



Gestation III by Bailey Oakes, created in 1991, sits in Palisades Park, Santa Monica. Text from its plaque reads: Dedicated to all who work to heal our planet. Winter solstice marking the return of life-giving sun. Donation from Nora B. Clow, Peter Norton Family Foundation, the Tides Foundation, and the Santa Monica Arts Foundation. This sculpture was gray when it was first displayed in the park. Over the years it has become the color of hot chocolate.

Photo by Julie Dobkin Gilbert

Senior Snapshot

Santa Monica Native Pam Brady Dedicated to Community Service

By Corinne Pagan

Santa Monica native Pam Brady is an example of the nonprofit and volunteer work that occurs on the Westside and beyond. A second-generation Santa Monica native, Pam was a very proactive child all throughout her schooling.

From volunteering from the age of five for the Boys Club (now the Boys & Girls Clubs) of Santa Monica to becoming a mascot for the Santa Monica High School marching band, Pam has always had a passion for serving her community.

Growing up, Pam's grandparents owned a ranch in Malibu while her parents owned a home in Santa Monica. This allowed her to bus

(Continued on Page 2)



Pam Brady with a recent award from the Santa Monica Rotary Club.

HelpGuide.org Perfect Resource for Today's Changing Concerns

By Deborah Gray

Let's face it, for most people, increasing stress is part of modern-day life. However, in the past few years, the addition of the COVID-19 pandemic has proven to be especially challenging. The good news is that for those of us in need, help is out there.

One available resource is HelpGuide.org, an online mental health and wellness organization that strives to "educate and empower" anyone seeking a way through. An independent, non-profit group, it shares articles with Harvard Medical School publications. HelpGuide is funded by its readers and grants, while also seeking sponsorships, corporate, and business partnerships.

It was initially founded in 1999 by Robert Segal, his wife, Jeanne Segal, PhD, and Monika White, PhD, as a Santa Monica Rotary Club project. The motivation for the site followed the loss of the Segals' daughter, Morgan, who at age 29 took her own life after years of therapy had failed to help her recover from an escalating depression. The team believed the best way to honor Morgan's memory was to provide effective, accessible, and fact-based information for those in emotional turmoil or struggling with other life issues.

HelpGuide.org ultimately grew into a global website with more than half a billion page views to date. Some of the issues covered in the free consumer website include addictions, depression, and anxiety disorders, as well as information about the benefits of medi-



HelpGuide.org has many helpful articles and resources to share with its readers.

tation, practicing "gratitude," and setting healthy boundaries. In addition, articles about healthy living, aging, and relationships, among other issues, are provided.

According to Monika White, an author and lecturer in the field of aging and HelpGuide's Board Chair, "We don't give advice. We want readers to be informed about the pros and cons of options so they will feel helped to make their own decisions."

Dr. White says the common feedback from those who use the site is that most find something they can do about their issue.

Melinda Smith, HelpGuide's Executive Director, adds, "We do get a lot of testimonials, including readers saying we've saved their lives. A common thing we hear over and over again is that people finally feel understood and feel hope."

So, while life often brings us difficulties to face, we don't have to do it alone. We can also choose to view our challenges as opportunities to build inner strength – and perhaps, by example, to inspire others to do the same.



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Do You Recognize This Neighborhood Celebrity?

(Answer on Page 4)



Discover What’s Happening on the Westside

By Pamela Lawrence
• **Ongoing Tuesdays and Thursdays through September - Yoga at the beach.** From 10:30 a.m. to 11:30 a.m. at the Annenberg Community Beach House. To register, www.annenbergbeachhouse.com/. Ages 12+.
• **Tuesday, September 6 - Adult Fiction Book Club** - Join a monthly club led by Judy Meadow. Books are read in advance of the meeting and can be borrowed from the circulation desk. Begins at 1 p.m. at the Donald Bruce Kaufman-Brentwood Branch Library Community Room. Call 310-575-8273, or go to brntwd@lapl.org for details.
• **Wednesday, September 7- Mid-Autumn Moon Festival Lantern**

Workshop - Instructor Emmy Lam leads this workshop with lantern materials provided. Learn about Chinese festivals such as the Mid-Autumn Moon Festival, the biggest Chinese traditional holiday after Chinese New Year. Many people carry Chinese lanterns during the festival. 4 p.m. to 5 p.m. Pico Branch Library. Register here: bit.ly/YouthProgramSignUp. For ages five and up.
• **Ongoing Wednesday evenings though September - Free Community Run Club.** Starting at Road Runner Sports in Santa Monica, 1338 4th St. Check in at 5:30 p.m., run from 6 p.m. to 7 p.m. Walkers also welcome. Come log your mid-week miles and make some new friends. Free.

• **Sunday, September 11 - Santa Monica Classic Run** - The Santa Monica Classic is a spectacular point-to-point course along the Pacific Ocean in Santa Monica. With a 5K, 10K, and Kids Run, it's the perfect race for runners, joggers, and walkers of all distances. 8 a.m. 5K starts; 8:30 a.m 10K starts; 10:15 a.m. Surfer Shuffle; and Kids Run starts from 8:30 a.m. to 11 a.m. Finish festival. To register, visit: <https://www.mccourtfoundation.org/pages/santa-monica-classic-register>.
• **Monday, September 12- Meditation: Connecting to the Peace Within** - Join Doug Frankel, long-time meditator, to learn how meditation can minimize the effects of stress and enable you to tap into

the peace within. You will have an opportunity to practice a powerful meditation technique during the program. 6 p.m., in person. Westwood Branch Library. For adults.
• **Wednesday, September 14 - The College Admissions Process from A-Z** - Get the inside scoop on the college admissions process, including high school academics and course planning, building a college wish list, navigating the application process, and applying for financial aid. Presented by Diana Hanson of Magellan College Counseling. 5:30 p.m. to 6:30 p.m. Main Santa Monica Library, Multipurpose Room. Register here: bit.ly/YouthProgramSignUps. For teens.
• **Thursday, September 16-**

(Continued on Page 8)

Santa Monica Native Pam Brady (Continued from Page 1)

back and forth between the two properties from her school. When Pam wasn’t volunteering, she spent her time riding horses past her favorite waterfall and keeping company with the cattle that she had named.
After high school, Pam attended Santa Monica College, where she obtained her associate degree in Liberal Arts. From there, Pam transferred to Cal State Northridge, where she discovered a passion for

business administration and inevitably earned her bachelor’s degree in that same field.
Pursuing her passions, Pam first began at Security Pacific Bank, where she worked her way up to a managerial position. After some time though, she wanted to use her skills in combination with her drive for nonprofit work. After leaving her workplace, Pam went on to work for several nonprofit organizations in management. These included Meals



Pam is showing tools important for her job in the Santa Monica Breakfast Club where members raise funds to provide dental care for children in the SMMUSD.

dent. Through her efforts, she was recently given the Joe C. Gilbert award, named after one of the founders of the Santa Monica Rotary Club. Her passion for the Rotary Club does not stop there, as she is also on the Peace Committee for the district’s Rotary Club.
Pam’s volunteer work even extends outside of organizations and into her own home. While raising her children, she has housed over 50 foreign exchange students. She loved the experience of having many groups learn about each other and is still in contact with several of the students.

At home, Pam lives with her best friend, husband David. She says they have been blessed with three children and three grandchildren whom they always look forward to seeing.
Looking ahead to the future, Pam hopes that as a community we can do just that – learn about one another, respect each other, and honor our differences.
From the words of Pam herself, “Embracing our differences is what is going to make us all better.”

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Miceala Shocklee, Pamela Lawrence
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Teen Scene

Leaving My Little Brother When I Go to College



By Julia Abbott
Sometimes, the biggest lessons come in the smallest packages. I'm close with all of my siblings, but the one I'm most nervous about leaving is only ten years old. He's been my self-professed "favorite" since I first laid eyes on him. Even as a baby, he was always so bright and curious, constantly crawling, playing, and getting into trouble.
But, my little prankster has been replaced by a young man, one who is serious, responsible, and determined. His cuteness has been replaced by handsomeness, and his pranks by quippy jokes. Out of everyone in our family, he is the most like I am.
That's part of the reason it's so hard for me to say a temporary goodbye; I'm leaving behind a piece of my soul, a piece that will remain

in Los Angeles, even when I'm on the other side of the country.
There's so much I want to say to him, so much in the world I want to protect him from. However, he'll have to learn from his own failures. There's nothing I can do or say that will help him pick himself up the many times he will surely fall. Still, in spite of my worries, I'm sure he'll stand. Just as he's faced so much before, he will do so again.
Selfishly, I don't want to go a day without seeing him. So, this is my love letter to a young man who endlessly inspires me, and whose qualities are far superior to all of mine. I love you, and I can't wait to see who you become.

Julia has been writing for us since she was ten years old. Her next column will be written during her first month at college. We wish her all the best and look forward to hearing about her new adventures.

Byte by Byte

Harvest at Hand: Bytes for Bites



By Dr. Miceala Shocklee
With summer transitioning to fall, harvest season is beginning, and farmer's markets are soon to be rife with end-of-year produce. While farmer's markets are inherently rooted in the natural, technology can play a role in perusing the stalls nevertheless. For example:
1. Love Food Hate Waste - Having a plan for how to browse the stands can help direct shopping and minimize the regrettable if common outcome of vegetables winding up in the back of the refrigerator instead of the front of a meal plan. Love Food Hate Waste is produced by the UK-based Waste and Resources Action Programme (WRAP), an organization from the UK, and serves the aim of reducing food waste by aiding users with keeping track of what's on their shelves at home and how to combine those ingredients into recipes.
2. GrownBy - Featured on Forbes, GrownBy is an application developed by farmers in conjunction with the USDA and multiple foundations that connects Community Supported Agriculture (CSA) endeavors with potential consumers. Rather than filling up an Amazon kitchen shopping cart, consumers can shop directly from nearby

farms according to zip code proximity. (Think meal prep box delivery services, but without the intermediary corporation.) After shopping on the app, consumers are able to pick up their items directly from the farm.
3. Locavore - Santa Monica has a number of recurring markets for residents and visitors to enjoy, but apps like Locavore help expand the horizons of shopping local through providing users with a log of neighboring farms, farmers markets, and other CSAs. Like Love Food Hate Waste, Locavore also provides recipes featuring seasonal ingredients. Additionally, Locavore incorporates a review feature to help users discern which markets may best suit their needs.
Farming and farmers' markets have come well into the modern age. These three apps are barely a handful of the options out there. Supporting local farmers can even be done without downloading an extra application - many farmers, like Nashville-based @anneofall trades, now feature what they'll be bringing to the market or selling through their merch platforms on social media services like Instagram as well.

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

Planning Ahead

When the Trust Document is Lost



By Lisa Alexander, Esq.
It happens! A grandmother dies, having outlived her children. There is a grandson who moved in to care for his grandmother some years before, and the house was promised to him.
The grandson is sure the gift of the house is in the Trust, but the Trust cannot be found. We know there was a Trust because the Deed to the house is in the name of the Trust. The grandson has searched the home for a binder or envelope of documents, without any luck. The grandson calls me. What can he do?
Unfortunately, if there are assets in the name of a Trust, but the Trust document cannot be found, the assets will have to go through Probate. This is because without the actual document, we cannot know for certain how the assets are to be distributed. We think everything will go to children/grandchildren or in this case, the house should go to the grandson, but what if that is not what the Trust said? Nor can we know who was named as Trustee to administer the Trust and make the distributions.
As part of the Probate, there will be a Court Petition to have

the Trust assets brought into the Probate Estate, as if there were no Trust. When the Probate is ready to close, the Trust assets will be distributed to the grandmother's heirs, the same as if there was no Will or Trust. In this case, grandson is not the only heir, and the house will be divided between him and his two distant cousins. This is particularly bitter because the cousins never visited their grandmother or maintained any contact with her.
The lessons are: **First**, make sure you know where your estate plan documents are located and let the person you named as Trustee know where to find them. Do not hide them! **Second**, if it has been several years and you cannot find your estate plan documents, it is not too late to re-create your Trust. It is only too late when you pass away. **Third**, do not leave a beneficiary disappointed. If it is your intention to make a particular gift, in this case, the gift of the house to the grandson, make sure it is documented and made a part of your Trust. If it is not written and signed by you, the gift will not be made.

Lisa C. Alexander, Esq.
JAKLE, ALEXANDER & PATTON, LLP
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From the Santa Monica History Museum



It's back to school time! Above, five kindergarteners at Franklin School surround Mrs. Gantt at her desk in their classroom, located at 2400 Montana Avenue. She is filling out a stack of emergency cards and health forms. Photo taken in 1954. For historical reprints, please contact the Santa Monica History Museum and specify image #3.2.5384 from the Bill Beebe Collection.

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Reflections From The East

Parenting: The Hardest Profession in the World



By Qin Stubis
Becoming a mother is hard. Women have to use their bodies to nourish and carry a child to maturity. Toward the end of pregnancy, we suffer backaches, swollen feet, and sleeplessness. Our bellies are enlarged to the point that we cannot even see our own toes. And yet, we would endure anything to bring our babies safely into the world.

After nine long, grueling months of patient waiting and physical endurance, parents finally get to meet their bundle of joy for the first time. If only this proud and happy moment could last forever!
In reality, when the birth is over, our parenting duties have barely

started. Only now does the work begin, involving many years of responsibility and doting care before the precious bundle we’ve so joyously brought into this world turns, we hope, into an independent, responsible adult.
The job of parenting is daunting. It’s a 24/7 position, year in and year out. We cannot take a break and say that we don’t want to be parents for a while and then go back to it. For many, parenting is a lifelong commitment. Your children will always remain your children.
An undeniable part of being a parent is worry and fear. We don’t always understand why babies cry, children refuse to listen, and teens become reckless. Sometimes, we don’t even know if our children’s behaviors are abnormal or simply

part of growing up.
The more we love our children, the more scared we are about the mishaps in their lives. When they are little, we worry about their sicknesses being life-threatening, or that they’ll fall down the stairs. During their teen years, we fear that if they don’t do well enough in school, they won’t be successful when they grow up.
Often, our fears bring out the worst in us. We rant endlessly at our children about what they do wrong when we could have praised them for what they’ve done right, encouraging them to try their best to excel. Sometimes we yak continuously, fanned by our own anger, venting our worries and disappointment, and forgetting all about listening to our children and hearing their problems and frustrations.

For every father and mother out there, parenting is the hardest job in the world. Kids don’t come with a manual to guide you. Having lived through your own childhood will not ensure that you will understand your child’s experiences. And, all your protective warnings will not prevent them from daring to do dangerous deeds.
I still remember how everyone gave me all sorts of advice when I had my firstborn son. I was overwhelmed and didn’t know how to incorporate most of the well-intended suggestions into my parenting. Through the years, the one person who has reliably guided me in my parenting journey is my Chinese mother an ocean away.
Growing up, she never judged me for what I did, but took a leading
(Continued on Page 8)

A New School Year, a Time of Wonder and Excitement



By Cheryl Thode
Well, it’s that time of year, again! It’s “Back to School” time. While this is a tradition and ritual that almost every reader can

relate to, over the last couple years, this rather routine rite of passage has been fraught with unpredictability and health concerns.
However, even with the trials and tribulations of the last couple years, the start of a new school year continued throughout the pandemic and continues today to bring with it the all so familiar feelings of wonder, excitement, and hope. Just like the feeling we get with the start of a new calendar year, the beginning of school is filled with such promise and anticipation for both our children, who are about to partake in a new academic journey, and for us as their parents, participating right alongside the adventure with them.
With all the wonder, a new school year may also bring for our children and us the normal feelings of

anxiety, stress, and fear (all of which were exacerbated by the events of the last couple years).
Whether you have a preschooler, grade-schooler, high schooler, or even a kid going off to college, as a parent, you know the journey they are about to embark on because you went through it so many years ago, too! Sure, the material, classroom, teachers, and even environment may be different, but those new school year butterflies, smiles, anticipation, and even a little panic are known to us all.
We all want what is best for our children. We want our children to learn, make friends, not get hurt, not get sick, succeed, and most importantly, remain the innocent beautiful souls we have come to know, love and cherish. How do we help, guide, and protect them while also allowing them space to grow?
Well, we help them see the positive and hold on to the anticipation and curiosity they started with throughout the school year. Specifically, I would like to encourage us as parents to focus on the good, the exciting, and the wonder. Yes, there

will be challenges, unanticipated events, hurt feelings, boo-boos, and disappointments.
However, as I have expressed in past articles, we model for our children. Modeling is the most effective tool we parents possess. So, in this new school year, let’s model to the best of our ability grace, perseverance, compassion, and love. Celebrate our children’s successes and walk through their mistakes together with them.
While we parents may no longer be in “school” ourselves, we continue to learn from and enjoy the classroom of life. Enjoy the start of this “New School Year,” model for your children, and celebrate the wonderful parents you are. God Bless.

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 Celebrity
(Continued from Page 1)



Glenn Sorgenstein has been owner of Wilshire Coin for many years. Visit him and his staff with your jewelry, coins, and treasures at 1312 Lincoln Blvd., Santa Monica.

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Clergy Corner

Cherish What We Have in Common



By Reverend Patricia Farris
September brings the promise of new beginnings to so many of us as a new school year begins.

As a girl, that meant for me a new pair of shoes, some new clothes, new notebooks, pencils, and pens. Now, of course we're talking new apps and new backpacks, but the feeling is the same. A sense of excitement, a bit of anxiety, and a plunge into something new.

As we continue to emerge – safely and rather cautiously – from the isolation many experienced during the pandemic, we'll find ourselves back in social gatherings that we've been missing – sporting events, Parents' Nights, concerts, activities in our faith communities, and projects with the nonprofits we support. In all these settings, we come together in our diversity, brought together by common interests.

All these groups are opportunities to get to know one another as friends, neighbors, parents of kids on the soccer team. We learn about one another's challenges, quirks, and gifts. We share recipes and vacation plans and passion for our

favorite team or book. We relate out of our common humanity, discovering once again that we are indeed in it together, and have much more in common than we sometimes stop to realize.

The relationships we live into with one another cut across political differences and things about which we might disagree. Not that those things don't matter, but in relationships with one another as friend and neighbor, we come at those divisive things differently. When we know our conversation partner's name, spouse, kids, or latest health challenge, we are more able to listen and less prone to judge or dismiss.

As this new school year begins, let's strive to cherish the things we share in common that bind us together. Let's work together to create a community that is rich in diversity, patient with differences, and compassionate at the core. Let's invest in the things that matter. Together.

Rev. Patricia Farris
Santa Monica First United Methodist Church

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

Remembering Local Educator and Active Community Member Susan Barrett

Susan Barrett will be remembered for her strength of character, her genuine faith in people, and the steadfast manner in which she dedicated herself to recognizing excellence and supporting the journeys of others. As a nun, an educator, philanthropist, friend, and family member, Susan proceeded always with generosity and meticulous thoughtfulness. She has left a legacy that reflects the utmost care she poured into the many communities she served throughout her life.



Susan Barrett

in Mission San Jose; Loyola University; Pepperdine University; and CSU Long Beach.

From childhood, Susan wanted to be a nun and manifested that reality with as much conviction and faith as she went about all aspects of her life. In 1958, she entered Dominican Sisters of Mission San Jose. During the 18 years in the convent, Susan taught in primary schools in San Jose, Los Angeles, and Portland, where she also worked as a principal.

(Continued on Page 8)

Passing Through the Pico Neighborhood

Summer Daycation's a Calling Me



By Stacy McClendon
What do you do when your son is taking part in a stayaway Summer program in Ojai?

I decided to make a daycation out of it, as I've always been one to savor a drive, preferably up the coast or off the beaten path with someone special, friends, family, or solo. This is exactly what Ojai is, and why I decided to take advantage of this opportunity.

Shortly after dropping my son off, I decided to head to the world-renowned Ojai Valley Inn. It is a luxurious resort that has been in operation since 1923 and that offers a plethora of top notch amenities to whet your appetite while soothing your mind and body.

The location itself is set on a sprawling 220 acres that boasts rooms and suites, expansive gardens, a golf course, Spa Village, multiple pools, unique dining options, and so much more.

Booking a treatment allows you to enjoy the expansive gardens, pools, and dining options for the day. I decided to spend the majority of my time by and in the pool and strolling the gardens. This was a great choice, as it summoned me with ease into a space away from my normalcy while giving me the

much needed opportunity to bask in the beauty of nature, relax, enjoy culinary delights, and the nothingness that my body and mind was craving. I headed back home after enjoying my day to the fullest.

On the drive home from picking my son up from camp, I decided to stop in at Bart's Books. It's the world's largest outdoor bookstore that has an expansive collection of used and new books. I had been before, but it was my son's first time visiting, and he was blown away by the sheer size of the space and the amount of genres and books offered. We both perused the shelves and purchased books that chose us. Most books are \$10 and under. My cheapest book purchase was 50 cents.

I thoroughly enjoyed my time away and look forward to visiting again. Sometimes it's not about the quantity of time spent away, but the quality.

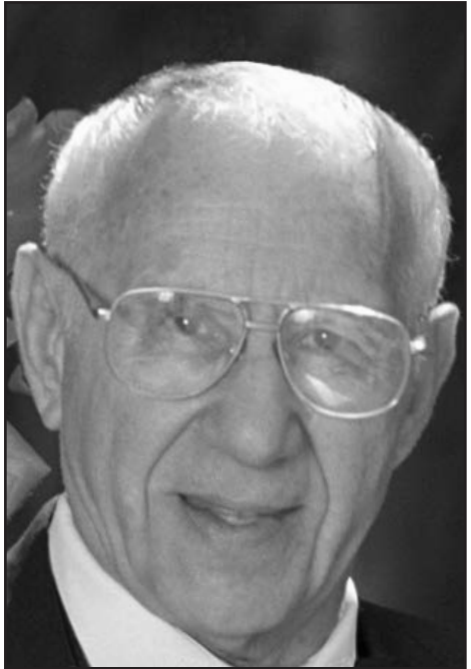
I highly recommend visiting this spa, Bart's Books, and the city if you're intent on getting away from it all to rest, relax, and recharge. To plan your next day or staycation, Google Ojai & Ojai Valley Inn.

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

Holocaust Survivor and Author Avraham Perlmutter Chose to Focus on the People Who Helped Him

Avraham Perlmutter, PhD, passed away peacefully last month in Pacific Palisades, CA, at the age of 94. He had been a long-time Santa Monica resident.

Avraham was an award-winning scientist, businessman, author, and public speaker. He was born on August 28, 1927 in Vienna, Austria to Chaim and Malka Perlmutter. After Nazi Germany annexed Austria in 1938, his parents sent him on the Kindertransport to the Netherlands. During the ensuing war-torn years, Avraham braved harrowing captures, daring escapes, torturous hiding, and heartbreaking losses. Yet, he also experienced the goodness of humanity through the strangers who helped him. He emerged from



Avraham Perlmutter, PhD

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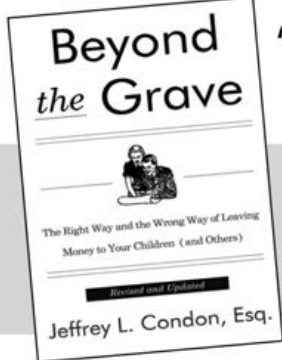
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Cheeseburger Turnovers

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These Cheeseburger Turnovers provide the energy little learners need to power through their after-noon lessons.

Cheeseburger Turnovers

1 pound ground beef
1/2 cup onion, chopped
2 Tbsps. ketchup
1 Tbsp. mustard
1 can flaky biscuits
1 cup shredded cheese
1 dill pickle, halved and sliced
1 egg, beaten

• Heat oven to 375 F.
• In a large skillet, cook ground beef and onion until beef is thoroughly cooked and onions are tender. Drain. Stir in ketchup and mustard.
• Separate biscuit dough. On ungreased baking sheet, flatten

(Continued on Page 11)

Discover Drama at the Santa Monica Playhouse



From “Performance” - Students help create an original play and perform on “Film Day.” Photos by Cydne Moore

Have you had a chance to discover the variety of theater events that is presented at our local Santa Monica Playhouse?

Fall Kids’ Theatre Classes for ages four to 15 will run from September to November.

For adults, an in-person and Zoom actors’ workshop will be held from September 12 - October 31. There is family theatre and fun plays for adults planned.

For tickets and details, go to



“At the Ballet” - From left, Linda Kohn and Bob Hucul float through a world of ballet, broken dreams, and cracked mirrors in this play.

Santamonicaplayhouse.com or call 310-394-9779, ext.1 for more program information.



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District Governor Visits the
Rotary Club of Santa Monica

It is always a special meeting when the District Governor (DG) of an area of service clubs comes to meet members of each one. Besides enjoying many meals, the person has the opportunity to present their goals for the year. Last month, Rotary District 5280 Governor Olivia Patterson Ryans came to visit the Rotary Club of Santa Monica, one of 63 in her district.

She presented awards to members of the Club. See Page 9 for the names. Each is a deserving member who is an example of Service Above Self.

As DG Olivia shared her “Rotary Moment” in her remarks to the Club, she also shared her vision for the District with emphasis on her theme, “Rotarians Inspiring Hope.” More about the event is on Page 9.



DG Olivia Patterson Ryans, and award recipient Vicky Curtis, with Santa Monica Rotary Club President Joe Metoyer. Photos by Richard Lombardi



DG Olivia Patterson Ryans congratulates Karin Wallerstein on receiving her award.



Americana in the Park Concerts
Returning in September

The outdoor concert series, Americana in the Park, presented by McCabe’s Guitar Shop, in partnership with the City of Santa Monica, is returning to Santa Monica every Sunday in September (4, 11, 18 and 25), from 4 p.m. to 7 p.m.

The free series explores the arc of Americana music from its roots to modern forms, showcasing a diverse group of Southern Califor-

nia artists and styles. Each concert features two family-friendly groups, rotating delicious food trucks and a McCabe’s guitar pop-up shop. Be sure to bring your picnics, lawn chairs, and blankets to Santa Monica’s Gandara Park for an unforgettable outdoor concert experience!

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SMC’s Drescher Planetarium resumes virtual shows in September. Online at smc.edu/planetarium. The Friday evening shows at 8 p.m. are preceded by a streamlined virtual digest of the popular Night Sky Show at 7 p.m. Offering the latest news in astronomy and space exploration. The shows include the chance to chat with the planetarium lecturers and ask questions.

Discover What's Happening

(Continued from Page 2)

Westside Laugh Party Stand-Up Comedy Show - A monthly show produced by Dennis Gubbins featuring the best comics from around the country with surprise drop-ins by the likes of Tig Notaro, Zach Galifianakis, Ali Wong, Demetri Martin, Damon Wayans, and many others. The proceeds for each show are donated to a local charity. 8 p.m. to 9:30 p.m. 1323-A 3rd St. Promenade (A stands for Alley). For tickets: www.westsidecomedy.com/events/event/westside-laugh-party/. Ages 21 and over.

• **Wednesday, September 14- Mystery Book Club** - Adult readers of suspense and mystery are invited to attend the Mystery Book Club, which meets the second Wednesday of each month in person at 6:30 p.m. At the September book club, they will discuss *Lock Every Door* by Riley Sager. A young woman is hired to apartment-sit one of the units at the notorious Bartholomew

Hotel in New York, but soon fears for her life when the residents start to disappear. Donald Bruce Kaufman-Brentwood Branch Library. For details, please contact the branch at brntwd@lapl.org.

• **Saturday, September 17- Beginning Chess** - Brian Glover introduces the classic game of strategy. 11 a.m. to 1 p.m. In person at Westwood Branch Library. All ages are welcome.

• **Tuesday, September 20-Baila Baila-** Celebrate Latinx Heritage Month by learning some Spanish through music and movement with Baila Baila! 4 p.m. to 5 p.m., in person at Westwood Branch Library. For babies and kids.

• **Tuesday, September 27- Building Blocks Club-** Bring your engineering ideas to life and show what you can build. Time: 4 p.m. to 5 p.m. in person at Westwood Branch Library. For kids and teens.

Parenting

(Continued from Page 4)

role in life to show me what she would do. Now I have become her, following in her footsteps to show my children the way. I have also learned that parenting is about understanding, putting my feet in my

children's shoes to discover their perspective, making the hardest job in the world unique, challenging, and rewarding. *You can always reach me at qstubis@gmail.com.*

Thoughts From a Second-Time Father

Changing Bedtime Patterns



By Michael Margolin
My daughter Alexa is now nine, which, doing some quick math, means she is halfway to 18. I pointed out this obvious detail to

my wife Enjoli the other day. Like most mothers when spoken to about their growing babies, she did not necessarily appreciate me magnifying this. But, I said it almost as more of an alert than as another reminder of how fast time is going by. If the first nine years went by this quickly, then the next nine are going to go by even faster. And, as one of my friends who has kids pointed out, we are going to see her less over those next nine years as well. Time has no brakes! Not only that, she has also started to put herself to bed. All families have different routines and tendencies. Until not long ago, our routine included Enjoli or I laying with Alexa and Jake and reading to them until they were just about asleep. Alexa has very recently decided that her six year-old brother would have to start sleeping by himself, as she wanted to be unaccompa-

nied in her room. Certainly understandable to me. She is nine years old and should not have much problem getting into bed herself. She likes to read at this time, and then she falls asleep. One of us lies with Jake in his bed, and then he falls asleep. This is great! Alexa is growing up and has taken another step towards independence. And, then I thought, hang on now, slow down, does this mean I will not ever read to her to get her to fall asleep? Am I not going to have her lay on my arm and drift off into a deep slumber anymore? I am very glad she is falling asleep alone and reading to do so. But, it is a very clear reminder that my baby girl is getting older quite rapidly. On top of that, her sleeping alone has gone a lot more smoothly than I anticipated. So, maybe I will get to read to her again or have her use my arm as a pillow, but the routine has changed. Even Jake pointed out that he is not thrilled with this new plan and that everything is changing. Boy, you said it.

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

Susan Barrett

(Continued from Page 5)


After she left the convent in 1975, Susan moved to Santa Monica and was hired as a first grade teacher for the Santa Monica School District. It was there that she met her husband Pete Barrett. When Susan's students wanted to construct a post office for the classroom, Susan went to Barrett's Appliances on Main Street, where Pete made sure to deliver the necessary materials; mainly, a large refrigerator cardboard box. It was the beginning of a lifetime of creative collaboration and 23 wholesome years of marriage. With Pete, she created and sustained a life consistently driven by humanitarian concern. She volunteered substantially with the

YMCA; the Santa Monica College Foundation; the American Heart Association; the National Conference of Christians and Jews; the Santa Monica/Malibu Education Foundation; Family Service of Santa Monica; the Senior Health and Peer Counseling Center; and the Santa Monica Heritage Museum, among many other organizations. The Pete and Susan Barrett Art Gallery reopened at its new location on August 31, 2000 as a part of the Santa Monica College Performing Arts Center on 1310 11th Street. The opening program for the event described that "For more than 20 years, Santa Monica College has exhibited works that

(Continuing on Page 11)

Join The Westside Coalition at its Annual Resource Fair
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Paws and Claws

Why is My Ferret Losing Hair?



By Dr. Frank Lavac MS, DVM

Q: I have a four year-old ferret that is losing the hair on the trunk of his body as well as the tail. What could cause this to happen to my pet?

A: The most common cause of hair loss of this type is adrenal gland disease (AGD). Other possible causes include external parasites, seasonal shedding, or nutritional deficiencies.

AGD occurs from the overproduction of sex hormones and androgens. We are still not sure why this excessive production occurs.

One theory is that very early

spaying or neutering can lead to an abnormal response in adrenal glands.

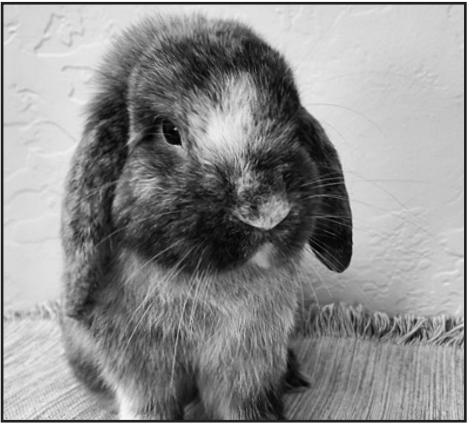
We see it commonly in ferrets over three to four years of age. In addition to the hair loss, some ferrets are itchy. Most female ferrets will have an enlarged vulva. Some male ferrets will have difficulty urinating due to prostate enlargement.

There are several treatments, including surgery. However, the most common treatment is the use of an implant called Deslorelin acetate (Suprelorin). It lasts about six months. It is injected under the skin after sedation.

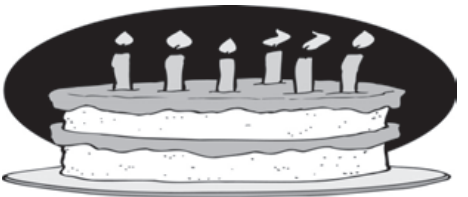
Overall, this is a relatively easy disease to diagnose and treat in ferrets.

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

Adopt a Pet



Robbie's one of those high-energy bunnies whose ears flop up and down everywhere he goes. He has already been neutered, vaccinated, microchipped, and litter box trained. Contact www.larabbits.org/adopt for more information.



Happy September Birthdays
Lisa Alexander, Steve Eorio,
Carol Follette, Mark Stubis,
Avo Guerboian, Len Lanzi,
Joe Metoyer, Kurtis Magee,
Grace Cheng Braun, Nora Bohn,
Rex Minter, Vince Muselli,
Valerie Brown, George Pickell,
Bill Werner, Ho Nguyen,
Patrick Potter, Bruce Gelvin,
Msg. Lloyd Torgerson,
Becky Mejia, Enjoli Margolin,
and Steven J. Navin, VI

Mar Vista: Neighbor to Neighbor

Beware of Spiders



By Michael Byrne

In taking out the trash a couple of weeks ago, I took notice of clumps of new cobwebs around the lid of my bin. Upon further inspection, I discov-

ered a handful of spiders living under my trash bin.

I Googled a bit to identify the type: Brown Widow. I learned that while Brown Widow bites are less toxic than their Black Widow relatives, they are speedy breeders: they lay about 120-150 eggs per sac and can make 20 egg sacs in a lifetime. In general, I try to leave spiders alone. However after reading further, I decided some aggressive action was warranted.

Naturally, I visited YouTube to figure out how to handle this. There, I learned what to buy and how to safely spray for insects both inside and outside the home. I donned my safety glasses and latex gloves, unholstered my insecticide

spray wand, and started spraying.

After finishing the one bin, I chanced a look at the others nearby. More spiders, more egg sacs. I soon realized the whole trash area had been infested. Two hours later, it was done: I had saved the trash.

And then, I started thinking ... how would I have done that without YouTube (or, the Internet in general)? Any other method - calling a family member or friend, hiring local pest control, knocking on my neighbor's door, etc. - would at least have been more time intensive. To say that the Internet has changed the way humans operate in 2022 versus 1990 is an obvious statement.

But, still, isn't it a marvel that we can learn pretty much anything - a skill, a language, a dance, a DIY project - for free (well, practically) from other people all over the world, at the click of a button?

Michael Byrne is a new Mar Vista resident.

Join Us on Fourth Street (Continued from Page 9)

lanthropy to our community. SMBWC card players continue to be as active as ever, playing bridge, canasta, and occasionally mahjong on Mondays at noon. Duplicate bridge is held every Thursday at noon. And, check ticket websites for some terrific events happening at the historic Santa Monica Bay Woman's Club in the upcoming fall months.

Santa Monica Bay Woman's Club's home is a beautiful historic building available to rent for your next event. In addition to film

shoots and other commercial rentals, we host weddings, family celebrations, and fundraising events. We are especially interested in hosting events for other non-profit organizations.

As you reinvigorate your organization's activities and outreach, consider us as your perfect host. For further information about SMBWC, becoming a member, or information about any of our activities, visit us at info@smbwc.org or call 310-395-1308.

We look forward to seeing you!

Holocaust Survivor (Continued from Page 5)

the Holocaust with a positive perspective on life, choosing to focus on the people who helped him rather than those set on defeating him. Surviving the Holocaust took ingenuity, guts, and sheer determination - all of which he called on again when he helped establish the State of Israel during its War of Independence.

Fluent in seven languages, he went on to pursue his education in the United States, earning a PhD in aeronautical engineering. Avraham founded a successful engineering company and developed many innovative products, including the Dynalens, an image stabilization system that won a Scientific and Technical Academy Award. He subsequently founded several other businesses.

For many years, he shared his extraordinary life story and its

(Continued on Page 11)

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Connect to Nature in September

By Julie Rensink Hanson

As we move into the fall, temperatures along the coast begin to heat up, and you may notice fewer birds and other wildlife active during the day. Animals try to stay cool in a shady place or near water. Your yard can play an important role in helping them get through this harsh time of year. Placing even a small dish of fresh water out every day can help you attract some local birds and even some of the early migrants making their way south, such as colorful Tanagers and Buntings.

The higher temperatures over the next few months also increase the chance of wildfires. In the event of a wildfire, birds are able to fly away quickly, but their food sources may be in flames, and water sources inaccessible. Migrating birds will need extra help because their usual stopover spots for food, water, and shelter may be in ashes. Again, your yard can be a lifeline for these birds, especially if you live close to the wildfire area. An added bonus to you for the food and water you provide is that you might see a bird you have never seen before.

This was a great nesting season for the Western Bluebird, and we



Western Bluebird is using a nesting box at Woodlawn Cemetery.

thank Ian Kimbrey and his team for all their amazing work setting up and monitoring nesting boxes along the bluebird “trail.” The trail started at the Penmar Golf Course in 2009 and now stretches from Long Beach in the south, all the way north to Sacramento. Ian has placed many boxes in and around Santa Monica, and reports a record 171 bluebirds fledged this season. If you would like to add your yard to the trail, visit Wild Birds Unlimited for one of Ian’s Bluebird Cheep Cheep Homes, or follow him on Instagram @cheepcheephomes.

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

Holocaust Survivor (Continued from Page 10)

important messages to thousands of people at museums, schools, libraries, and other settings, including at numerous Santa Monica venues. His inspirational tale was also conveyed by his #1 best-selling autobiography, *Determined: The Story of Holocaust Survivor Avraham Perlmutter* and the award-winning documentary of the same name.

Avraham was a very loving, warm, caring, and kind person, and he loved to help others. He enjoyed reading, playing chess, tennis and ping-pong, jogging, and playing cards with his friends.

Devoted to his family, he was a beloved husband, father, and grandfather. He was married to his wife, Ruth, for 62 years. He is survived by his children, Michael (Pam), David (Wendy), Sharon

(Andy), and Keren, and his grandchildren, Emily, Josh, Zachary, Rachel, and Alex.

Services were held privately. Donations in Avraham’s name may be directed to the American Society for Yad Vashem, the Jewish Federation of Greater Los Angeles, or Chabad North of Montana.



A Kid-Friendly Recipe (Continued from Page 6)

- biscuit dough to form 6-inch rounds.
- Spoon beef mixture onto one side of flattened dough. Sprinkle with cheese. Top with dill pickle slices.
 - Fold dough over filling. With fork tines, press dough edges to seal.
 - Cut two slits in top of dough to

- release steam. Repeat with remaining dough, beef mixture, cheese, and pickles.
- Brush each turnover with egg wash.
 - Bake 18-22 minutes, or until deep golden brown.

Family Rosh Hashanah Morning Service

Looking for an entertaining and thoughtful way to celebrate Rosh Hashanah with your elementary-school-aged kids or grandkids who may be too young for formal services?

Come see “Apples and Funny,” a Rosh Hashanah comedy by The Bible Players! The Santa Monica Synagogue invites members and non-members to engage in this program that links Jewish gratitude (todah rabbah), prayer (tefillah), and joy (simcha). Sho-far, sho-good!

Both “Apples and Funny” and Rosh Hashanah services will take place at First United Methodist Church in Santa Monica (corner of 11th St. and Washington Ave.).

“Apples and Funny” lasts from 10:30 a.m. to noon, and it is free to members and guests who buy tickets to High Holy Days services. The cost is \$25 per family for others. Kids must be accompanied by an adult.

Call 310-453-4276 for more details and information.

From Me to You...



By Diane Margolin

Many of you may remember what it was like to shop at Sears on 4th and Colorado. There was a man stationed on the roof of the store who would call down with a microphone to the incoming cars to tell them where there was an empty space in the massive parking lot.

When I was in college, I had a job as a floater in the store. That meant I would work in various departments from the candy and popcorn section with the memorable scents, to the women’s clothing to wherever they needed someone. To be sure you were doing an effective job, they had someone who was called a secret shopper. That person would pretend to make a purchase and then write a report about your response.

Sometimes, I feel like a secret shopper when I go into a business as I see who is polite and welcoming versus which salespeople can’t be bothered to get off the phone to greet you. It is so interesting what

a difference there is in various stores in our area.

Other newspapers in town have contests so readers can rate their favorite businesses. The results may give you ideas of places you would enjoy shopping.

Recently, I had to get a tire fixed. I ended up at Pacific Coast Tire & Service on Santa Monica Blvd. There was a long wait until the workers could even look at your car. Julian was very polite when I asked questions after sitting outside on a warm day for an hour about when the tire would be fixed. Luckily, they were just going to check it out. Then, a short time later, with a smile, he came to tell me the car was ready. I really appreciated how he treated his customers.

Another store I wanted to mention is The Quilted Monkey. If you need a baby gift, pillows, rugs, or gifts that are out of the ordinary and so appealing, do visit the owner, Susan. The shop is on 1112 Montana, with parking available in front and on the side in the alley.

Enjoy your fall season.

Susan Barrett (Continued from Page 8)

reflect the creativity and diversity synonymous with the ideas that the college embodies.” The first exhibition featured the Santa Monica College Art Department Faculty Exhibition. At the gallery opening, the Santa Monica College Foundation and Santa Monica College Associates honored Pete and Susan Barrett for their “profound efforts and continuous support of Santa Monica College.”

As dedicated as Susan was to her community work, she and Pete found time to enjoy their leisure time. They both played golf regularly as members of MountainGate Country Club, forming many close friendships there, while also travel-

ing to the world’s renowned courses to try their skills.

Susan Barrett is survived by her sister Juanita Jimenez, as well as her nephews Julian, Brian, and Andrew Jimenez.

The funeral service will be held at 10:00 a.m. at Saint Monica's Catholic Community on Friday, September 2, 701 California Ave., Santa Monica. A reception will follow after the service in the pavilion next to the church.

In lieu of flowers, please make memorial contributions to Sacred Heart of Jesus High School Scholarship Funds, 2111 Griffin Ave. Los Angeles, CA 90031.

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