Official Publication of Huntington Landmark

Senior Adult Community

20880 Oakridge Lane, Huntington Beach, CA 92646

MAY 2024

Landmark Living 👝

www.huntingtonlandmark.com









DISCLAIMER

HLVoice is a private Facebook community created by a resident of our community. Kindly be advised that this Facebook community is not operated, managed by, or affiliated with the Huntington Landmark HOA, Board of Directors, nor with HL Management.

2024 Board of Directors **Open Meeting Schedule**

Wednesday, May 1	10:00 AM
Wednesday, June 5	10:00 AM
Wednesday, July 3	10:00 AM
Wednesday, August 7	10:00 AM
Wednesday, September 4	10:00 AM
Wednesday, October 2	10:00 AM
Wednesday, November 6 (Annual)	04:00 PM
Wednesday, December 4	10:00 AM

BE PREPARED

By Linda Rosenthal for Emergency Preparedness Group

Soup. If there is an earthquake, a nice warm cup of soup would be delicious. But the power is out so you can't heat up anything on the stove. Did you know you can eat Campbell's, Progresso, and probably other soups without heating them? Yes, you can eat them cold. Not terrific, but you won't be hungry. Add water as needed (you do have all that water saved, right?) stir, and eat. Think ahead of time of all the other foods you might want that don't need refrigeration or cooking — crackers, bread, health bars, beans, cans of fruit. You get the idea. Now stock up on the goodies you might need. Use them as usual and replace them so they are available if needed in an emergency. You must be prepared to take care of yourself.

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I have referrals who live in Huntington Landmark

FAVORITE DESSERTS – STATE BY STATE

By Mike Di Gennaro, LL Staff

NORTH CAROLINA – Sweet Potato Pie was originally not considered a dessert, but the blend of sugar, spice and condensed milk made it more acceptable as a dessert.

A YEAR IN THE LIFE OF A COYOTE

By Marie Sandidge for Property Protection Committee

- January March: Courtship and Mating
- March April: Pups are Born
- May August: Pup Rearing
- October December: Dispersal

Coyote breeding season usually runs from late January through February and sometimes into March. During this time, adult coyotes travel long distances to find a mate. Those that do not mate will often attach to the family to help raise this year's pups. In early April, the female will begin looking for existing dens or dig one herself. The pups are born in March into early May. They are completely blind and deaf at birth. Towards the end of May, the pups will move around much more and start eating solid foods. From October to when breeding season starts, pups usually begin to disperse and will be close to full size, can hunt, and travel on their own or with siblings.

FEEDING IS AGAINST THE LAW:

Section 13.48.075 of the Huntington Beach Municipal Code prohibits wildlife feeding. PLEASE DO NOT FEED COYOTES! The most effective way to prevent coyote attacks in your neighborhood is to eliminate wildlife feeding. Covotes that are fed in residential areas can lose their fear of people and may eventually test pets as possible prey.

For more information, visit the City of Huntington Beach Coyote Management Plan

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HUNTINGTON LANDMARK GUIDING PRINCIPLES

MISSION: To protect the value of our property

VISION: To continue as a contemporary community where our residents can enjoy quality living **VALUES:** Inclusiveness, Relationships, Transparency, Engagement

PRESIDENT'S MESSAGE

By Laurie Erickson, CFO

Cool early spring winds are blowing us into the warmth of mid-spring, already 5 months into the year! I don't know about you, but I am so pleased to call this place home. The birds and the trees are so interesting and beautiful, and our grounds come alive with spring rain.

Spring is also an interesting time in the financial calendar for Huntington Landmark. Our annual audit is submitted from the HOA financial auditor to the BOD for approval, and the Membership receives a copy shortly thereafter. We also have earthquake insurance renewal, and it's time to prepare for the Reserve Study as well as the upcoming year budget. We had an interesting year last year, and I look forward to more interesting times ahead. If you have any questions about budgets or audits, first understand Seabreeze has a dedicated accountant and financial department; your BOD reviews several financial reports and documents monthly, and all parties strive for a job well done. Please share with Management or your BOD any questions, comments, and concerns. We are responsible for the business, the community, and infrastructural aspects of our HOA, a job we all take seriously.

Our Main Lounge is "getting attention" and what a privilege to have a clean and updated fireplace gathering spot. I understand people also use the TV! What with the community bookshelves, lighting, new furniture, fresh paint, and fun designer quality wall art pieces, it feels like our Management cares about us. Thank you, Gerri, Dianna, and Sergio, for the love, attention, care, and consideration you show to the Residents by work such as this.

HOA BUSINESS: Keeping your HOA assets looking Good! Phase Building Renovation and Landscape Remediation is ongoing in Phase 11. Phase 8 Residents are undergoing Landscape Renovations, and Phase 1 is getting new garage doors. (you can remove this sentence, you mentioned this on your last part of this paragraph) Phase 13 Interior Electrical Panel Inspections are ongoing according to the 10-year plan. In Phase 1 new garage doors are being installed to replace the remaining original wooden garage doors. Rust never sleeps.

Spring Energy is a Treat – Get Out and Get Some!

THE FIRST 6 MONTHS

By John Koze, Board Director

My first six months on the board made me acutely aware of the functions of an HOA. The board, management, various committees, and vendor's role in preserving the permanence of our community is palpable. Here's a snapshot of my experience.

As CAI (Community Association Institute) members, the board has the opportunity to attend webinars focusing on HOA best practices. You start to compare and contrast your community to others. With this insight, the consensus is that best practices do exist in our community. Can we improve? Yes, for we are always being educated in finding ways to improve.

Our relationship with our vendors has deeps roots. This relationship and the staff's negotiation savvy led us to a no-cost painting of our main lounge display cases and rolling boards. It's an honor to acknowledge the can-do attitude of the Seabreeze team.

Clubs, groups, and all residents – your willingness to graciously express your concerns gives me insight. Accordingly, I have learned to "step into the shoes" of other's vision into Landmark's betterment. As a Landmark homeowner, I will always listen and be educated. Please know that if you have an issue about community safety, improvement, or a homeowner's concern, please talk to management.

Last, please continue to ask about my experience as a board member. This common question shows interest and community investment. Please remember that your knowledge gained promotes an appreciation of how we all maintain Landmark as a paragon of communities.

COMMITTEE MEETING DATES, CHAIRS & BOARD ADVISORS:

Architectural Control Committee

Wednesday, 10:00 AM, Conference Room (Closed Meeting - Appointment Only)

Chair: Marsha Merendino: msmerendino@aol.com Board Advisor: John Koze: jkozehlboard@yahoo.com

Landscape Advisory Committee

2nd Tuesday, 1:30PM, MPR2

Chair: Steve Bova: huntingtonlac@gmail.com
Board Advisor: Nancy Henry: nghsews@socal.rr.com

Rules Committee

As Needed

Chair: Judith Larson: judithinhb@gmail.com

Board Advisor:

Maintenance Advisory Committee

4th Tuesday, 8:30AM, MPR1

Chair: Tom Tullius: localrep@aol.com

Co-Chairs: David Dawes: dawesdr@yahoo.com

Vard Whittick: vardmaint@gmail.com **Board Advisor:** Dan Orozco: danhlboard@gmail.com

Property Protection Advisory Committee

2nd Tuesday, 10:30AM, MPR1

Chair: Marie Sandidge: mmsandidge@verizon.net
Board Advisor: Peggy Dern: peggydern@yahoo.com

BOLSA CHICA GUN CLUB – HB'S UNTOLD STORY

By Katie Corbett, Feature Editor

One of Huntington Beach's hidden stories talks about President Teddy Roosevelt, King Gustaf of Sweden, the Prince of Wales, and Pope Pius XII paying visits to Huntington Beach in the early 1900s! These famous dignitaries enjoyed the amenities of the 3,400-acre Bolsa Chica Gun Club located in the Pacific Coast Highway wetlands, a part of the former Rancho la Bolsa Chica.

Along with the Gilded Age of hunting clubs throughout the U.S., the club was formed in 1899 by a group of wealthy businessmen from Los Angeles and Pasadena. The club blocked the ocean estuary with earthen dams to increase the freshwater marsh area for duck hunting and constructed a two-story hunting lodge.

Before the rise of Huntington Beach, the Bolsa Chica Gun Club stood as a captivating testament to power and ambition. Influential figures like Henry Huntington were members of this exclusive haven where businessmen, politicians, and even stars of early Hollywood gathered to relax and socialize. Once rapid development and the discovery of oil began encroaching on the club lands, it slowly faded into memory, but its influence remains. See Historian author Chris Epting, who has written "Bolsa Chica Gun Club, The: A History," a new paperback, available for pre-order on April 8, 2024.

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FINANCIAL REPORT

By: Laurie Erickson, CFO

Operating Expenses Are Less Than Income: Operating expenses for the year through month ending March 2024 were \$234,155 less than income



Reserve Expenses Are Less

Than Income: Reserve expenses for the year through month ending March 2024 were \$301,795 less than income.

Delinquencies: Our management team and legal support diligently pursue all past due accounts. The outstanding accounts receivable have increased \$3,156 since December 31, 2023. Of the \$89,010 outstanding accounts receivable, \$51,948 represents the balances due from 6 accounts that are currently at the attorney.

Reserve Fund: The Reserve fund was 35.3% funded at the close of 2023. As budgeted for 2024, contributions to the Reserve Fund remain at \$280,000 per month, (\$3,360,000 for the year). Earned interest from our Reserve CD investments contribute toward increasing the percent funded towards the recommended goal of 70%. The status of the funding of our reserves will be in the Annual Budget Report in accordance with Civil Code section 5300 and the Annual Policy Statement, Civil Code Section.

Financial Management: As inflation continues to fluctuate, it becomes more challenging for Management to stay within the budget. As this trend continues, we expect to see an increase in the cost of maintaining our community at its current elevated level of service. It is with constant diligence that our management team is holding a good rein on our finances and reviewing every contractor's proposal to get the best prices for services provided.

Financial Review: The Board of Directors, in particular the

CFO, President, and a Board member carefully review all financial documents & statements

monthly as required by California State Law, Civil Codes §5500 and §5501. At our request, those reports are continually being improved by our Management agent, Seabreeze Property Management.

DID YOU KNOW...?

Did you know...If a Resident chooses to rake up leaves in between landscape maintenance cycles, the piles need to be stored within patios and cannot be left in the Common Area or placed in the trash enclosures.

Did you know...Residents are not allowed to use blowers in the Common Areas.

BUILDING STEWARD VESTS!

If you are no longer an active Building Steward, please return your yellow vest to Christine Stoughton at (714) 423-0130. Thank you...

YEAR-TO-DATE FINANCIAL SUMMARY

03/31/24

The following details are based on the Financial Reports to be approved at the next scheduled Board Meeting.

PERATING

	OPERATING						
		L	IABILITIES /				
1	ASSETS		EQUITY	YTI	SURPLUS/(LOSS)		
\$	1,830,189	\$	1,596,034	\$	234,155		
			INCOME		EXPENSE	,	YTD SURPLUS /(LOSS)
	BUDGET	\$	2,154,363	\$	2,154,362	\$	0
	ACTUAL	\$	2,165,136	\$	1,930,981	\$	234,155

Operating Notes:

Income -- Total Income; 10,734 more than budget

Expense -- General & Administrative; 50,870 less than budget

Expense -- Landscape; 18,856 less than budget Expense -- Maintenance; 35,191 less than budget

Expense -- Property Protection; 11,218 less than budget Expense -- Recreation; 21,862 less than budget

Expense -- Utilities; 71,634 less than budget
Expense -- Insurance; 12,749 less than budget

xpense	Insurance;	12,749 less	than	budget
Expense	Reserve Co	ontribution; p	oer bu	ıdget

	RESERVE							
		L	IABILITIES /					
ı	ASSETS		EQUITY	YTD	SURPLUS/(LOSS)			
\$	6,712,482	\$	6,410,687	\$	301,795			
			INCOME		EXPENSE	Y	TD SURPLUS/(LOSS)	
	BUDGET	\$	973,742	\$	973,742	\$	(0)	
	ACTUAL	\$	877,587	\$	575,793	\$	301,795	

Reserve Notes:

Income -- Total Income ; 96,154 less than budget Expense -- Administrative; 5,811 less than budget Expense -- Buildings; 12,058 less than budget

Expense -- Buildings; 12,058 less than budget
Expense -- Pools; 1,183 less than budget
Expense -- Utilities: 103,638 less than budget

Expense -- Furniture & Fixtures; 3,494 more than budget Expense -- Infrastructures; 99,859 less than budget

Expense -- Landscape; 169,704 less than budget Expense -- General; 9,169 less than budget

Reserve Fund Status:

Current Cumulative Balance : \$ 6,401,672 year ending 12/2023 unaudited

Status of percentage of funding will be reported annually



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MONTHLY INTEGRATED PEST MANAGEMENT PROGRAM

Huntington Landmark has recently entered into a partnership with American Pest Management (APM) to implement a Monthly Integrated Pest Management program for both rats and gophers. APM specializes in pest management for large scale projects like Huntington Landmark. Gophers are a recent addition to our greenbelt behind the tennis courts. Rats, on the other hand, are practically a fixture in Landmark, as our 160 acres provide all the elements of their natural habitat. This is why we need a Monthly Integrated Pest Management program to maintain the population at the lowest numbers possible.



On Saturday February 24, our vendor was on site to install tamper resistant bait stations throughout the community – one at each building and in the trash enclosures. Pictures of our NEW bait boxes are below. Any old bait boxes are being removed and replaced. If there is an old bait box near you, please contact Management who will coordinate with the vendor for removal.

Management has a map of the locations for all bait stations, and the vendor is scheduled to replenish bait on a weekly basis. A report about how much bait is being consumed and areas of high activity will be

reported to Management monthly.

It is very important we do not leave any dog food, cat food, or bird food outside for rats to feed on. If you have neighbors who feed the wildlife, please anonymously let Management know and a gentle letter to stop feeding wildlife will be sent to them.

Our landscape team keeps shrubs at least 2 feet from the buildings, neatly trimmed and dense as

this encourages sanitation and discourages their nesting near our buildings.

Management and the Board and Committees are working diligently to eliminate the pests that take away from our peace of mind and gentle Landmark living.

CINCO DE MAYO

By Joanne Currie

Time for lively melody to start this month revelry! For it's Cinco de Mayo celebrated Mexican style.

Act as a tourist if you like enjoying day to the fullest. You'll take in the full scene. It's part of a party routine!

Mexican food is a must for that flavor that's robust! There's singing and cheer while having Mexican beer!

We do celebrate each year! Join us now at cantina near for good food 'n a fun time. It's flavor with touch of lime!



CONSERVATION CORNER

By Gail Curtis, LL Staff

The cost of gasoline continues to climb, but it could be worse. Gas in Hong Kong today is \$11.97 per gallon! There are ways we can reduce fossil fuels to preserve the planet and our wallets. The costliest fix would be to buy a Tesla or Rivian or some other hybrid or electric car, but not necessarily practical.

The State Farm website recommends these fuel-efficient tips:

- Perform routine maintenance.
- Keep your tires rotated and inflated to ideal pressure.
- Glide to a stop take your foot off the gas and let the car downshift before braking.
- · Combine short trips to save time and gas.
- Drive at moderate speeds stay at the speed limit or use cruise control on long trips.
- Drive friendly—revving the engine, speeding or jamming the gas pedal are all gas wasters.
- Travel light extra weight creates a drag on the engine and consumes more gas.
- Keep your car aerodynamic a clean car exterior and windows closed at high speeds reduces drag.
- Use the highest feasible gear. Driving at high speeds in lower gears burns excessive fuel.
- Avoid excessive idling uses a surprising amount of fuel, more than restarting the engine.
- Ride share. Ask your people living nearby who frequent the same places to share a ride!

 $For further details, you can visit \ https://www.statefarm.com/simple-insights/auto-and-vehicles/use-less-gas-with-these-simple-tricks-of-efficient-drivers.$

Safe travels! More conservation ideas to share? Email me at gailcurtisnow@gmail.com.

RESIDENT SPOTLIGHT ON: DAVID DAWES

By Patricia Heller, LL Staff

Meet David Dawes, the man who contributes so much of his time to maintaining the quality of Huntington Landmark. David has served on our Maintenance Advisory Committee since 2009, mostly as the Chair. His responsibilities include advising and assisting the BOD and Management on matters of maintenance, replacement, and repair of the buildings, facilities, and infrastructure of Landmark.

David has had a very interesting and illustrious career. He was born in Bremerton, Washington, and graduated from Oxnard Union High School in 1959 where he received a Naval ROTC scholarship to any school that had a NROTC program. He said the selection process was simple; he chose the most expensive school close to home which was USC! He

ved a ection

received a BS in Mechanical Engineering and later received an MBA from The American University in Washington D.C.

Upon graduation from USC, he was selected for the Navy Nuclear Propulsion program in Washington, D.C., by Admiral Hyman G. Rickover and spent 6 years working on the Admiral's engineering staff at Naval Reactors. After leaving active duty in 1969, David stayed on as a civil service employee for an additional 36 years, retiring in 2005 as an Executive Technical Director for nuclear propulsion plant valves. He was awarded the Superior Service Award, the highest award for a civil service employee in the Department of the Navy! David said, "My job was to decide and to direct. This work included review and approval of technical recommendations, preparing military standards, specifications, and technical manuals." (He jokingly said that he never had to be concerned about any budget limits... unlike at Huntington Landmark!!) Interestingly enough, these responsibilities apply directly to the exceptional management processes he has developed for maintaining the buildings at Landmark.

When David retired, he received letters of congratulations from President George Bush, Governor Schwarzenegger, as well as several Governors, Senators, Secretary of Navy, and others!

While attending a post graduate program in Nuclear Engineering in Pittsburgh, in 1965 he met the "lovely Suzanne Murray" (that would be our lovable Suzie here at Landmark) of Pittsburgh, PA, and they were married a year later, settling in Alexandria, VA. They



have been married for 58 years. They have three sons, four granddaughters, and two grandsons. The three sons all followed in their dad's illustrious footsteps. His oldest, Don, received his BS from Cornell and MD from Duke University and is now a medical doctor. His middle son, Jim, received his BA from the University of Pennsylvania and his MA from Cambridge in England and PHD from Harvard. He is a college English professor. The youngest son, Bill, received his BS from Princeton and MFA from New York University. He is a stage/movie/TV actor, writer, and comedian (anyone who knows David knows where Bill got his comedic skills!!).

In 2007, Suzie and David moved from their home in Alexandria, VA, to Huntington Landmark where he had inherited his parents' home. Some of you may remember his parents, Roger and Madeline Dawes, who purchased their home here in 1984.

Now that David is retired, he spends his days playing bridge, as the Treasurer of the Golf Club, and as VP of scholarships at USC Alumni League of the NROTC. However, he devotes most of his time working with the Maintenance Advisory Committee! Thanks, David!!

UPCOMING EVENTS

NEWCOMERS EVENT

Complimentary

RSVP in Management Office by Monday, April 29th

CINCO DE MAYO

Tickets: SOLD OUT

TACKY TOURIST PARTY

Tickets: \$35 per person

Tickets on Sale:

• Saturday, May 4th at 9AM in MPR (1 or 2)

MEMORIAL DAY POOL PARTY

Complimentary

CONCERT ON THE GREEN

Complimentary

THURSDAY, 5/2/24, 6PM, MAIN LOUNGE

SATURDAY, 5/4/24, 6PM, MAIN LOUNGE

SATURDAY, 5/18/24, 5PM, MAIN LOUNGE

MONDAY, 5/27/24, 11AM, MAIN POOL

SATURDAY, 6/8/24, 4PM, GREEN

ACROSS

- 1. Shoppers' delights
- 6. Sour
- 10. Bridge coup
- 14. Choose by vote
- 15. Nevada town
- 16. Hourly pay
- 17. Dickens title beginning
- (2 wds.)
- 18. Biblical locale
- 19. Rewrite text
- 20. As yet (2 wds.)
- 21. Back of the neck
- 22. She, in Nice
- 23. To some extent (2 wds.)
- 25. Guide
- 26. Thinly distributed
- 29. Large primate
- 30. Crafts
- 31. Standing still
- 38. Mexican waterway

- 39. Least fresh
- 40. Sheep's bleat
- 41. Inconsequential
- 43. Brew coffee
- 44. Strife
- 45. Delights
- 47. Kitchen gadget
- 50. Stops
- 53. Top pilots
- 54. "Silkwood" actress
- 55. Garret
- 59. Unaccompanied
- 60. Hound's prev
- 61. Brushed leather
- 62. Prune the hedges
- 63. Tibet's locale
- 64. Was mistaken
- 65. Poker opener
- 66. Ball holders
- 67. Compact

1	2	3	4	5		6	7	8	9		10	11	12	13
14		+				15	+				16	+	+	+
17	+	+	+			18	+	+			19	+	+	+
20						21					22			
			23		24					25				
26	27	28							29					
30					31	32	33	34				35	36	37
38				39								40		
41			42								43			
			44						45	46				
47	48	49				50	51	52						
53					54					55	+	56	57	58
59					60		+			61				
62			+		63					64				
65				-	66		+			67		-		+

DOWN

- 1. Oceans
- 2. Female voice
- 3. Tree greenery
- 4. Filled pastries
- 5. Ships' rears
- 6. Fight site
- 7. Closet wood
- 8. Bumbling
- 9. Completed
- 10. Make more
 - sugary
- 11. Large spoon
- - 13. Parking timer
 - 24. Annoy

12. Limber

- 25. Blot
- 26 Mumbai attire
- 27. Overly proper
- 28. Power source
- 29. Theater
 - walkways
- 32. Asphalt
- 33. Renowned fighter
- 34. Boston Party
- 35. Aid and

- 36. Barely cooked
- 37. Tibetan oxen
- 39. Night twinkler
- 42. Wondrous
- 43. Grazing ground
- 46. Rented
- 47. Spaghetti, e.g.
- 48. Oak nut

- 49. Ignited again
- 50. Pursue
- 51. Uncanny
- 52. Regions
- 54. Informal talk
- 56. Shore bird
- 57. 15th of March
- 58. Yield



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W	S	Р	0	N	G	Ε	Ε	R	L	Ε	Ε	Α	Е
Α	Ε	Ε	G	D	I	R	F	S	Ε	0	K	S	S
F	Р	0	М	Ε	R	N	Т	R	N	Α	Α	I	N
F	I	I	0	Α	R	0	٧	F	D	Н	М	N	Е
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0	Ε	S	S	S	Ε	S	S	Α	L	G	0	Е	R
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Р	Н	F	D	Ε	Ε	P	F	R	Υ	Ε	R	U	М

JOKE

My boss told me to have a good day, so I went home.



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Mop

FACT OR FICTION?

By: Mike Di Gennaro, LL Staff

- 1. Norma Talmadge began the era of footprints and handprints in front of the Chinese Theater by accidently stepping in wet cement.
- 2. A human skeleton never changes.
- 3. Grapefruit can affect 43 different meds.

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LIBRARY NEWS

By Ronda Huld, HL Library

The Library's April Fashion Show/Tea raised a record amount of money to fund the library's operations and purchase of new books for the coming year. A big thank you to all who attended. A special thanks go to the Edinger Medical Group, Diane Thompson, State Farm Insurance, Merrill Gardens, Huntington Beach, Ronda Huld Realtor, Green Tree Salon, and Kim McFee Reverse Mortgage Educator for their financial sponsorships. We would also like to recognize several individuals who gave donations, Peggy Dern, Sue Bialek, and Nancy Henry. It is greatly appreciated.

If you have not visited our library, we would like to invite you to stop by sometime. We have not only books to be checked out by our members, but books for sale in the back room available to non- members.

NEW BOOKS FOR APRIL

F	Three-Inch Teeth
	CID

C.J. Box

Ilium

M

Lea Carpenter

LP Murder in the Tea Leaves

Laura Childs

F Mott Street

Ava Chin

M Crosshairs

Patterson & Born

F Palazzo

Danielle Steel

Also included each month are six librarian's choice books. These are older books that might have been overlooked when they were new. We are always looking for volunteers to work 2-hour shifts in the Library.

FACT OR FICTION? ANSWERS

- 1. fact
- 2. fiction it's renewed every 10 years
- 3. fact

ACCIDENTAL INVENTIONS

By Mike Di Gennaro, LL Staff

TEFLON – Roy J. Plunkett was working at the DuPont Company's Jackson laboratory in 1938. He was doing research on refrigerants. He noticed that some of this gas turned into a white powder. It had low surface friction, was heat resistant and had perfect properties for cooking.

NEIGHBOR ASSIST

By Sylvia Widmeyer, Neighbor Assist Chairman

Spring finally arrived – bringing with it carpets of beautiful flowers, blossoms on the trees and a variety of accidents and injuries as we "stretch our active legs." Should you need to borrow some medical equipment while you recover – free of charge – give Neighbor Assist a call at 714-960-2277.

Leave the following information: your name, unit number, contact phone number, and what items you are looking for. The volunteer of the day will call back to set up a time for equipment pickup.

When you no longer need the equipment, call **714-960-2277** and arrange a time to return the items. <u>Do not just leave equipment in the sewing room and do not drop off equipment or supplies at the office.</u> If we don't know who has returned an item, we cannot close out the paperwork.

Have unused medical supplies? Don't throw them in

the trash – DONATE THEM – and if you see items left by the dumpsters, please call **714-960-2277** with the location and the items will be picked up.

Haven't signed up for **FireMed?** Only \$60 a year to help cover the cost of ambulance service. Applications are in the management office.



NEW RESIDENT INFORMATION

By: Linda Rosenthal, LL Staff

Reminder to all Landmark residents – the sports equipment is available for you to use any time you want unless someone else is already using it. No need to join a club as all facilities are free for you. Use your own equipment or borrow some from the supply room across from the tennis/pickle ball courts. Use your recreation key to get into the room. Play tennis, pickle ball, bocci ball, horseshoes, shuffleboard, and there are even basketballs in there. Please be sure to return all borrowed equipment. There are clubs for some of these sports, but you can play on your own any time the space is open. Also, maybe not an active sport, but the billiard room has lots of tables ready for you to practice pool - er - billiards. So, no need to sit home and watch the games on TV, go get a little exercise and have fun!



MAY 2024 11



Embodying Christ's Love Through Service

VOLUNTEER NETWORK

Individuals ready to serve

EMOTIONAL AND SPIRITUAL SUPPORT

A listening ear, prayer, and companionship

I am a Huntington Landmark resident and understand the challenges seniors face.

Helping Hands Ministry is a Christian non-profit organization that serves our community.

(657) 282-2467 boberiksen@gmail.com







Medicare Made Simple to Understand. I am a resident of Huntington Landmark Call Roy Welch Office: 800-641-3315.



Cell: 714-377-3767

If you're on Medicare and you're moving to or from Huntington Beach Landmark, you need to know the following.

Depending on where you have moved from, or moving to, it makes a difference in what you must do. If you are moving within your Advantage Plan service area or out of the Advantage Plan service area it will make a difference in what you need to do.

It may be as simple as contacting your Medicare Insurance Company to let them know your new address. Or it could require you to choose a new Medicare Insurance Plan.

Depending on your type of Medicare coverage will also make a difference in what you need to do. It matters if you have an Advantage Plan or a Prescription drug plan with a Medigap Plan.

The Medigap Plan may move with you, however you need to notify the company of your new address.

If you have a Prescription Drug Plan you may need to change your plan. Or notify the company of your new address, depending on if the plan works at your new address.

There are time limits that require you to make decisions about your current plan that you do not want to miss.

Roy at Welch Insurance can help with these questions and give you answers to your particular situation. Call 714-377-3767 for a no-obligation discussion.

Not affiliated with or endorsed by Medicare or any other government agency. Medicare has neither reviewed or endorsed this information. CA License # 0E81972. We do not offer every plan available in your area. Currently, we represent 9 organizations that offer 56 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options in your area.

Welch Insurance 17011 Beach Blvd. Suite 900 HB CA 92647

MAY 2024 13

LIBRARY HOURS

Monday - Friday 10 AM - 2 PM Saturday 10 AM - 12PM

Sunday - Closed Library Phone: 714-536-4767

SEABREEZE STAFF

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MONDAY

TUESDAY

WEDNESDAY

BOD MTG 10AM — Main Lounge



[8:15AM HB Aerobics	MPR1
10:00AM Morning Jam	.MPR2
12:15PM Hand & Foot	.MPR2
12:30PM Water Workout	
1:00PM Surf City Quilters	
1:00PM Friendly Ladies Hold'Em.	BC
6:30PM ChoraleN	1PR1
6:30PM Mon Night Game	
6:30PM Friendly Poker	PF

13

8:15AM HB Aerobics	ML
10:00AM Morning Jam 12:15PM Hand & Foot	ML
12:15PM Hand & Foot	ML
12:30PM Water Workout	MP
1:00PM Surf City Quilters	SR
1:00PM Friendly Ladies Hold'Em	BC
1:00PM Emergency Preparedness	MPR1
6:30PM ChoraleMI	PR1
6:30PM Mon Night Game	BC
6:30PM Friendly Poker	PR

20

8:15AM HB Aerobics 10:00AM Morning Jam 12:30PM Water Workout. 1:00PM Emrgncy Prep Grp	MI
1:00PM Surf City Quilters.	SR
1:00PM Friendly Ladies Hold'E	mBC
6:30PM Mon Night Game. 6:30PM Chorale 6:30P	BC MPR1

MEMORIAL DAY POOL 27 PARTY 10AM-POOL

8:15AM HB Aerobics	M
10:00AM Morning Jam	M
12:15PM Hand & Foot	ML
12:30PM Water Workout	M
1:00PM Surf City Quilters	SF
1:00PM Friendly Ladies Hold'Em	B0
6:30PM Mon Night Game	B
6:30PM Chorale 6:30PM Friendly Poker	MPR:
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9:00AM Toymkrs Sewing	AR/SR
9:30AM Needlecraft	SR
10:00AM Ceramics	CMR
11:00AM Body Awareness	ML
12:30PM Pan Card Game	BC
1:00PM Mahjong	MPR2
2:00PM Book Group	PR
4:00PM Line Dancing	ML
6:00PM Tom's Poker	PR
	_

14
9:00AM Toymkrs SewingAR/SR 9:30AM NeedlecraftSR
10:00AM CeramicsCMR
10:30AM Prop Pro ComMPR1
11:00AM Body AwarenessML
12:30PM Pan Card GameBC 1:00PM MahjongMPR1 1:30PM Landscape ComMPR2
4:00PM Line DancingML 6:00PM Tom's PokerPR 6:00PM Grandparents ClubMPR1
•

21

9:00AM Toymkrs Sewing	AR/SF
9:30AM Needlecraft	SF
10:00AM Ceramics	CMF
11:00AM Body Awareness	ML
11:00AM Toymakers	MPR1
12:30PM Pan Card Game	B0
4:00PM Line Dancing	MI
6:00PM Tom's Poker	PF

28

8:30AM	Maintenance Con	nMPR1
9:00AM	Toymkrs Sewing	AR/SI
	Needlecraft	
10:00AN	Л Ceramics	CMI
11:00AN	✓ Body Awareness	ML
	Л Pan Card Game	
1:00PM	Mahjong	MPR1
	Line Dancing	
6:00PM	Tom's Poker	Р

8:15AM HB Aerobics	M
9:30AM Chair Yoga	
10:00AM ACC	CON
12:30PM Water Workout	M
1:00PM Horseshoes	Н
2:00PM Movie	MPR
4:00PM Line Dancing	
4:00PM Card Games	B
5:30PM Bingo	MPR
6:30PM Billiards Club	В

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15	
8:15AM HB Aerobics	M
9:30AM Chair Yoga	ML
10:00AM ACC	MF M B(MPR1

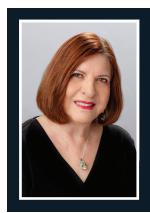
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5:30PM Bingo6:30PM Billiards Club	

8:15AM HB Aerobics..... 9:30AM Chair Yoga.....ML 10:00AM ACC......CONF 12:30PM Water Workout.....MP 1:00PM Horseshoes.....HS 2:00PM Movie.....MPR2 4:00PM Line Dancing.....ML 4:00PM Card Games.....BC 5:30PM Bingo......MPR1

6:30PM Billiards Club.....BR





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<u>ANDMARK LIVING</u>

THURSDAY	FRIDAY	SAT / SUN
NEWCOMERS EVENT 6pm—MAIN LOUNGE	3 COFFEE & CONVERSATION 10AM—MAIN LOUNGE	CINCO DE MAYO 6PM—MAIN LOUNGE 9:30AM Zumba GoldMPR1
10:30AM Discussion GroupMPR1 1:00PM MahjongMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR 2:00PM Hispanic ClubMPR2 5:00pm PraiseMPR1 5:30PM Hand & FootPR	11:00AM Stability & BalanceMPR1 2:00PM BridgeML 5 1:00PM Sunday StrumHL 5:30PM BingoMPR1
9 10:00AM Art MtgAR	10 MOTHER'S DAY BRUNCH 11:30AM—MAIN LOUNGE 8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2	9:30AM Zumba GoldML 11:00AM Stability & BalanceML 2:00PM BridgeML
10:30AM Discussion GroupMPR1 1:00PM MahjongMPR1 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	10:15AM JWIMPR1 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR 5:30PM Hand & FootPR	1:00PM Sunday Strum 5:30PM BingoMPR1 TACKY TOURIST
16 LANDMARK TRIO 4PM—MAIN LOUNGE	8:15AM HB AerobicsML	18 SPM—MAIN LOUNGE 9:30AM Zumba GoldMPR1 11:00AM Stability & BalanceMPR1 2:00PM BridgeMPR2
10:30AM Discussion GroupMPR1 1:00PM MahjongMPR1 2:00PM Art ClassAR 6:00PM Co-Ed PokerPR 6:30PM Pan Card GameBC	9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeMPR1 12:30PM Ladies PokerPR 5:30PM Hand & FootPR	1:00PM Sunday StrumHL 5:30PM BingoMPR1
23	24 CLEAR CHOICE 3:30PM - MPR1 8:15AM HB AerobicsML 9:00AM Threads of LoveSR 10:00AM Bible StudyMPR2	25 MEDICARE EDU 10AM—MPR2 9:30AM Zumba GoldML 11:00AM Stability & BalanceML 2:00PM BridgeML
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30	31	AR=ART ROOM BC=BEACON CABANA BR=BILLIARD ROOM
10:30AM Discussion GroupMPR1 1:00PM MahjongMPR1 6:00PM Co-Ed PokerPR	8:15AM HB AerobicsML 9:00AM Threads of LoveMPR2 10:00AM Bible StudyMPR2 12:15PM Duplicate BridgeML 12:30PM Ladies PokerPR	CMR=CERAMICS ROOM CONF=CONFERENCE ROOM HS= HORSESHOE PIT
6:30PM Pan Card GameBC	5:30PM Hand & FootPR	PR=POKER ROOM

Management Office Hours

Office Hours: 8:00 am - 4:00 pm Closed for Lunch: Noon – 1 pm

IMPORTANT NUMBERS

Management Office 714-960-5475

Management Emergency After Hours: 714-565-3059 So. Cal Edison: 800-655-4555

Safety or Threatening Emergency: 911 Atlanta Gate......714-960-1452 Library.....714-536-4767 Neighbor Assist......714-960-2277 HBSeniorCenter.....714-536-5600 Seniors Outreach......714-960-2478 Police/Paramedics Emergency......911

BOARD OF DIRECTORS

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POPULAR MUSEUMS TO VISIT IN ORANGE COUNTY

By Katie Corbett, Feature Editor

Looking for new nearby sights to visit! Orange County has numerous museum treasures that are fun, innovative, entertaining, informative, etc. for you! And sometimes they may offer free admission.

Located in the historic heart of Orange County in Santa Ana, the Charles W. Bowers Memorial Museum quickly became a favorite on this list of local museums. As the largest and one of the oldest in Orange County, it has been voted "Best Museum" in Orange County for the past 30 years by OC Register readers.

The Bowers Museum first opened its doors in 1936 as a city-run history museum, but in 1987, the City of Santa Ana closed it to undergo a major transformation that became some six times larger than the original building when it reopened in October of 1992. Since then, it has showcased over 150 special exhibitions from all over the world such as Terracotta Warriors; Mummies: Death and the Afterlife in Ancient Egypt, and Treasures of the British Museum.

Now the museum's nine permanent exhibitions highlight art and artifacts from cultures around the world. Among current exhibitions included are Gemstone Carvings: Masterworks, Asian Comics: Evolution of An Art Form, and Headhunters: Art of the Pacific Islands. It is located at 2002 North Main Street, Santa Ana. TEL: 714.567.3600 It is open from Tuesday through Sunday, 10Am through 4PM.

Next, the ever-popular Orange County Museum of Art originated when thirteen visionary women artists opened the Balboa Pavilion Gallery in 1962, then Newport Harbor Art Museum in 1968 and the OCMA in 1997. They agreed that the community needed a modern and contemporary art permanent collection focused on California twentieth-twenty-first centuries art. In 2022 the result was a beautiful new building on the Segerstrom Center for the Arts campus in Costa Mesa. For the opening of its new building, the museum commissioned Of many waters, a large-scale work by Sanford Biggers. - a 24-foot-wide, 16-foot-tall sculpture with benches for visitors on the museum's sculpture terrace.[47] Comprising over 4,500 works of art, its major holdings are California-based, highlighting such movements as Early and Mid-Century Modernism, Bay Area Figuration, Assemblage, California Light and Space, Pop Art, Minimalism, and Installation Art.

The museum is located at 3333 Avenue of the Arts, Costa Mesa. Phone: (714) 780-2130. It is open Wednesday through Sunday from 11 AM to 6 PM.

Last on the list, the Lyon Air Museum on the west side of John Wayne Airport was founded by Major General William Lyon. Its exhibits comprise authentic aircraft, rare vehicles, and memorabilia related to World War II. Lyon led an achievement-filled life as a successful builder-businessman, a decorated military officer and an active community supporter. The museum is located at 19300 Ike Jones Road in Santa Ana. Phone: 714-210-4585. It is open 10AM to 4PM, every day.

MAIN LOUNGE UPDATE

By Laurie Erickson

Efforts to upgrade the Main Lounge began in early 2020 with new paint and new banquet chairs. The work continues, and we now have new tables, new chairs, and a new sofa in the TV fireplace area. All the cabinets have a fresh coat of paint and new card tables are on their way. Also coming soon are new light gray window shades. And what about the dramatic black and white photo and our original "Huntington Landmark, circa 1973" surfboard!

Management took the time and put in the effort to source furniture and décor to create an ambience to appeal to all Landmark Residents, new and old. The Main Lounge is a destination for many Residents whether they walk through, bring a book to read by the fire, or hang out to chat or watch TV. The décor and paint have freshened up the room and created a sense of modern, contemporary style.



Some folks have a difficult time with change, and it seems more challenging as we get older. While we like things our way, it is important to remember new people are moving in all the time and our amenities need to reflect our commitment to remain fresh and vibrant over time.

The nuts and bolts of maintaining our Common Areas and amenities is that your HOA has a fiduciary duty to maintain all the Common Areas, both inside and outside. The BOD allocates a portion of the HOA dues for this purpose. Main Lounge furniture is a reserve component and the furniture we previously had was at the end of its "useful life," to use the language of reserve studies.

Our Painting vendor, First Street Painting donated both materials and labor for the painting of the cabinets to match the woodwork on the walls and pull the look together. No one wants to see the Common Areas deteriorate – it's not good for property values, nor for our peace of mind. Enjoy your new common area living room, furnished to meet the needs of all our Residents.



JOIN US FOR OUR FREE SEMINAR: **ACUPUNCTURE FOR SENIOR HEALTH**

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DOCTOR STEFANIE **BENNETT, LAC, PHD**



"SHE SAVED MY LIFE"

Huntington Beach Resident Anne S. had been experiencing the painful side effects of Peripheral Neuropathy, "my feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life." Then she met Huntington Beach's very own Dr. Stefanie Bennett.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Anne explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Anne hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately, Anne's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Anne read an article about Dr. Stefanie Bennett and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Bennett, founder of Bennett Acupuncture and Functional Medicine of Fountain Valley and Huntington Beach, is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Anne enthusiastically describes life after receiving Dr. Bennett's treatments. "I can wear socks and shoes!"

Anne and her friends stay very busy now going to pilates, supporting Meals on Wheels, going golfing with their husbands, and walking the beach.

"It's life altering. As far as I'm concerned Dr. Bennett saved my life!"

Dr. Bennett has been helping the senior community for over 20 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Huntington Beach.

If you've missed too many tee times because of pain or you've passed on walking dog beach with your grandkids and pup, because you're afraid of falling, it's time to call Dr. Bennett and the staff at Bennett Acupuncture.

It's time you let your golden years BE GOLDEN!

Dr. Bennett is once again accepting new patients. And for a limited time will be offering \$37 consultations so call (714) 962-5031 before June 1st to schedule a consultation.

Visit www.bennettacupuncture.com to learn more and to take advantage of their New Patient Offer!

PERIPHERAL NEUROPATHY? Call (714)-962-5031 To schedule a consultation!

COMMUNITY NOTES

Guests

- Address Provide the following address for guests and vendors using GPS to go to the Landmark gate: 8641 Atlanta Ave., HB 92646
- Guest parking Guests using the Main Lounge should park in the Guest Parking only and display their guest pass on the car dashboard.
- Guard notification Call the guard gate to advise them of expected visitors. 714-960-1452
- **Gate Masters** For your Gate Masters account (to access guest lists), go to gatemastersinc.com. For assistance with login or password, contact Meena at 877-648-0602.

Services

- **E-Blast notices** Stay up to date with Huntington Landmark news by signing up for e-blast email notifications. Call the Management office at 714-960-5475 to sign up.
- Work requests Work requests can be submitted via email to any staff member using the mail address located on the calendar page.
- Gate or Mailbox keys Gate or mailbox keys can be replaced for \$5 cash at the management office.
- **Notary Public** Free to Landmark residents on the 1st and 3rd Thursday of each month at 6:30pm in the Main Lounge. Call Ronda at 714-969-5326. Appointments must be made in advance.

Safety

- Walkers Always walk facing traffic. Wear light colored or reflective clothing. Be aware of your surroundings.
- Bike riders Always ride with traffic. For pedestrian safety, do not ride bikes on sidewalks.
- Dog owners -
 - O Dogs must always be held on a leash no longer than 6ft when outdoors. An in-charge adult handler competent to restrain the dog must be present.
 - Kindly clean up after your pets during walks. Deposit in trash. Pet stations are located throughout the community.
 - Pets are not allowed at the Recreation Facility except for therapy/service dogs. Service animals are defined as dogs that are individually trained to work or perform tasks for people with disabilities.

Resource: U.S. Department of Justice, ADA 2010 Requirements

Activities

- **Billiards** The billiards room is under video surveillance. No food or drink allowed on pool tables. Damages range up to \$500, which will be passed on to residents with fines.
- Gym As a courtesy to other residents, wipe down all gym equipment immediately after use.

City Services

- Large item pick-up Residents may contact Republic Services for large item trash pick-up. Contact Rhonda at 657-845-6095.
- Cardboard boxes Break down cardboard boxes before placing them in the dumpsters.
- **Street sweeping** Huntington Landmark street sweeping is performed on the 1st and 3rd Thursday mornings of the month. Please move vehicles off the streets on those days.

APRIL MOVIES



OPPENHEIMER

5/1/2024 (WED) 2PM, MPR2, 2023, R, 3H

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. *Cast: Cillian Murphy, Emily Blunt, Matt Damon*



ASTEROID CITY

5/8/2024 (WED) 2PM, MPR2, 2023, PG-13, 1H 45M

Following a writer on his world famous fictional play about a grieving father who travels with his tech-obsessed family to small rural Asteroid City to compete in a junior stargaz-ing event, only to have his world view disrupted forever.

Cast: Jason Schwartzman, Scarlett Johansson, Tom Hanks



5/15/2024 NO MOVIE AMERICAN MADE

5/22/2024 (WED) 2PM, MPR2, 2017, R, 1H 55M

The story of Barry Seal, an American pilot who became a drug-runner for the CIA in the 1980s in a clandestine operation that would be exposed as the Iran-Contra Affair.

Cast: Tom Cruise, Domhnall Gleeson, Sarah Wright



ELSA & FRED

5/29/2024 (WED) 2PM, MPR2, 2014, PG-13, 1H 33M

A withdrawn senior experiences life in new ways when he begins spending time with the free-spirited woman who lives across the hall.

Cast: Shirley MacLaine, Christopher Plummer, Maric Gay Harden



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MAY 2024 <u>1</u>

Huntington Landmark

Friendly Reminders from Management

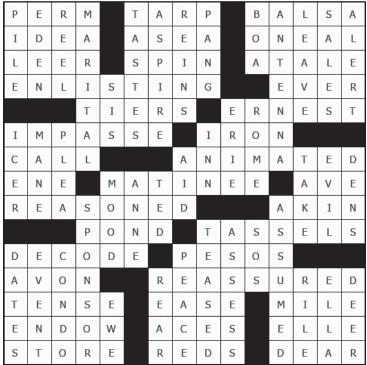
• The AFTER-HOURS property related emergency phone number is: (714) 565-3059 Please correct your copy of the new Huntington Landmark directory to reflect the new number. You may also contact the Guard House at: (714) 960-1452

The guard is available 24 hours/day and 7 days/week. During a power outage, please call Edison at: 1-800-655-4555

For water heater gas shut off issues, please call the Gas Company at: 1-800-427-2200



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- · Household Duties
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Call for a free, no obligation appointment 714.444.4880

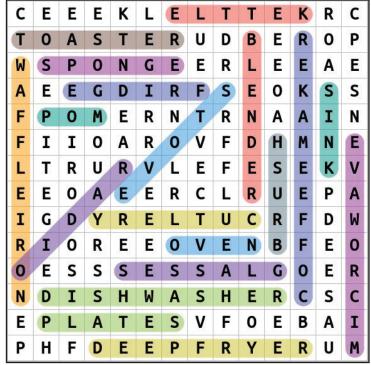


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KathleenAlden@bhhscal.com





Kathleen Alden Specializing in

714-928-0119

ROASTED CABBAGE

By Diana Edmunds, LL Staff

The dictionary defines a panini as a sandwich made with Italian bread, usually toasted. Lacking mayonnaise, this recipe uses hot pepper jelly (found in markets) or cranberry sauce.

- ¼ head green cabbage, sliced into ¾ to 1-inch-thick wedges
 1 T olive oil
- 1/8 tsp kosher salt
- 1/8 coarsely ground black pepper
- Optional Toppings cheese crumbles, shredded Parmesan, roasted pepper

Variations

Cheesy Twist - Before the final minutes of roasting, sprinkle shredded Parmesan, cheddar or blue cheese over the wedges. Herbed Cabbage - Toss cabbage in mixed dried herbs like thyme, rosemary, or an Italian blend before roasting. Spicy-Add a kick by spreading red pepper flakes before roasting, or drizzle with Sriracha or favorite hot sauce after cooking. Sweet Glaze -Lightly brush cabbage with honey before final few minutes in the oven. Mediterranean - Sprinkle Za'atar seasoning over cabbage before roasting. Cabbage is an exceptionally healthy food. High in nutrients, it may even lower the risk of certain diseases, improve digestion and ease inflammation. Serves 1-2 people



HEALTH & FITNESS

A DEEP DIVE INTO BODY AWARENESS

Thursdays from 11-12, Main Lounge

Using meditation (to focus on the present), body awareness exercises (to focus on sensations), slow movement and stretches, and breath work, we will learn how to have a sharper focus on the body, how to feel and then release pain and tension, and how to live more fully in the present to feel more alive.

If you have any questions or to let me know you plan to attend, contact Fred Schloessinger at: fredleosch@gmail. com or 714-655-9316

AQUA AEROBICS

Come join us; tone and sculpt your body with no impact on your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training and may incorporate resistance tools such as buoyant water wights and noodles. Classes are ongoing month to month on Mondays and Wednesdays from 12:30 p.m. – 1:30 p.m. at the Main Pool. No swimming experience necessary. Men and women welcome!

Instructor: Michele – (714) 376-1382; \$10 per class; cash only.

HB AEROBICS

Come experience a cardio class designed with seniors in mind, fun music and easy-to-follow low-impact routines, led by Jimmy with over 20 years experience here at Landmark.

Instructor: Jimmy

M,W&F - 8:15 to 9:15AM, ML

CHAIR YOGA

Yoga offers many benefits, from reduced stress to improved strength and flexibility, but it can also be intimidating to some people, feeling they might not be able to move easily to a standing position from the floor. Try chair yoga, a gentle style of yoga you can do from a seated position that also incorporates the breathing and mind-body benefits of a traditional class. (Light hand-weights and dyna-bands are suggested.)

Instructor: Kathy. Wed - 9:30 -10:30 AM, ML/MPR1, \$5 per class

STABILITY & BALANCE

As we age, our vision worsens and so does our confidence in our ability to maneuver without a fall. This class, Stability and Balance not only will strengthen your bones and your balance, but these exercises are designed to work with the brain as well. The class is 45 minutes, and it is necessary to be able to hold a standing position to get the most benefit. Chairs are provided as support.

Exercises are done to music, but they are not dance steps. Come and try it out – you will love it! The demo class is free. For more information, contact Adrianne at (562) 397-1519.

Saturdays from 11-11:45AM, Main Lounge, \$5 per class

YOGA FOR LIFE

Gentle classes are great for everyone! Instructor Kathy with 20 years experience leads classes. This is the perfect introduction to yoga. Included are foundational poses, with emphasis on breathing, and some yoga philosophy. The goal is to move from the busy, fast pace of our lives into a practice that is slow paced, mindful, and conscious, and receive the abundant benefits of yoga. All levels are welcome. Instructor: Kathy, Thurs 9:30AM, ML, \$5 per class.

ZUMBA GOLD

There is no wrong way to do ZUMBA. If you are sweating and smiling you nailed it!

While ZUMBA will aid in toning and weight loss- that is a side benefit- the main benefit of dance exercise is what it does to your brain, your bones and your muscles and you have fun while doing it.

Your heart is a muscle - dance exercise promotes muscle strength. Dance exercise promotes bone growth. Studies show that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia.

Instructor: Adrianne 562-397-1519. **Saturday 9:30 – 10:30AM, ML, \$5 per class.**

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MUSIC

CHORALE

Chorale members are diligently rehearsing for their annual Patriotic concerts set for June 28 and June 29. Come to a concert and hear us sing and consider joining the Chorale in August when rehearsals for Holiday concerts begin. Contact Mike McCool for more information at (858) 449-8094.

LANDMARK STRUMMERS

Please join the Landmark Strummers every Sunday afternoon from 1:00pm-2:30pm either outside under the trees or inside the Main Lounge depending on the weather. Join talented musicians singing vocals and playing instruments including guitar, ukelele, mandolin, bass, piano and keyboard. We love residents participating either singing along or dancing to our music. Music ranges from country rock, blues, rock, R&B, pop, and jazz.

If you are interested in joining our group playing an instrument, please contact Marsha Richardson (949) 246-7936.

PRAISE POTLUCK

All are invited to join us as we sing and play the hymns and songs of praise of our generation. We gather the first Friday of each month in MPR1 at 5:00PM for great fellowship, food and music. Bring your voice, a dish to share, or an instrument to play if you wish and join us in making a joyful noise unto the Lord. Call Annabel DeMuth for details 949-923-7224

SPORTS

BILLIARDS CLUB

The Billiard Club meets every Wednesday in the Billiard Room from 6:30 – 9pm for our shoot-arounds. We are always welcoming new members. If you are new to Landmark or have never checked out our club, please stop by on Wednesdays. We have instructors to get you started or just give you pointers to

improve your game.

Our 2nd tournament of the year was held April 20. It was a fun event and the game played was singles 8-ball. The winners now have their pictures up on our winner's wall! Come by and see them. Congratulations to all the winners!

The Billiard Club has a Facebook page if you would like to see pictures of our events. It is HL Billiard Club. You have to be added to visit the page and you can do so by calling Bunny Slaughter-Snyder at 714-220-0968. For more information contact our President, Nelson Robinson at 714-615-1942.

BOCCE BALL

Our weather is improving, and we hope you'll enjoy our Bocce Ball Court. The equipment is located in the cabinet by the shuffleboard court. Stop by the court to play a game or just watch and socialize with your neighbors.

Any questions contact Amar in the Management Office. Looking forward to lots of fun at the Bocce Ball court!

BOWLING

Hello Bowlers! We don't care if you're good or bad at bowling, we just want you to come and enjoy yourselves! So, join the fun at Fountain Bowl, located at 17110 Brookhurst St near Warner, 2 blocks north of I-405, in Fountain Valley. Ask for John when checking in or call John at 310-880-4250. Hope to see you there on **Wednesdays at 11:30AM at Fountain Bowl.**

GOLF CLUB

Enjoy Golf?? The HL Golf Club plays a rotation of five courses on the 3rd Wednesday of each month. With three non-golf social events during the year, it's a great way to include non-golfing spouses and guests.

Tournaments are "best ball" where golfers of all skill levels can contribute to the team. Course Contest prizes are awarded as golfers finish their round and most golfers choose to stay and enjoy some social time at the 19th hole.

Our next tournament is at Birch Hills

Golf Course in Brea on Wednesday, May 15th. Please consider joining us, there is no membership commitment for your first tournament, if you decide to join us, membership is only \$15 per year.

Need more information? Visit our website at HLGolf.weebly.com, contact Rick Letterman, Tournament Chairperson at 714-322-2184, or send an e-mail to GolfClubAtHL@gmail.com.

HORSESHOES

Come on down to the Horseshoe Pits, next to the shuffleboard courts. Everyone is welcome. We meet every Wednesday from 1PM -2:30PM. We would love to see new faces and make new friends. Any questions? Call **John at 760-534-8023.**

TABLE TENNIS

Ping Pong players wanted. For more information, **contact Esteban Ezcurra** 714-512-5433.

TENNIS & PICKLEBALL

Have you heard about the phenomenon with the strange name sweeping the country? It's Pickleball!! It is currently the most rapidly growing sport in the country. You can be part of it. Beginners can learn to play on Saturday mornings from 9AM until 10AM with our very own "pros", Tom Whitley, Gary Gorup, and Dan Orozco. Take the lesson and then stay to play with others and put your new skills into practice. Pickleball is also played on Monday, Wednesday, and Friday morning at 9:30AM and weekday afternoons about 4PM. Everyone is welcome. Contact Tom Whitley at (714) 362-4760 or Phil Donohue at (856) 404-8409.

We have a new tennis liaison: contact Alice Callens at (714) 287-6524 to find out about Landmark tennis. Mixers are usually the 2nd Saturday of the month. Goodies and drinks are served and there are always lots of fun games. Also, consider joining the Tennis & Pickleball Club. Our group is very welcoming, and we consider it to be a big family. Come be a part of it!

GAMES

BIG BUCKS BINGO

Come join the fun and meet new friends or visit with old ones as your mind is stimulated by following the numbers to create interesting BINGO patterns. There are 10 rounds for a one-time cost of \$1.00 per card with no limit and a BONUS round at \$1.00 per card maximum with a maximum of 2 cards; winner takes the full pot. Of course, the more players, the bigger the pot, which on Sunday, June 5th reached a record high of \$54.

Come join in the fun every Sunday and Wednesday at 5:30PM in MPR1. For further information, call Jean Schwennesen at 714-600-2155.

CO-ED POKER

We're looking for poker players. We've been playing for many years and would like to invite new players to a great game. We play Thursdays from 6:00 to 9:00PM in the Game Room. For more information contact Mary 714-369-2458.

DUPLICATE BRIDGE

You are invited to join our Friendly Bridge Club on Fridays at 12PM in the Main Lounge or an MPR room when needed.

The weekly cost is \$2 for materials and payouts. Weekly winners are awarded cash prizes in lieu of master points. Meeting rooms are published monthly on the Landmark Living calendar.

For more information, check out our website: www.landmarkbridgehb. com for reservations and winners from previous weeks. We are back and growing since Covid-19 interrupted meetings. Please join us for a stimulating afternoon of cards with our pleasant group. Contact Alene Reed (President) at 714-654-9741 or Claire Chris (Reservations) at 714-536-9220.

FRIENDLY LADIES TEXAS HOLD'EM POKER

Our group would like to invite all ladies to play at the Beacon Cabana (when available.) This is one of the easiest card games to learn. For day and time, call Harriet 714-960-2770.

HAND & FOOT

Join us for an enjoyable afternoon playing a card game called Hand and Foot. If you have not played it, we will show you how! Come to the Main Lounge any Monday at 12:15PM. For more information, please call Nancy at 714-815-3299.

MAH JONGG

Mah Jongg is a Chinese game created in the 19th century using a set of 144 tiles (similar to dominos) based on Chinese characters and symbols. I will be giving lessons on how to play Chinese Mahjongg sometime during the first two weeks of March. After the short lesson we will play several practice games that will give you an understanding of the rules and strategies of the game. It is similar to the card game rummy but is played with tiles instead of cards. Hope you will join us. Please contact Deborah at 202 344-7716. (Text or call).

MONDAY NIGHT GAME CLUB

The popularity of the Monday night game club has been overwhelming. Since we have reached the Beacon Pool cabana room capacity, we are not able to accept new participants at this time. Please keep an eye on the Landmark Living to post any changes. We love playing various card games (5 Crowns, Play Nine, Left-Right-Center, and Rumikub) so you can see why it is so popular. For more info contact **Beth at** (916) 342-7101.

LADIES FRIENDLY POKER

Ladies Poker Players meet on Fridays at 12:30-3:00pm in the Game Room. For more information, **contact Mary** 714-369-2458.

FRIENDLY LADIES TEXAS HOLD'EM POKER

Our group would like to invite all ladies to play at the Beacon Cabana on Mondays from 1PM to 3PM. This is one of the easier games to learn and we have lots of fun. Call Harriet at 714-960-2770.

PAN CARD GAME

Pan has everything the card player looks for. It's fast action with a combination of skill and luck. It is played with eight decks of cards with no 8s, 9s, and 10s, and it is played with three to eight players. Lessons can be arranged. Call Diane at 714-907-3012. Men and women are invited.

Tuesdays at 12:30PM at the Beacon Cabana

Thursdays at 6:30PM at the Beacon Cabana

CLUBS & GROUPS

ART CLUB

Whether you are picking up a brush or pen for the first time or rediscovering your talents, there is a place for you at the HL Art Club. This is your Art Club, and you can become a member with your suggestions for new activities. We would love to have new members no matter what their passion is in crafting. We are all artists in our own right. For more information, please contact Linda Mahar at lindamahar@yahoo. com or 714-585-6420.

Upcoming Meetings:

- May 9, 2024 10:00 am Visit new Hilbert Museum in Orange
- June 13, 2024 10:00 am
- July 12, 2024 no meeting this month
- August 9, 2024 10:00 am Laguna Beach Art Festival
- September 12, 2024 10:00 am preparation for Gallery Night
- September 27, 2024 Gallery Night
- October 10, 2024 Meeting and Paint Night
- November 8, 2024 10:00 am
- December 12, 2024 10:00 am Holiday Luncheon

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BIBLE STUDY

Join us every **Friday morning at 10AM in MPR2** for a walk through the Bible, led by our enthusiastic leader, Larry Helm. Everyone is welcome.

BOOK GROUP

Do you like to read and talk about books? Come to the Landmark Book Group at 12:30pm in the Poker Room on the second Tuesday of each month. For more information call Joy at 949-644-4009 or Katie at 661-547-3624.

CABARET CROWD

The Cabaret Crowd hosts five funfilled themed-inspired dinner dances throughout the year. We invite everyone to join us, couples and singles alike. More details to come in future Landmark Living Newsletters and E-blasts.

FUTURE EVENTS

Tacky Tourist Party
Saturday, May 18, 2024
Tickets on Sale – Saturday, May 4 at 9AM in MPR 1 or 2

Annual Luau on the Main Pool Deck Saturday, June 22, 2024

Halloween Party Saturday, October 26, 2024

CERAMICS CLUB

The Ceramics Club welcomes anyone interested in learning about this exciting hobby. Just drop by the Ceramics Room any Tuesday at 10 a.m. to see what is happening. Members can choose to pour any mold from the club's 600 molds for greenware. Three-ring binders contain a cross-index of the molds categories including pots, dinnerware, holidays, animals, angels, people, etc. Also, members enjoy learning about new techniques and glazes to use for their creations from their expert instructor who comes two Tuesdays monthly. For more information call President Janet Newton at 714-224-9923. Ceramics, Tuesday - 10 AM to noon, CMR. Monthly Meeting, 1st Tuesday, 10 AM. CMR.

DISCUSSION GROUP

The day has changed. We are now meeting every **Thursday morning** from 10:30AM – noon in MPR1. This is a welcoming space to reminisce about the good old days, share a favorite book, movie, or restaurant, and discuss current events. Join us for lots of learning, laughing, and lively discussion! For questions, contact Lee and Anne Gillespie at agillespie378@gmail.com or at 714-465-8825

EMERGENCY PREP SERVICE GROUP

The EPG was formed to help us all be prepared in case of disaster — earthquake, fire, flood etc. The group meets once a month usually on the third Monday at 1 pm in MPR 1 to discuss our agenda and educate residents about these emergencies. All are invited. One aspect of this group is the Building Stewards program. Volunteers keep their neighbors informed of safety issues and how to be prepared.

Our next meeting is May 20 at 1 p.m. in MPR 1. Please come. Contact EPG chairman Paul Kanter (310-991-8519) if you have questions.

EVENTS CLUB

The Events Club provides its members with the opportunity to contribute to the quality of life and enjoyment of residents of Huntington Landmark, by organizing and coordinating social events for the benefit of residents and their guests. We depend on our members to volunteer their time and talents to plan and carry out an average of two events each month. As the Club plans for all of our wonderful events in 2024, we would like to introduce you to our May and June Events schedule.

- Newcomers Event Main Lounge Thursday, May 2, 2024
- Cinco de Mayo Party Main Lounge
 Saturday May 4, 2024
- Concert on the Green Grass Area near the Putting Green – Saturday, June 8, 2024

Look for details about each of these events on the cover of the Landmark Living Newsletter and on fliers posted throughout the community.

New members are welcome to attend our monthly meetings that are held on the first Monday of the month at 9:30 am in MPR1.

For more information contact President Patricia Vidal, 714-334-1773, email patriciavidal@vidalgroupoc.com or Vice-President Karen Kraushaar, 949-394-5826, email pickleballkaren@icloud.com.

GRANDPARENTS&FRIENDS

The Grandparents & Friends Club will be kicking off summer activities by sponsoring the Memorial Day pool party on Monday, May 27th. This event will honor the military heroes who gave their lives while serving in our armed forces. We will have a short program, complete with color guard, music, and brief remarks. We invite you to join us as we show respect for those who have given their lives for our freedom.

No pool party is complete without music and dancing, so wear your patriotic colors and join us as we enjoy the tunes played by DJ Armando. We will have hot dogs, chips, water, and soda available for purchase, as well as a 50/50 opportunity drawing. For those of you who are fortunate to have your grandkids nearby - pool hours for children are 10:00am-3:00pm.

Please join us for our May 21st meeting. Our guest speaker Juana Mueller will share "secrets" of the Secret Garden. For more club information contact Beth Gerbutavicius at bethgerbs@yahoo. com or call 916-342-7101.

New members are always welcome – come see what the Grandparents & Friends Club is all about. To view pictures from past events and learn more about the club, check out our website at: hlgrandparentsclub.weebly.com.

JEWISH WOMEN INTERNATIONAL (JWI) SIMCHA CHAPTER

Everyone is invited to our next meeting to be held Friday, May 17 at 11 a.m. in MPR1. Perfecto will be singing songs from Broadway shows including "Fidler on the Roof!" This will

be our annual Mother's Day meeting. Please note the date!

A delicious lunch will be served. Make your reservation by sending your check, payable to JWI, to Beth Bloom, 8885 Modoc Circle, Unit 1206C, Huntington Beach 92646. Cost is \$12 for members and \$15 for visitors. Hope to see you there. Call or text Claire Schecter 7114-308-0699 if you have any questions.

KNITWITS

If you'd like to knit or crochet with a group of other yarn enthusiasts, please join us on **Thursday mornings at 10AM on the Main Pool Deck.** Bring your own project or just visit and be inspired to start something new. This is a change of day. We previously met on Tuesdays.

HISPANIC CULTURAL GROUP

We are a group of Spanish speakers at Landmark. We get together the first Friday of the month for Spanish conversation and friendship. We have members from almost all the Spanish speaking countries. There are no dues or membership fees. Please note that our meeting room has been changed. First Friday of the month at 2PM in MPR 2. For more information call Betty at 661-406-5191 or Blanca 714-969-3063.

Somos un grupo de Hispanohablantes residentes de Landmark. Nos reunimos el primer viernes de cada mes para conversar en español y amistad. Es gratis no hay ningun cargo para ser miembro. Tenemos miembros de casi todos los paises de habla hispana. Hemos cambiado de salon. Primer viernes de cada mes a las 2 de la tarde en el MPR2. Para más información llamar a Betty 661-406-5191 o a Blanca 714-969-3063.

LINE DANCING CLUB

You are invited to join us for fun afternoons of Line Dancing with friends and new acquaintances every Wednesday from 4:00 pm to 5:00pm in the Main Lounge. There is no charge for this event, but donations are kindly accepted. The Line Dance Club now performs each month with the

Landmark Trio on the 3rd Thursday of the month at 4:00pm.

The Line Dance Club will again be hosting a professional line dance teacher, Miss Vickie, who will be teaching a beginners six-week class starting **April 16**. This class will meet on Tuesdays from 4-5pm in the Main Lounge. The cost is \$30 for the series, and you can register at the regular Wednesday club dance, or on April 16 at 3:30pm in the Main Lounge. Please make checks payable to "Vickie Jackson."

This is a rare opportunity to learn line dances without having to leave Landmark! We hope that you will join us! Questions? Contact Ronda at (949) 280-5548. Keep on dancing!

NEEDLECRAFT

We are currently making afghans for charity by knitting and crocheting 7" by 9" rectangles. We also make scarves for the military whenever needed. So, if you like to do this kind of work or would like to learn how, we can teach you. We provide yarn and other materials. Come join us, we love to have new members. You may also work at home if you prefer. When we are able to meet again, we will meet on Tuesday mornings, 9:30 to 11:00 in the Sewing room. For more information you can contact **Kay Winter at winter11955@gmail.com or (562) 343-8428.**

SURF CITY QUILTERS

We Quilters share our enjoyment of working with fabric, choosing fabric, patterns, and thread. Then on to cutting (measure twice, cut once), piecing, and quilting. Surf City Quilters meets in the Sewing Room on Monday from 1PM to 4PM. Anyone interested in quilting or fabric, thread/yarn, or robe art is welcome to join us. Please, come by and meet the Surf City Quilters. We are all skill levels. Did you know Huntington Landmark has a sewing machine for use? The key for the HL sewing machine can be checked out from the Management Office. Stop by and learn more about us. For more information, contact Alice Roberts at 714-381-8775 or almroberts@yahoo. com.

THREADS OF LOVE

This group is part of a national organization dedicated to brightening the ICU hospital rooms for preemie babies and their families. We make flannel dolls, called Loveys, blankets, and incubator covers. Parents are often not able to hold or touch their tiny infants for many weeks. The Lovey is used to help infants bond with their parents. The idea is that mom and dad can put the Lovey inside their clothing to absorb their scent, then leave the Lovey with the child. Nurses report wonderful attachments of babies to their Lovevs. Come help us make these items for the many Orange County hospitals that we service. Sewing skills are not necessary. We meet on Fridays from 9am to 11am in the Sewing Room.

TOYMAKERS

The Toymaker's thank you for recycling! Please be aware that now, in addition to the usual plastic bottles and aluminum cans, we can also take plastic gallon water jugs, iced tea bottles, glass wine bottles and all manner of other plastics and glass bottles. Just as before. we will separate all contributed materials and take it to the recycle station so the proceeds can be used to buy muchneeded wood, sandpaper, paint, glue, tools, and everything else the Toymaker's use to craft toys for the underprivileged children in our area. Please drop off your recyclable items at the bins behind the wood shop and we will take it from there!

VETERANS GROUP

Are you a Veteran? We have a group of men and women veterans that meet on the third Thursday of the month at 11AM in the Art Room. Come join us for camaraderie and discussion.

Our next meeting will be on August 17th at 11AM in the Art Room. Please contact Roy Piazza, at 949-521-4069 or roypiazzasanta@gmail.com. Back up is Barry Boone at 714-926-7315, or boonedadb@aol.com.

WOODSHOP

Interested in woodworking? Come by and see what we're doing in the Woodshop. Contact: Tom Humphrey 714.240.4703.

LANDMARK LIVING CLASSIFIED ADVERTISEMENTS

Do you have items you'd like to sell? Try listing them in Landmark Living Classified Ads page and reach a potential 2,000 plus residents. Want to sell that dining room set, the lamp you no longer use, or that TV? Place an ad and sell it. Looking for a good car for your grandchild? You can also place a "Wanted" ad. Have the Seller contact you.

Here's how you do it: Contact Joe Morris at joe@benfranklinpresshb.com or call (714) 842-6733 for advertising information. Thank you.

(Huntington Landmark does not endorse any business or services, nor does it guarantee any items for sale. Please do your due diligence and seek advice from a professional if you are in doubt.)

WANTED	FOR SALE	WANTED
Auto Buyer I need vehicles!!!(any year) I will come to you (Landmark resident) Licensed, fair, honest		
Chris 714-474-5800		

Landmark Living is published and printed by Ben Franklin Press. In order to get your articles (including club/group news) and advertising in, please adhere to the deadlines, otherwise they cannot guarantee your submission will be placed. All articles must be submitted to: landmarklivingnewsletter@gmail.com by the 5th of every month. Club news submissions must be 150 words or less to be accepted. All advertising should be submitted to: joe@benfranklinpresshb.com by the 10th of every month prior to publication. Newsletter Staff, Board of Directors and Management reserve the right to edit, correct or alter material. Please contact Joe Morris at Ben Franklin Press – joe@benfranklinpresshb.com, or call 714-842-6733 for more information.

Thank you.

EMERGENCY READINESS

By Linda Rosenthal for Emergency Preparedness Group

Here's some statements to get you thinking about your safety. (Answers at the bottom):

- 1. In a big earthquake, the firemen and paramedics will be in Landmark quickly.
- 2. In a massive power outage, the 2 gates cannot be opened so you will have to stay in Landmark.
- 3. If you are driving during an earthquake, try to stop under an overpass for protection.
- 4. The "drop, cover, and hold on" procedure is only for children.

Answers —ALL FALSE—rescue folks may not be able to travel to get here, our gates can be manually opened, the overpass may collapse on you, everyone follows the "drop, cover and hold on" procedure.

Did you know all the right answers? Come to our meetings and learn more. Call Paul Kanter (310-991-8519) for additional information. Our next EPG meeting will be May 20 at 1 p.m. in MPR1. Come and ask questions.

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The Landmark Living Newsletter is a monthly publication for the Huntington Landmark homeowners. We make every effort to print complete and accurate information. The staff, volunteers of Landmark Living can't and do not guarantee the correctness of the information submitted for publication to them. Therefore Landmark Living staff, volunteers, Seabreeze Management assumes no responsibility for the same, nor for errors, omissions or unintentional inclusions. Inclusions of advertisements does not carry with it any endorsement, actual or implied, for the product or services advertised. The Landmark Living staff, volunteers, Seabreeze Management and Huntington Landmark Senior Adult Community Association accept no responsibility for damage through the use or products or services advertised in Landmark Living.

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Without our volunteers, Landmark Living just wouldn't be the same.

Thank you!

Reach us at: landmarklivingnewsletter@gmail.com

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DELIVERY VOLUNTEERS

Expect delivery of the newsletter from the 1st through the 3rd of each month. If you'd like to help with deliveries, please contact Sharon Syncheff for more details at 818-620-8854.

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Jim Kutzle

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In Times of Need

As full time Chaplains, Bob and Jane Keller are neighbors and full time residents of Huntington Landmark. We would like, at no charge, to offer our services. We have been serving in this capacity for almost 15 years. We understand that in times of distress, having someone near can be a tremendous encouragement and comfort.

We are on call 24/7 for: assisting families when waiting for the mortuary or coroner, assisting families in their time of grieving over the death of a loved one, and officiating funerals. All conversations are held in strict confidentiality.

We can be contacted by calling 714.865.9177, or through email rejakeller@gmail.com. If you need more information on our qualifications please go to our website www.inpursuitca.com.

Sincerely, Chaplains Bob and Jane Keller



Florence Llanos – 711C

Family members, if you'd like your loved one mentioned, please let us know.

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