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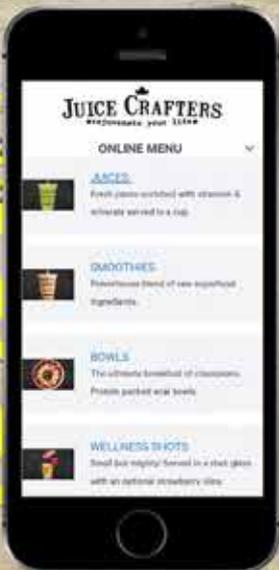
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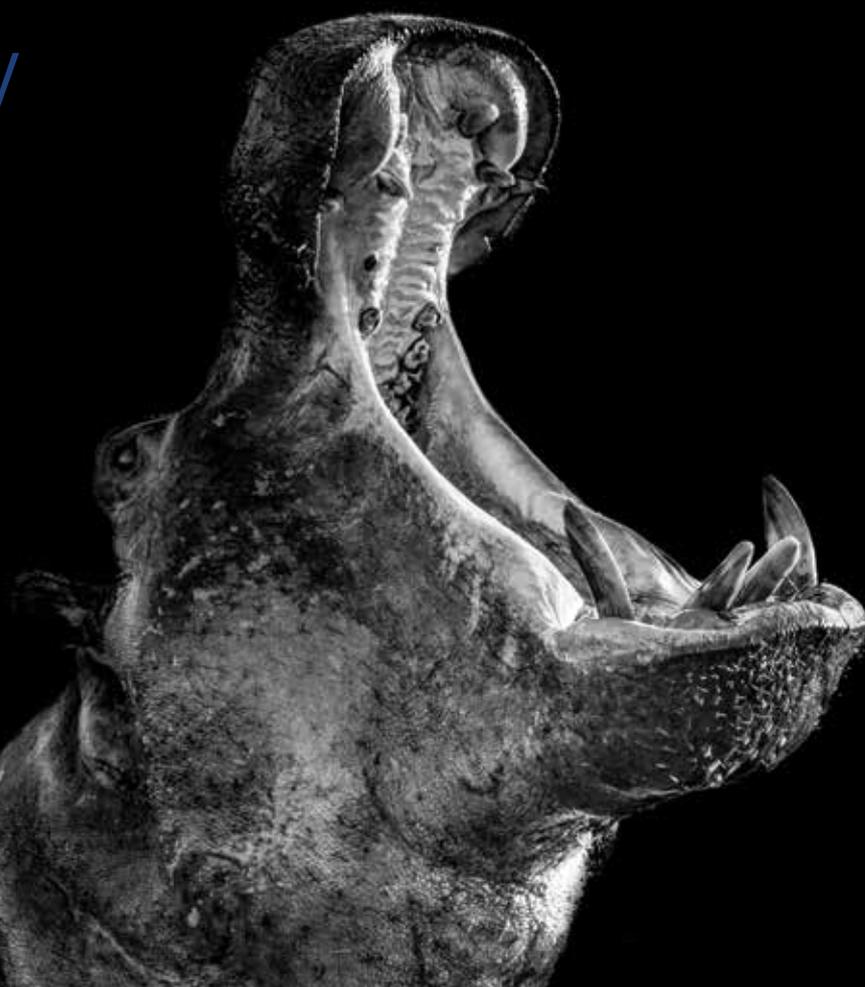
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Cover information: African elephants, mother and baby calf, grazing on the Okavango Delta in Botswana, Africa. Photo taken by Fiona Sewell on the first day of 2019. These two were among a herd of 40-plus African elephants following the rains toward the delta. This herd was found by local guide, Ant, of Chitabe Camp. Our family safari was booked by my wife, Lisa, at HighLow Travel in the Palisades. —Bill Sewell

Time to Travel

As I write this letter, the rain seems to be slowing down, which means one thing: Spring is here!

And while I unfortunately can't enroll in a summer camp (though they sound really, really fun), I will have the chance to travel this year. My fiancé (and husband two days after this magazine hits stands!) and I are currently working on booking our honeymoon, and we're finally down to our final contenders. Greece and Italy are at the top of our short list. So hopefully next year I will have a travel tale of my own to share.

This year, many of you wrote in with your own experiences, which have been so inspiring to read. One of the best parts of putting together this edition are reading through and seeing all the amazing photos our readers take.

So whether you are staying local and signing up for one of our camps or traveling the world, I hope you enjoy the nicer weather and we'll see you soon for our guide to the Fourth of July!

(And if you DO plan on traveling, make sure to take a copy of the *Palisadian-Post* or *90272 Magazine* to snap a shot for our Postcards section.)



Sarah Shmerling
Editor-in-Chief



TRAVEL TALES

Palisadians traveled around the world and returned home to share their stories with readers of *90272 Magazine*. This year's tales include a trip to Israel, a transplant Palisadian writing from her new home in Sweden and two journeys to Antarctica—including this year's winning tale by Pepper Edmiston, who won a one-night stay at the Fairmont Miramar Hotel & Bungalows with complimentary valet parking and dinner for two at FIG.





TRAVEL TALES WINNER

ANTARCTICA

No Country for Old Women

BY PEPPER EDMISTON



Baby Boomers often say to one another: “You better (fill in the blank) before it’s too late.”

Well, Joe and I and our good friends, Susan and Alan, traveled to the South Pole long after our “Best If Used By ...” date had expired. On the plane home, Susan and I admitted that neither of us thought we’d get out alive.

However, Joe has read dozens of books on Antarctica and has dreamed of visiting there since childhood. Alan is an avid sailor who has longed to follow the course set by other adventurers. Who were we wives to deny our husbands such glory, especially our second husbands?

A week before take-off, the four of us had dinner at Modo Mio, hoping to convince each other we could do this. We’d traveled with grandchildren! This would be a walk in the park!

The problem was, every time some-

body made a powerful statement, the other three people said, “What did you say?” “Huh?” “Come again?”

We signed up with Epic Journeys, an Australian outfit led by a guide who climbed Mt. Everest with only a smidgen of oxygen.

Our trip began in Patagonia where Joe and I managed to “hike” on a flat road for six miles. Yes, our goal was a small town with shopping opportunities. Still, we were moving. The guide, who bikes eight miles before breakfast, listened as I bragged about our accomplishment.

“And then what did you do?” he said. Obviously, we took a nap.

The guide assembled a group of 14 Americans who would be together for two weeks, each trying to live up to his high standards. Everyone but us was a perfect specimen of his or her age and sex.

Two women who had been friends

since college appeared to be in their late 40s. I was shocked to learn they were on Medicare. The lovely couple from D.C. looked like a Patagonia ad for Millennials.

“We climbed Mt. Kilimanjaro for my 50th birthday,” the wife told me as my mouth fell open.

Then there were the five frat boys, now in their mid-30s. They started drinking at breakfast and accomplished every challenge with ease, including the famous “Polar Plunge.” Looking like Olympians, they dove into the icy water, where they had three minutes to be fished out before freezing to death in their skivvies.

And us? Joe had been thrown by a horse a month before the trip and still suffered from bruised ribs, limiting his ability to stand up in a timely manner. Susan injured her hand so badly it required surgery but was still useless. Alan slipped on a hill the second day of the trip and was

bed-ridden off and on.

And me? Everything hurt all of the time. There was many a day that not one of us could have picked up a pencil.

We flew over Drake’s passage and landed in Antarctica. It was summer, yet it was snowing!

Everybody else was wearing sleek weather-proof clothing; they were dressed so minimally they could have been cyclists. And us? We were huge, vast. We could have been floats in the Macy’s Parade. Had our puffy jackets been white and our multi-layered pants black, we would have passed for Emperor penguins. Or, beached orcas.

There were lots of activities aboard the Ocean Nova: lining up to eat; lining up to go on the Zodiacs; lining up for lectures; etc. The main thing is that no matter the activity, Joe and I were always last. Dead last. Always.



One day our guide couldn't contain himself. "Why are you always last, mate?" he said to Joe.

"I learned from my father when I was small that 'someone has to be last,'" Joe replied

"And, did your father say that it always had to be you?"

Our absolute favorite activity was going out on the Zodiacs to visit the penguins, the cutest things (Bird? Duck? Fish?) ever.

We've all seen them in their little air-conditioned environments at zoos, but they are different in the wild. They are even clumsier and more confused. They walk so slowly up and down rocks and ice that they look like they are standing still. And, their little flippers kept flipping for no apparent reason.

I know Eskimos live in the North, but word of their customs has circled the globe. One sacred Eskimo tradition has survived for centuries. When revered elders reach the end of their usefulness, they are taken out to sea and then lovingly set adrift on an ice floe where they will travel toward the afterlife.

At the end of our cruise, our guide beckoned the four of us to a quiet corner



PHOTOS COURTESY OF PEPPER EDMISTON

of the deck. I was sure he was going to single-handedly capture us, toss us onto an icy grave and cheer as we floated away.

However, after we promised he would never, ever see or hear from us again, our guide escorted us off the ship, not minding at all that we were last to leave.

Back in the United States, Susan and I compared notes. We both liked the penguins and we both liked our guide, who is married with three kids. Still, a grandma can dream.

"I have to confess," Susan confessed. "He winked at me once."

"Oh, he winked at me a half dozen times. I must be special," I said.

"Possibly," replied Susan. "But, then I noticed him winking at the bus driver and the porter, too."

"Actually, I saw him wink at a penguin. Maybe he just has a twitch."

Whatever, the guide gave us a great adventure and we all are super grateful.

Post script to the reader:

Oh, did you want to know about Antarctica? Surreal. Otherworldly. Awesome. Overwhelming. Majestic. Glorious. Unforgettable.





TRAVEL TALES

CAIRO

BY OREST J. BODNAR

Egypt has long been on our bucket list, so when friends told us they were planning on venturing to Egypt on a tour through UCLA Alumni Travel, my wife and I jumped at the chance to join them.

We started our adventure in Cairo. We stayed at the Four Seasons Hotel, which from the inside has a luxury decor that could easily place it in Beverly Hills.

What reminded us we were in Cairo was the great view from our balcony of the city and the Nile River—and the fact that we needed to use bottled water to brush our teeth. It was our first taste of the vast contrasts Egypt presents its visitors.

To start our tour, we visited the Egyptian Museum, built in 1897 as the first purpose-built museum in the world. It's not so much a museum as a vast warehouse, packed with every imaginable artifact of ancient Egypt.

The highlight was the section displaying some of the riches found in King Tut's tomb, which includes his impressive golden burial mask.

The next morning we crossed over to the west side of the Nile and set off to the desert burial grounds of Sakka-ra, where 4,000 years ago, the Egyptians began building rectangular, above-ground tombs for their nobility.

About 2750 BC, the Pharaoh Djoser had the brilliant idea to start stacking those rectangular tombs on top of one another. The result was the Step Pyramid and the beginning of experimentation with early versions of pyramids.

In the afternoon, we headed back to the suburbs of Cairo. Passing a KFC and Taco Bell, our tour bus turned through a gate and with that we were transported back into the Egyptian desert and back in time.

In front of us lay the three famous Pyramids of the Giza Plateau along with the Sphinx. The first of these monuments, Khufu's Great Pyramid, standing some 500 feet tall, was constructed around 2560 BC.

We ventured inside the Great Pyramid, climbing up



PHOTOS COURTESY OF OREST J. BODNAR

a very tight passageway for some 15 minutes, often in a crouched position, until we reach the burial chamber.

Unlike every other tomb we would visit throughout Egypt, the chamber was austere, devoid of any decoration—and since it had been plundered long ago, it was also devoid of any artifacts except for an enormous but plain granite sarcophagus.

The desert sands of the Giza Plateau are a favorite spot for the locals to give tourists a camel ride. My wife and much of our travel party hopped on rather bedraggled looking camels for a 10-minute ride while I served as group photographer.

Following the camel ride, we went to view the Sphinx, along with hordes of other tourists and many locals enjoying a day out. To say that the Sphinx has been weathered with time is an understatement—broken nose

and chipped face—it cries for a makeover!

The following day we toured Cairo. Modern Cairo, with some 20 million residents, is a traffic-jammed, smoggy work-in-progress of a city.

Modern high-rises and expensive shopping malls stand next to Ottoman and British colonial-era buildings. Billboards selling luxury condos and Western brands abut centuries-old mosques and bazaars.

However, despite the apparent chaos, we found walking around to be safe and the people friendly and approachable. In particular, the guides UCLA had arranged for us—tour leader Ashraf and Egyptologist Manal—were extraordinary representatives of their country and taught us a great deal about their history and culture.

We left Egypt exhausted but happy for all we experienced.



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KÄRINGÖN, SWEDEN

BY INGRID RODMAN-HOLMES

I'm a former Palisadian, now living in Sweden. This weekend I traveled to little Käringön, roughly translated as "Cairn island."

Cairns are small stone towers used for navigation at sea. Sometimes Käringön is referred to as "The Island of My Beloved" because of a small linguistic twist in Swedish. It is a tiny rock of a place off the west coast.

Once a thriving home to fisherman and their widows (or loves) abandoned by their men for the sea, times changed and

the population dwindled. Once there were schools, banks and businesses, now it is home to only 70 residents.

These 70 maintain everything, from the postal service to an award-winning restaurant, Petersons Krog. The summer brings a beehive of guests yearning for the salty, sunny gold of this magical place. Sailboats line the harbor like small children eagerly in line for a ride. The freshest seafood is bought in the tiny shop and savored as a treat on the docks.

Activities abound, even in

the off-season. There are book clubs, study circles and charity meetings held in the candlelight of the old fisherman quarters. Inhabitants and guests enjoy gathering for a pint or three at the local pub, walking amid the old cottages, bathing in the icy water after a hot sauna and occasionally gulping an oyster at the miniscule oyster bar, Karingo, which also boasts a hot tub.

This weekend is the "Martha" event. Dressed in best sailor attire, grey March is cracked open with festivity. A three-course Danish meal is served



PHOTOS COURTESY OF INGRID RODMAN-HOLMES



of open-face sandwiches on rye bread, pork steak, cheese and rice porridge with cherries.

Later, the old sailing film from the 1960s "S/S Martha" will roll on screen. Like a micro version of participating in "Rocky Horror Picture Show," lines will be shouted, beers will be drunk and merriment felt while we sit close and rosy cheeked.

The next day a bracing walk around the island revealed cracks and corners still uninvestigated along the granite cliffs that hold countless secrets of love and loss. Craggily stairs down to swimming beaches, reflections in water puddles, far off lighthouses, monuments to lost fishermen, the old fishing harbor with its low-roofed huts

were all toured.

Once I found an antique bottle hidden in a tuft of grass, under a bench. Undoubtedly this was the place of many fishing tales swallowed down with a snaps after an expedition.

Käringön is a place to love and fall in love. The isolation is offset by the warmth and egocentricity of the islanders and their gusto for diversity and survival.

The dramatic cliffs formed thousands of years ago as ice age granite rolled down the coast can't help but fascinate. Endless expansive views refreshed me before the 35-minute ferry ride to the neighboring island, Orust, then onward home to the mainland.



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TRAVEL TALES

MOROCCO

BY ARTHUR HOYLE

Last spring Mimi Baer and I traveled to Morocco with her son Alan and daughter-in-law Lynne.

We were all attracted by the many similarities between Morocco and California—same climate, similar landscape, size and population—but combined with strikingly different cultural differences from our state—home of ancient Arab peoples from North Africa, most of whom practice Islam. That both countries share a Spanish heritage just added to the appeal.

We had two weeks for our trip and wanted to sample as much of the country as we could, without rushing. We limited ourselves to Marrakech, the Sahara (plus points in between) and Fez.

Mimi discovered an American-run touring company, Journey Beyond Travel, that specializes in Morocco. With them we were able to design a custom trip for four people scaled to our budget. Travel budgets go a long way in Morocco. Everywhere we went, we found ourselves in luxury accommodations at affordable prices.

Our adventure began in Marrakech, where we lodged in a modern riad just inside the wall of the ancient medina (old city). Riads are boutique hotels converted from older residence-



PHOTOS COURTESY OF ARTHUR HOYLE

es of well-to-do Moroccans. Ours was tucked at the end of a cul-de-sac a short walk from the entrance to the medina.

These dwellings are all built around an interior courtyard shielded from the outside world by impenetrable walls. An ancient wooden door gave us entrance into an enchanting space: a high-ceilinged interior courtyard cooled by a small pool overlooked by the rooms. Bougainvillea hung from the window grates above us as we drank our welcoming tea.

We spent three nights there, and filled our days wandering

through the maze of alleys in the medina (watch for speeding mopeds!) and touring sites outside the medina walls. A special treat was visiting the Yves Saint-Laurent Museum and gardens in the European section of Marrakech. Saint-Laurent's fashion styles were heavily influenced by Moroccan culture.

Then it was off to the Sahara with our driver and guide Brahim (fluent in four languages, in addition to his native Berber). We crossed the Atlas Mountains under a cold, drizzling rain and went for a guided hike in Toubkai National Park.

The hike brought us to a remote Berber village where we lunched with a farmer and learned how Moroccans make their delicious mint tea. That night we rested in a former Kasbah (fort) that had been converted to a high-end hotel. Our room overlooked the Ourika River slicing through the valley below us.

The drive to Erg Chebbi on the edge of the Sahara Desert took two days, broken by overnights at an oasis in Skoura and a rustic auberge perched on a hillside above the Todra Gorge. There, we slept in a cave room

shaped from the stone of the mountain.

Camels (actually, dromedaries, since they had only one hump) awaited us at Erg Chebbi. They bounced us across the dunes for an hour, then deposited us in a tent village where we dined and slept like sultans. The morning sunrise over the dunes was a spectacle not easily forgotten.

Our journey ended in the north. We stayed two nights in Fez, an older and larger city than Marrakech, set among rolling hills. Our local guide there had studied English literature at the university, and engaged us in conversations about Faulkner and Hemingway, his favorite American authors.

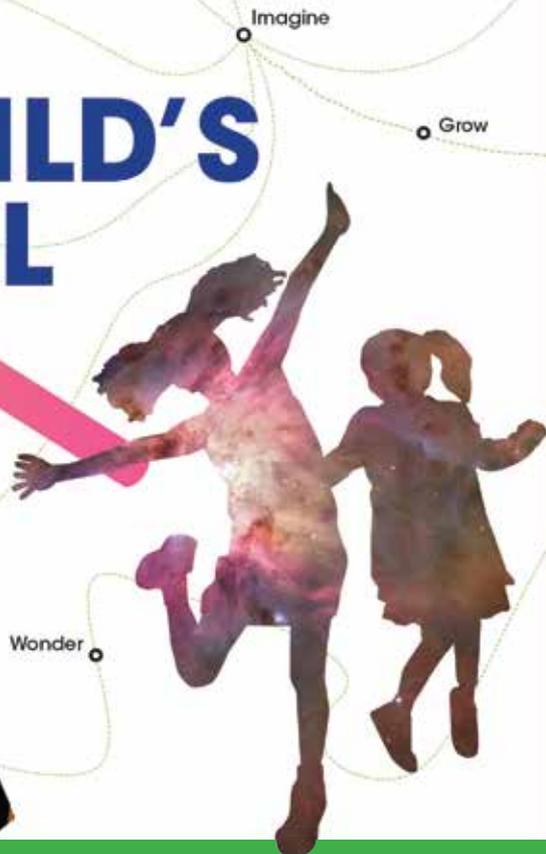
On our way to the airport at Casablanca for our flight home, Brahim took us to Volubilis, a remarkably well-preserved ancient Roman town situated in a wide, green valley. A crew of archaeologists from the Getty Museum was carrying out a conservation project there, and Mimi, who is a docent at the Getty Villa, dropped in for a chat with the researchers.

We spent our last night in Rabat, the capital of Morocco, in another modernized riad. Our return to Morocco for visits to Tangiers and Chechaouene is in the planning stage.

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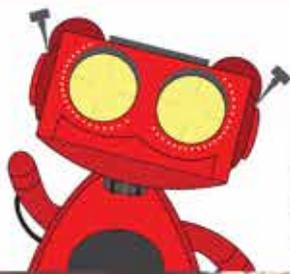
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TRAVEL TALES

ISRAEL

Fasting in a Land Flowing with Milk and Honey

BY CHAYA CUNIN

Tisha B'Av, the ninth day of the 11th month in the Jewish calendar, is the saddest day of the Jewish year (an interesting parallel to one of the saddest days in American history, 9/11).

This is due to the many disasters in Jewish history that happened on this day. Both King Solomon's Temple and the Second Temple in Jerusalem were destroyed on this day.

More recently, the formal approval from the Nazi Party for "The Final Solution" happened on Tisha B'Av. This day is commemorated by customs of mourning, fasting and prayer.

This past summer I spent a month in Israel, three weeks in the North and one week in Jerusalem. Israel is a place that has it all: lots of history, beautiful scenery, exciting entertainment and amazing food.

But one of my days in Jerusalem, I did not eat a thing. It was Tisha B'Av, the day of the Temples' destruction almost 2,000 years ago. I, in addition to another 250,000 people, commemorated this day by visiting the Western Wall, a wall dating back to the times of the Temple that is still standing.



The sight was unbelievable. All kinds of people sat on the floor in a giant circle, singing in unison and mourning the destruction. Although it happened so long ago, it felt so real. Looking around, noting where the Temple would have been, made it so much more tangible.

Toward the end of the day, weak from fasting and ready to eat, there was a shift



PHOTOS COURTESY OF CHAYA CUNIN

in the mood, from mourning to hope. Hope for the future, hope for no more destruction, hope for no more hate, hope for peace, and hope for the entire world to be completely and utterly filled with absolute good.

After the saddest day of the year, the feeling of joy of life is renewed. At nightfall, when the fast was over, the locals

pulled out their homemade food and ate dinner on the floor of the Western Wall Plaza.

The tourists rushed to the restaurants to break their fast. The lines were out the door and the restaurants were packed. The cashiers themselves were eating their first bite of the day.

Missing an entire day of eating in Jerusalem can be disappointing. There are endless options and so many things to try. My friends and I decided to go on a "food tour" to break our fast. We stopped at a bakery for a refreshing ice coffee and fresh-out-of-the-oven pastry.

We then made our way to the famous marketplace of Mahane Yehudah, the Shuk. We went to a place called the Bureka Lady. There they made a delicious sandwich in a bureka—a flaky, savory-filled pastry—yum!

Our next stop was Kazefet, an ice cream shop with endless choices. We enjoyed a delicious yogurt, with fruit, chocolate and cookie toppings, and every kind of sweet sauce possible.

We then closed the evening with a *l'chaim*, a drink to life, happiness, prosperity and most importantly, peace!



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KILIMANJARO

BY EZIO PIAGGI

In 1987 we took a trip to Africa to climb Kilimanjaro.

This adventure started at a luncheon with the son of friends of ours, Robert Zanutta. I asked Rob, "Where are you going this summer for a vacation?"

He answered that he was going to climb Kilimanjaro with some friends of his. To which I immediately told them that I was going to go with him.

He responded by saying that they already had organized a group of five young people (I was 49 at the time). The poor fellow did not stand a chance—I would not accept no for an answer.

Subsequently Candida, my wife, without being asked to

come, decided that she would also like to come along.

Candida and I had done some training and acclimatization in Limone Piemonte, Italy, where Candida had lived as a young child. This little town is not that high, as it is only about 3,500 meters, however we did climb some local peaks to get in shape.

A bothersome encounter happened a couple of days into the climb on Kilimanjaro when we met a party and one of the members of the party was coming down on a stretcher with his head covered. This, of course, meant that this person was dead.

I got very concerned about

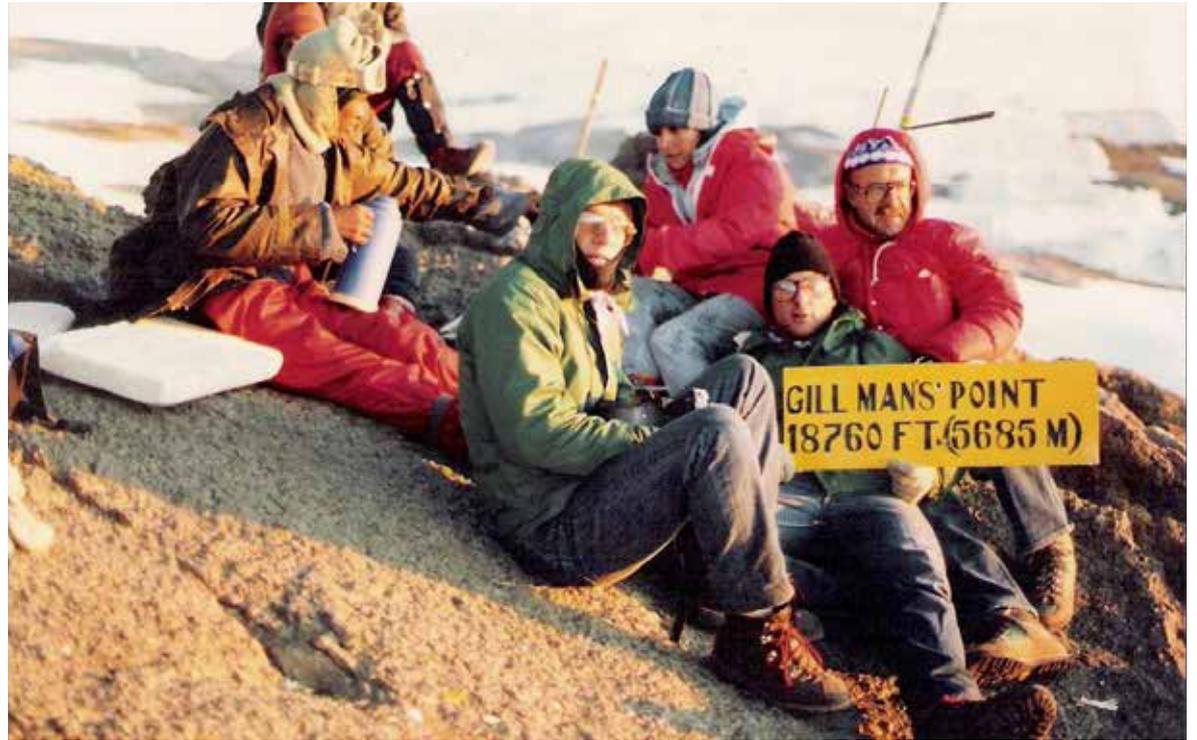


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where I had brought my young wife in this adventure. Altitude affects different people in a different manner. We had porters that brought up our backpacks with the sleeping bags and clothing and so on.

We essentially took a trail almost to the very top of the mountain because it was the easiest way up. On the trail, at about one day or 1,000 meters in altitude apart, there were huts that were built by some Swedish organization years before. Very primitive—they do not have bathroom facilities, consequently one has to go outdoors and do it a la natural.

Candida did not want to go by herself outdoors, I, of course, had to accompany her. On the way back, as we were on the second floor of this hut, we had to climb up a ladder that was rather steep.

At that point we were at about a 10,000-foot elevation and Kili, as it is well known, is almost 20,000 feet. At the top of the steep ladder that we had to go up, Candida felt sick.

Again I had an uncomfortable feeling that I may have brought my wife in a situation that she could possibly not handle. Fortunately however this did not occur another time, as Candida has always been in great physical shape.

At the last hut prior to going up to the peak of the mountain, the team had another problem: Robbie had some severe headaches, and he and his girlfriend, Julie, decided to not make the final ascent.

For the final ascent, the guides woke us up at about midnight so that we could start up toward the rim of the crater of Kilimanjaro when the scree that we had to go up was still somewhat frozen, making the footing a little better for everyone.

Nevertheless it was difficult because you would take a step up and slide down back another

half a step. We had gone probably a few hundred yards when another member of the young part of the team decided that this was not for her, despite the fact that she was a marathon runner. So she went back to the hut.

Again this pointed out the importance of acclimatization and being in proper shape. The leader of the guides had a kerosene lamp, which didn't take long to blowout.

At this point we were literally climbing in the dark but evidently he knew what he was doing. We are almost at the rim of the crater and since we were going *poli poli* (Swahili for slowly, slowly), I started getting cold.

It is never a good idea to get cold on a mountain as that can bring out some serious consequences. I decided that it was time to say to hell with the poli poli—I was going to climb at my usual rate, which was considerably faster and it turned out to be a very good idea because I warmed up, felt good and made it to the rim of the crater with no problems as far as breathing.

On the rim of the crater however one of the two brothers remaining of the young portion of the team started vomiting. So one of the two guides took him immediately down.

Candida and I left to go from that point on the rim to the highest point on the rim, which is considered the peak of Kilimanjaro. As the trail around the rim of the crater is not monotonically increasing, Candida got a little concerned with this up and down, and she decided that she had enough, so the other guide took her down as well.

That left the youngest and the oldest of the original group to proceed to the highest point on the rim of the crater. Coming down, of course, was much easier and it took us only three days for the total descent.

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ANTARCTICA

BY DAVID GRINSFELDER

A sensational gust of frigid air swept across the deck of the ship, sending ill-equipped passengers below decks to retrieve their winter parkas as we came within range of the Antarctic Peninsula.

For the last two days, I, along with 150 passengers aboard the National Geographic Explorer, had waited for the first glimpse of land as we traversed the Drake Passage, a 500-mile expanse of turbulent ocean that separates the bottom of South America from the tip of the Antarctic Peninsula.

As we were all newcomers to this part of the globe, our conceptions of Antarctica were

largely the same, shaped by depictions of the continent in story and film. I imagined a sprawling, tabular block of ice and snow, floating precariously at the bottom of the world.

But as Jonathan Zaccaria, our French expedition leader, came onto the ship PA system to announce our arrival, the landscape before us was unlike anything I had imagined. Towering mountains coated in a thick layer of clouds cascaded down into rocky cliffs overlooking the sea. Snow was omnipresent, floating serenely on the water and ranging in size from true “icebergs” (ice formations more than 15 feet above water) to “berg bits” (chunks of ice between three and



PHOTOS COURTESY OF DAVID GRINSFELDER

 A large outdoor cinema screen at night showing a scene from a movie. The screen displays a man and a woman. Below the screen, a large crowd of people is gathered. The text "STREET FOOD CINEMA" is visible on the screen.

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15 feet above water) to diminutive “growlers” (less than three feet above water). It draped the mountains and cliffs, creating a beautiful black-and-white, almost checkered backdrop.

But what most caught the eye were the menacing ice cliffs that sat frozen between the mountains and the ocean below. Taller than a 10-story building in some places, these creations threatened us with their jagged faces, twisted by years of punishment from the wind and ocean. Large chunks of ice routinely broke off and plunged into the water as eager tourists snapped their first photographs of Antarctica with iPhones, digital cameras and professional lenses.

Although the expedition leaders guaranteed we would see a variety of fauna, the abundance of creatures we observed as our ship pushed further down the Antarctic Peninsula overwhelmed us.

Life in Antarctica begins in the ocean, where all species depend, directly or indirectly, on krill. Although the Antarctic food web is relatively small compared to other ecosystems, we were constantly being summonsed to the observation deck to discover sharp-toothed leopard seals resting on a floating patch of sea

ice, or to track down a graceful Antarctic tern, petrel or skua as they soared effortlessly above our heads.

On rare occasions, we witnessed fin whales “fluking,” lifting their tails out of the water just before diving.

But throughout our journey, no creatures delighted passengers more than the penguins. Chinstrap penguins waddling up and down “penguin highways” craned their necks to get a glimpse of our hiking procession at Portal Point.

A few days later, gentoo penguins eyed us carefully as we approached their nests. A colony of more than 300,000 Adélie penguins barely seemed to register our arrival as male penguins pilfered rocks from one another, their flippers raised awkwardly as they scurried about.

Our Antarctic expedition lasted only 10 days, but thanks to nearly 5,000 digital photos and constant reminders from my younger brothers about their desire to return, the trip will not soon fade from memory.

Antarctica truly exists apart from the rest of the world, but I know it is precisely because of this physical separation that visiting the white continent was such a unique experience.



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ROAD TRIP: INDIAN WELLS ARTS FESTIVAL

Featuring work by 200 artists from around the world.

BY SARAH SHMERLING



The annual Indian Wells Arts Festival offers Palisadians a chance to see work from 200 top artists from across the nation and around the world—only a 140-mile drive away.

Established in 2003, the festival is celebrating its 17th year, attracting upward of 10,000 festival-goers annually. The show averages 15 mediums in 30 categories of art.

The art, ranging from paintings, sculptures, jewelry, photography, wearable-art and more, is juried into the festival, which takes place at the Indian Wells

Tennis Gardens. Artists represent countries around the world, including Japan, Uganda, Zimbabwe, Italy and Peru.

“The caliber of artists from across the nation and around the globe is astounding this year, with artists traveling from as far as Italy and Japan to debut their new work stateside, exclusively at the Indian Wells Arts Festival,” a representative from the festival explained to *90272 Magazine* ahead of the event. “It’s an opportunity for art enthusiasts and collectors of all size budgets to have the first look and chance to buy directly from the artists before anyone

else, including galleries and art institutions.”

International artists include Tatsuo Sagane from Japan, who makes traditional ceramics atop his remote cherry-blossom mountaintop village, and Paul Nzalamba from Uganda, showcasing his batik African art, a wax resist fabric dyeing technique he was taught from Katongole Waswa.

The gardens are transformed into an artisan village—festival-goers are able to acquire affordable pieces and view collectibles direct from artists, all while enjoying an atmosphere of fine

art, wine, food, live entertainment, interactive children’s activities and a Gourmet MarketPlace.

“In addition to the artist demonstrations in glass-blowing, large-scale stone sculpting and an ancient 2,000-year-old Zapotec textile weaving technique, this year’s event includes free interactive art activities led by nine different nonprofit organizations that render crucial services in our communities,” the representative explained. “These nonprofits have been invited to participate in the festival as our Community Partners for an opportunity to raise awareness about the inval-

able impact they make, through fun and engaging activities such as the Braille Institute’s immersive experience creating art as a person with low vision or no vision. We consider this one of the ways the festival can help to create bridges in our communities through art.”

The weekend also features an “Eggs + Champagne in the Garden” brunch from 10 a.m. to 12 p.m. on Saturday and Sunday.

The 2019 Indian Wells Arts Festival will take place March 29 through 31 from 9 a.m. to 4 p.m. For more information, visit indianwellsartsfestival.com.



PHOTOS COURTESY OF INDIAN WELLS ARTS FESTIVAL



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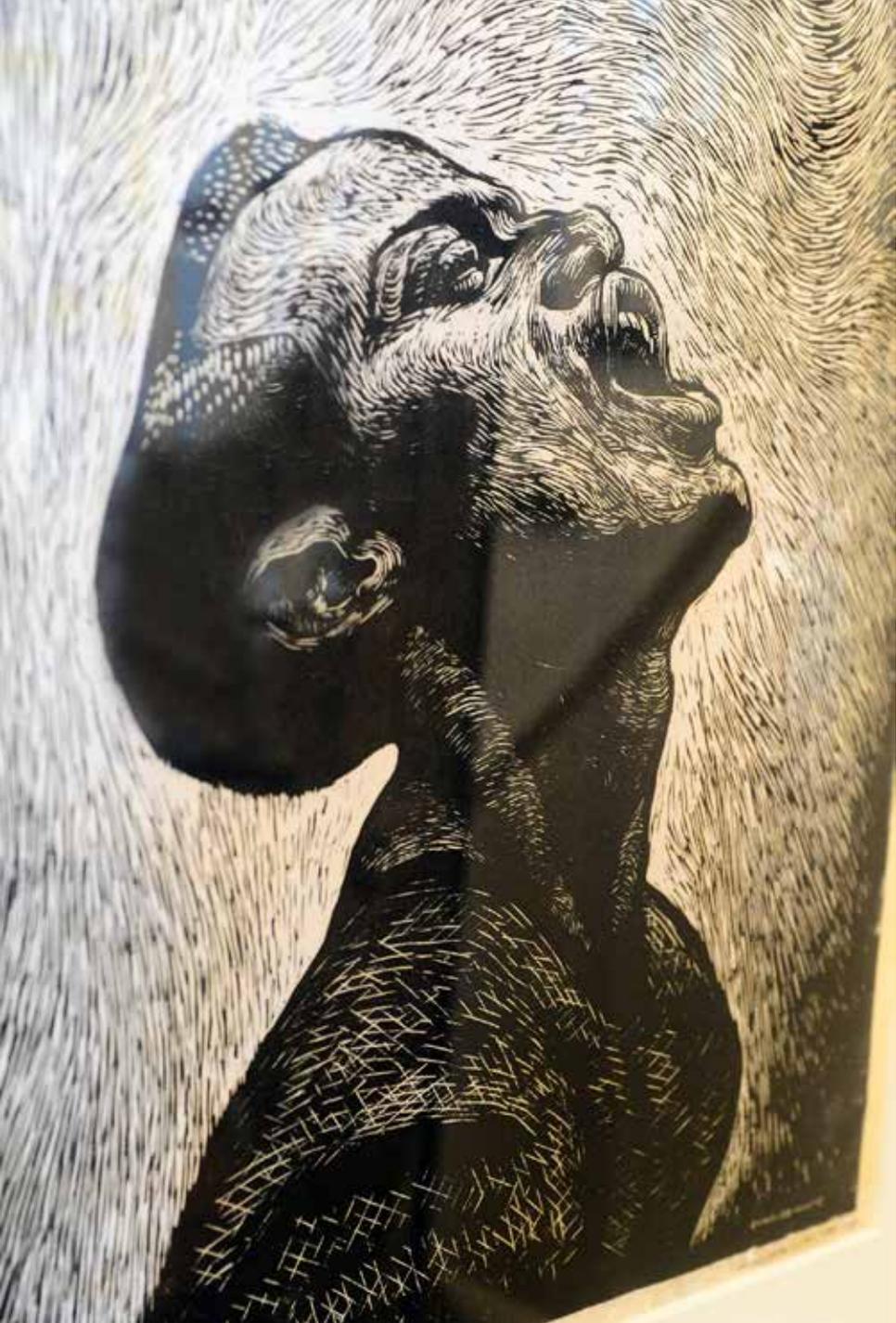


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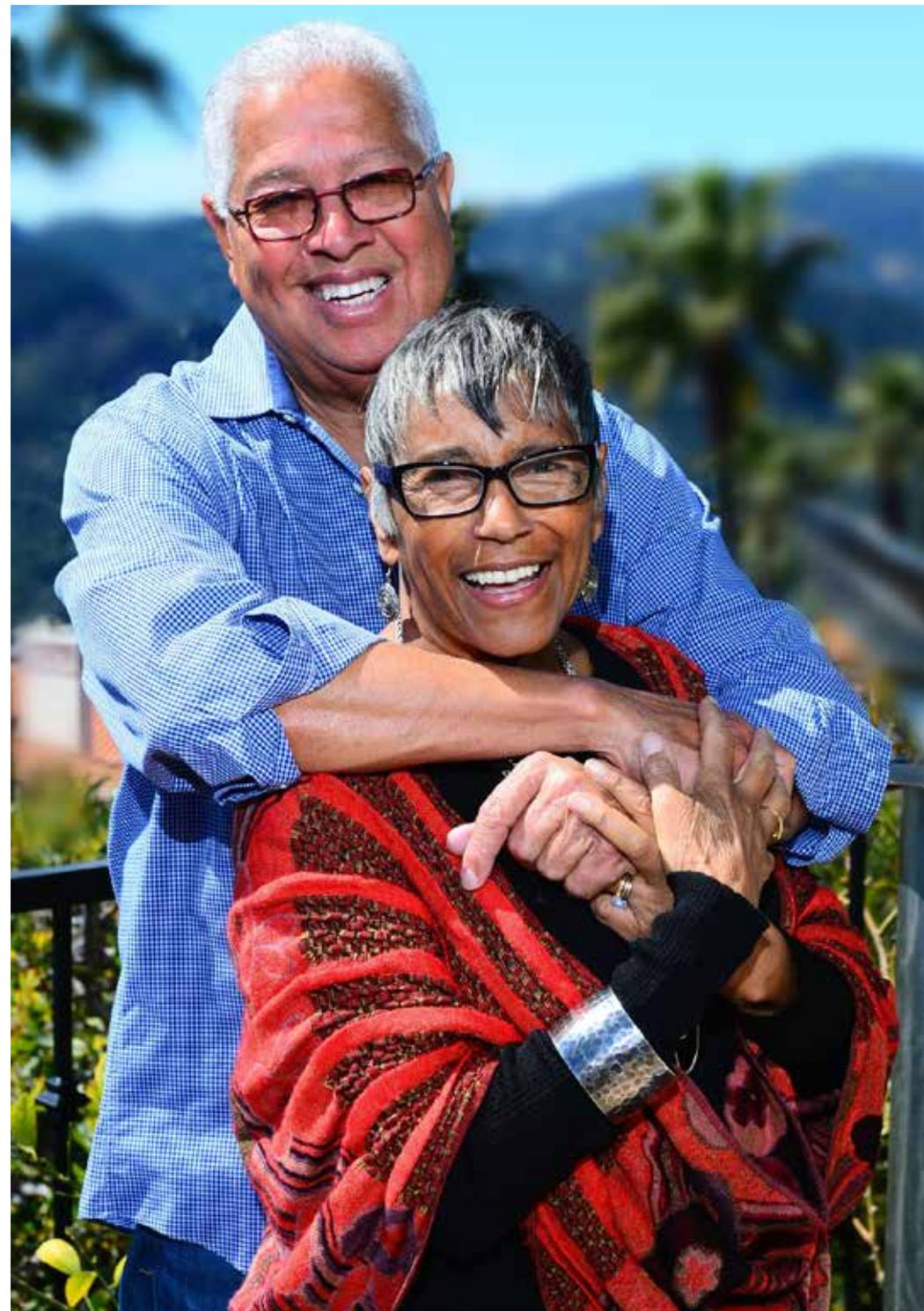
BY CHRISTIAN MONTERROSA

Bernard and Shirley Kinsey's journey to visit 100 countries quickly evolved into a worldwide art collection that encompasses African American history and culture.

Now, their story can be found thousands of miles high in the February edition of American Airlines' *American Way* magazine read by millions of travelers.

Palisadians for more than 35 years, the Kinseys hoped their collection would serve as a real-world textbook to help educate their son Khalil on African American history through art and historical artifacts.

PHOTOS BY RICH SCHMITT



“We knew there was something wrong with the history books that our son was learning from,” Bernard said in an interview with *90272 Magazine*. “We said right then that we needed to do more to help our son understand who he was and where he came from.”

Prior to traveling, Kinsey had worked as a vice president for Xerox until he was selected by then-Los Angeles Mayor Tom Bradley to be on the board of Rebuild LA, an initiative aimed at rehabilitating South Los Angeles after the Rodney King riots.

After retiring, Bernard and Shirley Kinsey set out to immerse themselves in the wonders of travel, and began collecting paintings and artifacts that caught their attention, developing a particular interest in pieces that told the “African American story.”

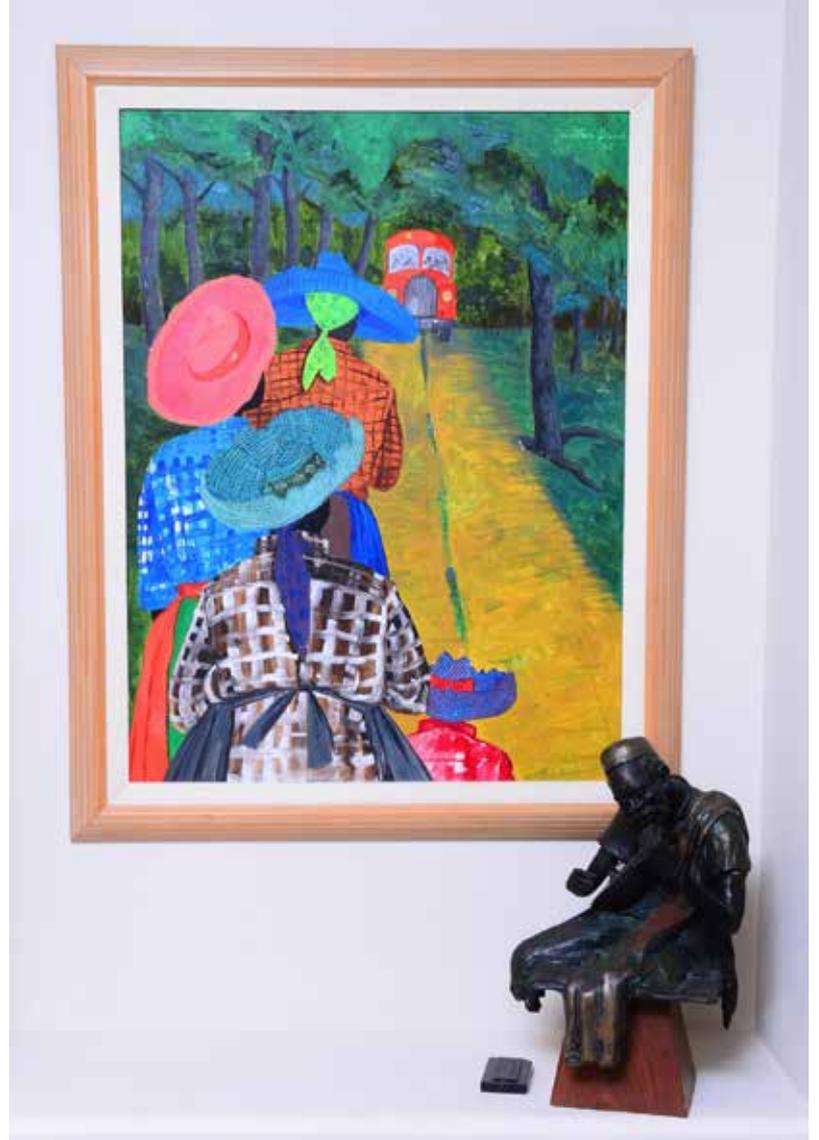
Since then, their collection has grown a mind of its own, expanding its educational purpose way beyond the eyes of Khalil. The Kinsey African American Art and History Collection has now been on a national tour beginning in 2007, and is said to have been seen by millions of visitors.

The collection has exhibited in 24 cities at notable institutions such as the California African American Museum, The National Underground Railroad Freedom Center (Cincinnati), The DuSable Museum of African American History (Chicago), The Norton Museum of Art (West Palm Beach) and the Smithsonian National Museum of American History (Washington, D.C.).

“The Kinsey Collection is unique in that it is where art and history intersect, telling the often-untold stories of African American achievement and contribution through primary source historical objects starting from 1595, as well as 2- and 3-dimensional artworks from the 19th, 20th and 21st century,” the collection’s website says.

Bernard remembers a time when he was not allowed into the Norton Museum of Art in his hometown of West Palm Beach, Florida.





“

The Kinsey Collection is unique in that it is where art and history intersect, telling the often-untold stories of African American achievement and contribution through primary source historical objects starting from 1595, as well as 2- and 3-dimensional artworks from the 19th, 20th and 21st century.

”

“Now all of a sudden, we are the featured exhibit,” he said.

But like their travels, the Kinsey Collection has ventured way outside the United States, making its international debut at the University of Hong Kong Museum and Gallery in 2016.

Bernard said that was just the start of an overseas tour, and soon he will be sharing his family’s collection in Tokyo, Korea, Beijing and Australia, to name a few.

He feels strongly about the educational responsibility the collection has taken on, giving insight into a time that many history books tell from a white perspective.

The longtime Palisadian expressed that many problems still plague the African American community today, including voter suppression, access to health care and rising statistics of unarmed black people killed by police.

“When white people and black people learn about the African American story for the first time, they see America for the first time with 20/20 vision,” he said.

For more information, visit thekinseycollection.com.





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SUMMER CAMPS

From technology to learning to swimming at the beach, Palisadian campers have a range of choices when it comes to camp. *90272 Magazine* checked in with a few local programs to see what is being offered this summer.

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SUMMER CAMPS

FITNESS BY THE SEA

Celebrating 20 years of summer camp, Fitness by the Sea “takes pride in being ‘the safest beach camp’ in Los Angeles County, according to the Chief of LA County Lifeguards,” Founder Eric Colton explained to *90272 Magazine*.

“At Fitness by the Sea, children can spend the day at the beach participating in activities like surfing, swimming, arts and crafts, soccer, gymnastics, baseball, hip-hop dance, martial arts ... over 200 activities, giving campers the power to choose which activities they want to participate in and customize their camp experience to suit their tastes,” Colton explained.

Colton added that his staff understands kids, especially younger kids, and encourages campers to try something they might not have considered participating in before attending Fitness by the Sea.

“Because all the activities are age-appropriate and our camp counselors are patient and caring, FBS provides maximum individual attention for each child every step of the way,” Colton added, explaining that the staff has an average age of 26,

with a camper to staff ratio of 6:1.

Fitness by the Sea also offers flexible scheduling options for busy families.

“You can register your child for any number of days and are not locked into signing up for a minimum number of weeks—you pick the days that work for your schedule,” Colton shared. “We understand, as parents with three kids of our own, that a summer schedule is unpredictable; you can even change your dates for no additional charge.”

Colton also touched on the topic of safety: “Our approach to safety is three-tiered: safety in the water, safety from the sun and safety from others. We make sure that our safety procedures are all-inclusive because a child’s protection is what we care about most.”

Fitness by the Sea, designed for campers ages 4 to 14, will be in session from June 10 to August 30, with hours from 9 a.m. to 3 p.m., at Will Rogers State Beach, Tower 14 and 5. Extended care is available starting at 8:30 a.m. and running through 5:30 p.m.

fitnessbythesea.com; 310-459-2425



PHOTOS COURTESY OF FITNESS BY THE SEA



ACADEMIC ACHIEVERS

For almost a decade, Academic Achievers has offered award-winning KinderPrep & Early Elementary Camp for kids ages 4 through 7.

“Our camp is very small,” Founder/CEO of Academic Achievers Janis Adams explained to *90272 Magazine*. “We have 16 children maximum per session, and each child is on their own plan.”

This is not your usual summer camp—all children start with an interview and individual assessment and the curriculum is fine-tuned to each child’s unique needs and interests.

Camp attendees will have fun while getting ready for kindergarten, first or second grade, allowing students to enter school with basic academic and social skills.

The camps are play based and academically oriented, with a student/teacher ratio of 4:1—each teacher has a master’s degree and/or an elementary teaching credential, with a minimum of five years teaching experience.

Camp encourages and reinforces essential elements of school readiness: social and emotional development; approaches to learning; language and literacy; basic elements of math; cognition and general knowledge; and physical development and health. These are basics that all children must master, and KinderPrep & Early Elementary Camp makes the process fun.

The indoor/outdoor playspace, which is located at the Colorado Center in Santa Monica, also allows for sports activities.

“It couldn’t be more beautiful,” Adams shared about the camp space. “We have large apple green tents where the kids meet and do some of their activities.”

The KinderPrep & Early Elementary programs are in line with the California State Standards and the Common CORE Curriculum, and incorporates STEAM. Through one, two or three weeks of camp, students will develop socially and emotionally, while building stamina and gaining confidence.

There are three summer sessions offered: July 29 through August 2, August 5 through 9, and August 12 through 16. The camp meets Monday through Friday from 9 a.m. to 12 p.m.

academicachievers.com/kindercamp; 310-883-5810



PHOTOS COURTESY OF ACADEMIC ACHIEVERS





SUMMER CAMPS

SANDY DAYS KIDS CAMP

Sina Monjzeb established Sandy Days Kids Camp because it had been a long-time dream for him.

"I have been working with kids for more than 18 years in summer camps and educational settings," Monjzeb explained. "For the last 17 years, I have been athletic director for the de Toledo High School, where I have founded and developed an interscholastic athletic program with over 20 teams and the physical education department."

Monjzeb, who was born and raised in the Palisades, attending Marquez Charter Elementary, Paul Revere Charter Middle and Palisades Charter High schools, has created a customizable program that allows campers to choose activities based off what they're interested in.

"[Kids] are told all year where to go and what to do at all times of the day," Monjzeb explained, which is why Sandy Days Kids Camp allows them to choose.

Activities offered at camp include boogie boarding, swimming, water play, arts and crafts, gymnastics, theme

days, camp games, dodge ball, dance, soccer, and flag football.

"We also have shaving cream fights, watermelon eating contests, chubby bunny and improv games," Monjzeb explained. "I'm hands on, I'm at camp every day. The staff we have is really, really focused on the kids."

Monjzeb added that his favorite thing about Pacific Palisades during the summer is the beach, but he loves the Fourth of July parade.

"It's like a slice of Americana that doesn't exist anymore," he shared. "It still feels like a small town. You go into the Village and you know people ... it's a community. I like that it's a community."

Campers can sign up for any schedule that fits their needs, with a three-day minimum. Camp starts June 10 and runs through August 30 from 9 a.m. to 3 p.m. at Will Rogers State Beach at Tower 10. Extended care is also available for early arrivals and late pick ups.

sandydayskidscamp.com; 310-569-1274



PHOTOS COURTESY OF SANDY DAYS KIDS CAMP



SUMMER CAMPS

ATAM CAMP

Academy of Technology, Art, and Music—known as ATAM—offers a full STEAM camp for children ages 4 to 15 that has been described as “best of all worlds!”

ATAM was founded by Anthony Wamble, a local technology teacher of more than 19 years, and encourages campers of all ages and skill levels to learn at their own pace in areas of tech, art and music.

“ATAM has a deep understanding of what technology our local families need and the doors that can open with an education that trains our kids for jobs that don’t exist yet, especially in all industries in Los Angeles,” Mary Wamble explained. “Anthony creates curriculum and we teach at the top schools, which puts ATAM ahead of the learning curve, but we also believe in going outside to exercise, enjoy nature and make friends.”

The camp offers education in technology skills like AR, coding, drones and woodworking, blended with outdoor summer games and play with new friends. Campers will learn kindness, problem solving and mentorship, while becoming a part of the ATAM Palisades community, which brings in advanced techies and those new to tech.

“Technology is not just screen time, but also

hands-on building and engineering,” Mary explained. “ATAM empowers girls and boys of all ages, interests and skill levels. Kids can start early for Kinder prep, and delve deep for high school competitions and everything in between.”

Mary shared that her and Anthony’s favorite part about summer in the Palisades is that schedules slow down, allowing kids to come out to explore and be in charge of what they dream of learning all year.

“Kids from all schools get to meet and play and enjoy our amazing town by the sea,” Mary added. “The weather is perfect for ATAM outdoor play, beach days and multiple ATAM field trips.”

ATAM offers camp June 10 through August 30, as well as all school holidays throughout the year, Monday through Friday from 8:30 a.m. to 3:30 p.m. at 881 Alma Real Drive, Suite 117 in The Village. The flexible programming allows campers to sign up for any length, whether it’s a day, week or all summer.

Sessions include “Minecraft Extravaganza!” “Roblox Game Creation,” “Fortnite YouTube Video Editing” and “Lego Robotics.”

atampalisades.com; 310-573-0012



PHOTOS COURTESY OF ATAM



AROUND THE WORLD

Readers of the *Palisadian-Post* are encouraged to take a copy of the paper with them on their world travels for a chance to be featured in the weekly Postcard section. If you have an upcoming trip planned, whether it's near or far, make sure to send in a photo to mypost@palipost.com.



George Mallouk took a copy of the *Palisadian-Post* to Egypt.



Rams fans Ronald and Diane traveled to Atlanta, Georgia, for the 2019 Super Bowl.



Junior Reporter Audrey Smith visits the Panorama Trail in Yosemite National Park.

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THE CAMP EXPERT

Palisadian Nancy Forman helps kids find the perfect summer camp.

BY JAMES GAGE



PHOTOS BY RICH SCHMITT

When school ends, summer camp begins.

Palisadian Nancy Forman is on a mission to help families find the perfect summer camp experience for their kids. Forman works as a West Coast advisor with Camp Experts, an advisory service helping parents navigate the world of sleep away, overnight, day and specialty summer camps.

“What kids do in the summer time is just as important as what they do the rest of the year,” Forman explained to *90272 Magazine*. “Summer camp is a really unique time for kids—it’s their time. It’s where they’re exposed to new experiences, new people and new character-building opportunities. It’s a time for them to grow. My job is to find programs that are the

perfect fit—to help kids do what speaks to them.”

In 1988, Forman founded Language Liaison, a company that specializes in customized, immersive-style foreign language education programs for professionals, with a client roster including the U.S. Air Force, IBM, Toyota and Sony.

In 1993, Camp Experts contacted Forman for information regarding Language Liaison’s (now-discontinued) Global Teen program, an educational summer program for teens focusing on lingual and cultural immersion.

“It was kind of like a study abroad program,” Forman explained. “We would send teens abroad for summer camp. Camp Experts was interested in what we were doing and contacted me about the program,

which we offered to them as an option for their clients.”

In 2002, Camp Experts offered Forman a position as a West Coast advisor, which she took to with gusto.

“I’d get these emails every year from parents thanking me for helping them find a program,” Forman said. “I’ve been doing this forever now, and it’s really great—kids that were 4 years old the first time I recommended them a camp are in high school now and still coming back.”

Camp Experts is popular with Palisadians looking for custom-tailored summer camp programs for their children. Part of what the service offers is unbiased first-hand reporting on camp programs.

“We physically go and see the programs every year when they’re in prog-

ress,” Forman said. “We take the time to get to know these programs. We inspect them for quality while they’re in session and then share that information between our 40 Camp Experts offices worldwide.

“It’s like our own internal Trip Advisor,” Forman joked. “Our job isn’t to put kids into programs just because—it’s to find programs that kids will want to return to year after year.”

Forman’s own son spent two summers in middle school on a language program in Costa Rica discovered using Camp Experts. Another Camp Experts client took a photography camp at a college in Texas over the summer and loved the school so much she enrolled (and got accepted).

Summer camps have changed a lot since their popularization in the ’50s. The

crafts and canoe rides of yesteryear are being joined by coding seminars and college prep camps, sometimes rolled into one.

“There’s more to do than ever,” Forman said. “There are traditional sleep-away camps, sports camps, special needs camps, camps for creative and performing arts, for entrepreneurship, academic enrichment, college prep, language, community service—you name it.”

Today’s students are using their summers more productively than ever—rather than waste them on the couch, many are using their summers to learn valuable new skills and seize opportunities unavailable during the busy school year.

According to the American Camp Association, summer camp is an \$18 billion industry in the U.S., with over 14,000 day and resident camps across the country. Of these camps, 49 percent today report some relationship to schools or school curricula, with one of every five camps partnering directly with a school to help students retain learning over the summer.

In 2014, Forman was invited on *Hallmark Channel’s* “Home Show” to discuss the benefits of summer camp.

“It was the most stressful thing I’ve ever done, to tell you the truth,” Forman shared with a laugh. “But it was good for parents to know what camps are out there.”

Although the benefits of summer camp are widely touted, the choices can be overwhelming for parents.

“Some programs are off-the-charts expensive,” Forman acknowledged. “You don’t want to pick the wrong program and have it be a waste of time and money. That’s what we’re for. We know the programs. We think about your child in the long term: Where are they headed? What are they interested in this year? What about the next? What strengths do they want to develop? What do they love to do?”

“Helping kids find the perfect summer camp is like solving a puzzle,” Forman continued. “When a parent comes back and says, ‘Thank you so much, my kid loves her camp’ and they come back year after year—that’s really rewarding. That’s why I do it.”



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