

JUNE 2021

CENTRAL COAST

LIVING

Ecologistics

NOVEL ENVIRONMENTAL CONCEPTS



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Meatless Three-Alarm Chili

By Chelsea Scott

Yields: 6-8 servings

This hearty chili is so warming and delicious that it's sure to please both meat eaters and those who prefer a more plant-based diet. You can even swap in your favorite meat, whether that is ground turkey, brisket or pulled chicken. This recipe begs to be customized to your family's tastes and preferences.

Ingredients

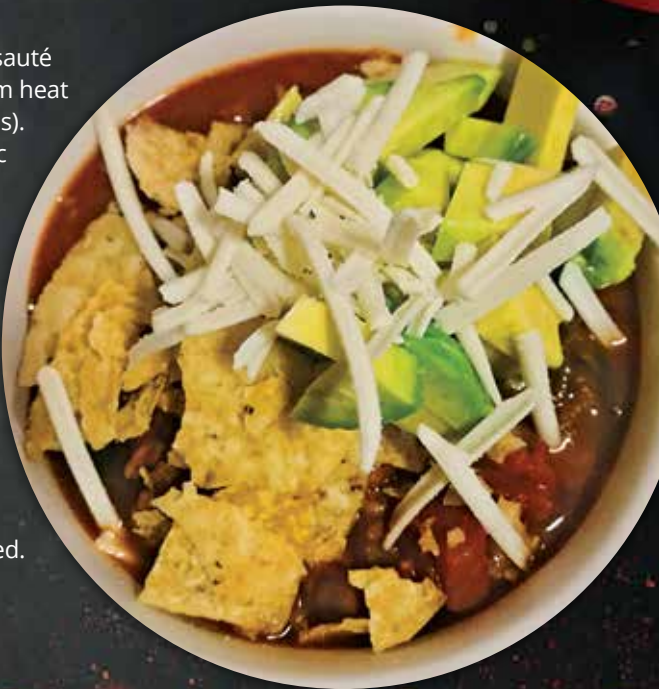
- 12-16 oz. vegetarian meat crumbles (such as Morningstar)
- 2 Tbsp. oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 6-oz. can tomato paste
- 2 15-oz. cans diced tomatoes
- 1 15-oz. can tomato sauce
- 1 15-oz. can dark kidney beans
- 1 12-oz. jar hot sliced pickled jalapeños, with brine
- 1-2 Tbsp. honey
- 1-2 Tbsp. cumin

- 2 Tbsp. chili powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- A pinch of cayenne pepper (or to taste)
- Red pepper flakes
- Black pepper

In a large soup pot or Dutch oven, sauté onions and garlic in oil over medium heat until translucent (about five minutes). Add the cumin, chili powder, garlic powder, onion powder, cayenne pepper and a shake of red pepper flakes (more to taste). Let the spices toast in the oil with the onions and garlic for a minute or until fragrant.

Dump in the tomato paste, diced tomatoes, tomato sauce, beans, jalapeños, honey and black pepper. Simmer on low for an hour, stirring occasionally. Taste and adjust the seasonings as needed.

Serve in big bowls and top with whatever you like. My personal favorite toppings are cubes of avocado, shredded cheese, sour cream and tortilla chips.





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EXPERT CONTRIBUTORS



ARCHITECT

Michael D. Smith, Architect
MICHAEL SMITH
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www.michaelsmitharchitect.com

As a graduate of Cal Poly in San Luis Obispo, and a Licensed Architect for over 30 years, Mike has worked with hundreds of clients, providing architectural designs for residential projects. Everything from patio covers, residential remodels, to custom homes, Mike has a wealth of experience, knowledge, and problem-solving skills that serve his clients with cost and time-saving strategies delivering a final product that will meet their vision.



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PHOTOGRAPHY

Colleen Rosenthal Photography
COLLEEN ROSENTHAL
805-550-2620 | colleen@rosenthalphotography.com
www.rosenthalphotography.com

Colleen Rosenthal is a hard working portrait photographer in the Central Coast Community. She believes authentic "best moment" portraits are powerful in business, meaningful for families and have lasting value. Her photography includes family, business, newborn, couple and high school senior portraits. She holds international photography awards, and an advanced degree in design.



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JENNIFER VILLAROS
415-595-2210 | jenny.villaros@gmail.com

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WINDOW TREATMENTS

Coast Window Fashions
ANDREW BECKER
805-625-6300 | hello@coastwindowfashions.com
www.coastwindowfashions.com

Hello, I'm Andrew Becker, owner and manager of Coast Window Fashions. I was born and raised here in San Luis Obispo, and have worked in the family window covering business, Becker's Draperies, for most of my adult life. My parents, who owned Becker's Draperies, have both recently deceased, and so I've decided to modernize the name to Coast Window Fashions this last March. Be assured that we are still an independent dealership and continue to provide time tested products, styles and services to our public. Thank you.



SENIOR LIVING

Central Coast Transitions
1-805-602-1789 | claryce@centralcoasttransitions.com
www.coastwindowfashions.com

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Janice Leach - Lead Photographer

Art Designs Photography

805-440-3976
www.adp7.com
janicelav7@gmail.com



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Coast Window Fashions

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Dear CCL Residents,

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Get ready for longer days and beautiful golden sunsets, as we enter the summer season. Living in the Central Coast we are so lucky to have the beach at our disposal. Summertime is filled with family and friends gathering at the beaches, playing in the sand, the surf, the volleyball courts and creating lasting memories that go beyond the beautiful California long summer nights. It is time to turn on your favorite summer song, put on some suntan lotion and hit the California surf.

Summertime in the Central Coast is like going down memory lane for me. There is a definite vibe with classic cars cruising down the main streets, soft serve ice cream being served on the local pier and the smell of smokie-mesquite barbecue reminding you it is time for beach balls, umbrellas, patio chairs and packing the Yeti.

In this first summer issue of Central Coast Living we introduce a non-profit organization called Ecologistics. Their mission is to create a resilient and healthy community for the residents of the California Central Coast that is environmentally and economically sustainable. Ecologistics develops, conducts, and sponsors programs intended to provide information, encourage collaboration, generate conversation, inspire action, and engage the community.

At Central Coast Living, we are always looking for engaging stories that make up the Central Coast. A big part of those stories come from non-profits just like Ecologistics, who make a difference through their extraordinary amount of volunteers hours in order to make a difference. Non-profit organizations make up a big part of local communities here in the Central Coast and it is important that we support them and efforts.

If you are interested in having your non-profit group featured in one of our upcoming issues of Central Coast Living, then I would encourage you to reach out to CCL magazine. Please forward your information to the following email address: michaelcosta@bestversionmedia.com. Give your non-profit organization the exposure it needs. We can only grow with your help and your stories.

Have a great Summer.

Michael J Costa
Content Coordinator

JUNE 2021

PLAYING WITH SHARKS

The Central Coast State Parks Association (CCSPA), in collaboration with National Geographic, SLOMotion Film and There Does Not Exist Brewery, is excited to present Playing with Sharks, a film by National Geographic that promotes marine conservation and advocacy. he film explores how the relationship between humans and sharks has evolved over time, especially after the release of Jaws incited fear for sharks worldwide.

Location: There Does Not Exist Brewery
4070 Earthwood Ln Suite 110
San Luis Obispo, CA 93401

Date: June 12, 2021

Time: 7 p.m. to 10:00p.m.

Cost: Price: \$18 in-person, \$10-20 for virtual

PAINT 'N SIP AT POINT SAN LUIS LIGHTHOUSE

Reserve your spot for this one-time afternoon of wine and painting at the Point San Luis Lighthouse with celebrated artist Andrea Olivier. As part of the ongoing 130th Anniversary celebration of the historic Point San Luis Lighthouse we will be hosting a fun night of wine, painting, and beautiful views.

Ticket price includes wine, appetizers, art supplies, and transportation to and from the Lighthouse. Come celebrate our 130th Anniversary and have a great time.

Location: Point San Luis Lighthouse
1 Lighthouse Road
Avila Beach, Ca 93424

Date: June19, 2021

Time: 2 p.m. to 4 p.m.

Cost: \$60 per person

WALK FOR HEALING

Join Hospice SLO County in a virtual walk across America! Register to log your miles walking, jogging, running, biking, and/or swimming between 5-1-21 and 6-19-21 and meet your fitness goals while helping Hospice reach a community goal of 50,000 miles and \$50,000. Prizes will be awarded! \$30 entry includes event T-shirt.

Location: Your hiking trails, streets, poo, gym, home-where you conduct your fitness and so much more. Join Hospice SLO County as we take a virtual walk across America! It's easy and fun. Walk, jog, bike, swim, or run. Register individually or as a team and log your miles. Help us reach our community goal of 50,000 miles and \$50,000.

Date: June1-19, 2021

Time: Anytime

Contact: Susan Olson

Hospice SLO County

1304 Pacific Street

San Luis Obispo CA 93401

1-805-544-2266

Cost: \$30 includes even T-shirt..

PISMO BEACH FARMER'S MARKET

Now open through the months of March to October 2021. Pismo Beach is hosting their weekly Farmer's Market offering fresh farm vegetables and fruits from local farms in the Central Coast. Enjoy an afternoon in classic Pismo Beach and stroll the downtown with the family take a walk on the beach and support the local farmers in the region. Meet our local vendors while enjoying the scenic views of Pismo Beach.

Location: Pismo Beach Promenade-Downtown

Date: Wednesdays

Time: 4p.m. to 7 p.m.

Cost: Free to public.

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Location: 4484 Broad St.

San Luis Obispo, CA

Contact: Parks and Recreations- City of Grover Beach

Phone Number: 1(805)547-1496

Date: Second Saturday of every month

Time: 5:30 to 10:30 p.m.

Website: www.performceathleticslo.com

Cost: \$34- \$60 Family Discounts available



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PUZZLE

By Kailee Capela

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Caring
Memories
Sports
Hero

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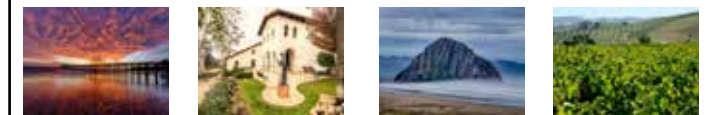
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805.550.2620
colleen@rosenthalphotography.com



Part of the growing team of volunteers with the Non-Profit Ecologistics
Left to right: Alyssa Adams, Michael Jencks, Stacey Hunt, Doreen Liberto,
Ted Hamilton and Deborah Bayles

Ecologistics

NOVEL ENVIRONMENTAL CONCEPTS

BY STACEY HUNT | PHOTO BY ART DESIGN PHOTOGRAPHY

Solar roadways. Three-dimensional ocean farming. Biomimicry. These and many other novel environmental concepts were introduced to San Luis Obispo by Ecologistics, Inc., a Los Osos-based nonprofit, through their Central Coast Bioneers Conference.

Ecologistics has been hosting Central Coast Bioneers since 2010, when the organization was formed. Stacey Hunt, Michael Jencks, and the late Celia Zaentz to bring the National Bioneers Conference to the Central Coast. Since then, the Ecologistics team has put on over 150 workshops, field trips, lectures, and tours, focusing on the pressing environmental, social justice and environmental justice issues of our time.

"There is so much good work going on out there to protect our planet that never makes it onto the evening news," explains CEO Stacey Hunt. "We like to call the Central Coast Bioneers Conference our annual inoculation of hope." The Conference is a showcase of TED-type talks. Ecologistics is licensed to rebroadcast the internationally

known speakers from the annual National Bioneers Conference in San Rafael, California. "We show those talks in the morning," explains Hunt, "and then in the afternoon we provide a platform for our local change-makers to get the word out about their work." SLO-based environmental heroes who have presented at Central Coast Bioneers include:

Robert Nieto, a landscape designer who teaches homeowners how to create ocean friendly gardens.

Financial planner Scott Secrest, who shows investors how to divest their investments from companies that are harming the Earth and put them into more sustainable businesses.

Jeff Wade of local nonprofit Slow Money SLO, on providing access to capital for small farmers to finance a healthier food system.

Charlie Kleeman, a local activist who, using the Google Earth Outreach technology demonstrated at a Central Coast Bioneers Conference, was able to help defeat a

mountaintop mining project that would have destroyed the views from Highway 58.

Eric Veium, who helped spearhead the successful efforts to bring community choice energy to San Luis Obispo and other cities in the county.

Ecologistics has grown beyond the Central Coast Bioneers Conference. In 2013 the group was asked to host a colloquium showcasing research on the endangered species who live out on the Carrizo Plain. "The research was funded as part of the settlement of a lawsuit against the energy companies who installed the solar plants out in California Valley," explained Board Chair Michael Jencks. Ecologistics has put on four Carrizo Colloquiums to date. The 2020 offering was derailed by the pandemic, "but we hope to hold it in 2022," said Hunt.

In 2016 Ecologistics hosted a Salinas River Symposium in Paso Robles to bring focus on the degraded condition of the Salinas River. Sponsored by three San Luis Obispo County Supervisors, Cal Poly, the UC Cooperative Extension, Upper Salinas-Las

Tablas Resource Conservation District and Abalone Coast Analytical, the Symposium was a huge success. "Seventy-five people representing nine nonprofits, twenty public agencies, six universities and numerous local companies and interested citizens attended," said Hunt. An outcome of the symposium was a bi-county working group that met monthly over the next year to move forward some sort of program to protect the river and meet the needs of farmers, ranchers, recreationists, and the flora and fauna dependent upon the water. Ultimately a local environmental group, Biodiversity First!, financed a two-year \$150,000 study to examine the possibility of a management plan for the entire Salinas River watershed. The results of that study, plus a discussion of next steps, was supposed to be presented at the 2020 Salinas River Symposium, but that too was a victim of the pandemic.

Also in 2016, Ecologistics hosted a 3-day Deep Ecology Collaboratory at Rancho El Chorro Regional Park featuring environmental legends Dave Foreman, Derrick Jensen, Eileen Crist and others.

In late 2013, Ecologistics was approached by

startup nonprofit Carrizo Plain Conservancy for fiscal sponsorship. The Conservancy had applied for but had not yet been approved for charitable 501(c)(3) status from the IRS, so could not yet accept tax-deductible donations. Donors were anxious to make donations to the group but needed the write-off. Fiscal sponsorship allows an existing 501(c)(3) to be an umbrella for other nonprofits and accept donations and grants on their behalf. Having legal backgrounds, Hunt and Jencks started researching the law and procedure for fiscal sponsorship and in 2013 Ecologistics opened for business as a fiscal sponsor. Since then, they have sponsored 45 different nonprofit projects, helping them get off the ground and on their way. Several, like HomeShare SLO, Carrizo Plain Conservancy and the Peace Academy of Sciences and Arts have since gotten their own 501(c)(3) designations and moved out on their own.

"It has just been a thrill for us to incubate so many wonderful projects," said Hunt. The list includes film, art, education, social and environmental justice, climate change and human service projects. And the love is returned. Anne Wyatt, Program Coordinator

for HomeShare SLO said, "Ecologistics' fiscal sponsorship program made starting our non-profit simple and inexpensive." Courtney Haile of R.A.C.E. Matters said "Ecologistics has been wonderful for R.A.C.E. Matters, especially during our recent growth. Their fiscal sponsorship has allowed us to take our time to develop, while feeling confident with their financial oversight."

Along with their environmental podcast "Ecologistics: Where We Question the Status Quo," Ecologistics launched a Facebook Livestream on the first Thursday of every month featuring one of their sponsored organizations. The program is hosted by board members Alyssa Adams and Doreen Liberto.

So, who are the people behind this growing nonprofit, that has had such an impact on the community?

Michael Jencks, Board Chair, is a 5th generation Californian raised in a family with a strong tradition of public service. He is a teacher, lawyer, hiker, and a co-founder of two local non-profits, Ecologistics and Biodiversity First!

Stacey Hunt, Chief Executive Officer, spent her early years camping all over California and Oregon and playing at her family's beach house at Monterey Bay. She raised her children to appreciate wild nature and now enjoys life in beautiful Los Osos.

Eric Berg-Johansen, Secretary, is a Cal Poly alum and holds a master's degree in City and Regional Planning. He has worked in the public sector as a City Planner in both Oregon and California, and in the private sector as a project manager for a northwest-based civil engineering company. Erik currently lives in SLO and works as a local Realtor and land use planning consultant.

Saba Asghary, Treasurer, is also a Cal Poly alumnus, currently pursuing a master's degree at Cal Poly in City and Regional Planning. She completed her bachelor's degree in Environmental Management and Protection with minors in City and Regional Planning and Sustainable Environments in 2017. Since then, she has tailored her nonprofit work and career path around those fields, which have ended up being her passion.

Doreen Liberto, Program Director, is founder and managing partner of Earth Design International. She is an experienced community



planner, environmental planner, economic development advisor, educator, permit coordinator, professional facilitator and mediator. She is on the Udall Foundation, US Institute for Environmental Conflict Resolution, and the National Roster of Environmental Dispute Resolution and Consensus Building Professionals. Doreen currently serves as the consulting Community Development Director for the City of King. She served on the San Luis Obispo County Planning Commission from 1999 to July 2005 and was Chairperson twice.

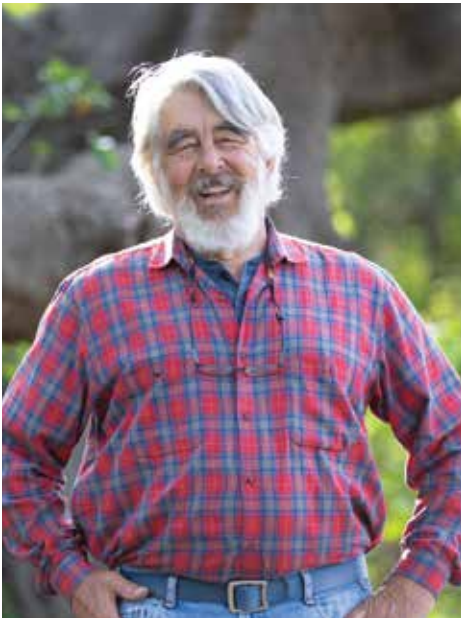
Ted Hamilton is a long-time conservation activist and organizer. His passions include backpacking, gardening, and writing. Ted has worked for the Sierra Club and served as a manager for the employee-owned compa-



ny Bookpeople in Berkeley, CA. He has been inspired by the example of Arne Naess to live by the principles of Deep Ecology.

Alyssa Adams is a student at Cal Poly, working on a Bachelor's in City and Regional Planning and a minor in Environmental Studies. She has always been interested in public service, previously volunteering with organizations such as Arroyo Grande in Bloom and the Rotaract Club of Santa Cruz County. She likes to spend any free time she has reading or hiking.

Deborah Bayles joined Ecologistics in 2020. She brings her extensive background in e-commerce, education, and business to her role as a Board Member. As a psychotherapist, she is passionate about the positive interaction of nature and psychology on the



well-being of people. A former member of the Fallbrook Land Conservancy, she owned and cultivated an organic avocado orchard with over 300 trees in Fallbrook, California for a number of years, and was a docent of the Santa Margarita Ecological Reserve.

Serena Chelberg also joined the Board of Ecologistics in 2020. She is the granddaughter of Ecologistics co-founder Celia Zaentz, and attended several Central Coast Bioneers Conferences, which put into full bloom her growing interest in environmental issues. Serena lives in Tucson, Arizona with her husband Brian and their three dogs. She hopes one day to start a 3-D ocean farming project.



THE MYSTIQUE OF GOLF

By Brian McDonald

Wouldn't you agree that golf has the greatest aura of all sports? One reason for this is that golf is played on natural terrain (or land shaped to resemble natural terrain). Courses are carved out of natural landscapes like an artist's brushstroke on a canvas. No two courses are alike.

AN EXACTING GAME

Golf challenges even the keenest and most avid players. Since it's played on huge, undulating grassy fields, golfers must learn a variety of shots. Through mistakes of judgement or execution, a golfer can regularly mess up a good round—even on a dearly admired course. During the same round, even the weather can change; the wind can come from different directions at different velocities. Other threats (uncommon to other sports) can include blood-sucking horseflies or mosquitoes hovering around your head. It's every man for himself. Alas!

UNPARALLELED LURE

Not only is the golf swing extremely difficult, it's also unique. A golfer must combine strength, flexibility and dexterity with the steadiest of nerves and the everlasting struggles to maintain one's composure. There is no coach to obey, no relative position of players, no snap count to remember, no defence and no reactionary reflex motion. In golf, every shot must be played by a calculating mind: slowly, deliberately, quietly. There is no other game in which failure is so humbling—or so infuriating. Ultimately, golfers learn to not 'get their speech ready' before the round ends.

A CHARACTER BUILDER


Golf is also complex. There is no other place than on the links where a player can truly pride themselves, through private instruction, properly fitted equipment and regular practice. However, attitude and confidence count more than muscle and might. Hope and luck are not a game plan here. Golf demands the most concentrated mental attention. Oddly, excellence in other sports is not necessarily a standard for proficiency in golf. This game is unique and (at times) unfair. A bad bounce in golf is called *rub of the green*. Suck it up and move on!

Brian McDonald has been a golf professional and PGA member for 35 years, and continues to teach on weekends.

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Sweet Succulents

BY MEGAN MAHLIK | PHOTOS BY MEGAN MAHLIK

Small and trendy, the friendly succulent has charmed many with its non-demanding care routine, intricate shapes and different colors. I first started growing succulents a couple years ago after I realized I needed some more green in my life. The problem (I thought while standing in Home Depot) is that I have a black thumb and ultimately all plants that fall into my care die. But this time I was determined. I would do the research, water and sun-bathe the little things until they had no choice but to grow. Needless to say, I quickly fell in love with them and now look forward to caring for them each week. I have found numerous outside materials on the care and keeping of succulents and learned quite a few things on my own. Although they are hard to kill and grow easily, they do require proper care as there is a difference between a living succulent and a thriving one.



Despite their similarities, succulents are not cacti. By storing water in their leaves, they are able to go great lengths without water, which is a nod to their usual habitats such as semi-desert climates. However, they do require some type of consistent moisture, which is needed more often than a common cactus. If needed, succulents are able to grow “air roots” and draw on the humidity in the air, but this is a sign your succulent is thirsty and needs more frequent watering. This makes them the ideal houseplant as they are low-maintenance and can survive your weeklong vacation without even noticing you’re gone. Find a warm window with some indirect sunlight (south-facing is best), and you’re in business.

Ideally, you live somewhere where it’s warm year-round and there’s plenty of light to go around. Unfortunately, that’s not the case for my succulents, and winter takes a brutal toll on their overall health due to the lack

of light, humidity, and warmth. Come spring, I am jumping at the thought of replanting all my succulents in fresh soil and getting them back to full strength. I wait until the weather is getting warmer, however, before undertaking this task to make sure I am not prematurely snipping and damaging the plant.

When receiving too little light, succulents “stretch” or grow toward the light, resulting in a plant that is more stem than leaf, which (in the case of the succulent) is bad form. After the winter, it’s necessary to cut off the tops of my stretched-out succulents and either replant the rosettes or let the plant regrow as necessary. This does not hurt the plant at all. In fact, it helps the plant not waste precious energy on reaching outward by growing properly and expanding its leaves.

Succulents are self-propagating plants, which means the leaves can grow roots and become an entirely new plant. Similarly, the rosettes—when taken off

the main plant—will eventually begin to shoot roots and take off as their own. If you become handy at this, you’ll realize you are continually growing your collection of plants, which can be very rewarding (yet stressful when you run out of windows). You don’t need to “plant” the leaves/rosettes. Just let them sit on top of the soil and water them minimally until they begin to grow roots. Once they are established, you can properly plant them.

To repot my plants, I use a cactus potting soil, since it allows the water to drain properly. This is particularly important if you are planting your succulents in decorative pots such as mason jars or other non-draining pots. It’s also recommended to mix some rocks/sand into the soil as that will also help prevent the water staying in the soil for long.

Be sure to never water the leaves of the plant. I made this mistake with a favorite succulent of mine. This develops a rot on the plant, which eventually kills it. I’ve been known to use a Q-tip to wipe accidental water droplets from the leaves for this very reason. Additionally, succulents prefer to be “drenched” as opposed to spritzed, as this flushes water down into the roots. My rule of thumb is to water when the soil is dry: every week or less in the summer, and every week to two in the winter.

Once I clean off the stretching and dead leaves from each plant, I place them into new soil

and let it settle for a day or two before watering. Of course, this is a slow process as you don’t want to injure any of the existing roots or break the plant. Succulents are hardy but very delicate. Any leaves that break off get put into my prospect pile.

Have patience with your plants! Succulents are not particularly fast-growing, and hardly grow at all during their dormant winter period. The most fun you’ll have with your plants is in the summer when they begin to change color due to all the light they are getting. If they are happy enough, you might even find your succulents blooming. Not only are they conversation pieces, but they also seem to increase mood just by being there. They are all so different and intricate.

Since they are hardy little things and ship very well, it is possible to buy succulents online. If you order a rosette, it will come without roots. You simply plant the stem into soil and let it grow. This method is definitely easier than buying seeds and growing them on your own. Otherwise, just stop at your local greenhouse and start growing your collection!



Megan is a beauty enthusiast and lifestyle blogger who enjoys black coffee, good books, and all kinds of cute plants. You can find her other work at <https://www.prim pandprosper.com>.

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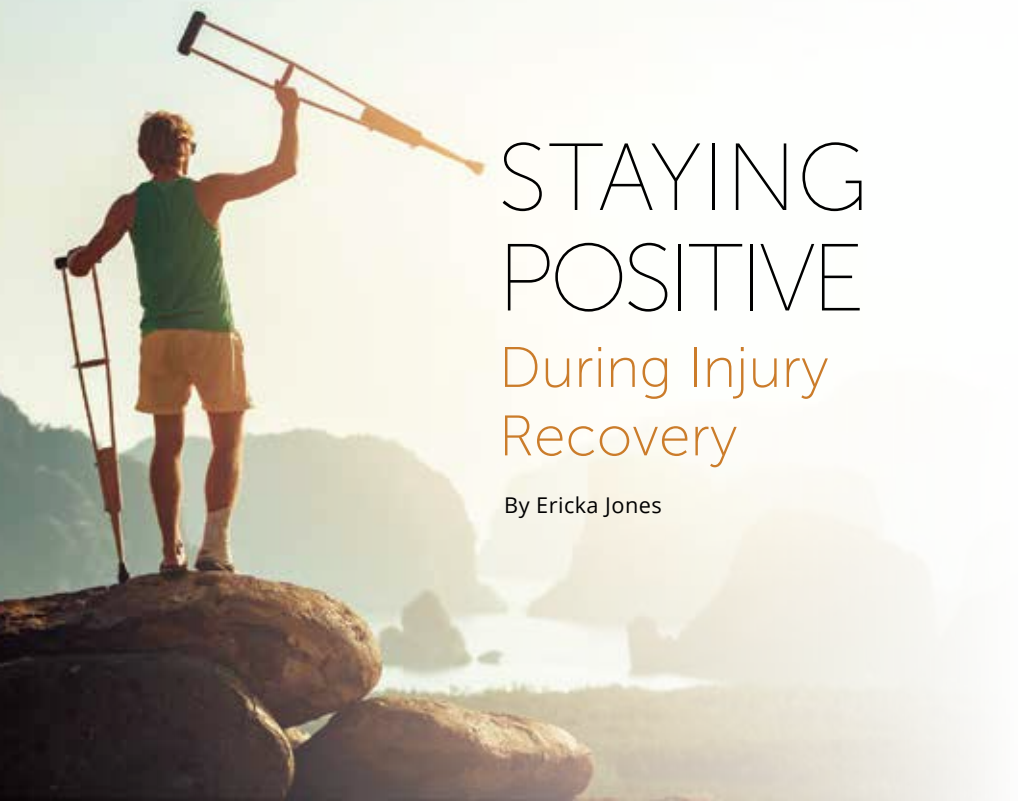
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STAYING POSITIVE

During Injury Recovery

By Ericka Jones

Injuries stink. There's no escaping this simple truth. As you grind down the road towards recovery and rehabilitation, it's easy to get discouraged and pessimistic. Just remember that injuries heal; your rehab routine won't last forever. As you train your way back to 100%, keep these tips in mind:

TAKE IT ONE DAY AT A TIME. After a major injury, it could take a while to get your full range of motion back. Don't look too far ahead in the journey. Focus on what you can do—not what you can't do yet. Recovery is a process, so don't do too much too quickly, or you'll end up back at square one.

CONFIDE IN A FRIEND. Misery loves company, right? Find someone who understands what you're going through. It's a great way to stay positive while working towards full recovery. They can support you and encourage you to push through the pain.

MODIFY YOUR ACTIVITIES. Injured doesn't mean unable. You can still do many of the things you love—with some slight modifications. If stairs are too difficult right now, take the elevator. If you want to exercise but you can't do your regular routine, switch

it up. Take a short hike or easy swim. Before engaging in any new activity, though, know your body's limits.

FOCUS ON NUTRITION. Even if you aren't as physically active as you were before your injury, you can still monitor your health. To aid in the healing process, eat nutritious meals. If you have extra time on your hands, try out some new recipes; find a few you love. While you're cooking, invite some friends over, and make a day of it.

STICK TO THE PLAN. If you're seeing a doctor or physical therapist, follow their instructions. It isn't usually enjoyable, but your persistence and grit will be worth it in the end. You can work hard to beat the curve, but don't push yourself so hard that you make the injury worse. Persevere and trust the process.

SPREAD THE MOTIVATION. Do you like motivational quotes? There are thousands of quotes out there that can inspire you each day. Print some off and stick them around your house or write them out and leave them in fun locations to find later. You are strong. You *will* overcome this injury!

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HOW TO AVOID HOME REMODELING HELL

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MICHAEL D. SMITH

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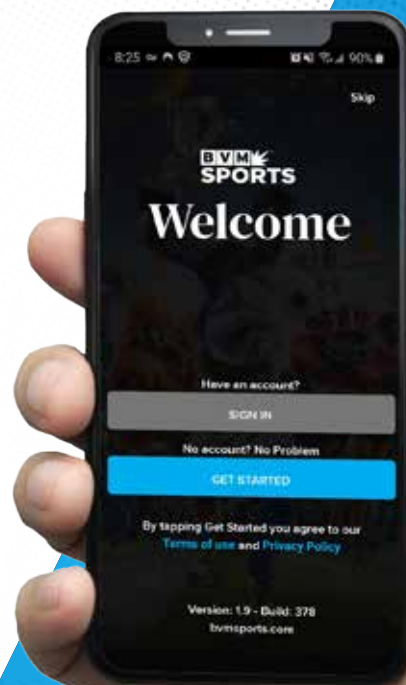
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