

"Neighbors connecting neighbors - together, we are a better community"

Mar Vista's Seasonal Spring Visitors -

Nanette Pastor-Hanna

Spring brings beautiful weather, blooming trees, plants, and the beginnings of our bounty of Southern California fruit. In addition, we also see these beautiful migratory birds that stay for a few weeks and move on. Here are a couple to look and listen for, along with how to attract them to your garden.



Western

Tanager. You might be lucky enough to spot one of these colorful migrants as they pass through our area in the spring & again in fall. They breed in our local mountains and spend their winters south of the border. The yellow body and bright red head are gorgeous, and are hard to miss! Look for them in your trees or even at your seed or suet feeders.



Hooded Oriole. This brilliantly colored bird can be found in spring & summer in your yard, especially if you have palm trees, in which they prefer to build their nests. Listen for their staccato chattering. They will sometimes visit hummingbird or suet feeders. They really love oranges, so if you have an abundant crop, share some with them!



If you missed the Painted Lady Butterfly migration, here are a few images. We can always enjoy our resident Monarchs that don't join the migration. Plants they're especially attracted to include Milkweed, Dogbane, and Buddleia. All are hardy and grow well in our climate.



President's Message – Sue Hirschhoff



As we welcome the Spring, Mar Vista Neighborhood Association would also like to welcome and introduce our new board members. Armond Seretti is a third generation native Mar Vista! Kathryn Wheeler and her family have been residents of Mar Vista for many years. They've both jumped right in to help improve our neighborhood with many good ideas. We say goodbye to Scott Lytle- Painter who will be moving to Zone 5 and thank him for all his efforts for our community.

I also want to introduce our new officers. After serving as treasurer for many years, I am excited to serve as President. I am so proud of this board and look forward to helping broaden our outreach to the community during the next two years. Nanette Pastor-Hanna is now Vice-President and newsletter editor; Alexis Gallardo is serving as Secretary, and Rob Kadota is our new treasurer. Delan Hilliard will chair our June potluck-picnic. Cary Gordon, Dave Jensen and Michael Millman are continuing on our board. So, you can see we have a great team to start off the coming year. If you're interested in becoming more active, we do have two board openings. Contact anyone on the board for further information.

Looking ahead, I want to share some exciting news. This year Windward School has invited us to use their campus for our annual Potluck Picnic. It will be held on June 29th from 12 to 4. We will have use of their football field which provides a large space for children's activities. There will be an area to play softball catch and other fun activities to make this year's a real family event. Delan will be sharing much more about the potluck-picnic as we get closer but for now mark your calendars for June 29th.

We look forward to improving our web site, increasing our membership and improving our neighborhood. Please continue to share your ideas and concerns or join us at our monthly meetings which are held the first Wednesday of the month.

Please enjoy reading our newsletter, and living in our wonderful little section of Mar Vista.

Sue Hirschhoff, President@MVNeighbors.org

MVNA Board of Directors

Officers

Sue Hirschhoff, President
president@mvneighbors.org

Nanette Pastor-Hanna,
Vice President vp@mvneighbors.org

Alexis Gallardo, Secretary

Rob Kadota, Treasurer
treasurer@mvneighbors.org

Board Members

Cary Gordon

Delan Hilliard

David Jensen

Michael Millman

Kathryn Wheeler

Newsletter & eBlast Editor

Nanette Pastor-Hanna
editor@mvneighbors.org

Have an idea for an article? Want to write one? Have photos to share – historic and current Mar Vista? Please submit to the email address above. The Mar Vista View belongs to all of us!



Mar Vista Community Council (MVCC) Election – Saturday June 2nd

We're often asked, "What's the difference between MVNA and MVCC? MVNA is our neighborhood association. We keep it friendly and neighborly, and work to make us even more of a connected community. MVCC is one of 99 Neighborhood Councils that operate under the City's Department of Neighborhood Empowerment, and serves as our voice to City Hall, making sure Mar Vista residents have a voice.

Neighborhood Councils act as advocates for their part of the city; each receives public funds of \$42,000 each year from the City to support community projects. Each all-volunteer council is focused on serving the needs of their communities, gathering community opinions, preferences, and concerns, and working with our city officials to advocate for and implement community objectives. Most recently, they've been working to update our community plan for the planning department, seeing that our concerns are addressed in the plan, among them: green space, density, traffic patterns, mobility, and public safety.



In 2018, MVCC contributed to improved crosswalk markings on McLaughlin intersections with Charnock and Victoria. They've historically contributed to community events such as the Green Garden Showcase, our potlucks, community clean-ups, gathering input on sidewalk and street improvements from residents. These are the folks that raise these issues to the city – they're here to help prioritize and be a voice for Mar Vista.

The election for MVCC board will be held June 2nd at the Mar Vista Recreation Center. While MVNA doesn't take an official position or make recommendations, we do hope everyone will get out and vote. These are our neighbors, people that are passionate about our community, and want to make a difference for all of us! Show your support!

Learn more about what they do by attending a meeting – conveniently located in Mar Vista, not City Hall! Info at www.MarVista.org

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Vote Local

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How Clubs Boost Your Happiness – Dave Jensen



Aristotle pointed out that “we do what we do to increase our happiness.” This sounded a bit selfish to me until I learned that Aristotle defined happiness as a

growing process, a fulfilling of our potential in the spirit of service. He also contended that happiness shouldn’t be confused with pleasure. Pleasure is short-term, like listening to your favorite song. Happiness, on the other hand, tends to be long-term, such as an evening of playing music with friends. Pleasure and happiness both have their place, but we shouldn’t confuse one for the other.

Five Ways to Boost Your Happiness

Research reveals that the following five activities can boost your overall happiness:

1. Be a giver – small acts of kindness throughout your day make a big difference. A smile, a kind word, or simple gesture enriches both giver and receiver.
2. Pay attention – become more aware of the present moment. Be more mindful of your thoughts, feelings, and the world around.
3. Stay active – No need to run marathons or join spin class. Go for walks, bike ride, dance, go bowling, play catch with kids...
4. Keep growing – learning new skills boosts self-confidence and sense of achievement. Take a cooking class, learn a new language, join a movie club, play a musical instrument...
5. Get better connected – Invest time developing relationships by connecting frequently with family, friends, and neighbors.

Clubs Turbocharge Happiness

As you review this list, which of these five might you work on? Better yet, what single step can you take to help you incorporate all five of these happiness-boosting activities into your life? That answer is... join a club!

For further information about any of the eight MVNA clubs, call the club captains listed below, OR if you have other ideas for other clubs call me (Dave Jensen: 310 397-6686).

Safety & Security (Lowell Safier: 310 650-0000)

Movie (Irene Jensen: 310 390-9322)

Book (Kathren Hatayama: 424 298-0616)

Bowling (Dave Jensen: 310 397-6686)

Cycling (Rob Kadota: 310 628-4095)

Walking (Nanette Pastor-Hanna: 310 683-9582)

Mar Vista Historical Society (Mark Crawford: 310 398-2136)

French (Rose Marie Durocher: 213 309-1792)

As you practice your right to pursue happiness, how surprised will you be that those around you are happier too?

Best Chocolate in America, In Our Own Mar Vista! – Cary Gordon

Diana Malouf's Ococoa has been producing artisan chocolates for ten years, and last November, she opened her first storefront, right in Mar Vista. Diana combines a passion for the best ingredients and obsessive attention to detail with her Lebanese heritage to produce chocolates with flavors that are delicious and intriguing.

The Butter Cup Collection is her marquis offering, and it was included in Bon Appétit magazine's "America's Best Chocolate" list. These feature nut and seed butters made onsite, and are available in nine unique flavors. Her Peanut Butter Cup will spoil you for commercial versions, while the Sesame Fig, with tahini and fig jam showcases Malouf's Middle Eastern background.

12464 Venice Blvd, Los Angeles, CA 90066
(800) 897-7015



Ococoa has a range of six delicious caramel and truffle bars. My favorite is the Honey Liqueur Caramel Bar, chocolate caramel infused with honey liqueur, wrapped in dark chocolate. The Cardamom Orange Truffle Bar is spice-forward against a fragrant orange background. They also offer seasonal truffles and caramels along with some decadent caramelized almonds, and at the last Art Walk, they were making a decadent European-style hot chocolate.

ococoa.com

Open Tuesday to Saturday, 10am to 5pm.

New Local Transit Program – LAnow Microtransit – Nanette Pastor-Hanna

In March, Los Angeles Department of Transportation (LADOT) launched an on-demand transportation pilot program called LAnow. The pilot program is a shared-ride service that matches passengers traveling to, from and within Del Rey, Venice, Mar Vista and Palms service areas.



LAnow is available to riders five days a week, Monday through Friday, from 6 a.m. until 7 p.m. during the initial phase of the pilot program. Following an account set up, passengers will be able to hail a ride through the LAnow mobile application, on the www.ladottransit.com/LAnow website, or by phone.

Next time you're heading to or from the Expo Line, or going someplace local, call LAnow and kick back and take a ride!



MVNA MEMBERSHIP – Your Participation Makes a Difference!

Thanks to those who have paid 2019 dues. A little reminder that we rely on the kindness of neighbors to keep MVNA afloat, and create community. Please consider a contribution of as little as \$20 per year. With your dues, we keep the newsletter coming, eBlasts, the potluck picnic, our annual community meeting, and other events throughout the year.

A special thanks to our generous Platinum and Silver members.

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Ronald & Sheila Berman	Elliot Hanna & Nanette Pastor-Hanna	Barry & Lynn Speyer
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It's easy – you can pay via PayPal - <https://mvneighbors.org/join/>, or send via USPS to Treasurer, MVNA c/o Susan Hirschkoff, 11349 Victoria Avenue, LA 90066, or drop off a check or cash in the mailbox.

PLEASE PRINT

Please choose one: <input type="radio"/> <i>Platinum Circle (\$100)</i> <input type="radio"/> <i>Silver Circle (\$50)</i> <input type="radio"/> <i>Basic Dues (\$20)</i>	Name	
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**MVNA – NEIGHBORS CONNECTING NEIGHBORS
TOGETHER WE'RE A BETTER COMMUNITY**

Drop – Cover – Hold On! – Kathryn Wheeler

This past January marked the 25th anniversary of the Northridge earthquake. It lasted less than 20 seconds, yet the 6.7 magnitude quake damaged over 40,000 buildings, left more than 20,000 homeless, injured 7,000, and killed 60. Are you prepared for such an event? If not, don't be disheartened because it is not as difficult as you might think.

Start Simple

Visit www.do1thing.com to download their one-year calendar, or sign up for the monthly reminders to “do 1 thing” per month toward being prepared. It is a non-profit organization that, “aims to build more disaster resilient communities.”

Know the LA Plan

The City of Los Angeles has a website dedicated to the “before, during, and after” of a variety of emergencies. The website is highly detailed, and answers a multitude of questions on a number of disasters; including earthquakes. It also provides great resources. The website is easy to remember: www.ReadyLA.org

Start gathering an earthquake kit. Many of the things you should include in your emergency kit are already in your home! Look around and assemble some key supplies: Water: 1 gallon per person or pet per day (plan for 3-7 days)

- Food: 3-7 day supply of non-perishable foods like granola bars, crackers, peanut butter, and canned food (don't forget a manual can opener!), pet food, and baby formula
- Battery-operated or hand-crank radio
- Flashlight and batteries
- Whistle to signal for help
- Duct tape and plastic sheeting
- Hygiene supplies, toilet paper, wet wipes, garbage bags
- Tools: Shut-off wrench for gas lines, hammer, pliers, shovel, axe, hard hat, working gloves
- Local maps
- Blankets and sleeping bags
- Extra clothes and good shoes
- Medications and spare or old eyeglasses

Get Involved

Our Mar Vista Community Council has an Emergency Preparation subcommittee committed to preparing us for an earthquake. You could volunteer to become a Block Captain or attend a Community Emergency Response Team (CERT) training workshop. Attend MVCC's Emergency subcommittee meetings on the 3rd Monday every month at 7pm to learn more about being prepared. Check www.MarVista.org/Calendar.php for location details and agendas.



Do yourself, your family, and your neighborhood a favor—make 2019 the year that you become prepared for “the big one.” It really doesn't require that much effort to accomplish, and you'll be glad that you did, especially, *after* an earthquake.

Watch for more earthquake preparedness tips and training throughout the year in our eBlasts and our website - www.MVneighbors.org

It's Official....Spring has Sprung! – Alexis Gallardo



Whether you were lucky enough to bask in the sea of the recent Painted Lady Butterfly migration, or visited one of the many breathtaking sites of the wildflower carpet known as the Superbloom, it's safe to say that after an unusually cold and rainy winter, Southern California has blossomed. Now that your rain barrels are overflowing, here are 5 Gardening Tips to celebrate the Spring season:

1. **Clear Litter & Debris.** Remove the trash and debris that has accumulated over the long, rainy winter. Feel free to keep the dead leaves in place, as their decomposing will help add nutrients to the soil.



2. **Pull Weeds.** Everyone's favorite job. Stay on top of those pesky plants and remove them as soon as you see them by applying a weed spray or simply uprooting them by hand, making sure you get the entire root and seeds.
3. **Prune.** Plants, flowers and bushes may have become damaged or diseased during the sleepy winter season. Remove the unhealthy, dead parts of the plant to encourage the growth of new buds.
4. **Perform a Soil Test.** Plants will grow best in soil that has a slightly acidic pH and a proper balance of all nutrients. Order a soil test online, or purchase a test from your local gardening supply store to find out the status of your soil to maximize growth.

Step outside, roll up your sleeves and get your hands in the dirt...your garden has missed you.

Now that you're motivated, here are some planting ideas, for beautifying nourishing your garden as well as your dining table! Plant these in April or early May, before it gets hot.

Perfect plants for our climate include celosia, dahlias, marigolds, petunias, salvia, verbena, and vinca. Try starting cosmos, sunflower, and zinnia from seed, even if you're a novice gardener. They're all super-easy, make good cut flowers, and attract the beneficial insects you want in the garden.

Fruits and vegetables to plant now are chard, leaf lettuces, radishes, and spinach. Plant beans, corn, cucumbers, eggplant, lima beans, melons, peppers, squash, tomatoes, and other warm-season crops.

Lure bees to pollinate your fruits and veggies with Agastache, 'Mönch' aster, catmint, germander, lavender, rudbeckia, and *Salvia chamaedryoides*.

