

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

MVNA's Annual Meeting January 25th 7 p.m. at St. Bede's

Our annual meeting is a great way to bring in the year, learn what's happening locally, and share your interests with community.

This year, Board Members Cary Gordon and Rob Kadota are planning something entirely different for our meeting, focused on youth and seniors in our community.

Information about the community clubs we've formed, sign-up and share ideas about clubs you'd like to start or join. MVNA is here to bring our community together!

We'll also have information about community resources available to support community members, as well as information regarding local volunteer opportunities.

We'll also be electing a new board for a two-year term. Please reach out to us if you'd like to increase your participation in MVNA.

Come early to connect with neighbors and learn about community clubs and city/community resources!



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President's Message – Nanette Pastor-Hanna

MVNA Board of Directors



Transitioning from one year to the next, many of us reflect on our accomplishments and make plans for the new year. I am proud of our 2018 MVNA accomplishments.

Of course there's our community potluck, which brings so many of us together, year after year, and others for the first time. This year, we took the opportunity to reach out to some of the many new families who've become a part of our community. While we miss our previous neighbors, we welcome new neighbors in our community and are excited that many have become MVNA members! Scattered throughout this issue you'll see photos from the potluck. See who you recognize!

Our annual community meeting will be held on January 24th at St Bede's, 7 p.m. We hope you'll come out to see what's happening in our community. Be sure to say hi and let us know what you'd like MVNA to focus on this year, whether it's public safety information and events (from emergency preparedness to crime and traffic), neighborhood beautification, or whatever matters to you. If you can't be there, drop us a note at president@mvneighbors.org.

In 2018, we introduced a handful of new clubs, and succeeded in bringing community together for fun and entertainment, and to share common interests. We're planning to expand our reach to connect neighbors with more clubs, based on your inputs. Look for details elsewhere in this newsletter.

Whether you're interested in clubs or other engagement in our community, please connect with us. As Helen Keller said, "*Alone we can do so little; together we can do so much*". We can make life in Mar Vista better – TOGETHER!

Finally, I wish you all a very happy new year.

Nanette Pastor-Hanna

President@MVNeighbors.org

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Hannah is Councilman Mike Bonin’s field deputy for Mar Vista and West Los Angeles. She brings a range of organizational, management, and communication skills to this position. Hannah is helping Mike improve the quality of life

in our community through listening to and supporting new ideas and innovations for its growth and change.

A key element of Hannah’s responsibility is assisting our Mar Vista neighbors navigate the city bureaucracy and get services delivered, including city services delivered, answer legislative questions, and provide opportunities for community members to work on projects that move Los Angeles forward. With her fluency in Spanish, Hannah is able to assist the many members of our community whose primary language is Spanish.

Hannah comes to CD11 from Senator Diane Feinstein’s district office, where she served as a staff assistant. Previous experiences include serving as a Political Advance staff member for former Vice-President Joe Biden and as a communications specialist for the Virtual Student Federal Service in the Department of State.

You may run into Hannah around town – at the farmer’s market, listening to music at local places, or visiting local shops. If you do, say hello and you will be greeted by a warm smile and a friendly ear.

If you need support, or have an idea to share, Hannah may be reached at hannah.levien@lacity.org or 310-575-8461



Thanks to Our Event Sponsors!

Throughout the year, local businesses and individuals support our potluck, volunteer appreciation party, and other events. We couldn’t do it without your generosity!

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Los Angeles Department of Cultural Affairs

Mar Vista Community Council (MVCC)

Michael & Marie Millman Family

Rustic Kitchen

Little Fatty

Restaurant Review

– Cary Gordon

Little Fatty, and it's appropriately named bar, Accomplice, are chef David Kuo's second offering in this Grand View Boulevard space.

At Little Fatty, he has put together a very modern take on Chinese classics. Kuo is from Taiwan, and his menu is pan-China. Accomplice bar is focused on cutting edge cocktails, along with curated beers and wines. Both deliver many tasty offerings at neighborhood prices.



XO noodles are typical of Kuo's take on classic dishes. In place of Chinese vermicelli, he takes flat, wide homemade noodles, dips them in sauce, then rolls them into cylinders, putting more of the spicy dried seafood sauce on top. The result is a delightful experience as they fall apart and melt in your mouth.

Little Fatty's signature dish is Chinese BBQ pork. Served with a hoisin-based barbecue sauce and soft buns (bao), this slow-cooked pork knuckle, served on a big cutting board, can feed a group. At \$29, it is the most expensive item on the menu, but it is a bargain.



General Tso's Cauliflower has little in common with the over-sauced General Tso's Chicken served at every Chinese restaurant in the US. At Little Fatty, fried cauliflower florets are tossed in a light orange sauce with sliced jalapeño peppers and scallions. It disappeared quickly. Save room for their one dessert, taro ice cream with fried sesame balls.

This is a very casual place. The bar gets noisy, so conversation is much easier on the restaurant side. Cocktails are creative and delicious!

Open for lunch and dinner

Brunch is served from 11 - 3 on Sundays.

www.littlefatty.com

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Treasurer@mvneighbors.org



This candy is going to last weeks, I squealed to myself proudly. My brother and I smiled at each other as we started up the stairs to our last house. But before you could say, “Trick or

Treat” three big, older boys jumped out of the shadows, ripped our pillowcases full of Halloween candy from our clutches and sprinted into the darkness.

“Hey, you Jensen boys, are you okay?” It was the voice from our neighbor, standing at the top of the stairs.

“Yes ma’am,” I stammered. My brother was still shell-shocked.

“Come on up here.” She beckoned.

This retired widow led us into her living room, invited us to sit down, and disappeared down her hall. She returned a minute later with two neatly folded pillowcases and gave us each one. My eyes bulged as she proceeded to pour her remaining, significant stash of Halloween candy into our pillowcases.

“Okay now, you boys head straight home alright?” She patted us the back as we step off her porch and marched home, grateful and amazed by our neighbor’s kindness.

I always felt a “sense of community” in the small Connecticut town where I was raised. Now, as a Mar Vista Neighborhood Association (MVNA) board member and 28-year resident of Mar Vista, I’ve recently been exploring how to increase that feeling of community here.



My research uncovered what social scientists tell us are the four main elements that help build community. I share them here in hopes they stimulate ideas YOU may have to increase a sense of community here in Mar Vista:

Membership: How much do we invest of ourselves into the community? Do we share common symbols and set boundaries that define who belongs and who doesn’t?

Emotional Connection: How often do we share common places, events, and important events or tasks?

Influence: To what degree do we feel we make a difference to the community and that the community has an influence on us?

Fulfillment of Needs: Do we feel our needs will be met by resources of the community? Are we able and willing to help one another and receive help in return?

One of the ways the Mar Vista Neighborhood Association (MVNA) is fostering a greater sense of community is by helping create Mar Vista Community Clubs. There has been considerable interest in these clubs so far:

- Safety & Security
- Movie Club
- Book Club
- Bowling Club
- Cycling
- Arts & Crafts (For Adults)
- Walking

The MVNA Board of Directors believe these clubs will help build a sense of community here, much like the one I felt growing up in Connecticut.

If you’re interested in joining a club or have other ideas for creating connections and building community, please give me, Dave Jensen, a call (310 397-6686). Thank you.

Did you ever ask yourself how to meet new people and share something you love? Are you frustrated that you haven't been able to connect with local people who share your passion for extreme ironing (yep, it's a thing!) or soap carving? Creating or joining a club is a great way to do that. You're starting with a shared interest so you know from the get-go that everyone is enthused about that one thing.

There are lots of ways to meet random people from all over the city. There are social media sites like MeetUp.com that connect people with common interests, but they tend to be scattered far and wide.

On the other hand, you can reach out to MVNA, and we'll help you develop a local bunch of enthusiasts. It's close to home, giving us the opportunity to develop friendships close to home. Here's what's on so far:

- **Bowling Club:** Neighbors of all abilities are getting out to have a good time at Bowlero. Call Dave, 310-397-6686
- **Walking Club:** The existing club meets on weekday mornings at 8:30 a.m., Charnock & Federal. They keep a good pace. Try them out, or MVNA will help you set up at your own time and pace. Place, too. 🚶‍♀️ Contact Nanette at President@MVNeighbors.org
- **Book Club:** Who knew that when we put out a call for a book club, we'd get 10 people signed up in less than a week? The existing club, Mar Vista Page Turners 90066, will be happy to share tips to help you start a new club, and will help with outreach via our Facebook page and MVNA eBlast, and using NextDoor. Contact Nanette at President@MVNeighbors.org

- **Cycling:** Meet neighbors at a local spot and head out as a team to enjoy the scenery from a different vantage point. Safe, easy rides so far. Join the fun! Contact Rob at rob@orl.ucla.edu
- **Movie Club:** Want to curl up in a cozy living to watch a movie together then discuss it after? You might "see" from a new perspective after talking about the film. Contact Irene Jensen at iredenjensen@gmail.com or (310) 390-9322.
- **Safety & Security:** This group will educate the community and provide tools and techniques for emergency preparedness and crime prevention. We look forward to expanding Neighborhood Watch, block by block. Contact Lowell Safier at lotzofknotz@aol.com

None of these activities float your boat? Contact Dave and we'll help pull it together. Remember, the more neighbors who volunteer to lead or help start a club, the more we can make happen!

A few ideas:

- Photography
- Hiking
- Local Culture (LA field trips)
- Ethnic Dining
- Ham Radio
- Kids Club
- Music (concerts, home gatherings)
- Join the MVNA Board – it's not a club, but a diverse group of people who love our neighborhood and strive to make it better! Contact Nanette at President@MVNeighbors.org

Our objective is to enhance our community by connecting people.

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

MVNA MEMBERSHIP

Happy New Year Mar Vista Neighborhood Association. Thank you all for supporting our neighborhood last year. In this issue you will find the envelope for your 2019 dues. Please feel free to drop it in my mailbox (11349 Victoria Avenue), mail it or bring it to our annual meeting in January. A special thank you to our Silver and Platinum members. Your dues go a long way toward improving our neighborhood, covering the costs of events including the potluck and annual forum, this newsletter, our eBlasts and website.

Sue Hirschkoff, Treasurer@mvneighbors.org

Platinum Circle Members

Kelly & Mark Cattalini	David & Irene Jensen	Ira & Nadine Shulman
Joseph Carona & Kim Estlund	Louis King	St. Bede's Church
David & Dawn Gautreaux	Elliot Hanna & Nanette Pastor-Hanna	Jennifer Sturwold
Dora & Stuart Horin	Scott & Emily Lytle-Painter	Jan & Bill Swanson
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Clip and complete this form and send to: MVNA Treasurer, 11349 Victoria Ave., Mar Vista, CA 90066
An envelope is enclosed in this newsletter for your convenience. Make check payable to MVNA.
OR use PayPal at <https://mvneighbors.org/join/>

Please choose one:

- Platinum Circle (\$100)
- Silver Circle (\$50)
- Basic Dues (\$20)

Please Choose One:

- New Member
- New to the Neighborhood
- Membership Renewal

Please Print

First Name

Last Name

Street Address

Primary Phone Number

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Add to eBlast List? Yes or No

Kick off 2019 with a Resolution for your Home! Your house is your biggest investment, so maintaining it is a must! Here are some affordable, friendly tips to get your home in the best shape of its life for the New Year:



1. Schedule an HVAC Service

Call your HVAC technician to get those filters and ducts cleaned out, fine tune the furnace and keep that recycled air fresh and clean to prevent sickness.

2. Clear your Gutters

Keeping gutters cleaned out at least twice a year will prevent mold, potential pest intrusion and help maintain your roof, siding and foundation. Just be careful on that ladder!



3. Change Batteries in Carbon Monoxide/Smoke Detectors

Stay safe!

4. Schedule a Fireplace/Chimney Checkup

The perfect Sunday this time of year is spent curled up on a couch next to your crackling fireplace. Make sure you're playing it safe by having it checked out by a professional to ensure that the air you're breathing is clean and clear.

Doing a few small home tune-ups will let you focus your Spring Cleaning on ... YOU!

PREVENTING PACKAGE THEFT

Package theft is an ongoing nationwide problem that hits harder during the holiday season. There are some practical solutions to this problem.

Prevention

- Pick up packages left at a neighbor's and hold until they return.
- Have items delivered to a neighbor who is typically home most of the day.
- Have packages delivered to an Amazon Locker (Whole Foods Market) or the local retail store you're ordering from.
- Special instructions. Using UPS' My Choice tool, or Delivery Manager from FedEx, you can instruct drivers to leave a package at a back door or with neighbors.
- Sign up for alerts. Some carriers offer text or email alerts so that you know when a delivery will be made and can adjust your own schedule accordingly.

If Your Package Is Stolen

- **Verify that the package was delivered.** Call the shipping company to make sure the item was delivered. If the package was stolen or lost while in the shipping company's possession, you may be entitled to compensation.
- **Contact the shipping company.**
- **Check your credit card benefits.** Many credit cards have purchase protection that covers lost or stolen items.
- **Check your insurance.** Homeowners/renter's insurance usually have deductibles of \$500 to \$1,000, so insurance may not be helpful.
- **Call the police,** quickly. You may need a police report if you're making a claim with a retailer, a shipper, a credit card company, or an insurance company.

MVNA strongly encourages each block or area to create Neighborhood Watch programs where they can meet and discuss safety and quality of life issues. We'll have information on setting up at our January meeting. Please contact MVNA if you would like more information. president@mvneighbors.org