

THE BERKELEY PLACE POOBAH

THE NEWSLETTER OF THE BERKELEY PLACE ASSOCIATION, FORT WORTH, TX



PRESIDENT'S LETTER ROSS DOUGLASS, BPA PRESIDENT

Spring is almost upon us! Whether it is taking a walk, enjoying a bike ride, or getting a jump on Spring yard cleanup, it is great seeing so many Berkeley families appreciating the unseasonably warm temperatures and sunny skies.

Since spring symbolizes new beginnings, I would like to introduce something new in my monthly President's Letter—President's Prime Time. This will consist of me asking a few questions of a Berkeley family or resident to give us a quick snapshot of them in order to help us all get to know one another a little better. To kick it off in March, meet the Hembree family: Matt, Elizabeth, Eli (8) & Eva (6), family of four who live on Pembroke Court.



Q: How long have you lived in Berkeley?

A: Six years

Q: What are your careers?

A: Matt and Elizabeth: Oil and Gas Industry

Q: What are your hometowns?

A: Matt: Odessa, TX,
Elizabeth: Garland, TX,
Eli & Eva: Fort Worth, TX

Q: What attracted you to the neighborhood?

A: Parents already lived in the neighborhood and Lily B. Clayton

Q: What are your favorite things about Berkeley?

A: The neighbors—especially during 2020 when we were at home and we had kids of the same age nearby

(Continued on page 2)

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NEXT MEETING OF THE BPA

MAY 13, 2024 AT 7:00 P.M.
ROSS & ANDREA DOUGLASS' HOME
2319 WARNER ROAD



PRESIDENT'S LETTER (CONTINUED)

Q: Suggestions to make Berkeley better?

A: Make it rain chicken nuggets per Eli.

Q: What makes a good neighbor?

A: Friendly communication

Q: How would you describe the neighborhood?

A: Perfect!

Thank you Hembree family for being so welcoming and allowing BPA to get to know your family a little better. Who's next?

Although it isn't new, it was refreshing to have the option to meet in person for our BPA general meeting in February. It was exciting to hear the positive comments about bringing back the in-person meetings. We had twenty-eight individuals attend in person and/or via Zoom. The discussion with Lt.

Walls of Traffic Enforcement and Councilwoman Elizabeth Beck was a review of their plan for monitoring the zoo spring break traffic. Due to the success of last year's plan, the proposal is that we implement it again this year. It will again consist of "No Parking" signs on designated streets, as well as barricades and traffic message boards in the same locations.

Lt. Walls mentioned that in 2023, there were 84,000 attendees during spring break and 22,000 of those patrons were on Wednesday (half price day) alone. There is no perfect plan and the current strategy could change throughout the week based on real time circumstances—especially on Wednesday. Let's support the FWPD in their efforts to make not just Berkeley Place safe but all of Fort Worth a safer community.

You're So Close To Home.

And whether home means a new place in our own Berkeley Place or anywhere else in Fort Worth or beyond...

Let's find your dream together.

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AROUND THE NEIGHBORHOOD

Thanks to Susan Halbower for a reminder about a great new shipping, postal, printing, fax, notary place on 8th Ave across from Ray's Corner Store. (It's been there three years but apparently unknown to many in the neighborhood.)

This convenient alternative to the post office, Staples, and the UPS store and Pack n Mail on Hulen ships USPS, UPS, FedEx, DHL. Susan says it's clean, bright, organized, helpful, and no lines.



Lovely to see bright new flags flying above the Forest Park gates. These gates are one of Berkeley's oldest landmarks, most recognized by visitors to our neighborhood, to Fort Worth, and the zoo. In recent months the American and Texas flags which adorned the poles atop the gates were looking a bit shabby. In fact our state flag was in shreds. So thanks to Amy Allibon who obtained their replacements and the Fort Worth Parks and Recreation staff who braved the wind to secure them to those very high poles, they once again proudly wave over the very best neighborhood in the city. Thanks to Leann Adams for the story of replacing the flags and to Bob Adams for the great picture.



Recently, the "Where I live" column in *Fort Worth Report* featured an entry by longtime Berkeley resident Davey O'Brien. He and his wife, Liz, sold their big house and moved into the Forest Park Tower nine years ago. Nice to get a glimpse of them and know they're still our neighbors.



From Blair Warren, news of a chili cook off for Hawthorne West at Liz and Aaron Bruce's house. Host Aaron Bruce was the winner and proudly wore the chili cook off title belt. Sorry, but the recipe's a secret because Aaron will want to defend his title next year. Here's a hint: it involves smoking and brisket. Congratulations to Aaron.



Chili cookoff contestants David Longworth, Aaron Bruce (winner with the champion title belt), Ed Coble, Aaron Warren, Jim and Jan Marshall



*Top Row: Jim Marshall, David Longworth, Aaron Bruce, Aaron Warren, Ed Coble, Bruce & Eileen Nelson, Christi Brownlow, Glen Hadsall
Bottom Row: Blair Warren, Jan Marshall, Andi Longworth, Bonnie Newberry, Gail Smith, Liz Bruce*

MINUTES OF THE BERKELEY PLACE ASSOCIATION

MONDAY, FEBRUARY 12, 2024 AT 7 P.M., AT THE HOME OF ROSS AND ANDREA DOUGLASS; SIMULTANEOUS ZOOM VIRTUAL MEETING

MEETING OPENER

CALL TO ORDER: Ross Douglass, at 7:10 p.m.

PRESENT FROM BPA BOARD: Ross Douglass, president; Amy Allibon, immediate past president; Steve Scanlon, past president; Joey Dierker, treasurer; Maggi Arendsee, secretary

PRESENT FROM MEMBERSHIP AT LARGE: Charles Dreyfus, Leann Adams, Bob Adams, Betsy Booth, Sarah Pemberton, Tess McDonald, Howard Cox, Thomas Simmons, Ellen Byrd, Robyn Michalove, Aaron Michalove, Andrea Douglass

GUEST SPEAKERS: Lt. Wade Walls and Officer Juan Villagomez from the FW Police Department, Councilwoman Elizabeth Beck, City of Fort Worth District Director Mia Boatner

GUEST SPEAKERS: ZOO TRAFFIC: Lt. Walls and Councilwoman Elizabeth Beck addressed spring break zoo traffic. Ross had met with Lt. Walls in early January to discuss their plan. Lt. Walls shared that the anticipated attendance for this year's spring break is 103,000 which is weather dependent.

The traffic plan will be identical to last year. The police department, based on neighborhood feedback, however, will not be putting out as many "no parking" signs. For example, Warner Road will not have the temporary no parking signs.

Councilwoman Beck stated that the University Drive improvements should be complete by spring break but should there be a delay, the barricades would be removed for that week. After the improvements are complete, work will begin on the improvements to University Drive north of I-30.

A suggestion was made that a sign stating "No Zoo Access" be added to the barricades at the end of the streets. Councilwoman Beck said she would discuss with Lt. Walls, stating budgetary concerns about the cost of printing signs.

Amy Allibon questioned what was being done to address a few complaints last year, specifically that neighborhood placards were not recognized. Lt. Walls assured the membership that the officers would be briefed on the placards and that no one should be turned away.

NPO REPORT: Our crime reports cover the area that Officer Villagomez is responsible for—roughly, Berry St. to the south, I-30 to the north, 8th St. to the east, and University Dr./ Forest Park to the west. Should you wish to contact him, his phone number is (682)-319-7613 and he responds only when he is on duty. Calls or texts he receives while off duty will be returned when he is back on shift.

Most of the crime occurring in the area is at the Berkeley Place Apartments.

Officer Villagomez shared that "MyFW" app is an excellent way to report issues to the city. The system will allow you to take a photograph and send it along with your description of the issue. The spot of the photo will be geo-located. Issues are then routed to the appropriate departments, typically within thirty minutes to one day.

Things that can be reported include non-emergency items such as streetlights that are out, parking violations, abandoned vehicles, homeless camps and panhandling. He even encouraged sending any Ring camera footage of suspicious people.

Officer Villagomez reminded everyone to always lock your car, leave nothing in sight, do not keep firearms in your car. Also, motion sensory exterior security lights are a good idea.

FOREST PARK POOL

Councilwoman Beck shared that the Forest Park Pool is on schedule, weather permitting, for a Memorial Day opening.

OLD BUSINESS

APPROVAL OF MINUTES: After review of the minutes from the Q4 meeting, a motion to approve was sought by President Ross Douglass. Joey Dierker moved, Tess McDonald seconded, and the motion passed unanimously.

NEW BUSINESS

NOMINATION OF A NEW BPA VICE-PRESIDENT: Ross Douglass gave a brief background on Thomas Hanes who has expressed his interest in being a part of the BPA board. A vote to elect Thomas Hanes was called for by Andrea Douglass with a second by Sara Pemberton, and the vote was unanimously in favor.

TREASURER'S REPORT (JOEY DIERKER): The checking account has a current balance of \$36,376 and the savings account a balance of \$15,430. Income and expenses are currently tracking per the approved budget.

DIRECTORY AND DUES REPORT (TESS MCDONALD): Zelle will be added as a method of paying dues. Payment methods requiring that BPA pay a fee to collect will be eliminated. Checks can continue to be used and mailed in or dropped by Tess McDonald's house.

(Continued on the next page)

MINUTES OF THE BERKELEY PLACE ASSOCIATION (CONTINUED)

SOCIAL CHAIR UPDATE (SHELBY RYON):

Easter Egg Hunt

March 23rd – 10:00 a.m. to Noon - Tillery Park

Those participating are being asked to drop off two dozen pre-filled Easter eggs prior to the event. There will be an Easter Bunny, an activity, and snacks. We are in need of some high school age volunteers to help with the event.

Other Events:

Spring Garage Sale - April 13th

Adult Happy Hour - May 4th

4th of July Parade - July 4th

Fall Garage Sale - September 14th

Pumpkins in the Park - October 20th

Berkeley Sensory Safe Halloween - October 26th

Santa in the Park - December 14th

PRESIDENT'S REPORT: The theme for Ross's presidency is community and communication.

Ross Douglass extended a heartfelt thank you to the BPA board, past board members, street reps, and volunteers for making contributions of their time.

And as always, we are looking for volunteers to help with social events and other BPA initiatives. High school students can get community service hours or volunteer just to be a part of it.

With no further business to discuss, the meeting was adjourned at 8:20 p.m.

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HELPED NEEDED AT HARGROVE MEMORIAL PARK

BY FRANK POESCHEL

As we get ready to spring forward, it is time to plan the next Hargrove Memorial Park cleaning. If you want to help beautify our prestigious neighborhood and meet some terrific neighbors, please plan to show up the morning of March 16th at 9:00 a.m. for a little yardwork.

We are looking for volunteers to help with the following: Trim, weed, and mulch the flower beds; reseal the paved walkways; mow and edge the grass; collect and empty trash.

Where: Meet at Hargrove Memorial Park at 9:00 a.m. on March 16th

What you need: muscles and gloves for one to three hours

Please RSVP to Frank Poeschel (fpoeschel@slwmco.com or call 817 296-4452)

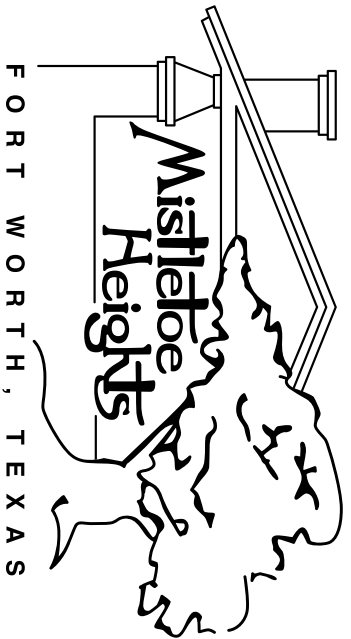
| 2024 SOCIAL EVENTS CALENDAR | |
|--|-------------|
| EASTER EGG HUNT TILLERY PARK 10A-12P | MARCH 23 |
| ADULT HAPPY HOUR LOCATION TBD | MAY 4 |
| FALL GARAGE SALE | SEPT 14 |
| BERKELEY SENSORY SAFE HALLOWEEN 6-8P | OCT 26 |
| SPRING GARAGE SALE | APRIL 13 |
| 4TH OF JULY PARADE PARADE ROUTE TO LILY B | JULY 4 |
| PUMPKINS IN THE PARK TILLERY PARK 4-6P | OCT 20 |
| SANTA IN THE PARK TILLERY PARK 9A-12P | DEC 14 |

EVENT DETAILS TO FOLLOW

SPRING BREAK RESIDENT PARKING FLYER

NEIGHBORHOOD RESIDENT

PLEASE ALLOW ENTRY
AND DO NOT TICKET FOR
STREET PARKING



DOING FAMILY LIFE ON HAWTHORNE

BY DEBRA MILLION



In May 2023, the Mederos family moved from Arlington Heights to their new Berkeley 1920s era home at 2220 Hawthorne. Allen is originally from Florida and Elise is originally from Virginia. They both stayed close to home for college, Allen graduating from the University of North Florida in Jacksonville and Elise graduating from James Madison in Harrisonburg. So how did two people from places over 675 miles apart meet, marry, and end up in Texas? San Antonio drew them both for different reasons, Elise for graduate school in counseling and Allen for work. They met as many young couples do, my husband and I included, in a bar. Allen asked her to dance, and she turned him down. According to Elise, that just intrigued him more and despite her initial

refusal, a wedding was soon in their future.

From San Antonio, graduate school for Allen took them to Glendale, Arizona, then finally in 2007, they relocated to the best city in Texas, Fort Worth. Always a fan of older homes, they purchased a home in Arlington Heights. But with two growing children, Eva now 14 and Thomas now 12, they soon outgrew their home and began searching for a larger home.

They had friends in Berkeley and had heard of many of our neighborhood traditions from Fourth of July to our legendary Halloween. They loved the neighborhood but were having no luck finding a house. They resorted to putting notes in peoples' mailboxes asking if they were thinking of selling their home anytime soon. I think we might have been a recipient of one of those notes. Finally, they heard through word of mouth that a home that would fit their needs was finally coming up for sale.

The family is busy doing "family life" as Elise described it. They joined Colonial Country Club and Elise joined a tennis team there. Allen has been bitten by the Pickleball bug and plays at Colonial and Courtside. He also has his pilot's license and

enjoys flying when he can. Eva and Thomas are both students at Trinity Valley. Eva is in the choir and plays club volleyball and Thomas loves all things basketball. To escape the Texas heat, the family heads to Colorado and a second home in Durango. The photo of the family was taken in one of their favorite places close to home, Dinosaur Valley State Park. They're accompanied by Louie, their big black seven-year-old rescue pup who's a mix of chow, pit, and other unknown breeds.

I always ask our new neighbors what they like best about Berkeley. Elise said they love the location, close to restaurants, the walking and bike trail, and of course the sidewalks. She said when they started looking for a new home, Allen had sidewalks at the top of his list of requirements. I completely agree. Sidewalks get people outside walking for exercise, walking their dogs or pushing babies in strollers. Children are out and about more, without having to ride bikes or scooters in the streets. All this leads to getting to know your neighbors and making connections. Some other neighborhoods say, "Sidewalks are important?" But in Berkeley, we say, "Sidewalks are important!" I think the Mederos family will agree.

ROSIE'S BOOK CORNER

BY DEBRA MILLION

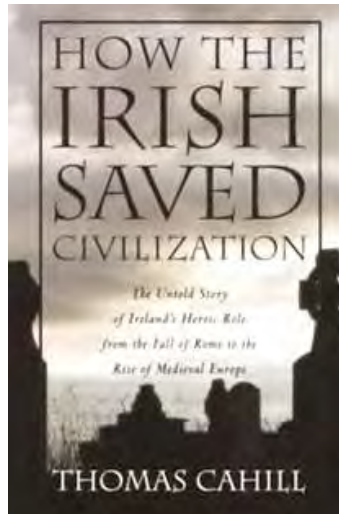
How The Irish Saved Civilization

The Untold Story of Ireland's Heroic Role from the Fall of Rome to the Rise of Medieval Europe

by Thomas Cahill

In honor of March, St. Patrick, and Ireland, this month's book review is Thomas Cahill's 1995 book about Ireland's surprising role in preserving a large portion of Western culture.

The first in a planned seven book series called "Hinges of History," this book examines how a country so small, poor, and marginal that Rome never bothered to conquer it rescued so much of written history. Thanks to the holy men and women of Ireland, Greek and Roman classics to Jewish and Christian works survived through the Dark Ages and beyond. As the Roman Empire fell, the scribes of Ireland were just learning to read and write, and they wrote and copied with a vengeance



everything they could lay their hands on. On this little island, far from the barbarians crushing much of the rest of Europe, beautiful manuscripts like the Book of Kells and the Lindisfarne Gospels were meticulously and lovingly created.

Only six books of the planned seven series were produced from 1995 to 2013. Some of the subjects examined in the other books in the series are Jewish history, Greek history, the Middle Ages, the Reformation and the Renaissance. If you enjoy reading history

that illuminates a little-known subject and connects it to the larger history of the world in an engaging and surprising way, this book is for you.



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BREADMAKING WITH CHARLES SAADEH

BREAD IS THE PRODUCT OF PATIENCE, PERSISTANCE, PASSION AND JOY.
AN INTERVIEW WITH CHARLES SAADEH, DEVOTED MASTER OF BREAD

BY MARY KELLER

We have an incredible community of talent here in our Berkeley family. And but one example is a gifted bread maker here on Wilshire. Charles Saadeh is a devoted amateur home baker of sourdough, yeasted breads, and sometimes a special enriched dough (Babka!). After Charles made a beautiful bread as a holiday gift for my family and me, he and I had several chats about his passion-infused bread-making techniques. My curiosity led me to request an interview so that Charles' talent and wisdom could be shared.



Bread making with family

Why Bread Making?

It was even before the COVID lockdowns (when many people began to explore making bread) that I was inspired by my wife's uncle to venture into exploring the art of breads. Brooke's uncle is a great bread baker, and I consider him my mentor—an invaluable and lucky resource! I started with a simple yeasted dough for pizza. That experience made me want to learn more and to venture into other methods, especially sourdough. Peter Reinhart's book *The Bread Baker's Apprentice* provided me with a framework for expanding my repertoire. His methodologies and recipes were sometimes overwhelming, but I was ready for the

creative challenges ahead. So with the assistance and kind mentoring of Brooke's uncle I took on daunting recipes and worked to break them down into doable steps. Eventually I have been able to settle on a few go-to approaches that almost always achieve the expected and delicious results. Now I have the added joy of becoming a bread mentor to a good friend. He has developed into an extraordinary bread baker as well.



Bread Family

What Have You Learned?

With bread each batch has its own unique qualities. That is part of the fun. Don't stress over the differences (after all this is not on the *Great British Baking Show!*). No matter what, the resulting

(Continued on the next page)

BREADMAKING WITH CHARLES SAADEH (CONTINUED)

bread tastes great and when it is baking—the smell is intoxicating.

Even though it looks complicated, sourdough is easier than it seems. For me, I adore my rye starter—it has been in my family for about five years. I have not named it yet, but I am open to suggestions. I have tried making sourdough starters with wheat flour, but I find my oven rise is more reliable with rye.



Bread Ear

A bird's eye view of my basic sourdough loaf is listed below:

Prep: 2-3 days before bread day, wake up my starter with 1:1 water/rye.

Mix: For reliable crumb and texture, I prefer 75 percent hydration. Some whole wheat flour is thirstier though. I like loaves to be around 500-600g, so I calculate the recipe each time.

Mix desired wheat, starter (100g), salt (2%) and water and let it rest or autolyse for 30 minutes.

Knead until you can “windowpane” the dough. I prefer doing it by hand. About eight minutes

Do a few stretch and folds every 30 minutes or so, but don't fret if you don't. Allow kids to poke the dough because it's fun. Generally I make Brooke smell the dough because it is a great smell.

Bulk Ferment: allow to rise until it is one and a half times initial volume (I use a rubber tub with a rubber band to know where I started). This can take anywhere from eight to 24 hours—as long as it needs! Feel free to keep it in the fridge for a day or two if you need—it will taste better, and you have better control of the timing.

Shape: Pick a boule, batard, or even baguette or whatever shape you desire. Allow kids to poke the dough again (before shaping of course). Rest in rice-flour-sprinkled banneton (a proofing bowl designed to hold shaped bread as it rises) or even a small bowl.

Second Proof: Let rest until you pass a poke test. It might help to look this up, you want it to gently return to the resting shape, not too fast, and not too slow. Return to fridge because cold dough is easier to transfer and score.

Flip/Score/Transfer: Proceed to my favorite part now—Flip the dough (I like a pizza peel), score, and transfer to a preheated Dutch oven. I have learned that you really have to commit to scoring deeply...no fears!

Bake: I bake 500 degrees for roughly 25-30 minutes covered on parchment paper. The moment of truth is here—did you get a satisfying oven rise? Is your ear developed? So many emotions! The drama! When the crust is set, drop the temperature to 350 and keep the bread in the oven on the rack until center temperature is at 209-210 degrees, usually about 15 minutes.

(Continued on the next page)

BREADMAKING WITH CHARLES SAADEH (CONTINUED)

Patience: Rest bread on a drying rack. Wait, wait, wait: (fight the temptation to cut into the bread). The girls and I like to listen to the cracking sounds that the cooling bread gives off. Savor the moment. Take pictures.

Eat: The next morning the fresh bread is ready to enjoy with breakfast. Our two-year-olds want me to cut the crust off of their bread (sigh, the crust is my favorite!). Everything is better with good bread. Store on the counter, but never put the bread in plastic unless you like bad bread. The bread is good for about two days. By day 3, I slice it and freeze the slices for another use.

What Have You Learned from Bread Making?

It is great fun to explore a variety of flours. Most of the time I use wheat that I order from Barton Spring Mill, which is outside of Austin. I have tried several—I really like Yecoro Rojo as a basic whole wheat. I suggest trying Third Street Market downtown for excellent local Yecoro Rojo sourdough. I also use King Arthur or Central Market brands of bread flour when I don't want to mill my wheat. The key is a high gluten content. Several years ago I was gifted my own mill. At first, I was overwhelmed, but in time I have found that grinding my own flour adds new dimensions to flavor.

Every step has special multi-sensory pleasures, from grinding, kneading, stretching, smelling. I enjoy investigating other techniques and experimenting with which variables I can change, add, or more importantly subtract because a simpler process is always more enjoyable.

Bread making is a creative escape from my somewhat stressful job as a physician and it enhances our home experiences. Already I am sharing the process with our twin girls, and I hope to model the process as something packed with life lessons. For example—the value of patience and resisting unnecessary complication. Making bread reminds

me to cherish the flow of creative sharing. In this sense, the process has more value to me than the product. But when the bread turns out delicious, we definitely don't mind!



Bread Crumb



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MEET SAVING HOPE ANIMAL RESCUE'S LONGEST RESIDENT

BY ROBIN FULTON

Little Chihuahua Vanya came into Saving Hope's care in September of 2020 and since then no one has applied to adopt her. Sometimes the shy ones need a little more time to settle in and often get overlooked. We know that there is a home out there that would love to have Vanya. Could that be you?



Saved from a hoarding situation, Vanya is a sweet and very shy five-year-old girl. She is great with all shapes and sizes of dogs and has come a long way toward trusting humans. Her love language is food—she watches every meal prep hoping to discover new flavors. She is a morning girl that prefers kisses and rubs first thing in the morning. She would do well in a home with another dog (or dogs) for confidence, but with the perfectly patient home she would thrive as an only girl. She sure deserves all the attention. Vanya has not been cat- or child-tested and will come fully vetted. Can she come hang out with you?

Please remember that every dog adopted opens a spot in a foster home, which leads to an open kennel at the shelter for another stray (reducing “euthanasia for space”). Saving Hope has hundreds of dogs available.



Get pre-approved to meet Vanya or another Saving Hope pet at <https://savinghoperescue.org/>. If you are already conditionally approved, please email us with the pet's name. Thank you for adopting!



BUBONIC PLAGUE

BY JOHN MINNERLY, DVM,
UNIVERSITY ANIMAL HOSPITAL



The Black Death. The cause of millions of deaths across Europe in the Middle Ages. *Yersinia Pestis* is back in the news because a person in Texas was recently diagnosed with the plague. But the plague has always been with us. The prairie dogs in west Texas are a natural reservoir and the main reason NOT to have prairie dogs as a pet. The main transmission of the disease is through fleas.

Of our companion animals, cats most commonly have an illness from *Y. pestis*. Dogs are more resistant to the disease. Cats that have the plague may have a fever, anorexia, weight loss, abscesses, difficulty breathing. Basically, the typical sick cat. Fortunately, we don't tend to see much plague this far east, and the animals usually respond well to antibiotics.

Y. pestis is one of the major reasons to practice good flea control. There are many good products that treat fleas on the pet. Both topical and oral medications are available. There are also many products that prevent heartworms in addition to the flea control. Even the best product will not eliminate every flea on the pet. The problem is that we live in an area that is almost ideal for fleas (think Houston for ideal). When the flea that jumps on your protected pet gets sick and dies, there are forty new fleas that are willing to hop right on. It will take some time for the new fleas to get sick and die. That's why we call it flea control.

Environmental control is important too. Again, there are many good products out there. Each has limitations. For the house—vacuum, vacuum, vacuum! Studies have shown that close to 80% of flea larvae are eliminated with weekly vacuuming. Washing the bedding eliminates another source of larvae.

The outside environment is much harder to

control. Squirrels, rodents, stray dogs, and feral cats all carry fleas. Those fleas will leave eggs and larvae around the house and down the street at the park. Treating all of them isn't possible. The best we can do is control our yards. Again there are many good products with different methods of control. Treating regularly with the warmer weather is vital for control.

The plague is around (not common) but not a reason to panic. Good flea control is the best defense.

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- Buyer/Seller Outs
- Real Life Scenarios

The poster features a light blue background with several stylized Easter eggs and bunny ears. The eggs are decorated with various patterns: one is green with white flowers, one is pink with blue polka dots, one is yellow and white striped, and one is pink with blue polka dots. The bunny ears are white with pink inner linings. The text is centered and reads:

BERKELEY PLACE EASTER EGG HUNT

MARCH 23, 2024 | 10A TO 12P

TILLERY PARK

**Please drop one to two dozen
prefilled Easter eggs for each participant
to 2131 Stanley Avenue by March 20th.
Amazon offers tons of options for \$9-\$20.
You're welcome to ship them to my house as well.**



Service Volunteers Needed

Berkeley Social Chairs want to create a list of high school students in need of service hours to help before, during or after events.

We will have clear descriptions and times of jobs as they are needed. We are happy to sign service hour logs and round up generously!

If interested, please email

SHELBY.RYON@GMAIL.COM



FROM BERKELEY KITCHENS

NORWEGIAN HAMBURGERS

JUDY ALTER

Torhild Griesbach, mother-in-law of my oldest son, Colin, grew up in Norway and came to this country at seventeen to marry her soldier. She is a delightful lady and a great cook. Probably our favorite dish she makes is what we call Norwegian hamburgers. She calls them just meat patties. I'm not in favor of prepared, packaged gravy mixes, but they work perfectly in this recipe. I couldn't believe they had gravy mix in Norway in the Fifties, but it turns out they did. Here's the recipe:

Norwegian Hamburger Ingredients:

- 3-4 slices of onion
- 3 Tbsp. butter (do not use oil)
- 1½ lbs. extra-lean hamburger (extra-lean is important)
- 2 eggs
- 3 Tbsp. cornstarch or potato starch
- ½ tsp. pepper
- Milk as needed
- 4-5 envelopes instant gravy mix, prepared as directed (I used three last time I made these and we had lots of gravy)
- 2 beef bouillon cubes

Directions:

Sauté onion in butter and remove from skillet. Mix hamburger, eggs, cornstarch and pepper. Add milk as needed; start with ⅓ cup and add a small bit at a time, but DON'T let the meat mixture get soggy. Shape into patties. Chill briefly to help them hold together, and brown in same skillet as onions. Remove.

Make gravy in skillet, according to package directions. Add 2 bouillon cubes or tsp if using a concentrate. When gravy thickens, return burgers and onions to pan and simmer 45 to 60 minutes.

Want to avoid prepared gravy mixes and make your own? Here's a quick recipe:

Gravy Mix Ingredients (this makes enough for eight batches of gravy):

- 3 Tbsp. beef bouillon granules; do not use concentrate
- ¾ cup plus 1 Tbsp. all-purpose flour
- ¼ to ½ tsp. pepper

Store in air-tight container in a cool, dry place for up to six months.

For each batch, add:

- ⅓ dry mix
- 4½ tsp. butter
- ¾ cup cold water

Directions To Prepare Gravy:

In a small saucepan, melt butter. Add 2 Tbsp. gravy mix. Cook and stir until lightly browned, about 1 minute. Whisk in water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve Norwegian hamburgers with white rice, egg noodles, or boiled potatoes. Peas, beets, or green beans are nice with this.

Skål!



PARK PLACE PHARMACY

Business Hours:
Monday - Friday
9:00am to 6:00pm

Closed Weekends
& Holidays

Craig Nicholson, RPh
Monique Nicholson, RPh

Your Neighborhood Pharmacy

Phone: 817-924-9292
Fax: 817-924-9264

1601 Park Place Ave, Suite B
Fort Worth, TX 76110-1303

SCAMS FOR EVERYONE, ESPECIALLY THE ELDERLY, TO AVOID IN 2024

BY BILL PARDUE

“Cyber-enabled crime has been around for many years, but methods used by perpetrators continue to increase in scope and sophistication emanating from around the world,” said FBI Springfield Office Special Agent in Charge David Nanz.

We often hear about scams targeting the elderly, but how common are they? In 2022, individuals over sixty years old reported over 88,000 fraud complaints to the FBI Internet Crime Complaint Center (IC3). How much were the losses from those complaints? Over \$3 billion.

While those statistics should wake you up more than your morning coffee, consider this: the losses were an 82% increase compared to 2021. Some of the increase may be related to more awareness and reporting; however, significant numbers of fraud cases go unreported. Likely, the actual incidences of fraud and related loss are probably significantly higher. “If you are starting to feel uneasy and nauseous in your stomach, it could be a sign that you are not being cautious enough about potential fraudsters out there. Please use this article to remind yourself to be highly suspicious of any calls that you receive asking for any personal information or money.”

Social Security Administration / IRS / Medicare / Government Impersonation Scams

You get a call and the person on the other end says they are with the Social Security Administration or IRS or Medicare or some other government entity. They will say that need some of your information (such as Medicare, bank account, credit card numbers) and that you need to provide it or something bad will happen. They may state your benefits will be suspended, you owe money, you could be arrested, or you are going to miss out on some important benefits. Sometimes, the fraudsters will even have some of your information (such as

your name, home address, or even Social Security Number) or offer their employee ID number to try and act like they are legitimate.

Remember this about government entities:

The Social Security Administration won't threaten you or suspend your Social Security Number nor will they call, email, text or message you on social media and ask you to pay.

The IRS will never email, text or message you with threats or demands to pay, and they won't call you about your taxes unless you set up an appointment. If you owe taxes, the IRS will contact you by mail. The IRS does use private debt collectors who may call you, but only after you've received two letters in the mail about your debt (one from the IRS followed by one from the debt collector).

Real government agencies won't contact you to ask for your Medicare number or other personal information unless you have called 1-800-MEDICARE first and left a message.

No government agency will threaten you or demand you wire money or pay with gift cards, cryptocurrency, or a payment app.

How to stay safe:

If you get a call, email, text or message on social media from a government entity and they ask you to pay, confirm your personal information (such as Medicare or SSN), ignore it—it is a scam! If you are concerned, call the government office directly. Do not call the number on your caller ID, even if it states the name of the entity (this can also be fraudulently altered).

(Continued on the next page)

SCAMS FOR EVERYONE, ESPECIALLY THE ELDERLY, TO AVOID IN 2024 (CONTINUED)

Some useful numbers:

Social Security Administration
1-800-772-1213
IRS 1-800-829-1040

Medicare
1-800-MEDICARE (1-800-633-4227)

If you believe you have received a government impersonation scam, you can report it to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov or the Texas Attorney General's office at texasattorneygeneral.gov/consumer-protection/file-consumer-complaint or call 1-800-621-0508.

Don't forget: do not give out any information and if you think something is off or not quite right, reach out to family members or friends.



COWBOY COMPOST

If you've tried to compost in your backyard but it just never worked, here's a solution for you: Cowboy Compost LLC.



The award winning company was created by Fort Worth Symphony Orchestra's former Music Director, Miguel Harth-Bedoya, and small business owner and entrepreneur, Johanna Calderón. As global citizens who have seen the effects of waste management programs across the globe, they have dedicated their passion, talents and resources to raising awareness about waste issues and its impact on the environment.

Their mission is to reduce waste by composting pre-consumer and post-consumer food scraps and leftovers, which produces nutrient rich soil instead of adding to the landfill.

How it works: you collect your food scraps, put them in your Cowboy Compost bin, and they come weekly to your house for curbside collection, just like your garbage and recycling, starting at \$5 per

pick-up. When you subscribe annually, you get compost back!

I joined about a year ago. They provided me a bucket to put on my porch and a smaller bucket to put in my kitchen. The recyclable "plastic" bag in the outside bucket is replaced weekly when they pick up and I purchased similar smaller bags for my inside bucket. I no longer feel guilty when I compost rather than throw away that Sam's-size bag of lettuce or those potatoes that are starting to sprout in my kitchen. And of course all the daily meal scraps go in the bucket. Since I pay annually, I also get two bags of compost each year.



If you are interested, check out their website here: cowboycompost.com

Previously published in "Silver Streak," magazine of the TCU Silver Frogs.

CHRISTMAS A BIT AFTER THE FACT

BY LINDA SIMMONS

Windsor Place residents celebrated Christmas with a progressive dinner hosted by three creative and welcoming families—Julie and Ross Vitek, appetizers and drinks; Chelsea and Alex Radler, main course; and Libby and Isaac Manning, desserts. We enjoyed meeting new neighbors as well as catching up with long-time neighbors. And a

very wet night did not dampen spirits. Thanks to all who participated and especially to our hosts.

Editor's note: And the Poobah apologizes for omitting this from the February issue which had pictures of the dinner.

A green ribbon banner with white text that reads "Happy St. Patrick's Day!". The banner is slightly curved and has a white border.

HAVE YOU PAID YOUR DUES?

The Berkeley Place Association puts on eight social events during the year for all ages to enjoy and publishes the excellent *Poobah* newsletter along with a neighborhood directory every two years. Your association also makes a nice donation to the feeder schools in our area, welcomes new neighbors, decorates for Christmas, and helps maintain Hargrove Park. We ask for a minimum donation of \$30; however, if you take advantage of all that is offered, we ask that you be generous in your giving.

A brand new way to pay your dues:

After determining that Venmo and PayPal take out too much of your donation for fees, we are switching to Zelle. If you are not familiar with this method, it is very simple to do. Most banks

offer Zelle, and all that is needed is to go to your bank APP, find Zelle and enter: treasurer@berkeleyplace.org to make a donation. It goes to the bank immediately with no delay and no fees involved. Should you choose not to use Zelle, just drop off a check to Joey Dierker, the BPA Treasurer, at 2209 Ward Parkway or mail to our P.O. Box 11447. Fort Worth 76110.

If you have already paid your dues, they have been received and noted and are much appreciated.

A GALVESTON WEEKEND

BY TERESA PERKINS

In 1978, my best friend and I took a three-month road trip around the US in her mother's big heavy two-door Buick. Great car to travel in because when it was too windy to pitch a tent (like in Big Bend) we could sleep in it comfortably. Plus it felt like a tank, and we thought it was awesome. On that trip, the first place we stopped to sleep in Texas was Galveston (we lived in Minnesota) and there were so many little gnats or no-see-ums we couldn't even stay out on the pier. But it has had a special place in my heart ever since.

Over the years since we've moved to Texas, I've been to Galveston more times on work trips than pleasure but always managed to fit one fun trip in every now and then. My kids (and grandkids) all like history and Galveston has it in spades. Long intro to say this past weekend we all planned to go to Galveston for the weekend. Two travel days and two full days. After a few hiccoughs (the house we had rented was vandalized but they found us a new one, and my oldest son's house needed immediate attention, so they were unable

to join us) there ended up being five of us heading down I-45. We arrived around midnight on Friday the 16th, played a little poker, and went to bed.



Saturday we spent most of the day at Moody Gardens. I have always thought of Moody Gardens as mostly a swim park (I do not know why) but they have a great Aquarium Pyramid (photo of Raylan with the jellyfish), a Rainforest Pyramid (photo of the bat), and a Discovery Museum. The penguins are too fun to watch (Raylan in the photo in the hat). It was cold and windy outside, so we were happy to be inside. It took us about five hours to see it all, and I highly recommend it. Also, I think February is a great time to go because although the museums were busy, we were able to get close to all the exhibits. We went home for a little rest, went to dinner at Grand Galvez, and back home to watch reruns of Monk. On Sunday it was still

(Continued on the next page)



A GALVESTON WEEKEND (CONTINUED)



on the beach and down the fishing pier. It was perfect. After lunch we toured Bishop's Palace, which is one of the historic homes in Galveston. As always, there's lots to learn. The kiddos liked it too. We had lunch at Bubba Gump Shrimp Company. Despite it being a tourist trap and the only place to eat on the Pleasure Pier without paying the price to go out on the pier, our food was delicious! We left Galveston at nine-thirty on Monday. Stopped at Buc-ee's (of course) and were home by three o'clock.



cool but sunny so that made all the difference. The Holy Rosary Church in Galveston is a historic Black church where we went to Mass Sunday morning. It was a wonderful, lively, love-filled service. Later that morning, we walked on the sea wall and then

FAR OUT HOSPITALITY ACROSS TEXAS

BY ERIN EAST

If you find yourself driving West along Interstate 20 and arrive in Midland with an appetite, you will find a sense of cuisine comfort and deliciousness with Felipe Armenta's Cowboy Prime Steakhouse and Cork & Pig Tavern.

We recently featured Armenta's newest venture in Fort Worth, Le Margot, his French Bistro. Armenta and his Far Out Hospitality local brands (The Tavern, Maria's Mexican Kitchen, F1 Smokehouse, The Tavern, Press Café to name a few) have become synonymous with exceptional eating in North Texas. We traveled to Midland for the UIL 6A, Region 1, High School Swim and Dive Regionals February 8-10, 2024, and were excited to see two of his concepts in Midland.



Felipe Arment's Steakhouse in Midland

His Cowboy Prime steakhouse and Cork & Pig Tavern are side-by-side, sharing a wall even, in an upscale new retail establishment. Crisp store fronts featuring ruffly dresses and cowboy boots, a trendy new fitness center with the latest workout equipment, and an upscale home goods store with fancy candles and embroidered throw pillows share the space. We had a chuckle at the number of trucks in the parking lot. We have our fair share

of big trucks in Fort Worth, but the sheer number of trucks in that parking lot was outstanding. The area industries of oil, gas, and ranching are evident in the vehicles of choice.

When ate at his Cork & Pig Tavern for an evening arrival to Midland, we sat at the bar and noshed on deviled eggs with bacon, a tomato and blue cheese salad, and a wood-fired veggie pizza loaded with roasted mushrooms, spinach, black olives, red onion, butternut squash, mozzarella blend, with parmesan sauce. I added sausage to this fresh garden blend. It was every bit as tasty and met the high-quality we expect here at home with Armenta's establishments.

On Friday night, after cheering on our Paschal High School Panther swimmers in the regional preliminaries, we had booked a date night at Cowboy Prime, returning to the same location. This sounds familiar—Maria's Mexican Kitchen and Pacific Table surrounded by upscale shopping here at home, maybe? It if works, why change the branding?

Our table was not ready but there were seats available at the white marble bar, and we immediately loved the vibe of 1980s music filling the air. Vibrant green tree wallpaper made the space feel bigger than the building allowed. The footprint is a square, with a combination of large ten-person deep booths along one wall and tables filling in. We sat "inside" this square, behind the bar, near the host stand, and it was a two-hour wait for walk-ins. Reservations are highly recommended. We had our bar favorites of a rye old fashioned and a gin feature, Bees Knees, when we were seated. We ordered the tuna tartare, quite possibly the best I have ever had, and a special tuna and jalapeno sushi roll.

We selected the roasted beet salad of baby

(Continued on the next page)

FAR OUT HOSPITALITY ACROSS TEXAS (CONTINUED)



Rye Old Fashioned and Bees Knees



Tuna tartare and special tuna and jalapeno roll

arugula, whipped chevre, and pistachio vinaigrette and the classic iceberg wedge, containing marinated tomatoes, blue cheese and crisp bacon. For our entrée, we split the Prime T-Bone

for Two. It was perfectly grilled to our medium-rare preferences and complimented with their signature horseradish cream sauce. We could not finish this steak, but I had a breakfast plan of steak in mind as our hotel room had a mini-refrigerator and microwave. Alas, we awoke, headed to the regional swim finals and I forgot my breakfast in that hotel refrigerator.

We were thoroughly pleased with both of our dining experiences at Armenta's Midland concepts. Whether you are staying in Midland or continuing to drive deeper into West Texas, I highly encourage you to plan a travel meal around either Cowboy Prime or Cork & Pig Tavern.

Cowboy Prime

www.cowboyprimetx.com

200 Spring Park Drive, #210,
Midland, Texas 79705

Cork & Pig Tavern

www.corkandpig.com/midland

200 Spring Park Drive, #200,
Midland, Texas 79705

happy
st. patrick's
day
— HAVE A LUCKY DAY —

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Juan Villagomez 682-319-7613

Fort Worth Community Engagement Liaison 817-392-2045
Tabitha Butler tabitha.butler@fortworthtexas.gov

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We always enjoy seeing Dr. Loftin's Berkeley neighbors in our practice!