

## Winter Skies Are Inspiring



Winter skies over the Pacific are the most beautiful. This photo was taken from a street in Malibu.

Photo by Diane

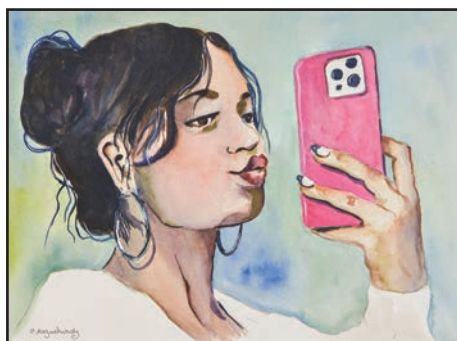
## New Exhibit of Portraits Opens at the California Heritage Museum

The California Heritage Museum is pleased to present *Portraits*, a juried exhibition of artwork by artists from Women Painters West. The opening reception at the Museum was planned for the end of January. Due to unpredictable January weather, a "Rain date" is also scheduled for Saturday, February 7, from 3 p.m. to 5 p.m.

The exhibit will continue through May 7. Museum hours are Wednesday through Sunday, 11 a.m. to 4 p.m., with the last admission at 3:30 p.m. There is free parking behind the Museum at 2612 Main St., Santa Monica.

Women Painters West (WPW) is the longest established women's artistic organization in California, founded in Laguna Beach in 1921, with a highly respected presence in our California art community today.

Women Painters West maintains high standards for showcasing work, with yearly juried membership admissions resulting in a group of approximately 180-200 professional women artists working in diverse mediums. WPW is also a nonprofit organization that has educational objectives awarding scholarships to art students in Southern California,



Claudia Kazachinsky in her piece entitled "Selfie."



Family Portrait On the Farm in 1919 by Lynn Gadal.

assisting in community art programs and enriching members' professional opportunities.

The artwork selected for the California Heritage Museum exhibition was juried by the Museum's Executive Director, Tobi Smith. Forty-five artists were selected from a group of sixty-eight submissions. The theme of the exhibit is *Portraits* and the medium was varied: watercolor, oil on canvas, pencil, pastel and charcoal drawings, and mixed-media have created an exciting colorful museum presentation.

## Santa Monica Playhouse Owners Celebrate 50 Years of Creativity

Fifty years ago this month, Evelyn Rudie and Chris De Carlo assumed their posts as Co-Artistic Directors of Santa Monica Playhouse. Under their stewardship, the 63-year-old theatre has become a treasured cultural institution in the beachside community. Theatres have come and gone over the years in Los Angeles County, but the Santa Monica Playhouse continues to thrive under the direction of Evelyn and Chris.

Evelyn enjoyed an early successful career in television and film, earning an Emmy® nomination (for *Playhouse 90*) and receiving a star on the Hollywood Walk of Fame for her work in television (which included *The Red Skelton Show*, *Alfred Hitchcock Presents*, *Lawman*, *77 Sunset Strip*, *Wagon Train*, *General Electric Theatre*, and seven appearances on *The Tonight Show* with Jack Paar). She came from a show-business family, including grandfather Rudolf Bernauer, a librettist-lyricist-playwright-filmmaker; father Emery Bernauer, a composer-lyricist-playwright; and aunt Agnes Bernelle, a singer.



Chris De Carlo and Evelyn Rudie performed in "Backstreet: The Musical."

Chris De Carlo received a Bronze Star from the U.S. Army for his film work while in Vietnam. He originated 350 roles with over 10,000 performances on three continents, from New York to Tokyo.

Together, Evelyn and Chris are renowned for their *Shalom Aleichem Quintology*, five shows based on the life and work of famed humorist, novelist, and playwright Shalom Aleichem (1859-1916). *The Quintology* features music by Ben Weisman.

Evelyn and Chris, partners and spouses, are responsible for bringing some 650 productions to the Playhouse stage. In addition to being actors, writers, and directors, they are also educators, using theatre as a platform to instruct and illuminate. Together they co-founded Actors Repertory Theatre, the Young Professionals Company, the Mobile Touring Project, the Schools Theatre Excursion Project, and the American Cultural Youth Ambassadors.

They are also behind the annual Binge Free Festival of Theatre, which each fall presents a month of free shows, so that plenty of theatre is available to all, regardless of their circumstances.

The new year of 2023 looks to be as busy as ever for the Playhouse with shows planned including *Don't Get Sick and Die*; *Snowwhite*; *Drunk Theatre*; *The Hebrew Hill-billy*; *WTF: Talkback*; and the 2023 edition of Binge Free Festival.

Fifty years at the helm of Santa Monica Playhouse, and Evelyn and Chris show no signs of slowing down. That's great news for local theatergoers.

The Santa Monica Playhouse is located at 1211 Fourth St., just south of Wilshire Blvd. For more information about Santa Monica Playhouse (and Evelyn and Chris) visit [santamonicaplayhouse.org](http://santamonicaplayhouse.org).



Chris and Evelyn starred in "Dolls! Not Your Usual Love Story."

## Do You Recognize This Neighborhood Celebrity?

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# Discover What’s Happening on the Westside

**By Pamela Lawrence**  
• **Ongoing until March 26 - Snowwhite** - A charming tale of companionship, coming-of-age, and the magical bond between mothers and daughters, this colorful and vibrant musical fantasy for kids 2 to 102 takes audiences on a magical adventure. Saturdays at 2 p.m. and Sundays at 12:30 p.m. Santa Monica Playhouse, 1211 4th St. Call the box office for tickets at 310-394-9779.  
• **Ongoing through April - Official Bob Marley One Love Experience** - Immerse yourself in a journey through his life, passions, influences, and enduring legacy. Celebrate one of the world’s most beloved and unifying musical and cultural figures. Open daily. Ovation Hollywood, 6801 Hollywood Blvd., second floor. Visit: feverup.com to buy tickets.  
• **Thursdays in February (9, 16, 23) - Line Dancing** - Get fit and have fun line dancing. You will learn old and new dances in a variety of styles including country, disco, soul, Latin, and more. All levels welcome. 12:30 p.m. In person, Venice - Abbot Kinney

Memorial Branch Library. For teens, adults, and seniors.  
• **Tuesday, February 7 - How to Write a Book and Get It Published** - Santa Monica-based author and writing coach Jasmyne Boswell will present this program. Whether writing your memoir for publication or for your family, a book to promote your business, or a novel for fun, writing and publishing your book is now easier than ever. 6:15 p.m. In person, Palisades Branch Library, 861 Alma Real Dr. For teens, adults and seniors. Free.  
• **Wednesday, February 8 - Knitting Circle for Adults** - Come for a relaxing hour of knitting. All levels are welcome, including beginners. Bring yarn and needles, if you have them. 3 p.m. In person, Playa Vista Branch Library, 6400 Playa Vista Dr. For more details, call 310-437-6680. For adults.  
• **Saturday, February 11 - Free Income Tax Preparation and Filing** - Get help with tax preparation and filing by UCLA through the IRS Volunteer Income Tax Assistance program. Tax forms they prepare are Form 1040, CA Form

540, and Form 1040NR. 11 a.m. to 3 p.m. In person, Mar Vista Branch Library. Book an appointment: <https://vitaatucla.org/>. For adults, and seniors.  
• **Saturday, February 11 - Marcus Miller's Drums** - An interactive drum workshop for kids which focuses on the importance of drums in our society, past and present. Participants are given the opportunity to express themselves on a percussive instrument. 11 a.m - 11:45 a.m. In person, Westwood Branch Library.  
• **Tuesday, February 14 - Tuesday Tales: A Traveling Storytime** - 10:30 to 11 a.m. Montana Avenue Branch Library. An engaging and fun time with stories,  
• **Thursday, February 16 - Black History Month Film Screening: The Gabby Douglas Story** (2014) Pico Branch, The Annex. 4 p.m. - 5:30 p.m. An inspiring look at the life of the first black gymnast to become the individual all-around champion and the first American to win gold in both the individual all-around and team competitions at the same Olympics. For teens.

songs, and rhymes. This series travels to a different library location each month. For ages two to five.  
• **Thursday, February 16 - Sunday, February 19 - Frieze Los Angeles 2023** - Art lovers, get set to flock to Santa Monica for this dreamy display of works from dozens of international galleries. The fair expands to feature more than 120 galleries, including new specialists in 20th-century art. The Frieze Projects 2023 edition has settled on a site-specific tent in the southeast corner of Santa Monica Airport, 2800-3200 Airport Ave. For more information, visit: frieze.com.  
• **Saturday, February 25 - Bikeabout from Santa Monica to Redondo Beach Tour** – Leisurely Bikeabout, 8-10 mph. Explore all the beach cities from Santa Monica Pier to Torrance/Redondo Beach and back, approximately a total of 37 miles. There will be many stops to explore Santa Monica, Venice, Marina Del Rey, El Segundo, Manhattan, Hermosa, Redondo, and Torrance. 10 a.m. to 4 p.m. Meet at Hot Dog on a Stick (Muscle Beach), 1633 Ocean Front Walk.

## Mothers of Monica Ministry Welcomes Moms of All Ages to Join Them

**By Erin Surace**  
Hello, my name is Erin. I live in Denmark. I am an expat wife and mother. But, no matter where I am or where I live for the time being, I am a daughter of Santa Monica.  
These days, I am not just a daughter of Santa Monica. I am now a “Mother of Monica” and I run the “Mothers of Monica” Ministry. We are a group of mothers that currently attend St. Monica Catholic Community at 725 California Ave. Or, like I, have moved away, but still miss our beloved city and church family.  
The group started during the pandemic because we all needed support and wanted friendship and fellowship during these uncertain times. We meet online weekly, and occasionally, we will organize group outings for those that live locally. But, as we always say at St. Monica, “All Are Welcome!” And, as you can imagine, we sign

on from many different time zones, so we actually mean it! All are welcome.  
“But, wait a second!” you may ask. “Erin, you mentioned Denmark?” Allow me to explain. You see, my family moved here for my husband’s job. And, I have loved living here for the past eight years. It is such a different lifestyle and mindset here in Scandinavia. It’s been fun to mesh their style with my own life lessons along the way. And, my child is convinced we live in a fairyland far far away from where she was born. But, for me personally, my mind and my heart never leave Santa Monica.  
So, before the day starts here in Denmark, I wake up to check on Santa Monica before she goes to bed for the night. I share her moments of gratitude and regret. We talk and talk just like a local would do when we meet up



Erin Surace

throughout the town. She picks up the “phone” or should I say, “enters the Zoom room” when I “start the meeting.”  
Each call is like time never passed! I think it’s the gift that we have as Santa Monica folks. And, I am always so grateful she still takes my calls!  
This city – this community – gave me and my sister Tegan a life we never thought was possible in a city like Los Angeles. But, if the pandemic taught me anything, it taught me the very clear fact that my beloved Santa Monica and I have physically been apart for quite some time now, but I never have to pretend we aren’t still connected. I never stop answering the call to roll up my sleeves to connect and serve my community every time she calls me. But what will 2023 bring for our Mothers of Monica?

So, as we begin another year of “what ifs” and “where do we go from here?”, the MOMs are still here. The doors are still open. The Zoom room is still waiting for us to

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**Happy February Birthdays to:**  
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The Real Estate Advisor

Real Estate Implications When Divorcing After 50



**By Richard Lombari**  
Overall, divorce rates have been trending down over the last couple of decades. A notable exception is the over 50-year-old demographic, whose divorce rate has more than doubled.

There are multiple theories on why this phenomenon has occurred. Many of the older divorcing couples got married at a young age and powered through an unsatisfactory marriage until the children left the family home. Some just realized that although a bit older, they are relatively healthy and believe they can again find happiness with another partner.

Whatever the cause, the reality is that this divorcing demographic has disproportionate financial assets compared to the younger generations. Greater assets combined with generally longer marriages often cause expensive and aggressively-contested divorces.

Real estate holdings are one of, if not the single largest asset class contested in the divorce. In addition to the “Family Home,” holdings often include multiple second homes or single-family investment homes. In more affluent families, commercial properties and businesses may also be in the real estate investment mix.

The first step regarding real estate properties held by divorcing couples will be an appraisal of the properties. However, more important than just the value of the

properties is the equity, (value of the home minus the mortgage), minus necessary repairs to sell, and closing costs.

So, the next step would be hiring inspectors to really determine if there are expensive maintenance items that may be required to be repaired, or cause concessions with the eventual buyer. Also, upfront title and lien searches are highly recommended and can identify unwanted surprises like tax liens, mechanic liens, or forgotten Home Equity Line of Credit (HELOC) lines.

If properties are sold during the divorce, the expenses are typically divided equally. Careful consideration should be taken by a party thinking about retaining the “family home” or any other properties because they would solely bear the additional expenses contractually required for repairs and closing costs.

It is crucial, early in the process, to consult a real estate agent specifically trained and experienced in working with divorcing couples and advanced negotiation techniques. This agent should work with a team to provide support in appraisals, property inspections, title research, insurance, and financing to ensure information is provided to help divorcing couples make informed decisions in equity.

**Richard Lombari is a 30+ year real estate veteran. He can be reached at 310-903-6509, or [www.LombariRealEstateWealthAdvisors.com](http://www.LombariRealEstateWealthAdvisors.com).**

Fond Memories From the Past



Getting Valentine’s Day candy at See’s Candy on Wilshire Boulevard is a longtime tradition in Santa Monica. I remember driving by on February 14 and seeing some of my friends waiting in a long line outside the door. From left, Debbie, Freya, and Audrey.

Photo by Diane

Join the Rotary Club of Santa Monica at Their 15th International Wine & Food Festival

The Rotary Club of Santa Monica will present its 15th International Wine & Food Festival on Saturday, March 4 at the historic Santa Monica Bay Women’s Club from 6 p.m. to 9 p.m.

Enjoy a fun-filled Great Gatsby-themed night of entertainment with magic, music, dinner, and exciting silent and live auctions. Guests also have the opportunity to win fantastic trips by purchasing raffle tickets.

All proceeds from this popular event benefit nonprofit community and youth programs. Since 2018, the Rotary Club of Santa Monica has generously donated more than \$535,000 to local non-profits. Funds assist students furthering their education while recognizing their achievements through high school and college scholarships and vocational training grants.

Community youth efforts, disaster relief, elder care, fine arts, medical aid, homeless efforts, and organizations working to support

foster children and stop sex trafficking have also been supported.

Additionally, the Club has donated over \$133,000 to worldwide organizations in India, Africa, Columbia, Mexico, Guatemala, Lebanon, Peru, and other locations. These funds have been used to help lift children out of poverty, on clean drinking water projects, providing medical equipment, and much more. And, members of their Club volunteer their time and energy at numerous community projects on District Humanitarian visits. This spring, members will be working on fulfilling opportunities in Belize.

Rotary Club of Santa Monica members do make a difference for people whose lives are less fortunate. Please help them to continue their good work by attending this special event. Visit [RotaryWineFest.org](http://RotaryWineFest.org) for more information and ticket purchases.



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Byte by Byte

Sugar Rush: Two Helpings of Sugar-Based Technology



**By Dr. Miceala Shocklee**  
Sugar: it’s a cornerstone of Valentine’s Day. From candy printed with Xs and Os to the traditional heart-shaped box of

chocolates, sugar fuels the day of love and romance. However, sugar drives more than taste buds: it’s a part of science beyond just gastronomy.

Among other technological advances, sugar now counts amongst the set of media available for 3D printing. Think more than candy hearts and lollipops: a group called SugarLab developed

a printing method that combines water, powdered sugar, and imagination to create custom sugar shapes. Some of SugarLab’s past 3D printing collections have included kimchi bouillon, literal sugar skulls, and even tiny replicas of Starbucks-esque coffee. To learn more about the SugarLab history and current offerings, go to: <https://sugarlab3d.com>.

Sugar has been used in technology beyond just consumption, though. In 2022, the Massachusetts Institute of Technology (MIT) and the Technical University of Munich (TUM) announced the joint development of a kind of

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Reflections From The East

Discovering Chocolate: From the Sweet to the Bitter



By Qín Sun Stubis

Before I learned there was such a thing as chocolate, I had thought hard and milk candies were the two most delicious forms of sweets in the world. I was little then and loved candies more than anything else.

I couldn't wait for Chinese New Year when my mother handed me and my three sisters each a handful of them and patted us on the head. "Sweets for my sweeties. Happy New Year," she would say to us. I was ecstatic, staring at my windfall pile of differently shaped candies dressed in their colorful, festive wrappings. I hid them under my pillow and dreamed

about tasting their sweetness.

Born during the Great Chinese Famine and growing up during the Cultural Revolution, food was always scarce. Grown-ups had barely enough to keep us alive from day to day. Any kind of treat was considered a luxury.

It was not until I was about six or seven when, one day, my long-time next-door neighbor handed me a small object wrapped in bright red foil. "Chocolate," she explained to me, not that I had any clue about what it was. I peeled it open carefully and discovered a smooth square with an unexpected light brown color. I popped it into my mouth, and I was in heaven.

It would be many more years before I got to taste it again. When

that happened, it was like running into a long-lost best friend, and I never wanted to let go of that friend again.

Chocolate kept me company throughout the 1980s when economic growth and prosperity finally replaced revolution in China. But, it was only after arriving in America, that I discovered how chocolate can come in many shapes, sizes and flavors, from large bars to candy-sized balls, in tastes ranging from sweet to bitter. It can also be drizzled onto cookies or hidden inside a tasty pastry. Its versatile personality makes me love it even more.

As I grow older, I seem to enjoy bitter chocolate more and more. I love to add dark, bitter cocoa powder to my morning coffee and

savor the complex notes in it. My life is so perfect now, I don't need to add sugar to make it sweeter. On the contrary, the bitter taste often reminds me of my family's past struggles and how we have endured them.

On this Valentine's Day, perhaps you will explore your own journey with chocolate – when you were first introduced to it, how your taste for it has evolved over time, and which kinds have become your favorites. You may be surprised how biting into a single chocolate can inspire a gush of sweet memories.

You can always reach me at [qstubis@gmail.com](mailto:qstubis@gmail.com), or please visit me at [www.qinsunstubis.com](http://www.qinsunstubis.com).

Celebrating Your Parental Love



By Cheryl Thode

We have entered the "love" month. February is the month dedicated to our feelings of romance, affection, and love.

However, the month is not solely about valentines and sweethearts. No, in this month that celebrates cupid, we also honor the love of our relationships with our family and friends. In particular, we recognize a love near and dear to my heart, *Parental Love*.

As I write this month's article, I am sitting in a hospital bed at Providence Saint John's Medical Center. For the last nine months, I was pregnant and anxiously awaiting the arrival of my second son. He was not due to be born for three more weeks. However, my son-to-be had other plans and announced his arrival with very

sharp labor pains three weeks early. Thankfully, I was able to make it to the hospital and without delay, Patrick Thode was born within hours.

As any mother can tell you, seeing your child for the first time after developing a nine-month relationship with them while they were developing inside is awe-inspiring. The love you feel and the complete amazement of how this little person could now be in your life is beyond words. How is the miracle of birth possible? How could I possibly love this little bug any more than I already do? What is this amazing sense of peace, thankfulness, and love that I feel? These are just some of the questions that are currently buzzing around in my head.

Parental love is an amazing form of love. It is the one that will make us go to bat for our kids on any matter, even if it is detrimental to

our own needs. It is innate, unconditional, and raw. It is undisputed that children need healthy parental love to have happy and successful lives. This love gives children a feeling of acceptance and is one of the best indicators of future success and life satisfaction for adults. Parental love is something to be cherished and honored. So, what better month than February to do just that.

Parents, use the month of February to build on your loving relationships with your children. Each day, do an activity that is centered around developing and exhibiting your love for your children.

There are 28 days in February, so create your own activities or pick some from the following list: 1) Put love notes in your child's lunchbox; 2) Make a dinner together with your children; 3) Assemble and exchange Valen-

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Answer to Neighborhood Celebrity  
(Continued from Page 1)



Stalin Ramirez has been a service station attendant for 32 years. He currently works at the Sinclair Gas Station on 26th and San Vicente.

### Mini Message Bulletin Board

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*Happy Valentine's Day to Joanne, the love of my life.*  
- KINGSLEY

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Clergy Corner

A Prayer for New Beginnings



**By Rev. Matthew Hardin**  
I always like to think of the New Year as the beginning of an exciting journey. Everything feels fresh and new, a perfect time to take stock of things and ask myself a few important questions. What do I really want in this new year? What am I looking for, hoping for? What spiritual practices do I need to start (or do a bit better) to be the type of person I want to be?

Each of us will answer these questions differently, of course. Perhaps some of us will realize that we need to devote more time to our families and/or to God. Others will come to the conclusion that they need to reconcile with a friend or loved one, or take better care of their health. And, others will recognize that to be the type of person they want to be, they need to begin therapy, or attend a 12-step program.

Whatever it may be for you, I encourage you to take the time to reflect on what journey God may be calling you to take this year.

No one knows what 2023 will hold for us, individually, or collectively. There will be uncertainties, challenges, and surprises for our world and for each of us. Even so, we can and should head into this new year with confidence. Because no matter what happens, or where our journey leads us, the God of love and grace will be our traveling companion.

With that in mind, I share with you the following prayer which we

always offer at our church on the first Sunday of the new year. I hope it will be a blessing to you, whatever time you may begin your journey:

“Come, gracious God, and be with me now and always, this day and all the days that lie ahead in 2023. Be my light, my hope, and my comfort; be my strength, my courage, and my guide at all times, and in all places.

“May this new year be a journey of deep spiritual growth for me, a journey for growing in wisdom, understanding, and trust in you. A time of welcoming your graces and gifts, as well as a time of sharing your graces and gifts with others.

“A time for seeking forgiveness from those I have hurt, as well as a time of freely forgiving others. A time of dedicated service and honest work, as well as a time of stillness and patience.

“A time of health and blessing for myself and my loved ones, as well as a time of justice and peace for the nations.

“A time of wise discernment and faithful discipline, as well as a time of joy and laughter and happiness.

“Loving and gracious God, come and be with me now and always, this day and each day of 2023. Amen.”

**Rev. Matthew Hardin is the Pastor at Pacific Palisades Presbyterian Church where services are held each Sunday at 10 a.m. (both in person and online).**

**Each month, we ask a member of the clergy to write a column for our readers.**

Mar Vista: Neighbor to Neighbor

Have You Been to The Museum of Flying?



**By Michael Byrne**  
In the early 1920s, the United States was competing with several other countries to take the honor of being the “first country to fly around the world.” In 1923, the U.S. Government commissioned Donald Douglas, founder of the Douglas Company, to design and manufacture a plane that could accomplish the feat.

The plane needed to be able to accommodate both ground-based and water-based landings and be robust enough to make the 26,345-mile trip in a year’s time.

In 1924, the Douglas Company completed four planes that would ultimately attempt the trip (two would finish it), rolling them from the company’s manufacturing plant on Wilshire Boulevard (the site of Douglas Park) to the Clover Field airfield three miles south (known today as the Santa Monica Airport) for testing.

If learning that Santa Monica is the birthplace of one of the greatest feats in aviation history comes as a surprise, you are not alone. In my visit to the Museum of Flying in Santa Monica (located on Airport Avenue across the street from the Santa Monica Airport), I discovered this and much more.

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Passing Through the Pico Neighborhood

It's Time to Celebrate Black History Month in the City of Santa Monica!



**By Stacy McClendon**  
The Santa Monica Black History Month Committee has been crafting and hosting a wide array of events for the past four years that uplifts and shares the many facets of Black History with a past, present, and future focus. This year, the committee chose to center the events around Black Resistance, with a focus on rest and self-care.

This February, the Committee will host two main events, so as to allow staff, community members, and attendees ample time to enjoy the other events being held Wednesday, February 1 through Tuesday, February 28 throughout the City.

Please visit the following link <https://santamonica.gov/blog/black-history-month-2023> to read the blog by Delana Gbenekama, Communications and Marketing Coordinator for the City of Santa Monica, and founder and leader of the Black History Month Committee. The link highlights Black His-

tory Month 2023 in Santa Monica, with the entire list of events offered in February.

**Wednesday, February 1 through Tuesday, February 28 - Black History Month Exhibits:** Stop by Santa Monica City Hall, 1685 Main St., during business hours to view Black History Month exhibits featuring poetry aligning with the theme of Black Resistance. City Hall is open 7:30 a.m. to 5:30 p.m. Monday through Thursday, and from 8 a.m. to 5 p.m. every other Friday (closed February 10 and 24).

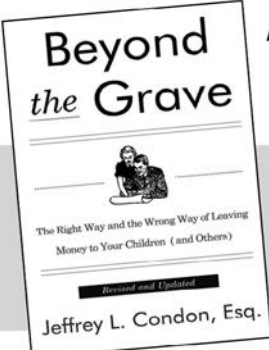
**Black History Month Book Displays:** All Santa Monica Library locations will feature Black History Month book displays. For information on Library branch hours, visit [smpl.org](http://smpl.org). **On Saturday, February 25, the Black History Greens Festival** will run from 10 a.m. to 2 p.m., Virginia Avenue Park, 2200 Virginia Avenue. This event is presented by the Parent Connection Group in partnership with Virginia Avenue Park.



Calvary Baptist Church to Offer Free Mammograms

Breast cancer often receives great attention during the month of October, but it is a disease that ravages millions without regard for time, season, or the age of its victims. Early detection and all efforts toward healthy prevention are our best tools of defense.

On Sunday, February 26, free mammograms will be offered to the community at Calvary Baptist Church by The Pink Journey Foundation, which aims to help women of all backgrounds, ethnicities, and ages who may be at risk of developing breast cancer, are already diagnosed with breast cancer, or are a caregiver to a loved one with breast cancer. Insurance is not required, and appointments can be made by calling the church at 310-829-3291, or by visiting [calvarysantamonica.org](http://calvarysantamonica.org). Calvary Baptist Church is located at 1502 20th Street and Broadway.



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### Planning Ahead

## Prepare Your Road Map Now



**By Lisa Alexander, Esq.**

A cold or blustery day in February is the perfect time to create your road map to go with your Estate Plan. If you passed away unexpectedly, where would someone start to make sure your wishes are carried out?

**Wouldn't it be helpful if you left a letter or statement letting your family know your wishes for a funeral, memorial, burial or cremation?** Better yet, make the arrangements in advance to reduce decision-making and financial burden on your loved ones.

**Your letter should include where to find your estate plan documents.** Many people have a binder or notebook near their desk, others keep their estate plan documents in envelopes in a desk drawer. Wherever you keep your essential documents, make sure they are together and easy to find.

**Next, your letter should include a list of your assets.** List your bank and investment accounts, including account numbers and branch location if applicable. Don't forget online accounts. List any real property. List insurance policies. **If you have stocks and bonds in a safe deposit box** or safe, provide instructions/key/combination to access the certificates. If you have items in a self-storage, describe what is

stored, where, and how to get into the storage unit. If you have collectibles, who should your Trustee call to **make sure the collectibles are valued correctly** and if sold, would make sure your beneficiaries receive their true worth.

In addition to your list of assets, make sure you **provide passwords** to get into your computer and to access your online financial and social media accounts and other digital information.

If you have **pets, make sure they are taken care of.** You need to have a plan in place, someone who has agreed to take your pet in an emergency until more permanent arrangements can be made. Write down the name of your veterinarian and leave instructions for any special care and feeding.

**Provide a contact list along with phone numbers.** Your family and friends who should be notified.

And last, your letter might include your **wishes for your family, the words and sentiments you would want to leave for them to remember you.**

When you are done, send a copy to your estate planning attorney for the file, keep a copy with your estate plan documents, and **place the original where you know it will be found easily.**

**Lisa C. Alexander, Esq.**  
**Jakle, Alexander & Patton, LLP**  
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## Where is This Samohi Graduate Now?



Alanna Shepard is shown at the ceremony where she recently earned her MBA in Sports Management from San Diego State University. She is currently finishing up an internship with the Los Angeles Rams. She is looking forward to whatever new opportunities may arise. Congratulations!

## Remembering Grants L. Wright



Grants L. Wright

A Celebration of Life Memorial Service will be held at the First African Methodist Episcopal Church, 1823 Michigan Ave. on February 10 to honor Grants L. Wright and the legacy he leaves to cherish.

Grants completed his education within the Santa Monica Unified School District by attending Will Rogers Elementary, John Adams Middle School, Santa Monica High School, and Santa Monica College. He also attended Los Angeles State University and UCLA.

Employed for 25 years with Bekins Moving and Storage, Grants retired and then moved on to work at the UCLA Athletic Sports Division, where he excelled as a crowd favorite.

A mentor to the youth of Santa Monica, Grants was also a member of Operation Black Rescue, a committee instrumental in the building of Memorial Park in the late 1960s.

Grants will be remembered as a kind-hearted, quiet-spirited gentleman, affectionately known as "Black."

Rest well my buddy,  
Clara Wright



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THE SANTA MONICA STAR



# A Valentine’s Day Recipe to Share

**Family Features** - If the way to your loved one’s heart is through the stomach, there’s no better way to start off this Valentine’s Day than with a homemade breakfast prepared with love.

- Red is the color of love, so build your menu around fresh strawberries or raspberries, which pair perfectly with French toast or crepes, and can even dress up a simple cereal.
- Show your affection with a plate of these colorful Cocoa-Kissed Red Velvet Pancakes featuring rich 100% cocoa, buttermilk, and fresh berries. Find more recipes you’ll love to share at Culinary.net.

## Cocoa-Kissed Red Velvet Pancakes

Servings: 10 pancakes  
1 cup all-purpose flour  
1/4 cup granulated sugar  
3 Tbsps. Nestlé Toll House Baking Cocoa  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 large egg  
1 cup reduced-fat buttermilk or low-fat milk  
2 Tbsps. unsalted butter, melted  
1-1/2 tsps. vanilla extract  
1 tsp. red food coloring  
Heart-shaped pancake cutters or cookie cutters, butter for garnish, powdered sugar for garnish, maple syrup for garnish, or fresh berries for garnish

- In a large bowl, combine flour, sugar, baking cocoa, baking pow-



Try these pancakes for your family’s Valentine’s Day breakfast.

- der, baking soda, and salt; stir well.
- In a separate large bowl, whisk together egg, buttermilk, unsalted butter, vanilla extract and food coloring. Add to flour mixture; stir to combine. Allow mixture to sit 5 minutes.
  - Heat nonstick skillet or griddle over medium heat. Brush with oil or butter. Add about 1/4 cup batter to skillet. Cook about 2 minutes, or until bubbles start to form on top. Flip and cook 1-2 minutes, or until bottom is lightly browned. Serve immediately with butter, powdered sugar, syrup, and berries, if desired.
- Tip: If using pancake or cookie cutters, be sure to coat with oil so pancakes don’t stick. Place cutters in skillet and pour batter into cutters. Remove cutters before flipping.

# Areas By the Brentwood Country Mart Welcoming More Brick and Mortar Stores



**By Christine Deschaine**  
Two years after a boom in online shopping, consumers’ desires for an in-store experience has triggered a return to physical storefronts. People have missed walking through their favorite boutiques and, with inflation impacting the cost of goods, U.S. shoppers are avoiding online delivery fees by purchasing items in person. In 2022, Mood Media found that about 38% of consumers are shopping in-store more often than in the previous two years.

At San Vicente Place, a boutique shopping center represented by Kennedy Wilson Property Services

at 26th Street and San Vicente Boulevard, across from the Brentwood Country Mart, customers aren’t the only ones ready to get back to the store. Online luxury consigner The RealReal chose the property to expand their physical presence in early 2022.

Operators along 26th Street are successful because they appeal to affluent shoppers and their families who live in or commute through the area. Although most stores have reopened fully, some

*(Continued on Page 10)*

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# Community Service on the Westside

## Discover the Santa Monica Family YMCA



**By Eduardo Lowe**

If you are looking for a way to improve your health, meet new friends, and give back to the community, look no further than the Santa Monica Family Y. This vital community-based organization has been serving the people of Santa Monica for years, focusing on youth development, healthy living, and social responsibility.

At the Santa Monica Family Y, you'll find state-of-the-art facilities and equipment designed to help you achieve your fitness goals, no matter what they may be. And, the Y's impact extends far beyond fitness. We also offer a wide variety of programs and activities for people of all ages, including our annual Big Bear winter camp, summer camps and family camps.

These programs provide unforgettable outdoor experiences for youth and their families, while strengthening bonds with friends and family.

Our youth programs, designed to meet the needs of all family members, include everything from swimming lessons to dance and basketball. For adults and seniors, we offer group fitness classes and wellness programs, as well as personal training options.

If you're considering joining the Y, there's never been a better time. In February, you can join online at [www.ymcasm.org](http://www.ymcasm.org) and receive 25% off your joining fee. So don't wait, become a member of the Santa Monica Family Y today and start enjoying all the benefits this vital organization offers.

**Eduardo Lowe is the new Member Engagement Director of the Santa Monica Family YMCA.**

## Anticipating Spring Activities



**By Patricia Webber**

Members of the Santa Monica Bay Woman's Club (SMBWC) have been busy. In December, several members chaired by Alicia Syres organized to wrap gifts for the foster children served by Happy Trails for Kids going to their winter camp. This has been an activity enjoyed by the Club in the past, so we were happy to participate again. Also in December, a wine and cheese party was held at the Club for members and prospective members. It was well-attended. Everyone enjoyed the food prepared by our own Susan Barry. And, eight women guests joined our Club that evening.

We have some exciting events coming up. On February 4, the Club is bringing back our always-successful valentine-making event. Adults and children are provided with paper, pens, sparkly glue, and lots of other material to

make their own Valentine cards at tables around the ballroom. The cost is \$10, and the proceeds will be donated to arts programs at SMMUSD, and matching funds will go to School on Wheels.

On March 17, the SMBWC will be hosting the California Women's Club's Marina District Luncheon and Photography & Writing Contest. The contests' goals are to encourage members to create and to inspire others through participation in the arts. This year, each of the two contest categories will focus on two areas. In writing, they are short stories and poetry. In photography, the categories are "The World in Pictures" and General Federation of Women's Clubs "Living the Volunteer Spirit."

Our on-going Club activities include the monthly book group, which meets on the fourth Tuesday of the month. The bridge and canasta card playing continues every Monday, and the Arts, Crafts and Conversation group meets on Tuesdays. There is also

**(Continued on Page 11)**

## Lions Planning Upcoming Events



**By Linda Levee**

We Santa Monica-Pacific Palisades Lions want to send everyone a very special warm greeting this Valentine's Day month. Our service club is dedicated to helping those in need and giving back to the community, so for us, every month is a Valentine month, and that's what makes being a Lion so personally rewarding.

We will be renewing our grants this year. However, due to limited funding, we will be reaching out to targeted past recipients. We hope by next year, we will be back to

our full program of giving grants. This is because we have big plans for our annual fundraising event in the Fall, the second annual "Godfather of All Spaghetti Dinners." This is going to be an even bigger event this year, because we will also be celebrating our 100th anniversary.

Our Lions Club was chartered and began serving Santa Monica and the Westside in 1923. We are thrilled to be able to continue this wonderful tradition of service.

We will again be holding our annual "Lions Eyes Across California" on Saturday, March 12, from 9 a.m. to 1 p.m. at Virginia Ave-

**(Continued on Page 11)**

## Have You Been to the Museum of Flying? (Continued from Page 5)

Steve Benesch, Director of Operations at the Museum who showed me around, told me the goal of the museum is to "Share Santa Monica history and aviation history."

You'll see photos and prototypes of the old round-the-world planes mentioned above. (One plane is in the Smithsonian National Air and Space Museum in Washington, D.C.) You will also see stories of how the Clover Field airfield and Douglas Company contributed to WWII; a full-size model of the plane the Wright brothers used to officially take flight (this model was used in the filming of *Night at the Museum*); a virtual reality

flight pod; and so much more. Steve shared, "It's important to give young people something they can touch" to effectively relate to something and ultimately, see if they care. He was referring to not only how much the museum has to interact with, but how it tells a story about where we live. There is something for every age to discover at the museum, kids, and adults alike.

**Michael Byrne is a new Mar Vista resident. Please let us know if there's a Mar Vista resident you would recommend for Michael to interview.**

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**• In-person auction preview in Van Nuys from 10am - 4pm on Monday February 6, and Tuesday February 7.**

**• On Wednesday, February 8, the doors open at 10am and auction starts at noon.**



Telling the Story of Everyone in Our Community



**By Rob Schwenker**  
As people, one of the constants we can all identify with is story-telling. Chronicles of truth and works

of fiction have been at the core of civilization since our earliest days. Certainly, mediums have evolved as we've spoken our stories, illustrated them on cave walls, photographed them, shot them on video, and performed them for audiences. Some of the best stories are the ones that never gain significant attention – the ones told around circles of friends. Stories define us, each of us shapes our own narrative, and collectively those define communities. In many ways, stories are our most valuable asset. What makes the work we do at the Santa Monica History Museum in equal measures exciting and challenging, is the responsibility we have to tell this community's story. Our organization is committed to keeping our collective history alive through that work. In 2023 and beyond, we're committed to that being an effort that's inclusive to everyone in our community. No matter your back-

ground, your story is just as important and interesting as all your other fellow community members, and we hope that over the course of 2023, you might see a measure of yourself in the stories we present about your community. In the coming months, I'll use this space to tell you about some of the stories we're highlighting at the museum. We aren't magic, so we won't be able to represent everyone all the time. But I hope we're a mosaic, little pieces of you here, little pieces of me there, that together form the vibrant and varied picture of our community. The Santa Monica History Museum is located at 1350 7th St., between Arizona and Santa Monica Blvd., adjacent to the main Santa Monica Branch Library. Call 310-395-2290 for hours and more information.

**Rob Schwenker is the Executive Director of the Santa Monica History Museum. He is a public policy and civics nerd, news junkie with no intention of entering recovery, voracious consumer of podcasts, fitness enthusiast, and an avid sports fan.**



Areas by the Brentwood Country Mart  
(Continued from Page 7)

consumers still prefer online shopping. To attract online consumers to their store, a retailer needs to offer easy parking, a build-out that creates a dynamic experience, and to be within walking distance of complementary operators. This is why space for high-end tenants at 26th Street and San Vicente is so desirable. Businesses such as Nordstrom Local, Elaine Kim, and others are well-positioned, and consumers can shop, dine, and visit with friends all in one place. The commercial synergy between

San Vicente Place, the Brentwood Country Mart and the street front offerings along San Vicente Boulevard and 26th Street make this retail submarket of Santa Monica a perennially successful one. The area provides a gathering place for nearby residents and commuters with high-end taste who want a quality experience. **Christine Deschaine is a Senior Vice President at Kennedy Wilson Brokerage, specializing in the leasing and sale of retail properties.**

Paws and Claws

What's Wrong With My Cat's Lip?



**By Dr. Frank Lavac, MS, DVM**  
**Q: My four-year-old cat has two erosions or ulcerations on her upper lip. What could that be?**

**A:** The most likely diagnosis is called a "rodent ulcer," or more properly "Eosinophilic Granuloma Complex." The "rodent ulcer" term was popularized because originally it was thought that cat's developed this after engaging with rodents. We now know that is not the case, but the name has stuck. The cause is associated with various allergies. A kind of white blood cell, called an eosinophil, is mobilized to the site of an allergic stimulus, in this case the lips.

The eosinophil releases substances that cause damage to the local collagen. The most commonly associated allergy to this is flea allergy, so aggressive flea control is important. The disease is often very responsive to steroids like prednisolone. Identifying a specific cause can be challenging. Food allergies or airborne allergies can also play a role. If the cat does not respond to steroids, or if it recurs quickly, then a Board Certified Veterinary Dermatologist can be consulted. For more information, see "Eosinophilic Granuloma Complex in Cats" on VeterinaryPartner.com.

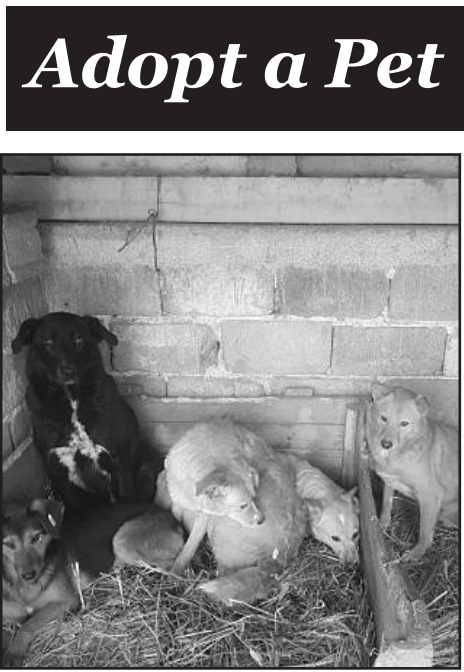
**Dr. Frank Lavac can be reached by calling 310-828-4587.**



Happy Valentine's Day!

The Verdi Chorus Spring 2023 Concert Coming April 29-30

Celebrating its 40th season, The Verdi Chorus with Anne Marie Ketchum as founding artistic director, will be holding auditions on Saturday, February 4 at the First Presbyterian Church in Santa Monica for The Verdi Chorus Spring 2023 Concerts. Anne Marie says, "If you want to learn more about the art form, or if you just love to sing and are looking for a good musical family to harmonize with one night a week, come join us!" Positions are open for all voice types. To request an audition on February 4, please visit [www.verdichorus.org/audition-for-chorus/](http://www.verdichorus.org/audition-for-chorus/).



*In Bosnia, during the Winter, temperatures can plummet to minus -20F, and deep snow is a regular occurrence. To ensure that the shelter dogs are kept warm, they need to buy straw, wood shavings, and logs of wood to heat the kennels. Last year, workers also bought some electric heaters for inside the kennels. To donate or to adopt a dog, go to [info@hopevmselainesdogs.com](mailto:info@hopevmselainesdogs.com).*





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# Connect to Nature in February

By Julie Rensink Hanson

The rain received this Winter has been a blessing for our birds and wildlife, and it has created a beautiful green canvas for us all to enjoy. Take advantage of this time by planning a picnic and taking a short day trip into the mountains to spots such as Malibu Creek State Park. There, you can enjoy the creek that flows all the way to Malibu Lagoon and provides important habitat for fish, mammals, and birds. Some of the birds you might see in the park include Northern Flicker, White-breasted Nuthatch, Great-horned Owl, and even shorebirds. For details and directions, visit: [www.parks.ca.gov](http://www.parks.ca.gov).

February is also a great month to fulfill your resolution of becoming a citizen scientist. For just four days, from February 17-20, you can be part of The Great Backyard Bird Count (GBBC). A joint project of Cornell Lab of Ornithology, The Audubon Society, and Birds Canada, the count is open to anyone, from beginning bird watchers to experts, and it's easy to do from your backyard or anywhere in the world. Your observations will be added to a database to help identify how our bird populations are doing. If you are a teacher, consider having your students do a count at school or home for science and math education. Find out more at: [www.birdcount.org](http://www.birdcount.org).

Love is in the air, and not just because of Valentine's Day. Birds, too, begin to think about courting and nesting in February. Our local



California Scrub Jays are sizing up candidates for their long-term, some say lifetime, partners. By the end of the month, they will begin nesting. Beautiful Western Bluebirds and wrens are also are finding mates and looking for homes.

Unfortunately, both tend to nest in hollow dead trees, something in short supply in urban areas. You can help them by hanging a nest box in a tree, or on a post, or building in your yard.

Tune in once again to watch our local Bald Eagle couple, Jackie and Shadow, on the nest in Big Bear. Last year, we delighted in watching them raise and successfully fledge eaglet, Spirit. We can't wait to watch their family grow again this season: [www.friendsofbigbearvalley.org/eagles](http://www.friendsofbigbearvalley.org/eagles).

**Call the Wild Bird Unlimited Nature Shop at 424-272-9000, or go online to [www.wbu.com/santamonica](http://www.wbu.com/santamonica) for more information.**

# From Me to You...



**By Diane Margolin**  
Please be sure to look over Lisa Alexander's column on Page 7, and maybe even cut it out and save it.

Many people do plan ahead when it comes to making a will or trust. But, making plans is something that is often difficult to talk about. So, others never get around to leaving lists of important information about their belongings or property. If you find yourself in that situation, you can contact an estate attorney or a forensic accountant. Or, you can become a pretty good detective, yourself.

Rob Schwenker, the new Executive Director of the Santa Monica History Museum, will be writing a monthly column to keep us apprised about the Museum's upcoming programs. Eduardo Lowe

is the new Membership Director at the Santa Monica Family YMCA and he will also let us know about their new programs.

If you feel like taking a trip out of town, the San Diego Zoo Safari Park invites guests ages 65 and older to visit for free throughout the month of February. Seniors may present their valid photo ID upon arrival where they can explore expansive habitats and connect with wildlife. The Safari Park's 1,800 acres are home to vital conservation efforts – with more than 3,000 animals representing over 300 species, and a botanical collection of more than 1.75 million plants. The park in Escondido is open from 9 a.m. to 5 p.m. daily, except for February 18 - 20 when the Park is open until 6 p.m. For more information, visit <https://sdzsafaripark.org/seniors-free>.  
Be sure to have a fun February.

## Lions Planning Upcoming Events (Continuing from Page 9)

nue Park on Pico. We'll have a selection of free reading glasses, vision screening for both adults and children and diabetes screening. We are doing this in partnership with the Venice-Marina-LAX Lions Club.

If you are interested in finding

out more about Lionism, contact Lion Yoriko Fisher at [yorikofisher@gmail.com](mailto:yorikofisher@gmail.com), or President Kingsley Fife at 310-454-2960. We would love to invite you to be our guest at our dinner meeting.

## Sugar Rush (Continued from Page 3)

"sugar-fueled battery." Running along the lines of a traditional battery, the "sugar battery" instead employs nanotechnology on an ultra-thin medical fuel cell that converts glucose from the human body into electricity. To learn more about what may well be the future powersource behind med tech, read more at <https://news.mit.edu/2022/glucose-fuel-cell-electricity-0512>.

What role does sugar play in your life? The debate about sugar and diet is an ever ongoing one, but take sugar off the plate, and the molecule only becomes all the more enticing.

**Dr. Miceala Shocklee is a full-time aquatics veterinarian and part-time science writer and freelance editor.**

## Mothers of Monica Ministry (Continued from Page 2)

sign on each week with our pjs on, kids of all ages hanging all over us, and a drink of many different types as we sign on from many different time zones. And, all of us with the connection right back to our beautiful Santa Monica in our hearts. I always say, "We connect through our similarities, and now we grow and learn from

our differences." Would you like to join us? Fire up that zoom whenever you are ready. We meet every Tuesday from 7 p.m. to 8:15 p.m. PST. (We leave extra time for prayer). Come as you are, moms! For more information, <https://stmonica.net/ministries/fellowship-groups/moms>. See you next Tuesday evening.

## Anticipating Spring Activities (Continued from Page 9)

Duplicate Bridge on Thursdays. Anyone interested in coming to see what these groups are all about (and new members are always welcome) are invited to go to

our website, [smbwc.org](http://smbwc.org), or call the Club at 310 395-1308.



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