



the
FEED

Issue 10

June 2023

For Fathers

Sending appreciation
to our fathers and
grandfathers

Road Trips

Tips and tricks to get your
family back on the road

Special

A paw-some interview
with our very own little
Lulu Paik



From the
Desk of
Grace Paik



Dear JJB Friends,

June marks the arrival of warm temperatures, beach outings, and the beginning of summer. However in San Francisco, I find myself bundling up in winter coats, sweaters, scarves, and mittens during the month of June. The weather in this region is officially known as June Gloom, and is attributed to the contrast between ocean water and air temperatures. The cold water leads to a cooling effect on the air right above the ocean surface, resulting in cloudy, overcast skies and cooler temperatures in late spring and early summer.

We organize our lives into seasons to better understand and anticipate the changes around us. There is a time for birth, moving to new places, staying put, singlehood, marriage, parenthood, death...the list goes on and on. Along with life changes, there are also many events and moments that move us forward year by year. June is typically associated with graduations, summer vacations, and relaxation. It's an opportunity to relish the presence of children at home from school and a period of rejuvenation, gearing up for the approaching school year. Treasure this season alongside your loved ones and friends. Hopefully it will bring frequent warm weather excursions, delightful moments of wonder and awe, and the creation of cherished memories.

Janice Pare

S u m m e r F a s h i o n

When it comes to fashion, I am limited to what I can wear because I am petite. Most western brands do not fit off the rack. However, many European brands are more inclusive and keep petite and smaller sizes in mind. For example, French sizing tends to run smaller and is renowned for their chic and timeless appeal. It focuses on the little details that add a touch of simplicity and elegance to an outfit. The combination of cuts, fabrics, and those subtle elements are what make French fashion so attractive. Some of the French brands that I personally adore are IRO, APC (also known for their leather goods), and Isabel Marant. These brands offer a range of stylish options that can work well for all sizes. They understand the importance of fit and proportion, which are essential for flattering a wide range of frames. While French brands have their charm, there are also many talented American designers I gravitate towards. It's about finding the right pieces that complement your body type and personal style. Remember, fashion is all about expressing yourself and feeling confident.

Like most busy stay-at-home or work-from-home moms, I tend to lead a mostly casual lifestyle involving trips to the grocery store,

hiking, walking, and running errands. I have come to realize I don't actually wear about 90% of my wardrobe. This led me to reconsider my approach to shopping, and now I focus more on investing in everyday high quality items that I can wear frequently, considering the cost per wear. I also try to make sure I buy pieces I can easily dress up or down simply with a change of an accessory, shoes or switching out my outerwear.

Given the limited space in my small closet, I also recognize the need to change my clothes seasonally. Focusing on essential pieces that can be layered or mixed and matched helps me create a versatile and functional wardrobe that suits my needs throughout the year.

Purchasing an occasional stand alone statement dress is ok, but rather than having items sit in the closet for months, prioritizing practicality and versatility might be the better way to go. When you invest in pieces that can be easily incorporated into everyday life, this can maximize their use and value.

Here are some summer staples that I recommend:

Beek Platform Sandals

These are easy to slip on and off or dress up or down, and make great travel shoes. So many companies make them, but I particularly find the ones made by Beek fit my feet well. They have higher and lower platforms depending on your preference.

Birkenstocks

I tend to stick to classic leather or suede. These sandals would be hard to dress up in, although my daughter likes to wear floral dresses with her Birks!

Lululemon Shorts

If I could wear shorts all year round, I would. They are more comfortable than pants. I rotate 2-3 pairs of shorts all year round, and my favorite ones are made by Lululemon.

Veronica Beard Dresses

These are easy to slip on and off or dress up or down, and make great travel shoes. So many companies make them, but I particularly find the ones made by Beek fit my feet well. They have higher and lower platforms depending on your preference.

Rag + Bone T-Shirts

These are thin enough to layer, yet thick enough as a stand alone t-shirt with jeans. I have this tee in 3 different colors.



Faherty Cardigan

This is a versatile piece you can always have on hand. I love the summer cream cardigans by both Re-Done and Faherty.

New Balance Sneakers

This brand is my go-to for sneakers. I don't own this particular style, but you can see the wide range of styles and colors.

Bassike Pants

This company makes simple clothes with high quality materials. I love their pants because they are comfortable and versatile.

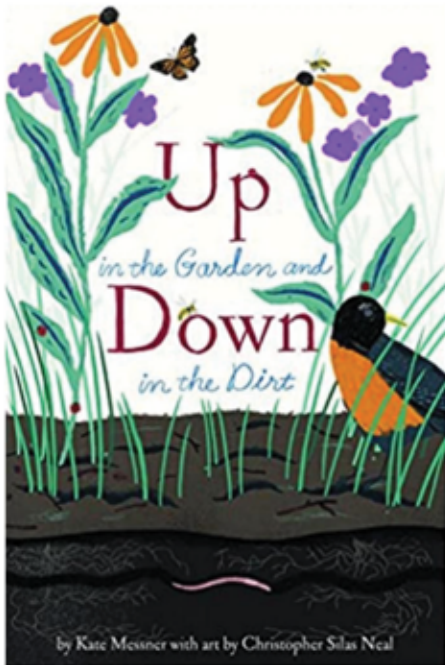
Rue de Verneuil Bag

These bags are made in France, and I love them for work and travel. Rue de Verneuil bags look great at the office, or for a walk in the park. fit my feet well. They have higher and lower platforms depending on your preference.

Chan Luu Scarf

I love her silk-cashmere blend scarves. They are airy and perfect for the temperate California weather, and also keep you chic and cool.

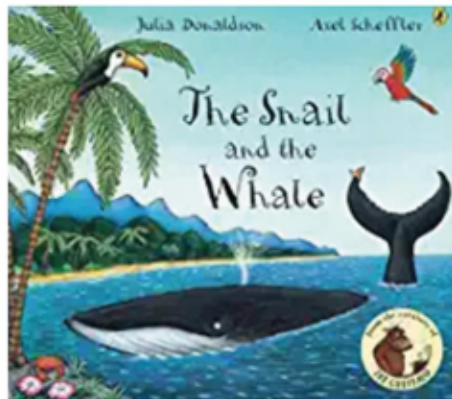
Ja q Ja q Bird's June Book List



Up In the Garden and Down In the Dirt

Kate Messner

Gardening is a fantastic way to see how our world works, and Messner's book explains this process at a child's level in another one of her books in the Over and Under series. We see the secrets that lie in the dirt through the journey of a grandmother and her granddaughter as they plan,



The Snail and the Whale

Julia Donaldson

Donaldson has done it again. Her masterful poetic writing, and Scheffler's illustrations makes this one of my favorite children's books. The story unfolds with a little snail, wanting to see the world, and a whale willing to take the snail on an adventure of a lifetime. The words are not dumbed down, and the vocabulary is rich for discussion with young children.

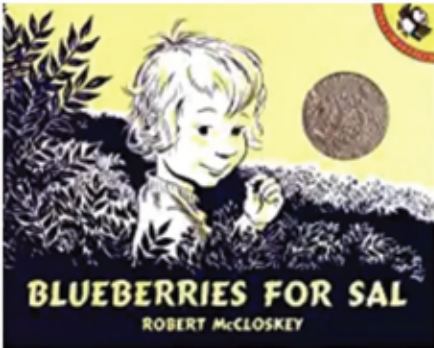


Frederick

Leo Lionni

Hard work does not always include physical labor, but all work requires effort. Lionni is a master storyteller, and this book uses field mice to show that everyone has different talents. Frederick may not be helping with the farming, but he uses other gifts to encourage the mice in dark times by bringing them a sense of awe and wonder through his prose and imagination. Is Frederick lazy? Some may think this is the case, but I will argue that he is not. Read it for yourself and your children to form your own opinions.

This month's book list beckons in summer and all of the smells, sounds and feelings the warm breeze and later sunsets bring. There are some classics in the mix, along with books written in lyrical text, beautiful illustrations to accompany each story, and just fantastic storytelling.



Blueberries for Sal

Robert McCloskey

Although the illustrations are in black and white and this book was published in 1948, this is a timeless story that can be shared generation after generation. It all starts with Sal going to pick blueberries with his mom, and the situation that unfolds. We can see through humans and animals that the “momma bear” instinct lives in all mothers.



Summer Walk

Virginia Brimhall Snow

This is a delightful book about a summer walk with Grandma. She introduces the children to the wonderful world of insects and bugs in a very interesting and factual way. There are also pictures of common insects that are found in the backyard, which will spur children's curiosity about these creatures and hopefully calm any fears.



A Camping Spree with Mr. Magee

Chris Van Dusen

This book is a great read-aloud around a campfire or as a bedtime story - or anywhere. Van Dusen rhymes with confidence, and produces peals of laughter supported with great illustrations to go along with the storyline. This is a book with great cadence and vocabulary, and will appeal to both the reader and children alike.



Water Safety Reminders

Students are already on summer break, or almost on break here in the US, and once everyone is in full vacation mode and the summer heat really kicks into high gear, families will go searching for ways to cool down. The first thing that comes to mind usually involves some sort of water play. Drowning is one of the leading causes of injury related deaths in children under the age of 4 as well as with teenagers. Keeping a constant eye out for your little ones whenever they are near any body of water, or at a swimming pool is crucial. This year, most people saw in the news that California received a record amount of rain over the winter, with a large portion of it coming down as snow in the upper elevations. We are now in the midst of a massive snow melt, and the lazy rivers of the past years during the drought have turned

into rushing, raging rivers. The state of California has already had several drownings while families were rafting down these intense and strong rapids. Here are a few water safety reminders to help our readers in situations where water play is involved:

Assign an Adult to Watch the Water Where People are Swimming/Playing

There should always be a designated person to keep an eye out around any body of water, standing very near the edge of the water. This person is watching not just the little ones, but scanning to see who is in the water. If there are multiple families, make a list and assign the adults time slots. This is in addition to a lifeguard on duty, if there is one.



Learn CPR

Any and all parents should know how to administer CPR. They have simplified the breaths and compressions to make it easier to administer and remember.

Take Swim Lessons

Children can take swimming lessons as early as 1 year old. Learning how to swim will not prevent drowning, but it will give them confidence in the water and can reduce the chances of drowning. Parents should also take lessons if they do not know how to swim.

Have a Conversation with your Tweens and Teens

It is easy for your tween/teen to think they are invincible. They are not. Even if your older child is a strong swimmer they are still at risk, especially when strong currents or undertows are involved. Remind them to always swim with a buddy, and never swim alone under any circumstances.

Wear Life Jackets

Coast Guard approved jackets are a must for all children and adults while on a boat, even if they are strong swimmers. "Floaties" do not protect children from drowning.

Avoid Drugs and Alcohol

It is very tempting to have a refreshing glass of white wine or a beer, especially when relaxing around on a boat or by the water, but alcohol and drugs impair judgment and increase the risk of drowning while boating or swimming. Model good behavior, especially around your teens by not using drugs and alcohol.

Have Covers/Fences/Alarms for Pools and Hot Tubs

All pools/hot tubs should have a cover over them when not in use. There should also be some sort of gate with a lock so younger children cannot access them without an adult. There are alarms that can be attached to the door leading out to the backyard to alert parents when a child is going outside. As they say, prevention is better than cure.

Bathtub/Small Pool/Home Safety

Make sure to empty all bathtubs, kiddie or baby sized pools and larger buckets after use. If you have younger children, put locks on toilets. Remember to never leave a child unattended in the bath.

Blueberry Buckle

We are trying to keep things simple for the summer, and this recipe for blueberry buckle is no exception. Blueberries make the most delicious addition to summer desserts and hold up well in baked goods, like muffins and quick breads. The addition of lemon zest in this recipe brings out a fresh flavor, but if you are not a fan of lemons in your dessert, it can easily be omitted.

What is a buckle? A traditional buckle has a cake-like batter with fruit that is folded into the batter. When the cake bakes and rises, it “buckles” around the fruit, hence the name. You could say it’s next of kin to the coffee cake, with a crumbly streusel topping and a moist, tasty interior. I love this recipe. The ROI (return on investment) on this quick and easy recipe is pretty phenomenal.

It’s a delicious way to enjoy fresh summer berries with a dollop of whipped cream, a scoop of ice cream, or simply on its own with a cup of coffee or tea. Buckle up, butter cup (ha! I’ve always wanted to write that). It’s a fan favorite at backyard summer parties and can be enjoyed any time of the day.

Here are a few tips:

- Personally, I usually make this only when I have fresh blueberries on hand, but you can use frozen ones with no defrosting necessary. Just add a few extra minutes to the bake time, and know that the color of the buckle will likely be more...blue. There is also a subtle texture difference in the berries, but it still tastes fantastic.
- The blueberries can be replaced with raspberries, rhubarb, strawberries, peaches or even apples. Feel free to get creative!
- Muffins can be made instead. Divide the batter between your muffin cups and top with the streusel. Bake for about 18-20 minutes or until a toothpick comes out clean.
- This buckle freezes beautifully. Simply cool completely and place it in an airtight container. It will keep for a couple of months in the freezer and will still taste great after defrosting.





Base Ingredients:

- $\frac{3}{4}$ cup white sugar
We like things less sweet, so I cut the sugar to $\frac{1}{2}$ cup or a little less than that)
- $\frac{1}{4}$ cup butter, softened
- 1 egg
- 2 teaspoons lemon zest (avoid the white pith - it is the bitter part of the rind)
- $1\frac{1}{2}$ cups flour, sifted
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 1 tablespoon flour
- $1\frac{1}{2}$ cups fresh blueberries

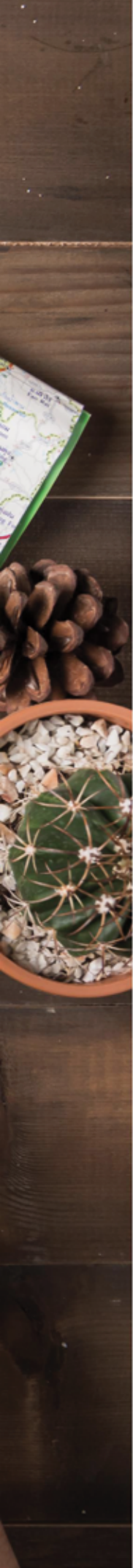
Topping Ingredients:

- $\frac{1}{4}$ cup butter + 1 tablespoon, cold
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup white sugar (I usually omit this)
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon

Directions

1. Preheat oven to 350°F.
2. Grease an 8x8 pan.
3. In a large bowl, cream sugar, butter, egg & lemon zest until fluffy.
4. Combine flour, baking powder, and salt in a separate bowl. Add it to the wet mixture, alternating it with the milk. Mix until combined.
5. Toss blueberries with 1 tablespoon of flour (this will keep them evenly distributed in the batter). Fold gently into the batter and spread into the prepared pan.
6. Combine topping ingredients in a small bowl until crumbly. Sprinkle over batter and bake for 40-45 minutes or until a toothpick comes out clean.





Map Out Your Next Family Road Trip

I'm a map! I'm a map! Dora was onto something. She never went exploring without two of her best buddies, her backpack and her trusty map. The map was vital in getting Dora from point A to point B, and ensured that her adventure would end successfully. I still remember when we would go on our family summer road trips, my mom would always visit AAA to get a spiral bound map of our entire trip. She would tell the person behind the desk where we were starting and going, and while we waited, they would assemble the TripTik, which was the name of that spiral bound, rectangular booklet. They would highlight the highways/roads we needed to take, and would circle important locations and stops along the way, including hotels, gas stations, etc. The person would also draw arrows to nearby amusement parks, or other places they thought would be interesting for us to see during our travels. It was always nice when they knew about upcoming construction and would draw it onto the map by using small triangles to symbolize cones, and would give us an alternate route. While my mom or dad would take turns driving, the other parent would keep track of where we were by referring to the TripTik in the passenger seat, and if they wanted to take a nap, they would put one of us in charge of the TripTik, and we would have to make sure to stay on the right page and alert the driver to get off at the proper exits.

My kids are pretty good with spotting landmarks and taking visual notes, but I would say that map reading is not a strength. It is trickier now to get them to look at a map,

because on long car trips, they would rather read a book, look out the window, or take a nap. There is something satisfying about holding a map in hand while trying to get to a destination. Paper maps evoke a bit of wonder and awe, especially when the details are beautifully drawn. We can better see our surroundings as we spread out the map, and it becomes more about what surrounds us, rather than about ourselves. Many hikers much prefer having a paper map in hand to be able to see the topography as well as the big picture. The apps on our phones are focused on how we move the map, and how we control it. The experience is less about the map in its entirety and more about "me." We have come to rely too much on the apps on our phones that tell us where to go, but when the phone dies or there is no reception, especially in rural areas, it becomes challenging and we are then stuck or lost. There have been moments when my GPS has gotten stuck in one location and has refused to move on, making me impatiently wait for my phone to figure it out. This ultimately caused me to be extremely late to my destination. Sometimes, the GPS on our phones is egregiously incorrect, as in the case of a woman who recently drove into Honokohau Small Boat Harbor on the Big Island in Hawaii, because her navigation told her there was a road there that did not exist. She ended up getting saved by some fisherman in a nearby boat. It was probably not the kind of fishing they had hoped to do that day. This happened exactly in the same location to another person just one month prior while using the GPS on their phone.

Taking a little time to prepare before a trip to get a physical map, or a TripTik if you are a member of AAA are great ways to introduce your children to the importance of knowing cardinal directions, latitude and longitude, coordinates, etc. Your children can practice matching the landmarks on the map with what they are seeing physically, and this helps to give them a sense of physical place and direction. These skills can also be practiced while they are walking or in a car, bus, train, or a bike. When you repeat things like “This way is north, this way is southeast,” etc. and then show them your city physically on a paper map once you get home, it can help children to familiarize themselves with directions in an area that they already know well. Jaq Jaq Bird has some reusable stickers of various cities: San Francisco, New York, Toronto, Reykjavik, and Paris, and their major landmarks. If one of these cities is your home or a summer destination, these reusable stickers are a simple and easy way to start teaching map reading.

Rest assured, AAA still has TripTiks. According to their magazine, AAA distributed nearly 14,000 paper TripTiks in 2018. You can mail order these off of their website but unfortunately do not have people in-house anymore to assist with the TripTiks. AAA does have an app you can use off of your phone if you have a membership, but having a physical paper map as a backup plan is always an excellent idea. Physical maps give us a tactile experience that is both simple yet satisfying, and although they may sometimes seem cumbersome, the information they provide is vital and if you accidentally drop your phone or it falls into the ocean, at least you will know how to get to your next destination.





Giving Thanks for Dads and Grandfathers

Every Father's Day, we honor and acknowledge all of the hard working dads out there. I would have to say that my dad is not someone who has a lot of words. He has a wickedly dry sense of humor, and has great zingers scattered throughout his occasional comments. He was and is a quiet supporter, and showed up when it was important to us, and he continues to support my siblings and myself in whatever we do, and he has saved all of us countless times. He has transferred his unwavering support to all of his grandchildren, in his quietly proud way.

I have a vivid memory of my abbah (that's dad in Korean). I must have been around 4 years old and that summer, we went to the Wisconsin Dells on one of our family summer road trips. There were what looked like stage coaches with at least 2 horses pulling each one, and they were all lined up, waiting to take passengers. My point of view at the time was mostly of peoples' legs and whatever was happening near the ground. This is why all I remember seeing was very large piles of horse poop, and it looked like the piles were everywhere. I screamed, jumped and clung to my abbah's leg. He continued walking calmly with me holding on for dear life like a koala, until we got into one of the stagecoaches. He had a grin on his face, and I could hear people chuckling as they watched my abbah walking with his little daughter

on his leg, with her crinkled nose, disgusted by the smell and the sight of so much excrement. This is the only recollection I have of that vacation, and that my abbah saved me that day. He was the hero that came to my rescue.

During this Father's Day, rather than trying to figure out what to get your dad, maybe something to consider is to give him the gift of quality time. You could have your children make little coupons with different ways they can hang out and have time with dad/grandfather. Maybe it's going to the park to kick around the soccer ball, or helping him BBQ meat for dinner one night (I do not think I have met a boy or a man who is not drawn to a fire pit or a grill with a plate of raw meat ready to be cooked). Consider flying/driving to visit granddad. Time is a precious gift, and having those moments will create memories that your children and the dads/granddads in their life will cherish and appreciate. These snippets in time come and go as quickly as shooting stars, so grab onto them and hold them tight.

Hats off to all of the dads who give it their all day in and day out, and wear many hats outside of work. We hope it is a day of relaxation and appreciation while filling your bucket with lots of precious memories.





Pasta Salad with Tomatoes and Corn

Summer is highly anticipated in my household not just because school is out and the sun lingers in the sky for a while longer, but also due to the fresh bounty of amazing summer fruits and vegetables. This pasta salad is very easy to whip up on those lazy days when you don't feel like spending a lot of time in the kitchen. You can use the grill outside to cook up some protein and serve up this pasta on the side for a quick meal. Once the pasta is cooked,

assembly takes less than ten minutes. It's summer in a mouthful and perfect for potlucks with friends or neighbors, and it can easily be doubled. Using parmesan is great, but I really like using perlini (small mozzarella balls), which are about the same size as cherry tomatoes and available at most grocery stores. Make it without the cheese for anyone with a dairy sensitivity. This salad can actually be made year round using frozen corn.



Ingredients:

- 4–6 servings
- 5 tablespoons olive oil
- 5 tablespoons of good red wine vinegar
- 1/2 cup chopped fresh basil
- 2 large garlic cloves, chopped
- 1 1/2 cups fresh corn kernels (cut from 3 ears)
- 1 1/4 pounds plum or cherry tomatoes, cut in halves or rough chopped
- 8 ounces penne pasta, freshly cooked
- 1/2 cup grated Parmesan cheese (I like to use perlini, cut in halves)

Directions

1. Whisk 4 tablespoons of oil along with the vinegar, basil and garlic in a large bowl to blend.
2. Heat remaining 1 tablespoon of oil in a heavy large skillet over medium heat. Sauté the corn for 3 minutes and then add the corn (when cooled) to the dressing in the bowl.
3. Add tomatoes, pasta and cheese to the bowl and toss to blend. Season salad with salt and pepper to taste.

JJB Personal
Personnel:
Lulu Paik



1. Favorite snack:

All of mom's favorite: peanut butter, popcorn and almonds.

2. What you hate to do:

I hate long walks with mommy. When she comes with the leash, I run, hide and shake.

3. Best friend:

I once met a apricot puppy named Cannello at a park near my house. We played and played. But I haven't seen him since that time. He was the only puppy that was nice to me.

4. Favorite drink:

When mom isn't looking, especially when she's driving, I take licks of her coffee.

5. Simple things in life that makes you happy:

I love chasing balls all day long.

6. Some tricks other dogs can't do:

I figured out how to unlock my crate recently. My family calls me Houdini Lulu now.

7. What annoys my family:

I can bark all day long, it drives all our neighbors crazy.

8. Toy you loved playing with as a child:

love beating up my stuffed animals.

9. What is your dream trip?

I love to run around the golf course so I can mess the sand bunkers, chase the geese, and scare the bunnies.





UNTIL NEXT TIME!

CREATIVITY UNPLUGGED

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