

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH STYLE

805 LIVING

JANUARY/FEBRUARY 2014

CELEBRATING
10 YEARS
2004-2014



NEW YEAR
New Possibilities

TRACKING THE BEAT
OF THE 805

PULSE

January/February 2014

805 Sightings

No rhyme. No reason. No real connection.

ARE YOU LIKE US? Every time we see the numbers “805” we pay attention. Although many times these sightings aren’t relevant, sometimes they prove to be very entertaining.

As reported in the *Miami Herald*, **805 naked folks** took part in a Guinness World Records attempt for skinny-dipping. The event, held on November 3 at Haulover Beach in Florida, is awaiting verification from Guinness authorities, but organizers believe they, in fact, shattered the old record of 729 nudie swimmers in Spain. No word on how much sunscreen was used.

Got any 805 sightings of your own? Send them to edit@805living.com.





A TASTE OF MALIBU IN LOS OLIVOS



Los Olivos has a new tasting room that might—at first glance—seem an odd fit, until you learn the background of **Malibu Family Wines** (malibufamilywines.com). A joint project of the Malibu-based Semler and DeJoria families, the company actually has a long Central Coast history with its winery in San Luis Obispo and grapes sourced largely from Santa Barbara and Ventura counties.

“After making our wines with grapes from this area for 17 years now, we feel like locals,” owner Ronnie Semler says. “This is very familiar territory for us. We love it here.”

The new tasting room, with a welcoming front porch and cozy indoor fireplace, is an inviting place to try Malibu Family Wines’ two labels: Semler, sourced entirely from the winery’s estate vineyards in Malibu (bottles are in the \$30 to \$40 range), and Saddlerock, from vineyards outside of Malibu (bottles are in the \$20 to \$30 range). Cheese, nuts, and chocolates are available to purchase and nibble on while you taste.

—Mary Ann Norbom

START ME UP

When it comes to successful businesses, what do Goodland Kitchen and Market in Goleta, C’est Cheese in Santa Barbara, Just Mom, Inc., in Thousand Oaks, and more than 2,000 others in Santa Barbara and Ventura counties have in common? Most are owned by women, and all sought out **Women’s Economic Ventures** (WEV; wevonline.org) to learn how to turn their entrepreneurial dreams into realities. And founder Marsha Bailey, a certified Economic Development Finance Professional, makes it *her* business to provide women (and men, too) with the know-how and financial assistance to do so.

From her experience working at a rape crisis center, Bailey discovered that “the poorer women are, the more vulnerable they are,” she says. “I decided I wanted to do something more proactive and help them put more money in their pockets.” So in 1991 she opened the WEV training center in Santa Barbara (now there’s also a Ventura location), which offered key courses such as writing business plans, management, marketing, and finance to give students the knowledge and confidence to create small businesses that take less than \$50,000 to start up. “Clients might be low income, in transition, have hit the glass ceiling, or want to pursue their passion but struggle with self-limiting thinking,” says Bailey. “We give them a support system.”

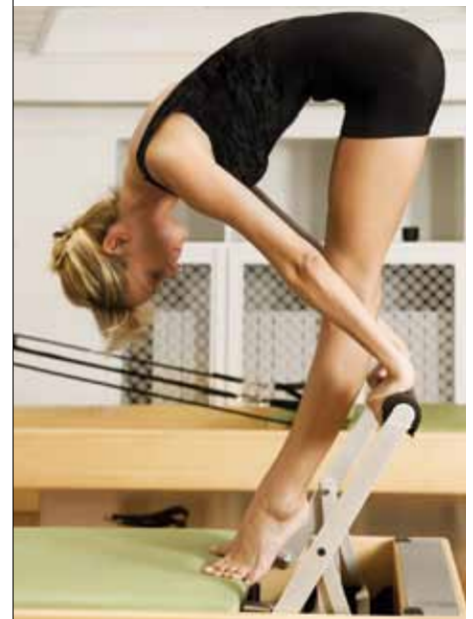
—Heidi Dvorak

Skeleton Key

While you may be keeping that New Year’s go-to-the-gym resolution to build your biceps, firm your glutes, and flatten your tummy, what have you done for your bones lately? You probably don’t spend a lot of time thinking about your bones, but you should. One in two women and one in four men will break a bone due to osteoporosis. Caucasian and Asian women over age 50 are at high risk, especially if they’re thin. Show your bones a little love: **Pilates for Buff Bones** is a new workout at Joe & Clara (joeandclara.com), a Pilates health club in Westlake Village.

Created by New York Pilates instructor and bone-health specialist Rebekah Rotstein, who was diagnosed with osteoporosis at age 28, Pilates for Buff Bones incorporates strengthening and balance exercises. The class at Joe & Clara is taught by certified Pilates for Buff Bones instructor Aggie Winston. It’s held on Mondays at 8:30 a.m. and is specifically designed to be safe for those with osteoporosis. ♦

—Maryann Hammers



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