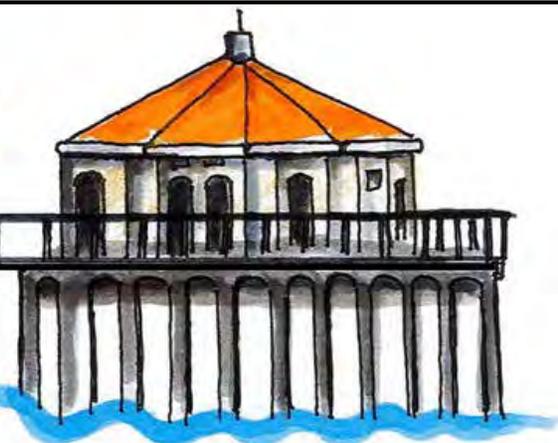


THE



PIER

Review



Second Edition

Vol. I No. 2

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Happy Holidays
& Seasons Greetings!

Best of Manhattan
Winners
Announced!

Holiday Mixer
Extravaganza at
Manhattan Village
December 7, 2022
5:30pm

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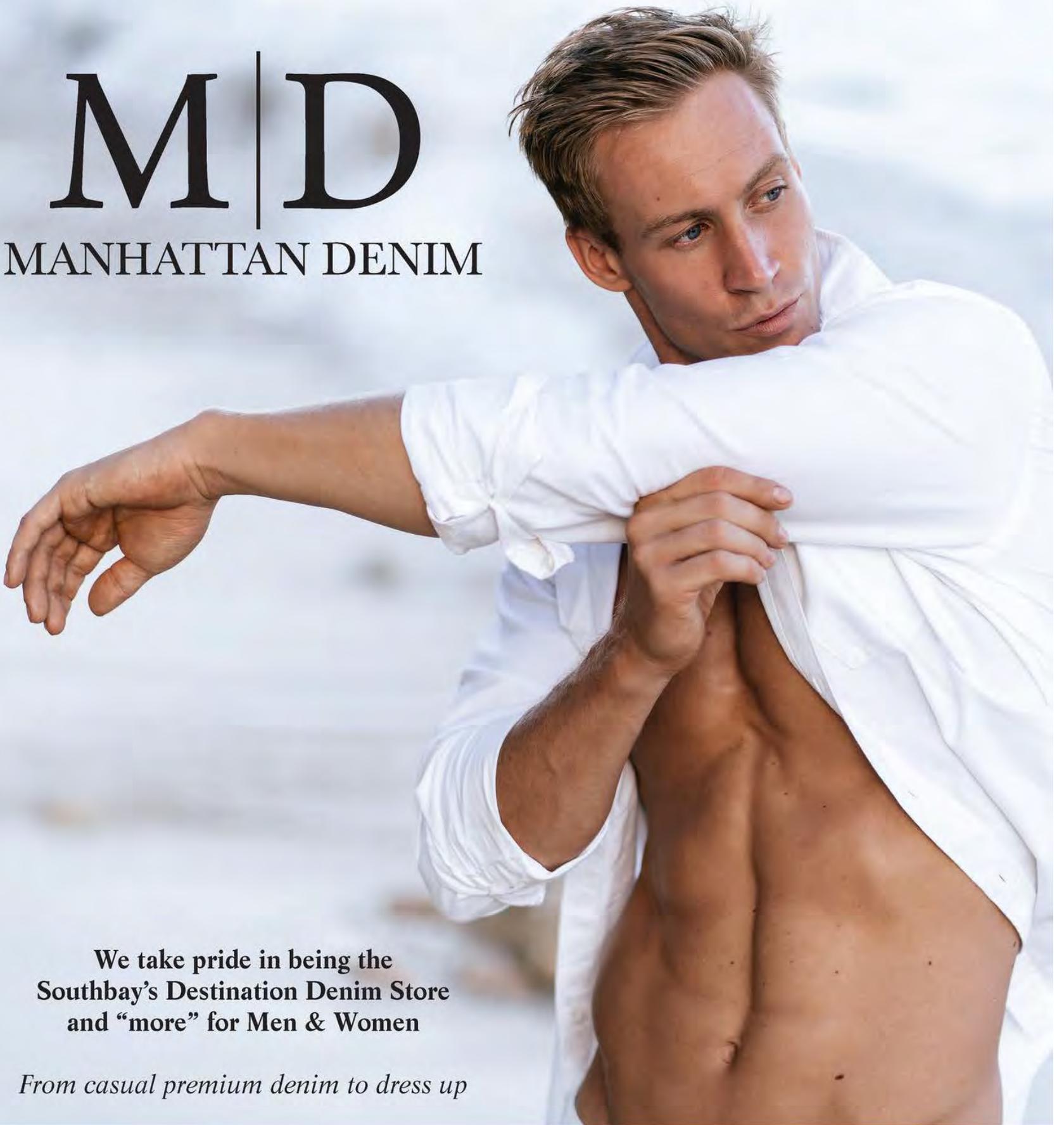


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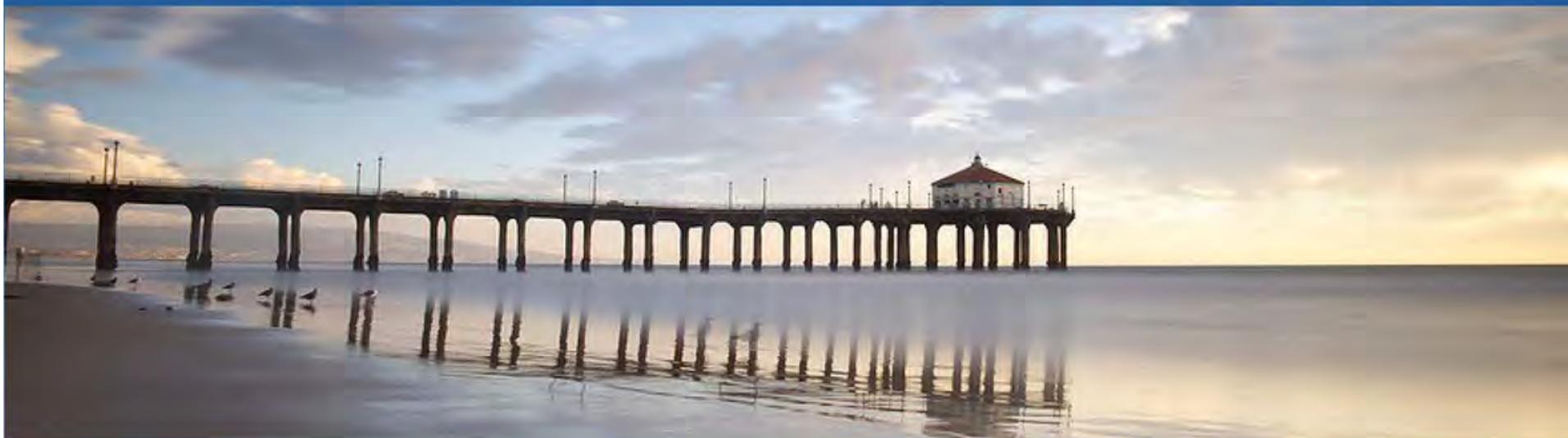
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CEO NOTE!

What's Up Manhattan Beach?!

The Manhattan Beach Chamber of Commerce is excited to send out the Second Edition of The MB Pier Review - Holiday Edition! As mentioned last edition this is a Bi-monthly, Community Orientated Newspaper that is being sent directly to ALL Manhattan Beach Residents, Businesses, and Chamber Members. And this is an Exclusive Benefit for our Members and Sponsors.



Content to include, not necessarily in every Edition, but not limited to, New Member Introductions, Events, a pullout "Community Calendar," Parks & Recs, Business Advocacy, MB History, "Did you Know?", Recipes, Water Conservation tips, Recycling, Dining Guides, Healthy Eating, Maps, Walking, Biking, Shopping, Professional Services, and More!

The MB Pier Review's Content will focus on Items of general interest to the Community and Businesses without opinions or political bias, and do not necessarily represent the Board of Directors, Sponsors, or the Chamber Team. All content will be included and/or excluded at the sole discretion of the Board of Directors of the Manhattan Beach Chamber of Commerce.

I hope you enjoy our Holiday Edition! Have a safe and happy Holiday Season and I look forward to seeing you out and about in MB! David

Ice Cream Sandwich Cake

Ingredients

- 24 Ice Cream Sandwiches – or enough to make two layers in whatever pan you use
- 2 – 8-Ounce containers of Whipped Topping, like "Cool Whip," thawed
- 1 Jar Hot Fudge Ice Cream Topping, Room Temperature
- 1 Jar Carmel Ice Cream Topping, Room Temperature
- 1/4 Cup Nuts, any kind you like to Taste or not at all

Recipe Alert

Steps to Make It

- Gather the ingredients.
- In a Pan place one layer of Ice Cream Sandwiches, Layer with the Whipped Topping, Hot Fudge, and Carmel
- Repeat Layering, ending with the Whipped Topping and drizzles of the Hot Fudge, Carmel, and Sprinkle Nuts if you wish.
- Cover with Foil and Freeze for 30 Minutes or until Set.
- Enjoy! Credit - D Shane



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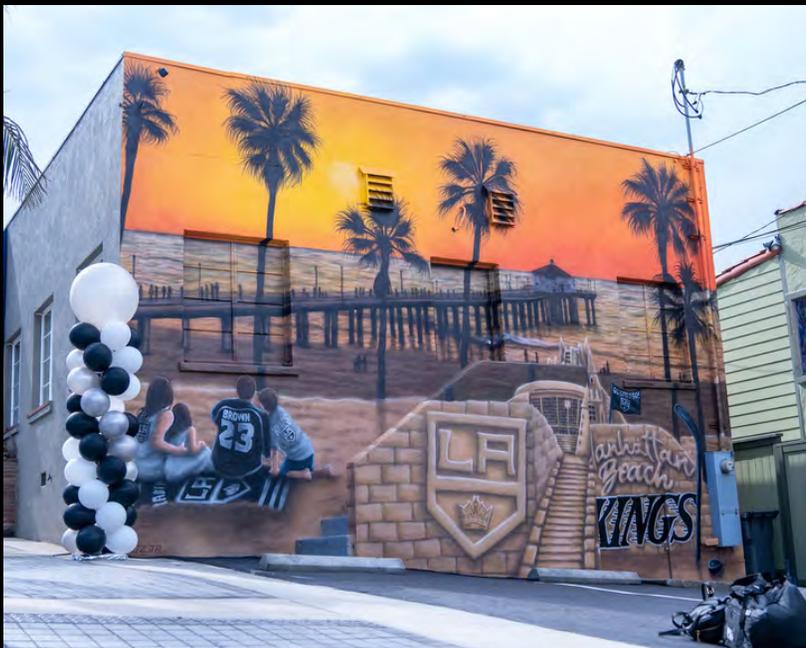
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LA KINGS - MURAL UNVEILING! GO KINGS GO!



Beach Cities Optometry has been lucky to have been chosen as a building the King's have decided to place their updated and iconic "Manhattan Beach King's" mural. The new mural promotes a collaboration of art, sport, and wellness. The artist, Gustavo Zermeno, Jr. (@GZ.JR) spent two weeks updating the mural, which now incorporates local items such as the iconic Manhattan Beach Pier and Roundhouse, volleyball, sandcastles, and surfing. He seamlessly added Kings logos, hockey iconography, and a few "easter eggs" for you to find. These surprises include a local building, a goalie mask, and Beach Cities Optometry's logo among others. By Dr. Robert J. Stahl, O.D.



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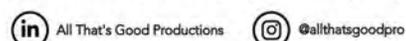
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Fall Entertaining Tips

What better way to start the holiday season than by throwing a game night, intimate soiree or a lavish dinner party! Eye-catching tablescapes and crafting stunning and delicious charcuterie spreads are an increasingly popular culinary experience, and our team at Tabula Rasa Essentials is here to guide you. Gorgeous

boards and spreads can be created ahead of time so you can effortlessly entertain your friends and family. Select your favorite cheeses and accoutrements including jams, dips, crudite, meats, nuts and artisan crackers. Display on wood boards, stoneware and ceramics of various heights and sizes. Pay attention to the temperature of your food; cheeses should be room temperature while veggies should be cold and crisp. Make sure you have enough knives and spreaders for each. A smattering of votive candles, beautiful floral bouquets, and appetizer plates befitting your theme will complete your look and wow your guests.

Pairing a small selection of cocktails, mocktails and wine is a must for most gatherings. Always festive, a flute of bubbles is a celebratory way to greet your guests. My new favorite is Marc Hebrart Premier Cru. Love your California varietals? Choose a nice Chardonnay and Pinot Noir to enjoy with your charcuterie and your bases will be covered. Serve in traditional wine glasses or get nostalgic and dust off your grandmother's favorite goblets. I, for one, love a creative table blending old and new, a pop of color and a simple surprise.

Most of all when entertaining, let your creativity, personal taste and style shine. Create a plan and prepare as much as you can in advance. On the day of, turn on your favorite tunes, wear something that always makes you feel fabulous, and celebrate the gathering of your closest friends and family. Cheers to the holidays!

Maureen McBride | Tabula Rasa Essentials
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Pickled Garlic - Korean

Ingredients

- 1 Pound Garlic, about 8 to 9 whole heads, cloves peeled and washed
- 1 Cup Soy Sauce
- 1/3 Cup Rice Wine Vinegar
- 1/3 Cup Sugar

Recipe
Alert

Steps to Make It

- Gather the ingredients.
- Place the garlic cloves in a glass jar.
- Fill the jar with water until the water covers about 2/3 of the garlic cloves.
- Pour out the water and measure it. That's the amount of soy sauce you need.
- Use 3 parts soy sauce to 1 part vinegar and 1 part sugar. (So, if you need 1 cup of soy sauce, then you need 1/3 cup of vinegar and 1/3 cup of sugar).
- Pour soy sauce, vinegar, and sugar in a small pan and bring mixture to a boil; simmer for about 10 minutes and remove from the heat to cool.
- When the sauce has cooled, pour over the garlic in the glass jar. Make sure the garlic cloves are completely covered and tightly seal the jar.
- Store the jar at room temperature for at least three weeks before opening.
- After opening, store the pickled garlic in the refrigerator. Credit - David A.



TABULA RASA
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"Last year I got my two front teeth, now I need a dental plan to go with my Medicare!"

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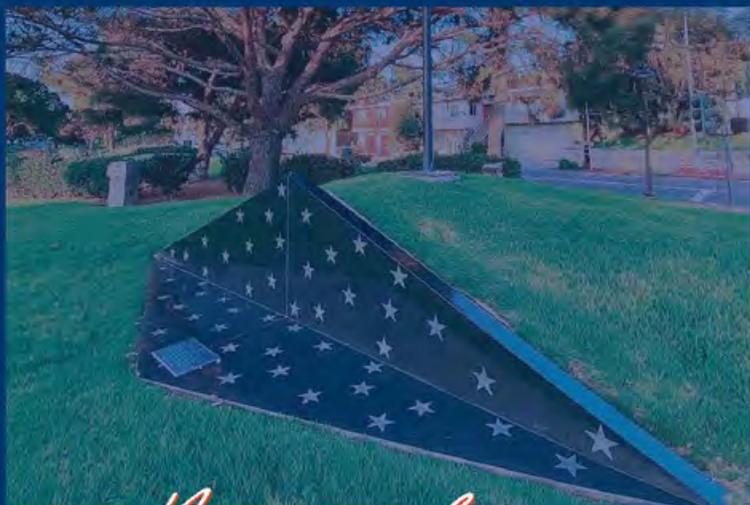


"I have a bad feeling about this Frosty!"

Holiday Tastes at Continental Park



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Meet the Legend! Mike Simms



Did you know Tin Roof birthed its name from Mike's "after-college" apartment in Napa? Yes, it had a tin roof and on rainy days the "ding" of rain hitting the tin roof was the eclectic soundtrack to detailed memories of his hospitality buddies creating impromptu Michelin worthy meals after a long day at work.

And while, San Fernando Valley born Mike watched the aftereffects of his grandfather and Dad purchasing The Kettle over a game of gin rummy in 1973, he really never went to work for the family business. It wasn't until attending Loyola HS and graduating in Hospitality Management from Cornell University did he find himself in Napa among insanely talented mentors and chefs. All of which sharpened the mind of Mike which made him who he is today. A young 44 years old and the current owner or participating owner of 5 establishments in Manhattan Beach: Simmzies, Tin Roof, MB Post, Fishing with Dynamite and Arthur J (named after his grandfather-see above Gin Rummy).

Learning and teaching the difference between service and hospitality is what makes Mike's establishments legendary, "Service is what you do, hospitality is how you make people feel."

Ask him how restaurant "Fishing with Dynamite" got it's name and you'll be met with laughter and a unique story of how his team comes up with names. Bottom line? Mike has a great team!

What you don't know about Mike? He got his pilot license 22 years ago. However, after marrying wife Sonja (aka Dr Sonja works the ER at Harbor for the past 20 years), creating 4 kids, adopting 2 frenchies, and developing restaurants, Mike loves to fly his backcountry plane, called a Husky. Also, Mikes Favorite Food in Manhattan Beach? "Bran Muffins at The Kettle." Really? Yep. Amen.

Article by Laurie McDermott

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Meet the Chef! Chef Amber



Previously with two Source Kitchens in 5 minutes of each other, owner Chef Amber was met with confused guests till she renamed her Manhattan Beach Source Kitchen to 924 Kitchen (also its address on Sepulveda!)

Both locations highlight healthy eating with Gluten Free specials cooked only in Coconut oil, EVOO or Avocado oil, while the MB location has lunch & dinner, sit down dining, non-alcoholic and organic wine and local beer, (and a happy hour!) and a larger menu than it's sister store in HB which has a quick service counter feel and a closing time at 5pm.

Graduating from Auburn University, Amber first headed to Colorado, where in 2000, she was the only female chef in a kitchen of all men. Her boss noticed her "competitive" skills and soon offered her the unique opportunity to move to Los Angeles and open Mediterraneo in Hermosa...but she had only 2 weeks to decide if she wanted to go! Ready to make a difference, Chef Amber, said "Yes!" and began a 10-year stint of working 80-hour weeks with no balance. None. Soon Amber's body fought back. She saw her 30 years of addiction to sugar and caffeine lead to fatigue, hip issues and a burned-out life. Desperate to feel better in her life and body, Chef Amber began to carve her new mission: Make a difference in herself and others through better food and create a new way of eating with Source Cafe. And yes, it was an instant hit! Now she has a new book, "Sexy Nourishing Food," her Wholicious Cooking Show, as well as another book, "Hungry, Why I F*cking Eat," coming out soon.

Chef Amber has set her goal to help educate others how to eat better.

Don't miss the secret brunch on Saturdays and Sundays at 924 Kitchen! Chef Amber consistently introduces a variety of changing specials except for one: a Chicken and Waffle dish. The Paleo Waffle is served with an organic chicken breast, not soaked in traditional buttermilk, but instead in a coconut milk/apple cider vinegar mix covered in gluten free breading. Y.U.M.

Article by Laurie McDermott

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BY JOHN CARIANI

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Meet the Stylist! Stephen D'Amico



"When I was 14, I charged \$10 for a haircut," says Stephen today in a sentence that doesn't make sense. It was Connecticut 1990 when his mom bought him a set of sheers with which to sharpen his skills. So who would be a willing partner and pay for a cut from a teen not old enough to take a drive in a car? Turns out, many: His brother, cousin, friends on his sports team, his girlfriend, and then his schoolteachers after school.

At 15, hungry to learn, Stephen asked a local hair salon that catered to black women for a job. They hired him and taught him the unique craft of caring for all types of women's hair, till he was 17 and had saved enough money to buy a car and go to Cosmetology School.

NYC famous Bumble & Bumble was the first real salon where Stephen found his groove before moving to Beverly Hills and then Manhattan Beach where his last salon employer was Hush Hush.

Now Stephen runs his own salon, Amico Salon, at 1100 Manhattan Ave #103 in Manhattan Beach where he has 8 stylists and 7 apprentices. Things you may not know about Stephen? He still has and uses the sheers his mom bought him when he was 14! Where is his mom now? She works the front desk at Amico! His brother is an apprentice at Amico too! Right now, if you mention this article, Stephen's salon is offering a complimentary conditioning treatment, a \$75 value, FREE with any booked haircut!

Also, if you need a discount on a haircut? Model Mondays offers \$50 haircuts only on Mondays for practicing apprentices!

Article by Laurie McDermott

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Meet Robert Koch the Restaurateur!



After a quick trip to California, Robert's Dad loved the sunny weather so much that he moved the family from Chicago IL to San Diego, where Robert majored in drama at San Diego State. In 1994, the hope of becoming a famous actor, pushed Robert and his future wife, Tammy, to relocate to the Valley. He joined thriving theater company "Zeist, Geist," and began auditioning and bartending. When he went to apply at Steven Spielberg's new bar "Dive" in Culver City, the sounds and music were so loud and annoying, Robert got up and walked out just as old frat brother who bartended across the street at Houston's passed by! Robert got a job there instead!

At Houston's for 7 years, the Hollywood Club for 1 and then while at the Cheesecake Factory's Grand Lux Cafe in Beverly Hills, Lisa, a girl from Robert's Theater company, offered him a bartending spot where she worked at Grunions.

Robert picked up Saturday nights until owners witnessed his ability to create happy "regular" customers and offered him Wednesdays as well.

One night owner Mike said to him, "If it's really slow, you can always close up early?" Robert balked, "But what if someone expects us to be open and we are closed? Or is just getting off work or just wants to come by and relax with friends...I can't close till 2."

It was clear, Robert really and truly cared about his customers and Mike and Kenny were lucky as they saw the fruits of Robert's dedication. It was then they asked him to work four nights a week!

By then Robert's family had grown from 2 to 4 with new son Michael and daughter Sophia. And in 2010 Robert bought out Kenny's share and he and Mike continued their amazing team until 2019. Then it was Mike who fell ill with cancer of the eye and when Robert came to Mike's bedside, he bought Mike out of his share so that he could leave money to his family. A few months later COVID hit, and Robert struggled through the historical mess with the help of his amazing loyal neighbors on Oak Ave behind the bar.

Did you know Grunions (opened in 1973) was named after original owner, Pat Mcauley's St. Bernard? Yes. A dog. Grunion was a dog. In fact, when you visit Grunions, head to the bathroom and on the back wall separating the men and women's bathrooms, is a mirrored framed painting of Grunion. Pat Mcauley actually had 2 dogs and, of course, he named his 2nd restaurant in Hermosa Beach after his other dog, Critter, currently "North End."

While Grunions is still working on their new happy hour menu, Robert encourages anyone planning a birthday party, reunion, celebration, wedding, or event to reach out to him to set up a special menu and event! Robert is flexible and realizes Grunions is an Institution people want to enjoy. On any day you'll find regulars (who don't even drink) having lunch or dinner and connecting with other locals.

"You belong here" is what Robert says confidently.

If you have made it this far into this story, Robert has a gift for you. Come to Grunions, mention this story (Copies of this paper are on the shelf by the door), and get a glass of the most delicious Italian champagne Gambino, after the real family, for only (wait for it) \$4. Yes! Four dollars. What are you waiting for?

Article by Laurie McDermott

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info@beachebiking.com

Helmets

Due to the growing popularity of electric bikes on neighborhood streets and bike lanes, electric bike safety has become a very important topic. A quality bicycle helmet is critical for a safe riding experience. Here are the 5 most important considerations for a bike helmet:

1. A helmet is required for all riders under 18 and all riders with an e-bike that exceeds 20 MPH. Choose one that is ASTM and/or CPSC approved.
2. The helmet should sit low on the forehead, just above the eyebrows.
3. It should not move more than 1/2 inch either direction



4. Make sure the helmet fits snugly on your head; choose an adjustable style for the best fit.
5. Wear the helmet and buckle it correctly EVERY time you ride. The strap should be just under the chin.

Read more of the article here:



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November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MB Farmers Market 11:00am – 3:00pm	2	3	4 Mira Costa Drama Love/Sick Opening Night! 7:30pm	5
6 VETFEST BeerBQue Kinecta 12pm – 6pm 1440 Rosecrans Ave.	7	8	9	10	11	12 Veterans Day Ceremony at Veterans Monument 11am
13	14	15 MB Farmers Market 11:00am – 3:00pm	16 Pier Lighting & Holiday Open House Downtown MB 5:00pm – 9:00pm	17	18	19
20	21 MBUSD Break	22 MB Farmers Market 11:00am – 3:00pm	23	24 Thanksgiving Day Chamber Closed	25 Day After Thanksgiving Chamber Closed	26 Shop Small Business Day All Day!
27	28	29 MB Farmers Market 11:00am – 3:00pm	30			



December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 North Manhattan Beach Holiday Stroll Btwn 32 nd & 40 th St 5pm to 9pm	2	3 Local Love for the Holidays
4 Local Love for the Holidays! 	5	6 MB Farmers Market 11:00am – 3:00pm	7 Chamber Mixer Holiday Extravaganza Manhattan Village 5:30 – 8:30	8	9	10 Family Gingerbread Decorating Workshop 36th Annual Holiday Crafts with Santa
11	12	13 MB Farmers Market 11:00am – 3:00pm	14	15	16	17
18 Hannukah	19 Hannukah	20 MB Farmers Market 11:00am – 3:00pm Hannukah	21 Hannukah	22 Hannukah	23 Hannukah MBUSD Winter Break Begins	24 Christmas Eve Hannukah
25 Christmas Day Hannukah	26 Hannukah MBUSD Break Chamber Closed	27 MB Farmers Market 11:00am – 3:00pm	28	29	30	31 New Year's Eve!

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