News and Noteworthy Goings-on in the Glen

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# Cafen Fair! © crofts

The Annual Highlight of Glen Life Sunday May 31 noon – 5 pm

- Live Entertainment
- Unique Arts and Crafts
  - Local Artists' Show
- Yummy Foods and Desserts
- BBQ \* Chili \* Wine Tasting
  - Lots of Kids Games
  - Great Fun for All Beverly Glen Place

# **RoBG Holiday Party Recap**

unday December 7th was a perfect winter evening for Glenites to celebrate the holidays and our community.

The musical talent lineup expanded this year with the addition of Declan Lightfoot & Alex Pitcher entertaining us with some original tunes. Plus our local favorites, Shane Warken & Noah Harris serenaded us with Christmas Carols. A great thank you also goes to young Jadon Friedberg for his expert sound engineering.

The buffet tables were over flowing with delicious holiday faire and we thank all our wonderful hobby chefs, too many to list, but



Glenites enjoyed the holiday concert in the yard. we particularly thank Ned and Pat Wright for the Chili and Bob Grunauer for his meatballs.

The local vendors Beverly Glen Deli and Fabrocinis were generous again this year and

provided delicious food for the buffet table. Glen Market donated all of the non-alcoholic beverages.

The wine tasting provided by Steven Foonberg of Beverly Glen Realty was a big hit and not a bottle was left with a drip.

Many attendees were delighted to meet actress Elke Sommer, a neighbor, who charmed

everybody with her down to earth, engaging personality.

Jane Padget shared dog stories

with Elke Sommer.

The kids activity table in the yard was full of happy faces decorating cookies and



Pam Cooke and her spouse Nancy Felixson, Koretz' Planning Deputy Noah Muhlstein and Elke Heitmeyer enjoyed a light moment with Paul Koretz.

cupcakes while watching holiday movies. Thank you to all the moms who supervised

and kept things under control.

Sadly, this was my last social event. Life's obligations have made it impossible for me to continue this honorary role. I highly recommend it to anyone and I am available for guidance and training.

Thank you to all of the volunteers that have assisted me with this



Jadon Friedberg, our talented sound engineer.

event and others.

It takes more than one person to coordinate these events so I encourage you to get involved.

Save the date May 31st noon-5pm for the Glen Fair. The entertainment lineup is already confirmed by non-other than our rock star Chris Holabird.

Sincerely, Sharalee Flesche



Janine Gershon and Karen Simonson greeted the guests with a smile.

#### RoBG Holiday Party Recap, Continued from page 1



The children had a marvelous time in the yard.



Elke Sommer admired Ray Buktenicas' fireplace sweater

City Council Member Paul Koretz is flanked by former presidents Robert Ringler (I) and Dan Buben ®



Esteemed community Member Lee Reem advised Paul Koretz on important community matters.



Elke Sommer and Elke Heitmeyer have become friends.

## SERVING THE GLEN **SINCE 1946**



# The Clenite Founded 1953

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Please submit articles and notices to:

glenite@beverlyglen.org (electronic versions only please!)

Glenite Summer 2015 deadline:

Submissions needed by April 15, 2015



# ATTENTION: GLENITES WITH PRE-SCHOOLERS!!

If you are a resident of Beverly Glen who would like to send your child to Beverly Glen Playgroup but cannot afford the tuition, the Les and Dorothy River Scholarship Fund might be able to help. The fund will provide a scholarship for up to half the tuition amount to residents whose child would otherwise be unable to attend our local preschool. If you are interested in knowing more about this scholarship, please contact Ron Rosenblatt 310-625-2200 tel:310-625-2200 or Hadassa Gilbert 310-474-7487. This scholarship is only available to residents of the Beverly Glen Community.

# Calling all artists, jewelrymakers, and artisans for the Annual Fair on Sunday, May 31!

If you would like to display your work, please contact Karen Simonson at treasurer@beverlyglen.org for information about setting up a booth.

No fee for residents of Beverly Glen!

#### TRAFFIC: DO YOUR PART TO CONTROL EXCESSIVE SPEED IN THE GLEN

Depending on the day and the hour, the traffic pulsing through the Glen moves either way too slow or way too fast. While slow moving traffic may be irritating, it is not likely to cause serious property damage or injury. For this reason, many residents in the Glen would much rather have to contend with slower moving traffic over higher velocity traffic, if given the choice. After all, your chances of safely escaping your driveway or side street onto the boulevard without either being involved in, or causing, an accident only increase as the rate of speed on the boulevard decreases.

But we don't have the power to control excessive speed on the boulevard, right? The one constant that never Wrong. changes on the Boulevard, regardless of the day or the hour, is that the posted speed limit on Beverly Glen between Sunset Blvd. and Bev. Glen Place is 30 mile per hour. If you observe and comply with the posted 30 mph speed limit, I guarantee you that many others will follow your example - specifically, all of those people driving behind you. You are not tethered to the car in front of you that is traveling through the Glen at 40 mph. You can slow down and force those behind you to do the same.

Now I understand that once you slow down and start driving the posted 30 mph speed limit, you may have to contend with that impatient, rude and selfish person behind you who will tailgate you, honk at you and flash their high beams at you – all in an effort to intimidate you to drive faster.

But I'll give you a few good reasons why you should TUNE THEM OUT and ignore them: (1) your neighbor up ahead is desperately trying to back out of his/ her driveway and will have time to do so safely if you give it to them; (2) your neighbor up ahead is in the shoulder of the road trying to get into his/her car and will have time to do so safely if you give it to them; (3) there is a child trying to cross the street to get a errant ball that bounced into the street and your slower speed will give you time to see them; (4) a dog has darted into the street up ahead and your slower speed will help you to react; (5) there is a bicyclist or pedestrian around the bend who is just passing by a parked car; and (6) there is an oversized vehicle heading towards you that is on or over the median and your slower speed will allow time for you to react. Do you need any more reasons to ignore the would-be speeder behind you?

At the end of the day, we are all anxious to get home and we want to get home safe. By traveling the speed limit, you can self-enforce the posted 30 mph speed limit and help those behind you to travel through the Glen at a safe, lawabiding speed. By traveling the posted 30 mph speed limit in the Glen and being a conscientious driver, you may never know the number of accidents that you helped to prevent. But you will certainly make living in the Glen much easier, happier and safer for your neighbors. I make every effort to slow down for you. Now I ask you to do the same for me and the rest of us who call the Glen our home.

# ENDS OF THE GLEN

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Far Niente

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The Prisoner

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Veuve Cliquot

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Macallan

The Glenrothes

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# Capturing Humanity Through the Arts

Glen Artist Dana Gluckstein's photography exhibition, DIGNITY: Tribes in Transition will be displayed at the Stone Gallery of the Boston University. The exhibit consists of sixty extraordinary black-and-white photographs of Indigenous people around the world. These works of art, constructed over three decades, highlight individuality while exhibiting the universal beauty of humanity. The exhibition is intended to make a powerful statement in support of Indigenous communities around the world. DIGNITY was initially exhibited at the United Nations in Geneva in 2011. Gluckstein believes that artists have a responsibility to sow the seeds of change for society, and spoke at the World Economic Forum in Davos in 2013 on how art can impact the state of the world. The Boston University show marks the exhibit's U.S. debut.

**DIGNITY: Tribes in Transition**, visit www.danagluckstein.com

# Caitlin Mullin left her body in December 2014

by Elke Heitmeyer

Kathleen "Caitlin" Mullin, 74, has passed away after a brief illness. Caitlin lived in the Glen on Chrysanthemum for many years, before she moved to New Hampshire in 2006.

She received an MA in Ethnomusicology and, after a successful career writing and teaching music at public TV, she did research at UCLA and became a psychotherapist focusing on dreams and the treatment of trauma. For her PhD she made films on the vulnerability of women to AIDS in South Africa and for other countries and organizations.

In the Glen, Caitlin used to give piano lessons to the kids, especially the young ones. In Darcy Krasne's case, her mom thinks, they spent much more time discussing crystals and fairies than playing the piano, but Darcy loved the time she spent with her.

Caitlin is fondly remembered by many.

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#### **BEVERLY GLEN PLAYGROUP**

Beverly Glen Playgroup is a parent-run, cooperative preschool that endorses a play-based, developmental approach to learning. Located in the heart of Beverly Glen, we occupy the Les and Dorothy River Community Center on Scenario Lane.

We offer a morning and afternoon program. Our morning program is for older children (must be 3 years old by September 1st of the school year), and our afternoon program is for younger children (must be 2 years old by September 1st of the school year). Learn more about us at our website: beverlyglenplaygroup.org.

As a neighborhood school, we try to give priority to Glen families, but they are not guaranteed acceptance. All families must complete their applications on time, attend a tour, and be able to fulfill all co-op requirements. Other admissions factors include the need to accommodate gender balance, siblings and alumni.

One of our recent graduates, now age 6, was asked whether he remembers Playgroup. He replied, "Mom, Playgroup is always there, in my mind. It's like somebody drew it in my brain with colored Sharpies. I can see other things, but I can always see Playgroup."

The next date for a tour of the school: Thursday, March 19, 2015. Sign up for it on the website: www.beverlyglenplaygroup.org

Other future tour dates are: Thursday, April 16, 2015 Thursday, May 21, 2015

# EMERGENCY PREPAREDNESS—BLOCK CAPTAINS NEEDED

The next emergency – earthquake, mudslide – is just a question of time. A small investment in time now will save all of us much heart ache and head ache, maybe even lives, when it strikes.

Who on your block would be the best neighbor to be the point person in an emergency? We need each block though-out the Glen to have a Block Captain. Meetings will begin this month at the Les and Dorothy River Community Center the third Sunday at 7:00 pm.

Be prepared - email RSVP to emergency@ beverlyglen.org

# ANNOUNCE YOUR NEWS TO THE GLEN

Let the Glenite know about births, special Birthdays, Weddings, Losses.

Your community cares! glenite@bever-lyglen.org



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#### To The Residents of Beverly **Glen and The Surrounding** Canyons:

By John and Sue Campbell, Katherine Bard

On behalf of Oletha, Basil, Scenario, Latimer Lanes

There is a rash of developments in the neighborhood, and it seems that the Neighborhood Councils are trying to represent our concerns, but are having difficulty getting the City to listen and be pro-active.

It really is quite simple:

#### SAFETY RULES

The narrow streets and the undulating hills constitute part of the charm of the community, but are at risk of becoming dangerously overpopulated with over sized developments.

We have attended meetings of Residents of Beverly Glen, The Bel Air Beverly Crest Neigh-borhood Council, The Hillside Federation and as many meetings as Councilman Paul Koretz has been available at, and visited the Offices of LA City Planning and Building and Safety.

Everywhere we go we witness pockets of angry residents with proof of flagrant abuses by contractors on haulage routes, or developers hiring firms such as "Illegal Additions Made Legal" in order to get applications swept through Planning without proper review.

There is a Density Issue that cannot be ignored. A Fire Safety issue when the dead end road is only wide enough for one car. What the City views on paper is far from reality. They see a 20 ft Right of Way on paved straight "Paper Streets" allowing easy access to escape routes. When in fact it is often less than 12 feet wide with an incline more than 35% - and it is nigh impossible to get anyone to physically come and inspect the true terrain.

We are posting this letter in The Glenite to encourage you to copy it, add your name and send it - either by postal mail, by email directly, with copy to us. Our goal is to unite all of the pockets of discontent and say to LA City – please hear our voices.

Dear Councilman Koretz:

My neighborhood is being compromised by a lack of review and enforcement at the city and safety issues are being grossly ignored. We therefore ask you as our representative to ensure that ALL Safety and Planning Applications adhere to the true and realistic structure of the roads rather than outdated and incorrect information currently held in City records. Many of our narrow, steep hillside streets cannot handle big construction projects.

- email
- paul.koretz@lacity.org Councilman Koretz noah.muhlstein@lacity.org, shawn.bayliss@lacity.org CM Koretz's Plan. Deputies

martha.groves@latimes.com

• Copy this page, put your name and address on it and mail it to

Basil Oletha

PO Box 491056

Los Angeles, CA90049-9056

• This letter will be published on our website, so you can just copy and paste.

We are the Residents of Basil, Oletha, Scenario Lanes. We hope to get those living in the Hillside communities involved in what happens to their neighborhood so that the charm of the area is maintained and not developed to the point of over-saturation.

Your comments and letters to support or concerns can be sent directly to the City - or we can compile them and send together as a committee against over building.

basil.oletha@vahoo.com

Many thanks,

Katherine Bard, John and Sue Campbell



#### STOP GASOLINE-POWERED **LEAF BLOWERS**

by Marc Olevin

Well, two steps forward, one step back. Several years ago a small victory for the environment was achieved on Beverly Glen Place. With the support of residents on the block, we've converted gardeners' use of gasoline-powered leaf blowers to cleaner and quieter electric blowers. The sound and smell of gas blowers has become pervasive throughout the city, despite a long-standing ban on their use. They are terrible for the air, the ears, and illegal (although enforcement is all but non-existent). As time has passed many gardeners have reverted back to gas blowers, and much of our progress has gone up in gasoline exhaust. So let's start again.

We found that appeals to the gardeners had little effect in most cases, but education of residents was the key to a positive climate change. We also provided a letter in Spanish that could be given to gardeners to explain the law behind the ban. Some gardeners were reluctant to make the investment in an electric blower when they already own and use a gas model, so many residents purchased their own. And some of us have bought communal blowers, shared by two or three households and their gardeners. You can get the right electric blower for well under \$100 (our communal blower was \$59 on sale at Sears, or about \$75 at Home Depot, Lowes and even Amazon).

We can work together as a community to stop this practice completely. Using electric blowers can reduce our carbon footprint and cleans up the immediate air we breathe. It's a small step of course, but something that can be accomplished literally in your own backyard. If you want information on the law, copies of the Spanish translation, or recommendations of electric blowers, please contact Marc at (310) 474-0959 or marcolevin@gmail.com. Think globally, act locally. Thanks for caring.



## In the Kitchen with Diane

#### **EASY BLACK OLIVE TAPENADE**

Prep time 10 min. Makes about 1 ½ cups.

#### Ingredients:

- 2 cups pitted kalamata olives (drained)
- · 2 T capers
- · 1 clove garlic, minced
- 1 T fresh lemon juice or 1 t chopped preserved lemon rind
- 3/4 cup olive oil
- 1 cup minced fresh Italian parsley
- · pepper to taste

First make an olive paste by putting 1 cup of the pitted olives and 3/4 cup of olive oil into a blender. Blend until smooth.

Chop the remaining olives and capers. Add in the minced garlic, lemon juice or preserved lemons and pepper. Stir. This can go into an airtight container. Add a few drops of olive oil on top. This will last two weeks in the refrigerator. Stir in the minced parsley before serving. Very good on small bits of toast or crackers. ENJOY!

## Stress Busting in a Tilt-A-Whirl World

by Patricia Bacall

Is stress and fatigue robbing you of time spent productively?

In our over-amped, hyperactive world of multi-tasking, millions of busy people struggle with weariness yet there are simple and effective ways to reclaim more energy to sail through your day. For an easy pick me up, try these simple exercises to increase your dynamism, focus, and mental clarity.

These tips can be part of an overall stress-reduction strategy. Techniques that calm the mind always have an equally beneficial effect on the body, bringing a fresh supply of oxygen to the brain and removing toxins.

Dedicating just a few minutes to these life-enhancing techniques is easy, and can be done while commuting, during a short break, even in a meeting. Benefits include decreased anxiety, improved blood circulation and a slower heartbeat, improved sleep and increased physical energy and mental vibrancy.

Try it now—take three minutes and do these exercises for an immediate energy boost.

#### **Exercise One: Sniffing and Snorting**

Before you begin, close your eyes for a moment. Assign a numeric value (on a scale of 1-10) to your level of fatigue.

Sitting upright in your chair, relax your back, chest, and stomach. Using

your diaphragm, breathe in sharply. Then relax and let it all flow out. Do not forcefully exhale, just relax and exhale. The emphasis should be on sniffing. Take in only as much air as you can release. Do this 20 times at the rate of one per second.

Next, do the opposite. Take a deep breath. Using the diaphragm, forcefully exhale through the nose, pulling the navel sharply back toward the spine. Force the air out of your lungs in a short, sharp exhale. Then release the diaphragm muscle, allowing a small, relaxed inhale to occur. Continue snorting for 20 breaths, one per second.

Now take 3 deep, cleansing breaths. Relax as you exhale. Pull the breath into the bottom of your lungs. Allow yourself a long sigh and exhale fully.

Again, assign a numeric value to your level of fatigue. If your level is lower, you are moving in the right direction. If you still lack energy, try one of the other exercises, or repeat this exercise until you feel alive and enthusiastic.

# Exercise Two: Take a Deep Breathing Break!!

Long, deep breaths, as well as a change in environment, will revitalize your mind and body. Find a quiet, **clean air** environment. Begin taking long, deep breaths. Breathe in deeply, relax as you exhale, and imagine energy flowing into and through your body. Do this for at least two minutes.

#### Exercise Three: Rag Doll

Stand up and fold forward from the hips. Hold on to each elbow with the opposite hand. Relax your neck and let your head hang down. If this stretch is too intense for your hamstrings or calves, rest your palms on your shins or a chair seat. Take long, deep cleansing breaths. Stay here for 20-30 seconds, then slowly roll up to a standing position, allowing your head and shoulders to rise last. Circle your shoulders a few times.

Do you feel like a new person?

Patricia Bacall is a bestselling author of selfhelp and yoga books, Vivation breathwork coach and graphic designer. You can view her titles at www.benesserrapub.com.

#### **Wertheimer Awarded**

Adam Wertheimer, son of Tamar Cooper born and raised in the Glen and a playgroup graduate was awarded the Judiciary Award of the Year in San Diego.

He is a Superior Court Commissioner.

#### Playgroup Yard Sale

The famous playgroup yard sale will be at the LDRCC on Saturday, April 18th. Donations from the community to be sold in support of the school are welcome, and can be dropped off on Friday, April 17th at the LDRCC.



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