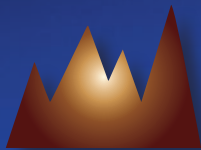
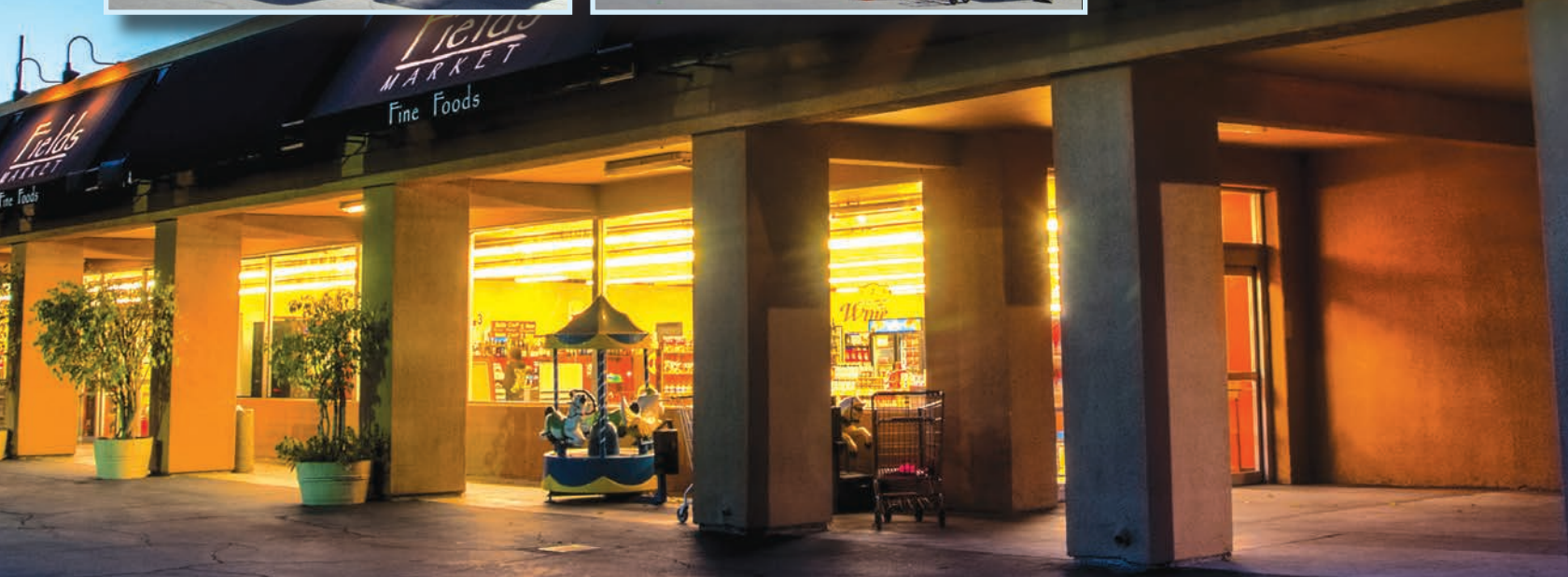


SUMMIT LIFE

VOLUME IV, #34



MAY 2016



FOOD AND FILM, A PROFITABLE MIX

About once a month, sound trucks and lighting equipment fill the parking lot of Fields Market while television stars fill the store. Desperate Housewives, CSI, L.A. and Criminal Minds have shot scenes here. Since 2003, filming has bought the 25,000 square-foot super store at the corner of Woodlake Avenue and Saticoy Street the right to be fiercely independent, explained co-owners Bill Rinck and Richard Smith.

CHARLIE'S STORY: THE WORLD WOULD BE A BETTER PLACE IF WE PRACTICED CHARLIE RAY'S WAYS

(Editor's note. Kit and Debbie Berini moved into a mobile home next to the Summit clubhouse shortly after their marriage 27-years ago. Many consider Kit the Park's mayor, always greeting new tenants, always helpful. Debbie is the Park's office manager. Unfortunately, they were not blessed with children. For five year's before his passing, "Charlie" was the substitute, an animal full of kisses and unconditional love to the end.)

By Kit Berini

It all began on a very cold day in February 2012. I was a Meter Reader for the City of Glendale. I had my assigned route for the day. So I started my journey as I had done every day for the past 22 years not knowing an event later in that cold rainy day would change and touch my life and my wife's life for the next four years. And may I say our hearts.

I was at the beginning of a street named Raymond. I noticed this small, dirty tan dog eating trash on someone's lawn. I stopped for a moment, and said hello to the little guy. He looked at me and then continued his snack. As I approached the corner of the block, I again noticed this same little dirty tan dog, but this time he was sitting in the middle of a busy street, not moving, as if he had just given up.

I slowly approached the curb and called to him, "Hey little guy, want to come to me? You're in a bad place." To my surprise, he ran to me and jumped into my arms as if to say "someone cares". I checked him out, and said to myself, he's a mess. Badly matted fur, long nails, smells

like urine, fleas and terrible breath. But when I pushed his hair back away from his face, I looked eyes with the kindest, sweetest face I had ever seen, and I got the biggest kiss ever! Well, my heart melted right there, and I knew my wife's would, too.

Fast forward a week. Charlie was adopted. We officially named him Charlie - after the little Charlie Brown Christmas tree that just needed a little love. We gave him a middle name, Ray, because I found him on Raymond street, and of

*Charlie became
the talk of the
neighborhood.
Everyone loved
his spirit
and kind,
loving way.*

course, Bernini was his last name. Welcome Charlie Ray Bernini.

Well, the first stop was the groomer. The groomer said to me, "This is going to be quite a project", as she laughed. So, approximately 3 hours later, I arrived to see this awesome, shaved, happy, white little guy, and he was so proud, as if to say, "Look at me, quite handsome, don't you think?" The groomer then notified me I needed to get him to the Vet. He had some serious issues.

We immediately proceeded the 2 miles or so, to the vet. After an

exam, the Vet informed me it was going to take some serious care to get Charlie healthy. He had six abscessed teeth, infection in both ears, worms and bad fleas.

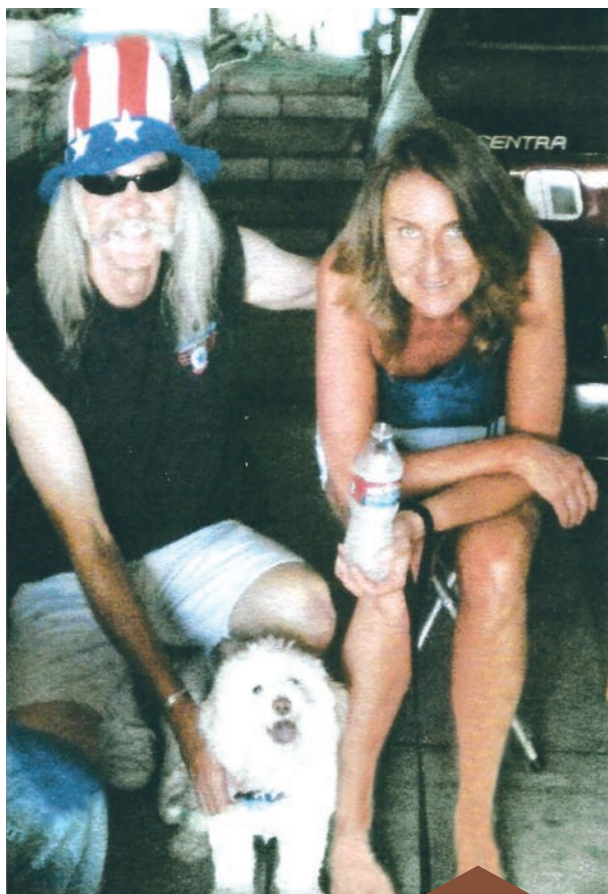
Well, about 6 weeks down the road, Charlie became the talk of the neighborhood. Everyone loved his spirit and kind, loving way. I can't begin to tell you how much we had fallen in love with our little guy. All through dental surgery and painful ear treatment, he was always so happy. He was always wagging that tail and was always on my lap, hoping for a snack and looking at us as if to say, "Don't worry Mom and Dad, I have no trouble eating without those teeth, I worked it out." Charlie loved his food!

About a year had passed and Charlie was loving life. His groomer had noticed a few small warts on his body, but she was able to work around them. She told us that this was not uncommon. Little did we know that it would later become life-threatening.

More warts showed up that required surgery to remove them, and then recovery. The doctors became bewildered at their presence. They said they had never seen a case like this before. Two years later, Charlie was happy and again looking for more snacks.

It wasn't long after this, on one Saturday morning, that Charlie and I had gone for a walk when he suddenly collapsed. My wife and I rushed him to him to the Vet.

After several blood tests, the news was not good. Charlie had almost no red blood cells left in his body, and we were instructed to take him to a doggy trauma center. He was admitted and made it through the



"Charlie" is shown with Kit and Debbie Berini during happier days. The dog passed away in late April from multiple illnesses.

night. That Sunday, it was diagnosed as a toxin attacking his liver. He was subjected to a blood transfusion, medicines and IV's. Seven long days later, Charlie was back home, and, as usual, looking for snacks. The doctors were unable to pinpoint the exact toxin, but thought it may have been a spider bite, or scorpion? Perhaps he had stepped on something on one of his walks. But, anyway, once again Charlie was finally well.

This joy, however, lasted only 6 months. He needed another surgery to remove more warts. However, the warts were now spreading and growing rapidly. The doctors were still stumped, saying they had never seen a case this bad. But Charlie still remained a happy, loving little guy, despite the discomfort from the warts.

Later, after I had become very ill myself, and I had returned home from the hospital, Charlie was by my side every minute, kissing my hand. My wife had mentioned that Charlie had stayed close by her during my stay in the hospital, as well. He knew we needed him, and he was always there.

Well, this last year was the most difficult. Two more wart removal surgeries, recovery, treatments, special medications, medicated baths every seven to ten days. But still, his tail kept wagging, and he was always up for a treat.

He would bark every time Mom was in the kitchen cooking or I was having my morning toast.

He loved Mom's chicken breast, and my toast. If he got single bite, it was the best day ever!

APRIL 25, 2016. Our dear, sweet Charlie Ray Berini could fight no more. We had to let him go. While our hearts are broken, we are reminded of all the things he taught us... unconditional love, loyalty, kindness and trust. Charlie showed us those traits every day. Even in his last days, his tail was wagging, always showing his love for us."

Just spell "DOG" backwards—I think they are here to teach us. Charlie, we truly believe, was an angel.

In closing, my goal would be for us to practice those things that Charlie showed us every day. Be loving and kind to each other and animals, and be trustworthy and loyal to your family and friends. ❖

Mayo Clinic Health Letter:

If You Eat Red Meat, You'll Soon Be Dead, You Muttonhead!

Q Is pork considered a red meat or a white meat?

A **Pork is unquestionably a red meat.** Despite an extensive advertising campaign over the years that has claimed otherwise, and the fact that pork usually doesn't look as red as beef when cooked, pork is in fact a red meat. Myoglobin is a protein in meat that holds oxygen in muscle tissue. The amount of myoglobin in animal muscles determines the color of the meat. Pork is classified as red meat because it contains more myoglobin than does true white meats, such as chicken and fish. In general, all mammal muscle meat – including beef, lamb, goat, pork or venison – is considered red meat. **This classification is IMPORTANT FOR THE FOLLOWING HEALTH REASONS:**

- **Cardiovascular Risk** - Red meat typically contains more saturated fat than does white meat. Saturated fat is a key contributor to undesirable cholesterol levels. This in turn contributes to artery-clogging atherosclerosis and cardiovascular problems such as heart attack and stroke.

One recent review of research found that red meat consumption was associated with a 16 percent higher risk of dying of cardiovascular disease. No association was found with consumption of white meat.

- **Cancer Risk from Processed Meats** – The World Health Organization (WHO) recently announced that processed meats – which is often red meat, but includes any meat that has been salted, cured, fermented or smoked – is a known cause of cancer, particularly colon cancer. Every 1.7-ounce increment of processed meat consumption each day resulted in an 18 percent increased risk of colorectal cancer.

- **Cancer Risk from Unprocessed Meats** – The WHO also announced that unprocessed red meat is probably a cause of cancer. The research is less certain than for processed meat, but evidence points to a 17 percent increased risk of colorectal cancer from consuming about 3.5 ounces of red meat daily.

It's not fully understood why red meat increases cancer risk, but cooking red meat over flames or high heat can produce potentially cancer-causing substances in the meat.

- **Decreased Longevity** – A large European study found that people who consumed more than 5.5 ounces of red meat daily had a 14 percent increased risk of dying over the course of the study compared with people who ate less than an ounce daily.

In the same study, people who consumed over 5.5-ounces of processed meat daily had a 44 percent increased risk of dying over the course of the study compared with people who ate less than an ounce daily. Consumption of poultry showed no association with premature death.

IT'S A SYMBIOTIC RELATIONSHIP, SAYS RESTAURANT OWNER TERRY GALLAGHER. SHE SUPPORTS GIUSEPPE'S AND GIUSEPPE'S HAS WORKED FOR HER.

By Marci Wormser

Local restaurant owner Terry Gallagher lives by the mantra, "change is good."

A decade ago, the Philly native bought West Hills-based Giuseppe's Ristorante from its original owner, Giuseppe, when he retired after 25 years.

Giuseppe was very loyal to his customers, and Terry promised him she would keep true to the original as much as possible. She kept her promise, "upped the game" on the current menu items and created new options to entice new patrons.

"The recipes he used are still there but I improved on them," says Terry. Giuseppe still visits from time to time to "stir the pot." The old menu, Terry says, was pretty basic, but now there's a lot more variety to choose from.

Her new menu items and her sauce are based on her old family recipes, and are named after her Italian family members.

Her most popular item, "Mom Mom's Macaroni," is named after her grandma. Another popular dish, "Big Lou Pizza," is named after her uncle Lou.

The restaurant, says Terry, makes everything from scratch, including the dough.

Despite the ownership change, most of the customers have stayed loyal to the restaurant, and it has retained most of its "old-timers," she says. That loyal fan base includes some residents of The Summit.

As a "neighborhood, family restaurant," most of the patrons hail from the local area. And as such, Terry believes in supporting

Larry LaCom/
Summit Life photo.



the community that continues to support her. That has included making mac-and-cheese for hundreds of people to support a local school, hosting \$1 pasta nights to benefit the community and contributing gift certificates for silent auctions. "I support this community 100%," she says.

A mother of two grown children, Terry, 56, didn't always aspire to be a restaurant owner. Prior to owning Giuseppe's, she worked as a chief financial officer for a music production company in Santa Monica for 15 years. The daily drive to go to work, she relates, was brutal.

She has also done catering work since 1983 as a hobby. With her business and catering background, a friend suggested she open a restaurant.

"Everything I've ever learned in my life has enabled me to run this business," says Terry. "I'm the accountant, I'm the manager, I'm the staffer," she says. "I like to call myself

the head cook and bottle washer."

Although she employs 17 people part-time, she handles the brunt of running the business herself. Besides being the daily menu planner, she maintains the inventory, does all the purchasing, accounting, payroll, electrical work and carpentry.

Despite low pay and long hours, Terry says the camaraderie with the customers, employees and the community brings her more satisfaction than her previous high profile job.

"I work twice the amount of hours for half the pay, but I wake up every day happy," she says. "Giuseppe's is my dining room, and I love inviting people for dinner."

The "dining room" seats 60 people inside and 60 on the patio, and she has spent over \$70,000 in repairs, maintenance, remodeling and upgrades. The only original furniture left, she says, are the cushions on the back of the booths.

Everything else has been replaced.

RESTAURANT OWNER TERRY GALLAGHER. THE COMMUNITY WORKED HARD TO SUPPORT THE COMMUNITY



Terry Gallagher purchased Giuseppe's a decade ago and has worked to expand the menu and bring in new customers, many from the Summit Mobile Home Park. Larry LaCom/Summit Life photo.

"It was really in need of a makeover," she says, alluding to the plastic red-and-white-checkered tablecloths that used to adorn the tables and the "1980's-style salad bar."

She revamped the salad bar, changed the overhead lighting fixtures and built a wine bar, complete with an extensive list of both house and premium wines. "Prior to this, Giuseppe's served Chablis and Chianti, typical of an '80's pizza/pasta place," relates Terry.

Because she understands that variety is the spice of life, Terry says she would like to start giving up more control in the kitchen and bringing in some "fresh blood" in the way of younger chefs who will



Located in the mini-mall at 23701 Roscoe Boulevard, Giuseppe's Ristorante features fine Italian food and romantic outside dining. Larry LaCom/Summit Life photo.

help upgrade the menu.

While she doesn't see herself continuing to run the business for more than the next 10 years, in the meantime, she wouldn't rule out an expansion – at another location in the Valley.

"If the opportunity presented itself," she says, "I would do it. I would definitely expand if I could find a business (location for sale)."

That expansion would entail a second restaurant that offers a limited lunch menu.

With her 10 years of restaurant experience, she knows she has what it takes to make a second venture successful. But too many aspiring entrepreneurs, she warns, go into the business blindly.

"People just don't understand how hard it is," she says, alluding to the fact that a large percentage of small restaurant owners are forced

to close up shop within the first five years. "You have to think about it financially first."

Terry says people mistakenly believe that they will spend a majority of their time cooking.

"You have to learn to do everything," she advises. "That's how you make it."



Giuseppe's Ristorante is located at 23701 Roscoe Boulevard, on the corner of Valley Circle Boulevard. The restaurant can be reached at 818-716-7894. It's open for lunch from 11 a.m. to 2 p.m. Monday through Friday and for dinner seven days a week, starting at 4:30 p.m. For more information and for a sample menu, visit www.momsfamouskitchen.com. ♦

When Does The Summit Mobile Home Park Become Flushing Meadows, A Onetime New York Sewage Dump? When Residents Don't Take The Park's On-Call Messaging System Seriously, That's When.

Plumbers are not cheap, particularly when they are repairing sewer lines. So you can imagine the park's consternation over an expensive sewer repair that took two days to complete instead of one.

What happened? Park residents did not pay attention to a One Call message from the clubhouse that asked them to refrain from flushing their toilets from 10 a.m. to 4 p.m. Instead, as workers opened the sewer line, a rush of effluent almost knocked them over and continued to flow for most of the day.

"How can we reasonably service and maintain the park during the work week if resident's frustrate our good faith efforts," asked Philip Miller, Park Co-Owner. "Instead of restraint after our on-call messages, what we got was a water fall."

"The next time this happens," said Mr. Miller, "we intend to solve the problem by turning all the water off in the park. This will only allow you to flush the toilet one time and one time only. I know it's Draconian, but if residents keep playing games with us, we'll have to come up with a straight flush," he said.

COOL TREATS FOR HOT DOGS

By Bill Kreke

Owner, Kahuna Dog Walking, LLC
(818) 806-WALK

Summer temperatures are here at The Summit but you and your dog don't need to sweat it.

The past few years there has been a growing concern of toxic ingredients in pet foods and treats. Sometimes these ingredients are only found after a number of pets have become seriously ill or worse.

For example, peanut butter has long been safe for dogs but some manufacturers have changed the recipe to include the sweetener Xylitol. Xylitol is a low cal sugar substitute safe for humans but extremely toxic to dogs. Xylitol is found in many foods such as: Peanut Butter, Yogurt, Mouthwash, Toothpaste, and Sugar Free Gum. When making homemade pet treats always check your labels to insure they are Xylitol free products.

Here are two simple and inexpensive treats you can make to keep your pet cool during hot summer days. Best of all, you control the ingredients so you know it's safe.

...

PEANUT BUTTER FROZEN YOGURT

I love this treat because it's so simple and uses only two ingredients. It also tastes pretty good. Remember to make sure your peanut butter and yogurt is Xylitol free.

Ingredients:

- 1 cup peanut butter
- 32 ounces vanilla yogurt

Directions:

1. Melt the peanut butter in a microwave safe bowl
2. Combine the melted peanut butter and yogurt
3. Pour the mix into cupcake papers
4. Place into freezer

BACON DOG COOKIES

The second treat is a little more involved but who doesn't love bacon! Because of the high sodium content, I suggest using uncured bacon and low sodium chicken broth.

Ingredients:

- 3 slices of uncured bacon
- 2 ¼ cups whole wheat flour
- ½ cup toasted wheat germ
- ½ cup flax seed
- ½ cup nonfat dry milk
- 1 large egg
- 1 cup low sodium chicken broth
- 1/3 cup chopped parsley

Directions:

1. Preheat the oven to 350°F. Line large shallow baking sheet with parchment paper.
2. Cook bacon until crisp, turning once or twice, about 6-7 minutes. Drain bacon, transfer to a cutting board and finely chop it. Reserve 1 tablespoon bacon fat for later.
3. Combine the chopped bacon, flour, wheat germ and dry milk in a medium bowl. Whisk together reserved bacon fat, egg, broth and parsley in a separate bowl. Pour the wet ingredients into the dry and stir until a rough dough forms. Knead the dough in the bowl 5-6 times until it comes together.
4. Turn the dough out onto a lightly floured work surface and roll out to a 1/4-inch thickness. With a 2-inch round cookie cutter, cut out treats and transfer to the prepared baking sheets. Press all the scraps together, kneading once or twice, then roll out to one quarter inch thickness and cut out more treats.
5. Bake treats until lightly browned and fairly hard, rotating the pans from top to bottom once, about 35-40 minutes. Remove from the oven and cool completely; biscuits will harden as they cool.
6. Store in an airtight container.

AROUND THE TOWN

VALLEY HAPPENINGS, MAY

A FAERY HUNT'S AMAZING FAIRY ADVENTURE

Performance in
San Fernando Valley
Date(s): 06/18/2016
Day(s): Saturday
Time(s): 10:30 a.m. - 11:30 a.m.
Address: 19130 Ventura Blvd.
Tarzana, CA 91356
Phone: 818-324-6802
Cost: \$12.50
A Faery Hunt shows are interactive performances designed for young audiences and their families to inspire creativity, imaginations and fun. Join this interactive performance filled with beautiful fairies, music, laughs and fun. As the audience makes their way through the forest, they actually become part of the story.

PERFORMANCE REIMAGINED

Performance in
San Fernando Valley
Date(s): 06/18/2016
Day(s): Saturday Sunday
Time(s): 7:30pm Saturday and 2:00pm Sunday
Address: 18111 Nordhoff Street, Northridge, 91330
Phone: 818-898-9597
Cost: \$17, GA - \$12, Students/Seniors/Alumni/Veteran

Performance Reimagined is a two-act dance/opera developed

using opera arias, art songs, improvisation and movement to create an exciting new theatrical experience featuring 32 outstanding singers from across the United States. A passionate experience of human voices and bodies in motion.

FATHER-DAUGHTER BALL HOSTED BY 'PRINCESS ROSE'

Special Interest in Burbank
Date(s): 06/18/2016
Day(s): Saturday
Time(s): 4pm-7pm
Address: 2006 W Magnolia Blvd., Burbank, CA 91506
Phone: 323-905-BYPP
Cost: \$60-\$75

The all-inclusive event will feature a meet-and-greet with the enchanting "Princess Rose," scrumptious hors d'oeuvres, a dessert bar, sing-along, Princess fashion show, face painting, live music, photos, goodie bags, plus a special daddy-daughter dance lesson taught by Heather Rivers of the Little Stars Performing Arts Academy

CAR SHOW AT WVCC - HONORING MIKE BOISCLAIR

22455 SHERMAN WAY, WEST HILLS, 91307 (818) 884-6480 - FREE - THE CAR SHOW AT WVCC - Honoring Mike Boisclair FREE

entry for drivers and FREE entry for spectators 3:30 p.m. Car registration 4 p.m. - 7 p.m. Car show, raffle, silent auction 6 p.m. - 6:30 p.m. F
Special Interest in San Fernando Valley
Date(s): 06/19/2016
Day(s): Sunday
Time(s): 4 P.M. - 7:30 P.M.
Address: 22455 SHERMAN WAY, WEST HILLS, 91307
Phone: (818) 884-6480
Cost: FREE

DADITUDE WITH CRAIG SHOEMAKER

Comedy in Burbank
Date(s): 06/19/2016
Day(s): Sunday
Time(s): Starts at 5 pm to 6:30pm
Address: 102 E Magnolia Blvd, Burbank, CA 91502
Phone: 818-845-9721
Cost: 25.00 per person + 2 drink Min

From his new 90-minute SHOWTIME special, "Daditude," it's The Lovemaster, Craig Shoemaker! His ability to entertain in an amusing & relevant way is one act you don't want to miss

Come see Craig with us on Fathers day!



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 and its amendments.

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