



Steppin' Out Messenger

Trips for Adults Over 50

Summer Quarter 2015

You can sign up for any day or extended trip as soon as you receive this newsletter. For more information about our trips:

- Attend our next extended trip slide show. Special discounts will be available for some trips. For more information, call the Senior Center at (408) 730-7360.
- For more information, visit us online at OlderAdults.inSunnyvale.com, click on "Senior Trips," pick up a flyer at the Senior Center or call (408) 730-7360.
- If you'd like to receive email updates on day and extended trips, write your email address on your day trip registration form, or give your name, phone number and email address to the front desk staff.

All day trips include: round-trip transportation from Sunnyvale Senior Center, escort(s), free parking and gratuity for the bus driver.

FOURTH OF JULY CONCERT AT SHORELINE AMPHITHEATER

Saturday, July 4, 2015

Celebrate Independence Day with the San Francisco Symphony, as they perform a musical spectacle depicting freedom, hope and the essence of America's independence and enjoy a short but breath-taking fireworks display at Mountain View's Shoreline Amphitheater. We have assigned chair seating, but feel free to move out into the lawn area after the concert. Please bring a jacket and dress in layers as there is often a very cool breeze coming off the bay. A meal is not included on this trip, but you are welcome to purchase items on-site or bring picnic food. You may bring water in sealed plastic containers only. Please no alcohol or drinks in cans or glass containers. Due to very heavy traffic, we will depart early and return late for this festive event.

TRIP #: 156800.S2 

TIME: 6 - 11:45 p.m.

COST: \$69R/\$86NR



CITY RISING: SAN FRANCISCO AND THE 1915 WORLD'S FAIR

Wednesday July 22, 2015

In the early 20th century, a splendid walled city of domed palaces, palm-lined courts, and monumental statuary arose on San Francisco's northern shore. The 1915 Panama-Pacific International Exposition (PPIE) – a world's fair commemorating the opening of the Panama Canal just nine years after the devastating earthquake and fires of 1906 – emerged on 635 acres of land previously submerged by water. Come with us to San Francisco to see two exhibitions celebrating PPIE's centennial anniversary. We'll start at the California Historical Society for a docent-led tour of vintage photographs, souvenirs, and other artifacts that will give you an in-depth appreciation of the fair's planning, construction and remarkable innovations. Then we'll break for lunch at the Magic Flute, where your lunch choices will be: **A) Quiche Lorraine**, with bacon, Swiss cheese, caramelized onions, and spinach; **B) Vegetarian Lasagna**; or **C) Grilled Chicken Sandwich**, with pesto, tomato and ricotta cheese. All lunches include Magic Flute's signature double fudge chocolate cake and your choice of coffee, tea, iced tea or soda. Then we'll head over to the Palace of Fine Arts, the only remaining palace from this remarkable World's Fair.

TRIP #: 156800.S3 

TIME: 8:30 a.m. - 4:30 p.m.

COST: \$105R/\$131NR

day trips continued >



Day Trips

SAN FRANCISCO WATERFRONT WITH DOUG MCCONNELL

Thursday, August 27, 2015

Nobody knows San Francisco better than Doug McConnell, the Emmy Award-winning star of the long-running "Bay Area Backroads" and the new NBC series "Open Road with Doug McConnell." On this trip, Doug, our step-on guide will show you what's old and what's new in this inspiring city, while telling stories detailing the history and transformation of the San Francisco waterfront. We are working hard to finalize the itinerary for this trip, but we will definitely include a stop at Pier 39 where you'll learn how the sea lions helped the city recover from the devastating 1989 quake. You'll have time for a short tour of the Aquarium of the Bay or to explore on your own. Other possible stops include the beautifully restored Crissy Field, Lands End above the Cliff House and the ever-changing Presidio. We'll break for lunch at Fog Harbor Fish House on a route that stretches from AT&T Park to Ocean Beach and from our past to our future. Lunch choices are: **A) Pan Roasted Alaskan Cod** with caper lemon butter and sides; **B) Baked Shrimp Penne Pasta**, baked in a creamy tomato sauce and topped with cheese and sourdough breadcrumbs; or **C) Grilled Chicken Breast**, with mushroom herb sauce and sides. All lunches include Caesar salad, vanilla ice cream with a Biscoff cookie for dessert and your choice of coffee, or hot tea. Sides are garlic mashed potatoes and seasonal vegetables. Please check with the Senior Center front desk staff for the latest information on this trip.

TRIP #: 156800.S5  
TIME: 8:15 a.m. - 5:30 p.m.

COST: TBD

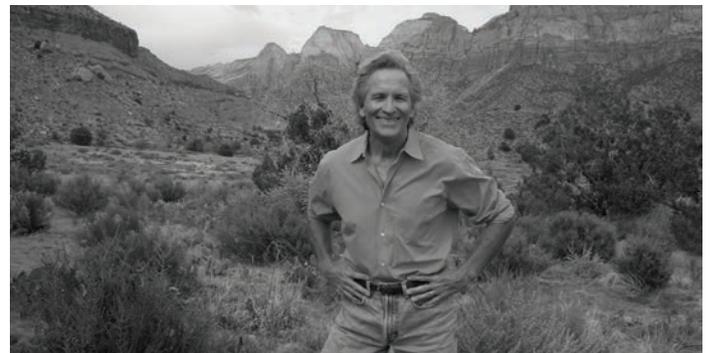


Photo courtesy Doug McConnell



Photo courtesy Mazda Laguna Seca

HIS AND HERS IN MONTEREY OR MAZDA LAGUNA SECA

Saturday, August 8, 2015

Some of you like the genteel pleasures offered in a lovely coastal city, and others have a secret passion for motorsports. This is a trip designed with both of you in mind. We'll drop the first group off near Cannery Row and the Monterey Bay Aquarium to explore the area. The second group will head out to the Mazda Laguna Seca Raceway, where you can let your inner speed demon come out to play. See classic cars from the 1950s through the '80s, including sports racing and GTs, IMSA, GTX, and GTOs practicing or racing in their respective groups according to era, engine size and car type. For an additional \$25 (payable at the event and well worth it), you can visit the paddock area, meet the drivers, get a close up view and learn everything you ever wanted to know about these historic machines. We highly recommend bringing earplugs due to the engine noise and an umbrella or hat for shade, as the grandstand bleachers are uncovered. Food is available for purchase in the paddock area, but you are welcome to bring your lunch or a cooler. Please no glass bottles. Please note: there is quite a bit of walking required to the grandstands and to the paddock area, with several stepped bridges (approximately 10 stairs up and 10 down) connecting the various areas. The second group will have approximately 3 hours at the track before we head back to Monterey to pick up the first group and head home. We also recommend that you dress in layers as the weather is typically cooler and can change rapidly in both coastal areas.

TRIP #: 156800.S4  
TIME: 10 a.m. - 5:30 p.m.

COST: \$53R/\$66NR



[facebook.com/SunnyvaleSeniorCenter](https://www.facebook.com/SunnyvaleSeniorCenter)

Day Trips



GET THE MEAL YOU NEED

If you need a vegetarian or gluten-free meal, have food allergies or any special dietary needs, we can work with restaurants to provide a meal tailored especially for you. Just let us know your requirements at time of registration.



Photo by Matthew Murphy

THE PHANTOM OF THE OPERA

Wednesday, September 9, 2015

Join us for a tantalizing tale of forbidden love and supernatural adventure so exciting that more than 130 million people worldwide have been lost in the enchantment of this classic musical theatre adventure. In the tunnels deep below the Paris Opera lives a mysterious deformed musical genius, who stalks the halls and terrorizes the opera company. With his face half covered by his famous mask, his only happiness comes from his tutoring of the beautiful, orphaned chorus girl, Christine Daae, who has become his obsession. Unseen, he teaches the young girl to sing 'The Music of the Night.' His 'Angel of Music,' Christine blossoms and steps out of the shadows to take center stage. When Christine becomes engaged to another man, the Phantom is driven mad with jealousy and will stop at nothing to possess her, even murder. You don't want to miss this epic, newly updated production at San Francisco's Orpheum. No meal is included. Please eat a hearty lunch before arriving.

TRIP #: 156800.S1

TIME: 12:15 - 6:30 p.m.

COST: \$134R/\$168 NR



Photo courtesy City of Half Moon Bay

FUN IN HALF MOON BAY

Tuesday, September 22, 2015

Ready for a change of scenery? Join us for a relaxing day in the beautiful coastal town of Half Moon Bay. Its historic downtown is home to numerous art galleries, restaurants and other shops anxiously awaiting your arrival. Want to enjoy the natural surroundings? We will provide a shuttle for you to visit Francis State Beach. Walk on the beach, explore the visitors center, or just relax at a picnic table and watch the waves come and go. Can't decide which you would rather do? No problem! You can spend time in both environments. Lunch is not included, so please bring a lunch, or plan on visiting one of many delightful eateries in town. Please dress in layers and wear comfortable shoes.

TRIP #: 156800.S6 

TIME: 10 a.m. - 5:30 p.m.

COST: \$53/\$66R



Photo courtesy City of Half Moon Bay



Extended Trips

Most extended trips include: one escort, a tour guide, roundtrip transportation from Sunnyvale Senior Center to the airport (if flying), free parking, gratuities for listed services, including the bus driver, tour director, baggage handlers when available, trip cancellation insurance for trips outside of California and a pre-trip meeting to hand out travel documents and to go over the details of the trip.

For more information about all our extended trips, including detailed itineraries, number of included meals, pricing, payment options and discounts, please pick up a trip flyer or ask at the front desk.

Please note that non-residents pay an additional \$50 per person per extended trip.



Photo courtesy Friendly Excursions

SEATTLE WITH FOLKLIFE FESTIVAL

Tuesday, May 19, 2015 - Saturday, May 23, 2015

Hurry! This trip departs May 19, so reserve ASAP. Explore Seattle from top to bottom: Pike Place Market, Klondike Gold Rush National Historical Park, Underground Tour of Seattle, Seattle Art Museum, Kubota Gardens, Boeing Factory Tour, Seattle Aquarium, and a cruise through the Chittenden Locks. This trip includes a dinner at Ivar's famous Salmon House and your choice of: free time in Seattle on your own or a day and a half at the Seattle Folklife Festival (a hands-on event featuring Americana crafts, music, dance, art, food and more). The price for this 5-day trip is \$1,899 (R) pp double occupancy and \$2,299 (R) single occupancy. Trip includes five meals.

CANADIAN ROCKIES AND GLACIER NATIONAL PARK

Friday, June 26 -Thursday, July 2, 2015

SOLD OUT! To be placed on the wait list, please call (408) 730-7360.

**The pre-trip meeting is Thursday, June 11,
10-11:30 a.m. in the Recreation Center,
Neighborhood Room**

NATURAL WONDERS OF ICELAND

Saturday, August 15, 2015 - Monday, August 24, 2015

SOLD OUT! To be placed on the wait list, please call (408) 730-7360.

**The pre-trip meeting is Tuesday, August 4, 2015,
10-11:30 a.m. in the Senior Center Laurel Room.**



Photo courtesy Alamo World Travel

SOUTH AMERICAN CRUISE AND IGUAZU FALLS

Saturday, March 5, 2016 - Thursday, March 24, 2016

Ready for a unique 20-day South American adventure? We fly to Santiago, (Valparaiso) Chile to board our Holland America Cruise, sailing down the west coast of Chile and up the east coast of Argentina. You'll see the spectacular Chilean Fjords and Tierra del Fuego, while we glide past Patagonia and navigate through the Straits of Magellan and Cape Horn. Ports of call include full days in Puerto Montt, Ushuaia, Punta Arenas, Port Stanley, and Montevideo. We spend the night in Buenos Aires, Argentina to explore this European-style city before catching a short flight to Iguazu Falls. You will be amazed by the thunder and beauty of the 275+ waterfalls and cascades that comprise Iguazu Falls, which are higher and wider than Niagara Falls. You'll be able to walk a series of catwalks through lush landscapes to the

Extended Trips



U-shaped Devil's Throat where three rivers converge. The resulting mist obscures the bottom of the falls, more than 250' below. If you enjoy magnificent scenery and exotic locales, don't take any chances. Sign up early!

The price for this 20-day trip is based on choice of shipboard accommodation from \$7,795 (R) pp double occupancy. Trip includes most meals. See flyer for more information.



Photo courtesy American Queen Steamboat Company / www.AQSC.com

DOWN THE MISSISSIPPI

Sunday, April 3, 2016 - Monday, April 11, 2016

Does "The Adventures of Huckleberry Finn" have a special place in your heart? Does some secret part of you wish that you could have been a riverboat gambler or one of the fancy ladies keeping them company? If the Mississippi River calls to you, then treat yourself to this paddlewheel riverboat cruise aboard the famous American Queen. The trip begins with a flight to Memphis where we spend the night before getting a city tour and visiting Elvis Presley's Graceland. Next, we will steam downriver towards New Orleans, stopping in several cities, including Baton Rouge and Natchez for historic city tours. In Vicksburg, you will gain an in-depth understanding of its famous battle, one of the most significant turning points of the Civil War. We'll also visit the Cajun Heritage & Rural Life Museum and several plantations, including the Myrtles and Oak Alley. The cruise ends in the Big Easy (New Orleans), where we'll visit this enchanting city before returning home.

The price for this 9-day trip is based on choice of shipboard accommodation from \$5,399 pp double occupancy. A \$500 Early Booking Discount is awarded if your \$600 deposit is paid by Tuesday, June 30, 2015. Final payment is due, December 28, 2015. Trip includes most meals. See flyer for more information.

MACKINAC ISLAND AND TULIP FESTIVAL

Friday, May 6, 2016 - Friday, May 13, 2016

Do you yearn for simpler times? Love historic homes and hotels? Then consider joining us on this fun trip as we do the next best thing to traveling back in time. Following your flight to the Midwest, you will visit the Ford Museum in Allen Park, Michigan, and have dinner and a tour at the exquisite Edsel and Eleanor Ford House. Then it's off to Holland, Michigan, to view the Veldheer Tulip Gardens and see the only authentic Dutch windmill operating in the U.S. The next day, we take the ferry to Mackinac Island for a 2-night stay at the glorious Victorian-era resort, the Grand Hotel. Since cars are forbidden on this resort island in Lake Huron, you'll have time to relax on your horse-drawn carriage tour of the island. You'll take in the Surrey Hills Museum and see the famous limestone formation, Arch Rock. Then we travel through Wisconsin's picturesque landscape and sample award-winning cheeses, en route to Green Bay. To end our trip, we will visit the Windy City, Chicago, for a city tour showcasing its unique cityscape and impressive architecture, before enjoying a farewell dinner and heading home.

The price for this 8-day trip is \$3,430 (R) pp double occupancy, \$4,230 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$455 is required. Early Booking Discount of \$100 pp for full payment if made by December 7, 2015. See flyer for more information.



Photo courtesy National Travel Agency



Extended Trips

CAPE COD AND THE ISLANDS

Friday, June 17, 2016 - Friday, June 24, 2016

Whether you're interested in history, natural history or the lifestyles of the rich and famous, this trip has it all. Come with us on this 8-day trip to Boston, Cape Cod and the Islands where you will see prominent Boston landmarks on land such as Boston Common, Old North Church and Faneuil Hall and view others from the sea on a harbor cruise, before departing for Newport, RI. There you'll enjoy an orientation tour, see the oldest synagogue in the United States and visit The Breakers, Cornelius Vanderbilt's opulent mansion. You'll get a taste of what life was like during the whaling era at the New Bedford Whaling Museum, visit a working cranberry bog, and enjoy the Cape Cod National Seashore before heading out for a whale watching cruise. From our base at the Hyannis Red Jacket Beach Resort, you'll ferry out to both Nantucket and Martha's Vineyard for guided tours. You'll also visit Plymouth and a full scale replica of the Mayflower as well as Plimoth Plantation with its recreation of the Pilgrims' daily life before heading home.

The price for this 8-day trip is \$3,298 (R) pp double occupancy, \$3,948 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$700 pp is required, with balance due Tuesday, March 15, 2016.

Booking Discounts: \$100 pp for full payment if made by Tuesday, September 1, 2015; plus \$100 pp for participants who have traveled on a Globus Family Brands Tour in the past 5 years. See flyer for more information.



Photo courtesy Cape Cod Chamber of Commerce

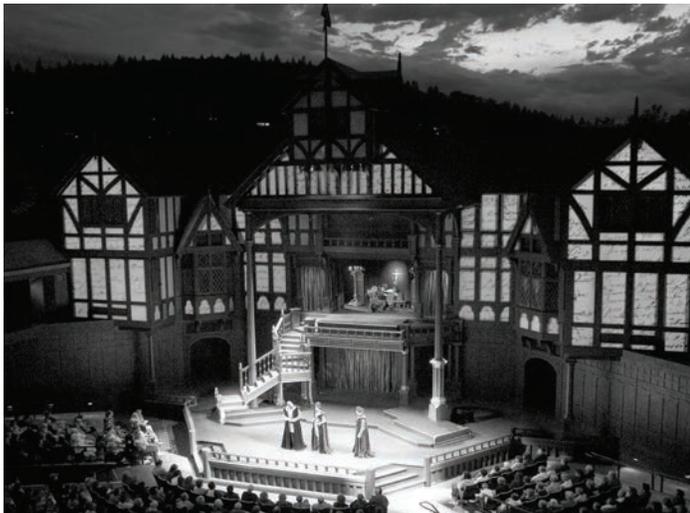


Photo by Jenny Graham

PARKS AND SHAKESPEARE

Monday, June 6, 2016 - Saturday, June 11, 2016

For those of you who prefer not to fly and those who like to see everything along the way, this 6-day motoring trip to southern Oregon is a real winner. We drive north to meet our step-on guide for tours of Burney Falls and Mt. Lassen, before continuing on to Mt. Shasta and another guided tour. We have two nights in Ashland, featuring two performances at the Oregon Shakespeare Festival (please note, not all of their productions are Shakespearean plays) and a guided tour of Crater Lake. Then, for a change of pace, we head for Gold Beach, overnight at Jot's Resort on the Rogue River, and take a 64-mile narrated round-trip ride through pristine wilderness on the Mail Boat that still delivers mail upriver. We return through Ferndale, with its Victorian homes and the majestic redwoods in Humboldt County. So whether you prefer Mother Nature's drama or the Bard's, this trip has an abundance of delights!

The price for this 6 day trip is \$1,899 (R) pp double occupancy, \$2,399 (R) pp single occupancy. Trip includes 10 meals. Deposit of \$300 is required, with balance due Wednesday, April 20, 2016. Earn an Early Booking Discount of \$30 pp for full payment if made by Monday, August 31, 2015. See flyer for more information.

COME TRAVEL WITH US

Call the Senior Center front desk at (408) 730-7360 to find out more about our exciting day and extended trips.

Extended Trips



Photo courtesy Alnwick Castle

BEST OF BRITAIN

Wednesday, July 6, 2016 - Wednesday, July 20, 2016

If you can trace your roots back to the British Isles, or just have an interest in America's mother country, please join us on this jam-packed excursion. We fly overnight to London for some free time and a tour of the city, before traveling on to Stonehenge, Bath and the historic cathedral city of Exeter. You'll see dramatic scenery, visit castles and medieval ruins and tour Liverpool, home of the Beatles. Next, we travel north through the beautiful Lake District to Glasgow and the Scottish Highlands. You'll journey along the banks of both Loch Lomond and Loch Ness, before crossing the bridge to the Isle of Skye. On the east coast of Scotland, golfers can visit the eighteenth hole at St. Andrews, where the game was invented 600 years ago. Before leaving Scotland, we will enjoy a city tour of Edinburgh and visit the medieval market town of Alnwick, including its castle which posed as Hogwarts in the first two Harry Potter movies. Enjoy a luncheon in a 15th century manor house on a working dairy farm in Wales. We also visit Shakespeare's birthplace in Stratford-upon-Avon, Fort William and other sites you might recognize from the Outlander series. These are just a few of the many highlights of this wonderful trip. See flyer for more details.

The price for this 15-day trip is \$5,998 (R) pp double occupancy, \$7,248 (R) pp single occupancy. Trip includes 19 meals. Deposit of \$800 is required, with balance due Friday, April 1, 2016.

Earn the following Early Booking Discounts: \$250 pp for full payment if made by December 2, 2015; plus \$75 pp for retired military and \$150 for participants who have traveled on a Trifalgar, Uniworld or Insight Tours trip in the past 5 years. See flyer for more information.



Photo courtesy Jeff Shane, Courtesy Royal Gorge Route

TRAINS, TRAINS AND MORE TRAINS OF COLORADO

Sunday, August 21, 2016 - Sunday, August 28, 2016

Spectacular scenery, ancient ruins and historic trains make this one fabulous trip. Join us as we fly to Denver, Colorado, before boarding the Leadville Colorado Southern RR, the first of our five fabulous train rides. The conductor will entertain you with tales of mountain life as you climb higher and higher. The views just get more impressive until you reach Fremont Pass and catch a glimpse of the two tallest peaks in Colorado. We then visit the 1,000+ year old Anasazi cliff dwellings at Mesa Verde. Covering more than 80 square miles, Mesa Verde is our only cultural national park. Moving on, we spend a day traveling on the Durango & Silverton RR on our way to Chama, New Mexico, before returning to Colorado on the Cumbres and Toltec, America's most authentic steam-operated railroad. You might catch sight of bighorn sheep, blue herons or bald eagles from either the Royal Gorge Route Railroad or the Pike's Peak Cog Railway, on the way to the Garden of the Gods red rock formations. Then there's just time to visit the Colorado Springs Air Force Academy, with its spectacular Cadet Chapel, before flying home.

The price for this 8-day trip is \$2,999 (R) pp double occupancy, \$3,499 (R) pp single occupancy. Trip includes 13 meals. Deposit of \$450 pp is required, with balance due Wednesday, June 22, 2016.

Earn an Early Booking Discount: \$50 pp if booked by Friday, July 31, 2015. Final payment is due Wednesday, June 22, 2016. See flyer for more information.

Trip Policies & Procedures

GENERAL INFORMATION

- Day Trips: Arrive 30 minutes before departure time to check in and board the bus. All participants must depart/return with the group on the bus. If you do not arrive by the departure time, you **may not** join the group while the trip is in progress.
- We offer slide show previews of extended trips. See page 1 for details. You can now register for all trips upon receipt of this newsletter.
- The Sunnyvale Senior Center reserves the right to make necessary changes or modifications to a trip, including menu choices.

Day trips will list the cost of the trip for both Sunnyvale Residents (R) and Non-residents (NR).
For extended trips, non-residents are charged an additional \$50 per trip.



CANCELLATIONS AND REFUNDS

DAY TRIPS

- Those canceling any day trip will receive a refund, less a \$10 administrative fee charged by the City of Sunnyvale, if:
 - 1) Cancellation is received prior to the day of the trip, and
 - 2) Your place is filled from the wait list (if one exists).

NOTE: NO refund if your space is not filled by another participant.

- No-shows will **not** receive a refund.
- Full refunds are made if the trip is canceled by the Senior Center.

EXTENDED TRIPS

- Some deposits are not refundable. Please read the individual trip payment and cancellation policies that apply to the trip you have selected.
- Please be sure to read all trip cancellation and refund policies so you are aware of the penalties involved should you need to cancel your trip.
- There will be no refunds for any unused portion of a tour, unless covered by trip cancellation insurance.
- A cancellation letter is required to cancel a trip.

YOUR HEALTH & SAFETY

IMPORTANT - Members must notify the Senior Center of any changes to their Membership Form. Non-member trip participants must fill out a Trip Emergency/Medical Information Form. This information will be released to medical personnel should an emergency arise.

- Travelers needing special assistance must notify the Senior Center at the time you register to determine what assistance may be reasonably accommodated.
- Trip participants **must be able to independently participate** on trips (take care of personal needs, follow instructions, etc.) or have a caregiver with them to provide personal assistance during a trip. Escorts and bus drivers **cannot** be held responsible for lifting or assisting individuals with walking, boarding or deboarding the bus, or personal needs.
- Check with your physician on the advisability of traveling. There may be elements of an extended trip, such as high altitude, that may not be suitable for certain health conditions.
- Bring your Medi-Care, Medi-Cal or other insurance cards with you on a trip.
- If you use a walker or wheelchair or have other special needs, include this information on your Membership Form. Non-members should include this information on your Trip Emergency / Medical Information Form. We will make all reasonable accommodations for you.
- Any accident/incident should be reported to a trip escort.
- Trip participants are required to carry **photo identification** on all trips for safety and security purposes.

• **Day Trip Activity Levels:**  = trip includes moderate walking and/or standing for extended periods

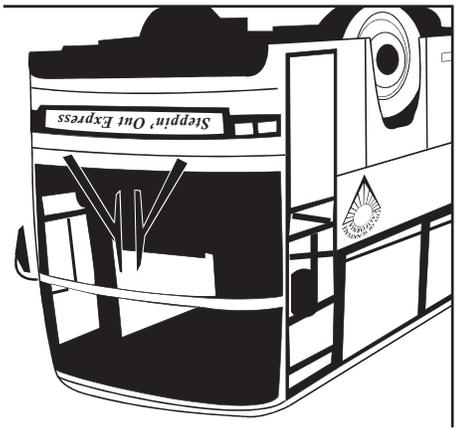
 = trip includes some stairs and/or multiple times on/off bus

 = trip includes hilly terrain



PARKING

Cars are to be parked in the back parking lot at the end opposite the Sunnyvale Historical Museum for day and extended trips. This enables those attending Senior Center classes, lunch program and senior clubs to use the parking spaces in front of the Senior Center and those visiting the Sunnyvale Historical Museum to park near the museum. The bus will drop participants off at this same location when returning from trips.



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Registration, Payment Information and Policies

REGISTRATION INFORMATION!

Register Now! You can walk in, call or mail in your registration forms for all trips as soon as you receive this newsletter.

Day trips: Use the reservation form in the newsletter for day trips only. You can sign up two people on each form, if they live at the same address.

Extended trips: Come to the Senior Center for the flyer and registration form, or go on our Web site, OlderAdults.inSunnyvale.com, click on "Senior Trips" and print out the reservation form for the trip you want to go on.

Slide show presentations are offered for our extended trips. Please see page 1 for details.

Service fees will be charged for companions who are 21 - 49 years old. The additional fees are: \$5 for each day trip, and \$25 for each extended trip.

PAYMENT INFORMATION

- Prices are based on a per person basis. Payment is due at the time of registration.
- Trips may be paid by cash, check or credit card (Mastercard or VISA).
- For extended trips, a \$50 per person non-resident fee is due at time of final payment made out to the City of Sunnyvale.
- Make checks out to the **City of Sunnyvale** unless otherwise noted. A fee of \$30 is charged for any returned check.

REMINDERS

You don't have to be a member of the Sunnyvale Senior Center to go on a trip, although it's encouraged and recommended. However, you must be at least 50 years of age, unless you are accompanying a senior traveler.

The City of Sunnyvale encourages persons with disabilities to participate in our recreation programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans with Disabilities Act. If you require special accommodations, please let us know when you register; (408) 730-7360, TDD (408) 730-7501. Visit OlderAdults.inSunnyvale.com.