

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



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Moving forward in our new virtual community

Last year was the year of the virtual meeting room. Like millions of organizations, the MVNA moved from in-person to in-computer/phone meetings.

Do you remember those first days? People had fun playing with the backgrounds and filters. One friend showed up as a potato. Remember the learning curve? "How do I raise my hand?" And, "Charlie, you need to unmute yourself, I can't hear you."

Today, most have it down pat and look forward to meeting their family and friends without having to social distance or leave their home. The virtual world has also solved the MVNA meeting dilemma—who has a home large enough for all MVNA members?

We're inviting you to join us...

Keep a watchful eye on our E-newsletter (subscribe at MVNeighbors.org) for the date of our first open virtual meeting. We're excited and working on the format, guest list, and would love to hear your ideas as to how to create community in our new virtual world.

by Kathryn Wheeler



Dave Jensen

PRESIDENT

Welcome to our Summer issue of the Mar Vista View!

Mar Vista Summer Is Here!

We look forward to your feedback regarding our upcoming and new meeting format. Questions? Suggestions? Please email me at President@MVNeighbors.org.

PRESIDENT'S MESSAGE

Come Together, Right Now!

This is our first issue for 2021, and we have lots to look forward to.

The Mar Vista Neighborhood Association (MVNA) mission is: *Neighbors connecting neighbors - together we are a better community.* The MVNA board recently conducted a brainstorming session concerning community-type actions we can take, especially as COVID-19 restrictions are loosened. The ideas that received the highest priority include:

COMMUNITY ZOOM MEETINGS

The Board will invite a local business or civic leader to provide an encouraging and brief update on their business or relevant issues. Stay tuned.

NEIGHBORHOOD BLOCK PARTY

We look forward to our annual picnic this fall. Of course, this will depend on continued progress addressing COVID-19.

NATIONAL GOOD NEIGHBOR DAY

We want to acknowledge and celebrate the importance of having and being a good neighbor on September 28, 2021. This is an opportunity for neighbors to get to know each other better. Mark your calendar!

OTHER ACTIVITIES

Let us know what else you think MVNA should be doing to bring our community together. We'd love to share your ideas with your neighbors. Email me: President@MVNeighbors.org.

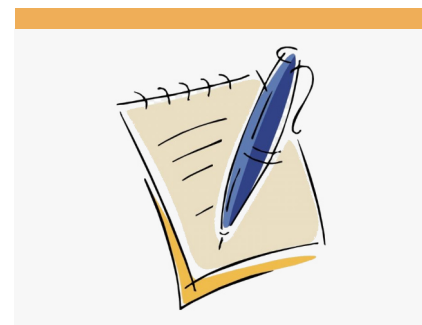
In the meantime, here are some ideas we shared in our last E-newsletter (to subscribe, visit MVNeighbors.org) **that each of us can do now:**

- Fridays at 5:** Chat with neighbors (socially distanced) on your driveway.
- Take Out:** Order take out to help our local restaurants.
- Bake:** Bake a pie, cookies, or bread for your neighbors.
- Volunteer:** Serving others helps them and you. (we have MVNA board openings!)



It is in the receiving that meaning is made"

Editors



Want to write an article or have an idea for one? Have Mar Vista photos to share? Please contact: editor@mvneighbors.org

E-NEWSLETTER

Delan Hillard

PRINTED NEWSLETTER

Kathryn Wheeler



Welcome two new board members:

Alexys Buckner
Adam Nimoy

GARDEN CORNER

May to August - prepare for our coastal desert

MVNA gardeners live in the USDA Zone 10b

Plant some heat-lovers in May like coleus, salvia, torenia, basil, ginger, sweet potatoes, melons, hot peppers, and summer spinach. June is a good month to fertilize except for the natives and Mediterraeans as they are starting their dormant season. July and August are the thirsty months, so provide plenty of slow and deep watering. Don't forget to add mulch to keep the plants cool on those long hot days.



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Judy Kann
PsyD, LCSW 11336
1849 Sawtelle Blvd. Ste 540
Los Angeles, CA 90025
310.479.1026
jkann@chilco.com
westsidetherapy.com




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Alexis Gallardo
Estate Specialist
DRE# 01924003
m 323.351.1667
alexis.gallardo@compass.com
2115 Main St. Santa Monica, CA 90405

Octavio Gallardo
Owner
3019 Ocean Park Blvd
Santa Monica, CA 90405
p: (310) 314-0140
f: (310) 314-0143
e: store7212@theupsstore.com
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ULTIMATE SPRING CLEANING GUIDE!

A Clean Home is a Happy Home! Fresh New Look for Spring

by Alexis Gallardo

There are few things in life more satisfying than the annual deep clean of your home. Following is a checklist that may be helpful to give your sacred space a fresh new look for Spring.

WASH WINDOWS - Wiping down the inside and outside will give you a whole new perspective on

how bright your home can be. Be sure to remove the screens, wash them down in the yard with the hose and a mild dishwashing liquid and let air dry before replacing.

RINSE YOUR HOME - Even your home deserves a bath. Borrow your neighbor's power washer and give your home a nice rinse to

wash away dirt, spiderwebs, and debris. Feel free to rinse your home, driveways, porches, and patios. Remember not to spray too closely with the power washer, as it may chip away the paint on your siding, brick, and walkways.

RESEAL GROUT LINES - The cement-based material between floor, walls, and countertop tiles can stain easily and is extremely porous. Be sure to protect it with a penetrating grout sealer, which you can find at your local

hardware or big box store. If you're nervous about color matching, go with the clear option.

LAUNDRER LINENS - Bed sheets and towels are the most frequently washed, but take time to wash your comforters, duvet covers, pillow cases, and blankets. Doing this will guarantee you a much more comfortable night's sleep.

FIRE SAFETY - Always change the batteries in your smoke and carbon monoxide detectors--this is recommended 1 - 2 times a year. Check the pressure gauge on your fire extinguisher (replace if necessary) and brush up on how to use it with your family and review your escape plan in the event of a fire.



Mar Vista Medians The Centerpieces of Our Neighborhood

One of the things that makes Mar Vista a unique Westside neighborhood is the planter medians which run along parts of Charnock Road and Barry Avenue.

In 2004, I was renting an apartment on McLaughlin, south of Venice, but would often jog north into Zone 4 of Mar Vista. It was actually a trip down memory lane for me since my father, Leonard Nimoy, had bought our first home on Palms Boulevard and Barry Avenue in 1956. I would jog up McLaughlin, take a left on Palms and stand in front of that little two bedroom, one bathroom house which is still standing. Wow, the memories!



One day, I decided to jog down Barry toward Victoria Avenue when I came to a median filled with Palm trees. I didn't remember this street at all, but was so impressed with the charm it gave to the neighborhood that I thought about how great it would be to live on a street like Barry. Viola! Seven years later, when I was looking for a new home, there was a house for sale right on Barry. "Don't fall in love with the first house you look at," my realtor told me. But nothing else he had to offer compared to the picturesque look of Barry with its palm-filled median and so, here I am. It's good to be back.

by Adam Nimoy

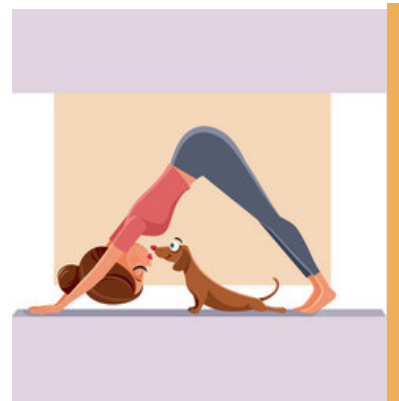
LIGHT ON LOTUS

Downward Dog Anyone?

Whether you're a cyclist, runner, or home exercise guru, we all need various forms of exercise for greater mobility and strength.

Yoga might be the answer for you.

A cycling friend of mine recommended yoga after watching some videos on YouTube. It convinced him that "mindfulness" is a real thing and well



worth giving a try. Yoga began about 5,000 years ago, with its roots developed by the Indus-Sarasvati civilization in Northern India.

According to YogaBasics.com, the Modern Period of yoga began in "1893 Parliament of Religions in Chicago, when Swami Vivekananda wowed the attendees with his lecture on yoga..."

Our very local Mar Vista yoga studio, *Light on Lotus*,

is operating during COVID for in-person (12513 Venice Blvd.) or online classes. Kate Duyn opened the studio in 2016, "with the intention of creating a sacred and uplifting space where all can come for support, community, and inspiration...."

Be sure to check their website for your online or in-person options. Visit LightOnLotus.com.

by Rob Kadota

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president@mvneighbors.org

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vp@mvneighbors.org

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Kathryn Wheeler



2020 My Year of Bread

by Cary Gordon

I started making sourdough bread about five years ago. Then COVID happened.

During the past year, I made bread. I am not sure how many loaves, but I went through 130 pounds of King Arthur Bread flour and 25 pounds of whole wheat flour. That has to be a lot of loaves!

INGREDIENTS:

240g levain
800g warm water
900g bread flour
100g whole wheat flour
30g fine sea salt
50g water

MAKES TWO LOAVES

Take your levain and place in **warm water**. Thoroughly mix. Add flour, mix well, and rest for 20 minutes.. Spread salt on top and mix with remaining water. If will be stiff and lumpy, so use a scraper. Pour into heavy container (e.g., Cabmro), put in a warm place for 30 minutes.

Wet hands and pull up one corner over the rest of itself (don't tear dough). Rotate and do this 2 more times. Repeat 3 times in 30-minute intervals. Let rise for 2 hours until volume increases by 50%.

Pour dough onto work surface and lightly flour. Using a bench scraper, divide into 2 pieces. Turn each one over. For each piece, grab an edge and stretch over the rest of itself. Repeat 6-7 times. Cover both with a towel and rest 20 minutes.

Without deflating dough, fold sides over center, then top and bottom. Flip each piece over onto a linen-lined banneton or bowl with a liner of a non-fuzzy towel. Cover for an hour.

Preheat oven to 500F with an empty 10" dutch oven inside. Once preheated, carefully remove and open dutch oven. Place one dough piece inside and score dough. Cover dutch oven, return to stove oven, and lower temperature to 450F. Bake for 20 minutes, set baked loaf on cooling rack. Repeat process for unbaked piece. Eat & Enjoy!

GOOD TO KNOW

Sources of information from one neighbor to another

COVID VACCINE

On April 15, 2021, the three COVID vaccines will be made available to all individuals from the age of 16 and older. For an appointment, visit publichealth.lacounty.gov. You may also call 211 for more information.

MAR VISTA COMMUNITY COUNCIL ELECTION - JUNE 8, 2020

Every two years, the council holds its elections. This year it is a Vote-By-Mail Only election. You MUST apply between April 9 and June 1, 2021 to receive a ballot. For more information, visit MarVista.org/election

MAR VISTA FARMERS' MARKET

Using social distancing practices, they are open every Sunday from 9am to 2pm, it is located on Grand View Boulevard between Venice Boulevard and south of Pacific Avenue. For more information, visit: MarVistaFarmersMarket.org

FEMA ONLINE CERT COURSES

Even though LAFD is not offering in-person CERT training classes during the pandemic, you can still get started on your CERT training using FEMA's Independent Study online training. FEMA offers a wide variety of really interesting courses, most of which can be completed online in an evening. To begin your CERT training, visit: community.fema.gov

CERT TRAINING CHANNEL

A great resource for emergency preparedness is the LAFD CERT Coordinators YouTube channel. Check it out by visiting: Youtube.com/c/LAFDCERTCoordinators/videos

BICYCLING SAFETY CLASSES AND RESOURCES

Riding your bike is a great way to take a break and get fresh air, but please remember to follow LA County guidelines related to wearing face coverings when entering an essential business, keeping six feet distance between yourself and others, and limiting non-essential travel. If you decide to go for a ride, check out these bike safety resources:

- **LA County Bikeway Map** - pw.lacounty.gov/tpp/bike
- **League of American Bicyclists** - bikeleague.org/StateBikeLaws
- **Metro Bike Pocket Guide** - media.metro.net/riding_metro/bikes/images/Bike_Pocket_Guide.pdf

YMCA IS REOPENING

Monday, March 29 was the day many YMCAs reopened. To see if yours is open, visit: YMCALA.org

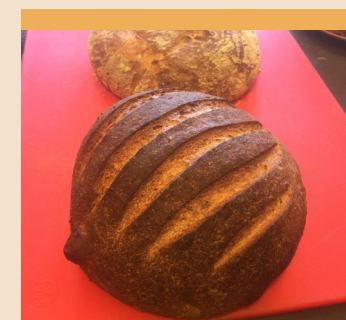
Starter and levain for great bread



Don't have a starter? Great ones come from a friend.

The day before you bake, mix a tablespoon of starter with 150g or 5 oz each of warm water and a 50/50 white and whole wheat flour mix. This is your levain. Let it sit for about 4 hours in a warm place, and you are ready to make bread.

Share with your neighbors



Making bread is a tasty and low stress hobby.

TIP: Store your starter in the freezer. Move to the fridge the night before baking.

SPECIAL THANKS TO

Platinum and Silver 2021 members for their generous contributions!

PLATINUM

Alexys & Frank Buckner
Michelle & Lucas Eskin

Alexis & Octavio Gallardo
Dave & Irene Jensen

Rob Kadota & Melora Sundt
Kathryn & Wayne Wheeler

SILVER

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Caithy Graden
Kathleen & Kevin Green

Delan & John Hilliard
Sue & Rich Hirschhoff
Gary & Helen Mayer

Adam Nimoy
Ross Shideler & Kathleen Komar
Michelle & Robert Watkins

MVNA MEMBERSHIP

Your participation makes a difference!

Live in Mar Vista? Love to watch your community continue to thrive?

Please consider becoming a MVNA Member today! Your membership ensures the *Mar Vista View* can be printed and delivered right to your doorstep. Membership also supports the variety of ways we work to inform you, provide access to special Interest Clubs and Public Officials, and a variety of fun social events like our Annual Potluck Picnic. Your membership supports all these activities and more. Thank you!

SUPPORT MVNA TODAY!

It's easy! Do it online, via mail, or drop it off!

To use PayPal, go to MVNeighbors.org and click on the JOIN button in the menu bar.

<https://MVNeighbors.org/join>

By mail or to drop-off:

Treasurer, MVNA c/o Susan Hirschhoff
11349 Victoria Avenue
Los Angeles, Ca 90066

Membership Form

PLEASE PRINT

PLATINUM \$100

SILVER \$50

BASIC \$20

Name: _____ Phone: _____

Street Address: _____ Email: _____

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