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Annual Beverly Glen Fair

Dear Glenites and Friends:

Yes, summer is approaching and we are preparing for the Annual Beverly Glen Fair.

On Sunday, June 13th at noon, our once a year community gathering of artisans, musicians, dancers and Glen folk will convene at Beverly Glen Place for the Fair.

We are excited that the sounds of great music and the aroma of good food will fill the air.

At the Fair, you have your once a year chance to purchase many "crafty" items, in addition to plants for your home and a massage for yourself. Is there a better way to spend a Sunday afternoon than enjoying the pleasures of the Glen?

Don't forget to bring the kids, because the petting zoo, pony ride, moon bounce and many games are sure to delight the young ones (and maybe a few older ones too).

We could use some help with the Fair. Your participation in donating time or helping to serve the scrumptious food would be a bonus to the community. If you can help, please call Pam Cooke at (310) 441-5415.

Thanks, and SEE YOU AT THE FAIR!

Pam Cooke, Fair Chair



Save the Date

Beverly Glen Fair
Sunday, June 13

Noon to 5:00 pm

2200 block of
Beverly Glen Place

Participate In The LRCC Raffle At The Beverly Glen Fair On June 13, 2004

Some lucky tickets will get pulled from the golden drum in the annual LRCC Raffle, Greg Heimer will announce the winners, and YOU might be among them!

Prizes include:

- Round trip airplane tickets
- Disneyland Passports
- Universal Studios Tour tickets
- Dodgers tickets
- Massages
- Hammer Museum tickets
- Autry Museum tickets
- Pet grooming
- CD's
- Plants and floral arrangements
- Champagne
- Restaurant dining
- Joe Rosa's fantastic barbecued turkey
- Octavia Walstrom's prize lemon cake
- Much, Much More!!

Come Support Your Community And Join In All The Fun While You Enter To Win A Chance To Win Terrific Prizes!



Letter from the President

Dear Friends and Neighbors,

I want to thank Karl Medina for his contribution to the Residents of Beverly Glen, Inc. for the last two years. Karl was the social chairperson in 2003 and became President in October 2003, Karl and Beth just moved to Hollywood. Karl was instrumental in organizing our 2003 Glen Fair. Karl is willing to help out again this year even though he has moved away. It is hard to believe the Fair is approaching very soon. Pam Cooke is our 2004 chairperson for the Glen Fair on June 13th. Pam has done an outstanding job in past Glen Fairs. If you can help in any way, please call Pam @ 310-441-5415.

Karl's goal as president was to create representation, awareness and participation, "RAP." I like to think of it as "PAR." Any advocate golf player aims to par a hole. Why can't we be on "PAR" in the Glen? What a great goal! I ask myself how can I achieve this? I learned back in the 80's that there is no I in teamwork. So, I ask for every resident to step forward in some capacity over the coming year. For the last 44 years, the Fair has brought our community together in June. I am proud we have this tradition and some residents make this happen each year. Pam Cooke reminds me that the community will come together. We have another 11 months to follow through. In October of each year we have our annual meeting. We usually have a few outspoken residents that want change and request changes to our councilperson Jack Weiss. Change only happens if we focus throughout the year. Help us change for the better by getting involved. The key to success is only through repetition and focusing on issues we want to change either at home, work or in our own community. Get involved! Why wait? It is not necessary or expected for you to wait for my call to request you to volunteer. Over the last two years, I have listened to your concerns. Some of them are controlling the traffic, repairing the streets, legible traffic signs and learning about zoning changes in the

Glen. Recently we had a zoning request and only one resident expressed his concerns. Frank Irving, thanks for being outspoken and requesting changes to better the Glen community. I am glad you want to focus and dedicate some of your time to make the Glen better.

Another Glenite, Antoinette Bower, is passionate about doing something about emergency preparedness. Please read her article. She wants to make a difference. I hope you do too.

We need to make sure we are heard loud and clear. This does not mean that you become a board member. Join a committee or volunteer some time. Take pride in your community. This is where you live. I want residents in the community to not only voice their concerns but also try to help and to make things better.

My job as president is to follow through on these goals and continue to make the Glen the best place to live. My goal is to find out how I can get more of you to express yourself and give your community some of your time.

Brian Mitchell is chairing the membership committee and has some great energy and ideas. Please read his article in this Glenite. Susan Lerner had our 1st block meeting of 2004. Susan, thanks for getting our first block meeting of 2004 off. Stay tuned for future block meetings. Having block captains will make a difference in our community.

We are looking for a student to volunteer time to manage our website: BeverlyGlen.Org, Publish a yearly calendar of events in the Glen. Pam Weil will head up our Garden Walk for 2005. Thanks for stepping up to the plate.

You are welcome to call me any time @ 310 351-5942 or email me @ Dbuben_2000@yahoo.com to let me know your interest.

See you in the Glen,
Dan

The Glenite

Founded 1953

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10409 Scenario Lane • Los Angeles, CA 90077

www.beverlyglen.org

RBG Board of Directors Roster and Contact Info

President: Dan Buben (310) 474-4075

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Treasurer: Kathy Lehmer 474-7688

Secretary: Elaine Vukadinovich 474-2278

Community Relations: Susan Lerner 474-1390

Traffic: Peter & Hadley Arnold 234-8805

Zoning & Dev.: Shahab Rabbani 234-8400

Emergency Preparedness:

Antoinette Bower 474-2386

Publicity: Stefan Pollack 556-4443

Neighborhood Council:

Robert Ringler 475-5978

Pam Cooke 441-5415

Social Events: Open

Director-at-Large: Open

President Emeritus: Ken Stern 470-7928

LRCC Liaison: Roger Marshutz 475-5607

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Please submit articles or news and notice updates to: info@ppmgcorp.com (electronic versions only please!)



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Emergency Preparedness Corner

By Antoinette Bower, Emergency Preparedness Chair

As we know, emergencies happen day or night and anywhere at all. It makes little difference whether they are produced by nature or man-made. We do not live on the flats, we are happy canyon dwellers, which makes it all the more important to prepare ourselves as well as we possibly can, hoping we won't need our plans but nonetheless having plans NOW. Think in terms of managing on our own for quite a time. Look for useful tips in each issue of the Glenite which you can SAVE FOR YOUR BULLETIN BOARD. We'll keep you posted on best sources for interesting info, such as LAFDs www.preparedness.info which we've mentioned before.

Here's a useful tip...

The City water supply is vulnerable to the effects of a large earthquake, for instance, but you can make your water safe to drink. Here are a couple of ways:

Best way: Add liquid chlorine bleach to the water (8 drops per gallon of water. Double this if the water is cloudy.) **OR** Alternate Acceptable method: Boil the water vigorously for 5 minutes at sea level, adding an extra minute for every 1000 ft. above sea level. (6 minutes for the Glen.) Double this time if the water is cloudy.

EMERGENCY NUMBERS

911 – Medical, Fire or Police

800 - 427-2200 – Gas Company

800 - 342-5397 – DWP

Alternate emergency number if for any reason you can't get through to 911 operator:
800-688-8000

For more info, visit www.preparedness.info

Beverly Glen Playgroup's Annual Easter Egg Hunt



The adorable children of The Beverly Glen Playgroup participated in a spring time tradition, complete with a very special appearance by the Easter Bunny. To learn more about the Beverly Glen Playgroup and their developmental approach to learning visit their website at www.beverlyglenplaygroup.org.



Rockin' the LRCC...

The LRCC rocked on March 7 when Beverly Glen musicians and their friends entertained residents with a rousing concert of contemporary music and folk songs. The Happy Band, all members of the Angel City Chorale and led by neighbor Nancy Felixson, played and sang, Ed Schuman (photo by Roger Marshutz) did his comic routine, *Songs for a Laugh*, including "I Used to Live in the Glen," and Seabury Lane neighbor Barrie Berg played percussion for Stacy Robin's group, *Imaginary Friends*. Over wine and cheese, some said it was the best music concert LRCC ever had.



Ed Schuman performing his comic routine, *Songs for a Laugh*, including "I Used to Live in the Glen." Photo by Roger Marshutz



The Happy Band (left to right) Mitch Weiss, percussion and violin, Nancy Felixson, guitar and electric bass, Shawn Deitelbaum, vocals and percussion and Steve Deitelbaum, guitar, dobro and electric bass. Photo by Roger Marshutz

Let's All Share the Les River Community Center!

The Les Rivers Community Center (LRCC) located at 10409 Scenario Lane can be used for all types of events, ranging from the political to the leisurely. The LRCC is available for your use every evening and weekend. It's the perfect setting for adult or children's activities, classes, discussion groups, meeting, exercise sessions, parties, actors' rehearsals, writers' groups – anytime a large comfortable space is needed. The LRCC can accommodate up to 40 people and offers a host of inviting features in a superb setting, convenient location, with a large comfortable living room with hearth, outdoor shaded patio area, chairs (adult and kiddie size), some kitchen facilities, and ample parking on Beverly Glen Place or Beverly Glen Blvd. (No parking on Scenario Lane, please).

The fee for renting the LRCC is only \$50 per function, with discounts available for multiple uses. The center is popular so please reserve your dates well in advance. Also, first time use by Glen residents is free. For further information or to schedule the center, please call Fadia DeFalco at (310) 475-3820.

A shot of the voting staff at the Les River Community on Super Tuesday. These dedicated workers arrived at 6 am and after all the ballot counting was completed, they left at 9:30 pm. What a long day!

From left to right: Clifton Huxford, Grace Gaynor, Barbara Rapoport, Char-Lynn Eisner, George Carr, Nancy Williams, and Velma Twomey.



NAZILA NEKOORAD
Piano Instructor

795 N. Beverly Glen Blvd.
Los Angeles, CA 90077
phone 310.614.1597
email: nekoorad@musician.org

Membership Report

Dear Neighbors:

Two years ago my wife and I moved to the Glen and were overwhelmed by the small-town feel and beautiful surroundings. The sense of warmth and closeness from our neighbors blew us away.

Recently I met with Dan Buben, our current President, to discuss getting involved with the community. I wanted to do my part to make the Glen an even greater place to live. I was asked to assist with getting new members, as well as securing more benefits for existing ones. I am extremely excited about accomplishing great things for our community.

Here in the Glen, much of what needs to get done requires not only time, but funding. One of my top priorities will be to increase our available funds through expanding the membership. Dan and I brainstormed on all that can be accomplished by increasing membership. A nominal annual membership fee, if contributed by all our neighbors, can go a tremendous way for our community. Steps can be taken to cure traffic problems on Beverly Glen Boulevard, damaged streets and community property can be repaired, our local emergency preparedness committee can benefit from additional resources and countless other issues can be resolved.

I am currently in the process of meeting with local businesses, not just in the Glen, but all throughout the Westside, to discuss how our members can utilize their businesses and services. It is our hope to create an arrangement with these businesses and services to provide the members of the Residents of Beverly Glen with benefits, such as discounts and special promotions. Obviously, the more people we have as members, the more interest these businesses will have in

The Bel Air–Beverly Crest Neighborhood Council works hard for you...

The Bel Air–Beverly Crest Neighborhood Council (BABC) seeks to promote citizen participation in local government and to assist the City of Los Angeles in understanding and responding to the needs and requests of our neighborhood.

The purpose of the BABC is to act as liaison between local residents, community organizations, business, and the City government. The actions of the Council will be advisory in nature.

WHO IS THE BABC Homeowners groups, neighbors and friends

WHEN AND WHERE DOES THE BABC MEET At 7:00 p.m. on the fourth Wednesday of each month at the Bellagio School in Bel-Air with alternating meeting at the Wonderland School off Laurel Canyon on Lookout Mountain Road.

WHERE AND HOW CAN YOU REACH THE BABC

Telephone: 310-889-9053

Address: 100 Bel-Air Rd., Los Angeles, CA 90077

Web-site: www.BABCNC.ORG

working with us. The Glen has nearly 2,000 residents in approximately 600 homes, and it is my intention to make a mutually beneficial relationship with our membership and the local business community.

Together, as a community of The Residents of Beverly Glen Inc., we will be able to accomplish a great deal. There is absolute truth to the saying "There's strength in numbers."

Donate what you can, become a member, show your pride, support your community

and you will see that it will come back in spades. My name is Brian Mitchell. My home number is 310-474-1509, and I am always available to my neighbors. I look forward to speaking with everyone in the Glen and hearing about what you want to accomplish.

The Glen is a beautiful and wonderful place to live. Let's keep it that way and move towards making it a safer, better and more comfortable community for everyone.

Cordially,

Brian Mitchell, BML14@aol.com



SAYING GOOD BYE TO ACHES AND PAINS THE ACUPUNCTURE WAY

Advice from Glen Resident,
Kathleen Ferrick Rosenblatt

All bodily pains are necessary signals telling us that an imbalance has occurred somewhere in the physical-emotional body. Headaches rarely originate from problems in the head alone. An acupuncturist can diagnose the headache and determine which organ is causing it. Meanwhile, immediate relief comes from breaking up the muscle spasms in the head and neck by: 1) Altering the electric charge in the nerves (discharging), 2) Sedating the pain sensors, and 3) Using massage and gentle heat to open up the blocked circulation.

For a TENSION HEADACHE, painless needles are placed in the shoulders and neck area in order to release muscle spasms and stimulate an anti-inflammatory response. (Needle-less treatment is also available). A special friction rub removes the old stagnant blood that pools in the muscle tissue causing that familiar aching, tightness, and pressure on the affected vertebral nerves. As fresh blood flows in, this massage technique often produces immediate dramatic relief, creating drainage, relieving the pounding arteries of the head. Along with pain relief, patients often report feeling sharper mentally and enjoying more satisfying sleep.

If any one of the following co-factors exist—ARTHRITIS, damaged HERNIATED DISCS, or BONE SPURS, this treatment will also restore oxygen to the tissue, remove toxins, and begin to dissolve the mineral buildup. One of the contributing factors in arthritis (and headaches) is FAULTY METABOLISM. Something is wrong when the minerals we ingest go and deposit themselves on our weakest joints instead of inside our bones and muscles. Accordingly, certain

BOOK REVIEW

Enjoy Rome At Home

Rome, At Home, The Spirit of la cucina romana in Your Own Kitchen (Broadway Books), written and illustrated by Beverly Glen resident Suzanne Dunaway, has just been published and is available in bookstores and online. Suzanne cooked a menu from her book at *Let's Get Cookin' in Westlake*, in addition to a menu at The Los Angeles Festival of Books on April 25th. *Rome, At Home* will add delicious flavors to your meals and simple, memorable recipes to your repertoire. Just as in *No Need To Knead* (Hyperion) Suzanne's book of easy-to-make bread recipes, *Rome, At Home* offers readers (even those who do not cook often) the best tastes of la cucina romana and foolproof techniques of cooking like a pro. Suzanne had a book signing and a luncheon for her book at The Getty Museum on Wednesday, May 5th at 11:30am. She is at work on a sequel to *Rome, At Home* and another surprise book on easy cooking.

acupuncture points can improve the digestion and assimilation of nutrients in order to rebalance sluggish metabolism (also promoting WEIGHT LOSS). Our aim is to eradicate the systemic chemical basis for arthritis, osteoporosis, and of course, the headache.

An acupuncturist can gauge certain qualities of the wrist pulse and always examines the face. FROWN LINES are symptoms of liver problems; DARK CIRCLES or bags under the eyes reflect kidney-bladder weakness. These lines largely disappear when the internal problems clear up, which is why acupuncture works so well for facial rejuvenation. The final result is that the headaches disappear, the internal organs begin to function better; the patient looks younger and feels increased energy. For more information contact ACUPUNCTURE in the GLEN at 310-470-4557.

Spotlight on...

Glen Resident Sunny Foes

*A letter from Ms. Foes to her
neighbor Chris*

Dear Chris, my good neighbor across the "place,"

This letter is intended as an answer to your question about my original acquaintance with Beverly Glen.

I was stationed at the Romulus, Michigan Airbase after graduating from high school; I absolutely loved the work (very exciting) writing flight orders for the many pilots stationed there. One day a major told me they needed my services in Palm Springs, California.

That sounded wonderful, so I applied and was accepted, arranged for shipment of my German shepherd (female named Flicka) and took off with a pilots' wife and small baby who were going home since her husband had left for overseas duty.

It was a terrific experience. I worked for Joe E. Brown's son in special services. He was marvelous, but sad because his pilot brother had lost his life in service.

I fell in love with Palm Springs and spent a lot of time at the base; swimming and riding the motorbike that my father had shipped out. At night I enjoyed myself at the "rec" center and helped a friend who showed movies for the service men.

Best of all, I met a handsome pilot who I followed around until he turned to acknowledge my presence.

Unfortunately Lt. Robert Foes was headed for an overseas appointment. He promised to write, and eventually we met at his home in Philadelphia and married at a beautiful church there (Christ's Church).

At the time one of my acquaintances was a young pilot with the surname Mackenzie. When he left the base for overseas he suggested I visit California's Beverly Glen Blvd. to meet his mother who lived nearby—which I did and consequently fell in love with THE GLEN!

Incidentally, when I arrived in Westwood I must have looked lost—a lovely lady heard my story and drove me to the Glen, that lady was Greer Garson! I've loved the Glen ever since!

-Sunny (Dorothy) Foes

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**Residents of Beverly Glen, Inc.
Les River Community Center
10409 Scenario Lane
Los Angeles, CA 90077
www.beverlyglen.org**





Residents of Beverly Glen, Inc. 2004 GLEN FAIR

AN INVITATION TO ARTISTS AND CRAFTS PERSONS

The Beverly Glen Fair will be held on SUNDAY, JUNE 13, from 12:00 noon to 5:00 p.m. on Beverly Glen Place. We would enjoy your participation in this celebration of our canyon community. There will be delicious food, cold beer and wine, soft drinks, interesting arts and crafts, a variety of exhibits, great music, and games for children of all ages. It is an opportunity for all to enjoy life in the Glen.

If you would like to be an exhibitor at the Fair, please fill out the form below and return the tear-off with your check or money order made out to RESIDENTS OF BEVERLY GLEN INC.

FEES

NON-RESIDENTS OF BEVERLY GLEN CANYON\$45.00
RESIDENTS OF BEVERLY GLEN CANYONFREE

Reserve your area by June 9, the entry fee is non-refundable after that date. A 10' x 10' space is allocated for each registration. There are no other fees or commissions.

Send a registration form and fee to: Liz Mitchell
10318 Viretta Lane
Los Angeles, CA 90077
Fax (310) 474-1429
Email: lizzymitchell@aol.com

Please keep the EXHIBITOR INFORMATION sheet on reverse for the directions you will need to set up your exhibit on the day of the Fair. THANK YOU!

REGISTRATION FORM

I would like to participate in the Glen Fair. Date: _____

I have enclosed a check or money order for _____.

I can bring and set up a canopy/umbrella to shade my area ____.

Name _____ Phone _____

Address/City/Zip _____

Exhibit _____

If you participated in last year's Fair, your feedback would help us in this year's effort.

**RESIDENTS OF BEVERLY GLEN, INC.
THE 2004 GLEN FAIR
EXHIBITOR INFORMATION**

We are pleased that you plan to exhibit your arts and crafts in the Beverly Glen Fair which is scheduled for SUNDAY, JUNE 13, 2004 from NOON to 5:00 p.m. in the 2200 block of BEVERLY GLEN PLACE. Here are some suggestions to help you:

If you are driving from the Valley area, take the 405 South to Mulholland, go East until Mulholland intersects with Beverly Glen Blvd. Take a right going South on Beverly Glen Blvd. to the 3rd signal. Make a sharp right turn onto Beverly Glen Place.

If you are driving north on Beverly Glen Blvd. from Sunset, the Fair is about 3 miles north of Sunset. At the 3rd signal, jog to the left onto Beverly Glen Place.

Once you are on Beverly Glen Place, go up the street to about 2233 Beverly Glen Place where the exhibitors will be set up. Look for me (I will have a name tag) and I will show you your exhibit space.

The Fair has no exhibition equipment. Please bring all the equipment needed for your exhibit area including tables, stands, canopies, umbrellas, chairs, and/or other item you may need. For exhibits on the fences, bring hanging hooks, wire, rope (no nails!).

We recommend that you arrive by 9:00 a.m. Your vehicle must be unloaded and moved by 11:00 a.m. After you have unloaded your exhibit, please move your vehicle and return to set up. You must be completely set up by 11:30 a.m.

IT IS ESPECIALLY IMPORTANT TO HAVE YOUR VEHICLE MOVED BY 11:00 A.M. FOR SAFETY REASONS.

The Fair ends at 5:00 p.m. We appreciate your courtesy in keeping your exhibit open from 12:00 to 5:00 p.m. It is disruptive and disheartening to all other exhibitors and Fair patrons to remove your exhibit and leave early.

Please do not accept Fair script for sales. The script is only for food and games sponsored by Beverly Glen organizations. We cannot reimburse you for script.

We suggest that you bring a friend to assist you. This way you will have someone to watch your exhibit while you get some food and drinks, view the Fair or use the restroom.

We have attempted to locate you in a spot that matches your request. It is helpful to bring an umbrella/canopy as the sun does move and what was shady early in the day may become sunny in the later afternoon. Some areas are sunny throughout the entire day.

If you have any questions or last minute emergencies, please contact Liz at (310) 709-2781, email: lizzymitchell@aol.com or Elaine at (310) 474-2278, email: e.vukadinovich@mpglaw.com . We are looking forward to seeing you and hope that you enjoy the Fair. Thank you for your participation.