

## President's Message

July 2025

The year is already half over! Summer is here and we have events planned for you to enjoy.



The 4th of July BBQ is coming up. We will be serving hamburgers and hot dogs, along with a green salad, baked beans, and chips. And, of course, desserts will be ice cream and watermelon. There will be a flag ceremony to start the day. There will be a raffle going on all day with tickets \$1.00 for 1 and \$5.00 for 7. We will finish the 4th with some Bingo games. I hope you will be able to join us for the fun.

The donation drive for the *Palo Alto VA Health Care System* was very successful. The items will be delivered to our veterans in need. These necessities are greatly appreciated. Thank you to all who donated.

The flag ceremony we had on Memorial Day was very moving. **Nat Hanson** explained to us how this day became a time to remember our fallen heroes. We took time to reflect after the observance in the clubhouse with donuts and bagels.

In August, Cape Cod Village will be celebrating its 49th Anniversary! We will be having an Ice Cream Social with an anniversary cake. The ice cream will be from *Baskin Robbins* with 5 flavors to choose from and 3 different toppings. Be sure to mark this on your calendar.

Peggy Wegner  
pawegner12@gmail.com



The 2024 CCVRA Board Members  
(L to R) Peggy Wegner, Kitty Etter, Bruce Edmundson, Bill Hines,  
Weizhi Sun, Elizabeth Morrison, Joe Madison & Eric Hopp.

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 27, 2025 Association Meeting Minutes



**CALL TO ORDER:** The meeting was called to order on May 27, 2025 at 7:01 pm. There were 13 residents in attendance.

**FLAG SALUTE:** was led by **Joe Madison**.

**WELCOME NEW ATTENDEES:** **Melody** and **Bruce Campion** Space #168.

**APPROVAL OF MINUTES:** A motion to approve the April 29, 2025 Association Meeting minutes was made by **Eric Hopp** and seconded by **Elizabeth Morrison**. Motion carried.

### REPORTS

#### TREASURER'S REPORT

As of May 1, 2025, beginning balance was \$6,364.64

Total Income was: \$335.86

Total Expenses were: \$536.04

Ending balance as of May 27, 2025 is \$6,164.46

Comments and questions were invited from the floor. The report will be filed subject to audit.

#### MEMBERSHIP REPORT

As of May 27, 2025, we have 103 members from 69 households.

#### CIRCLE OF CARE

**Jo Asplund** was not present to report. Please see **Whaler** for further details.

#### TREASURE SEEKERS REPORT

We collected \$144.86 for the month of May. The next collection date will be June 1, 2025.

### OLD BUSINESS

#### ► DIRECTORY

**Kitty Etter** is in the process of checking the names in the 2023 Directory to make sure they are correct. **Kitty Etter** is adding the names of the new residents to the database.

#### ► SUNNYVALE COMMUNITY SERVICE OFFICER

**Wendy Howard** is working on this and will let **Peggy Wegner** know the status. Pizza will be served when the officer comes.

#### ► MEMORIAL DAY DONATION DRIVE

The drive has been completed. **Peggy Wegner** will be taking the items to the VA tomorrow morning.

#### ► KITCHEN ISSUES

The locks have been replaced in the kitchen.

### NEW BUSINESS

#### ► ICE CREAM SOCIAL AND ANNIVERSARY PARTY

Everyone will have a choice of 5 flavors for 2 scoops of ice cream and toppings. There will be cake for the 49th Anniversary. There will be an early cut off for reservations as *Baskin Robbins* will need the time to put the order together for us.

(Continues on page 3)

# Cape Cod Village Residents Association

## May 27, 2025 Association Meeting Minutes

(Continue from page 2)



### EVENTS

#### ► MONTHLY EVENTS

- **Exercise Class - Monday, Wednesday and Friday morning from 10:00 am to noon**  
Sandy Bain and Jon Lichtenberg are the chairpersons.
- **Bible Study - Every 2nd and 4th Wednesdays from 1:30 to 2:30 pm in the craft room**  
Mary Knoppe is the chairperson.
- **Birthday Cake - First Saturday of the Month from 10:00 to 11:30 am in the Clubhouse**  
Weizhi Sun and Pong Yeung are the chairpersons. Everyone had a good time for the May birthdays. Cake was delivered to all May birthday residents.

#### ► MAY EVENTS

- **Mother's Day Tea - May 4, 2025, 1:00 to 5:00 pm**  
Chairpersons: The Board. Tea was lots of fun. We had 35 people signed up. 30 showed up. The Bundtini's were a big hit. Everyone enjoyed Diane Daley's tea pots. Bingo was fun, with Jimmy Asplund winning quite a few games. We gave a door prize to the "oldest" Mother: Joyce Just, at 97 years young.
- **Movie Night - May 10, 2025, 6:30 pm**  
Chairpersons: Bruce Edmundson and Elizabeth Morrison. Movie will be "*Nights in Rodanthe*". Donation and suggestion boxes were out. Popcorn and drinks were provided. 11 people were there.
- **Memorial Day Flag Ceremony with Donuts and Bagels - May 26, 2025, 10:00 am**  
Chairpersons: The Board. To remember our fallen heroes. We had about 30 people come to the flag ceremony. Nat Hanson spoke about how this is a day for remembering our fallen heroes. We had a good turnout for the bagels and donuts after the ceremony.

#### ► JUNE EVENTS

- **Father's Day Pizza Party - June 7, 2025, 5:00 to 9:30 pm**  
Chairpersons: The Board. Pizza, dessert and sodas will be served, we will have Door Prizes and Bingo. 11 people have signed up. There will be 4 pizzas to choose from. Everyone will have 2 slices. The cost is \$10 for members and \$12 for non-members.
- **Movie Night - June 14, 2025, 6:30 pm**  
Chairpersons: Bruce Edmundson and Elizabeth Morrison. Movie will be "*When Harry Met Sally*". Donation and suggestion boxes will be out. Popcorn and drinks will be provided.
- **Dragon Boat Festival - June 22, 2025, 2:00 to 4:00 pm**  
Chairpersons: Weizhi Sun and Pong Yeung. The Melody Chorus Society will perform.

#### ► JULY EVENTS

- **July 4th Party - July 4, 2025, 11:30 am to 4:00 pm**  
Chairpersons: The Board. We will have a flag ceremony followed by hamburgers, hot dogs, chips, etc. And Bingo following lunch. Cost will be \$7.00 for members and \$9.00 for non-members. We will also have a Raffle.

(Continues on page 4)

## Cape Cod Village Residents Association

### May 27, 2025 Association Meeting Minutes



(Continue from page 3)

- **Movie Night - July 19, 2025, 6:30 pm**

**Chairpersons:** Bruce Edmundson and Elizabeth Morrison. Movie will be “*Yankee Doodle Dandy*”. Donation and suggestion boxes will be out. Popcorn and drinks will be provided.

► **AUGUST EVENTS**

- **Movie Night - August 16, 2025, 6:30 pm**

**Chairpersons:** Bruce Edmundson and Elizabeth Morrison. Movie might be “*Grease*”. Donation and suggestion boxes will be out. Popcorn and drinks will be provided.

- **Ice Cream Social - August 24, 2025, 1:00 to 4:00 pm**

**Chairpersons:** The Board. 49th Anniversary of Cape Cod Village. *Baskin Robbins* ice cream will be served. There will also be a cake for all to enjoy.

► **SEPTEMBER EVENTS**

- **Mid-Autumn Moon Festival - September 28, 2025, 2:00 pm**

**Chairpersons:** Weizhi Sun and Pong Yeung. More details to come.

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

Next Association meeting will be June 24, 2025 at 7:00 pm with doors opening at 6:45 pm.

There being no further business, a motion to adjourn was made by **Joe Madison** and seconded by **Elizabeth Morrison**. Motion carried.

Meeting adjourned at 7:20 pm.

Respectfully submitted,

**Kitty Etter**

Secretary

## CCVRA Contact Information

| Name               | Function                       | Number           | eMail                          |
|--------------------|--------------------------------|------------------|--------------------------------|
| Peggy Wegner       | President/Events               | 1 (650) 303-4072 | pawegner@gmail.com             |
| Bruce Edmundson    | Treasurer / Flyers and Copying | 1 (408) 307-6810 | bruceedm@gmail.com             |
| Jo Asplund         | Circle of Care                 | 1 (408) 205-1159 | jvasplund@gmail.com            |
| Vicky Lawson       |                                | 1 (408) 230-2551 | —                              |
| Kitty Etter        | Whaler                         | 1 (408) 744-0789 | ketter63@yahoo.com             |
| Daniel Schwartz    | Treasure Seekers               | 1 (408) 962-0277 | dms@danielsart.com             |
| Elizabeth Morrison | Library                        | 1 (650) 678-8069 | elizabethmorrison123@gmail.com |

# Cape Cod Village Residents Association

## Treasurer's Report - May 2025

**05/01/2025 Balance Forward** **\$ 6,364.64**

**Income:**

|                  |           |
|------------------|-----------|
| Event income     | \$ 281.00 |
| Donation income  | 5.00      |
| Treasure Seekers | 144.86    |

|                     |        |
|---------------------|--------|
| <b>Total Income</b> | 430.86 |
|---------------------|--------|

**Expenses:**

|                      |             |
|----------------------|-------------|
| Clubhouse            | \$ (358.39) |
| Donations/Gifts      | (5.00)      |
| Kitchen expenses     | (130.28)    |
| Office/copy/printing | (21.81)     |
| Event expenses       | (478.98)    |

|                       |          |
|-----------------------|----------|
| <b>Total Expenses</b> | (994.46) |
|-----------------------|----------|

|                                     |            |
|-------------------------------------|------------|
| <b>Monthly Net Income (Expense)</b> | (\$563.60) |
|-------------------------------------|------------|

|                               |                    |
|-------------------------------|--------------------|
| <b>Balance as of 05/31/25</b> | <b>\$ 5,801.04</b> |
|-------------------------------|--------------------|

| Event summary by item (this month) | Expense  | Income | Net Income |
|------------------------------------|----------|--------|------------|
| 05/04/25 Mother's Day Tea          | (383.95) | 176.00 | (207.95)   |
| 05/10/25 Movie Night               | 0.00     | 15.00  | 15.00      |
| 05/26/25 Memorial Day Event        | (95.03)  | 90.00  | (5.03)     |

Brandenburg, Staedler & Moore - Cape Cod Village, L.P. Brandenburg, Staedler & Moore and their respective partners, managers and employees, individually and collectively assume no responsibility for the content of this publication herein and shall be held harmless against any suit, demands or liability arising there from.

All activities arranged for members of Cape Cod Village Residents Association are for the convenience and pleasure of Association members and their guests who voluntarily desire to participate. CCVRA, its officers and members do not assume any responsibility for the well-being or safety of participants and their property in any manner pertaining to said activities. Members of the Association and their guests participate at their own risk and should not expect to hold Cape Cod Village Residents Association or any of its officers or members responsible in any way.

## SAVE THE DATE

# Ice Cream Social and 49th Anniversary Party

August 24, 2025  
2:00 to 5:00pm.

**2 scoops choice of**  
Vanilla, Very Berry Strawberry, Mint Chocolate  
Chip, World Class Chocolate or Butter Pecan from  
**Baskin Robbins** with either Caramel, Fudge, or  
Strawberry topping, whipped cream and a cherry.

**Plus an Anniversary cake  
and cold drinks.**

Cost:

\$8.00 for Members

\$10.00 for Non-Members

**Cut-off date: August 15, 2025**

### Ice Cream Social and 49th Anniversary Party

August 24, 2025 - 2:00 to 5:00pm.

Resident(s) \_\_\_\_\_

Guest(s) \_\_\_\_\_

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

#### Two Scoops per Person

Vanilla\_\_\_\_ Very Berry Strawberry\_\_\_\_ Mint Chocolate Chip\_\_\_\_  
World Class Chocolate\_\_\_\_ Butter Pecan\_\_\_\_

#### One Topping per Person

Caramel\_\_\_\_ Fudge\_\_\_\_ Strawberry\_\_\_\_

Please make check payable to CCVRA and return this slip to the Association box  
**no later than Friday August 15, 2025**

SAVE THE DATE

*Welcome to*  
*2025 Cape Cod Village Residents Association*  
*Chinese Mid - Autumn Moon Festival*

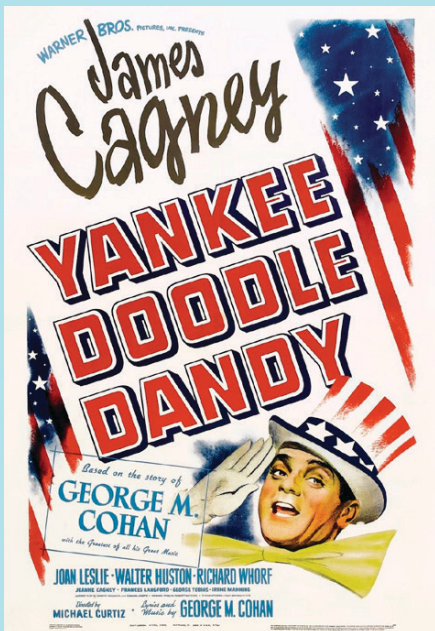
欢渡中秋



*performances by*  
*California Lyric Artists Association*  
*with Sunnyvale Washington Park Dance Group*

*Sunday, September 28, 2025 - 2:00 PM*  
*Doors Open at 1:30 pm*

*1050 Borregas Ave. Sunnyvale CA, 94089*  
*Cape Cod Village - Club House*



## Classic Movie Night At The Cape Cod Village Clubhouse

**Yankee Doodle Dandy (1942)**

**Saturday, July 19, 2025**

**Doors Open 6:30 pm**

**Movie Starts at 7:00 pm**

Popcorn and Soda/Water will be served

Cost: Donation Box to help offset costs

Bring your own comfy chair and enjoy the show!

For more information call Bruce at 408-307-6810

"I'm a Yankee Doodle Dandy, A Yankee Doodle, do or die;  
A real live nephew of my Uncle Sam, born on the Fourth of July."

**Yankee Doodle Dandy** is a musical comedy biography of George M. Cohan, known as "The Man Who Owned Broadway." The movie won 3 Oscars, and is on the American Film Institute's list of the 100 greatest films in 100 years of American cinema.



## Walking Exercise Class In the Cape Cod Village Clubhouse

Every Monday, Wednesday and  
Friday at 10:00 am

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



Latin-inspired Dance Fitness.  
Low impact, designed for seniors.  
Feeling unsure? Give Zumba a try.



Bring a water bottle  
and come dressed  
to MOVE!

## Zumba Gold Dance Fitness Class

**EVERY LEVEL - EVERY BODY  
EVERYONE IS WELCOME!**

Cape Cod Village Clubhouse

Tuesdays, 4 p.m.

Fridays, 11:15 a.m.

For details, text or call Laurie Willis - 510-427-0676

## Cape Cod Bible Study

2nd Wednesday July 9, and

4th Wednesday July 23

1:30 pm to 2:30 pm

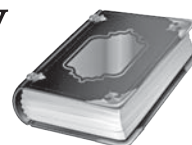
**Book of Galatians**

Everyone is welcome!!!!!!

Give us a try!!!!!!!!!! Questions?

Any questions contact

Mary Knoppe@ 408 541-1520 | maryknoppe@sbcglobal.net.



A Message From  
Cape Cod Village Resident's Association  
**Treasure Seekers**



## Transporter Needed

The Treasure Seekers Crew is currently looking for a volunteer (**Transporter**) who has a truck to transport our sorted and crushed "Treasures" to the Sunnyvale **SMaRT Station Recycling Center**, located 2.5 miles away from Cape Cod Village. About a 10 minute drive.

The week following the 1st Sunday of the month, an appointment with the **SMaRT Station Recycling Center** would be made to fit the "Transporters" schedule between the hours of 8 a.m. to 5 p.m. (seven days a week).

The **Transporter** will be reimbursed every 4 months for mileage.



Sorted, crushed, bagged and ready to transport to SMaRT Station.



At SMaRT Station, sorted into weighing bins.

For more information or to join the Treasure Seeker Crew, contact:  
Daniel Schwartz at (408) 962-0277



# July 2025

| Sun.                                                                                                                             | Mon.                                                                                                                                       | Tue.                                                                                                                                                                  | Wed.                                                                                                                                                                                                                                                                        | Thu.      | Fri.                                                                                                                                                                                                                                                                  | Sat.                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                  |                                                                                                                                            | <b>1</b> <br><b>Zumba</b><br>4:00 pm                                                 | <b>2</b> <br><b>Walking Exercise Class</b><br>10:00 am                                                                                                                                     | <b>3</b>  | <b>4</b> <br><b>4<sup>th</sup> of July Celebration</b><br>11:30 to 4:00                                                                                                            | <b>5</b> <br><b>Birthday Cake</b><br>10:00 am |
| <b>6</b> <br><b>Treasure Seekers</b><br>6:30 pm | <b>7</b> <br><b>Walking Exercise Class</b><br>10:00 am    | <b>8</b> <br><b>Zumba</b><br>4:00 pm                                                 | <b>9</b> <br><b>Walking Exercise Class</b><br>10:00 am<br><br><b>Bible Study</b><br>1:30 to 2:30<br>      | <b>10</b> | <b>11</b> <br><b>Walking Exercise Class</b><br>10:00 am<br><br><b>Zumba</b><br>11:15 am<br>     | <b>12</b>                                                                                                                        |
| <b>13</b>                                                                                                                        | <b>14</b> <br><b>Walking Exercise Class</b><br>10:00 am   | <b>15</b> <br><b>Zumba</b><br>4:00 pm                                                | <b>16</b> <br><b>Walking Exercise Class</b><br>10:00 am                                                                                                                                    | <b>17</b> | <b>18</b> <br><b>Walking Exercise Class</b><br>10:00 am<br><br><b>Zumba</b><br>11:15 am<br>   | <b>19</b> <br><b>Movie Night</b><br>6:30 pm   |
| <b>20</b>                                                                                                                        | <b>21</b> <br><b>Walking Exercise Class</b><br>10:00 am | <b>22</b> <br><b>Zumba</b><br>4:00 pm<br><br><b>CCVRA Board Meeting</b><br>6:30 pm | <b>23</b> <br><b>Walking Exercise Class</b><br>10:00 am<br><br><b>Bible Study</b><br>1:30 to 2:30<br> | <b>24</b> | <b>25</b> <br><b>Walking Exercise Class</b><br>10:00 am<br><br><b>Zumba</b><br>11:15 am<br> | <b>26</b>                                                                                                                        |
| <b>27</b>                                                                                                                        | <b>28</b> <br><b>Walking Exercise Class</b><br>10:00 am | <b>29</b> <br><b>Zumba</b><br>4:00 pm<br><br><b>CCVRA Meeting</b><br>7 pm          | <b>30</b> <br><b>Walking Exercise Class</b><br>10:00 am                                                                                                                                  | <b>31</b> |                                                                                                                                                                                                                                                                       |                                                                                                                                  |

|         |                                     |                     |
|---------|-------------------------------------|---------------------|
| July 4  | 4 <sup>th</sup> of July Celebration | 11:30 am to 4:00 pm |
| July 5  | Birthday Cake                       | 10:00 am            |
| July 6  | Treasure Seekers                    | 6:30 pm to 7:00 pm  |
| July 19 | Movie Night                         | 6:30 pm             |
| July 22 | CCVRA Board Meeting                 | 6:30 pm             |
| July 29 | CCVRA - General Meeting             | 7:00 pm             |



# July Celebrations



## Happy Birthday

|                           |                     |
|---------------------------|---------------------|
| 1 Loc Ly                  | 13 Carole Childress |
| 2 Mary Mitchell           | 14 Danna Skwarzyski |
| 2 Patricia Carpio         | 22 Brian Holmes     |
| 7 Sharrol Thatcher        | 24 Denise Berri     |
| 8 Alice Palacio-Garbarino | 25 Andie Cortez     |
| 11 Mi Ha                  | 26 Denton Nelson    |
| 11 Phyllis Chrisman       | 31 Randy Dinga      |

## Anniversary Congratulations

|                                           |      |
|-------------------------------------------|------|
| 02 Cindy & Randy Dinga                    | 2005 |
| 07 Joan & Dave Johnsen                    | 1990 |
| 11 Phyllis Chrisman & Dori Shimer         | 2008 |
| 20 Kumi & Robert Canastra                 | 1991 |
| 22 Barb Matson-Schwartz & Daniel Schwartz | 1984 |
| 30 Lev Pilip & Stella Bakalor             | 1970 |

## July Directory Updates

No Updates this Month

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.

## CAPE COD VILLAGE RESIDENTS ASSOCIATION 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 CCVRA Phone Directory, (unless requested otherwise). \*\*\**

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

Date Received \_\_\_\_\_ Date Entered: \_\_\_\_\_ By \_\_\_\_\_

Code:    Anniv    Birthday    Delete    Email    Moved    New    Phone    Spelling



*Happy to report,  
nothing to report.*

*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*



July 2025

### Keep Tasman 2 Lanes in Each Direction

The Tasman Bicycle project wants to reduce Tasman Drive from 2 lanes in each direction to 1 lane in each direction and implement “**No right turn on red**” at each intersection. .(Currently it is only no right turn from Tasman to Lawrence)

### Help Stop this from happening

Do you come down to Lawrence and turn left into Tasman to go home?

If this passes there will be only 1 turn lane from Lawrence onto Tasman instead of 2

From 237 do you come down Lawrence and turn right onto Tasman to go home?

Coming from 237 there will be no right turn lane from Lawrence onto Tasman as well as no right turn on red. You will be in line with all the cars going straight.

### Sign the Petition on [Change.org](https://www.change.org)

Go to [change.org](https://www.change.org) on the search bar type “**Keep Tasman Drive Two Lanes**” on the location bar type **Sunnyvale CA** you will recognize the picture, click on it and sign, be sure after name and email, that you edit city and zip code to your city and zip.

Let’s get this petition signed. We need 1000 signatures before July 1<sup>st</sup>. Let’s keep adding signatures,, ask your neighbors to sign too.

**Editors,**

**The Sunnyvale City Council has postponed the vote for the Tasman bicycle/pedestrian project until July 29th. This gives us more time to get signatures against this. So please run the same article for July that you ran in May and June we need more signature to reach 1000 or more.**

**Thank you Tim Kerr**

# The Recipe Box

## Stir-Fried Asparagus

Costco Connection - June 2025

### Instructions

Heat a large skillet for about 3 minutes over medium-high. Carefully add the vegetable oil, quickly followed by the garlic and chiles, if using. Cook, stirring constantly, for about 15 seconds, then add the asparagus and adjust the heat so it sizzles. Season with salt and pepper.

Stir frequently, until the asparagus is brightly colored but not quite as tender as you want it, 3 to 7 minutes, depending on their thickness. Add water, soy sauce and sesame oil, if using; stir and turn off the heat. Taste and adjust the seasoning. Makes 4 servings.

**Tip:** This dish can be served immediately, or stored covered in the refrigerator for up to a day to eat cold or at room temperature.

### Ingredients

- 2 Tbsp vegetable oil
- 1 Tbsp garlic, minced
- 2 small dried chiles (optional)
- 1-1/2 lbs asparagus, trimmed and cut into 2-inch lengths (parboiled if thick)
- Salt and pepper, to taste
- 2 Tbsp water
- 1 Tbsp soy sauce
- 1 tsp sesame oil (optional)



Recipes courtesy of Mark Bittman, Photo courtesy of Aya Brackett

# 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.**

## Editorial Deadline

- *5th of each month*

### Submissions

- Send submissions to: [dms@danielsart.com](mailto: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>



**Nat**



**Diane**



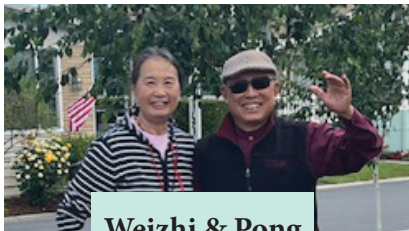
**Weizhi , Mary & Charles**



**David & Del**



**Jon & Barb**



**Weizhi & Pong**



**Full Clubhouse**



**Daniel & Barb**



**Daniel, Lai-King & Rainer**

You can find these and other event photos on the CCVRA Website  
<https://www.danielsart.com/CCVRA/Welcome.html>

# Freedom Is Not Free

Written by Nat Hanson

Information taken from the National Veterans Foundation.

Memorial Day is a day of reflection and gratitude - remembering our fallen heroes.

Memorial Day takes us back to the aftermath of the Civil War - communities independently began hosting tributes to the fallen soldiers. They decorated their graves with flowers and flags. This became a national tradition. First known as Decoration Day - later Memorial Day.

I want us to get a perspective on the reality of the cost of freedom and the horrendous sacrifice of human life.

The Civil War was fought within the heart of our nation. 600,000 soldiers from the Union and Confederate forces fell during this conflict. They perished on battlefield, prisoners-of-war camps and disease.

World War I, - known as the Great War, with new technologies brought great devastation and the loss of 116,000 American soldiers. Battlegrounds of Europe particularly France and Belgium became final resting places for many brave fighting men.

World War II involved a majority of the world's nations. One of the deadliest and most extensive wars in human history. The U.S. initially determined to stay out of the conflict. The attack on Pearl Harbor, December 7, 1941 changed that. Our forces were fighting in multiple theatres across the globe. The cost in human life was staggering - 405,000 American military.

Korean War - The Forgotten Conflict 1950-1953 Korean Peninsula. Soldiers battled not only enemy forces, but extreme weather conditions, harsh winters, and challenging terrain. 36,000 American soldiers lost their lives in combat.

1955-1975 Vietnam War, one of the most controversial periods in American history and a symbol of national division. Our soldiers showed remarkable courage. They were fighting a resilient enemy and jungle warfare. 58,000 American soldiers lost their lives. Many more suffered physical/emotional scars.

Desert Shield/Desert Storm - stand as a testament to swift and decisive action of U.S. military. Marked the beginning of American presence in the Middle East. It was our response to Iraq's invasion of Kuwait. 383 American service men made the ultimate sacrifice, and many others were impacted by the Gulf War Syndrome. Liberated Kuwait in 42 days.

The War in Afghanistan - America's Longest War - in response to attack on September 11, 2001. Objective: dismantle Al-Qaeda and remove Taliban from power. Rugged terrain, cultural complexities and a resilient insurgent enemy. Due to the U.S. pull-out and collapse of the Afghan government, today the Taliban are in control of the whole country.

The Iraq War - A Consequential Conflict. Purpose: disarm Iraq of weapons of mass destruction which were never found. Our service men and women made the ultimate sacrifice and many returned with physical and emotional scars.

The Global War on Terror - Is a Fight Against Invisible Lines. Initiated by September 11, 2001 - the Twin Towers destruction, involved multiple campaigns across the globe involving service members giving their lives and many wounded or carry psychological burdens.

## FREEDOM IS NOT FREE

Nevertheless, men and women were willing to sacrifice everything, even their lives.

As our nation commemorates this Memorial Day, may we each take a moment to honor the fallen, remember the brave, and reflect on the high cost of the precious freedoms many take for granted. We'll have a moment of silence for you to honor these fallen heroes in our hearts.

It is with deep gratitude that we honor our fallen heroes.

Lord, God we also pray for our nation that we may promote the peace of all nations.

May our brave men and women not have died in vain.

God Bless America

Amen

## Memorial Day Donation Drive

Congratulations to everyone at Cape Cod Village. Our 2025 Memorial Day Donation Drive for the VA Palo Alto Health Care System was very successful. The items listed were donated to the veterans at the Medical Center. The items will be given to the many veterans in need.



**Peggy Wegner**

| Item                 | Number | Item                | Number |
|----------------------|--------|---------------------|--------|
| Cosmetic bags        | 3      | Pkg Men Underwear   | 1      |
| Word Puzzle Books    | 5      | Pkg Socks           | 22     |
| Lip Balm (Chapstick) | 1      | T-Shirts            | 18     |
| Shaving Cream        | 7      | Toothpaste          | 16     |
| Pkg Razors           | 8      | Men's Shower Gel    | 4      |
| Pkg Toothbrushes     | 17     | Body Wash           | 6      |
| Pkg.Dental Floss     | 4      | Deodorant           | 13     |
| Shampoo              | 5      | Bar Soap            | 5      |
| Body Lotion          | 12     | Conditioner         | 3      |
| Cleanser             | 4      | Conditioner/Shampoo | 4      |
| Mouthwash            | 2      | \$5.00              | 1      |

*Thank You*

### Memorial Day Flag Ceremony with Donuts and Bagels

Cape Cod Village had a lovely flag ceremony to honor our fallen heroes on May 26, 2025. There were about 30 residents who attended the flag ceremony. CCVRA would like to thank **Nat Hanson** for speaking about how this day became a time to remember our fallen heroes. After the observance, many of us in the clubhouse took time to reflect with donuts and bagels.



Weizhi



## June Birthday Cake



Daniel, Weizhi, & Pong



Valentina



Elizabeth, Joyce & Peggy



Carole



Vicky



Joyce, Daniel Jon, Maria



Bruce, Diane, Kitty & Mary

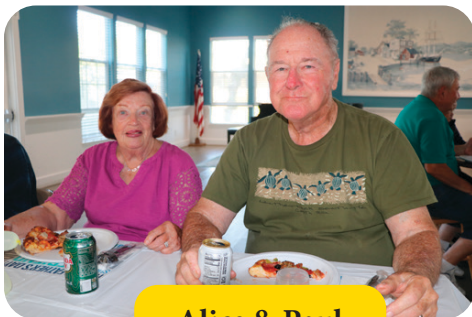
# FATHER'S DAY PIZZA PARTY



Sandy, Linda, Jo & Jimmy



Arlene, Leigh, Sergia, Rowena and Michael



Alice & Paul



Mary & Charles



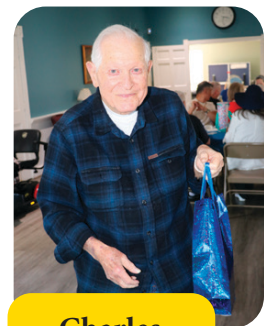
Valentina and Douglas



Leigh



Ronnie and Linda



Charles



Michael



Daniel



Paul



Bruce