

President's Message

July 2026

Hi,

Summer is officially here! I hope we will have some of the weather that usually comes with summer. It seems like we have had more cool weather than warm weather so far this year.

We had some fun events in May with our Mother's Day Tea/Luncheon and Bingo. Fancy teapots were given to four lucky residents at the party. We had lots of laughs with the Mother's Day inspired bingo games with some new winners. We honored our fallen service members with a flag ceremony and Nat Hanson providing some insight of the day. Thank you, Nat, for your words of wisdom.

In July, we will be celebrating our nation's 250th Birthday on July 4th. There will be a barbecue with hot dogs and hamburgers with bingo afterwards. The cost will be \$7.00 per person for members and \$9.00 per person for non-members. The cut-off date for reserving your place for our barbecue will be June 28th. Just a reminder, we have the cut-off date to give us time to purchase the food required. Please be sure to submit your reservation by this time. As a reminder, **the July Birthday Cake will be at 1:45 to 2:00 pm instead of 10:00 am** to give us time to get everything ready for 4th of July. Bingo will start after the Birthday Cake.

On August 12th, we will be presenting an informational meeting on Elder Fraud at 6:30 pm in the Clubhouse by the FBI. They have requested no photographs or recordings. It should be very enlightening. I hope many of you will be able to attend.

A couple of reminders for all of us:

- If you open any windows in the Clubhouse while you are there, please be sure to close them with a "click" when you leave. If you don't, there is a possibility that the alarms will go off. You don't want that to happen to you.
- There are Stop signs on our streets for a reason. We have many residents who walk throughout the park. Some are using walkers, some walk slowly, some are over 100. You don't want to be responsible for hitting them. Please respect the signs.

Peggy Wegner
pawegner12@gmail.com



The 2026 CCVRA Board Members

(L to R) Peggy Wegner, Kitty Etter, Bruce Edmundson, Bill Hines, Eric Hopp, Mary Knoppe, Elizabeth Morrison, 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 26, 2026 Association Meeting Minutes



Call to Order: The meeting was called to order on May 26, 2026 at 7:00 p.m. There were 8 residents in attendance.

Flag Salute was led by: **Elizabeth Morrison**.

Welcome New Attendees: There were no new residents.

Approval of Minutes: A motion to approve the April 28, 2026 Association Meeting minutes was made by **Diane Daley** and seconded by **Bruce Edmundson**. Motion carried.

REPORTS

Treasurer's Report:

As of May 1, 2026 beginning balance was: \$5,145.66

Total Income was: \$637.15

Total Expenses were: \$833.46

Ending balance as of May 26, 2026 is: \$4,949.35

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

Circle of Care: **Jo Asplund** was not present to report. Please see the Whaler for further details.

Treasure Seeker's Report: We collected \$158.15 for the month of May. The next collection date will be June 7, 2026.

Membership Report: As of May 26, we have 109 members from 71 households.

Announcements: The windows in the clubhouse must be closed, with a "click", before we leave.

OLD BUSINESS

Informational Meetings: The date has been changed to June 12, 2026, at 6:30 p.m. **Senator Wahab** will speak on SB 79.

Birthday Cake: For the month of July, birthday cake will be with the 4th of July event. Birthday cake and ice cream will be served at 1:45 p.m. **Bruce Edmundson** will put notifications on the clubhouse doors.

NEW BUSINESS

None:

EVENTS

► **Monthly Events**

- **Exercise Class:** Monday, Wednesday and Friday mornings from 10:00 a.m. to 11:00 a.m.
Chairpersons: **Sandy Bain** and **Jon Lichtenberg**.
- **Bible Study:** Break until July.
Chairperson: **Mary Knoppe**.

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Cape Cod Village Residents Association

May 26, 2026 Association Meeting Minutes



(Continue from page 2)

- **Birthday Cake:** First Saturday of the month from 10:00 a.m. to 11:30 a.m. in the Craft Room. Chairpersons: Weizhi Sun and Pong Yeung.
- **Zumba:** Tuesday at 10:00 a.m. and Friday at 11:15 a.m. Chairperson: Laurie Willis.

► May Events

- **Movie Night:** May 9, 2026, 6:30 p.m.
Chairpersons: Bruce Edmundson and Elizabeth Morrison. The movie started at 7:00 p.m. The movie was “Marley & Me”. Drinks and popcorn were provided. Donation and suggestion boxes were out. Approximately 10 people attended.
- **Mother’s Day Luncheon Tea and Bingo:** May 17, 2026, 1:00 to 5:00 p.m.
Chairpersons: The Board. 32 people attended. Eric Hopp took photos. There were door prizes for the attendees, including fancy teapots, wine and gift cards.
- **Memorial Day Bagels and Donuts:** May 25, 2026, 10:00 a.m.
Chairpersons: The Board. 17 attended. Nat Hanson spoke following the flag ceremony. Everyone enjoyed the bagels and donuts.

► June Events

- **Bingo:** June 2, 2026, 7:00 p.m.
Chairpersons: Peggy Wegner and Kitty Etter.
- **Informational Meeting:** June 12, 2026, 6:30 to 7:30 p.m.
Chairpersons: The Board. Senator Wahab to speak on SB 79.
- **Movie Night:** June 13, 2026, 6:30 p.m.
Chairpersons: Bruce Edmundson and Elizabeth Morrison. The movie starts at 7:00 p.m. The movie will be “Citizen Kane”. Drinks and popcorn will be provided. Donation and suggestion boxes will be out.
- **Dragon Boat Concert:** June 21, 2026, 2:00 to 4:00 p.m.
Chairpersons: Weizhi Sun and Pong Yeung. Doors open at 1:30 p.m.

► July Events

- **4th of July Celebration:** July 4, 2026, 11:30 a.m. to 4:00 p.m.
Chairpersons: The Board. Cost will be \$7.00 for members and \$9.00 for non-members.

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

The next Association meeting will be June 30, 2026 at 7:00 pm with Meet and Greet at 6:45 pm.

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

The meeting adjourned at 7:25 p.m.

Respectfully submitted,

Kitty Etter

Secretary

Cape Cod Village Residents Association

Treasurer's Report - May 2026

05/01/2026 Balance Forward **\$ 5,145.66**

Income:

Dues and donations	\$	12.00
Event income		479.00
Treasure Seekers		158.15

Total Income		649.15
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Expenses:

Clubhouse	\$	(209.43)
Office/copy/printing		(74.72)
Treasure Seekers expenses		(21.93)
Accounts Receivable - bounced chk		(12.00)
Event expenses		(557.54)

Total Expenses		(875.62)
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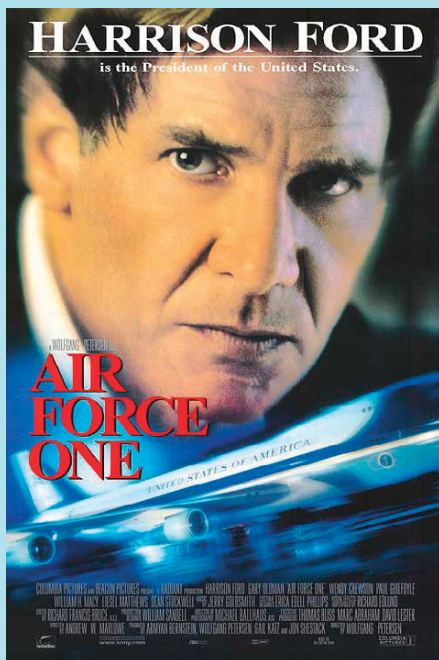
Monthly Net Income (Expense)	(\$226.47)
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Balance as of 05/31/26	\$ 4,919.19
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Event summary by item (this month)	Expense	Income	Net Income
05/09/26 Movie Night	0.00	9.00	9.00
05/17/26 Mothers Day Tea/Lunch	(475.43)	400.00	(75.43)
05/25/26 Memorial Day	(82.11)	70.00	(12.11)

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.



Movie Night At The Cape Cod Village Clubhouse

Air Force One (1997)

Saturday, July 11, 2026

Doors Open 6:30 p.m.

Movie Starts at 7:00 p.m.

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

Communist radicals led by Ivan Korshunov hijack Air Force One with US President James Marshall and his family on board. Vice President Kathryn Bennett negotiates from Washington D.C., while Marshall fights to rescue the hostages on board.

Starring Harrison Ford, Gary Oldman and Glenn Close.



Walking Exercise Class

In the Cape Cod Village Clubhouse

Every Monday, Wednesday and
Friday at 10:00 a.m.

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



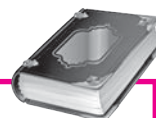
CCVRA Bingo



at the
Clubhouse

July 4, 2026
2 - 4 p.m.

Games \$1.00 per card per game



Cape Cod Bible Study

2nd and 4th Wednesday

1:30 p.m. to 2:30 p.m.

Everyone is welcome!!!!!!

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

Any questions contact

Mary Knoppe@ 1-669-215-3759

bethknoppe@att.net.

Mail Tubes

A reminder for residents to clean out their mail tubes on a regular basis. It is very difficult to put new material into the tubes for the office and CCVRA.



Safety Reminder #1

Please walk facing traffic and wear light colors and use a light when walking at night.

Safety Reminder #2

Do not exceed to posted speed limit and always yield to people in the street.



CCVRA will be presenting an informational meeting on
Elder Fraud

on Wednesday, August 12, 2026, at 6:30 PM at the Clubhouse.

This forum will be presented by the FBI.

Please note that no photography or recording of the speaker or the presentation will be permitted.

Doors open at 6:15 pm



July 2026

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Walking Exercise Class 10:00 am	2	3 Walking Exercise Class 10:00 am Zumba 11:15 am 	4 4th of July Celebration 11:30 to 4:00 Birthday Cake 1:45 pm
5 Treasure Seekers 6:00 pm	6 Walking Exercise Class 10:00 am	7 Zumba 10:00 am	8 Walking Exercise Class 10:00 am Bible Study 1:30 to 2:30 	9	10 Walking Exercise Class 10:00 am Zumba 11:15 am 	11 Movie Night 6:30 pm
12	13 Walking Exercise Class 10:00 am	14 Zumba 10:00 am	15 Walking Exercise Class 10:00 am	16	17 Walking Exercise Class 10:00 am Zumba 11:15 am 	18
19	20 Walking Exercise Class 10:00 am	21 Zumba 10:00 am CCVRA Board Meeting 6:30 pm	22 Walking Exercise Class 10:00 am Bible Study 1:30 to 2:30 	23	24 Walking Exercise Class 10:00 am Zumba 11:15 am 	25
26	27 Walking Exercise Class 10:00 am	28 Zumba 10:00 am CCVRA Meeting 7 pm	29 Walking Exercise Class 10:00 am	30	31 Walking Exercise Class 10:00 am Zumba 11:15 am 	

July 4	4 th of July Celebration	11:30 am to 4:00 pm
July 4	Birthday Cake	1:45 pm
July 5	Treasure Seekers	6:00 pm to 7:00 pm
July 11	Movie Night	6:30 pm
July 21	CCVRA Board Meeting	6:30 pm
July 28	CCVRA - General Meeting	7:00 pm



July Celebrations



Happy Birthday

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

Anniversary Congratulations

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



Eric Hopp had surgery and is now at home recovering.

Please let him know, he is in our prayers and thoughts for a fast recovery and return to good health.

*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 Village Residents Association



Liyan, Maria, Lai-King, Amy, Irene, Valentina



Valentina



Rick, Judy, Barb, JoAnne, Sunny, Sandy, Nina



Jody



Christy



Jody, Doug, Jeff, Genevieve, Ronnie, Mary, Charles



Charles & Mary



Bruce, Eric, Elizabeth, Kitty, Nat, Christy, Peggy, Del

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

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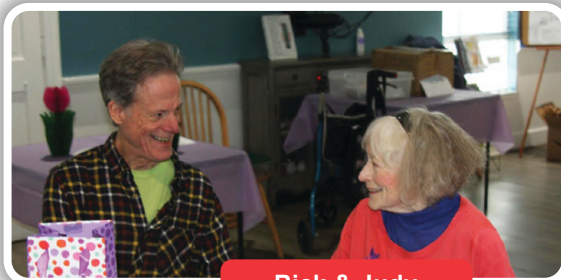
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Doug & Valentina



Barb & JoAnne



Rick & Judy



Ronnie



Lai-King & Irene



Andy & Liyan



Lai-King





Birthday Cake



Joyce, Peggy, Weizhi, Valentina, Carole, Catherine, Sandy



Joyce



Pong, Joe



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
Elizabeth Morrison	Library	1 (650) 678-8069	elizabethmorrison123@gmail.com
Eric Hopp	Medical Equipment	1 (408) 593-4439	—

AMERICAN COLONIES

Historians believe that the first English settlement established in North America was by Sir Walter Raleigh in Roanoke, in 1587. Along with 91 men, 17 women, and nine children as the first colonists, the Roanoke colony mysteriously vanished after three years of settlement.



In 1606, months after the divisions made by King James I, London Company sent three ships equipped with 144 men to sail to Virginia. Godspeed, Discovery, and Susan Constant reached Chesapeake Bay and headed to the James River where they established the first settlement called Jamestown.

At first, the colonists struggled as they focused on excavating gold and other minerals instead of feeding themselves. It was only in 1616 that the colonists began to plant tobacco.



By 1619, the first African slaves reached the colony. Since then, enslaved Africans became the key factor in maintaining large tobacco plantations.*

Following Virginia, the colonies of New York (1626), Massachusetts (1630), Maryland (1633), Rhode Island (1636), Connecticut (1636), New Hampshire (1638), Delaware (1638), North Carolina (1653), South Carolina (1663), New Jersey (1664), Pennsylvania (1682), and Georgia (1732) were established.

The original thirteen colonies were classified into 3 main divisions, including New England, Middle Colonies, and Southern Colonies.

- *New England Colonies* were composed of Connecticut, Rhode Island, Massachusetts, and New Hampshire which was initially settled by a small group of Puritans, also known as the Pilgrims, in 1620. The colonists were assisted by the natives and learned farming, hunting, and fishing.
- *Middle Colonies* included Delaware, Pennsylvania, New Jersey, and New York. In 1664, King Charles II gave the territory between New England and Virginia to his brother James, the Duke of York. The territory was then occupied by patroons or Dutch traders and landowners. Persuaded by religious tolerance and fertile soil, many Quakers from all over Europe migrated to the colony of Penn's Wood, later known as Pennsylvania.
- *Southern Colonies* included Maryland, Virginia, North Carolina, South Carolina, and Georgia. Most of the colonies in the south were highly dependent on African slave labor as many of them were involved in slave trade.

*Engraving shows the arrival of a ship with a group of Africans for sale in Virginia in 1619 - Hulton Archive/Getty Images

The Recipe Box

Sunkist® Mandarin Chicken Salad

Costco Connection - January 2023

Instructions

Prepare the dressing: In a small bowl, whisk together the dressing ingredients.

Prepare the salad: Combine cabbage, carrots, green onions, avocado and chicken in a large bowl. Toss well to combine, then add the mandarins, cilantro and almonds.

Pour the dressing over the salad just before serving, and sprinkle with sesame seeds.

Makes 2 to 3 servings.

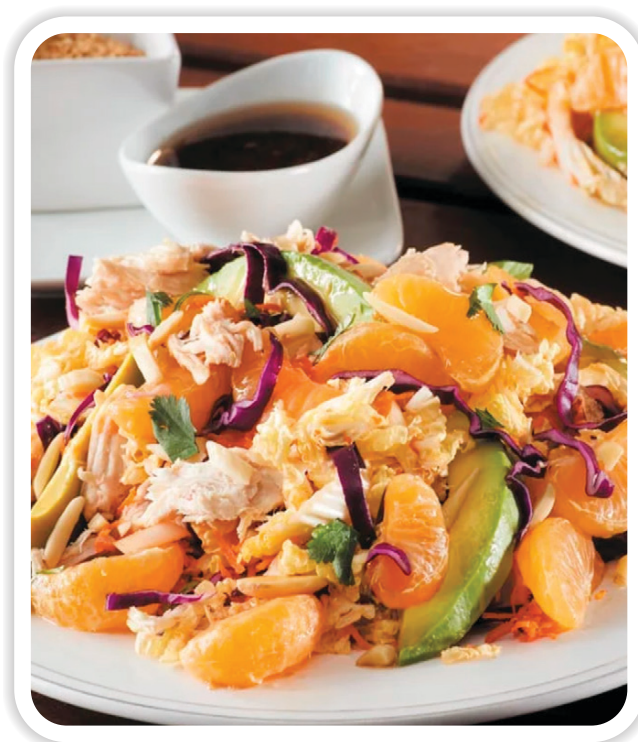
Ingredients

Dressing

- 1/4 cup rice wine vinegar
- 1 Tbsp sesame oil
- 2 Tbsp low-sodium soy sauce or coconut aminos
- 2 Tbsp olive oil
- 1 tsp freshly grated ginger
- 1 garlic clove, minced
- Salt and pepper, to taste

Salad

- 2 cups napa cabbage, cored and thinly sliced
- 1 cup purple cabbage, cored and thinly sliced
- 1 cup carrots, shredded
- 2 green onions, thinly sliced
- 1 avocado, pitted, peeled and sliced
- 1 cup rotisserie chicken, shredded
- 4 Sunkist® mandarins, peeled and segmented
- 2 Tbsp cilantro, chopped
- 1/4 cup slivered or sliced almonds
- Sesame seeds, for garnish (optional)



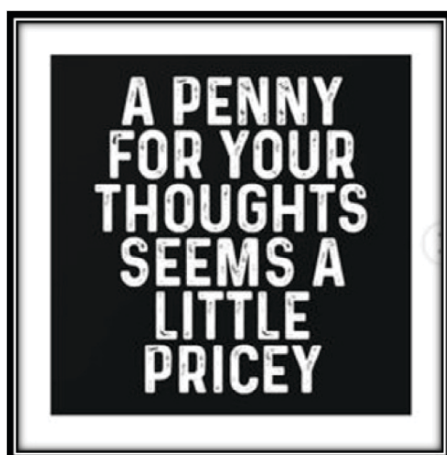
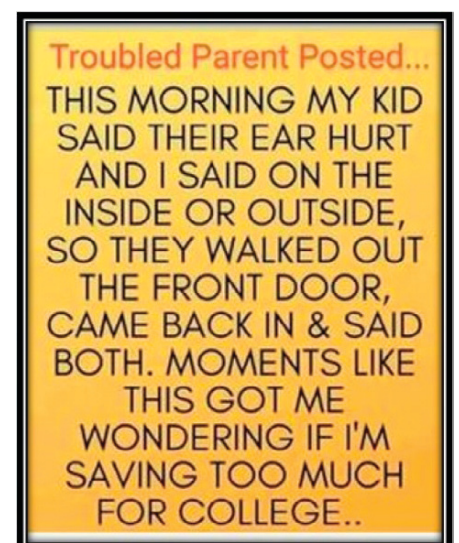
Surprising Beginnings

- **Indigenous Intersections Samoset's English:** When the Pilgrims established Plymouth Colony in 1620, they were terrified of an attack. Imagine their shock when an Abenaki leader named Samoset walked into their camp and greeted them in English, which he had learned from previous English fishermen and traders along the coast.
- **New York was a Swap Meet:** The colony of New York started as a Dutch settlement named New Amsterdam. In 1664, the English showed up and took it over. A few years later, in 1667, the Dutch officially gave it to England in exchange for the island of Run in the Banda Islands, which was highly prized at the time for its nutmeg.
- **Pennsylvania Was a Debt Repayment:** King Charles II owed British Admiral Sir William Penn a massive amount of money for rebuilding the Royal Navy. To clear his tab, the King granted the Admiral's son, William Penn, a massive tract of land in 1681. The King named the territory Pennsylvania ("Penn's Woods") to honor the father, even though William initially wanted to name it New Wales.
- **Connecticut Wrote America's First Constitution:** While the colonies operated as separate entities, Connecticut drafted a foundational document called the Fundamental Orders of Connecticut in 1639. It is widely celebrated as the first official constitution drawn up in the colonies.
- **Maryland Was a Catholic Sanctuary:** Founded by George Calvert (the first Lord Baltimore), Maryland was deliberately established in 1632 as a safe haven for English Catholics who were facing persecution back home.
- **The Saugus Iron Works:** Massachusetts was the birthplace of the American iron industry. Established in 1644, the Saugus Iron Works was a massive engineering feat for its time, featuring a blast furnace, forge, and slitting mill. Its nail production was so successful that English manufacturers demanded customs duties to try to stop the competition.

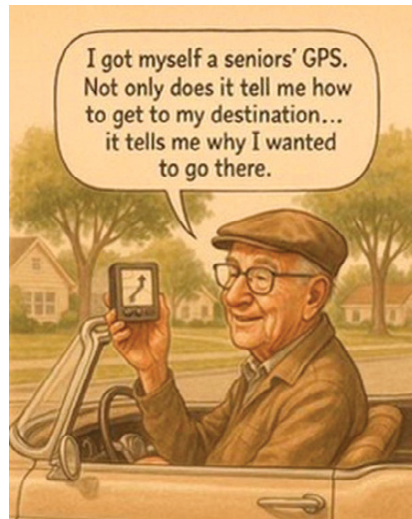




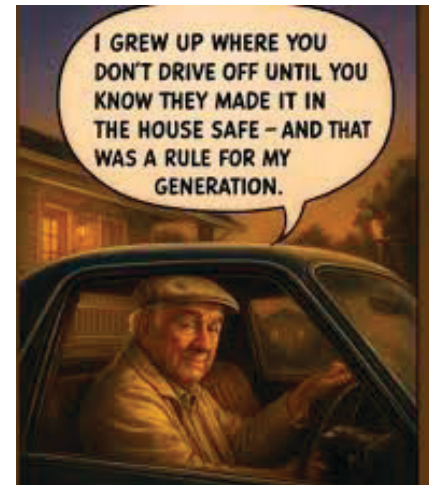
Funnies 🤔



MY ABILITY TO
REMEMBER SONG
LYRICS FROM THE
80S FAR EXCEEDS
MY ABILITY TO
REMEMBER WHY I
WALKED INTO THE
KITCHEN.



Funnies 🤔



Some artists of the 50's are revising their hits with new lyrics to accommodate baby boomers.

Here's a few:

1. Herman's Hermits- Mrs. Brown you've got a lovely walker.
2. The Bee Gees- How can you mend a broken hip.
3. Bobby Darin- Splish Splash I was Having a flash.
4. Ringo Starr- I'll get by with the help from depends.
5. The Commodores- Once, twice, three times to the bathroom.
6. Marvin Gaye- Heard it from the Grape Nuts
7. Leo Sayer- You make me feel like napping.
8. Willie Nelson- On the commode again.
9. Procol Harem- A whiter shade of hair.
10. Johnny Nash- I can't see clearly now.
11. Helen Reddy- I am woman hear me snore.
12. Abba- Denture Queen.

The Critical Intermediaries

The survival of early American colonies rested on fragile partnerships managed by a few key individuals who could cross the cultural divide. When these intermediaries passed away or lost influence, the misunderstandings and competing interests they managed rapidly spiraled into devastating total warfare.

Intermediaries were not just translators; they were sophisticated political diplomats who understood the motivations of both sides. However, they were often viewed with deep suspicion by their own communities and exploited by the English.

Tisquantum (Squanto)

- **A Forced Global Education:** Tisquantum was uniquely suited to translate because he had been kidnapped by an English captain in 1614, sold into slavery in Spain, escaped to London, and learned fluent English before returning home in 1619—only to find his entire Patuxet tribe had died of disease.
- **The Strategic Gatekeeper:** When the Pilgrims arrived in 1620, Squanto became the primary advisor to Wampanoag leader Massasoit. He taught the English how to plant corn using fish as fertilizer and guided them through local trade networks.
- **The Power Broker:** Squanto recognized his immense leverage. He began using his position for personal power, falsely telling local tribes that the English kept the "plague" buried under their storehouses and would release it unless the tribes paid Squanto tribute. He died suddenly of a mysterious fever in 1622 while serving as a guide, amid growing tensions with Massasoit.



Pocahontas (Matoaka)

- **The Diplomatic Conduit:** As the daughter of Chief Powhatan, Pocahontas was a critical political asset. In the early days of Jamestown (1607–1609), she accompanied Native trading parties, brought food to the starving colonists, and served as a symbol of peace and mutual interest.
- **The Capture and Conversion:** As relations deteriorated, the English kidnapped her in 1613 to blackmail her father for food and the return of English prisoners. While in captivity, she was taught English, baptized as "Rebecca," and married tobacco planter John Rolfe.
- **The Peace Child:** Her marriage created the "Peace of Pocahontas," a brief period of harmony. The Virginia Company used her as a public relations tool, taking her to London in 1616 to prove to investors that Native Americans could be "civilized." She contracted a disease and died in England in 1617, aged roughly 21.





**Must Place Your “Treasures” Out By
6:00 PM
on Sunday Evening.**

**Only
the First Sunday
of each month.**

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.

Could use a few more volunteers in helping to collect, sort and deliver the treasures. Please contact Bruce at 1 (408) 307-6810 or bruceedm@gmail.com.

