and recorded the noise. It was often between 63.1- 81.2 decibels. This greatly exceeded the allowed 45 decibel tolerance.

There had been several attempts by the resident to meet with the UPS Management about the noise issue. UPS Management refused to meet with them. The residents also called the of Department of Public Safety (DPS) on many occasions but the problem persisted with no resolution.

smHpa then went to the next City Council Meeting and played the recorded noise for them to hear. smHpa also presented decibel reading graphs showing the excessive noise during the night time hours, an aerial map of Adobe Wells in relationship to UPS and a 54 signature petition from other affected residents. There were also several residents that spoke to the council about the problem.

The mayor immediately set smHpa up with the police chief and other city officials to work with regional UPS management to find a solution. Corporate management from Brandenburg, Staedler and Moore were also included.

For one year smHpa ran monthly meetings with the police, the UPS regional manager, the BSM regional manager and other city employees as needed. After much give and take UPS modified some of their equipment, made a few operational changes and shifted some of the heavy-duty noisy work to the swing shift, Eventually this made it easier for the residents to sleep at night.

Today, as near as we can tell, there is no graveyard shift noise, all noise is during the 3 to 11 time frame, but it is on the other side of the building.

Next month (August) more detail on our accomplishments



Just for Grins



All I'm saying is,
at any point during
that ride through the
desert he could have
given the horse a name.

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've traveled a long way and a lot of the roads were not paved.

All eyes were on the radiant bride as her father escorted her down the aisle. They reached the altar and the waiting groom. The bride kissed her father and placed something in his hand.

The guests in the front pews responded with ripples of laughter. Even the priest smiled broadly. As her father gave her away in marriage, the bride gave him back his credit card.

