

SHPOA

Shadow Hills Property Owners Association
Dedicated to Preserving Rural Community

A Neighborhood Where Families Grow



Volume 47, Issue 6

SHPOA Nov-Dec 2024

Barn Dance At The Stonehurst
By Tina Eick, SHPOA Board

Mark your calendars for November 9, 2024 for the SHPOA Barn Dance at The Stonehurst!

Dear Neighbors:

This year's community gathering will host a live 4-piece Western Square Dance Band along with 2 callers to provide instructions for line dancing and square dancing. Chili with all the toppings along with cornbread will be served. Beverages (including beer, wine and water) is being graciously provided by our hostess Nancy Kwong. This year's event will give you the opportunity to tour the elegant gardens and multiple venues at The Stonehurst. As parking is limited to on-site only, please try to carpool if feasible. The maximum number of guests allowed is 200 so be sure to get your tickets early. Ticket sales will go on line September 14th on our website www.shpoa.us

If you would like to help, please contact us at shpoa@shpoa.us We need volunteers for cooking a crock pot of your homemade chili, making cornbread, chopping onion, or grating cheese. We need folks to help set up tables and chairs. We need decorators too. If you have white Christmas lights or white/clear cafe lights we would love to borrow them for the day. Make this day even more memorable by getting involved.

We would love to get to know you too!



Recap of October General Meeting By Zoom
By Tina Eick, SHPOA Board

The October SHPOA Meeting (10-8-24) is always an extra meeting dedicated to the nomination of community members to run for the Board Of Directors and to recruit neighbors to volunteer for various committees for the upcoming year. This year's meeting by Zoom (7:03pm) was well attended. Thank you to all for

(Cont'd next column)

BARN DANCE General Meeting SHPOA Election

**9485 Stonehurst Ave., Shadow Hills, CA
91352**

**November 9, 2024
2:00 PM - 5:00 PM**

**Chili (traditional, turkey, vegan) with all the
fixin's, cornbread, refreshments
Line Dancing
Square Dancing**

**Tickets must be bought online. Bring the
ticket you receive from Eventbrite with you
to the Barn Dance.**

To buy Tickets:

**www.eventbrite.com
search for "SHPOA" and scroll down until
you see "SHPOA FALL BARN DANCE AT
THE STONEHURST"**

See article (left) for more details

(Cont'd)

your participation.

It goes without saying that SHPOA only works if people volunteer to help operate and run the SHPOA as it effectively advocates for Shadow Hills' interests.

This past year, SHPOA was able to secure some conditions from the owners of the film studios on Peoria Street regarding traffic and operational issues. Also we were able to get the annoying blinking, blue light turned off which had been flashing all night on the homes on Elinda.

Additionally, SHPOA organized a meeting with the developer who wanted to put 90 homes at 9528 Sunland Blvd. As a result of

(Please see "SHPOA" on p. 2)

2024 SHPOA Board Members

(if no email is listed, please send to board@shpoa.us)

Executive Officers

President:	Tina Eick board@shpoa.us
Vice President:	Jacqy Gamble
Executive Secretary:	Susan Wong
Recording Secretary:	vacant
Treasurer:	Michael Stein
Membership:	Gerardo Barrientos

Appointed Officers

Land Use:	Bill Eick
Equestrian and Trails:	Rosey Payne (Liaison)
Neighborhood Watch:	Vacant
Daily Fodder and Lost/Found Pets	Susan Wong shpoa@shpoa.us
Webmaster:	Michael Stein webmaster@shpoa.us
Traffic Safety Coordinator	Carlos George
Newsletter Editor and Article Collection:	Tina Eick board@shpoa.us
Newsletter Advertising	Michael Stein webmaster@shpoa.us
Newsletter Design/Layout:	Cindy Bloom
Hospitality:	Pam Nesmith
Historian:	vacant

SHPOA's Mailing Address: P.O. Box 345, Sunland, CA 91041

SHPOA's E-mail Address: shpoa@shpoa.us or
board@shpoa.us

Website: www.shpoa.us

Senior Lead Police Officers:

<i>Sunland/Shadow Hills/LVT</i>	Wilcer Godoy 36495@lapd.online 818-634-0705
<i>Sun Valley/Shadow Hills West</i>	Eric Perez 38338@lapd.online 818-634-0755
	LAPD Foothill Div. Front Desk 818-756-8861

Foothill Trails District Neighborhood Council (FTDNC)

www.ftdnc.org

President: Kevin Davis
president@ftdnc.org

Shadow Hills Reps: Cindy Bloom
cindy.bloom@ftdnc.org

("SHPOA" cont'd from p. 1)

the overwhelmingly negative response for the proposal, the project is currently on hold.

We supported an intensive response to the High Speed Rail Environmental Report for the Palmdale to Burbank segment of the California High-Speed rail, and educated our members about the issue.

Currently we have been working with our Area Representatives Arthur Javadyan and Ricardo Flores on street and traffic matters on Peoria St., Wentworth St., Green Verdugo Road, La Canada Way and Sunland Blvd. We are grateful for the consistent response from our council office to help mitigate these issues.

SHPOA volunteers maintain the website, put out in-your-mailbox bi-monthly newsletters, and publish the Daily Fodder 5 days a week to keep the community current on local issues. Additionally SHPOA posts Lost-dog and Found-dog notices in the Daily Fodder. SHPOA advocates for Shadow Hills and equestrian interests with our City Council representatives and government officials on a regular basis.

AND, this year we are co-hosting The Barn Dance at The Stonehurst on November 9, 2024!!! (See Barn Dance announcement)

At the October meeting, the 2025 Election for the Officers for SHPOA was described as follows:

Section 3 of the SHPOA By-laws. Duties: Officers shall fulfill all the duties as described in this section and any additional duties described in the SHPOA Policies and Operating Procedures.

A. The President is the Chairperson of the Board and shall preside at all General Membership and Board Meetings and fulfill all other duties of the Office of President as described in the SHPOA Policies and Operating Procedures. The President shall be ex-officio member of all standing committees with the exception of the Nomination Committee. The President must be a previous SHPOA Board member.

B. The Vice President shall act as an aide to the President and, in the absence of the President, shall assume the duties of the President. The Vice President shall also be responsible for providing guest speakers at the SHPOA General Membership meetings and fulfill other duties as described in the SHPOA Policies and Operating Procedures manual.

C. The Executive Secretary shall keep records of all official documents and correspondence as

(Please see "SHPOA" on p. 3)

("SHPOA" cont'd from p. 2)

required by the Policies and Procedures. The Secretary shall maintain the SHPOA Policies and Procedures manual.

D. The Recording Secretary shall keep an accurate record of the proceedings of all General, Special and Board Meetings, keeping such records as required by the Policies and Procedures manual.

E. The Treasurer shall keep an accurate record of all SHPOA financial activities including, but not limited to, invoices, bank statements and a running log of SHPOA's financial status. The Treasurer must provide a financial report at each SHPOA meeting listing the current account status as well as the income and expenses of the prior accounting period, whether it be monthly, bi-monthly, quarterly, etc.

F. The Membership Director shall initiate a program to increase General Membership, encourage current Memberships in SHPOA and maintain a record of each Member as defined in the SHPOA Policies and Operating Procedures manual.

Below are Volunteer positions for SHPOA Committees:

- A. Land-Use
- B. Equestrian and Trails
- C. Neighborhood Watch
- D. Outreach
- E. Newsletter Design/Layout
- F. Advertising
- G. Special Projects
- H. Webmaster
- I. Technology
- J. Hospitality Chairperson
- K. Hospitality

The current slate of SHPOA Officers for 2025 was presented as follows:

President	Tina Eick
Vice President	Jacqy Gamble
Ex. Secretary	Susan Wong
Rec. Secretary	vacant
Treasurer	Michael Stein
Membership	Gerardo Barrientos

If you would like to run for one of those offices please notify us at shpoa@shpoa.us

Additionally, there will be a write-in option at the SHPOA Election which will be held on November 9th at The Barn Dance at The Stonehurst. Please join us and get active next year. We need you!

Michael Stein, Treasurer, submitted his monthly report as follows:

(Please see "SHPOA" on p. 4)

Shadow Hills Property Owners Association

SHPOA

Membership Form

Shadow Hills area residents, it's always time to join SHPOA! We are here for you!

Your support and participation are vital to the preservation of our rural community.

Membership only = \$30

Newsletter only = \$10 (non-Shadow Hills area)

Donations are always gratefully received.

Name: _____

Address: _____

City/Zip: _____

Phone: _____

Email: _____

Check one: ☐ New ☐ Renewal ☐ Newsletter Only
For Paypal, www.shpoa.us "Online Member Payment" OR
Mail this form with your check to:

SHPOA-P.O. Box 345, Sunland CA 91041-0345

Benefits and Value of SHPOA Membership

Preserve Country Lifestyle

- ✓ Fight for code enforcement to protect residential zoning
- ✓ Provide legal counsel and referrals
- ✓ Expand trail system, open space and wildlife corridors
- ✓ Support equestrians and equestrian organizations
- ✓ Advocacy with government and law enforcement agencies
- ✓ Assisting families impacted by fires or other natural disasters

Protect Public Safety, the Environment and Property Values

- ✓ Initiate Neighborhood Watch groups
- ✓ Liaison to local police and fire departments
- ✓ Assist animal health and care
- ✓ Reduce speeding, unsafe driving and trash truck traffic
- ✓ Community beautification and clean-ups
- ✓ Partner with real estate community
- ✓ Leading the fight to defeat the high speed train proposals

Promote Shadow Hills

- ✓ Market unique lifestyle and real estate properties
- ✓ Conduct SHPOA membership drives
- ✓ Hold general member meetings with guest speakers, helpful information and entertainment
- ✓ Bi-monthly newsletter
- ✓ Daily email outreach and information
- ✓ Website information
- ✓ Special events and signage



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*Adults interested in volunteering to help teach
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(**"SHPOA"** *cont'd from p. 3*)

Treasurer's Report

Unrestricted Cash on Hand: \$11,049.97

Details of The Barn Dance on Nov. 9th was
discussed and volunteers enlisted.

License plate frames are on sale - \$15.00 for
one \$25.00 for two, The plates are either blue
w/ white writing or black w/ white writing.

The meeting was adjourned at 8:20 pm.



Upcoming Events in Council District 7 (CD7)
By Arthur Javadyan
Area Representative for CD7

The following events are being planned for our
district (CD7) for November and December. For
more information, contact Area Representative
Arthur Javadyan at 818-352-3287. Mark your
calendars for these fun, holiday events:

*Stetson Ranch Equestrian Park - Horse
License and Microchip, November 5, 2024 at
15455 Glenoaks Blvd., Sylmar

*Stetson Ranch Equestrian Park - Equestrian
Event, November 17, 2024

*Holiday Tree Lighting Celebration - Sunland
Rec. Center, December 13, 2024



Best Friends Partnering With Los Angeles
Shelters

By Elektra Kruger, Resident

In 2012, Best Friends made a commitment
with the Los Angeles Animal Services (LAAS)
to bring LAAS to a status of No-Kill (defined
as 90%+ life-saving status) with a No-Kill Los
Angeles (NKLA) initiative. Since that time, Best
Friends helped take our city shelters from a pet
lifesaving rate of 57% in 2012 all the way to
91% in 2020. The city had the opportunity to
sustainably secure those gains by retaining
these proven pet-lifesaving no-kill policies.
Despite recommendations from Best Friends
and other NKLA Coalition members, pet life-
saving was deprioritized. Consequently, Los
Angeles Animal Services has been in the news
for overcrowding, safety issues, sanitation,
poor customer service and other problems.
Over the past year, Best Friends has extended
a multi-million dollar comprehensive package
providing immediate and on-going support
to operations prioritizing staffing positions,
training agency restructuring, public and staff
safety, sanitation and continuing rescue partner
support. Unfortunately, Best Friends most

(Please see **"Friends"** on p. 6)

("Friends" cont'd from p. 4)

recent offer collected dust in the Mayor's office for nine-and-a-half weeks while approximately 200 pets each week were dying in Los Angeles shelters. Although Best Friends has refocused its resources to shelters more committed to prioritizing life-saving and are more actively seeking support from Best Friends, they will continue to be an active and vocal agent for the change needed for the Los Angeles to reform the LAAS and to regain and sustain 90% no-kill. Best Friends is now working with NKLA partners to address an urgent need to move 500 dogs out of LAAS shelters and has committed \$250,000 to save the most at-risk dogs.



How to Get Service in Shadow Hills by Susan Wong, SHPOA Board

Do you ever have any problems with any of the following?

Dead animal removal
Loose or confined animals.
Park facility and field maintenance,
Trash and cleanliness issues in City Parks,
Security and park tree/animal/bug issues in City Parks
Private Property Violation, (Request a Private Property Inspection)
Report graffiti
Issues with streetlights
Public Right-of-Way violations: includes streets, sidewalks, parkways and alleys; violations may include the following: Illegal-Auto Repair, Illegal Construction, Discharge of Water, Excavation, Sign Removal.
Leaf Blower Violation
Non-Compliant Vending
Obstructions-building materials
Dumpster/construction bins
Lane closures,
Trash cans
Newsstand vandalism
Report Water Waste
Illegal dumps along our roadways
Trash service-Service not complete
Barricade Removal
Bus Pad/Landing
Curb Repair
Flooding
General Street Inspection
Guard/Warning Rail Maintenance
Gutter Repair
Land/Mudslide,
Potholes

(Cont'd next column)



AUGUST 2024
Changes affecting real estate transactions are going to effect this August. Misinformation is abundant and people are looking for trusted information. As we navigate these changes, I would love to be your trusted resource and go to girl. Our Berkshire Hathaway team is working to keep you updated and protected. Please don't hesitate to reach out with any and all of your real estate questions and needs.

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For a cup of coffee, bowl of sugar or a chat about real estate, I am here. Please don't hesitate to reach out. Call your neighborhood specialist that cares.  *Linda*

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(Continued from prior column)

Sidewalk Repair
Street Sweeping requests
Traffic control devices,
Parking services and violations
Roadway safety,
Parking Device maintenance
For-Hire Vehicle related violations
Bees or beehives
Median island maintenance
Overgrown vegetation/plants
Palm fronds down
Street tree inspection
Street tree violations
Tree emergency
Tree obstruction
Tree permits and Weed abatement for private parcels

Use MyLA311, your connection to City Services. An important benefit of using their website is that it keeps track of service requests and funds the various areas are allocated based on that services are required over the past year.

- Call 311 (this is good if you can't figure out exactly how to report a problem)
- Download and use the MyLA311 App on your

(Please see "Help" on p. 6)

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("Help" cont'd from p. 5)

- phone to report these issues or
- Go to their website: <https://lacity.gov/myla311> to report problems.

In addition: for Abandoned vehicles:

Call 1-800-ABANDON (1-800-222-6366) and get a real person. Evenings, weekends and holidays and leave a voice mail message with your name and daytime phone number. Please provide the following information when you call:

- Vehicle Location Zip Code*
- License Plate
- Vehicle Make
- Vehicle Color
- Vehicle Location (Street, block # and Cross Street)*

For Parking Violations, please call LADOT at 1 866 561 9724 Hour Customer Care Hotline.

Problem vehicles on city streets can also be reported for expired tags. California law requires vehicles to be currently registered if they are driven, towed, stored, or parked on public roads or highways at any time during the registration period.

TAKE PHOTOS

Taking photos is very very helpful in getting service you need. Any time you can safely take a photo, try to do so. The City authorities often need the date and time that the photo was taken to prove the complaint and carry out remediation.

Often when we attach or email photos, the transfer of the photo strips off the time and date of when the photo itself was taken, and the digital info in the received email will show the date and time the photo was transferred instead of the time taken. So you provide the time and date in in one of two ways:

- You can download a free app (there are many; search "time stamp camera" in apps) to allow your photos to have the date and time showing right ON your photo. You can usually turn this app on and off.
- Select the photo out of your library and then swipe up on the photo itself, which brings up all the info about the photo as well as keeping the photo on top of the screen. Take a screenshot of that screen.

(Please see "Help" on p. 7)

("Help" cont'd from p. 6)

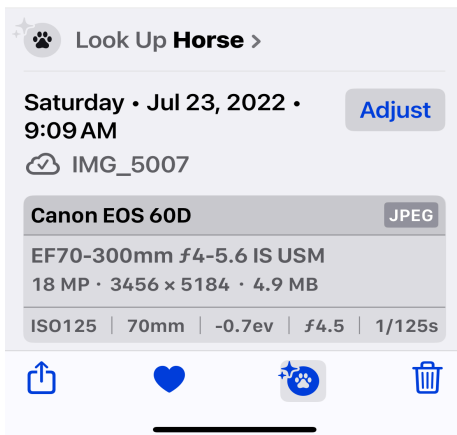
EXAMPLE:



Photo as it appears on your phone



Add a Caption



With photo information. Take a screenshot of this

Send both photos, the original, and the screenshot with the time and date and location information. when filing a request for service.

(Continued next column)

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- Register online: www.laanimalservices.com/Laws_Policies/Dog_License.htm
- Visit in person: East Valley Animal Control located at 14409 Vanowen Street, Van Nuys CA 91405
- For more information call: 888-4LAPET1 or 888-452-7381.

(Continued from prior column)

And VERY IMPORTANTLY, IN ADDITION, Arthur Javadyan, CD7 Area representative for Shadow Hills, has offered to help herd our service requests through the system. Email him a summary of the problem, the service request # (you get when you complete the service request), and any photos, (BOTH the whole photo as well as the screen shot photo). Arthur


(Please see "Help" on p. 8)

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("Help" cont'd from p. 7)

Javadyan, CD7 Area representative for Shadow Hills, 818-352-3287 (main), arthur.javadyan@lacity.org



City Ordinances Related To Foodware And Foodware Accessories

By Elektra Kruger

The City of Los Angeles is a large consumer of goods and a producer of waste including consumption of food or beverage and use of its related Foodware and Foodware Accessories. This had led to the approval of three Ordinances each dealing with some aspect of the world of waste with the hope of bringing the City to a State of Zero Waste. The Los Angeles Neighborhood Council Sustainability Alliance supports the overall Draft Program as defined within the three Ordinances, however does recommend consideration of a project alternative that would include two additional upstream measures and removing some downstream measures. The recommended additional upstream measures would include prohibiting the sale of all products packaged in polyvinyl chloride (PVC) and polyvinylidene chloride (PVDC) as well as prohibiting the new installation of artificial turf. Artificial turf contains hazardous PFAs (per- and polyfluoroalkyl) chemicals known as "forever chemicals" which are carcinogenic and contain endocrine disruptors, neurotoxins and microplastics. Runoff from artificial turf contaminates drinking water, rivers and oceans with PFAs and microplastics. The Environmental Protection Agency has reported that there is no safe level of PFAs. Additionally, artificial turf can reach temperatures that are 70 degrees higher than air temperature readily reaching up to 180 degrees or more which can create a heat island effect. Artificial turf is an impervious surface impeding groundwater recharge and increasing risk of flooding. It also "off-gasses" ethylene and methane thereby contributing to the climate crisis. Recommended downstream measures should include such things as prioritizing cleaner, safer and more sustainable solutions to plastic waste management by leaving out harmful black-bin facilities such as mixed material processing facilities (also known as "dirty materials recovery facilities" or dirty MRFs), advanced thermal technologies and non-combustion thermal technology facilities from the downstream measures. PVC and PVDC are both not recyclable and are toxic resulting in harmful exposures at every stage of their lifecycles. PVC in the waste stream causes problems regardless of where it ends up. PVC packaging can contaminate otherwise recyclable plastics leading to an entire bale of recyclable material like

(Please see "Foodware" on p. 9)

(**"Foodware"** cont'd from p. 8)

polyethylene terephthalate (PET) being rejected for recycling or contaminating the finished recycled product if it is missed. Even PVC that does not go in the recycling stream has a drastic environmental impact. If being mixed with other garbage that may either be incinerated and thereby producing carcinogenic dioxins and furans or sent to landfills where the vinyl chloride contaminates landfill gas and releases harmful chemicals into the air and groundwater.



Historic Period Of The Tujunga Village – The American Period

by Elektra Kruger, Resident

In 1867, during the American Period, Pedro Ybarra was the first person to file a homestead, mining and water claim in the Big Tujunga Canyon area though very few did so because the region, in general, was a barren semi-arid desert. The land was nearly impassible with numerous deep washes, large rocks, cacti and thick undergrowth. But a few enterprising people did continue to come. In the 1870s, Rancho Ex-Mission San Fernando was acquired by George and Benjamin Porter and Charles MacLay who was to become a California State Senator. When this partnership dissolved, Senator MacClay took over some 56,000 acres of the north and northeasterly parts of the ranch. The first major steps toward local development began in 1874 when Charles MacClay founded the town of San Fernando. The Southern Pacific Railroad had just laid an extension there. About the same time, David W. Alexander acquired Rancho Tujunga. Development would now begin on the lands of that Rancho. Ownership of the Rancho would change hands a number of times. First to see development would be the eastern portion of the Rancho – today's Sunland-Tujunga which lay some 4 miles east of the old village. Later came the western portion of the old rancho, just east and north of what later came to be known as Stonehurst. In the 1870s, a number of settlers were living near present-day Foothill Blvd/210 Freeway on public land adjacent to the northern boundary of Rancho Tujunga. Completion of the railroad to San Fernando and the later tie-in with the main continental railroad system in 1876 along with changes to laws relative to the allocation of local water sources accelerated local development. New owners acquired several large tracts of the Tujunga Ranch. A boom during the years 1886-1888 resulted from the passage of the Wright Act which created irrigation districts which encouraged agricultural development. M.L. Wicks, a resident of Glendale, purchased and subdivided the land adjoining the MacClay Rancho

(Continued next column)

(Cont'd)

which lies immediately southeast of the future Stonehurst. Stonehurst now boasts having a Wicks St. bordering Stonehurst Park. The not-so-local local U.S. Post Office was established in Roscoe in 1887 (originally named the Roberts' Post Office and later the Sunland Post Office). The Tujunga School District was established in 1888 to today's Lake View Terrace. The San Gabriel Timber Reserve in the mountains north of the Tujunga Wash (today's Angeles National Forest) was established in 1892. This was the second Timber Reserve in the United States, the first in California.



Standing Reward For Copper Wire Theft Reports

By Elektra Kruger, Resident

On February 13, 2024, the City Council's Public Safety Committee reviewed a Motion presented by Councilmember Kevin DeLeon relative to copper wire theft and streetlight vandalism. We are all aware of the high incidence of streetlight copper wire theft and the resulting outages. We are talking about some 223,000 streetlights citywide. While the Bureau of Street Lighting has been aggressively tackling the backlog of repairs due to damage caused by copper wire theft and streetlight vandalism, it has also invested in preventative measures to protect streetlight infrastructure. However, despite significant investments in repairs and prevention by the City, copper wire theft and streetlight vandalism has still resulted in extended repair times forcing impacted residents to go for weeks without adequate streetlighting while repair crews are responding to outages all across the City. In the past, the City has established monetary reward programs for information leading to arrests and convictions for a wide variety of crimes effecting public welfare. While currently the City Council may authorize rewards for information leading to arrests for specific incidents of copper wire theft on a case-by-case basis, why not a standing reward program which would allow law enforcement to more efficiently solicit the public's help in dealing with this theft/vandalism issue? After consideration of the Motion and providing opportunity for public comment, the Committee recommended approval of the Motion with minor amendments. The City Council's Public Safety Committee recommended that the City Council instruct the Los Angeles Police Department, the City Attorney, the Bureau of Street Lighting and the City Clerk to prepare and present recommendations to establish a standing

(Please see **"Copper"** on p. 10)



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("Copper" cont'd from p.9)

reward offer program for information resulting in the identification, apprehension and conviction for copper wire theft and streetlight vandalism crimes and thefts of bronze plaques and statues that occur within the City, including how the reward program is to be administered and what the potential fiscal impacts may be. Additionally, instruct the LAPD and any departments that may offer assistance to prepare and present recommendations for the implementation of a public service announcement campaign informing residents of a standing reward offer for information on copper wire theft, streetlight vandalism crimes and thefts of bronze plaques and/or statues. At the February 14, 2024 City Council meeting, the vote was 13 ayes to 2 nays to adopt the Committee's recommendations. Our Councilmember Monica Rodriguez was among the ayes, the two nays were Councilmember Eunisses Hernandez (CD 1) and Councilmember Hugo Soto-Martinez (CD 13).



LA CITY COUNCILWOMAN, 7TH DISTRICT

MONICA RODRIGUEZ

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1 PM - 5 PM

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the Barn Dance, or email us at shpoa@shpoa.us
us and we will arrange for you to pick them up.

The Cyclical Rhythm of Seasons By Eva Lund, Resident

The cyclical rhythm of the seasons mirrors the natural flow of life itself. Spring brings the promise of new beginnings, summer represents the fullness of life, fall encourages reflection and letting go, and winter symbolizes rest and preparation for the next chapter.

This past summer in Sweden, I had the pleasure of being introduced to Ronnie Gardiner, a renowned American-Swedish jazz drummer



and creator of the Ronnie Gardiner Method (RGM). RGM is a rhythm-based therapeutic approach used to help rehabilitate stroke victims. Gardiner's belief that "everything in life is rhythm" reflects his deep understanding of how rhythm plays a fundamental role in all aspects of existence. To him, rhythm isn't confined to music but is an essential part of both the natural world and human experience. From the heartbeat that sustains life to the cycles of day and night, the changing of seasons, and the regularity of breathing, rhythm is a constant presence in our bodies and environment.

RGM has been in use in Sweden since 1993 and has shown promise in neurological rehabilitation,

particularly for stroke victims and individuals with Parkinson's disease. If you're interested, you can explore more about the Ronnie Gardiner method at <https://www.ronniegardinermethod.com/>.

Autumn: A Time
(Please see "Seasons" on p. 12)



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(**"Seasons"** cont'd from p. 11)

for Transformation: Fall represents a season of transformation and change. It's when nature gracefully lets go to make room for renewal and new beginnings. This season invites us to slow down, embrace the present, and look forward to the fresh possibilities ahead.



Goat Cheese Adventure at Special Spirit: At Special Spirit, we've recently embarked on something new—making goat cheese! Under the supervision of Shenae and Suzy, (from ETTA and Tierra del Sol), the farmers take care of our two goat mamas, Payasa and Rascal. Both gave birth in April, and their kids have now been weaned.



(Please see **"Seasons"** on p. 13)

("Seasons" cont'd from p. 12)



Payasa, with her alpha personality, is the first to greet you at the ranch and loves attention, especially if it comes with yummy oats in exchange for letting us milk her. Her daughter Rascal, who was just a kid when she arrived, has grown into a mischievous and playful mama. Rascal is known for her antics—she figured out how to open the gate and escape into the garden, much to the dismay of our farmers who work hard on those plants! Her two kids, now six months old, follow in her mischievous footsteps.



(Please see "Seasons" on p. 14)

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("Seasons" cont'd from p. 13)

Shenae and the farmers milk Payasa and Rascal daily, collecting about 1.5 gallons of goat milk each day. Recently, we hosted a goat cheese-making event with one of our close neighbors, Yangzom, who lives just down the street. Around 20 people attended the event, where Shenae brought 10 gallons of goat milk to make a variety of cheeses using herbs from Yangzom's garden. It was a fun and delicious experience for all!

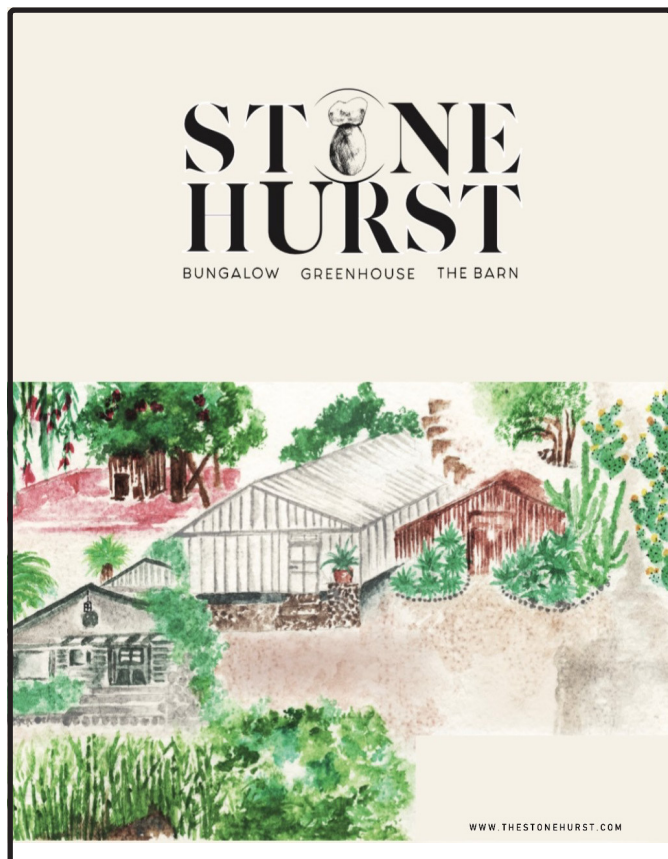
Making Goat Cheese is Simple!

If you'd like to try making your own goat cheese, here's a simple recipe:

Ingredients: Goat milk, Lemon juice or white vinegar, A pinch of salt

Instructions: Heat the goat milk to about 175°F (not boiling), Add the acid (lemon juice or vinegar) and let it sit for 10 minutes as the milk starts to curdle, Pour the curds through a cheesecloth and let them sit for 1-2 hours, Squeeze out any excess liquid, Transfer the curds to a bowl, add salt and any herbs you like, and enjoy your homemade goat cheese!

If you're interested in making your own goat cheese, come see Shenae or Suzy. We sell fresh goat milk for \$15 per half gallon.



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***BARN DANCE - General Meeting
SHPOA Election***

9485 Stonehurst Ave., Shadow Hills, CA 91352

**November 9, 2024
2:00 PM - 5:00 PM**

**Chili (traditional, turkey, vegan) with all the
fixin's, cornbread, refreshments
Line Dancing
Square Dancing**

**Tickets must be bought online. Bring the
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Community Calendar

Foothill Trails District Neighborhood Council (FTDNC)

- 3rd Thursday, Every Month 7 p.m.
- Lakeview Terrace Recreation Center
- www.ftdnc.org

FTDNC Land-Use Committee meeting

- 1st Tuesday, Every Month 7 p.m.
- Via Zoom (see www.ftdnc.org calendar)

FTDNC Equestrian Committee meeting

- 2nd Thursday, Every Month 7 p.m.
- Via Zoom (see www.ftdnc.org calendar)

FTDNC Public Safety Committee meeting

- 2nd Wednesday, Every Month 6 p.m.
- Lakeview Terrace Recreation Center

LAPD Community Coffee Time

- 1st Thursday, Every Month 9:00 a.m.
- SVANC Office, 8720 Sunland Blvd., Sun Valley

Hansen Dam Park Advisory Board

- LAST Tuesday, Every Month 7 p.m.
- Hansen Dam Horse Park Club

ETI C20

- 1st Monday, Every Month
- Nikki Ahten, 818-489-6527
- ETINational.com

Key Community Locations & Contact Info

All Nations Church: 10000 Foothill Blvd., Lake View Terrace
Bolton Hall: 10110 Commerce Ave., Tujunga (818-352-3420)
Lake View Terrace Recreation Center: 11075 Foothill Blvd.,
Lake View Terrace
Shadow Hills Presbyterian Church: (Johanna/Sunland Blvd.
intersection); Pastor Arlo Tysinger (818-353-2500)
Stonehurst Park: 9901 Dronfield, Stonehurst/Shadow Hills (818-767-0314)
Stonehurst Elementary School: 9851 Stonehurst Ave., Sun Valley
(818-767-8014)
Tierra del Sol: 9919 Sunland Blvd., Shadow Hills (818-352-1419)
Village Christian School: 8930 Village Ave., Sun Valley (818-767-8282)
City of LA North Valley Neighborhood City Hall/Office: Council Member
Monica Rodriguez, District 7, 7747 Foothill Blvd., Tujunga, CA 91042,
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