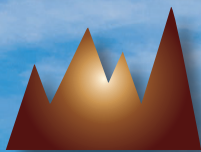
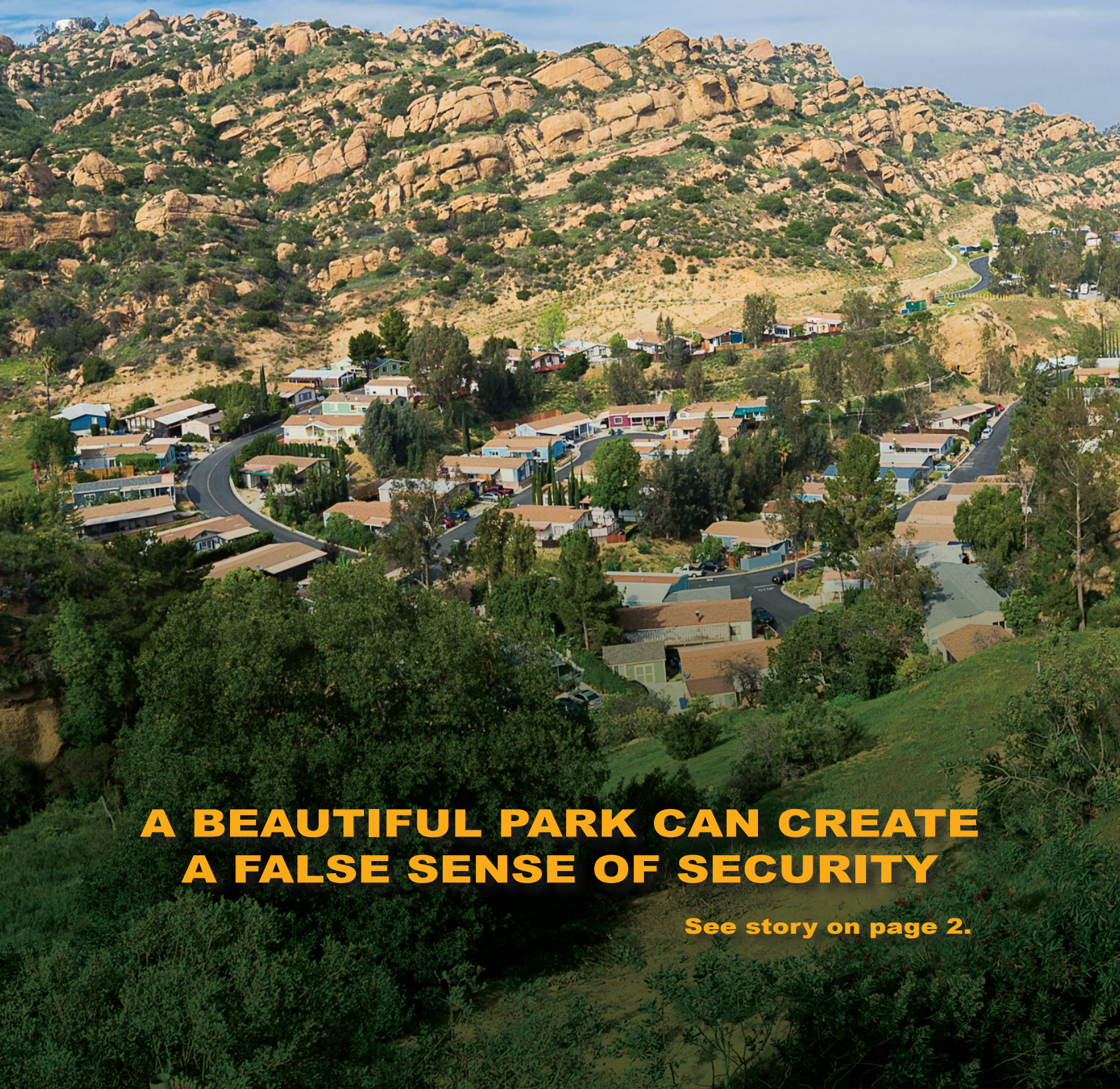


SUMMIT LIFE

VOLUME IV, #32



MARCH 2016



**A BEAUTIFUL PARK CAN CREATE
A FALSE SENSE OF SECURITY**

See story on page 2.

Reassessing Security:

SUMMIT PARK AND ITS NEIGHBORS MUST L

How NOT to communicate is exquisitely portrayed in this brief 19th century poem about Boston society. “Here’s to good old Boston, home of the bean and the cod, where the Lowells speak only to the Cabots and the Cabots speak only to God.”

Communications today is even more unspeakable when you think about it. While we friend each other on Twitter and like each other on Facebook, we often won’t go out of our way to actually speak to each other as neighbors.

And that’s why Neighborhood Watch programs fail.

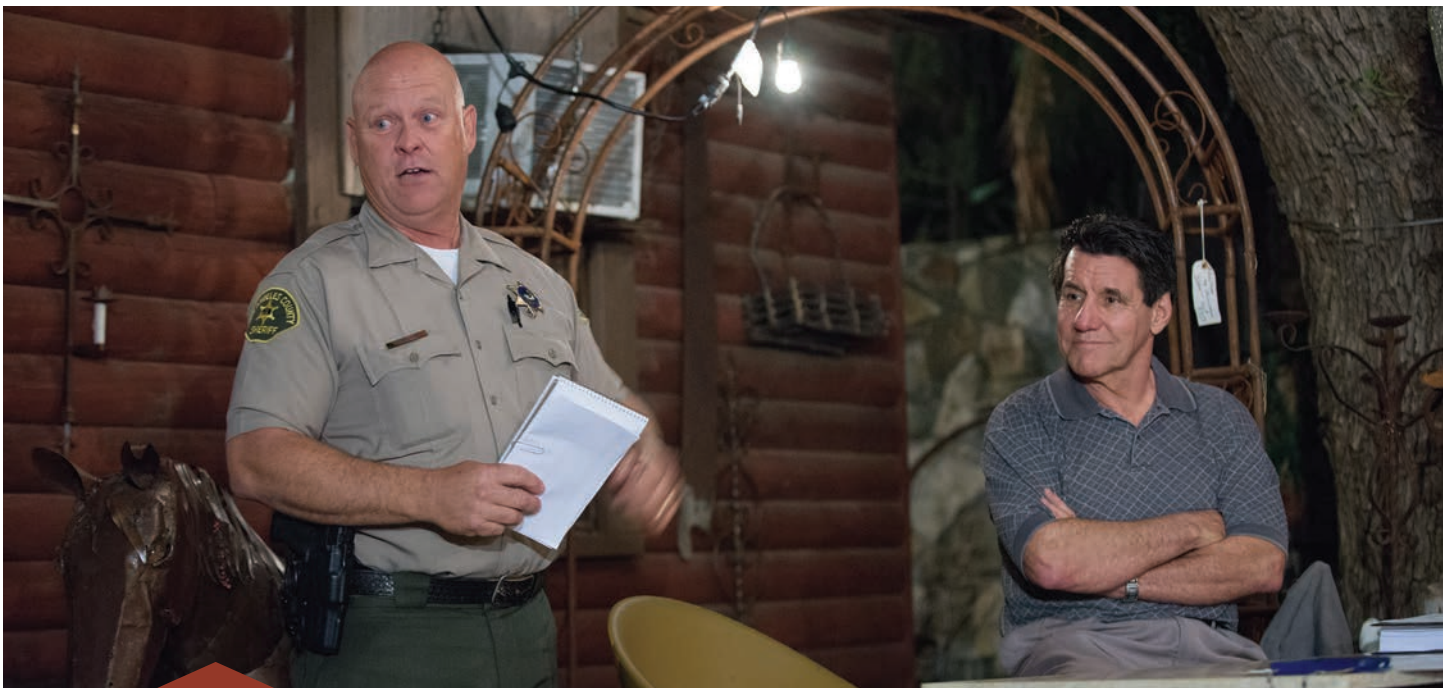
With the help of the County

Sheriff’s Department, the Chatsworth Lake Manor town council is reassessing its security procedures based more on technology than on old-fashioned word of mouth. They’re urging residents of the picturesque enclave at the foot of Woolsey Canyon Drive to purchase lock mailboxes, install perimeter security cameras and immediately report anything suspicious to the Malibu/Lost Hills Sheriff Station at 818-878-1808. Of course if neighbors decide to look out for each other by actually talking to each other, that’s okay too.

The same thinking should apply to the Summit. “While we have a

security gate and are not as exposed to traffic as our neighbors below, we’re not invulnerable in any sense of the word,” said Philip Miller, Summit co-owner. “Fighting crime and other emergencies is a growing necessity that must be proactively pursued. I urge all residents to install security cameras and home alarm systems; to lock their mailboxes, to ask neighbors to hold packages delivered while they’re at work, and to stay in close contact with each other and with law enforcement officials,” he explained.

Six years ago, Madoline Gamble, the Summit’s longtime night manager, spent many hours



Sheriff's Deputy Mike Woodward is surprised by question from a Chatsworth Lake Manor homeowner who recently met with neighbors to consider initiating a Neighborhood Watch program. Kip Drabeck, president of the Lake Manor Citizens Committee Rural Town Council is at right. Larry LaCom/Summit Life photo.

LEARN TO COMMUNICATE IN EMERGENCIES



Chatsworth Lake Manor residents are shown at Neighborhood Watch meeting held March 3 at the Log Cabin Mercantile Company on Lake Manor Drive. Larry LaCom/Summit Life photo.

preparing a 17-page neighborhood watch plan under the heading of Emergency Preparedness. It's all there in a binder, evacuation procedures in case of wild fires and what to do in case of other disasters including earthquakes and even floods. There's also a huge list of first responders from the fire and sheriff's departments to animal control shelters.

But Mrs. Gamble was unable to find tenants willing to participate in the plan. "Life is becoming more and more hard-scrabble," she says. "People who are now holding down two and three jobs don't have the time to be neighborhood watchers

and activists."

She seconds the concept that communications today is in many ways worse than it was in times long past. "It's bad enough that we friend each other on Twitter and like each other on Facebook without actually speaking to each other as neighbors. But it's gotten worse than that. Those who embrace social media are becoming spooked by the large and growing amounts of personal information randomly contained in their social web accounts," she charges.

Part of the solution may lie in combining high tech security cameras and alarm systems with

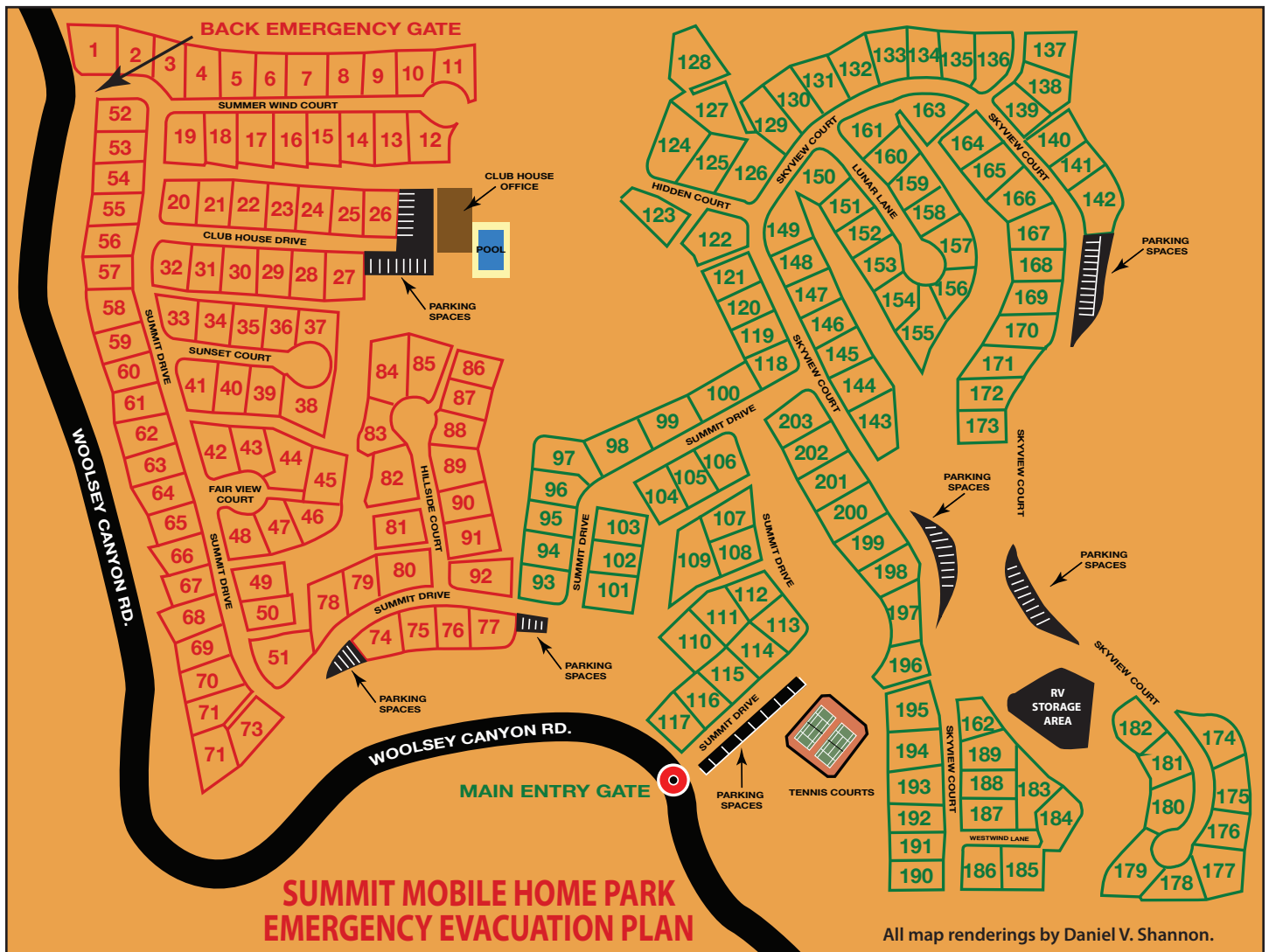
good old fashioned street parties and barbecues. "We've got to bring the personal touch back into our daily lives by neighbor to neighbor contact and by exchanging information over our cell phones as we once did over the back fence," she believes.

"Open your eyes," concluded the night manager. "Stop believing that as long as we act like moles or ostriches and stick our heads in the sand, our problems will pass us by. That's not the case. You cannot fix a problem or right a wrong by ignoring it." ♦

The Cover: Larry LaCom/Summit Life photo.

SUMMIT EMERGENCY EVACUATION PLAN

Here, for your ongoing reference, is a clear, detailed map of every mobile home at the Summit with house numbers. The evacuation map on page 5 shows the order in which residents of each home must leave the park in a major emergency when no first responders are present to direct traffic.





Madoline Gamble's emergency evacuation plan assumes that a wild fire would first threaten the park's outside perimeter before burning its way inward. The right side of the park in green would evacuate first through the main entrance gate on *Summit Drive* while the left side of the park in red would evacuate through the emergency gate on *Summer Wind Court*.

RIGHT SIDE OF PARK

Looking forward from entrance gate

EXIT MAIN ENTRANCE:
(*Summit Drive*)

FIRST TO EVACUATE.

1. Units 174 thru 182.
2. Units 173 thru 163.
3. Units 129 thru 142.
4. Units 123 thru 126.
5. Units 150 thru 161.
6. Units 100 thru 122.
7. Units 143 thru 149.
8. Units 162 & 183 thru 203.
9. Units 107 thru 117.

*Yellow triangles denote exits
to Woolsey Cyn. Rd.*

LEFT SIDE OF PARK

Looking forward from entrance gate

EXIT BACK EMERGENCY GATE:
(*Summer Wind Court*)

SECOND TO EVACUATE.

1. Units 1 thru 19 and 52, 53, 54.
2. Units 20 thru 32 and 55, 56 & 57.
3. Units 33 thru 41 and 58, 59 & 61.
4. Units 42 thru 51 and 62, 63, 64 & 65.
5. Units 66 thru 73.
6. Units 74 thru 77.
7. Units 80 thru 92.
8. Units 93 thru 99.
9. Units 101 thru 106.

EXCEPT FOR AN OFFICE THAT'S BEEN ON LAKE MANOR DRIVE FOREVER, WHAT'S SO SUSTAINABLE ABOUT SUSTAINABLE SHELTER, INC.?

(Editor's Note: Staff writer Marci Wormser recently interviewed Patrick Baker, President of Sustainable Shelter, Inc. at the company's Chatsworth office at 23335 Lake Manor Drive. The reason for the question and answer interview was simple. Is the company name just catchy or truly appropriate for what they do, building with recyclable materials that could ultimately create a smaller carbon footprint for the construction industry?)

1. Can you tell me about your business? What is the focus of what you do there?

Sustainable Shelter is a general contracting firm focused primarily on the construction of new custom residential homes as well as providing remodeling and restoration services. Our goal is to provide a service-based business to our clients and to build quality efficient homes. We provide construction services along with design and drafting services, budget development and value engineering, building department assistance and general preconstruction consultation.

2. Why did you name it Sustainable Shelter? Do you use sustainable materials in your work? Why is it important to do so?

Whenever possible, we practice environmentally responsible building principles by utilizing and promoting the use of recycled and renewable building materials, energy efficient designs and equipment, photovoltaic systems, solar hot water, water reclamation systems and native plant landscapes. We love the challenge of

working with alternative materials and creative designs. The smaller the carbon footprint, the better.

3. Does any of your business hail from the local area?

We have done preconstruction work and green design consultation in the immediate Lake Manor area including a geodesic dome project near the LA/Ventura County line border.

4. What is your connection to Chatsworth? Do you live here?

I grew up and live in the San Fernando Valley. I attended Columbus Junior

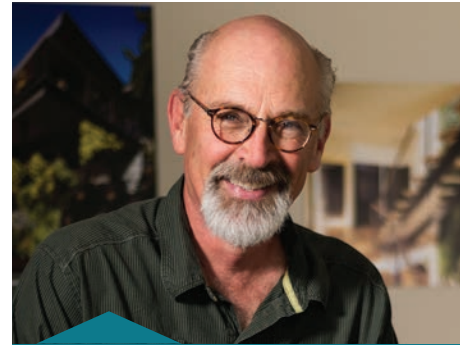


Sustainable Shelter office on Lake Manor Drive gets its name from the firm's commitment to recyclable and sustainable building materials. Larry LaCom/Summit Life photo.

High, Chatsworth High School and California State University Northridge. The Santa Susana Mountains and the LA River headwaters are my home.

5. Can you tell me about yourself and your business background?

After graduating from CSUN, I learned about self-reliant living and became a finish carpenter and woodworker. That slowly evolved into becoming a supervisor and project manager for other general contractors.



Sustainable Shelter President, Patrick Baker. Larry LaCom/Summit Life photo.

I got my own contractor's license in 1986.

6. You seem to be getting a lot of business. How were you able to grow your business? Do you have advice for current/future entrepreneurs?

Most all of our business comes from word of mouth recommendations and repeat work from former clients. I think successful entrepreneurs must firstly love the work that they do and business growth will follow.

7. How many employees work for you? Can you talk about your profit margin?

My partner and I currently have five employees. The size of our crew fluctuates with the size and number of projects that we have going at the same time.

8. Do you have plans to expand?

We don't have any immediate plans to expand the business, but we are always open to new ideas and fresh creative projects.

9. Do you have anything you'd like to add or want people to know?

Please visit our website at www.sustainableshelterinc.com. ♦

Mayo Clinic Health Letter: IF YOU WANNA USE THE SAUNA, IT COULD DECREASE YOUR CHANCES OF A HEART ATTACK BY UP TO AN AMAZING 63 PERCENT

According to Mayo Clinic's March Health Letter, men who used a sauna from four to seven times a week reduced their risk of dying from a sudden cardiac event by 63 percent. The research study was conducted in Finland using 2,300 male recruits, the letter said.

"The results show that men who used a sauna two to three times a week had about a 22 percent reduced risk of dying of a sudden cardiac event compared with men who only used a sauna once a week," the Mayo Clinic report explained.

"Risk of sudden cardiac death declined for men whose saunas lasted longer than 11 minutes, compared with men who took shorter saunas.



The study also found that men who took more frequent saunas lived longer than did those who took less frequent saunas."

"Researchers were only able to speculate as to why sauna use seems beneficial," the report noted. "It may

be because the heart rate generally increases during sauna use to a level that's similar to low to moderately intense exercise. Sauna use also appears to help lower blood pressure, improve function of blood vessels and affect the nervous system in a way that reduces risk of heart rhythm problems."

"It's also possible that other factors contributed to the benefit including simple relaxation or the social aspect involved in using a public sauna or sauna at a health club."

(Editor's Note: With or without parent approval, children under 14-years-of age are not allowed in the park's sauna or spa facilities).

AROUND THE TOWN VALLEY HAPPENINGS, APRIL

EDDIE PEPITONE FROM IN RUINS ON NETFLIX Comedy in Burbank
Date(s): 04/15/2016 to 04/16/2016
Day(s): Friday Saturday Time(s): 8pm-930pm II 10pm-1130pm Address: 102 E Magnolia Blvd, Burbank, CA 91502
Phone: 818-845-9721 Cost: 20.00 + 2-item minimum per person

KIDS ACTING WORKSHOP
Theater in Burbank Date(s): 04/16/2016 Day(s): Saturday
Time(s): 1:00pm - 4:00pm
Address: 320 E. Angeleno Ave., Burbank, CA 91502 Phone: Cost: \$15

THE TASTE OF THE VALLEY
17th Annual Food and Wine Festival in the San Fernando Valley
Date(s): 04/21/2016 Day(s): Thursday
Time(s): 5:00 pm - 8:30 pm Address: 6600 Topanga Canyon Blvd Atop the Macy's Parking Structure Phone: (818) 704-1358 Cost: Early Bird \$45 until 3/15. Reg. Price \$55 until 4/20 and \$65 At the Door

THE CAROLINE ANDERSON SHOW Comedy in Burbank
Date(s): 04/15/2016 to 04/16/2016
Day(s): Friday Saturday Time(s): 8pm-10pm Address: 3326 W Victory Blvd, Burbank, CA 91505 Cost: 15

FREE INFANT MASSAGE CLASS FOR FAMILIES | LITTLE KIDZ FOUNDATION Classes & Seminars in Burbank
Date(s): 04/19/2016 to 04/20/2016
Day(s): Tuesday Wednesday Time(s): 11am-12pm Address: 10716 La Tuna Canyon Road Phone: 818-209-1918 Cost: FREE

"THE REAL HOUSEWIVES OF TOLUCA LAKE: THE MUSICAL"
Theater in Burbank
Date(s): 03/23/2016 to 04/24/2016
Day(s): Wednesday Thursday Friday Saturday Sunday Time(s): Wed-Sat 8pm show; Sun 4pm show
Address: 4252 Riverside Drive, Burbank, CA 91505
Phone: 818-955-8101

SUMMIT LIFE

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