

*President's Message*

## ***We're a City of Kindness! (But the 2020 Census Was Unkind to our Congressional Representation)***

Yesterday, I joined a small group in some small acts of kindness for our community. We met at the Center for a Healthy Lifestyle, behind the Boys & Girls Club, to paint rocks and pull weeds. Our City of Kindness ambassador, Kristine Schindler, helped to host the gathering, along with the SeaWeeders. Kristine's Kindness Krew will place the cheery painted rocks around town,

hoping to spark a smile and maybe another act of kindness by a passer by. After the clean-up, Helen Wescott,

garden coordinator, plans to transform the cottage grounds into a pollinator habitat, spreading kindness to our birds, bees, butterflies and hummingbirds. Paying kindness forward . . . Like these kids at our new Post Office bench!

The City of Solana Beach adopted a resolution to become a "City of Kindness" in 2019, committing to foster a culture of kindness among City government, schools, businesses, residents, and visitors. The nonprofit Social Impact Fund promotes the initiative, whose goal is to make the world a better place by increasing the amount of kindness in it.

We have all felt the power of a "random act of kindness" when it is passed our way. After reviewing the science about kindness available on the [City's website](#), I'm even more impressed with the kindness effect.

Did you know that committing acts of kindness can lower blood pressure and anxiety? Being kind also produced endorphins to reduce pain and serotonin, which calms you down and makes you feel happy. A 2010 Harvard Business School survey in 136 countries found that people who are altruistic and generous, such as with charitable donations, were the happiest overall. According to one researcher and author, volunteering to help others' projects can even increase your lifespan! Inspired? [Email](#); we'll find a volunteer project for you!



Photo by Brian Fujita

### ***California Loses Congressional Seat***

*Every 10 years, after the U.S. Census, our state's citizen's commission adjusts the maps for election districts and redraws the boundaries to make sure each district has about the same number of people, equal party representation, and balanced ethnicity (a process called "**redistricting**").*

*This year's recount has resulted in an historic loss of one Congressional seat for California. The state's loss came because our population increased by less than the U.S. average at 6.1% from 37,253,956 in 2010 to 39,538,223 in 2020.*

*The overall increase in the U.S. population was 7.4% to 331,449,281 on April 1, 2020. It was the second slowest growth in American history after the decade of the Depression in 1930-40.*

*The North County League of Women Voters recently recorded a webinar that explains redistricting and how we as citizens, can be involved in the process. Click the following to learn more.*

<https://youtu.be/0V8guDtKSYQ>

## Milkweed Giveaway Exceeds Expectations

More than 90 Solana Beach families collected 350 free, native milkweed plants and 1,430 milkweed seeds on April 24, joining a pledge to help make Solana Beach friendly to Western monarchs and other pollinators. To date, the effort also has been supported by more than \$1,700 in donations.

On April 23, the City's landscapers transformed the parking-area garden at La Colonia Community Center into our first public pollinator park. Long-time butterfly gardener (and our Civic Affairs



chair) Cindi Clemons helped supervise placement of 100 native milkweed and nectar plants.

Milkweed is the **only** plant where female monarchs lay their eggs; it's the only food monarch caterpillars eat.

Nearby nectar plants provide food for the adult butterflies and shelter for the caterpillars and chrysalides after they pupate.

Sign-ups for the plants poured in after the City's eBlast on April 21. Our entire supply — provided by the City and SeaWeeders — was reserved within hours. A last-minute donation and several "no shows" made it possible to meet demand and still have plants to spare for more public pollinator patches. On April 28, after some weeding and clean-up, we began planting at our community garden on the Coastal Rail Trail. Want to help? [Email sbseaweeder@gmail.com](mailto:sbseaweeder@gmail.com).

The ongoing pollinator project is a joint effort by the City, Climate Action Commission and the SeaWeeders.

## Join a Virtual May 20 Meeting to "Lunch and Learn" More About Monarchs!



Ann Baldridge, Community Programs Director of the Resource Conservation District of San Diego County\* will present at our **Noon, May 20** Zoom meeting about how local groups are coordinating to support our Western monarch population. Ann will talk about the monarch life cycle, the San Diego

Pollinator Alliance and its native milkweed project, as well as the overall threats to monarchs and why this effort has become imperative. [Click here or below to register](#) for the session. Join us to learn how you can become a "citizen scientist" and participate in the Fall 2021 Monarch Count!

<https://us02web.zoom.us/join/zoom/register/12Madr-tqzkyGNTwCgh7H-y7-4pLk92xUo>

\*In partnership with the Fire Safe Council of San Diego County and Wild Willow Farm and Education Center

## Meet Recording Secretary Karen Grossman

I live in the historic Eden Gardens neighborhood and a few steps from La Colonia Park. You'll see me around town taking pictures of birds, biking or walking my dog around the San Elijo Lagoon. I'm really drawn to the friendliness and diversity of our community and how we have reached out this past year to support those who have needed a little help with food assistance and getting vaccinated.



I'm a nonprofit professional; most of my work has focused on serving military-connected families, and fighting for racial, gender, social and health justice. I earned my BA in International Relations and French Studies, with a year of study at L'Institut d'Etudes Politiques in Paris, and my MBA in Marketing from The American University in Washington, DC.



## *La Escuelita (The Little School)*

*By Lisa Montes, SBC&HS Historian and Museum Curator*

La Colonia de Eden Gardens was the birthplace of my Mother and countless relatives. My family settled here in La Colonia in the early 1920's because of job opportunities.

My Mother, Carmen Celia Scott, was born in 1929 on Juanita Street, just one street away from where she would attend school and would eventually be married. Spanish was her first language, like that of many of her cousins and friends. Her parents did speak English, but Spanish was the preferred language in the home.

La Colonia de Eden Gardens was a racially segregated community. Mexican American children attended the Americanization school, also known as "La Escuelita" to the La Colonia families. "La Escuelita" was located on Genevieve Street, across from St. Leo's Mission. Children could not speak their native language at school or they would be punished. I believe this was the birth of Spanglish, because my Mother's Spanish was not that of a native speaker.

Many of the children attending "La Escuelita" were related by blood, marriage or through baptism. This was because families traveled together to La Colonia from Bisbee, Arizona, Texas, and Santa Ana, California, in search of work and to start a new life. As I look through school photos, it is amazing to see all of the family connections. Solana Beach has a deep and rich history to be cherished!

It wasn't until high school and segregation had been abolished when my Mother enrolled in Spanish as a "Foreign Language" at San Dieguito High. In fact she shared a funny Spanglish story with me that I would always share with my students. When she was in her Spanish class at San Dieguito, the Teacher asked the students, "How do you say Crackers in Spanish?" Several students raised their hand, along with my Mother. The Teacher picked my Mother and she blurts out, "Crackas!" The La Colonia students laughed! Crackas is Spanglish for Crackers, but the correct term is Galletas. I still find myself referring to crackers as "Crackas" as a fun memory of my Mother.

I was fortunate to see the remnants of La Escuelita here in La Colonia when I would walk with my Mother to church at St. Leo's on Genevieve Street. We would walk through the empty building and she would share stories of her childhood with me. She loved her teacher Mrs. Clark and would say how kind she was to her. She shared memories of being in class with her cousins and going home to have lunch (because it was the next street over), then running back to school.

Today, much has changed in La Colonia de Eden Gardens, but the memories still remain. There are apartments where "La Escuelita" once stood. The church where my Mother was married is still flourishing. The Tree of Life tiled wall located at La Colonia Community Center and the Solana Beach Heritage Museum offer glimpses of additional history of the families who lived in La Colonia de Eden Gardens.



La Escuelita students in 1946



***"I am doing pretty good and I am proud of myself. . ."***

**2020 Scholarship winner Sarah Senteno checked in with the Society to share her Freshman year experience in our pandemic-challenged era. Sarah attends Cal State San Marcos and plans to major in Criminology.**

*This year in isolation has been challenging, and with the mix of starting a whole new chapter in my life, it has been even more difficult. When schools shut down, I expected to be back within a month, but months went by, and now a whole year, and I am still stuck at home.*

*After a month of being locked inside, I became extremely anxious about beginning this chapter in my life; I was becoming a college student and an adult simultaneously, and that was a lot to have on my mind, especially while in a pandemic. I tried not to let it take over my everyday life, but it did, and I wanted my family to know how my anxiety was affecting me. However, I didn't and still don't like talking to them about it. Mainly because they are so proud of me, and I would hate for them to see how much anxiety it was causing me, but also because, in general, I just didn't want them to worry about me because this year has already been extremely difficult, and I didn't want to add to that.*

*So I had to rely on myself and talking to some of my close friends about it to help me cope. But when college started, all my anxiety was for nothing. I adjusted very easily to online learning, and I am fortunate I did because I have met many people who couldn't adjust to this type of learning. And even with being online, I still managed to make friends, well, just one friend, but I didn't think I would make any friends at all, so making just one friend was a huge accomplishment for me. I also didn't think I would connect with any of my professors, but I did. My professor for a lifelong learning course I had to take during my first semester was extremely friendly and hilarious, and my new friend and I both became very close to this professor and still are.*

*College has been very stressful, it was hard to adapt to having way more homework than I usually had before, but I was able to use my time management skills and a planner to help me cope with all the work I had. I ended up passing my first semester of college with flying colors, and so far in my second semester, I am doing pretty good and I am very proud of myself.*

*Even though I have adapted to the "college" life, I still struggle with anxiety about school, and I still get very overwhelmed about homework or tests. However, I have learned just to take my time and not stress, and something else I learned is that college is just a piece of my life, not my whole life, and I wish I would've learned that in my first semester.*

*In the end, this has been the craziest year of my life, and I really don't think anything could top it. Hopefully, in the future, we will be back to everyday life, and I will actually get the college experience, but until then, I will continue to go to school at home and continue to find ways to connect with my campus, even from miles away.*

### ***Welcome new members***

***Adele Josepho, Cynthia Claxton Ohman***

### ***2020-21 Executive Board***

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Programs.....Carol Childs  
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