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Living Museums

OUR NATION'S BOTANICAL GARDENS

Since it's not always possible to go on vacation and visit far-off gardens, many botanical gardens around the world have started bringing the flora right to you with virtual tours. In addition to the USBG, which offers virtual tours at USBG.gov/take-virtual-tour, check out these other gardens that allow you to explore without having to leave your home.

CHICAGO BOTANIC GARDEN In the spring, the Chicago Botanic Garden staff invited virtual visitors to join them for a nature moment. Garden staff shared images from around the 17 gardens kept there. The Chicago Botanic Garden continues to wow with virtual tours that, thanks to Google's technology, make you feel as if you're really there. Start your tour at ChicagoBotanic.org.

WADDESDON MANOR AND GARDENS This historic site across the pond in England gives visitors detailed virtual views of the Waddesdon Manor and its stunning gardens. Each day at Waddesdon Gardens, the staff designates a specific area as a "Silent Space," where visitors can go to disconnect and find peace. The Gardens also created a special message for their virtual visitors that we can all take to heart: "We encourage you to find a space in your garden or in your home that feels peaceful and designate a time each day to enjoy a quiet moment of reflection." To see this historic site for yourself, visit Waddesdon.org.uk.

In 1842, the Wilkes Expedition returned from its trek across the Pacific Ocean on behalf of the United States government, having visited parts of Portugal, Brazil, Antarctica, and Fiji. Among the specimens the explorers brought back from their travels were collections of plants gathered from around the world — just what the young nation needed to start its very first botanical garden.

George Washington, Thomas Jefferson, and John Adams had a shared dream of creating a national botanical garden, but the idea didn't really get off the ground until the Wilkes Expedition brought back the garden's first plants. The United States Botanic Garden (USBG) was established in Washington D.C., and four of the plants on display there today are part of the original collection brought back from the expedition. Two years ago, Doug and Renee visited the Botanic Garden in Washington, D.C., with their then 7-year-old daughters. It was spectacular and a great visit for the whole family. There was something of interest for everybody.

PAYING FORWARD KINDNESS

SHOWING UP FOR OTHERS IN OUR COMMUNITY

In the last couple of months as the pace has slowed and we've had more time at home, I've had time to pause and think about how great it feels to be there for one another.

After the Montecito mudslides in 2018, we received an outpouring of support from our community. We feel so grateful that during that scary and uncertain time, people wanted to help. Now, during this pandemic, we have the opportunity to pay forward the kindness we were shown.

The first personal experience we had with COVID-19 was my brother's friend, Gregg Garfield, who fought for his life after contracting the virus. Gregg's condition turned very serious very quickly. He was on a ventilator and underwent numerous procedures to save his life. His family was told he had a 1% chance of survival. Thanks to his own perseverance and the amazing doctors and nurses who stood by his side and fought with him, he pulled through. Now, however, due to other conditions caused by the virus, he begins the long road to recovery and will need intensive rehabilitation. After hearing Gregg's story, we didn't hesitate to contribute to the GoFundMe page that Gregg's sister, Stephanie, established. If you're interested in learning more about Gregg's story, you can go to GoFundMe.com/f/gregg-garfield-beats-covid-fundraiser.

I've been proud to see how my children responded when confronted with fallout from the virus to help those in their communities. My son, Shane, and his coworkers didn't hesitate to provide relief for one of



Grandson helps make lunches for the homeless

the workers in their office building. This sweet woman worked on the cleaning staff and was laid off as a result of the pandemic. Shane and his coworkers knew she was struggling financially and had young children to support, so they pooled their resources and raised thousands of dollars for her and her family. They brought her the check in person and shared a touching moment from a distance. In Arizona, my daughter, Jen, and her family put together food packages for people experiencing homelessness in their area. Each bag had a handwritten message of encouragement on it to bring hope into people's lives.

Our local hospitals are mobilizing to help, too. As chair of Cottage Rehabilitation Hospital Foundation, I had the privilege to present our board with the opportunity to partner with Cottage Hospital in a digital fundraising appeal focused on the COVID-19 pandemic to create an emergency response fund. This fund will support comprehensive emergency care and preparedness at Cottage Health, allow the health system to acquire vital

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equipment and supplies needed to care for patients and protect and support health care workers, and provide maximum flexibility for Cottage Health to respond to this evolving pandemic for the benefit of all of our communities.

If you are looking for a way to support our health care heroes, this is a great way to do it. People can make a donation to the Cottage Health Emergency Response Fund through the CRHF or any one of our Cottage Foundations. These donations will support numerous priorities related to the pandemic, including the purchase of needed supplies and medical equipment, new technologies, and support for staff. Go to the Cottage Hospital website at CottageHealth.org or call 805-879-8980 to learn more.

During this pandemic, when it may feel that we are powerless, the good deeds of humanity can make a

tremendous difference to those in need. It warms my heart and feeds my soul when I hear and read about those charitable people who help others.

Doug and I feel fortunate to be part of such a giving community and try to do our part to pay forward the kindness we were shown. You are also part of our community, and we extend this message to you. If there is anything we can do for you personally or professionally, please reach out by calling the office or sending me a personal email. We will do everything we can to help.

Please know we are here for you and you are in the forefront of our minds. Stay healthy and safe, and let's all extend kindness to one another.

-Renée Nordstrand

OUR TEAM STEPS UP TO HELP OTHERS IN NEED

As anyone who has worked with us knows, NordstrandBlack is passionate about fighting for individuals who've been wronged through no fault of their own. It comes as no surprise, then, that an attorney who works with our firm is showing the same dedication in coming to the aid of those most impacted by COVID-19.

Michele Cuttler has long been committed to serving our community beyond her capacity as a lawyer. Over the decades, she has worked with vital charities like CALM (ChildAbuse Listening Mediation), Storyteller Children's Center, and the Santa Barbara Resiliency Project.

Now, she's championing another cause with her involvement in the 93108Fund, which is distributing cash grants to hourly wage earners who work in Montecito. Montecito resident Ron Blitzer started the 93108Fund after the January 2018 debris flow when Montecito was evacuated and hourly wage



earners were unable to work. At that time, 950 workers received cash grants. When the COVID-19 crisis closed down restaurants, shops, and offices, Ron restarted the fund to help workers who have been laid off, furloughed, or had their hours cut substantially. The aim of the 93108Fund is to get cash into the hands of laid-off workers in our community as quickly and efficiently as possible.

The 93108Fund is also sponsoring the Montecito Cash Mob to come to the aid of local businesses by making gift certificates available from local restaurants and stores. You can find more information on how to participate at 93108Fund.org. You can also make a donation there to the 93108Fund to help hourly workers who have been laid off.

NordstrandBlack is proud of the work Michele is doing as she steps up and goes above and beyond to help our community in this challenging time, and we are proud to support this fund.

BIKE SAFETY



During the COVID-19 pandemic, we've seen a big decrease in the number of drivers on the road, which makes it more appealing to go bicycling. However, even with fewer drivers, it's still very important to follow safe cycling guidelines.

Every year, cyclists are severely injured when drivers hit them. We've seen it happen too many times to our clients — the driver of a car doesn't give them enough space or opens their car door at the very moment a cyclist is riding by. It's easy to make assumptions about what another person does or does not see, but when that happens between a motor vehicle and a cyclist, it can have serious consequences. With many people out riding their bikes, we can all take precautions to keep one another safe.

FOR DRIVERS

Safety is a two-way street. When driving, keep in mind that you are sharing the road with bicyclists and pedestrians who are more vulnerable to injury. If you're driving, give cyclists plenty of space. As of 2013, California requires motor vehicles to maintain a distance of 3 feet of clearance when passing a cyclist. If you've parked your car, always check your rearview and side mirrors to ensure cyclists aren't approaching before you slowly open your door.

FOR CYCLISTS

If you are riding a bike, always wear a helmet, use reflectors and lights, and wear bright colors so you are visible. If you are crossing a street or intersection on a bike, never assume a driver sees you. Make eye contact and ensure they

acknowledge your presence. Then proceed with caution.

In Santa Barbara, it's illegal to ride a bicycle on the sidewalk. Cyclists must stay on the roads or in lanes specifically marked for bicycle use. Cyclists must obey all vehicle laws, including signs, signals, and road markings. This includes coming to a complete stop at stop signs and using hand signals before turning.

Unfortunately, even when you are following the law and taking all precautions as a cyclist, you can still be injured due to the negligence of the driver of a vehicle. If you've been injured while cycling, we are here for you. Don't hesitate to reach out with any questions you may have.

We Want You to Think of Us as Your Law Firm

If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. We welcome the opportunity to help!

WORD SEARCH

E P M Y P T R Z A E A M	Summer
I T W A R Z O M B S F P	Barbecue
Y F I G I F R F A U A E	Sunshine
B R C I D D F S R N T A	Gemini
F O O A E M P O B S H R	Father's Day
B S D I G R E L E H E L	Beach
B E A C H E E S C I R G	Hot
H P I D M E M T U N S R	Pearl
S U M M E R U I E E D I	Rose
T K A X H O T C N Y A L	Solstice
N E U E T C T E O I Y L	Grill
	Pride

If you've loved working with our firm, please leave us a review on [NordstrandLaw.com/Review!](https://www.NordstrandLaw.com/Review/)

WATERMELON AND TOMATO SALAD WITH TURMERIC OIL

INGREDIENTS

- 1/4 cup virgin coconut oil
- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp ground turmeric
- 4 cups seedless watermelon, diced into 1/2-inch pieces
- 2 medium heirloom tomatoes, diced into 1/2-inch pieces
- 8 oz mild feta, diced into 1/2-inch pieces
- Flaked sea salt

DIRECTIONS

1. In a small saucepan, heat coconut oil, peppercorns, coriander seeds, cumin seeds, and turmeric for about 3 minutes or until fragrant. Let cool slightly but do not let coconut oil solidify.
2. In a large bowl, place diced watermelon, tomatoes, and feta. Drizzle with oil mixture and finish with a dash or two of salt.

Inspired by [BonAppetit.com](https://www.BonAppetit.com)