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Martha Parker – Think Global, Grow Local

Martha Parker has been a California Certified Nursery Professional and a mainstay of the Home Depot Garden Department in Woodland Hills for nineteen years. A native of the San Fernando Valley, she is intimately acquainted with growing plants in our Mediterranean climate.

Martha helps customers with landscape design, plant selection, insect problems, soils, fertilizers, etc. She has been featured in the Daily News, Ebony and Family Circle magazines, and in bimonthly gardening segments on NBC News.

Martha’s presentation will focus on the do’s and don’ts of container gardening. It is the easiest way to get to know different vegetables and plants and to try your hand at a first “harvest”. She will do a fun, live demo and then answer questions. We will also have some plants (courtesy of Home Depot) for attendee raffle and give-away.

Partner’s Recognition

We celebrate our community partners from government, education, and business. We will give a special award to Valley Glen citizens who have made a difference.

Local Arts and Entertainment

“Through the Valley” is an acoustic ensemble composed of local high school and Los Angeles Valley College students with arrangements by Music Director and guitarist Diego Cruz. The group made their debut performance with Los Angeles Valley College’s Guitar Ensemble last Fall.

Combining multiple acoustic guitars and voices, “Through the Valley” has a unique, beautiful, and youthful sound that works for sweet, romantic love songs and deeper rhythmic grooves. Do not miss their performance!
Message from the President

We are fortunate to live in a great community with an identity that extends beyond our 91401 zip code. Since being formally recognized by the City of Los Angeles in 2003, Valley Glen has been growing. We see it in the arrival of the Orange Line station, the emergence of LAVC as an important educational institution, and the positive influence of the VGNA and the Greater Valley Glen Council. We see a community on the rise.

The VGNA’s “We Are Valley Glen” motto is recognition that our organization is not separate from you, the person who is reading this message at this very moment. We know this is true because we see you wielding shovels, rakes, and brooms at the Clean Team events. We see you at the Town Halls, asking questions and keeping current with Valley Glen issues. We see you donating to the homeless in our community. We see your personal notes that show you want to contribute to Valley Glen.

The VGNA is growing because Valley Gleners take care of our own business. We are not waiting around for someone else to improve the safety, schools, cleanliness, traffic, civility, culture, or awareness in our neighborhoods. We leverage our numbers to communicate with local government. We are patient and work steadily towards our goals. We know the satisfaction that comes from something as simple as getting speed humps on a dangerous street.

Valley Gleners are not involved in the VGNA merely because of a sense of duty. (That would be boring and unsustainable.) We know that in a world where many are complaining about a lack of community values, that we can be richly rewarded by diversity, culture, and fellowship in Valley Glen. And that is just plain wonderful.

Community alert! VGNA Town Halls are not stuffy—they are enlightening and fun. Our Town Hall on June 12th will have an inspiring speaker, locally-bred entertainment, enticing munchies and beverages, and giveaways for a few lucky attendees. Yes, we will ask for your attention and support, and being Valley Gleners, you will no doubt gladly give it.

See you there!

PLEASE DONATE

Please visit www.valleyglen.org and look for the red Donate Button or simply send a check payable to the: VGNA, 13300 Victory Blvd., Box 385 Valley Glen, CA 91401
I AM
JANET NEWTON

Janet Newton is Treasurer and Marketing Director of the VGNA, and Valley Glen is very lucky to have her in an active leadership role. Besides her very friendly nature and active mind, she brings experience, commitment, and skills that are proving very important for Valley Glen and the strength of our community.

A native Angelino, Janet and her two younger siblings were born in Los Angeles. Her family moved to Santa Maria when she was 12. Janet earned her Bachelor’s degree in English at California Lutheran University in Thousand Oaks. After school, Janet went to work in graphic arts at an ad agency – a job that paved her way into media buying. Janet was then employed by some of the biggest media companies buying radio, TV, and outdoor ads and then selling advertising for 211 TV stations! She foresaw the impact of the web on the horizon and got into internet ad sales in 1995.

Never afraid to take risks, Janet left the media business in 1998 and started her own Calabasas perfume business, Fleur de Lis Perfumes. She did everything, from researching and marketing, to sourcing and mixing essential oils into hand-crafted high-end perfumes. She loved running her own business and selling a product that was tangible and naturally beautiful.

After six years as an entrepreneur, Janet re-entered the workforce at Alfred Music where she worked as a Senior Manager of Staffing in Human Resources for 10 years. It was also at this time that she moved from Calabasas to Valley Glen and met the love of her life and now husband, Tom Newton. Tom, an attorney, had been living in Valley Glen.

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How Does Your Garden Grow?

If you’re Burt Roseman it grows with tomatoes and lettuce and spinach and arugula, parsley, kale, garlic, cilantro, broccoli, cabbages, peas, jalapeño peppers, etc., etc. … and a kiwi vine.

It grows with navel oranges, pink grapefruit, tangelos, apples, avocados, persimmons, pomegranates, etc., etc. … and a Surinam cherry tree.

Burt graciously gave us a tour of his garden and shared his perspective on the three most important elements in gardening:

1. Sun: which, as Burt says, “God provides.”
2. Water: Burt uses an Israeli drip system that allows the water to slowly seep into the earth.
3. Enriched soil: Burt has devised an organic system that turns grass clippings and food scraps into good rich soil.
   - He feeds the grass, garden leftovers, and scraps to the chickens. He has seven hens but no roosters—they do not make good neighbors!
   - The hens eat some of the scraps and add their own “contributions” to the mix.
   - Then the mix goes into the Smith Hawkins stackable compost bins.
   - Burt turns the compost with a pitch fork which introduces oxygen and eliminates odors that might attract pests.
   - He tills the compost into the soil before planting each season and uses it to augment the soil periodically throughout the growing season. (He also uses Miracle Grow on a monthly basis)

And what happens to all that produce? Burt and his wife, Martha, pulverize, freeze, dehydrate, pickle, make jam, and were kind enough to share a bit of with us!

Thank you, Burt, for sharing your garden, your gardening tips, and your passion for life. ■
Road Rage

Officer Bergmann is a twenty-two year LAPD veteran and has been a SLO for seventeen years.

Road Rage has become a common occurrence. We’ve probably all had to deal with it at one time or another. With the increase in society’s overall pace, more traffic, and with more driver distractions than ever, it is not surprising.

Here are some simple things you can do to avoid being involved in Road Rage incidents:

• Move over if someone is tailgating you.
• Use an “I’m sorry” gesture (wave or mouth sorry) to defuse a situation.
• Plan ahead; allow enough time to get where you are going so you don’t feel rushed.
• Don’t respond to someone else’s aggressive behavior. Keep your eyes on the road and if they continue to drive or act aggressively, turn in another direction away from them.
• Don’t roll down your window when someone is yelling at you. This only encourages the behavior.
• If the driver is driving dangerously or making threats, call 911. Give 911 a description of the vehicle and the license plate, if possible. If being followed, don’t go home, and don’t turn onto small side streets. Stay where there are as many people as possible and keep driving until police arrive.
• Don’t ever pull over to discuss a disagreement with someone. This is often when things go bad.
• If someone gets out of their car and you are stuck in traffic and can’t move, stay in the car - even if they cause damage to your vehicle. The vehicle can be fixed. Roll up the windows, lock the doors, and call the police. Tell them you are calling the police.
• If you yourself are becoming frustrated while driving, try listening to some relaxing music. About 50% of people who encounter aggressive drivers, respond with their own aggressive driving. Don’t do that.

Road rage incidents can result in traffic accidents and other serious crimes which may include injury or death.

continued in next column
Janet Newton continued from page 3

Glen for many years, and the couple could not be happier living here today.

Given all that she has done, Janet is most proud of her two sons. Her boys are grown now and have given her two beautiful grandchildren. She believes that a good life comes from helping others. She greatly enjoys volunteering for the VGNA and hopes that her efforts make a positive contribution to Valley Glen.

VGNA Mixer
Over Forty Business Partners and Core Volunteers

What a great mixer this past May 10th with local business owners and VGNA core volunteers! Valley Glen businesses need our support and recognition. The whole community benefits when local businesses prosper, grow, and get involved with our neighborhoods and residents. Special thanks to Krimsey’s, Lusy’s, and Vic’s Thai for the delicious food for this event!
My Story:
“I’m Katie and I’VE LOST 65 lbs with Burbank Hypnosis!
THE ONLY JOY IN MY LIFE WAS FOOD
Everything revolved around food. That’s all I thought about between meals was what am I going to eat next. I started wearing leggings every day. Jeans were uncomfortable, tight fitting clothes were really uncomfortable.
THE WEIGHT WAS PAINFUL
Walking around all day was very hard for me to do. It was painful. That daily struggle with food just isn’t there anymore. That’s what hypnosis is all about, it becomes automatic.
GOING SHOPPING NOW IS SO MUCH FUN!
I have this energy and I can move and my clothes feel comfortable. Going shopping now is so much fun! Getting used to the new body that I have has been really exciting.
I SAVED MONEY
I think about how much money medical bills are for being unhealthy or having diabetes, it was definitely worth investing in myself.
THIS REALLY HAS CHANGED MY LIFE
That internal struggle, should I do this or should I do that, is so much easier now. This is by far the most I’ve ever lost. The most I lost before was 20 pounds. My habit was lose it and then gain it all back, plus more. This time it’s a completely different experience. I’m 65 pounds down and I can’t even imagine going back.
I DEFINITELY RECOMMEND THIS
You’re worth the time and energy. This is going to be the best investment you ever make in your life and it comes with a guarantee! If it worked for me it can work for anybody.”

CALL NOW to schedule your free hypnosis screening
(818) 850-8099

*Individual results vary

WHO’S SELLING VALLEY GLEN?

SOLD $710,000
13928 Calvert St.
3 BED | 2 BA | 1,838 sq ft | 6,756 LOT

SOLD $426,400
5811 Woodman Ave. #10
2 BED | 2 BA | 1,095 sq ft | Townhome

LET’S START A CONVERSATION ABOUT THE VALUE OF YOUR HOME
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www.raquelmagro.com | raquel@raquelmagro.com
18569 Devonshire St. Northridge CA 91324
According to our poll, your favorite restaurants are:

1 Krimsey’s  12900 Victory Blvd
2 Mexsake    13727 Victory Blvd
3 Lusy’s     6357 Woodman Ave
4 Tequila’s  13627 Victory Blvd
5 Ireland’s 32 13721 Burbank Bld
Valley Glenners know their way around town when it comes to favorite restaurants. Thanks to you!

Here are some close-by favorites:

- Lillit’s Bakery
  - 12001 Victory Blvd, NoHo
- Nat’s Coffee Shop
  - 14115 Burbank Blvd, S.O.
- Tony’s Mexican
  - 12910 W Magnolia Blvd, S.O.
Sales Gallery & Models Now Open

A new community of spacious single-family homes available for purchase in Valley Glen. Featuring contemporary urban design in a commuter-friendly location near shopping, dining, and recreation opportunities along the Tujunga Wash Greenway.

Priced from the high $600,000s
3 Bed / 3.5 Bath - 1,947-2,203 Sq.ft.
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info@theglenla.com or 818-572-6589

Square footages are approximate only. Details may vary considerably and are subject to change without notice. Price effective as of date of publication and subject to change without notice. All renderings are artist’s conceptions and are not necessarily to scale.

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GLEN
ARTS and ENTERTAINMENT

Join us for FREE Concerts at North Hollywood Park
Corner of Magnolia and Tujunga, North Hollywood, CA 91601
Next to the North Hollywood Library

Saturdays, June 16 – August 4
Concerts begin at 7 PM

For more information visit: ValleyCultural.org | PaulKrekorian.org

PERFORMERS

All concerts begin at 7 PM
Local talent will open each show with our headliners immediately following.

Queen Nation – A Tribute to the Music of Queen
Queen Nation carries on the musical torch by playing homage to the golden age of vintage Queen concerts.

Susie Hansen Latin Band
Playing lively Afro-Cuban salsa and Latin jazz, electric violinist and vocalist Susie Hansen has been a favorite in Los Angeles for twenty-five years.

The Best Of Broadway, Vol IV
Broadway’s greatest show stoppers from Carousel to Andrew Lloyd Webber, performed by an outstanding cast with The Center Stage Opera Orchestra.

Paddy’s Pig
Paddy’s Pig performs lively renditions of traditional and original Irish and Celtic music, inviting attempts to update these centuries-old tales, allowing the storytelling to guide their songs.

Raymond Michael-Elvis Tribute
long recognized as one of the best Elvis tribute acts around, Michael continues to perform in a variety of venues—from local, city concerts to national television.

Savor – Santana Tribute Band
Savor honors the career of Latin-rock legend Carlos Santana— from the raw power of the self-titled album in 1969 to hits with current stars that make Santana’s music so well loved.

Lisa Haley & The Zydecats
Lisa Haley’s blue violin and three-octave soaring, compelling "soulful" voice combines elements of every American roots genre. They are a beloved American Cajun/Country band.

NOHO Emerging Artists Showcase
The Emerging Artists Showcase will take place each Sunday during the regular concert season. Bands will be matched up with the genre and/or style of the headliner playing that week.

Billy Mitchell & The Circle of Friends
Brutha ahead for big jazz music injected with contemporary, smooth jazz flavor. Pianist and producer Billy Mitchell is a creative force.

www.valleycultural.org/noho-summer-nights/
20 Years Experience as an Independent Agent
& 20 Years as a Valley Glen Resident

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Become a VGNA Sponsor!

This past year the Valley Glen Neighborhood Association (VGNA) celebrated its 20th anniversary! Even though we are a non-profit organization dependent upon volunteers, advertisers, and neighborhood sponsorship, we’ve made a huge impact on our community.

In 2017 the VGNA:

• “Clean Team” volunteers beautified neglected business and residential areas. We cut, raked, and swept. We called 311 hundreds of time to report dumping and graffiti.
• Delivered over 20,000 professionally-curated newsletters featuring civic and safety information, arts and entertainment events, key developments in schools, and meaningful personal stories.
• Hosted mixers to grow a more tightly knit community.
• Conducted quarterly Town Hall Meetings to keep residents informed and involved with their neighbors, local government, law enforcement, schools, businesses, and artists.
• Managed and updated the VGNA website.
• Maintained a social media presence on Facebook and Next Door.
• Partnered with the LAVC Family Resource Center to help struggling families in Valley Glen.
• Partnered with the Helping Hands Project to take on homelessness in Valley Glen.
• Worked with Councilman Krekorian’s office and the Greater Valley Glen Council to address local issues.

With a population of 62,000 and growing, the VGNA needs to grow as well. Please join us and become a sponsoring member. Help sponsor a bigger and better future for our beautiful community—rich in diversity, talents, and people.

With a $20 Annual Sponsoring Membership you can expect:

• Invitations to our quarterly mixers.
• Regular polling from the executive board about how to allocate our funds and energies for projects, initiatives, grants, and scholarships.

In 2018 we will continue to champion ongoing initiatives and set new goals to positively impact our community. With transparent and resourceful budgeting, we are confident you will see your sponsoring membership elevate Valley Glen in 2018 and years to come.

Join us. If you have questions, would like to help, or to learn more about our upcoming initiatives, please contact Esther Hickman at estherhickman@vgna.org.

Thank you,
The Executive Board of the VGNA
Please Join & Support the
Valley Glen Neighborhood Association
Membership Application

Please provide all information requested.
Incomplete applications cannot be processed.
Please print legibly.

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Membership Class Requested

| ☐ Sponsoring Member (Annual Dues of $20.00) |
| ☐ Business Member (Required Annual Donation and/or Advertising Purchase of at least $250.00) |

Areas of Interest

| ☐ Outreach and Communications |
| ☐ Marketing                   |
| ☐ Grid Rep                    |
| ☐ Neighborhood Improvement Projects |
| ☐ Newsletter                  |
| ☐ School Support              |
| ☐ Event Planning and Support  |
| ☐ Public Safety              |
| ☐ Other (explain)            |

The VGNA respects your privacy and will not use your information for personal or commercial purposes.

Valley Glen Neighborhood Association
13300 Victory Blvd., Box 385
Valley Glen, CA 91401

Phone: (818) 869-4973
e-mail: membership@vgna.org
Meet Marianna and Ignacio from Venezuela. The two met when Ignacio’s sister (convinced that Marianna would be perfect for her brother) arranged a meeting. Eighteen years and two children later, it seems she was right!

Ignacio studied film in Arizona and moved to LA for work. He is a freelance television editor, currently working on a show about classic automobiles.

Marianna, who moved to LA from Venezuela shortly after they met, used to work in advertising production, and is now a full-time mom. The children (ages 8 and 11) keep her busy running a shuttle service to and from: school, volleyball practice, karate practice, play rehearsals, birthday parties, etc.

They shared a recipe for a traditional Venezuelan dish—a family favorite that is easy, and tasty.

**Arepas (Ar-e’-pas)**
Arepas are a staple food in Venezuela. Think of them as tortillas in Mexico or pupusas in El Salvador.

To serve, split lengthwise and stuff with the filling of your choice. The family’s favorite fillings are: Chicken salad with avocado; butter, cheese and turkey; shredded beef; shredded chicken; black beans and cheese; and their all-time favorite, Pabellón: shredded beef, black beans and fried plantains. Enjoy!

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**Ingredients:**

- 1 cup of P.A.N., pre-cooked white corn meal (available in Vallarta Supermarkets)
- 1 1/2 cup of lukewarm filtered water
- 1/2 tsp of salt
- Pre-heat the oven to 375.
- Mix all ingredients together into a smooth consistency.
- Divide the dough into small balls about the size of tangerines.
- Flatten each ball between your palms to make a flat, thick patty.
- Coat a skillet with oil and sear the arepas on both sides over high heat—just until they turn a golden brown.
- Bake the arepas for 25 to 30 minutes—until the outside is crispy.

Do you know someone who represents the diversity of our community? Please introduce them and share a recipe that reflects the flavors of Valley Glen. Send a note to editor@vgna.org.
For the past three months, the VGNA Clean Team has been transforming an overgrown and trash-laden alley just west of Woodman and north of Collins Street. It has been some grinding work with entrenched bamboo, large vines, weeds, and lots of trash.

Check out the pictures!

The VGNA Clean Team is in action on the last Saturday morning of every month. Volunteers meet at Valley Glen Park and then deploy to specific sites. Want to help? Please e-mail to cleanup@vgna.org.

The Clean Team uses brooms, rakes, and other tools lent by the City of Los Angeles (thanks to Sahag Yedalian and Councilman Krekorian’s office) and the power of LA City’s 3-1-1 mobile app to remove trash, weeds, graffiti, and discarded belongings that are a blight on our neighborhoods and streets.

Get involved. Here are several things you can do—pick one:

Pick it Up!
You can make a difference even if no one is watching. If you see litter—pick it up and pitch it in a trash can.

Join the Clean Team!
Come on the last Sat of every month at 8:00 a.m.
At Valley Glen Community Park (corner of Ethel & Erwin) on Ethel Street
Just bring yourself—we supply the mission and the necessary tools, maps, etc.

Become a Representative for your Grid!
Will you volunteer to observe and report to 311 for your section of Valley Glen?

Get Involved!
Join us for the next Town Hall on June 12th

Need to Request a City Service?
CALL 3-1-1