

Make Lifetime Memories By Celebrating Moms



Mom Erika Altshule, center, with Addison, left, and Mason, right, enjoying Spring vacation.



Mack, left, with mom Kelly Patterson, and brother, Hodge. Mack just turned three.



Brendan, mom Stacy McClendon, and brother, Lauren at an art exhibit in downtown L.A.



Rosalyn, mom Cathryn Dhanatya, and twin brother Jackson at Playa Vista.

About the Holiday of Mother's Day

By Gigi Appelbaum-Schwartz

Where would our world be without mothers who form the backbone of human society? Without them, none of us would exist, but the role of a mother reaches far beyond simply creating more humans for the world: mothers infuse care, resilience, and life into both the people they raise and the world as a whole. In an ideal world, every day would be set up to celebrate the world's mothers, but the yearly observation of Mother's Day serves as a small taste of that necessary celebration – setting aside a day for mothers to be honored by everyone whose lives they have helped shape. This year, that day is on Sunday, May 12.

The first instances of a mother's day-esque celebration can be traced back to the Ancient Greeks,

who honored Rhea, mother of the gods, during their Spring festival. But, since the 16th century, Christianity has provided a more direct predecessor to the holiday through the celebration of "Mothering Sunday," which was a period of Lent when people returned to their mother church" for a special service, often bringing flowers with them as gifts for their mothers. Today, flowers are the most common Mother's Day gift, a tradition that was undoubtedly carried on from this centuries-old celebration.

In 1907, Anna Jarvis of West Virginia hosted a small memorial service for her recently deceased mother on May 12. The idea quickly caught on, and in 1914, Mother's Day was made an official holiday, taking place on the

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Mom Catherine Butterfield, right, with daughter, TV actress Audrey Corsa who just shot an episode of the new CBS show "Elspeth."



Alexa, left, poses with her mom, Enjoli Margolin, and brother, Jake.



Mom Wendy Navin, center, with from left, Darby, Merrily, and right, Stephen, and Kylee.



Future entrepreneur Kimberley Herron with her daughter Heaven Crawford.



Pamela Lawrence, mom Char, and her mom Peggy on a rainy day.



Felicia Hunter, right, with mom Clara Wright, center, and daughter, Raven, at an evening with Cece Wynan at the Kennedy Center.



Our columnist Qin Stubis, in red, seated with her husband, Mark, and standing, left, their children, Halley and Keaton.

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Tanya Gilbert, our travel columnist and her mom, Kerry, on a trip to Corfu, Greece.



Bryan Andrews, left, mom, Pam, and sister, Dyllen at a dinner.

Discover An Opportunity to Do Something About Climate Control

By Fellow Isabel Filson, California Climate Action Corps

From October 2023 to February 2024, the California Climate Action Corps Fellows planted 32,849 native plants, diverted 8,025,897 pounds of food and organic waste from landfills, and treated 1,197 acres for wildfire resiliency.

Let's back up. California Climate Action Corps (CCAC) is a program that drives climate action by placing Fellows at public agencies, tribes, nonprofit organizations, and educational institutions to work on various climate initiatives. During their full-time term of service, Fellows mobilize volunteers and work on projects in urban greening, organic waste and edible food recovery, and wildfire resiliency.

As one of three CCAC Fellows serving an 11-month term with the City of Santa Monica Commu-



Above are CCAC Fellows at an orientation last fall that was held at the Alpine Meadows Retreat Center in the San Bernardino mountains.

nity Garden Program, I am seeing firsthand the impacts we can make when we work together. We are currently working with the local community on urban greening projects, including preparing for the future community farm on 19th Street, and organic waste

diversion, including composting in our gardens.

We recently passed the midterm point in our fellowship, and I can confidently say that one of the most important concepts CCAC has taught me is the power of community. I have seen how many

individuals come together to make a positive impact on our environment. Dedicated volunteers, Fellows, supervisors, and community members all unite to get work done, make connections, and learn more about climate action. Meeting amazing people this way has been a highlight of my time with CCAC.

Climate action can be daunting in the face of how much work there is to do, but combining our efforts across the state (and beyond!) is one way to make an impact.

Find volunteer opportunities with CCAC here: portal.caclimateactioncorps.org.

And, if you're interested, read more about CCAC, or apply for the 2024-2025 Fellowship here: www.caclimateactioncorps.org. The application period opens May 1, and the term starts September 16.

SEWI to Host Fundraiser in May

The Social & Emotional Wellness Initiative (SEWI) was originally created at a local Boys & Girls Club ten years ago. Founder and Executive Director Sarah Young-Sheppard, a social worker, saw a need for mental health services for youth, and an increased need for young people to learn about social and emotional wellness.

On Saturday, May 4 from 1 p.m.-3 p.m., SEWI will be hosting a spring fundraiser in recognition of Mental Health Awareness Month. The fundraiser, Croquet & Cocktails, will be held at Blackberry Creek Farm in Topanga. There will be delicious tacos, tasty treats, refreshing cocktails, fun games and activities for all ages, and silent auction items.

The entrance to Topanga Canyon from Pacific Coast Highway will be closed. Go to Topanga Canyon Boulevard in the San



Fernando Valley. Head west into the canyon. The farm is near the top. Contact Nicole Badgley-Powers at nbadgley@sewi.org for more details about the event.

The original program expanded to several different clubs and local schools, and became its own nonprofit organization five years ago.

The organization hosts master's level social work interns who are provided with clinical training. Each is then placed at a site to provide direct youth mental services.

In addition to providing direct youth services, SEWI helps build the knowledge base of youth organizations and companies by developing a social and emotional wellness curriculum, as well as facilitating and coordinating staff training and development workshops that focus on social and emotional needs at an organizational level. Since the inception of our program, SEWI is proud to have helped thousands of lives in numerous ways:

- Since the inception of their program, SEWI is proud to have helped thousands of lives in numerous ways:
- Over 3,000 youth-provided programs and support services to reduce emotional distress and anxiety.
- Over 100 Master of Social Work (MSW) interns placed at our youth serving partner organizations to provide mental health services support and resources.
- Over 4,000 educators and youth development professionals provided resources and training to support the youth they serve through the challenges of their ever-changing world.

Please email nbadgley@sewi.org if you have any other questions.

Behind the Holiday (Continued from Page 1)

second Sunday of each May.

Though the holiday has humble beginnings, over the years, it has been transformed into a largely commercialized day which, while aiming to celebrate mothers and the work that they do for society, also aims to sell greeting cards, flowers, and curated gifts. That said, the sentiment stands: mothers deserve to be celebrated, and by having a designated day in the year to do so, we ensure that they do not fly under the radar.


Be sure to celebrate the mother figures in your world this May 12! Make a phone call, deliver a gift, or spend the day with those who deserve the most recognition and often don't receive it. A majority of people would be nowhere without those who raised them, so Mother's Day is an excellent opportunity for everybody to demonstrate their appreciation for the mothers and the mother figures in their lives.



Happy May Birthdays to:
Ed Rich, Barbara Bishop, Michael Cates, Don Dickerson, Donn UMBER, Jack Gregory, Dick Lawrence, Gia Mickey, Jake Margolin, Savi Labensart, Steve Litvack, Jim Menzies, Bill Randle, Thomas Woods, Jane Rainsford, Felix Crown, Ross Furukawa, Todd Lawrence, Stacy McClendon, Sean Inoue, Paul Gaulke, and Cathryn Litvack Dhanatya.

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Entertaining With Ease

Ten Tips for Spring and Summer Entertaining at Home



By Maureen Molé

Have you thought ahead to what kind of entertaining you would like to do in the next few months?

Here are some ideas to consider as our weather gets warmer.

1. Colorful Tablescapes. Present the food and drinks attractively by adding a lot of color to the table. You might use a variety of flowers, decorative ribbons, or seasonal decorations such as seashells and starfish or confetti strewn across the table.

2. Vary the Height of Serving Dishes. Serving dishes at different heights is more appealing to the eye than all foods at the same level. Use pedestal cake plates for many desserts, or a pretty tablecloth over different sized cardboard boxes to give the table a bit of pizzazz.

3. Summer Picnic. How about a box lunch for each guest? Include a sandwich, piece of fruit, individual bottles of water and wine, plastic wine glass, and napkin. Wrap it in colorful paper and tie with a pretty ribbon.

4. Creative Serving Pieces. Serve cut up fresh fruit in a hollowed-out watermelon, present ice cream in oversized wine goblets and fill



Placing food on different levels is appealing to guests.

shot glasses with cold soup, such as gazpacho. It's not only what you serve, but how you serve it.

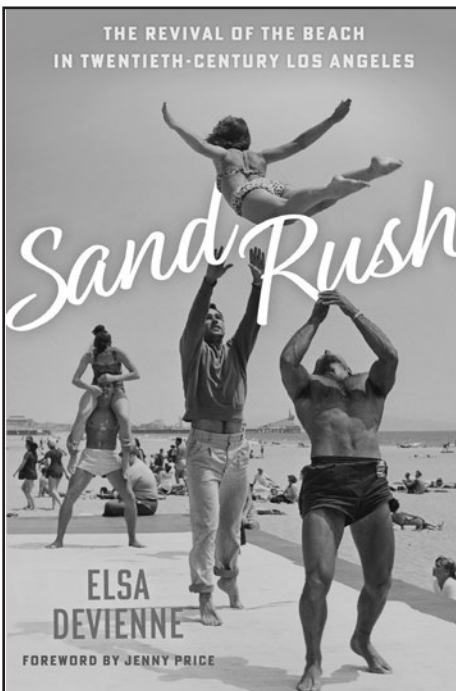
5. Easy Seasonal Menus. For any party, advanced food preparation is a must and it's easy with most cold dishes, such as cheese and crackers, cold pastas, and salads.

6. Attractive Space Saver. At a backyard buffet or BBQ, display cloth napkins and flatware in a clean terra cotta flowerpot.

7. Another Creative Serving Piece. Serve individual shrimp cocktail in a hollowed-out lemon shell filled with cocktail sauce.

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Exploring LA's Beach Legacy: Historian Elsa Devienne Introduces Sand Rush at the Santa Monica History Museum



Author Elsa Devienne will talk about her book, *Sand Rush*, at the Santa Monica History Museum on May 11.

Historian Elsa Devienne will present her new book *Sand Rush: The Revival of the Beach in Twentieth-Century Los Angeles* at the Santa Monica History Museum (SMHM) on Saturday, May 11, at 2 p.m.

Drawing from historical archives, anthropology, and cultural artifacts, Elsa showcases the beach's pivotal role in urban history and its impact on issues such as real estate, race, environmental conservation, and modern beauty standards.

The book explores the formation of a "beach lobby" in the 1930s,

which spearheaded efforts to reclaim and clean the beaches, paving the way for their modernization as havens for a mostly white, heterosexual middle class.

Elsa also examines the cultural significance of Muscle Beach and the rise of surf culture, which helped shape Hollywood's portrayal of physical beauty and leisure.

Eric Avila, author of *Popular Culture in the Age of White Flight: Fear and Fantasy in Suburban Los Angeles*, praises *Sand Rush* as "A marvelous combination of urban, environmental, social, cultural, and policy history."

This author event is free and open to the public. Attendees will also have the opportunity to explore the museum's exhibitions.

About SMHM: Since 1975, they have been sharing the rich, diverse history of the Santa Monica Bay Area. The museum staff is committed to serving the community by providing access to dynamic exhibitions highlighting the depth and complexity of collective history through our extensive collection of historical objects and an exceptional image archive.

They offer ongoing programming, pop-up exhibitions, and community events. The museum is at 1350 7th St. in Santa Monica. Their phone number is 310-395-2290.



Discover Acclaimed Pianist Michael Sobie at His Magical Concert, ROCKET MAN, Featuring the Music of Elton John

If you are a fan of Elton John's music and would like to attend a wonderful concert where parking is not an issue, save the date of May 17. At 8 p.m. talented pianist Michael Sobie will present *ROCKET MAN: A Live Orchestral Experience* for one night only at our local St. Monica Catholic Church. Tickets can be secured at rocketmanorchestra.com.

An avid fan of Sir Elton John, pianist Michael Sobie has been following the legend's storied career for over 30 years. Primarily studying classical piano as a child, Michael would read Elton John sheet music to learn the songs after he finished practicing each day. In fact, he attributes much of his playing style, ability to read chords, excellent sight reading, and love of a good secondary dominant to the Elton library.

Having spent over a decade dreaming of creating a show of this magnitude, he finally found the perfect time to pour his talent into a concert that is years in the making.

The development of *ROCKET MAN* began in 2016. Since then, Michael has performed a 75-minute version of the show in various iterations, solo at the piano, and with an 11-piece rock band.



Michael Sobie began the development of this concert in 2016.

However, he still had the urge to do something bigger.

Writing this show for an orchestra was neither quick nor easy, but a challenge Michael looked forward to tackling. Without the original recordings' guitars and synths, it was important for Michael to capture the essence of the Elton John band while using more acoustic instruments and updating the classic songs with his own arrangements and orchestrations. Though he will be assuming the role of the titular Rocket Man that evening, Michael

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Reflections From The East

How a Beautiful Washington Tradition Brings Our Nation Together



By Qin Sun Stubis

Life in our nation's capital comes with many perks. Every Spring, when the cherry blossoms peak, we never have to travel far to get to the Tidal Basin and visit the city's iconic buildings draped in their yearly pink glory.

Washington, D.C. also happens to be one of the nation's great art centers with spectacular exhibitions that, thankfully, don't come with the hefty admission costs that are becoming all too common everywhere else. As a matter of fact, most museums here are free, attracting visitors from across the country and around the world.

While visiting large, internationally renowned art institutions has its advantages, our family has also found great pleasure in discovering the many smaller art galleries in D.C., especially those around Dupont Circle. Just one among them is Studio Gallery, where our

daughter, Halley Sun Stubis, has been the director for the past three years.

Founded in 1956, Studio Gallery is situated in a beautiful historical townhouse. It is the oldest artists' co-op in the nation's capital, featuring contemporary art in a wide variety of media by both new and veteran artists whose creative personalities I have come to know and love through their shows.

For instance, I can never get enough of Susan Raines' luminous and evocative photos, transporting me both visually and emotionally to exotic ports and cities around the world. After looking at her work, I feel as if I've taken not only a physical trip, but an inner voyage without ever leaving home.

I absolutely love how Freda Lee-McCann flavors traditional Chinese art and her elegant calligraphy with personal and contemporary touches using collage and mixed media overlays.

Gary Anthes' powerful photographic portraits embrace simplicity, transience and mystery –



Studio Gallery is located in a historical townhouse.

sharing with us our common bond of humanity by capturing the essence of people living and working in different cultures.

Innovator Elizabeth Harris has made stunning portraits of women

using only ink and a coffee stirrer.

Eleanor Wang believes that everything in the universe is endowed with a spirit and energy, and seeks to capture that feeling in her peaceful, intimate artworks, which are created through an intuitive mark-making process.

Magical realist painter Iza Thomas pairs her fantastical, symbolic paintings with fanciful poems written by her husband to stunning effect.

Artist Wayne Paige is known for his spectacularly detailed oil paint and ink dreamscapes.

And, abstract expressionist Jennifer Duncan is inspired by the geometric forms of water and land, as well as the more amorphous shapes of plants and animals, making colorfully abstract, yet nature-inspired paintings.

To showcase these (and about 50 more) unique artists, special events are often held at the gallery. Everyone is welcome in its magnificent Art Deco building – a perfect home for the arts, itself

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Hey, Fellow Mom. Take Charge of Your Mother's Day!



By Cheryl Thode

Well, it's that time of year again! Mother's Day is upon us. Whether you are a mother, someone celebrating their mother, or someone who knows a mother, this day surely brings up a lot of emotion.

While the holiday is a nice reminder to those we love and care for to take some time to reflect and appreciate their mothers, it can sometimes fall short of achieving its purpose.

Sure, we mothers understand and appreciate receiving breakfast in bed, a handmade present, some macaroni jewelry, a well thought-out card, flowers, or maybe even a photo book with pictures of our favorite little people. However, if we are being honest, most moms just

want some time to relax, rejuvenate and refill their "self-care" cup. And boy, do we need a refill!

If you are a mother reading this, please know that it is okay to plan how you want Mother's Day to go. It is okay to make requests of your family, husband, and kids. While one day could never be enough to replenish the affection, care, and energy you willingly and lovingly give as a mom, how you address this day has the power to put you on the road to achieving and modeling self-care for the day and the future.

Being a mom, while "rewarding," is incredibly taxing. It's one of the few, if not only, jobs wherein the worker has a minimum requirement of 90 hours per week, needs to be on call 24/7, receives no sick or vacation days, the actual skills required for success are unknown, and at times learned on the fly,

and most importantly the pay is \$0 pro rata. When you think about it, the fact we have so many wonderful women doing their best to fill the role of mother is crazy! However, day in and day out, we mothers punch our time card and get to work. We are the supporters and stabilizers for our families. Our role matters.

However, sometimes in carrying out our daily tasks and what we think we "should" and "need" to do for our families, we forget ourselves. We mothers are prime candidates for burnout. We put ourselves off, forgetting or purposefully neglecting our own needs to complete the endless list of household chores and demands made on our time. But alas, we mothers have needs too!

If we fail to address our own personal wishes, wants and desires, the whole household will

come crashing down. No mother wants that. If you do not refill your "self-care cup" you will not have energy for the day-to-day demands of life. A worn-out and drained momma is no help to anyone. Self-care is not selfish but an essential job duty in your role as a mother.

Ok, fellow momma, you may be thinking, "Cheryl, we get it. Self-care is important, but how do I do it?" Well, self-care is truly unique to each one of us. In general, it focuses on the items and activities we need to address our own physical, emotional, and mental needs. So, what activities replenish your reserves, reduce your stress, and improve your overall sense of well-being? The most common sources of replenishment come from eating healthy food, getting good sleep, partaking in mental and physical activity, and fostering social and

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Clergy Corner

A Mother's Legacy



By Dr. Joseph Metoyer

Mother's Day is a day of remembrance for all of humanity, regardless of race, color, or creed. Mothers

are the true standard bearers of Diversity, Equity, and Inclusion in our world. A mother's influence is showcased in the life of every human being. The Apostle Paul expressed this idea to young Timothy, "I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well."

Mothers always deposit something into our life that will sustain us in challenging times. Mothers are most instrumental in developing a child's worldview, and shaping the way a child makes moral and ethical choices. It's a good reminder when others can recall how we grew up. Generational

influence from our mothers and grandmothers can be passed on to our children, and is often needed, if not welcomed. This mother gives her son the gift of faith and an example of living a life that is respectful of all human beings.

We should encourage all mothers to prepare their children for the journey of life. Faith is just one gift to be shared with our children. I'm reminded of what the Prophet Isaiah has said: "He gives power to the weak, and to those who have no might He increases strength."

Blessings to all mothers, you have influenced the children of this world, and we are the better for it. Mothers are the first gift God gives to every child.

Dr. Joe Metoyer is Senior Pastor of actssantamonica.org, a virtual church, Chaplain with the Santa Monica Police Department, and an immediate past president of the Santa Monica Rotary Club.

Passing Through the Pico Neighborhood

Becky Lantry Keeps Giving Back to Her Community No Matter What Personal Challenges She Faces



Becky Lantry, seated far left in white, devotes part of her volunteer time to working with LAPD Cadets.

By Stacy McClendon

Becky Lantry was a member of the Commission on the Status of Women several years ago when I was tasked with staffing this important group for the City of Santa Monica. I watched Becky and other strong, determined, powerful women from a wide variety of backgrounds and careers come together to make decisions that advanced women's issues in our city.

When I spoke to Becky for this story, I learned so much more about her. She and her daughter moved to Santa Monica in 1979 from Pennsylvania. Her father owned a mechanics shop on Hill and Second. Becky worked there fixing cars and even helped pull out engines until her father urged her to do something more feminine like sewing. She bought a machine and redecorated the

whole house with items she had sewn.

Her first real job was at the Mercedes Benz showroom on Wilshire Boulevard. She worked there for a year until she was asked to go work downstairs in filing and to train someone else to do the current job she had been doing. Of course the salary was going to increase once the person had been trained.

Becky's daughter's Godfather got her into driving/delivering gray market cars across the country. She would transport Ferraris, Lamborghinis, Porsches and more to clients. A couple of famous clients included Kenny Rogers and Lionel Richie.

Then Becky decided to go to college to study Criminal Justice and Political Science. In 1981, she

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Discover What's Happening on the Westside

By Gigi Appelbaum-Schwartz

• **May 1-29 - Our Pico by Photographer Sam Comen** - Visit this portrait gallery celebrating the workers who invest their lives in Pico Boulevard's economy, revealing the humanity behind the storefronts. Event will take place all of May, and the exhibit will be open from 9 a.m.-7 p.m. at the Annenberg Community Beach House, 415 Pacific Coast Highway. For details: annenbergbeachhouse.com.

• **Saturday, May 4 - YALLWEST book festival** - Attend the annual young adult and middle grade book festival, hosting nearly 80 authors along with book signings, panels, activities, giveaways, and more! Event will take place from 10 a.m.-7 p.m. at Santa Monica High School, 4th Street entrance, 601 Pico Blvd. Info: yallwest.com.

• **Friday, May 10 - SMC Spring Jazz Series: Christian Moraga** - Watch Christian Moraga, a master percussionist, perform a variety of percussion rhythms and styles from around the world. Event will take place from 7 p.m.-9 p.m. at the Santa Monica College Performing Arts Center - Music Building, 1310 11th Street.

• **Saturday, May 11 - Imagine India performance featuring Leela Youth Dance Company** - Immerse yourself in Indian culture with a special performance by the Leela Dance Collective. Event will take place at 4:30 p.m. and 7:30 p.m. at Agoura Hills Performing Arts and Education Center, 28545 W Driver Ave., Agoura Hills. Email: info@leela.dance for details.

• **Saturday, May 11 - Intro to Babysitting Workshop** - Youth in grades six to eight can attend this event to learn how to safely care for children while babysitting! Event will take place from 10:30 a.m - 12 p.m. at the Santa Monica Main Library, 601 Santa Monica Blvd. Santa Monica.

• **Saturday, May 18 - Chinese Paper Lantern Making** - Make homemade paper lanterns while

learning about the many celebrations around the world that they appear in. Event will take place from 11 a.m.-12 p.m. at the West Los Angeles Regional Library, 11360 Santa Monica Blvd.

• **Saturday, May 18 - Out of Sight: Survey Science and the Hidden West Exhibition** - This exhibition highlights three technological revolutions: wet-plate photography used in geological processes, aerial photography and pattern recognition, and long-range photographic technologies like drones and satellites, using them as an outlet to examine how visual technologies, artistic interventions, and the workings of state power have evolved in tandem with the Western landscape. George Montgomery Gallery at the Autry Museum of the American West, Griffith Park, 4700 Western Heritage Way. Info: theautry.org.

• **Saturday, May 18 - Walk and Play LA** - An annual fundraiser for children in need of care at Children's Hospital Los Angeles, featuring family friendly activities, sports, games, and skill clinics, as well as a 3K walk to the Santa Monica Pier. Event will take place from 8 a.m.-12 p.m. at the Santa Monica Pier. Visit chla.org for details.

• **Saturday, May 25 - Wellness & Waves** - Visit the Santa Monica Pier to participate in free yoga lessons and mindfulness exercises. Event will take place from 9 a.m.-10 a.m. at Santa Monica Pier. For more details, visit santa monicapier.org.

• **Saturday, May 25 - Magic by The Sea at Illusion Magic Lounge** - Enjoy demonstrations by a variety of magicians, followed by a captivating magic performance and an intimate close-up experience. Event will take place from 7 p.m.-9 p.m. at 1418 4th Street. For more information, visit illusionmagiclounge.com.

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Love Links

There's a New Woman in Town

Usually in this column we run stories about couples and their weddings. But, we want to include all aspects of a wedding celebration. And, what is worn at the wedding is important.

This month we are highlighting the work of Hanna Hartnell. She is a well-known local designer whose couture gowns have great appeal to the mothers and grandmothers of members of the bridal party.

She explains that her dresses have "styling that is classic and will always have an easy, glamorous look." A special creation of hers is the floral combination silk chiffon coat that works with either color of the reversible dress and solves so many issues...bare arms, too much sun, or A/C.

Hanna continues, "Currently, my gowns are made to order choosing the design from my collection with the client's color choice, cut, and sewn to order. Shortly, plans are to have a small collection available for fine boutiques that carried my fabulous Twisted Silks and Velvets in the eighties."

Some gowns are reversible - lined in the same beautiful silk charmeuse as the gown - reversible inside out. The bride's colors for the wedding are worn on one side. Then, reverse it with your favorite color for the after-party, and for parties yet to come. Coat chiffons are each made to match the client's chosen gown colors.

For more information, call Hanna at 310-393-6587.



The dress above is a printed silk chiffon with sequin detail and a raspberry silk chiffon coat. The coat has a covered button/loop closure at the center front, a tapered bell sleeve. Side and center back seams are open to the lower waist allowing the flowing panels movement and allure.



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Santa Monica Breakfast Club Mad Hatter Tea Party Honors Mayor Phil Brock

By Kathryn Boole

Each year, the Santa Monica Breakfast Club hosts its Mad Hatter Tea Party. The event raises money for local children whose families cannot afford their urgently needed dental care. Amidst savoring the tea, coffee, homemade brunch and pastries curated by Chef Ann Bouchet at the Santa Monica Elks Lodge, guests raised


(Continued on Page 10)




Photos by Kathryn Boole and Kathy Shannon

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Traveling With Tanya

Exploring Japan's Cultural Jewels and Natural Splendors

By Tanya Gilbert

Imagine embarking on a captivating journey through Japan, a voyage that weaves together the rich fabric of ancient traditions with the awe-inspiring beauty of nature. From the historical heart of Kyoto to the dynamic streets of Tokyo and the tranquil Michinoku Coastal Trail, this distinctive itinerary offers an unparalleled exploration of Japan's essence. As someone constantly seeking unique experiences, I am drawn to this intimate upgraded group tour with private transfers that provides ample opportunity for personal discovery. This 11-day adventure ticks all the boxes, making it an ideal choice for both solo and active travelers.

The trip starts in Kyoto, the city's historical significance serving as the gateway. Over a two-night stay, delve into the wonders of the Heian Shrine, immersed in Kyoto's rich heritage. The journey is punctuated with guided hikes through quaint villages, ancient temples, and lush forests.

Next, a bullet train whisks you away to the crystalline waters of Lake Tazawa in Akita Prefecture, celebrated as Japan's deepest lake. Whether gliding in a kayak or pedaling around its shores, the lake's captivating blue hues promise a serene retreat. Visit a local



Enchanting Kyoto, Japan's cultural capital, is a serene and historic city that blends centuries-old temples, gardens, and traditional tea houses with modern culture and art.

sake brewery, where the age-old art of sake brewing comes alive.

A quintessential Japanese experience awaits with a stay in a Ryokan and a soothing dip in an onsen tucked away in the mountains. An e-bike tour around the village before a soak reveals the sustainable practices and traditions that have preserved these springs through the ages.

Allow two nights in Jodogahama, for a visit to Fudai – a village that miraculously withstood the 2011 tsunami – a pilgrimage to the Unotori mountain shrine, and a trek along the picturesque Michinoku Coastal Trail. A leisurely stroll to Jodogahama Beach for a refreshing swim precedes a bullet train journey to Tokyo.

The final leg of the journey unfolds over three nights in Tokyo, where ancient temples contrast sharply with the city's neon dazzle. A guided tour through Asakusa, Meiji Jingu Shrine, Harajuku, and the iconic Shibuya Scramble unveils Tokyo's complex character. Choose between a culinary walking tour or a day excursion to Mt. Fuji to round off the Tokyo experience.

Interested in embarking on an active adventure? I'm here to help. Contact me at Tanya@MariposaTravelAdvisors.com.



-Joe Analco

Thoughts From a Second-Time Father

Honoring Mothers For All They Do



By Michael Margolin

Enjoli did something the other day that made me think about things we do now that we did not do before we became parents. All she did was take a picture of a slug to show the kids.

Several days later, I took a picture of a grasshopper clinging to a door. There were not many slugs or grasshoppers that we photographed before we had kids.

Alexa is almost 11 and Jake is almost eight, and I know they appreciate their parents' willingness to photograph and share insect pictures. When the kids were younger, I took note that conversations about bowel movements became much more common place.

The dinner table is a place where something like this was never, ever brought up before. Then, we have kids, and sure, why not talk about who has to do what? Those are not long, drawn-out conversations. But if you have children, chances are you at least have an idea of what I am talking about.

I would venture to guess that any parent has had more than a handful of habits and conversations that were never spoken before children came along. You might begin to view the world a bit differently after you have kids – and think and converse in new ways. Chances are, you are photographing new things as well, on

your phone, and in your mind.

I think of the way the world changed for me and Enjoli almost 11 years ago when Alexa came along. I think of the sacrifices that my wife and mothers everywhere make to have children. Growing a human is no small feat. Although there are small feet, and, small everything else.

Fathers sacrifice plenty as well. But, moms sacrifice much more physically than any man ever will. They sacrifice more sleep. They simply sacrifice more "being left alone" time. Moms are generally the first person a child goes to in an emergency.

I have joked that if one of my kid's hair were on fire, I could be right next to them with a fire extinguisher and the fire department on scene. Who would they ask for first? Not me. Not the fire department. I will be forever grateful that my kids have Enjoli, and that I get to raise our children with her.

So, happy Mother's Day to all of the sacrificing mothers out there! And, certainly to my beautiful wife, my wonderful mother, and my loving stepmother. The three most important mothers in my life all very much deserving of a great Mother's Day – and some peace and quiet.

Mike Margolin has been writing for us since his daughter Alexa was born 11 years ago. He is an avid sports fan. Mike is also a coach for both of his children's soccer teams.

Discover Acclaimed Pianist (Continued from Page 3)

prefers to share the spotlight. Joining him onstage will be some of L.A.'s finest musicians who have collectively recorded and performed with the likes of Hans Zimmer, Stevie Nicks, Barbra Streisand, and Elton John, himself.

Born and raised in the Midwest, Michael began playing after his grandparents gifted him with a piano on Christmas Day in 1987. Years of dedication and practice led him on a professional journey that began by touring with Broadway musicals such as Elton John and Tim Rice's *Aida*, *Wicked*, and *Les Miserables*. Eventually, he landed in Los Angeles in 2013 where he currently resides.

Michael has also recorded and conducted soundtracks for television and film. Ultimately, Michael reached a point where he wanted to branch out with his own creative passion. Enjoy his concert on May 17 at 8 p.m.

Ten Tips

(Continued from Page 3)

8. Party with Less Cost and Less Work. Host a co-operative family party. Assign two dishes for each family to prepare at home and bring to the party. Tally the expenses and divide the cost evenly among the participants.

9. Tell Guests What You're Serving. For brunches, lunches, and dinners, write the menu on a decorative card or piece of stationery and display it on the table. The guests will love to know 'what's cookin.'

10. A Summer Afternoon Tea Party. Serve miniature pastries and a variety of international and herbal iced teas.

Maureen Molé is a lecturer, product spokesperson, and the author of The Book of Entertaining at Home. Email her at MaureenMole@gmail.com.



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Community Service on the Westside

Lions Members Giving Back to Our Community



By Kingsley Fife

We Lions of the Santa Monica-Pacific Palisades Lions Club enjoy the warm experience of our dinner meetings, but our real goal

is to engage with and help our community. In this effort, our schedule is very busy.

A fun highlight was celebrating the 130th anniversary of the Santa Monica Salvation Army, which coincided with National Donut Day. After their open house party, we all went over to the Third Street Promenade and handed out free donuts to the shoppers. We were a huge hit! Every early December, we participate in the Salvation Army's Red Kettle Day by ringing the bell at their colorful stands.

Later in December we all go over to Pasadena and help decorate our Rose Parade Lions Float. We are getting ready for the Annual Santa Monica Art and Literature Festival

at Virginia Ave. Park. We will have a booth where we have fun engaging with the youngsters in various educational activities. Also, soon we will be planting a tree in conjunction with the Santa Monica Urban Forest Department, to honor National Arbor Day. Another project we all look forward to is "Lion's Eyes Across California." In this event, we bring in the Lions Eyemobile and do free vision and hearing testing plus general health checks including diabetes screening.

Our planning committee is now working on preparing for future activities set for this summer. It's so satisfying to be in an international service club that affords us the opportunity to give back to the community and help those in need.

Are you curious about Lionism? Maybe joining us will fill that void in your life. Learn more by being our guest at one of our dinner meetings. Call Lion Kingsley Fife at 310-454-2960, or email jkfife88@yahoo.com.

Something NEW is Happening at the Santa Monica Family YMCA



By Araceli Alejandre, COO

From its humble beginnings, the YMCA has grown to become a multifaceted organization, offering a

wide range of programs catering to people of all ages and backgrounds. As the fitness industry continues to develop, the YMCA is making strides to remain relevant by providing services that the community needs.

At the heart of our mission is our commitment to promoting health and wellness. That's why we've recently invested in our strength rooms to provide state-of-

the-art fitness equipment to help people of all ages find their potential. We've installed new squat racks, selectorized equipment, and even installed new flooring! Orientations and personal training are available for anyone looking for additional support or accountability.

And, while health and wellness is just one of the things we do, ensuring that we are inclusive is our priority. That's why we kicked off our Annual Support Campaign last month! The Annual Support Campaign is a yearly fundraising effort that helps the Y open its doors to everyone, regardless of age, ability, or socio-

(Continued on Page 10)

Discover the SMBWC



By Patricia Webber

Santa Monica Bay Womans Club (SMBWC) membership continues to grow, with nearly 20 new

members joining this past year. Many of these new members tell us their reasons for joining are for our history of public service, our programs and activities, and mostly for the pleasure of meeting and getting to know new friends.

During Women's History Month we were reminded of the impact and accomplishments of not just SMBWC, but all the clubs that comprise the General Federation of Women's Clubs (GFWC). GFWC is distinguished from other service organizations by the breadth of its outreach. The community service programs span all areas of the lives of our members, their families, and communities: arts and culture, civic engagement and outreach, education and libraries, environment, and health and wellness. GFWC has earned a reputation as a powerful force in the fight against domestic violence. GFWC was recognized on the floor of the United States Senate as "a gem among our midst" by then-

Senator Joseph Biden (Del.) for our work in bringing hope to victims and survivors of domestic violence and abuse, and our early support for the Violence Against Women Act.

Our activities at SMBWC always invite participation. The New Writers' Group is held on the first and third Tuesdays of the month at 6 p.m., with April meetings on April 2 and 16. The group is led by author and artist Shirley Cannon. The group is designed for writers of all stages and interests to share in a warm, supportive atmosphere. For further information, contact Shirley at shirleycannonartist@gmail.com. Canasta and bridge are on Mondays at noon, and the Arts, Crafts, and Conversation is on Tuesdays at 10:30 a.m. (Contact: Joan Temple joanie.tee@gmail.com), and Book Club meets Tuesdays at 6 p.m.

We want to bring back Mah Jong at the Club on Mondays at noon. Anyone interested, whether beginner or advanced, is welcome to contact Alicia at Alicia.Syres@yahoo.com.

If you would like to join our Club, contact our office during weekday mornings at 310-395-1308, or through our website, smbwc.org.

Hey, Fellow Mom *(Continued from Page 4)*

spiritual connections.

For example, on Mother's Day you could ask for a family outing to the beach, make a request for dinner from your favorite restaurant, plan a spa day, or ask for your kids to put on a play for you. The options are endless. But you need to think about what would fill your cup and then make the request, or plan to put the activity

in action.

Self-care is not stagnant and it constantly evolves. However, it is always needed. So, take this Mother's Day to start or continue your self-care journey and then create a cyclical routine to address your needs throughout the year. Mom, as the holiday's honoree, it is okay to plan it out exactly how you want. God Bless!

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Planning Ahead

Making Care Arrangements for Solo Agers – Older Adults Living Independently



By Lisa C. Alexander, Esq.

A solo ager is an older adult living independently. The solo ager has no spouse or partner, and no children to rely on.

One statistic says that nearly one-third of seniors live by themselves. Solo agers, in particular, need to plan for their future living, health, and legal circumstances. Solo agers need to build a team that may include extended family, trusted friends, and professional advisors. This may mean building relationships with nieces and nephews, making friends with younger people, assessing your housing situation, and finding available community resources to enable you to "age in place."

It is critical for solo agers to have all the important legal documents in place. The Advance Health Care Directive will name an agent to make health care decisions and give direction for end-of-life care. As a companion document, everyone should have an authorization for release of health information under HIPAA ("HIPAA Authorization") so the doctor can share health information with selected people.

Also, absolutely essential is a Durable Power of Attorney. You need someone with legal authority to manage your finances if you can no longer do so on your own. If you are worried about giving up control before you are ready, the Durable Power of Attorney can be

restricted so it won't become effective unless or until you are determined to lack capacity (typically by a statement from your doctor - hence the importance of the HIPAA Authorization.)

And, even if you have no immediate family, you should not ignore planning for your estate. Without a Will, your assets will go to your heirs. Without close relatives, your heirs might include people you have never met. This is a missed opportunity for you to benefit a favorite charity under a proper Will or Trust.

All this planning ahead may seem problematic if you don't have extended family or friends suitable to name in a Health Care Directive or Durable Power of Attorney. But there are professionals who can help. In California, we have licensed professional fiduciaries who can act as agents under Durable Powers of Attorney and Advance Health Care Directives. And there are other professional designations such as Senior Care Managers and Daily Money Managers to fill in the gaps where help is needed.

These days, solo agers are lucky there so many resources, books, articles, and support groups available to build community and find help. The point is for solo agers to plan ahead, before there is a crisis.

Lisa C. Alexander, Esq.
JAKLE, ALEXANDER & PATTON, LLP
Direct Line: 310-656-4310
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Something New

(Continued from Page 9)

economic status.

The YMCA is a 501(c)(3), non-profit, charitable organization. Your donation not only is tax deductible, but also ensures kids and families in the Santa Monica community have access to the Y's amazing resources.

Donations can be made by visiting: www.ymcasm.org/donate or stopping by the YMCA at 1332 Sixth Street, Santa Monica.

Santa Monica Breakfast Club

(Continued from Page 7)

a glass of Prosecco to this year's honoree, Santa Monica Mayor Phil Brock. State Senator Ben Allen and Reverend Mack Mossett of Calvary Baptist Church were among the guests.

The 8th Annual Mad Hatter Tea Party ended with a spirited live auction, silent auction, and gift basket raffle. Guests left feeling inspired and energized, knowing that kids in need will be healthier through their efforts.

Catherine Butterfield Publishes Her New Book, *The Serpent and the Rose*

Santa Monica resident Catherine Butterfield is celebrating the recent release of the audiobook of her debut historical novel, *The Serpent and the Rose*.

Kirkus Reviews gave it a "Thumbs Up – Get It," and praised it as "A sweeping but intimate story that highlights the author's clear attention to detail." *The Historical Fiction Company* gave it five stars and the Highly Recommended Award of Excellence, calling it "A captivating tale that skillfully weaves together historical, dramatic, and personal elements." *The Serpent and the Rose* is available everywhere audiobooks are sold.

Catherine's book tells the story of Marguerite de Valois, a French princess, who despite being famous in 16th-century Europe, has been largely overlooked in history today. Marguerite's life was so sensational that William Shakespeare was inspired to write *Love's Labour's Lost* about her.

A famous beauty who was also an intellectual and polyglot, Marguerite was the daughter of the manipulative and cunning Catherine de Medici, famously known as the *Serpent Queen*.

To celebrate the publication of her book in March, Catherine's friend, Ann Moore, hosted a book launch party in her home. Several guests attended and were able to



Catherine Butterfield with hostess Ann Moore at her March book launch party. Photo by Bernadette Lucier

hear more about the book and to purchase a copy. These parties are a special opportunity for authors to talk in person about why they wrote the book and the experiences involved in getting it published.

Catherine is the author of ten published plays that have been performed in New York, regionally, and abroad. She has written, directed, and produced for TV, film, stage, and her YouTube channel. She lives in Santa Monica with her husband, Ron West, and their tuxedo cat.

Becky Lantry Keeps Giving Back (Continued from Page 5)

went to school during the week and would deliver cars on the weekends. She continued going until her daughter started telling her that she missed seeing her at home.

Becky's contributions to organizations, which continue to grow, include:

- Vice-President of the Santa Monica/Venice branch of NAACP, 2009.
- Vice-Chair of FAME Redevelopment which built 49 low income units for seniors on 18th and Michigan on the church land, 2012.
- Co-Chair and Commissioner on the Commission of the Status of Women from 2012-17.
- Hosted *Candid Conversations* on City TV, which was a program dedicated to women, 2013-2015.
- Operation Gratitude is an organization that helps the Army, Air Force and Marines that she featured on her *Candid Conversations* show in 2014. It still exists to this day.
- LAPD Cadet Program where she

sits with the Cadets two weeks before graduation, 2022-present.

- Eyes and Ears Group, from 2017-present. A group of various law enforcement staff working to combat retail human trafficking.
- Choir singer for Bishop McClendon First Gospel album. A part of First AME Church Choirs, 2010.
- Nominated for KTLA's Remarkable Women in February, 2020.

A survivor of domestic violence, Becky continues to share her story to help other women.

In April 2019, Becky collapsed with cancer of the spine. Doctors didn't think she would walk again, but she defied that prediction. Not only is she walking, but she is also still helping many organizations.

Becky continues to defy the odds. She said that she's here to do God's will, which is to share things with people that need to be known, and she has no intent of stopping now.

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

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Paws and Claws

How Effective is Rattlesnake Vaccine?



By Dr. Frank Lavac, MS, DVM
Q: We go hiking in the local mountains with my dog. Should I get the rattlesnake vaccine?

A: This is a good question as we enter the rattlesnake season. We saw our first dog rattlesnake bite this year in mid-March.

The rattlesnake vaccine is controversial. It has only been tested in mice. There isn't any published data supporting the efficacy in dogs. Some veterinarians suggest that it may help delay some of actions of the venomous poisons.

A study that was published by ER veterinarians at Animal Specialty Emergency Center showed that vaccinated dogs did not have a higher survival rate than non-vaccinated dogs.

The bottom line is that there is no measurable benefit to the rattlesnake vaccine in dogs. Interestingly, there are no venomous vaccines used or approved for humans.

Prevention is ideal. If you walk dogs in the mountains, keep them on a leash and on the trail. Preferably hike on a wide trail like a fire road. Know where your closest veterinarian is located, so that in case of a bite, they can start fluid therapy and antivenin in a timely fashion. Aversive training may be of some benefit.

If you have any questions, you can contact Dr. Lavac at 310-828-4587.

Adopt a Pet



"Bosco" has turned into a "marshmallow." He loves to "talk" to people and he rolls over for pets. He is a very special boy who deserves to live his life in safety surrounded by his forever people! Please contact Info@Langefoundation.org for more details.



- Joe Analco

From Me to You...



By Diane Margolin

Patricia Farris, who has been the Senior minister at the Santa Monica First United Methodist Church,

will be retiring this summer. There will be a luncheon at the church on June 2 after worship services honoring her. To RSVP, call Sarah at 310-393-8258, ext.106. You can go online to <https://santamonicaumc.org/rev-patricia-farris/> to find her biography and about the books she has written. We wish Patricia all the best in her next adventure.

The Montana Avenue merchants will be having their annual Spring Sidewalk Sale on Saturday, May 18, from 10 a.m.-6 p.m. on 6th to 17th Streets.

It was great to hear about the success of the Santa Monica Family YMCA's Healthy Kids Day last month. One of the participants was the Santa Monica Breakfast Club whose goal is to provide dental care to children in need in the Santa Monica school system. More about the event next month.

Topanga Days are back for the 49th year. The event, which runs from May 25 - May 27 with a Memorial Day Parade on May 27 from 8:30 a.m.-10:30 a.m. There will be musical acts, local artists, vendors, food, and activities for all ages. Remember, you need to access Topanga Canyon Boulevard from the San Fernando Valley entrance to get into the canyon. For more details, call Damon at 310-344-7062.

Please send photos of dads and kids for our Father's Day issue in June. Thank you.

An Update From ERBA Markets

How Do Vape Pens Work?



By Stephen Freedman

One of the most popular forms of cannabis consumption has become vape pens.

These small, inconspicuous devices allow for quick, discreet dosing, without the mess and smell. However, to the general public, this tends to be the gist of knowledge regarding vapes. It's important to know what to look for in order to get the effect you are looking for.

A vape cartridge is a glass tube filled with cannabis infused oil or concentrate. These are attached to a battery which, when activated, heats up an atomizer in the cartridge which heats the oil, providing a "hit" of the product. Not all batteries are the same, as some are proprietary, and others come as all-in-one, disposable vapes.

There are numerous oils and concentrates that can be filled in the vape cartridges.

Distillate is the product from extraction that isolates desired cannabinoids. While this extraction method can produce THC purity up to 99%, many terpenes and other flavors are stripped away, eliminating a lot of flavor. It is be-

cause of this that some manufacturers infuse terpenes back into the product after extraction.

Live resin cartridges are considered to be high quality with a complex flavor profile. To produce live resin, the cannabis plant is flash-frozen, with terpenes and cannabinoids then extracted, to leave behind an incredibly potent concentrate.

Live rosin (not to be confused with "resin") is similar to live resin, but does not use chemicals in the production. The frozen cannabis is pressed under pressure and heat to extract the concentrated oil. This is a better option for health conscious consumers.

In contrast to the above, many manufacturers are now producing CBD oils for vaping, allowing another option for those looking for health benefits of cannabis rather than a psychological effect.

Having this knowledge will make you a much more educated vape consumer, and help find you exactly what you are seeking, both in consumption and effect.

Stephen Freedman is the Regional Manager of the ERBA Markets, the WOODS, West LA, Venice, Culver City, and WeHo.

How a Beautiful Washington Tradition Brings (Continued from Page 4)

being a work of art. Artist talks, artist receptions, "First Fridays," "Third Thursdays," and "Art All Night" crawls in Dupont Circle draw neighbors to its doors and bring the entire community together to celebrate art. Over a glass of wine and a snack, everyone gets to socialize and talk mostly about one subject: art, of course.

While politics divide our nation, art brings us together. Our collective harmony may well depend on our country's artists to safeguard it with their mighty strokes and

soft colors. When you come to Washington, D.C., be sure to visit the Smithsonian, the National Portrait Gallery, the National Gallery of Art, and other of the city's treasures.

To learn more about Studio Gallery, visit www.StudioGalleryDC.com.

You can always reach me at qstubis@gmail.com, or please visit me at www.QinSunStubis.com. You can find a copy of my book, "Once Our Lives," at www.Amazon.com.

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