

NOVEMBER 2020

WESTCHESTER LIVING

SERVING THE WESTCHESTER COMMUNITY

Meet Amy Frelinger

PHOTOGRAPHY BY ZSUZI PHOTOGRAPHY



Also in this issue: A recap of a virtual music fest, annual book sales and more!

RESIDENT FEATURE

Words to Live By

BY CHERIE TOSH DAME | PHOTOGRAPHY BY ZSUZI STEINER

Scout Leader, Community Event Organizer, Dancer, Realtor, Mom, Neighborhood Watch Block Captain, Fitness Instructor & Educator - these are merely some of the titles you can give to Amy Nelson Frelinger at some point over her lifetime. But to describe who she is, you would have to say, professional, caring, big-hearted, fun, fit, and super friendly.

When I sat down to chat with Amy via zoom, I could tell I was in for a treat. We spoke while she was at her home in South Kentwood that she's owned since 1986.

We immediately started talking about her as a Realtor and some of the issues facing our neighborhood today. She keeps on top of the most recent news and happenings, so she can better serve her clients and her local community. "I am very proud to be a Westchester resident and feel very involved with and affectionate toward this neighborhood," Amy shared.

Amy gushed about her daughters Elyse (30) and Krista (33). Krista is married and she and her husband, Adam Tavares, have two daughters of their own, Brooke and Madison ("Maddie").

I had asked if she had any life mottos or words to live by and she shared more than one. The first is Opportunity is Everywhere. Her impressive resume speaks to that. Amy graduated with honors from UC Irvine with two Bachelor of Arts - one in Dance, the other in Spanish, and danced professionally for 25 years. Additionally, Amy is a graduate of UCLA's Certificated Program in Adult Fitness Instruction. She taught exercise and fitness for over 20 years. She volunteered at our local elementary schools to get the children ready for their Presidential Physical Fitness Test. Since 2005, she has had yet another successful career as a licensed Realtor.

Knowing these successes, I had to ask if she had a favorite career and her answer couldn't be more telling of who she is. She said, "You gotta love where you are." and she does. With her 'new' (15 years and counting) career, she can spend time accomplishing things she is passionate about. She assists people in finding their dream home as well as selling their current home(s). She assists people in finding their dream home. She helps people move into this and other communities. She shared that she also likes to remain a resource for people - client or not! "I believe we still have an old-school "Mayberry" feel to our community, Amy adds, "I strive to know my neighbors and help them in any way I can. I feel fortunate they would do the same for me."

When you love where you are AND discover opportunities wherever you go, it makes sense that Amy likes to ask herself, "What can I do today to make someone's life better?" Well, over the years she has achieved quite a lot. She is a Neighborhood Watch Block Captain (through LAPD) and has been for about 28 years. She strives to stay informed about community safety and disaster preparedness. She was a Girl Scout Leader for more than a decade and her family helped start the booster club at Kentwood Elementary 29 years ago. During her tenure there, they raised enough money to fund the school's first computer lab. "My belief is volunteers are priceless; they add to the character and strength of our community. I have immersed myself in numerous volunteer involvements across the decades."

She has also been involved with the Kentwood Home Guardians and remains a strong supporter of the Westchester Streetscape Improvement Association (WSIA) which has beautified Sepulveda Blvd, Manchester Ave. and large stretches of our neighborhoods' thoroughfares.

Traveling locally, nationally, and internationally; theatre, performing arts, and professional dance are among Amy's varied interests. And then there's food. She delights in the company of friends while dining out. There are all things she misses terribly due to the pandemic.

"I strive to know my neighbors and help them in any way I can"

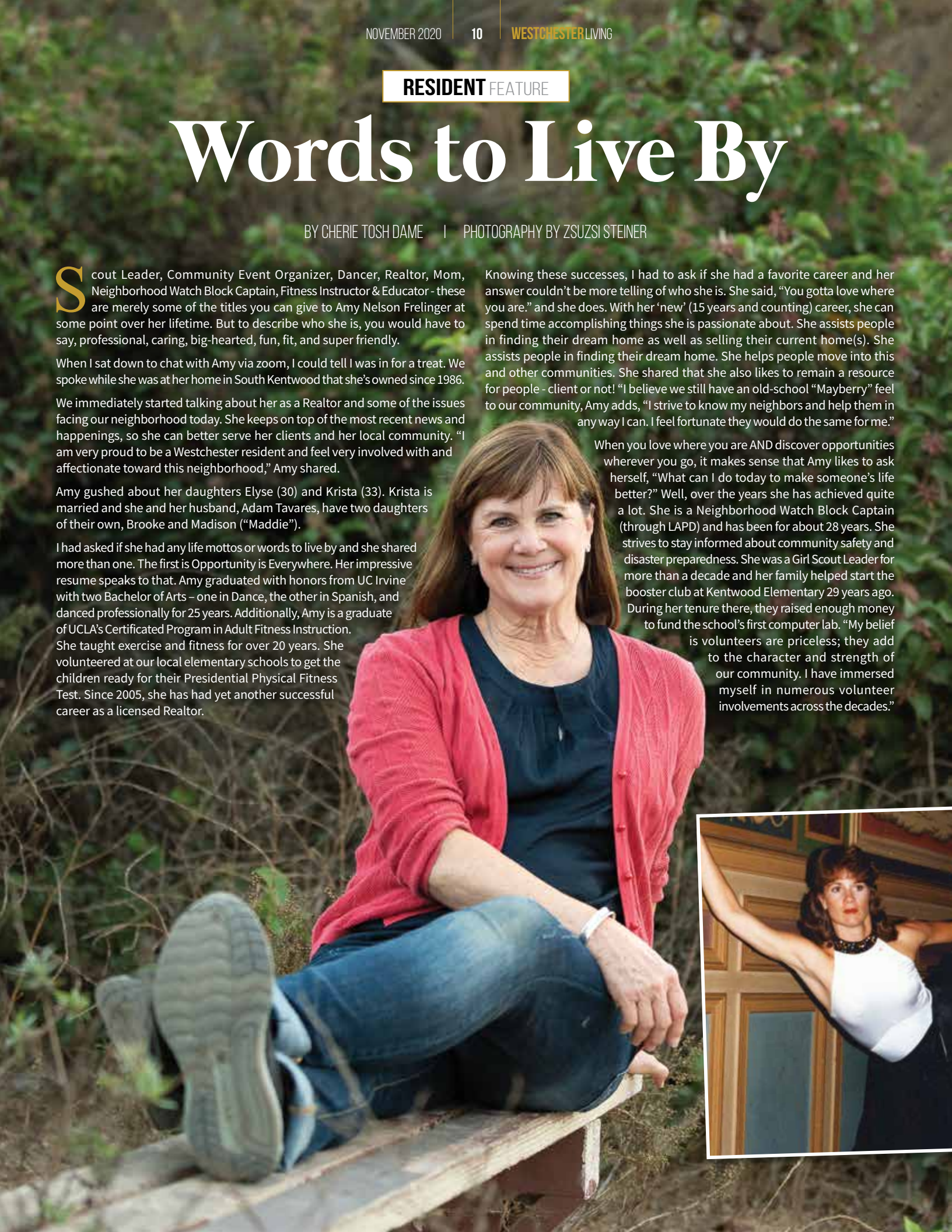
Fitness is still a passion. She is committed to staying active and healthy. In 2019, she started the Westchester CA Team Challenge (WCTC) with Grant Francis as a way to influence people to gather as a community, have a fun day of sportsmanship and be active together! As you would expect, 2020 proved to be a difficult year to hold the 2nd Annual WCTC, but there are plans to put on this event again in 2021!

Jake, her 13 year-old black Labrador, also helps her stay active with their daily walks and runs. "I am very grateful for being able to be on the go, to dance, to run, to play tennis, and be able to do whatever I choose to physically."

Amy is a 4th generation California girl. She was born and raised in Los Angeles and her roots here are strong. Her father, Harmon Oscar Nelson Jr., was a musician, bandleader, and the actress Bette Davis' first husband. Hollywood legend has it that we call the Academy Award statuette her "Oscar" because, upon receiving the award, Bette Davis nick-named the statuette because she thought it resembled her husband, Oscar. (How cool is that?)

Her mother, Anne Roberts Nelson, was an Executive VP at Columbia Broadcasting System (CBS) and the longest-term employee in the history of that company. She was in Business Affairs. She negotiated many of the landmark contracts from the Golden Age of TV until 2008 including "I Love Lucy", "Perry Mason", "All in the Family", "Hawaii 5-0" and so many more.

To her neighbors in Westchester, Amy wanted to add, "Find something you love and get involved. Be a contributing member of our community and we will ALL be better for it." ♦



Three photos provided by Amy Frelinger