

THE SANTA MONICA STAR

Also covering
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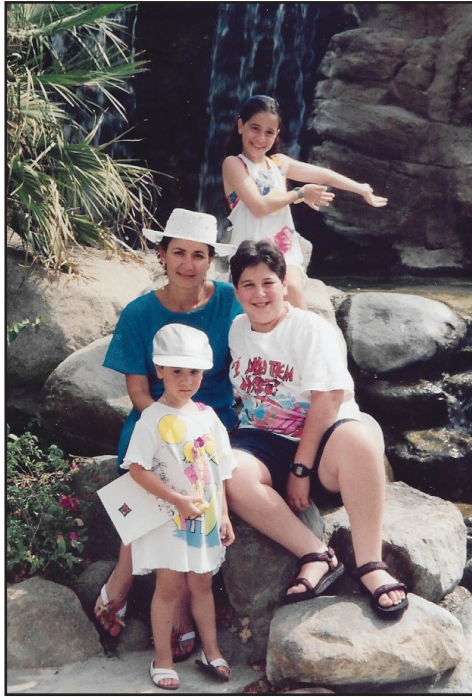
Volume XX Number 5

Connecting You With Your Community

May 2021



Charmaine Chowdhury with her four-month old son, Joni.



Evelyn Guerboian with her children when they were young: Nicole, Natalie, and brother Avo, who is now a dad himself.



Susan Gabriel Potter, from left, and Sharyl Szydluk with their mom, Louise.



Chef Jahrid Longworth and his mom, Kera Blades-Snell, on a recent holiday in Belize.

Take A Look Inside

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Jeff Condon with his mom, Esther.



Kylee, Westside mom Wendy, Stephen, and Darby Navin at home.

A Scrapbook of Photos

Saluting Our Mothers

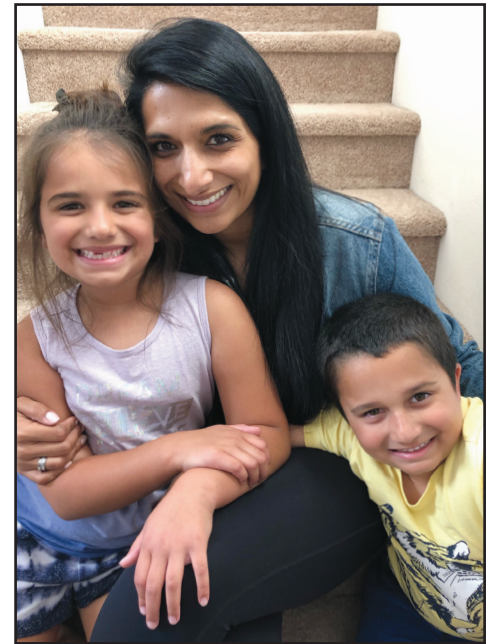
By Julia Abbott

Mother's Day is one of the most famous holidays, recognized in different variations around the world. Celebrations of mothers were practiced by the ancient Greeks and Romans. They held festivals in honor of Rhea and Cybele, the mother goddesses.

However, these festivals celebrating goddesses were quite different from the modern day Mother's Day. The early Christian festival "Mothering Sunday," bears a much stronger resemblance. Mothering Sunday fell on the fourth Sunday of Lent and was originally an occasion where individuals would return to their "mother church" (Home church) for a special service. Slowly, Mothering Sunday became more secular and focused on motherhood.

Children would bring presents and flowers to their mothers. In the 18th century, Ann Reeves Jarvis started "Mothers' Day Work Clubs" to teach local women childcare. In 1868 Jarvis organized "Mothers' Friendship Day," where Union and Confederate soldiers got together. Later, Juliet Calhoun Blakely created a local Mother's Day in Albion, Michigan. However, Anna Jarvis, daughter of Ann Reeves Jarvis, brought about the official Mother's Day in the U.S.

Anna Jarvis believed mothers should have a day to honor their



Alexa, Enjoli, and Jake are the family our columnist Michael Margolin writes about.

sacrifices, inspired by her own mother. In May 1908, she organized the first official Mother's Day celebration at a Methodist church. By 1912, many states, towns, and churches had adopted Mother's Day as an annual holiday. Anna persisted until 1914 when President Woodrow Wilson signed a bill establishing the second Sunday in May as Mother's Day, a national holiday across the U.S. The love of mothers and their children brought about Mother's Day as we know it, a fitting tribute.

Special May Programs at the Santa Monica Public Library

The Santa Monica Library (SMPL) is observing Asian American and Pacific Islander Heritage Month in May. Here are two events you can check out.

Chinese Paper Cutting with Emmy Lam is a family program to be held on Tuesday, May 11 from 3:30 p.m. to 4:30 p.m. You can access it via <http://bit.ly/papercutsmpl>. Kits with materials needed are available at curbside pickup, while supplies last, starting Monday, April 26. It is geared for ages 7-11.

A fun program for adults is a Beginner's Chinese Calligraphy



Here is an example of Chinese paper cutting that will be taught by Emmy Lam in a special SMPL program.

Workshop to be held on Thursday, May 13 from 6 p.m. to 7 p.m.

JoJo Liu teaches traditional Chinese calligraphy basics, including how to hold a brush, write basic strokes, and write while standing. The first 20 registrants will receive a free starter kit including a brush, ink, and paper. Register here: <https://bit.ly/3ujy1y2>.

Santa Monica Rotarians Out in the Community



Where were Eric Schmitter and Greg Abrams working? See the Page 9 Rotary column for the right answer.

Planning Ahead

It's All About the Treasured Stuff



By Lisa C. Alexander, Esq.
After a parent dies, it is not just the grandfather clock but also the *tchotchke* on the windowsill that become family heirlooms to be fought over by the kids. These items, some with no monetary value, come to represent the lost parent. You can see how this plays out in the behaviors of (adult) children following the death of their parent. As these items are divided and distributed, relationships between the children can be forever changed. Instead of leaving your personal property items to your children to divide between them as they choose, why not make a list of who should get what. California allows you to reference such

a list in your Will or Trust, without having to include the list itself. That way, if you change your mind, or acquire new items that you would want to direct, you won't have to incur the expense of amending your Will or Trust. The list will be effective even if it is made after you sign your Will or Trust. The requirements are simple. The Will or Trust must refer to the list. The list itself must be dated and either made in your own handwriting or signed by you. And, the list must describe the items and the recipients with reasonable certainty. Do not make the mistake of leaving your two pearl necklaces to each of your daughters-in-law without specifying which of the two necklaces goes to each. Finally, the total value of the items listed cannot exceed \$25,000.

You can use the list to leave household items, and even coins. You cannot use the list to leave real property or bank or brokerage accounts or stocks or bonds. Even if your children would never fight over the heirlooms, using a list can be a thoughtful way to make gifts to family and friends who would be touched by the personal nature of the gift. Your legacy will be that you left your affairs in order and your list will be your personal message to your loved ones that you cared about them.

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Santa Monica Family YMCA to Present Program on Self-Care and Gratitude

Join Community Nutrition Advisors Maria Frye, RDN, and Renee Farias for a discussion/presentation about gratitude, reframing, and how to make a wellness plan on Wednesday, May 12 from 12:30 p.m. to 1:30 p.m. at the Santa Monica Family YMCA. The program is provided in collaboration with the Dairy Council of California. This is one of a series of programs offered by the YMCA. For more information and event registration, contact Lidia Magarian, Chronic Disease Prevention Director at 310-393-2721, ext. 129, or email lidiam@ymcasm.org for the Zoom meeting link.

Try These Suggestions for Building Self-Esteem

By Dr. Sheila Forman
The coronavirus pandemic has done a real number on people's mental health. The number of cases of depression and anxiety is skyrocketing. People who have lost their jobs and cannot provide for themselves or their families are suffering from guilt, remorse, and a drop in self-esteem. For some this means using food, alcohol, or weed to cope. Taken to its extreme, low self-esteem can leave a person feeling so worthless that they would do anything to feel better. Fortunately, even in a pandemic, self-esteem can be raised with the right combination of thoughts, beliefs and actions. Here are some suggestions on how to build your self-esteem. **1. Recognize that self-esteem is the opinion you have of yourself.** The higher your self-esteem, the

better you feel about yourself and the more confidence you have in your opinions and choices. The more confidence you have in your opinions and choices, the more confidence you will have in your ability to handle life. That's self-esteem! **2. To build self-esteem you need to "do the tough stuff."** Challenge yourself to build your self-esteem. What are some things you can do? How about training for a marathon? Setting and meeting a goal? Raising money for charity? Starting a business? Taking an auto repair or electronics class. **3. Next, give yourself permission to take care of yourself.** Make it okay to meet your needs. Doing so is good self-esteem. You'd be surprised how many people, women in particular, think it is wrong to take care of their own needs. Think of

the oxygen mask on an airplane. If you don't put yours on first you will be of no use to the passenger sitting next you, right? **4. Identify three needs that if met would make your life so much better.** For example, an hour a week to get a manicure/pedicure; some extra babysitting help so you can take a nap; a night off to go out with some friends. Choose one of those needs to meet first. **5. Explain to the people in your life why having that need met is important to you and how doing so will in the end benefit them.** Highlight the win-win in the situation. Then, solicit their help in making it happen. For example, explain to your husband how an hour break every week to get pampered with a manicure will make you feel happier, prettier, and more relaxed and how being that way will make you a better mother and wife. Then

get him to agree to come home an hour early once a week so you can meet this need. **6.** Then, meet the need and watch your self-esteem grow!

Dr. Sheila Forman is a clinical psychologist based in Santa Monica who provides teletherapy services. For more information, call 310-828-8004 or go to www.DrSheilaForman.com.

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Brain Matters

The Top Three Lifestyle Tips for Improving Brain Health

By Dr. Sarah McEwen, PhD
Encouraging news! By changing our lifestyle behaviors, 40% of dementia cases could be prevented.

Lifelong brain health is achieved through an incredible phenomenon called neuroplasticity which allows brain neurons to compensate for brain injury and disease by adjusting their activities and forming new connections in response to new situations or changes in their environment.

Neuroplasticity is greatly improved by my top three brain health tips promoting lifestyle behaviors.

- **Regular, Multi-Modal Exercise** - Exercise is essentially a panacea for the brain, contributing infinitely to the brain and body due to its extensive neuroplasticity benefits. Regular physical activity can stave off the development of Alzheimer’s by up to 20 years – that’s a lot of good extra years! We recommend: two to five days/week moderate aerobic; two days muscular strength; two days of neuromotor coordinative skill-based, like tennis, tai chi and dancing; and daily flexibility exercises, like gentle yoga.
- **MIND Diet** - The best scientific evidence-based diet is the MIND Diet. It recommends eating 10

brain healthy foods and avoiding five other types of food. This diet slows brain aging by an average of 7.5 years, and lessens the chances of developing AD. The MIND diet, which is low in meat and dairy and high in vegetables and fish, leads to fewer vascular risk factors, reduced insulin resistance and reduced markers of neuroinflammation.

- **Quality Sleep** - Trouble falling or staying asleep, poor sleep quality, sleep-disordered breathing, sleep apnea, and short or long sleep duration are gaining attention as potential risk factors for cognitive decline and dementia, including AD. The NIH Center on Sleep Disorders Research recommends that for the brain to fully rest and reset, adults generally require seven to eight hours of quality sleep.

Simply put, make the most of your brain and help reduce some risks to it as you age. So, get started today!

Sarah McEwen, PhD, NSCA-CPT, is a Cognitive Psychologist and Senior Research Scientist at the Pacific Brain Health Center at Pacific Neuroscience Institute in Santa Monica. Her specialty is the study of physical activity and cognitive enhancement interventions to investigate biological, behavioral and health-related outcomes in patients suffering from cognitively debilitating disorders. Go online to PacificBrainHealth.org, or call 310-362-6571.

Write Your Mother a Love Note



By Cheryl Thode
This month, we as individuals and as a society, celebrate and honor our mothers and the vocation of motherhood. Contrary

to popular belief, Mother’s Day is not an invented holiday by Hallmark. Rather, the United States holiday was first celebrated in 1907, when a woman named Anna Jarvis held a memorial for her own mother at a Church in West Virginia. Ms. Jarvis wanted to set aside a day to honor all mothers because she believed a mother is the one “...person who has done more for you than anyone in the world.” Over the next several years, the day became observed by most states and in 1914, President Woodrow Wilson signed a proclamation designating Mother’s Day as the second Sunday in May and a national holiday to honor mothers.

So, who is a mother and why should she be celebrated? A mother is a child’s very “special and important” person. She plays multiple roles from friend to parent to mentor to teacher to confidant. For some, a mother is the person who brought them into this world, for others she may be another who as-

sumed the role of protector and teacher to keep them safe in this world. Regardless, our mothers were instrumental in teaching us, their children, how to interact with the world, develop, and live.

How do you celebrate and honor a mother? As a daughter to my own special mother and a mother myself, I believe that it is the non-monetary gift that is desired most.

For me, I will always enjoy giving my mother and hope to receive from my son in future years a handwritten note recognizing the impact she has made and continues to make on my life. Nothing ornate, but a message expressing my love and respect, written in my own hand. Knowing that a heartfelt note does not come easy and is not something one can just buy, makes the gift as special and unique as the mom.

A handwritten note takes time, thought and energy. In fact, the process of creating the note of thanks, appreciation, and love is part of the actual gift. The rest of the gift is to then take your love letter to your mother and share it with her. If you are not able to celebrate with your mother in person, read it to her over the phone or Zoom, forward it to her in a heartfelt email,

(Continued on Page 4)

Byte by Byte

Mother's Day Marvels



By Dr. Miceala Shocklee
With Mother's Day on the horizon, there are plenty of gadget gifts to celebrate moms, foster parents, and all our caregivers!

- **The Stay-at-Home Machine**
Whether your Mother’s Day celebrant is a chore champion or more of the laidback literary ilk, there are technological tools to bolster from chores to cheer. When it comes to housekeeping, we may not yet be at Jetsons-level robots, but roombas are a solid start! If your parent is still using a foot-driven model, consider upgrading their vacuum experience to one that runs itself. While the roomba maps out the room and runs itself on a set schedule, your home hero can use the free time to enjoy other technologically based gifts, like an e-reader or tablet.

- **The Road Runner**
If your celebrant is more about running trails than running errands, consider sports-focused technologies like water-proof wireless headphones, route-tracking garmins, or bluetooth trackers to keep your favorite athlete going far and going safe.
- **The Gadget Geek**
For the technology enthusiast who already has it all, power the gear! Wired’s favorite charger from their own 2021 Mother’s Day Gift Review is the Nimble-8 Day Charger, which has enough power-storage to keep multiple devices going for over a day – which today, is truly something to celebrate!

Dr. Miceala Shocklee is a Caltech alumna and graduate of the University of Edinburgh veterinary school. Her reporting interests include the intersection of science, technology, conservation, and the written word.



“I was struggling to get food and I don’t cook so much anymore. Meals on Wheels West provides me meals every day. I’m so appreciative. I love everybody for going out of their way to volunteer and deliver meals.” ...Rudy, Santa Monica

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Reflections From The East

Reflections on the Pandemic



By Qin Sun Stubis

I can't believe that more than a year has passed since our nation first panicked at the onset of a raging pandemic. At the time, chaos was everywhere. People frantically searched for toilet paper and hand sanitizer, or, sometimes, just a loaf of bread or a gallon of milk.

For the first time since I arrived in America some 30 years ago, I saw empty grocery shops, boarded storefronts and deserted streets, even in the most affluent neighborhoods. America started the war against the virus without a winning strategy.

I was frightened, for I have lived through famines, natural disasters and a ten-year-long revolution, and knew firsthand what kinds of gruesome consequences and suffering

could occur when things went wrong. I worried if America could come together, withstand the crisis and come out the other side of the pandemic with all its citizens safe.

During this frightful year, the human cost was severe: More than half a million Americans lost their lives and many more are still struggling physically, mentally, and financially. Now, after several rounds of fierce combat, much to my relief, our microscopic enemy is finally retreating and our country has come out stronger and is on the rebound.

Now is the time to remind ourselves that the virus has not been totally defeated. The smoke on the battlefield can still be seen and it is vital that we keep on fighting to the end. If we let down our guard at such a critical time, our enemy could regroup, restrengthen, and even launch a new offensive.

At the present time, the most

powerful weapons we have are our vaccines. By invoking the Defense Production Act to accelerate the manufacture of these magic bullets. Every willing, patriotic adult American can get a shot to stop COVID's spread and avoid being infected. We can all become soldiers in this brutal war.

I'm pleased to say that all four members of my family have been vaccinated. For the first time in more than a year, we can finally make plans to patronize local restaurants in person, or take a car trip somewhere, staying overnight at a lake or on a mountaintop. This is truly a May of blossoming hopes and dreams for all Americans. If we do everything right, we'll soon be able to embrace a normal life again.

You can always reach me at qstubis@gmail.com.

Write Your Mother
(Continued from Page 3)

or send the love note through the mail. Even if your mother is no longer physically present in this world, you can still share your love note to her, through prayer. I promise no matter what method you use to share your love for your mother, she will be listening.

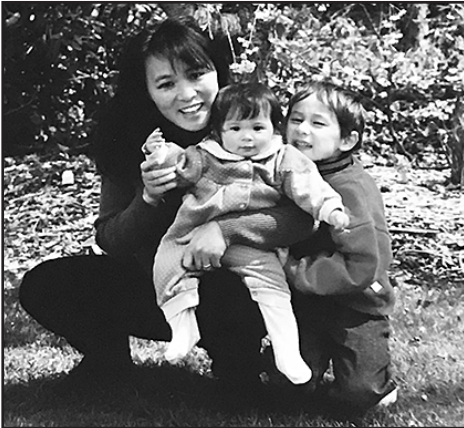
There is no greater way to honor our mothers than to acknowledge their impact in our lives and then thank them for it in our own words and hand. So, let's honor our mothers. Go and write your mother a love note!

To find out more about our Mothers group at St. Monica Catholic Community, please go to <https://stmonica.net/ministries/fellowship-groups/moms>.

Share your Photos of Dads with Family Members

Please email them to SMstarnewspaper@gmail.com by May 15.

Be sure to identify the people in the photo and include a phone number if we need to reach you.



Qin is shown with her two children, Halley and Keaton, as youngsters.



Halley, Qin, and Keaton with their dog Banjo celebrating Halley's college graduation.



Cheryl's mom, Santa Monica resident, Jill M. Robertson.

How to Plan for a Future Vacation

Family Features - After a long year at home, many people are dreaming about when they can travel once again. While counting down the days, planning and booking a vacation for later this year can give you something to look forward to.

Research Travel Restrictions For any kind of travel, it's important to make sure you're up to date on any restrictions your potential destinations may have in place.

Account for High Demand Many hotels, vacation rentals, and resorts may already be booked for summer in popular locations due to optimism around the vaccine, increased demand for domestic travel and families planning multiple trips this year.

Take Advantage of Deals with Longer Stays Many sectors of the travel industry offer special deals for reserving trips in advance, and some of the

best deals can be found by bundling airfare and lodging or booking extended week- or month-long stays.

Opt for Flexible Booking If you're eager to plan a vacation right away, be sure to review and understand cancellation policies for your preferred accommodations, airline and activities.

Start Saving Now Find more tips and start planning your next getaway at [Vrbo.com](https://www.vrbo.com).

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Clergy Corner

A Mother’s Day Prayer

By Pastor Eric Shafer
May 9 is Mother’s Day this year. And, what a year it has been for mothers! Over the past 14 months, mothers have had to assume the role of home-school teachers in addition to their duties in their homes and workplaces. All the more reason to say special thanks to mothers this year.

Mother’s Day has always been a tough day for places of worship. How to honor mothers without putting down women who cannot be mothers, or choose not to be mothers. How to honor mothers when so many mothers, especially this year, are experiencing so much loss and pain. With COVID-19, so many this year are grieving the loss of their mothers. And, there are some for whom their mothers were a disappointment or worse.

I found this prayer, written by the Rev. Joelle Colville-Hanson, a Lutheran pastor from Iowa, helpful:

A Mother's Day Prayer
We pray for Mothers everywhere....
For mothers of young children, that they may nurture and raise their children to be good and faithful people in the world.
For mothers of older children, that they may have the wisdom to know when to help their children hang on to their roots and when to let them spread their wings.
For mothers of grown children, that they may feel satisfaction in a

job well done.

On this day, we remember mothers of children in war-torn countries, mothers of children where disaster or famine has struck, and mothers who fear for their children’s safety, that they may find food for their children, justice for their families, and peace for their souls.

We also lift up those for whom this day is painful: mothers whose children are missing, mothers whose children have died, mothers who have lost children to miscarriage, mothers who have had abortions, mothers who have lost custody of their children, and mothers whose children have disappointed them.

We pray for those who wish to have children but have none, that they may be filled by God.

We pray, too, for all motherless children, children whose mothers have abused or abandoned them, and for all those whose mothers have recently died.

For all the good experiences of motherhood, we thank and praise you Lord. We lift up to you for healing all the painful experiences of motherhood. Amen.

The Rev. Eric C. Shafer is Senior Pastor at Mt. Olive Lutheran Church in Santa Monica.

Editor’s Note: Each month we are asking a clergy member of our local churches or temples to do a column on dealing with COVID-19.

Helping Seniors Learn Computer Skills

By Mark Presky
In my last column, I discussed the frustration that seniors often encounter as they try to learn computer and other tech skills. The fault usually lies with well-meaning relatives and friends who rattle off directions in a “foreign” language and then become frustrated with their student’s inability to learn.

First, to the “teachers,” please stop using tech/computer terminology. Stick to language the student can understand. Don’t say *icon*; say *picture*. And, describe the picture. Example, the Firefox browser picture is an orange and

yellow dog chasing its tail around a purple ball. Maybe mention that those pictures are called icons.

Your student is perhaps looking at a screen full of unfamiliar little pictures. In fact, are the pictures large enough for your student to easily see? Do you, the teacher, know how to make the pictures larger? (Right click on any open desktop space and choose *View* and then choose your picture size.) If you are describing this on the phone, don’t forget to describe what you mean by *right click*.

Write down all of the directions in detail. If giving instructions over the phone, provide enough time for the student to write everything down. In fact, insist that the

(Continued on Page 8)

Passing Through the Pico Neighborhood

Meet Our Pico Area Residents

By Stacy McClendon
CeCe Talamantez-Bradley works at the Information Booth at the Virginia Avenue Park Farmers Market on Saturdays. You can tell how much she enjoys what she does. I chose to interview her at Cafe Bollar on Ocean Park Boulevard.

I first met CeCe years ago after an exercise class at Virginia Park. CeCe’s smile is infectious and her spirit is bold, friendly, and welcoming. Her enthusiasm is contagious.

She brought pictures of her parents, her with her husband and their son Vincent, and then she proceeded to share why they meant a great deal to her.

CeCe described how she received many gifts from her parents. Her mother and father didn’t speak any English. However, her father empowered his five daughters to read and to work in places other than factories in order to speak English.

Her father worked while her mother raised their daughters. They were married for over 50 years.

CeCe met and married her husband at 23 years old. Her husband was a divorced dad who had custody of his two young daughters. They raised the daughters together with their son, Vincent. During the marriage, CeCe ended up forging a bond with his daughters and ex-wife (with whom she still connects to this day).

This adventurous lady feels her 46-year marriage was a success due to the independence that they both fostered. CeCe’s independence bloomed at 35. She earned a cosmetology license and finished many courses that sparked her interest.

Sadly, CeCe’s husband passed away 18 years ago, and she said their 46 years together were a “drop in the bucket,” as they had much more to do. However, she is thankful to her husband for giving her his last name, their son Vincent and moving them to Santa Monica.

(Continued on Page 8)

For Summer Chef Jahrid Suggests a Seafood Recipe

Our local chef, Jahrid Longsworth, a new high school student, had the opportunity to visit many members of his family in Belize this past month. (See photo of Jahrid and his mom, Kera, in Belize on Page 1.) He spent time with his uncle who is a chef where he learned how to make ceviche. He chose to share this summer recipe with us.



Chef Jahrid preparing to cook.

Seafood Ceviche
Ingredients:
1-1/2 lbs. of seafood of your choice (Or a combination of seafood – Cooked medium shrimp, peeled, de-veined and tails removed, or Fresh Fish - Seabass, Snapper, or Ahi Tuna
3/4 cups fresh lime juice
2 medium roma tomatoes, diced
3/4 cup chopped red onion
1/2 cup chopped cilantro
1 large cucumber, peeled and diced
1 medium jalapeno pepper (remove seeds)
1 tsp. salt
1 tsp. black pepper

Directions:
1. Chop seafood into 1/3 inch pieces and place in a mixing bowl.

2. Add lime juice to seafood and let stand for about five minutes.
3. Add onions and cucumber to mixture, and stir until combined.
4. Combine tomatoes, cilantro, jalapeño pepper, and season with salt and pepper to taste.
5. Transfer to refrigerator and let rest from 30 minutes to one hour.
5. Serve with corn tortilla chips. Enjoy!

Chef Jahrid had a great turnout at his first Zoom cooking lesson for the Santa Monica Family YMCA last month. He was asked a myriad of questions from the viewers. We look forward to watching his next presentation.

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Saluting Our Mothers (Continued from Page 1)



Our distributor Ron Robinson with his mom, Roma.



Kelly Kloppe with her new baby, Kenna, now a year old.



Jenna Analco Gilliland with Kinsley, Cash, and Luca Joe in the pumpkin patch before Halloween.



Sara Crown poses with her almost two-year-old son, Merritt.



Joyce Margolin shown with her son Max many years ago.



Ann Greenspun is celebrating her birthday with her grandchildren.

Fast, Flavorful Meals to Make When You're Short on Time

Family Features - Quality meals don't have to take hours from your day. Satisfying taste is possible in just minutes when you have a few strategies that can help make meal prep easier and the results more enjoyable.

Eat better with veggies. Explore recipes that are hearty and filled with nutrients and vitamins.

Shop for convenience. Takeout may let you skip prep time completely, but you can easily make versions of many favorite to-go meals at home in just a few minutes. This Beef and Broccoli Garlic Rice uses perfectly portioned Minute Ready to Serve microwavable rice cups that help you put together a delicious lunch or dinner without measuring or overeating.

For more convenient meal ideas, go to minuterice.com.

Beef and Broccoli Garlic Rice

- Prep time: 5 minutes
Servings: 1
1 cup Minute Ready to Serve Garlic and Olive Oil Jasmine Rice
1/2 cup fresh broccoli florets
1/2 cup sliced red bell pepper
2 Tbsps. diced water chestnuts
3 ounces cooked beef, sliced into strips
3 Tbsps. teriyaki glaze



Beef and Broccoli Garlic Rice Bowl

- Soy sauce (optional)
• Heat rice according to package directions.
• In a large, microwave-safe bowl, combine broccoli, bell pepper, and water chestnuts. Microwave on high one minute. Add beef and microwave on high one minute. Stir in glaze and rice. Top with soy sauce, if desired.

A Thirst-Quenching Drink

Each year I share this simple to make drink as the weather warms up. Pour two tablespoons of any flavor sherbet into a tall glass of Sprite or 7-UP and stir. It's very refreshing. —D.M.

Enjoy "Cinderella 2021" at the Santa Monica Playhouse



The Prince and the King - From left, Graham Silbert and Joseph Perez



Dancing at the Ball - From left, Graham Silbert and Tiffany Howell Haile

Photos by Cydne Moore

"Cinderella 2021" is playing on-demand now through May 31 at the Santa Monica Playhouse. It'll be perfect for families to enjoy together on Mother's Day Weekend and Memorial Day Weekend – or

any time, now that family members are allowed to gather again. For more details about on demand and live streaming programs, please contact 310-394-9779, ext. 1.



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Connect to Nature in May

By Julie Rensink Hanson
Wild Birds Unlimited
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May is a time when bird mi-
grants of all colors and sizes move
through Los Angeles on their way
to their summer homes. It's a mag-
ical time, as you may hear calls
you have never heard before, clues
to the new visitors to your back-
yard. Some migrants stop long
enough to breed, such as the West-
ern Tanager, but others are here
just for the diverse wild foods avail-
able now before they move on.

Bird migrants even have their
own day. This year, May 8 is World
Migratory Bird Day and you can
celebrate by learning about and
observing the birds in your com-
munity. Pick up a bird guide and
take a drive up the coast to the
Malibu Lagoon, a popular stopping-
over point for our spring and
fall migrants.

Migration also brings more hum-
mingbirds. Costa's and Black-
chinned Hummingbirds breed on
the coast and brilliant purple-
chinned Calliope Hummingbirds,
the smallest birds in the USA, may
migrate through here on their
5,000-mile trek to the northern
Sierras and Canada. This month is
peak breeding season for Anna's
and Allen's Hummingbirds.



A Western Bluebird

One of our most beautiful locals,
the Western Bluebirds, are building
nests. They love open areas, such
as golf courses, parks, and ceme-
teries. Western Bluebirds are short
on habitat to build nests, so blue-
bird supporters place nesting boxes
in the branches of trees. Nesting
boxes in a Santa Monica cemetery
have produced eggs, and hatch-
lings are expected any day. We
can't wait to meet our newest
neighbors.

Along the beach, some sea birds
are nesting. Least Terns work to
scoop small hollows in the sand as
their nests, although their eggs are
threatened by human foot traffic.
Efforts are under way to fence off
sections of beach to save these
striking birds.

May will be the month for you to
finally get a good night's sleep. Our
Northern Mockingbirds generally
stop singing their midnight songs
as they finally pair off to breed.

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A Northern Mockingbird

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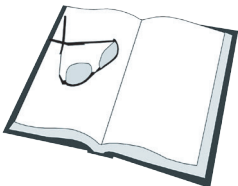
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From the Santa Monica History Museum



Childrens Parade Ocean Park - In Ocean Park, children dressed in Western costumes pose with accordions during a children's parade. Ashland Hotel and Harry's Meat Market are in the background. Maybe they were celebrating Cinco de Mayo. Ask for SMHM 3624607 if you would like to order a copy of this photograph. Call 310-395-2290 for details.

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Thoughts From a Second-Time Father

What We Can Learn From Playing Sports



By Michael Margolin
Having played sports and being an avid sports fan my whole life, I am very aware of the life lessons that sports can teach us. One thing I have admired in college and pro teams are those that come within inches or seconds of winning a championship, only to have victory snatched away at the last moment. Then, they come back the next year to win it all.

The sacrifice, dedication, and perseverance it takes to accomplish something like that are not qualities that every athlete necessarily has. Sports can also teach us how hard work can pay off and they can boost confidence.

My son Jake will play soccer in the fall as a five year old. He will be on a team for the first time in his life. Alexa will soon be eight and she has played soccer for several years. Currently, she is the only female on the field now when she plays flag football. And, she excels.

She told me a long time ago she wanted to play football, and I am not about to tell my daughter there is something she cannot do. I have expressed to her plenty of times that football hurts and is very difficult to play. When the opportunity for flag football came up, I told her about it, and she never really looked back. I explained that she would be playing with only boys and that they can be rougher and less forgiving than some of the girls she has been playing with. Her reaction to that was she really wanted to play. A friend of mine mentioned to me how proud I must be. Not only am I proud, I am also impressed – impressed by my young daughter's willingness to try something new and to approach it

without fear, and just as importantly, without fear of failure. She will have competition from both sexes as she gets older for opportunities in employment for promotions. If the attitude she exemplifies now is one she continues to carry with her, there will simply be no stopping her.

Another thing sports can teach us is that we need to appreciate greatness. Kobe Bryant only won the NBA League Most Valuable Player once, Michael Jordan five times, and LeBron James four times. Tom Brady has won seven Super Bowls and the NFL MVP only three times. My point here is that with these players, we expect greatness and we become complacent with how good they are. Almost that their greatness is so expected and commonplace and we get so used to watching it, that we take it for granted. Agree with any of my player examples or not, it is hard to argue that there should not be more MVP awards for any of them.

Mother's Day is approaching, and I witness great parenting every day. There is hall of fame-worthy mothering taking place regularly at my house, and I have a front row seat for it. Enjoli is my family's MVP and Alexa and Jake could not be luckier to have her as a mom. Chances are if I did not have the exemplary mother or ideal step-mother that I do, I would not have figured out how to find a woman of Enjoli's caliber. If you are fortunate enough to be the husband of a spectacular mother or you were raised by one, do not take their greatness for granted. After all, their dedication and perseverance has paid off as well. And, least not, their sacrifices.

Michael Margolin is an avid sports fan and former coach of Alexa's soccer team when they played.

Helping Seniors Learn (Continued from Page 5)

student write it all down and read it back to you.

Most of the time, spoken tech instructions skip the majority of steps in a process. Don't tell your student to go to a website. How does one go to a website? What is an address or location bar? What does it look like? Note that the address can end in .com or .org. – or may have letters and symbols after that text. Ask lots of questions along the way. Don't assume that the student knows what the browser field is. Ask him/her if he/she knows. If you receive a

vague answer, describe it clearly. Be sure to write everything down. Your student may not remember all of your described details even just hours later. He/she is going to, later on or the next day, depend entirely on the notes. Include all the details.

To you seniors, please don't hesitate to ask your teacher to slow down. You will learn this information if it's presented correctly. Don't withdraw and feel embarrassed. In my next column, I'll list some sources for good, basic help in learning how to use your computer.

Meet Our Pico Area Residents (Continued from Page 5)

CeCe enjoys spending time with Vincent, working at the Virginia Park Farmers' Market where she offers Spanish translation and educating/assisting patrons with EBT and Market Match, volunteering during voting season (a bug that bit her at 17) and exercising.

Stacy McClendon is a longtime Pico Neighborhood resident and Santa Monica City staff member.



Here's Stacy and her sons.

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Community Service in Santa Monica

A Rotary Day of Service

By Bill Chillingworth and John Bartlett

Two dozen big-hearted painters and planters from the Rotary Club of Santa Monica joined forces in March to add fresh colors to the walls and gardens of John Adams Middle School (JAMS). The Rotarians gathered early in the morning, rolled up their sleeves, grabbed rollers and shovels and went to work while they laughed, socialized, and rocked to a playlist of some pretty memorable ‘70’s and ‘80’s Rock ‘N Roll music. The 24 volunteers made memories of their own so that the students of JAMS could be refreshed and invigorated upon returning to school after the long pandemic.

Special thanks to Rotarians Tom Woods and Drew Fleming who provided the paints and the painting equipment, and to Charlie Follette who provided the plants and the shovels, brooms, and rakes. They worked closely with our Rotary Day of Service Co-Chairs Iao Katagiri and Eric Schmitter to complete the work.

The entire project was spearheaded by Cindy Fitzgerald, parent volunteer and PTSA Executive Board Member in charge of beautification at JAMS. Principal Steve Richardson was over-the-moon thrilled with the results and the work of the Rotary volunteers. Cindy summed it up nicely by saying, “The timing for this project



Over 20 enthusiastic Santa Monica Rotarians took paintbrushes to brighten the John Adams Middle School campus last month.

Photo by Iao Katagiri

could not have been more ideal, as the kids are returning immediately. And, to see their school with fresh paint and plants, the students will know that they are loved.”

At the end of the day, all Rotary Club of Santa Monica members gathered for a group high-five – covered head-to-toe in paint with broad smiles splashed across their faces.

Another example, as you can see on our website (rotaryclubofsantamonica.org) is our ability to mobilize problem solvers who are driven by a desire to strengthen communities. We find solutions to the tough challenges locally and take action.

For more information about our club, events, and virtual meetings, email Savi at rotaryclubofsantamonica@verizon.net, or call our office at 310-917-3313.

Favorite Activities to Resume This Month



By Pat Webber
The old saying “the end is near” used to portend doom. In May of 2021, it means hope for a return to our new normal

lives. The Santa Monica Bay Woman’s Club (SMBWC) is open (as of May 3) for our members and guests for the Monday afternoon bridge and canasta tables.

The Artists League will also begin on Tuesday, May 4. Until restrictions are lifted, we will ask for confirmation of covid vaccinations and may also take temperatures upon arrival. Also, no food or drink will be served. Of course, with the state and county regulations being gradually lifted, all this may change in the next couple of weeks.

The Club will also be booking events again, although capacity limits may still be regulated,

depending on the dates. Anyone wishing to inquire about renting for meetings, special events, wedding receptions, fundraisers, concerts, filming, or any other activity, please contact the office weekdays by phone at 310-395-1308, or email us at info@smbwc.org. Our office hours are Monday through Friday from 9:30 a.m. to 11:30 a.m., but you’re encouraged to leave a message.

We have missed our member activities over these past 14 months. Besides the Monday card playing, our monthly Pass-the-Dish events will resume this month, as will our monthly Monday morning business meetings. Another activity that will resume, probably in September, is our wine and cheese get-together for members, new members, and potential new members.

Again, please contact us by phone or email if you are interested

(Continued on Page 10)

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Lions Welcomes New Members



By Linda Levee
We had a very successful regular Lions meeting by Zoom. But, the good news that we may hopefully be back at the Elks Club on Pico

by the middle or end of June. Just having a date to look forward to made everyone's hearts lighter. Our new president for this third of the year is Lion Kathy Boole. We welcomed her as our new president and thanked Lion King for his service in the first third of the year.

Our program was a short video from Feeding Families - Feeding Santa Monica. We decided as a club to help local families with feeding their children and themselves, as many lost their jobs or were laid off indefinitely. We found that this alone was cause for concern regarding feeding those who were on school programs for the past 14

months or longer. It was an excellent presentation, and we asked the speaker about what might happen to the program, as people will be returning to work. We were delighted to find out that our donation fed 660 people locally. You can follow them on Instagram, Facebook, and other social media.

We are continuing the merger with the Pacific Palisades club and hope it will be finalized by the time we are again having our regular meetings.

The Santa Monica Lions have been serving this community since 1923. At one point, we were the largest service organization in Santa Monica. We have served our community well for almost 100 years. In order to continue with our programs, we need more members. Please contact me at levelheadedlinda@yahoo.com and someone will contact you with information regarding our Club.

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Paws and Claws

Oops! My Dog Swallowed Ibuprofen Tablets

By Dr. Frank Lavac MS, DVM
Q: My Labrador Retriever swallowed two ibuprofen capsules (200 mg each), How concerned

should I be?
A: I'm sorry to hear that, and I am concerned. Hopefully, you have contacted your nearest 24 hour veterinary emergency hospital for immediate advice. Another excellent resource is National Animal Poison Control at 888-426-2235,

or online at www.aspc.org. For a large lab, you may have been fortunate with the amount ingested, and this dose may not cause problems. All the NSAID analgesics have the possibility of causing vomiting, diarrhea, nausea, anorexia, gastric ulceration/perforations and abdominal pain. Ibuprofen can also cause kidney failure. Ibuprofen intoxication, if promptly treated, has a favorable outcome. Treatments include using activated charcoal to neutralize the medication. Other therapies include using drugs to reduce the risk of ulcerations and intravenous fluid therapy. I hope your dog is well. It's not uncommon for pet owners to drop their medications and have their pets ingest them.

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

Adopt a Pet



"Little Zorro" is nine-years-old, quiet and shy. Sweet and easy, this masked bandit likes other dogs, is good on walks, super friendly, and has no health issues. He's also house-trained. As an added bonus, he has a snaggle tooth that is sure to steal your heart. Contact info@muchlove.org.



Local mom Melissa Berberoglu is shown with her two children, from left, Deren and Candan on a holiday in Tuscany.

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Mar Vista: Neighbor to Neighbor

Be Sure to Vote Before June 8

By Tesi Treuenfels
Have you noticed new bus benches bearing the seal and charter of the Mar Vista Community Council (MVCC) around town? These have been provided free of charge by the bus bench ad company. The only cost has been the printing of the signs.

Speaking of the Mar Vista Community Council, elections are coming up. Voting is by mail only. You must go to the website to obtain a ballot, and your vote must be postmarked no later than June 8. Go to marvista.org for the full details. You'll also find much interesting information about the goings-on in our fair city, which is actually part of Los Angeles. Mar Vista is the

70th annexation to Los Angeles, incorporated in 1927. That was the same year that "talkies" arrived, movies with sound. It was the same year as the opening of the Grauman's Chinese Theatre! It was the same year that Lindbergh flew his famous solo flight across the Atlantic. Only two years before that, our post office had opened. In 1926, Mar Vista incorporated Barnes City. Barnes City extended south from Washington Boulevard to Jefferson Boulevard. Stretching from Sawtelle Boulevard and west to Lincoln Boulevard. It's a fascinating piece of local history. More information about Barnes City in our next issue.

Tesi is an educator and a longtime Mar Vista resident.

Jokes About the City of Los Angeles

Laughter is good for all ages! It was fun to read some examples from *LOL Jokes: Los Angeles* to my friends. Topics of jokes include sports, animals, beach, food, and more. An example, "What did one L.A. earthquake say to the other?" The response: "It's not my fault." Another, "I don't think a big earthquake can happen." Response: "You're on shaky ground!" One more: "Which building in Los Angeles has the most stories? Answer: "The Los Angeles Public Library!" Inspired by all the wonderful sights, sounds, and smells of the City of Angels, this local joke book delivers kid-friendly punchlines, hilarious jokes, puns with fascinating facts, goofy tidbits of local history, and engaging graphics.

Author Craig Yoe has written several kids joke books. He has been a creative director for Nickelodeon, Disney, and for Jim Henson at the Muppets. Raised in the Midwest,



Craig has lived in places from New York to California and has six kids. Call 888-313-2665 for information on ordering a copy of the book.

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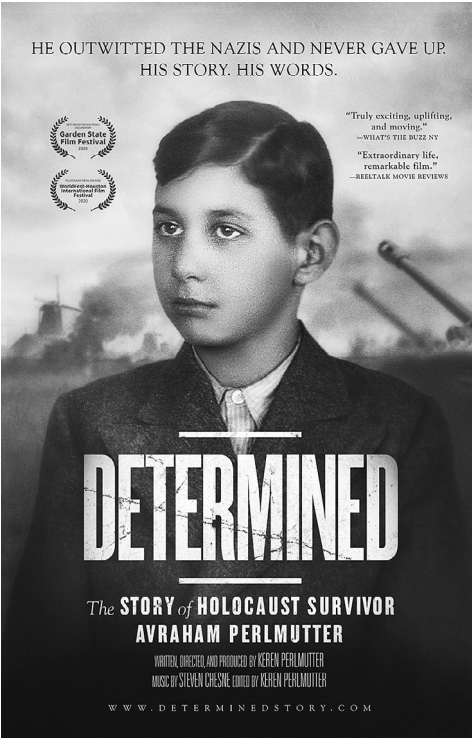
Longtime Santa Monica Resident Dr. Avraham Perlmutter Featured in Award-Winning Docuentry “Determined”

The Los Angeles Jewish Film Festival hosted a special virtual screening of the multi-award-winning documentary, “Determined: The Story of Holocaust Survivor Avraham Perlmutter,” in April to commemorate Holocaust Remembrance Day (Yom HaShoah).

A live Q&A (Question and Answer) session with the filmmaker and Avraham’s daughter, Dr. Keren Perlmutter, and the film’s composer, Steven Chesne, was also held via Zoom last month. A highlight of the Q&A was the participation of three descendants of the couple who helped to hide Avraham in the Netherlands. Renowned Holocaust scholar Dr. Michael Berenbaum moderated the Q&A. It was particularly meaningful to 93-year-old Avraham that the film was available to Los Angeles residents since he has lived in Santa Monica for many decades. Event partners included American Society for Yad Vashem, Holocaust Museum L.A., and Santa Monica-based Chabad North of Montana, among others. Wider distribution of the film, which received a fantastic response from its L.A. audience, is planned for later this year.

This inspirational documentary follows Avraham as he outwits the Nazis and overcomes every obstacle standing in his way. But more than just a remarkable story of survival, his tale is a testament to human kindness, even in the darkest of hours, and to the achievements made possible through relentless perseverance.

Avraham’s daughter, Keren, explains why she was determined to make this film. “For the last several years, my father and I have jointly given talks to thousands of people at schools, museums, and other venues to share his inspirational life story. We have been so moved to see how audiences have



The documentary, “Determined” will be screened later this year.

responded to his story and messages about the importance of helping others in need, being determined to overcome obstacles to pursue one’s dreams, and obtaining an education. We hope this documentary will enable his messages to inspire a wider audience.”

More information about the film, as well as the trailer, is available at www.determinedstory.com.



Lions member Gail Litvack, second from right, with her son, Josh, left, mother Rose, and son, Mike, right.

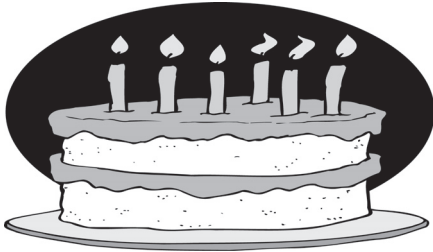
From Me to You...



By Diane Margolin

In this month’s issue, we ran photos of some of the devoted mothers we know. There is a story with each picture, and I wish we had the space to tell you more about these special women. Next month, we will run photos of dads with their children, so please send them to us at smstarnews@gmail.com by May 15 for the June issue.

Have you noticed that since the pandemic, and maybe even before, that procedures that used to go fairly smoothly seem to have developed a glitch that makes things a bit more complicated?



Happy May Birthdays to:

Ed Rich, Barbara Bishop, Lynn Gadal, Patti Braun, Evelyn Lauchenauer, Dick Thompson, Marlena Gordon, Maravic Hilario, Elyse Arbour, Eric Oxenberg, Michael Cates, Don Dickerson, Donn Umber, Jack Gregory, Dick Lawrence, Gia Mickey, Brian Linnekens, Jake Margolin, Savi Labensart, Steve Litvack, Jim Menzies, Bill Randle, Thomas Woods, Jane Wall Rainsford, and Cathryn Litvack Dhanatya.

It feels like everything is just off center a bit. Maybe it’s the stress of dealing with all the changes in the past year. Many services, such as an insurance or phone company, or even credit card companies, have their employees working from home. When you make your call, you hear children laughing or dogs barking in the background.

I’ve spoken to people in New Hampshire, South Carolina, and Cleveland, to name a few places.

One friend told me she heard an ad where the voice said, “We understand that you may not have access to a computer. We do have phone numbers you can call to get information. To get these phone numbers, go online to our website,” etc. We both laughed and thought how typical.

As we prepare for more businesses to open, remember to keep wearing a mask and to keep your distance when it is appropriate.

Wishing you all a wonderful spring this coming month.



Here’s my mom, Dr. Edy Margolin, when she was a college professor.

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