



Once again, our roving photographer Julie Dobkin Gilberg, gives us a unique view of the beach. It is sure to be filled with more people as we get closer to the summer.

Senior Snapshot

Santa Monica Native Chooses a Career of Teaching Santa Monica-Malibu Students

By Corinne Pagan

Santa Monica local, Joan Kaczorowski, has dedicated her life to providing education to the youth of the westside. Born on April 15 and raised in Santa Monica, Joan lived in a beautiful frame house. She moved around for a short time growing up, but nevertheless returned home to our beloved community while she was in grade school. As a child, she loved roller skating, volleyball, and tennis.

This Santa Monica local would even roller skate through the halls of her school during the summer-time! After she graduated from Santa Monica High School in 1960, Joan attended Santa Monica College before transferring to California State University, Northridge.

Her education then led to a career of teaching. Joan became a substitute teacher for many schools in 1966, before ending her substitute teaching to work for Franklin Elementary School from 1967 to 1970. She was then transferred to Webster Elementary school in Malibu. She was reluctant to leave. Although she missed her previous students, Joan loved
(Continued on Page 3)



Joan Kaczorowski poses with her dogs, Bailey and Duffy.

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Saluting Dads in June



River enjoyed playing at the beach with his dad, Toby Fulp.

Each June, we like to share photos of dads with their children, as we did with moms in May. If we can, we show the same families so you can see how the children have grown. We wish all our readers who are lucky fathers to have a wonderful Father's Day celebration with their families.



Harry Derassoyan, the former manager of the Wells Fargo branch on Montana, poses with his son Noubar and daughter Claire.



Steve Litvack and his family love the Dodgers. Above at a recent game, they are from left, Steve and Gail with their sons, Josh and Mike.

**Do You Recognize These Neighborhood Celebrities?
(Answer on Page 4)**



Our vet columnist, Dr. Frank Lavac, is with his daughter, Kira, a Carlsborp graduate, at the beach.



Max Margolin, left, is with his dad, Don; brother Michael, our columnist; and Alexa and Jake, Michael's children who he writes about each month.

Dealing With Dementia

Ways to Communicate with People Who Have Dementia

We reached out to the Pacific Neuro-Science Institute for an update on Alzheimer's dementia. This feature has been printed in monthly segments. This is the third installment.

By Dr. Scott Kaiser and Mihae Kim, AGNP-BC

What are some tips to provide support and help keep communication open? When supporting people with cognitive impairment, it can be helpful to remember that memory problems, personality changes, and other functional limitations are not intentional. A little patience can go a long way and, when it comes to dementia, we could all use a little more empathy.

An empathic approach – underlying much of the art and science of communicating effectively with people with dementia – starts with attempting to see things through someone else's eyes, even when things may be a bit distorted from our own reality.

While hearing the same story, repeated questions, and other things stemming from short-term memory loss can be extremely frustrating, such resources encourage us to exercise patience while managing our expectations. Such guides might suggest avoiding arguing, confronting, reminding someone they've forgotten, or otherwise trying to "prove" a point through reason.

There are many strategies that can be helpful to help navigate life with memory loss. Again, this need not be used to "confront" one's reality, but rather as helpful and supportive aids or even "reminiscence therapy."

There are valuable tip sheets and other resources available through local advocacy groups and online. These often include strategies for direct communication with someone who has dementia. Here are just a few:

- Look into their eyes and lean in gently to express interest and generate some focus.
- Always be sure to get their attention, since they may not recognize you.

- Keep questions simple and only ask one at a time; yes or no questions are best.
- If they become anxious or stressed, redirect their attention by asking a question or pointing at something to distract them.
- Keep your mood positive.

And again: The most important gift you can give to a person with dementia is patience and management of your frustrations when you are with them.

Thanks to Dr. Monika White for her assistance in putting this series together for print.



Missing Iao Katagiri: A Community Treasure

Iao Katagiri, RAND's longtime director of community relations who played a pivotal role in the development of the research institution's Santa Monica headquarters and managed its extensive art collection, died this past April.

Those of us who knew Iao in the Rotary Club of Santa Monica over the past several years could always count on her to be sure photographs of all of our events were

taken. She was also a whiz when audio visual presentations were made. If there was a problem with a machine, Iao knew how to fix it. She was always gracious and pleasant when her services were required. She will be missed, not only by her fellow Rotarians, but by all of the members of the local non-profits she assisted.

When Iao retired in 2016, she continued to support RAND's



Iao Katagiri was a friend to so many people in our community.

Photo: WISE & Healthy Aging

relationships in Santa Monica as an adjunct staff member and member of the Pardee RAND Graduate School faculty.

Her work as a community-based non-profit organization leader maintained her already robust relationships with government officials, business and community leaders, and residents.

Iao was looking forward to becoming chair of the Board of Directors, Providence Saint John's Health Center in spring, vice-chair of the Santa Monica Chamber of Commerce (which she had chaired 2009 to 2010), and co-chair of the Early Childhood District Advisory Committee of the Santa Monica-Malibu Unified School District. She was past president of Connections for Children, and past co-chair of the City of Santa Monica's Early Childhood Task Force.

Iao also served on the boards of the Santa Monica College Associates and was first vice-chair of the board of WISE & Healthy Aging. She assisted RAND research

projects and the Pardee RAND Graduate School in activities benefiting from local community participation. Iao earned her M.P.A. from the John F. Kennedy School of Government, Harvard University.

Iao was widely known inside and outside RAND for her tours of the modern art that line the hallways of the research institute. The collection features 200 works by artists such as David Hockney, John Baldessari, Chuck Close, and Catherine Opie, all long-term loans from software entrepreneur and philanthropist Peter Norton.

On June 20, WISE & Healthy Aging will be honoring Iao with a Leadership in Caring Award at 6 p.m. at the Broad Stage in Santa Monica. Also honored will be Barbara Browning from the UCLA-Santa Monica Medical Center, and Michael Rich, president and CEO of RAND Corporation, for 40 years of service on the WISE & Healthy Aging Board of Directors. Please call 310-398-9471, ext. 150, or go to events@wiseandhealthyaging.org for ticket information.

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Teen Scene

Dealing with Defeat

By Julia Abbott

I've always hated losing. Ever since I was a little girl, I would sulk when I lost at tag or cry if my soccer team lost. Over the



years, age and a more nuanced understanding of defeat have molded me into a better competitor and a better loser. Through all the speech, writing, and dance contests of high school, I have never once pitched a fit. But, a few weeks ago, I lost a speech contest that meant a lot to me. It was one I had been doing for many years, and one where I had formed close relationships with many members. I had planned on it being my last speech contest ever. Then, all that excitement came to a grinding halt.

While we took the photos and shook hands, I remembered to smile and congratulate the other contestants. Then, I got in the car and cried the entire way home. After months of excitement, imagining my four-year journey in this

specific contest ending with a final victory, I was crushed. In a way I had not been for any of the preceding contests, I was so emotionally invested that it was difficult to disentangle myself.

For my last contest, it felt like all the hours of work had petered out. The loss hurt, but what hurt more was feeling like I'd disappointed all the club members who had helped me along from the start.

But, after an hour of wallowing in my self-imposed misery, I bucked up. At the end of the day, life is filled with disappointments and defeats. There's always going to be a loss; there's always going to be a time you don't get what you want. (You can't *always* get what you want!) Even though I really wanted to win, and it's okay to feel disappointment, life is not defined by our losses. Even when those losses inevitably come, they're marked by how well you get back up.

Julia is a local high school senior who has been writing for us since she was ten years old.

Mar Vista: Neighbor to Neighbor

Protecting Your Home

By Michael Byrne

Having recently moved into a new home in Mar Vista, one thing at the top of my mind is security. What is the optimal home security setup? How can I



attain peace of mind without the inconvenience of having too much to fiddle with? To find out, I did some research. My findings are summarized in order from most important to least. (In my opinion, of course):
1) Always "lock up." This is an obvious one, but at least for me perhaps the most difficult. Lock your doors and windows. Make things difficult for an uninvited visitor!
2) Don't leave valuables in plain sight. Essentially, hide potential incentives for any intruder, the same as you would in your car.
3) Audit the surroundings of your house. Remove any accessible items (e.g., ladders, trash cans) that might help someone gain access. Keep bushes and trees trimmed to not leave any good hiding places.
4) Exterior Lighting. This one can also be a "quality of life" improvement. Light potential entrance

points. Use motion-activated lights for those areas that don't always need light.

5) Visible Security Cameras. Once an expensive luxury, modern technology has reduced the price and overhead of security cameras to a relatively accessible level. Keep your camera visible! A hidden camera may catch someone, but will not serve as a deterrent.

6) Community. This one also has benefits that stretch far beyond home security. Foster strong relationships with your neighbors, and remember, you don't need to be best friends to look out for each other!

7) Laminated Windows. These types of windows are very difficult to break and gain entry through. Install laminated windows on the first floor of your home.

Notice I did not mention a home alarm system! While still practical, an alarm is only good after someone breaks in. It's also one more "thing" to fiddle with. Good luck!

Tesi Treuenfels, a longtime Mar Vista resident and columnist, let us know that the Mar Vista certified Farmers' Market is back! It is

(Continued on Page 10)

Santa Monica Native *(Continued from Page 1)*

Webster Elementary School.

The Santa Monica resident ended up teaching at that location for 32 years. When she retired in 2003, Joan continued to substitute teach for the next ten years.

It was in 2015 that she found and joined Las Doradas, a group of women who raise money for the Neighborhood Youth Association (NYA). These 14 active members meet once a month to hold annual fundraisers for students who may need additional assistance. On average, they raise about \$25-35,000 for the NYA. In her personal life, Joan has a family of four child-

ren, four grandchildren, and three great-grandchildren.

She considers herself a "do-er," constantly looking for new opportunities and experiences to be had in life.

Joan loves to garden, is active in her church, and has traveled to numerous countries. This Santa Monica native values community, and would love to place a stronger principle on "taking care of each other" in our area. With someone as lovely as Joan in our neighborhood, I am positive that her wish will not be difficult to achieve.

Join the 30th Annual Juneteenth Celebration on June 18 at Virginia Avenue Park

You are invited to join LaVerne Ross, the City of Santa Monica, and the Juneteenth Celebration Committee for an afternoon of music, unique food and craft vendors, and local resources to mark the 30th Annual Juneteenth celebration to be held at Virginia Avenue Park.

For the event's third decade, the main stage will feature a stellar lineup of musicians emceed by KJLH's Aaron "Bobo" Arnelle and DJ Shell. Chazz Ross will open the celebration with his traditional drum call. Also on hand will be three-time Grammy award winner jazz singer-songwriter Dee Dee Bridgewater, sponsored in part by the Broad Stage. Plan to see contemporary jazz saxophonist Mike Phillips. He combines smooth, romantic riffs with a funky, hip-hop-influenced sound.

American all-female pop/R&B band KLYMAXX composed of sole founder Bernadette Cooper and members Lorena Porter Shelby, Cheryl Cooley, Robbin Grider, Lynn Malsby, and Joyce "Fendrella" Irby are slated to perform as is local favorite Block Party Band. The day will close with dance by Teresa Smith.

Thirty years ago, LaVerne Ross approached the City to commemorate a holiday that her family celebrated in Texas. Juneteenth is known as America's second Independence Day, the oldest known celebration commemorating the ending of slavery in the United States. The first Juneteenth in Santa Monica was held in 1992 as a small observance. Over the years, thanks to LaVerne's dedication and leadership, the event has grown

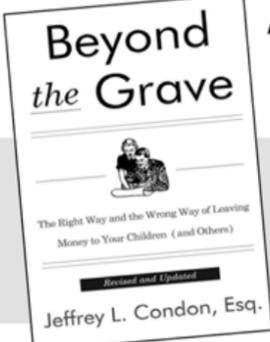
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Reflections From The East

All About Seeds in Our Exceedingly Rich World



By Qin Stubis
Our world is rich with seeds. Some are embedded in the fruits and vegetables we eat, like apples and pears, or cucumbers and avocados, while others, such as dandelions, grow by the side of so many roads, airy and light, waiting to be lifted up by a gust of wind so they can travel to a different place and start a new life.

For us humans, seeds are the essence of life that keep us alive

and help us to thrive. For many, they are staple foods such as rice and beans, wheat, corn, and barley – each morsel nourishing our minds and bodies and making us who we are.

In some ways, our very own lives start out as microscopic seeds, like peas in a pod, carried and nourished by our mothers' own bodies. When you ponder the wonders of life and marvel at its miracles, think about seeds and how they quietly do their anonymous work to make our lives and living possible.

Realistically, not all seeds get

planted, grow, and yield a harvest. A large number are consumed as our daily food. Some are weeded out so others will flourish. Some wait on the top of a roof or the crack of a rock and never get their turn to grow. Many others' fates are simply to enrich the soil and give others a better chance.

The most important seeds in our lives do not always come in physical form. Having a rich and fulfilling life may well depend on us sowing our own seeds in the form of creative thoughts and inspirational ideas, helping them grow to

maturity and making them into successful realities.

In that regard, a seed is the mother of invention. It can become a famous poem, the very first light bulb or airplane, or a promising startup. A seed is the most powerful thing in the world, without which, there wouldn't be our world, our civilization, or us.

You can always reach me at qstubis@gmail.com, or please visit me at www.qinsunstubis.com.



Not All Heroes Wear Capes: Some Are Just Called Dad



By Cheryl Thode
Well, we made it to June! This is a wonderful time of year. But, it's not just the sunny, beautiful weather that makes June

so great. Oh no, in June we also have the chance to celebrate the incredible fathers in our lives. This year, June 19 is Father's Day. Whether you get him a card, buy him a gift, take him out to dinner, or just go visit him wherever he may be, make sure you thank him for the impact he has made on your own life. Whether he is still with you or has passed on, I encourage you to take the time to reflect on and share what your father's presence in your life meant.

Typically, I enjoy writing this column to provide interesting tidbits for mothers and parents concerning our own self-growth and engaging with our children. However, this month, I wanted to give a much-needed shoutout to the fathers' in both our own and our children's lives.

A father comes in all shapes and sizes and can fill several various roles in the vocation of fatherhood. From chasing the monsters away, to taking the training wheels off your bike, to driving you to your DMV appointment, to even walking

you down the aisle, your dad shapes your life. He is your own personal super hero, sans cape.

In my own life, I have had the privilege of personally knowing not one, but five amazing fathers. In my own childhood, I was blessed with three wonderful male role models: my father, John, and grandfathers, Henry Jay, and Jim. As a child, these men all held a special place in my heart, helping me to grow into the woman I am today. While my grandfathers have long passed away, my father remains a constant anchor and support. I can honestly say that his presence in my life helped to make me the best version of myself. I learned from my dad how a good man should act, what to expect out of a partner, and most importantly, how to respect myself and care for others in our world.

As for the other two fathers in my life, my father-in-law, Jerry, and husband, Christopher, both represent just how special the bonds between a father and child are. I know that my husband is the man he is today because of his father's caring hand. Furthermore, since the birth of my son, I have witnessed first hand my husband's journey into fatherhood. As many mothers may relate, watching your spouse assume and grow into the "dad" role, is a beautiful, albeit,

crazy thing.

I know I am not alone in being blessed with such wonderful men in my life. If you are lucky enough to have an incredible father, dad, pappa, poppy, or old man in your life too, let him know how much he means to you.

For all the moms out there with young children, show them how proud you are of the fathers in your life. We model for our children. If you and your children have a good father in your lives, acknowledge it. Teach your kids what a real father looks like and how to honor him.

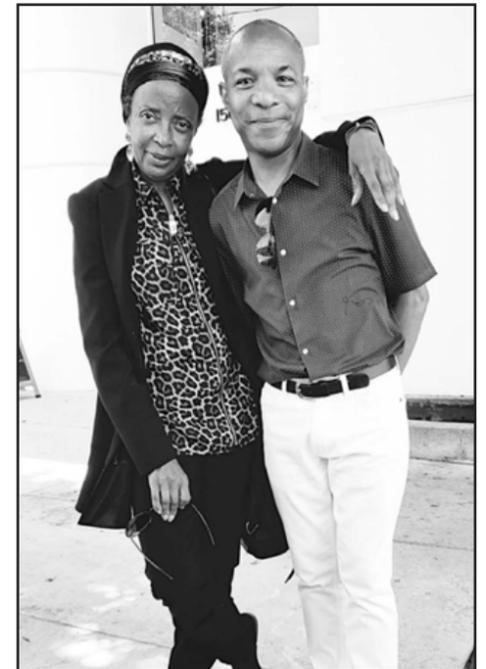
For all the fathers, from the bottom of my heart, thank you for stepping up and being a dad. While being a parent is an ever-changing landscape, the love and support you provide for your kids (no matter the age) will bear fruit for many years and generations to come. Thank you! God Bless the Fathers!

If you or someone you know is a mother in need of a group of mothers to share with and grow her own village, please visit our website at the link below and register to be a Mother of Monica. Go to <https://stmonica.net/ministries/fellowship-groups/moms>.



Answer to Neighborhood Celebrities

(Continued from Page 1)



An'Nisa, left, assistant manager, and Dorian, manager of Rangoni Firenze, invite you to their Montana Avenue store that sells handcrafted Italian purses and shoes. Watch Dorian as an ambassador for Montana merchants as he welcomes passersby to discover the wonderful shops on the street.

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Clergy Corner

The Sacred Mess of Parenting



By Rabbi Alex Kress

The enchanted world of children has a malleability that we grown-ups often lose the ability to see, let alone partake in. Our kids' imaginations, ideas, and play often break the mundane, black-and-white rules that we pretend govern our adult world. Rabbi Danya Ruttenberg writes, "Entering into play requires giving ourselves permission – permission to let go, permission for the game not to be played perfectly, and for the money piles to get messed up, permission to be a fool, permission to let it be OK if we get to the bath a few minutes late today. It requires a willingness to jettison our usual goals and agendas to experience the process...."

We often focus on our agendas and goals for our children, limiting our imagination for their lives to a linear trajectory from preschool to elementary school to high school to college to careers and families of their own. It's a clean and uncomplicated process that eludes the reality of raising children and gives

us an illusion of control. But, we know life is messy, and our children remind us of that daily. They remind us that we can create worlds and better realities. They remind us how meaningful lives begin with meaningful relationships. They remind us that holiness is often found in the messiness of life.

Rabbi Abraham Joshua Heschel teaches that Judaism encourages us to be thoughtful in how we construct our time. He writes that, "Every hour is unique and the only one given at the moment, exclusive and endlessly precious."

May our children give us permission to be messy, play freely, and use wisely every precious hour we have together.

Rabbi Alex Kress serves Beth Shir Shalom, a warm and down-to-earth synagogue community at 19th and California Avenue. His work centers on pursuing justice, inclusion, and good synagogue coffee.

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

The Mindful Spring Frittata

By Dr. Sheila Forman

Monk and author Thich Nhat Hanh famously said "washing the dishes to wash the dishes." By that he meant, when you are washing dishes do only that activity – nothing else. He was teaching us the idea that by placing all of your attention on what you are doing, you can gain the most benefit from the experience. This famous phrase is a memorable one in the world of mindfulness and mindful eating.

The idea of focusing your attention on a single task at a time can be applied to cooking and can turn the chore of cooking into a delightful experience. Mindful cooking simply means paying attention to each element of the process without distraction. Try it for yourself.

Start by mindfully choosing a recipe to prepare. Sit down with your favorite cookbook and slowly

leaf through it. Feel the pages in your fingertips. Linger over photos that may be included. Choose a recipe that calls out to you. One that is appetizing and enticing.

If you don't have any cookbooks or don't know where to start, below is an easy and delicious recipe for a Mindful Spring Frittata. Begin by reviewing the recipe, and make a list of the ingredients you will need.

Next, it's time to go shopping. Before you step into the store, take a deep breath and relax your body. Most of the time, we rush into the store, grab what we need and leave. Today you will savor your shopping experience. Take your time walking around the store and carefully choose your items. When you have collected all your items, proceed to the checkout counter. Place your items one by one on the counter

(Continued on Page 8)

Passing Through the Pico Neighborhood

Nubia Brings Poetic Storytelling to Virginia Park



By Stacy McClendon

Na'ilah, a.k.a. Nubia, has been a Pico Neighborhood resident for nine years. She is a mother, entrepreneur, consultant, artist, speaker, and more.

Nubia has wanted to give something back to the community that she has called home and been a part of for years.

This year, she received the Civic Wellbeing grant and decided to do just that by providing a Spoken Word and Expression Workshop for the community on June 4 at Virginia Avenue Park from 11 a.m.-2 p.m. This workshop will provide the community the opportunity to experience something that will feed their hearts and souls. This work-

shop is offered free of charge to the community since she is a Civic Wellbeing Leader.

True transformation occurs at the heart and soul level, and Nubia is facilitating this process with all those in attendance.

Those in attendance will not only learn a craft, but will also complete their own written works, and help select three performers. The chosen participants will get the chance to perform at an event on June 18.

Please visit Nubia's website at <https://divinevariations.square/site/> to see all of her offerings.

If you have a new business in the Pico Neighborhood, please call 424-581-6005 to set up an introductory interview.

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

Join the 30th Annual Juneteenth Celebration (Continued from Page 3)

into an important annual tribute that brings together Santa Monica's Black community.

In March 2022, the Santa Monica City Council designated Juneteenth as an official City holiday, one year after President Biden acknowledged

Juneteenth nationally.

Juneteenth is made possible by the Juneteenth Celebration Committee, the Broad Stage, Santa Monica Cultural Affairs Division, and The City of Santa Monica.



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Visit Art Galleries at Bergamot Station



Your Light Blue is My Magenta
2022, Oil on linen, 30x30"

Sydney Croskery, Los Angeles native, will be displaying her work in the Craig Krull Gallery in Bergamot Station from June 4 to July 16. The title of the show is *Very Important Very Unimportant*.

Craig Krull Gallery is located at 2525 Michigan Avenue, Building B-3. It is south of Olympic Boulevard and east of Cloverfield Boulevard.



The staff and members of the Santa Monica Police Activities League (PAL) invite you to attend their largest fundraiser, their upcoming charity golf tournament on Monday, June 13 at 10 a.m. at the Braemar Country Club.

Come Play in the Santa Monica PAL Charity Golf Classic on June 13

The Santa Monica Police Activities League (PAL) is hosting the return of its largest fundraiser after three years. It will be at a new location, the beautiful Braemar Country Club in Tarzana on Monday, June 13 at 10 a.m. Proceeds from this tournament directly support the most vulnerable youth in the City of Santa Monica. PAL provides free after-school enrichment programs

for youth ages 6-17. PAL's educational, leadership, and fitness programs bridge the gap between Santa Monica youth and police officers. Sign up and enjoy a fun-filled day of golf for a great cause! See you on the green!

For more details on this popular event, go to <https://donorbox.org/santa-monica-pal-charity-golf-classic>, or call Director Eula Fritz at the PAL office at 310-458-8988.

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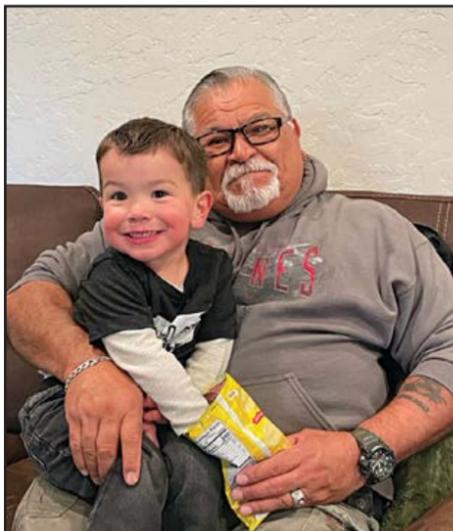
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Saluting Dads in June (Continued from Page 1)



Luca Joe Gilliland poses with his grandfather, Joe Analco, on the day of Luca's third birthday. Joe served with the Santa Monica Police Department for 30 years.



Harmon Sieff, far right, is shown with his family. From left, his son Adam, a lawyer; wife Donna; and daughter, Julia, who is studying to become a physician assistant.

(Continued on Page 7)



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Visit The New Location of Vienna Pastry



Recognize Jaleh, Jinous and Mitra? They are still at Vienna Pastry ready to serve you the same wonderful pastries and breads you have purchased for the past several years. Below are some examples to tempt your taste buds.



By Corinne Pagan

Tucked away on the first floor of the Wilshire Bundy Plaza resides one of Santa Monica's most beloved bakeries – Vienna Pastry. As I walked into the new location, I was greeted by two large glass cases showcasing a beautiful and tempting array of baked goods.

Just right of the door, the bakery provides adequate seating for their many beloved customers. Originally purchased by the current owners in 1985, Vienna Pastry holds a significant bond within the hearts of many. Nevertheless, with COVID-19 pandemic hurting many businesses, Vienna Pastry was forced to temporarily shut down.

When I asked what made the business so special, Lisa, the daughter of the owner, stated, "Everyone has a story here." What a true statement that was. Many who found the new location cried tears

of joy when it reopened.

One customer went as far to say, "I could kiss the ground of this store." I believe I speak for many when I say that westsiders are delighted to have such a staple part of our community back; and a team working harder than ever to provide their popular delicious and appealing goods.

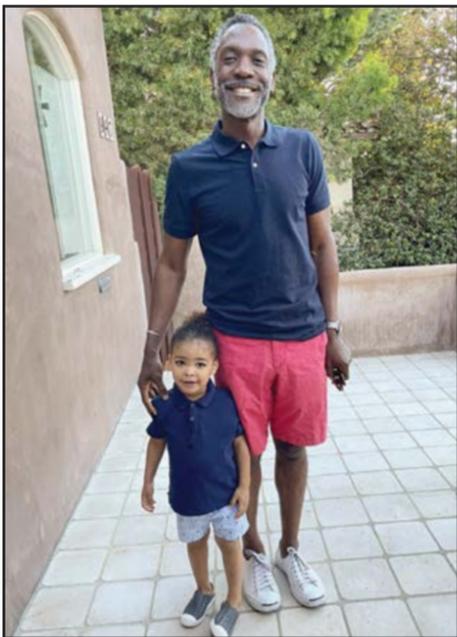
To experience Vienna Pastry's new location, visit 12121 Wilshire Blvd. at Bundy, enter on the ground floor, and follow the center hall to the reception desk. Once you are there, simply turn right where you will see and enjoy the scents of Vienna Pastry. Once you enter, you can anticipate the delicious treats and welcoming service you have been receiving for years.

They offer online ordering, curbside pickup or delivery. Call 424-293-0404 for more details and store hours.

Saluting Dads in June (Continued from Page 6)



Jeff Condon, right, is shown with his daughter, Hayley De La Pena (formerly Condon). Her wedding was held this spring at the Green Gate in San Luis Obispo. Haley's husband is Michael De La Pena. Carly Condon, Hayley's sister, was her Maid of Honor. Many teammates from Hayley's Samohi Lady Vikings Softball Team were at the wedding.



Martyn Felix Crown and Merritt Crown were headed to school during the heatwave last February.

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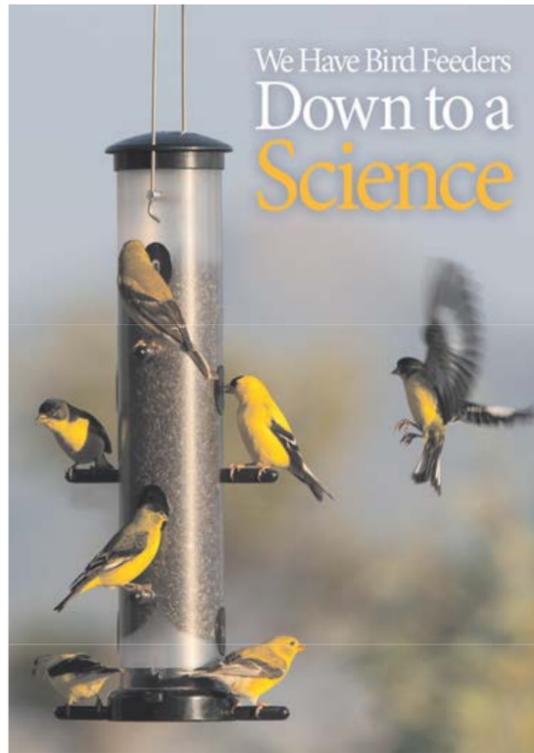
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The Mindful Spring Frittata

(Continued from Page 5)

and silently thank all those who helped get them to the store for your purchase. When you return home, thoughtfully place your ingredients on your kitchen counter and begin making the recipe. Tend to each instruction deliberately. Don't rush. Find the pleasure in the process. While your recipe is cooking, set your table. Lay out beautiful dishes and flatware. Use crystal and china if you have it. Add flowers and candles if you like. Serve the dish as you would expect the finest restaurant in the world to do. Savor each bite as if it were the first time you have ever tasted it. Bon Appetit.

The Mindful Spring Frittata

Makes 4 to 6 servings. **Ingredients:** 3 Tbsps. olive oil, 8 eggs, scrambled; 1 cup shredded cheddar cheese; 1 package spinach leaves, washed and dried; plus 12 cherry tomatoes, sliced in halves. Salt and pepper to taste, plus avocado and/or orange slices, if desired. **Instructions:** Heat oven to

400F degrees. Heat olive oil in cast iron skillet (or another skillet-like pan that can go into the oven).

Add spinach and simmer until wilted. Mix as needed. Add cheese to scrambled eggs, salt and pepper to taste, and mix. Pour cheese mixture over spinach. Heat until egg mixture is slightly cooked. Lay sliced cherry tomatoes on top of the egg mixture in a decorative pattern. Place the skillet into the pre-heated oven. Heat until top of frittata has a nice golden hue, approximately 15 - 20 minutes. Remove from oven. Let sit for a minute or two. Slice into 4 or 6 wedges. Garnish with avocado and/or orange slices.

Dr. Sheila Forman is a psychologist and mindful eating instructor. Her new book TAME Your Appetite: The Art of Mindful Eating will be in stores in Spring 2022. For more information, go to www.TAMEYourAppetite.com.



Thoughts From a Second-Time Father

Memories That Are Gifts From My Dad



By Michael Margolin

June has become quite an important month for me. I was born in June, and that was just the beginning.

Does that qualify as a dad joke?

More importantly, Enjoli and I got married in June, it is the particular month we remember my grandmother, and it is also when Father's Day is. Alexa will turn nine in July, and I will have had nine years of experience being a parent. Jake just turned six, and so I now have a combined 15 years of education.

I suppose the part of me that feels like it's more education than expertise realizes there is a long way to go. But, since we are all learning together, when we get to the teenage years and the angst, I intend for all of us to be as prepared as possible.

For several years now, Alexa has been old enough so that her experiences are ones she will remember. Maybe not precisely, but she will remember, and Jake will now recall some as well. So I wonder what they will say about me when they get older. I wonder what they will tell people about the things their dad always used to say.

These things cross my mind because I remember things that my dad said when I was younger and how many of them will always make plenty of sense. I do not think I could have been older than ten or 11 and my dad and I were at

a mechanic's. There was a car up on the lift, and its two front wheels were pointed in opposite directions. My dad pointed at the car and looked at me and said, "You ever have a day like that?" Yes, yes I have. When it came to cars and buying certain parts at certain prices, he reminded me that you get what you pay for. Turns out car parts are not all that applies to.

After I was married and had two beautiful children, there was a stretch in which I was struggling with work and finding some career footing. My dad told me that in having an amazing spouse, I had the hardest part of life figured out. I would be able to sort the rest of it out. He was spot-on with that, too.

The first baseball game I went to was when I was nine years old. It was at Dodger Stadium with my dad and my grandfather. Exactly how it should be. It was 1988, and Fernando Valenzuela started for the Dodgers, and Franklin Stubbs hit a grand slam in the bottom of the eighth to break a 3-3 tie. I believe the scoreboard even wished my grandfather a happy birthday.

I hope I am giving my kids the same kind of fond memories my dad gave to me, and still does. I am lucky to have the dad I do, and even luckier to consider him one of my best friends. A very Happy Father's Day to him and to all of the other great dads out there!

Michael Margolin has been writing for us since Alexa was born. He is an avid sports fan.

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Community Service on the Westside

Rotary Club of Santa Monica Scholarships

By Susan Annett

There will be lots of beaming faces and proud family members as students from Santa Monica College, Santa Monica High, Olympic, Saint Monica, and New Roads High School step up to the dais to receive scholarship awards at the Rotary Club luncheon on June 10.

Each year, the Club awards a total of \$20,000 in nine academic scholarships to local young people who demonstrate academic achievement, financial need, and community involvement. Most of these scholarships are named in memory of former Rotarians, such as Clyde Smith, a community activist and Black leader, who co-founded the Martin Luther King Westside Coalition, and whose annual \$2,000 scholarship has helped fund Santa Monica High School students to attend Loyola Marymount and Oregon State.

Rotary also recognizes four outstanding middle school students at John Adams, Lincoln, Crossroads, and New Roads with citizenship awards of \$250 each.

An addition to the Club's scholar-

ship program this year are 12 \$2,000 scholarships for Career Education students at Santa Monica College. The College's Career Technical Education provides industry-linked programs that enable individuals to achieve career goals and contribute to the local or global economy in a variety of areas from business and technology to design and early childhood education. The Club initially received a Vocational Services Grant from Rotary District 5280 to fund two of these scholarships. They were later expanded to 12 through the generosity of Club member Dr. Renuka Desai, a retired pediatrician, whose donation was matched by other Rotarians and Club resources.

For more information about the Rotary Club of Santa Monica's program and services, visit www.rotaryclubofsantamonica.org, or call 310-917-3313.



Join Us on Fourth Street



By Susan Barry

Every three years, the Santa Monica Bay Woman's Club (SMBWC) elects a new board of directors. Becky Upchurch was enthusiastically re-elected president and sworn into office during our June "Pass the Dish" get-together. Serving on the new board are Pat Webber, Alicia Syres, Holly Franke, Marcia Stein, Denise Simon, Susan Barry, and Nipper Sorensen.

As members of the new board, we

are sincerely excited and re-energized for the upcoming year, and look forward to hosting all the activities and events that make being a SMBWC member a special part of our personal lives and community service.

SMBWC card players are as active as ever, playing bridge, canasta and occasionally mahjong on Mondays beginning at noon. Duplicate bridge is held every Thursday at noon. If you would like to learn to play bridge, contact Darlene Bahr at 310-403-6999 to join our next (free!) class. And, look for an upcoming Game Night of card and

(Continued on Page 10)

Raising Funds for the Community



By Linda Levee

The Santa Monica-Pacific Palisades Lions Club has been busy catching up and getting our club back to a more normal status.

We have been actively participating in community activities again, such as The Annual Arts & Literacy Festival for families. We are also working on our membership and have to date, installed two new members, with one more waiting for our next meeting on June 8.

We have evaluated and selected two applicants from a list of ten for our Samohi Lions Scholarship awards. We are working on new ideas for our NEW annual fundraiser. We are also getting

ideas and community involvement in our upcoming 100th Anniversary in 2023. We have selected and elected our Club officers for the coming year.

It has always been important in Santa Monica to support our local charities. Lions Club has been a part of this community since 1923. We not only support Lions Club activities and vision help. We also collect thousands of used eye wear and hearing aids for those in need all over the world.

We welcome new members to email your interest in joining us. We all have a great time working together. Please contact Lion yorikofisher@gmail.com or Lion Kingsley Fife atjkfife88@yahoo.com if you are interested in helping our community in many ways.

An Update From ERBA Markets

More Information on Cannabis

**By Stephen Freedman
Manager, ERBA Market**

Q: What is the difference between Sativa and Indica strains?

A: Sativa strains give a psychoactive high that is seen as uplifting. Because of these exhilarating side effects, many users use Sativa for daytime activities, or other high energy, social situations. Indica strains cause users to feel calmer and more relaxed. Indica is mainly used at nighttime or to unwind.

While many users experience these side effects, there is little evidence to back up these claims. Like all cannabis, effects are extremely subjective to the individual user. The EC system works to balance many of your dog's bodily functions, such as: mood, appetite, memory, metabolism, sleep, movement, coordination, and immune

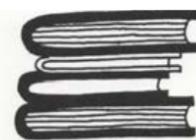
To learn more about the ERBA Market, go to the back page.

Santa Monica Public Library Summer Programs

Librarian Kathy Lo reminds us of two community reading programs coming up from June 4 to August 6: **Summer Reading for Kids** (<https://smpl.org/srp/>) and **Santa Monica Reads** for adults (the book is Joan Didion's *Where I Was From* and the page <https://smpl.org/smr/>

will be live before June 4).

To sign up for the many programs offered, go to bit.ly/YouthProgram-SignUps.



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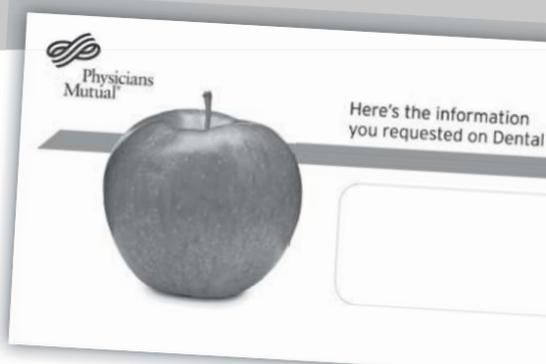
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Paws and Claws

My Cat Has Dietary Issues



**By Dr. Frank Lavac
MS, DVM**

Q: My cat has been eating a lot of food, but she still lost a lot of weight. She was diagnosed with hyperthyroidism. What are my treatment options for her?

A: Hyperthyroidism is a disease caused by overproduction of thyroid hormones in the body. This is

a disease that is fairly common in older cats that have dramatic weight loss, in spite of increased appetite. It is straightforward to diagnose with a blood test. Typical symptoms include aggressive appetite, weight loss, and hyperactivity. Elevated thyroid levels can lead to heart, kidney, and liver sequelae as well.

The most common treatment is a medication called methimazole. It can be administered as a pill or oral suspension twice daily. It can also be prepared as a transdermal medication and applied to the ears (pinna). It can also be treated surgically, but other therapies have made surgical intervention antiquated. There is also an iodine deficient diet that can be used for treatment. To be effective, cats must eat this diet alone.

Another treatment option is radiotherapy. This is the technique that I recommend the most. It requires a stay at the referring veterinarian's office for several days. A single treatment is curative.

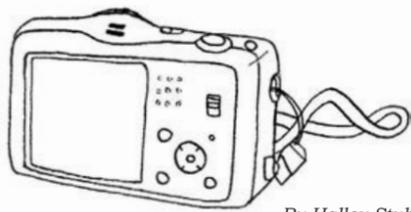
For further information on this approach, go to www.AVMI.net.

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

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By Halley Stubis

Planning Ahead

Estate Planning After Lockdown



By Lisa Alexander, Esq.

It's been a long two-plus years as we've lived through COVID-19 lockdowns and are

now adjusting to a new "normal." In the estate planning world, when things were really bad, it was difficult to get documents signed when we couldn't meet in person. People living in assisted living or care homes could not have visitors. We did a lot of improvising.

While most estate planning documents are effective without a notary, a Deed must be notarized, or it cannot be recorded, and a Durable Power of Attorney using the statutory form is not valid unless it is notarized. A Will requires two witnesses. An Advance Health Care Directive can be either notarized or witnessed, but there were times over the last two years when neither was possible.

Now that we can meet in person again, those estate plans should be revisited, especially holographic Wills. A holographic Will is valid without witnesses if it is entirely

handwritten, signed and dated. The problem with holographic Wills is they often do not contain all the provisions we expect to see in a formal Will. For example, the holographic Will may not name an Executor, or it may only mention particular assets, but not the rest of the assets of the estate. A holographic Will can raise the question whether it is intended to revoke and replace a previous Will, or does it only amend or add to a previous Will? Then, there is the question whether a document, which may not be anything more than a list, was intended as the person's Will at all.

Holographic Wills had their use during pandemic lockdowns, and who among us hasn't written something up before getting on an airplane? But, now that we can meet again, estate plans should be reviewed with your estate planning attorney to make sure your documents are complete and properly executed.

Contact Lisa Alexander, Esq. at her Direct Line: 310-656-4310.

Join Us on Fourth Street (Continued from Page 9)

board games of all kinds. Artists' League meets on Tuesday morning at 10 a.m. for those who enjoy making art and crafting with others. Book Group is on hiatus for the summer. Look for our next book suggestion beginning in September.

Club M&M continues to plan fun events for members and guests. We often meet in Santa Monica, supporting local businesses and spending time in our community. Recent outings included a historic walking tour of the Santa Monica Pier and lunch at Big Dean's; and

most recently, a trip to Santa Monica Airport Antique & Vintage Market. It's another reason to become a member.

We are especially interested in hosting events for other non-profit organizations. For further information about SMBWC, visit us at info@smbwc.org, or call 310-395-1308. Our building is air-conditioned, too.

Mar Vista: Neighbor to Neighbor (Continued from Page 3)

open every Sunday from 9 a.m. to 2 p.m., rain or shine, on Grandview Blvd., south of Venice Blvd. This wonderful festive market features numerous farmers making the trip from all over California. They bring fresh-picked and dried fruit, nuts, berries, greens, mushrooms, veggies, grass-fed meats and cheeses, sustainably-raised chicken, pork, lamb, raw cow's and goat's milk, and other offerings directly from the farm. Also offered are fresh-squeezed juices and sustainably caught, wild local seafood from the waters off California. If you bring your doggie, there is a dog-sitting service.

I went to the market for the first time in two years. What a beautiful gift. The vision of this local market has come of age. I felt like dancing, and I did, next to the stand with my neighbors and friends.



Happy June Birthdays to:

- David Trachtenberg, Michael Margolin, Frances McDormand, Wendy Navin, Sharon Gavin, David Rosenfeld, Rick Mateus, Thelma Daar, Rose Mann, Chris Baca, Brandon Murray, John Dravillas, Pat Johnston, Eric Jorgensborg, Steve Rosell, Bernadette Lucier, Clara Wright, Rufus Baker, Julia Abbott, Jeff Jarow, Charles Haskell, Elise Martin, Matt Lehman, Skip Rimer, Ruth Sperber, Toby Fulp, Maurice Jordan, Johanna Jenkins, Jane Franz, Kevin Erhart, Charles Haskell, and Andy Gavin.

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Connect to Nature in June

By Julie Rensink Hanson

Memorial Day marks the official start of summer, and many of us are making plans to spend long days at the beach with friends and family. But, for the Western Snowy Plovers, this is already beach season, as they make their nests and raise the next generation along California's shores.

Snowy Plovers are small shorebirds that are listed as threatened. They carefully camouflage their nests to look like sand, making them difficult to see and vulnerable to human activity. We can help their efforts by allowing these birds to nest undisturbed while we enjoy our own day at the beach.

This month, watch for adult birds feeding their young and bringing them around to a variety of food sources. The juvenile birds will beg for food relentlessly, and the parents are working hard to keep up with the demand. This is a great time to get a local bird guide and start identifying your local yard visitors.

June is also the month we begin to see Hooded Oriole young fledgings from the nest coming to nectar feeders. The youngsters are bright yellow with brown streaky wings, similar to their mother's markings. They love the nectar, fruit, and insects that help them gain strength they will need to make their southward journey in August.

June is National Rivers month, a wonderful time to think about our nation's waterways and how they connect us to important habitat, drinking water, recreation, and even energy. Having grown up along its shores in Washington and Oregon, my favorite river is the Columbia. But, a trip to the Kern River Preserve, north of Bakersfield, is always a delight, as it shows off California's largest con-



Hooded Oriole

tiguous Great Valley Cottonwood-willow Riparian Forest and the wildlife it supports. Managed by Audubon California, there are over 300 species of birds attracted here to the South Fork of the Kern River. Plan a visit and you might see a Barn Owl, Mountain Chickadee, Ruby-crowned Kinglet, and much more. For information and directions to the preserve, visit: <https://kern.audubon.org/>.

Call the Wild Bird Unlimited Nature Shop at 424-272-9000, or go online to www.wbu.com/santamonica for more information.



Tips for Managing Caregiver Stress

Stress can damage your health if you do not manage it properly – especially if you are caring for a loved one with Alzheimer's disease or another dementia-related illness. Here are some tips from the Alzheimer's Foundation of America.

- Flexibility helps. A caregiver's attitude plays a huge role in stress levels – if the caregiver is calm and relaxed, it helps the individual

with Alzheimer's to be as well.

- Deal with what you can control.
- Mind your health.
- Clear and refresh your mind. Exercise, yoga, meditating, listening to music, walking, or even taking a few deep breaths can all help relax the mind and reduce stress.
- Take things one day at a time.
- Stay in touch. There are so many ways to stay socially connected with family and friends – visits, FaceTime, phone calls, text messages, and emails, just to name a few.

- Be open with your feelings. Sometimes just talking about your stress can help relieve it.

The AFA Helpline is available seven days a week to help provide information and support regarding caregiver stress and other caregiving questions. Connect with a licensed social worker by calling 866-232-8484, web chatting at www.alzfdn.org, or sending a text message to 646-586-5283. The web chat and text message features can serve individuals in more than 90 different languages.

From Me to You...



By Diane Margolin

There are many merchants in Santa Monica who are such a pleasure to work with. Many of you probably have your favorite restaurants to go to also. I asked some of our readers to name a few.

Becky Mejia enjoys going to the Y Service Club morning meetings at Gilberts El Indio on Pico. Joan Kaczorowski loves to go to Snug Harbor to eat. Chloe Changkprai enjoys eating at Noma. Sharon Croskery looks forward to dining at Kanpai, Santa Monica Seafood, Truxtons, or Benny's Tacos. Sharon Gavin likes Toscana and Forma.

Ann Greenspun said, "I do like family-friendly Fromins, love their fried chicken dinner, and they have the best tuna and egg salad around. Perfect for take out. You can usually get seated right away in comfortable booths or tables. For the best ever sandwiches, she recommends Bay Cities Deli and Andrew's Cheese Shop. And, she adds that Birdie G's serves the best matzah ball soup she has ever tasted.

Susan Potter loves to eat at Wood Ranch BBQ & Grill, Golden Bull, Meat on Ocean, Water Grill, and Earth Wind & Flour.

One of our family's favorite restaurants was Fromin's. It was like a neighborhood hangout. We always saw friends there, along with the members of our local police force. We miss seeing our favorite waitress, Margie, and host Maurice Solomon.

We also enjoy Earth, Wind and Flour and Spumoi on Montana Avenue. Food is always fresh, and the service is consistently good.

If you like to go to Bru's Wiffle, you will be delighted to learn that owner Bru Kaplan has opened Flapjax Diner, a breakfast and lunch diner at 2315 Wilshire Blvd. It's in the spot where Bread and Porridge used to be. She will be serving pancakes, brunch all day, burgers, sandwiches, salads and hot/cold drinks. Hours are Tuesday - Friday, 8 a.m. to 2 p.m. and Sunday, from 8 a.m. to 3 p.m. There will be outside seating.

We send condolences to the family of Doris Minter. She was so much fun to talk to. She had wonderful stories to share. We will miss her.

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