

## Bluebird Man of Leisure World



Each spring, Howard Goldberg begins checking in on the golf course's feathered tenants. Photo by Maureen Freeman, Leisure World News

by Maureen Freeman,  
Leisure World News

It's early on a misty morning the last week of March, and Howard Goldberg is ready to do his first round of the season on the golf course.

With a bag of equipment stashed behind his seat in a golf cart borrowed from the Pro Shop, he turns the key and rolls down the cart path as clouds of his breath appear in the chilly morning air.

Well past the first tee, he pulls over to make his first stop. Rummaging in his bag, he removes what he needs: a pair of orange rubber gloves, a screwdriver, a small mirror that looks like a larger version of a dentist's tool, and a narrow paintbrush for sweeping. Now he is truly ready to begin.

Since he moved to Leisure World 12 years ago, Goldberg has faithfully monitored and recorded

the arrivals of any inhabitants of about 30 bluebird nest boxes that stand scattered throughout the community's 18-hole golf course. Starting early each spring and continuing through the summer, he checks each box weekly, noting which ones have nests in progress, or eggs, or, eventually, fledglings.

Habitat loss and competition with more aggressive sparrows and starlings for nesting sites have led to a decline in the bluebird population in the last century, according to Audubon International. Eastern bluebirds are gentle, eat a variety of insects and, in an ideal habitat, can raise up to three broods in a season.

"It's usually kind of boring in the early weeks," Goldberg says. But unseasonably warm weather in February and March this year might have spurred birds to nest early, he surmises, and "maybe we'll see nests, or an egg or two if

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## Community Meeting Held on Proposed New Building Site Plan

by Stacy Smith, Leisure World News

A comprehensive overview of the site plans for the proposed administration building and improvements to Clubhouse I was presented by project leaders at a March 29 pre-application community meeting.

Jolene King, assistant general manager for facilities and services, presented a slideshow of the existing site with an overlay of the proposed configuration of a new administration building, upgraded Clubhouse I, parking and landscape elements.

Approximately 80 residents attended the meeting, which at times turned contentious when questions and concerns about

the site proposal were raised at the open forum session that followed the presentation.

The meeting was held in compliance with regulatory approval requirements for filing a site plan application with the Maryland-National Capital Park and Planning Commission (M-NCPPC), the agency that incorporates the Montgomery County Planning Department.

The Montgomery County Planning Department's manual of development review process states that a pre-application community meeting's purpose is to "explain the proposed project, address concerns about the impact on the community, and notify those attending of

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A rendering by architectural firm Streetsense depicts an aerial view of the proposed administration building, parking lots and landscape.

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### New Name, New Look

After five years, the Residents' Forum changes its name to "Thoughts & Opinions." Read about it and see your neighbors' submissions on **pages 14 and 15.**

# Spotlight on ... Quilt Group

by Maureen Freeman,  
Leisure World News

An array of colorful swatches, spools of thread and yarn, needlework supplies, half-finished fabric handbags, and completed potholders and quilted blankets cover the tables set up in the Clubhouse II multi-purpose room when the Quilt Group gathers there twice a month.

Members of the group set to work on their personal projects, which might be crocheting, cross-stitching or knitting as well as quilting, while chatting and sharing samples of their handiwork with one another.

"Sometimes they just come and talk," says Clydis Kellough, the group's president, with a smile.

Kellough joined the group about a dozen years ago – "I'm one of the originals," she says – and has a small collection of her creations in a bag she's brought. She likes making baby quilts, but she also shows a small pocketbook with removable insides, a large shoulder bag, even a full-length coat – all made of quilted material.

Other creations abound: placemats, table runners, jewelry etuis, wall hangings, a small bag with interior pockets

that can hold electronic gadgets and personal items – you name it, and someone in the Quilt Group can probably make it.

Ella Marsteller takes photos of her work and keeps them in a notebook. With three sons in the military, her patriotic fervor has led her to make red, white and blue lap quilts that she has given to random veterans at memorials on the National Mall in Washington, D.C.

At some meetings, the ten or so regular members sort through materials that have been donated to the group. Equipment, fabric and batting, the fluffy filling between the quilted fabric, can be expensive, and members make good use of whatever they can.

The group used to make twice-yearly trips north to Lancaster, Pennsylvania to visit quilting shops where materials were much less expensive. They've become more difficult to arrange lately, but the group still hopes to revive the outings. "Maybe if we could get some younger people who could drive us," Kellough muses.

The Quilt Group meets on the second and fourth Thursday of each month at 9:30 a.m. in Clubhouse II.

For a closer look at one of the Quilt Group's members, see page 8.



At their meeting place in Clubhouse II, members of the Quilt Group stitch a quilted potholder (above) and knit a baby cap (below left). Below right, club president Clydis Kellough stands next to one of her quilted blankets. Photos by Maureen Freeman, Leisure World News



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An official publication of the Leisure World Community Corporation, Leisure World News is published twice monthly by Leisure World Staff in collaboration with the Leisure World News Advisory Committee

Leisure World News is published for the benefit of Leisure World residents. Its mission is to provide news and information about community governance and other relevant issues, events, and activities, and to provide residents a forum for their opinions and an opportunity to contribute articles of general interest. All matters concerning the Leisure World News will be decided with this mission in mind.

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# Good to Know: File of Life

by Stacy Smith, Leisure World News

**F**ile of Life is a fill-in-the-blank card that folds to about the size of an index card and fits inside a red magnetic pouch. A person fills out the card with his or her basic medical information as well as details about known allergies, current medications, emergency contacts, health insurance information and healthcare decisions.

Once it is completed, the card and pouch can be stuck to the refrigerator. In the event of a fire or medical emergency, first responders know to look for it there and can refer to it for the patient's medical history, health conditions and other pertinent information.

Residents can obtain a free File of Life card at either the pharmacy in the Medstar Health medical center on North Leisure World Boulevard or by calling Montgomery County Fire and Rescue Safety Information at (240-777-2430). Don't forget to update the card or request a new one as changes to your medical information occur.

File of Life is a non-profit organization that promotes emergency preparedness. For more information, visit (<http://www.folife.org/>).

**FILE OF LIFE**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Language Spoken: \_\_\_\_\_ Sex:  M  F  
 Blood Type: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Religion: \_\_\_\_\_

**Check All Medical Conditions That Exist**

No known medical conditions  Eye Surgery

**Check All Medical Conditions That Exist**

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<input type="checkbox"/> Abnormal EKG	<input type="checkbox"/> Glaucoma
<input type="checkbox"/> Adrenal Insufficiency	<input type="checkbox"/> Hard of Hearing
<input type="checkbox"/> AIDS	<input type="checkbox"/> Heart Valve Prosthesis
<input type="checkbox"/> Alcohol Addiction	<input type="checkbox"/> Hemodialysis
<input type="checkbox"/> Alzheimer's	<input type="checkbox"/> Hypertension
<input type="checkbox"/> Angina	<input type="checkbox"/> Internal Defibrillator
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Irregular Heart Rhythm
<input type="checkbox"/> Asthma	<input type="checkbox"/> Kidney Failure
<input type="checkbox"/> Behavior	<input type="checkbox"/> Laryngectomy
<input type="checkbox"/> Bleeding Disorder	<input type="checkbox"/> Leukemia
<input type="checkbox"/> Blind	<input type="checkbox"/> Lung Disease/Emphysema
<input type="checkbox"/> Cancer	<input type="checkbox"/> Lymphomas
<input type="checkbox"/> Cardiac Dysrhythmia	<input type="checkbox"/> Malignant Hypothermia
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Memory Impaired
<input type="checkbox"/> Congestive Heart Failure	<input type="checkbox"/> Mental Illness
<input type="checkbox"/> Clotting Disorder	<input type="checkbox"/> Mental Retardation
<input type="checkbox"/> COPD	<input type="checkbox"/> Myasthenia Gravis
<input type="checkbox"/> Coronary Bypass Graft	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Deaf	<input type="checkbox"/> Previous Heart Attack
<input type="checkbox"/> Dementia	Date: _____
<input type="checkbox"/> Depression	<input type="checkbox"/> Seizure Disorder
<input type="checkbox"/> Diabetes/Insulin Dependent	<input type="checkbox"/> Sickle Cell Anemia

**ALLERGIES**

<input type="checkbox"/> No Known Allergies	<input type="checkbox"/> Environmental	<input type="checkbox"/> Penicillin
<input type="checkbox"/> Aspirin	<input type="checkbox"/> Horse Serum	<input type="checkbox"/> Sulfa
<input type="checkbox"/> Barbiturates	<input type="checkbox"/> Insect Stings	<input type="checkbox"/> Tetracycline
<input type="checkbox"/> Codeine	<input type="checkbox"/> Latex	<input type="checkbox"/> X-Ray Dyes
<input type="checkbox"/> Demerol	<input type="checkbox"/> Lidocaine	<input type="checkbox"/> Morphine
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Novocaine	

**MEDICATIONS**

Medical Problem	Medication	Dosage	Frequency

**EMERGENCY CONTACTS**

NAME: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

NAME: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**HEALTH INSURANCE INFORMATION**

Health Insurance Co. Name: \_\_\_\_\_  
 Policy Number: \_\_\_\_\_  
 Other Insurance Co. Name: \_\_\_\_\_  
 Policy Number: \_\_\_\_\_  
 Medicare Number: \_\_\_\_\_  
 Medicaid Number: \_\_\_\_\_

**HEALTHCARE DECISIONS**

Do Not Resuscitate Order on file? .....  YES  NO  
 IF YES, Location: \_\_\_\_\_

Advance Directive on file? .....  YES  NO  
 IF YES, Location: \_\_\_\_\_

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Enjoy reading the latest news about Leisure World? For even more about the community, including events, notices, photos and local happenings, or to connect with your friends and neighbors, check out Leisure World of Maryland's Facebook and Twitter pages.

**Computer Learning Center**

## April 12: Tech Security Seminar

The Leisure World Computer Center Inc. is offering a free seminar on computer and Apple smartphone security awareness. John Feldmann and Jim Owen discuss residents' questions concerning how to keep personal information and data secure when using the internet on a computer or smartphone.

Seminar topics include: passwords, types of computer accounts, additional security software, backing up data, deleting files, computer disposal, internet shopping/bill paying and spam/phishing.

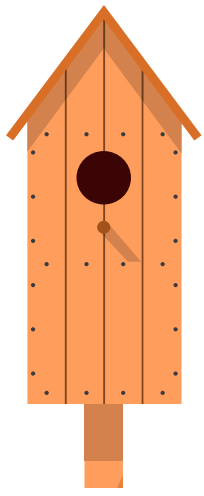
The seminars will be presented at 10 a.m. in Clubhouse II on three different days: Wednesday, April 12; Friday, April 21; and Wednesday, April 26. Drop by the E&R office in Clubhouse II or call (301-598-1320) for reservations.

— John Feldmann

## Robo Call Reminder

Management will use robo calls, along with the closed-circuit information channels 972 and 974, to inform residents of any delays or cancellation of services due to weather conditions.

Robo calls will be made only in emergency-type situations.

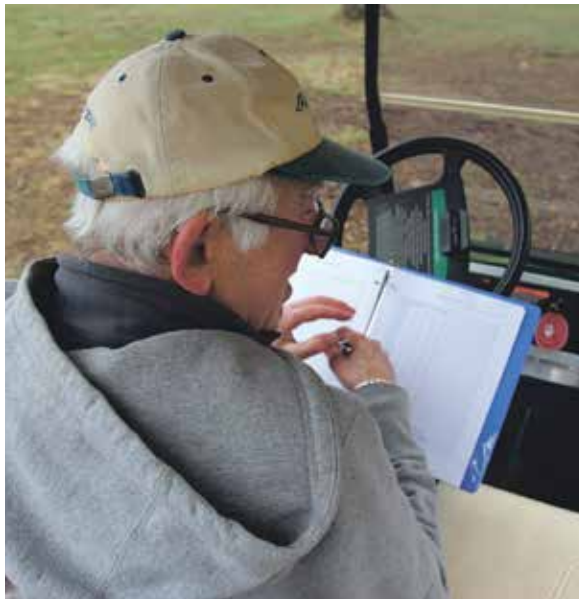


# Making the Rounds on the Golf Course

Spring is underway, which means bluebirds in search of a place to lay their eggs may find their way to the “bluebird trail” of 30 nest boxes on the Leisure World golf course. For 12 years, Howard Goldberg has checked in on their homes, kept them clean and recorded the number of eggs and hatchlings in each box through the nesting season. He made the first of his weekly rounds of 2017 in the last week of March.

Clockwise from top left: Director of golf operations Scott Walker chats with Goldberg about the nesting boxes; Goldberg prepares to scrape moss off a box while deer (he calls them “the mowers”) pass by in the background; a new box is ready for tenants; Goldberg checks a box next to his parked golf cart; golf course mechanic John Bassett, who built many of the nesting boxes, shares a laugh with Goldberg during his own rounds; Goldberg lifts a side door to nesting box 22. In the center photo, Goldberg enters numbers and notes into a record chart he keeps.

Photos by Maureen Freeman, Leisure World News



# A Conversation With..

*Tim Coursen, Assistant General Manager for Community Management*

by Stacy Smith, Leisure World News

## What brought you to Leisure World?

I had been in private management for 30-some years. She [mother-in-law] kept saying, 'You should manage in Leisure World.'

## How is condo management different from other types of management positions?

"The biggest difference in condo management is that you're managing somebody's home, so whatever you do has some real impact on them, on more than just an 8 a.m.-5 p.m. basis. Folks are personally invested in the problems and in the solutions."

## How might a resident recognize you when you're out and about in the community?

A fair number of people would recognize me if they go to the

[mutual] board meetings or annual meetings. I also help the security guys with the annual 4th of July parade.

## Is it true that you tend to think of 'worst case scenarios'?

"If you're solving problems, part of that is figuring out what caused the problem.

That's where some of the negativity comes from. Kevin's [Flannery, Leisure World General Manager] a half-full kind of a guy, and I'm on board with that. But part of my training is also [thinking], 'what else do we need to do?' 'What are the things we haven't thought of?'"



Tim Coursen. Photo by Leisure World News

## What's been your proudest accomplishment at Leisure World?

[smiles] "I'm not a real boastful guy, so that's a tough question. I think we've got a great group of property managers and their teams."

## What makes for a good day at Leisure World?

[laughs] "Every day is a good day. Part of the joy of coming here every day is the people. There are residents that come in here [office] that just come

in to say 'hi.' I've got two that walk on the Boulevard every day; they'll come in here peri-

odically and sit down and just want to shoot the breeze."

## What are your plans for retirement?

"The first mission is to try to get fit again. My wife has already hooked me up with a friend of ours who is retired who walks four miles in the morning, and four miles in the afternoon. She thinks that would be good for me."

## Chocolate or vanilla ice cream?

"Most of my life it was vanilla, but now I'd have one of each."

*Coursen worked as the property manager at Montgomery Mutual for nearly a year before joining upper management. He is retiring from Leisure World after 11 years of service to the community.*

## Bluebird

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we're really lucky."

He opens the top of the first house and, holding the mirror above it to peer down inside, sees a few strands of dry grass. They could be the start of a bluebird nest, which Goldberg describes as typically bowl-shaped and neat.

The next house, standing on a pole a short walk away next to a split rail fence, was home to nine new bluebirds in 2016, and since 2006 has yielded the most fledglings of the 30 shoebox-sized houses, according to the charts Goldberg keeps. But this morning, it's still empty – "MT," as he'll write in his notes.

Back at the golf cart, Goldberg sits and enters the details in his binder. Two down, 28 to go.

The golf course is quiet as Goldberg makes his way across fairways and sometimes into the edges of woody areas, consulting his list of the box locations. "I know where these things are, but I still gotta look out for them," he says. It's been months, after all, since he used his putty knife and paintbrush to clear out any remaining debris from each of the houses.

He finds a thick tangle of thin twigs inside box number seven, but from the looks of it, he's not convinced it's a bluebird's work. "I'll have to Google that one," Goldberg muses.

He waits for a golf ball to soar overhead from the 7th tee before crossing the fairway to another house, his head down and eyes scanning the ground. "Between the deer and the geese, you've gotta always watch where you're walking," he says.

As he steps through some leaves and brush to another box, Goldberg's eyes narrow. "This bothers me," he mutters, then reaches down and picks up an empty plastic bottle and crushed soda can.

Another nest is in the making deep inside house number 24, and John Bassett, the golf course mechanic, offers promising information when he pulls over to chat during his own round of the course: He's recently seen a bluebird standing atop this particular house.

Bassett is one of many who also have contributed to Leisure World's bluebird trail.

He built many of the nesting boxes, and members of the Wood Shop Users Group have built others. Bassett repairs them and builds replacements when they're needed, and a few years ago the men's and ladies' golf clubs pitched in money to buy the wood, hinges and hooks for them.

The temperature has lifted

along with the mist by the time Goldberg finishes his survey, which has taken more than two hours to complete. This morning's results show two definite signs of nesting, plus three more houses with some blades of grass on their floors.

It's a good start, and Goldberg will be back in a week to see what's next.



## Kitchen & Bath Remodeling

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# Site Plan

← from page 1

their right to participate in the review process,” said Phil Marks, Leisure World Community Corporation (LWCC) board of directors member and designated resident lead director for the project.



A view of the proposed Clubhouse Grille vestibule and covered walkway. Renderings by architectural firm Streetsense

Marks said the proposed site plan has four main objectives:

- Improved access to the new administration building and Clubhouse I
- Increased parking near the new administration building and Clubhouse I
- Improved safety for pedestrians and vehicular interactions
- Improved overall ambiance of the site

“The Leisure World board of directors and its committees reviewed and approved this project over several years,” Marks said.

Members of several advisory committees gave input and feedback throughout the creation of the site plan proposal. They included members of the Community Planning, Landscape, Security and Transportation, Education and Recreation, and Golf and Greens Advisory Committees, as well as representatives from landscaping contractor McFall and Berry Inc. and Leisure World grounds maintenance.

## Administration Building

The new, two-level administration building would sit adjacent to the golf course.

“Because we have a sloping site, this dictated that we would have what we refer to as a bi-level building,” King said. “That is to minimize the

amount of disturbed area.

Resident services, such as the post office and tenant space, would be located on the upper level of the building, and would be closest to Clubhouse I. The lower level would hold administrative offices for the Leisure World of Maryland Corporation.

The building would have on-level entrances to both levels, and stairs and an elevator are proposed for residents to easily access either floor when inside the building.

## Architecture

King described the proposed building as “long and linear, matching the architecture of our other buildings in the community,” and with “deep overhangs, sloping roofs, long, ribbon windows and asymmetrical features.”

The project’s architects said they drew inspiration for the building’s façade and site elements from natural-looking materials such as stacked stone, stone panels and wood siding that are used throughout Clubhouse I, the community’s other Trust properties and Leisure World homes.

“We tried to be really sensitive to developing a design that worked well with the existing architecture, as well as breathing new life into the design,” Streetsense architect Vanessa Rai said.

## Clubhouse I Improvements

A drop-off circle to the north wing of Clubhouse I would provide closer access to the entrance of the Terrace Room restaurant, lanai and pool area, and nine handicap-accessible parking spaces would line the

drop-off circle’s perimeter.

An energy-efficient vestibule planned for the entrance of the Terrace Room restaurant would provide an indoor area for patrons and guests to wait for their ride to pull up at the drop-off circle.

The Clubhouse Grille would also have a vestibule so that patrons can enter the restaurant from the front of the building, no longer having to walk through the interior of the clubhouse.

Accommodations for outdoor patio dining at both restaurants is planned, and the Maryland Room is set to expand to recapture its original size.

Covered walkways would be located between drop-off points and at designated entrances to provide added safety and protect residents from the elements.

“The walkways are intended to have a translucent covering on them so that they remain light and bright underneath,” King said, adding that covered walkways was one of the most requested features made by residents during committee meetings.

## Parking

Both the existing and new parking areas would be in closer proximity to the new building and Clubhouse I, with some of the building occupying space that is now used for vehicle parking closest to Clubhouse I.

“People will not have to walk

tration building would contain 289 spaces, and the smaller lot in front of Clubhouse I would have 75 spaces.

Of the 75 new parking spaces designated for Clubhouse I, 12 would be handicap-accessible. Total handicap-accessible parking spaces for the site plan area would be 25, an increase of 10 new spaces.

Additionally, four parking spots are proposed as designated car share spaces, for drivers and riders in car share programs, and four spaces would be available as electric car charging stations.

Trees would enclose the new parking area on the site of the current Administration Building, and shaded ‘islands’ would punctuate a pedestrian crosswalk through the current parking lot leading to the new administration building’s entrance.

Parking areas would continue to have one-way entrances and exits and a one-way traffic pattern throughout, a recommendation provided by the Security and Transportation Advisory Committee, King said.

## Landscaping

The site plan proposes planting 84 new trees, many of which will provide shade throughout the parking lot, said John Sekerek, a land use planner and landscape architect with Stantec, the design and consulting company working on the project.



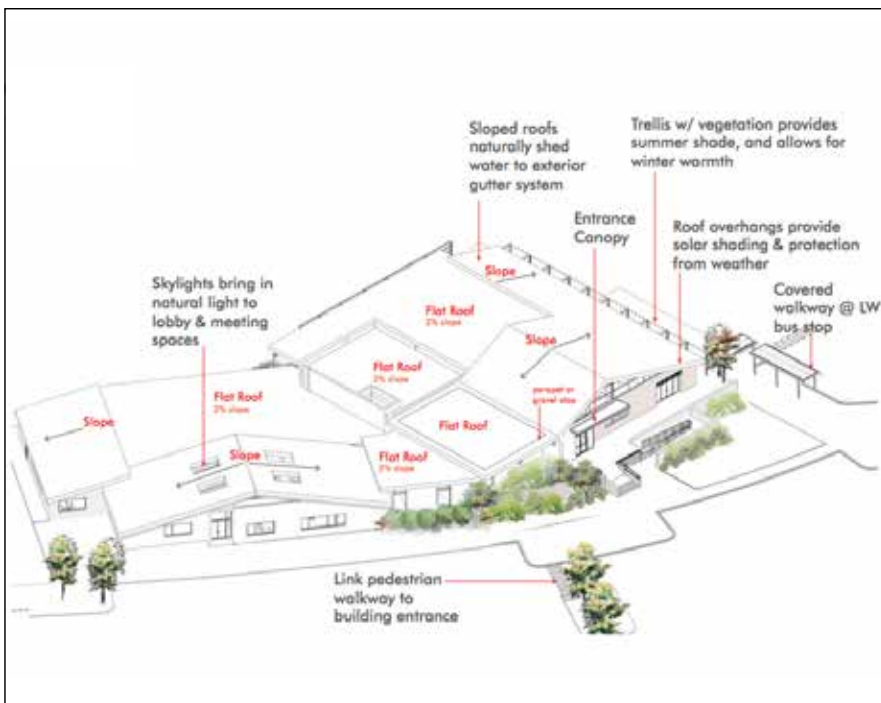
A view of the Terrace Room’s vestibule and covered walkway.

up a hill,” Marks said.

Total proposed parking spaces at the site are 364, nine spaces more than what is currently available. The parking lot in front of the new adminis-

Stantec is also providing civil engineering and surveying services.

A diverse mixture of elms, tilia, maple, ginkgo and other tree species are planned, as



An aerial view of the proposed administration building.

well as various shrubs and plantings.

At least 45 existing trees are slated for removal to accommodate the new building and site plan improvements, with 10 more for potential removal, according to Sekerak.

### Stormwater Management

The proposal also includes a stormwater management plan with five bio-retention facilities, or depressed areas that would temporarily hold water and filter out pollutants and sediment. These areas would have more shrubs and herbaceous plants, Sekerak said.

The plan also proposes using pervious pavement for most of the new parking spaces. Pervious pavement is designed to allow percolation or infiltration of stormwater through the surface into the soil below where the water is naturally filtered and pollutants are removed.

“Our current site was constructed when there was minimal requirements to handle stormwater runoff, and this plan gives us an opportunity to meet current environmental requirements. So we’ll actually be doing something better for the environment when this plan is done,” King said.

### Open Forum

Several residents asked about the cost of the project, and some wondered if renovating or expanding on the current building was a better option.

“The financing of the project is really outside the scope of this meeting,” Marks said, who added that any questions or comments regarding financial aspects of the project should be raised to the LWCC board of directors.

Some residents called for an independent engineering evaluation of the existing building to determine how much a renovation would cost.

Motions calling for an invasive engineering study of the current Administration Building were previously considered by the LWCC board of directors in November 2014 and February 2017 but failed to pass. By a thin margin in September 2013, the board of directors chose to build a new building.

Two architectural firms (Streetsense and AR Meyers) advised the LWCC board of directors that a new building is the best option as it satisfies project objectives, meets space needs with an approximately 20,000 square foot building and provides the longest-term value to the community.

A Feb. 22, 2017 memo to the LWCC board of directors from King outlined several engineering and structural problems needing \$95,000 in repairs that were uncovered during Clubhouse I renovations in 2016. “It is assumed these issues and others will be present in the Administration Building and will be required to be addressed as part of a renovation,” the memo stated.

# Site Plan Costs Breakdown

Funding for the new Administration Building and Clubhouse I Site Improvements project comes from the Resales Fund, a two percent fee charged on each resale of property in Leisure World.

Those funds are used exclusively for Facilities Enhancement Plan (FEP) projects, which are selected by the LWCC board of directors and contribute to the enhancement of Trust facilities per the Leisure World bylaws. Recent FEP projects include the new fitness center in Clubhouse II, and renovations to the restaurants and ballroom in Clubhouse I.

The total current estimated budgeted costs for the new Administration Building and Site Improvement projects, according to project manager Nicole Gerke, is \$7,251,056:

- Design fees \$513,000
- Permit fees \$100,000
- Administration Building construction (labor, materials, and furnishings) \$5,138,056
- Site improvements (modifications to Clubhouse I, parking and landscaping) \$1,500,000

The above costs are current estimates, and are not final. Costs may adjust as the scope of the project’s details and designs are refined.

### Other Concerns and Questions

The question of the site ground’s viability was raised, due to concerns over foundational issues that temporarily halted the construction of the new fitness center in Clubhouse II in November.

“The foundation will be designed per the information received from a geo-technical investigation,” Sekerak said. Preliminary test borings on the site’s foundation were completed, and plans will continue to develop concurrent with foundation surety, King added.

Other residents questioned the removal of so many trees in the community, and asked for them to be replaced with an adequate amount of trees properly planted to provide effective shading in the parking lots.

Some residents also questioned how the building’s design elements, such as its bi-level structure and sloping roofs, might possibly affect its physical accessibility and snow removal plan.

### Moving Forward

The March 29 pre-application meeting marked the start of the site plan’s review process. Management plans to submit the application to

M-NCPPC at the end of April, according to Scott Wallace, a land-use attorney with Linowes and Blocher LLP representing Leisure World for the project.

Once the application is submitted, M-NCPPC and county agencies review it in a process that generally takes about four months to complete.

After an application is formally accepted, notice is given to those who attended the pre-application meeting and signed in with their names and addresses, as well as those who were invited to attend by mail.

A public hearing is held at M-NCPPC after the review process is completed. Leisure World residents are welcome to attend, and will receive at least 10 days advance notice of a scheduled date.

“You can attend and make any comments you like, and also at any point in the process you can send comments in writing to [M-NCPPC],” Wallace said.

M-NCPPC hopes to make a final decision on the application at the public hearing, according to Wallace.

A September 2016 site plan report for the proposed administration building and a presentation to the LWCC board of directors by Streetsense, the Bethesda architectural firm, are available online at (lwmc.com).



On a Saturday morning earlier this year, Stephanie Lovell takes her place behind her vending table at the Farm Women's Market in downtown Bethesda (above).

In her home studio (below, left and right) she lays out fabric choices for her next quilting project and sews pieces together with her sewing machine. Photos by Maureen Freeman, Leisure World News



# Her Days are Sew, Sew – but Her Weekends are Profitable

by Maureen Freeman,  
Leisure World News

Most days, Stephanie Lovell spends time in a room in her home that she's set aside as her studio. Her project materials include piles of neatly folded fabrics stacked on the floor and on rows of shelves, more strips of fabric on the wall, bins of fabric pieces, an ironing board, a sewing machine, and containers brimming with needles and thread.

Twice a month, Lovell usually joins her fellow Quilt Group members in Clubhouse II, where they share their latest creations and friendly conversation as they work on their new pieces.

And it's on Saturday mornings that Lovell brings the results of her work to the Farm Women's Market in downtown Bethesda, a bustling collection of two dozen vendors selling their wares inside a simple, one-level building. Since July 2014, she's sat at her corner table under her "Sew Nanie Sew" sign, displaying and selling her collection of quilted specialty items to locals and tourists throughout the day.

Arranged on her table in an explosion of

color, her placemats, hand and shoulder bags large and small, carrying cases, table runners, baby blankets and bed-size blankets stand out among the surrounding vendors' gourmet olive oils, art prints, baked goods and floral arrangements.

"I've been sewing all my life," Lovell says. "I can't not create."

While she made plenty of her children's clothes and prom dresses through the years, it wasn't until she had grandchildren that she turned toward quilting. With a quilting kit she saw and bought at a fabric store, she made her first small quilt for her first grandchild. Since then she has made a baby quilt for each of her seven additional grandchildren.

At the Bethesda market Lovell has sold a couple of queen- and king-sized bed quilts, which can each take two months to complete. She likes the challenge of piecing together sometimes hundreds of fabric squares, triangles and diamonds like a puzzle, sewing them into a pattern that can look like a brilliant mosaic or a kaleidoscope in cloth.

"They all go together to make something beautiful," she says.



## CO Monitors Required in High-Rises

by Leisure World News

As part of efforts to improve carbon monoxide (CO) detection in mutuels, Leisure World of Maryland Corporation management has directed high-rise property managers to include hand-held CO monitor checks in their daily protocols.

Property managers were also recommended to install CO detectors in their buildings' pump rooms and boiler rooms, and to discuss hardwiring the CO detectors

into their buildings' existing fire alarm panels with the company that monitors the alarms, according to Tim Coursen, assistant general manager for community management.

The water heaters in all high-rises at Leisure World are fueled by natural gas. Gas burning water heaters require a vent or flue to remove all products of the combustion, such as CO.

Efforts to improve CO detection were stepped up after March 9, when emergency

responders on an unrelated call to the Greens I Mutual detected elevated CO levels in a building's lobby. The cause was determined to be a deteriorated flue vent that had broken inside a concealed shaft, and the flue was connected to a recently rebuilt water heater, according to Jolene King, assistant general manager for facilities and services.

The Greens I building's hot water was turned off for part of the day while new venting was installed.



■ Center for Lifelong Learning (CLL)

# U.S. Economy Under President Trump: Its Impact on Retirees

by Arthur N. Popper

The U.S. economy continues to be a major issue covered by the news media, and a major concern for Americans. Older citizens, whether they are retired or are planning to retire, are very much aware that economic changes can have a significant impact on their lives. Residents may wonder what the economy will look like under a new presidential administration.

New resident Dr. Semoon Chang is an expert on the economy and a student of how economic changes can potentially affect current and future retirees. On Thursday, May 4, at 1 p.m. in Clubhouse I, Chang gives a seminar on the impact of the Trump economic environment on retirees.

The lecture, given under the auspices of the Center for Lifelong Learning (CLL), is free for all residents. However, tickets are required and are available in the E&R office in Clubhouse I.

In his seminar, Chang will provide an overview of the state of the U.S. economy, including the dangers of slow rates of growth, excessive budget deficits and chronic trade deficits. He will also discuss strategies for handling savings and how benefit changes may impact retirement income such as social security and private pensions.



Dr. Semoon Chang, courtesy photo

Chang has been a resident since January 2017, moving here from Mobile, Alabama, to be closer to his daughter and her family. He was born in Seoul, Korea,

and has a bachelor's degree in economics from Seoul National University, and a Ph.D. in economics from Florida State University. He was a professor of economics at the University of South Alabama in for his entire professional life. He also

served as president of the Korea-America Economic Association and president of the Association for University Business and Economic Research.

Even in retirement, Chang continues to work as director of the Gulf Coast Center for Impact Studies and as a panelist of the World Economic Survey at the Center for Economic Studies in Germany. He also writes on a variety of topics every other week for the Korea Times, a leading daily English-language newspaper in Korea. Examples of his columns on a wide range of topics can be found at: ([http://www.korea-times.co.kr/www/sublist\\_652.html](http://www.korea-times.co.kr/www/sublist_652.html)).

For more information about all CLL courses and lectures, see ([www.clld.com](http://www.clld.com)).



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# GOVERNANCE & Information

## Board Changes Correspondence Rule

At its Feb. 28 meeting the Leisure World Community Corporation board of directors approved a change in its rules about correspondence it receives that is published as part of the executive committee and LWCC board meeting package. The new rule states:

Written correspondence received from a condominium, cooperative, homeowners' association, or unit owner/resident shall be included in the meeting packet of the next regular meeting of the Executive Committee or Board of Directors occurring at least five business days after the correspondence has been received if

the correspondence:

(a) deals with a matter within the jurisdiction of the LWCC Board,

(b) is transmitted to the Executive Committee or Board of Directors by mail or email,

(c) does not exceed more than four letter size pages (including electronic submissions),

(d) includes the name, address, email and phone number(s) of the author, and

(e) does not substantially duplicate correspondence from the same author nor duplicates another author's previously transmitted correspondence in the past 90 days.

– Leisure World News

## April 13: MVA Mobile Office Returns

Need to do business with Maryland's Motor Vehicle Administration? The MVA on Wheels returns to Leisure World on Thursday, April 13.

The van will be located in the Clubhouse II parking lot, where the hours of operation are 10 a.m.-2 p.m.

Services offered include renewal of non-commercial driver's licenses, Maryland photo identification cards and vehicle registration. You also can obtain a duplicate driver's license, a certified copy of a driving record, disability placards, substitute stickers, return tags and duplicate registrations, as well as apply for a change of address.

If you need to register to vote and/or want to register as an organ donor, you can do that at the mobile office, too.

## Leisure World of Maryland Resales January through March, 2017

MONTH	RESALES	RESALES FUND FEES COLLECTED
January	25	\$98,606
February	28	\$104,996
March	29	\$127,521
<b>TOTAL</b>	<b>88</b>	<b>\$331,123</b>

The buyer of a home in Leisure World of Maryland contributes two percent of the home's selling price to the Resales Fund. Those funds are used exclusively for Facilities Enhancement Plan (FEP) projects, which are selected by the Leisure World Community Corporation board of directors. Recent FEP projects include the soon to be completed new fitness center in Clubhouse II, and renovations to the restaurants and ballroom in Clubhouse I.

Dial 301-598-1313  
for recorded Daily Events

## 2017 Broadcast Schedule - Channel 974

Executive Committee meetings are broadcast on Wednesday, Thursday and Friday the week after the meeting. Board of Directors meetings are broadcast on Monday, Wednesday and Friday the week after the meeting. All broadcasts are at 4 p.m. and 7 p.m.

### Executive Committee Meeting

The April 14 meeting airs on April 19, 20 and 21.

### Board of Directors Meeting

The April 25 meeting airs on May 1, 3 and 5.

## Group Email Addresses

Residents wishing to contact Leisure World Management, the LWCC Board of Directors, or the Executive Committee may send an email to the appropriate email address listed below. It will automatically be forwarded to all members of that group who have an email address on record.

Messages to any of the email groups should pertain only to the management and operation of Leisure World trust properties, services, or activities. Please do not send emails to all three addresses, as there will be a duplication of recipients and will not result in a faster response to your question or comment. Messages pertaining to mutuals or anything else which Management, the Board of Directors, or Executive Committee does not control should also not be sent to these groups.

The group email addresses are:

- LWMC Management - management@lwmc.com
- LWCC Board of Directors - board@lwmc.com
- LWCC Executive Committee - excomm@lwmc.com

## April 17: AARP Smart Driver Course

The E&R Department is sponsoring an AARP Smart Driver Course on Monday, April 17, in Clubhouse I from 9:45 a.m.-3 p.m., with a one-hour break for lunch.

You must pre-register for the course, which is for residents only. Please bring your Leisure World ID. A check payable to AARP, \$15 for AARP members and \$20 for non-members, is required at the time of registration. (Please note: AARP members must show a current membership card to receive the AARP discount.) Register in the E&R Office in Clubhouse I. A limited number of spaces are still available, so plan to register soon.

Participants should bring their driver's license and a pen or pencil to the course. If you have any questions, contact the E&R Office in Clubhouse I at (301-598-1300).

## New Pharmacy Hours

Beginning on Monday, April 10, the pharmacy in the MedStar Health medical center is open from 9 a.m.-5 p.m.

The medical center is located at 3305 North Leisure World Boulevard, and the pharmacy is on the first floor, just inside the main entrance at the back of the building.

– Leisure World News

■ **Emergency Preparedness Advisory Committee**  
 ■ **Health Advisory Committee**

# April 26: Personal Preparedness and Injury Prevention Workshop

by Emily Geller

In the condensed-living environment of a retirement community, it's easy not to think about emergency preparedness. Yet we know that disasters, both natural (such as blizzards, hurricanes, floods, fires and tornados) and man-made (such as terrorism, lone shooters, or cyberattacks against our power grid) may still threaten us. For the safety of us all, every member of our community needs to be prepared for such emergencies.

On Wednesday, April 26, the Emergency Preparedness Advisory Committee and the Health Advisory Committee present an interactive workshop from 1-4 p.m. in the Clubhouse I Crystal Ballroom. Call the Clubhouse I E&R office at (301-598-1300) or stop by to make reservations. Each resident household may bring one family member as a guest.

Candice Covin, a disaster program manager for the American Red Cross, addresses all aspects of how residents should be prepared for a variety of emergency situations, including assembling an emergency kit and making shelter-in-place provisions.

She presents a Red Cross program tailored to seniors' needs. Covin is a former Army Staff Sgt. who was deployed in Kuwait, where she became impressed by efforts of the Red Cross to help families get in touch with deployed military service

members.

After she left the Army, she began volunteering and training with the Red Cross to become a disaster program specialist (and now manager), a job in which she has helped many families cope with loss from fires and other disasters.



Candice Covin, courtesy photo



Darlene Brownlee. Photo by Louis Paley

Darlene Brownlee, a Certified Registered Nurse Practitioner (CRNP) at MedStar Health Medical Center, discusses the hazards of falls and ways they might be prevented. Falls among older adults are a major health problem, according to the Centers for Disease Control and Prevention (CDC). More than a third of older adults fall each year, and fall rates increase sharply with advancing age. Fall-related injuries cause significant loss of life, disability, loss

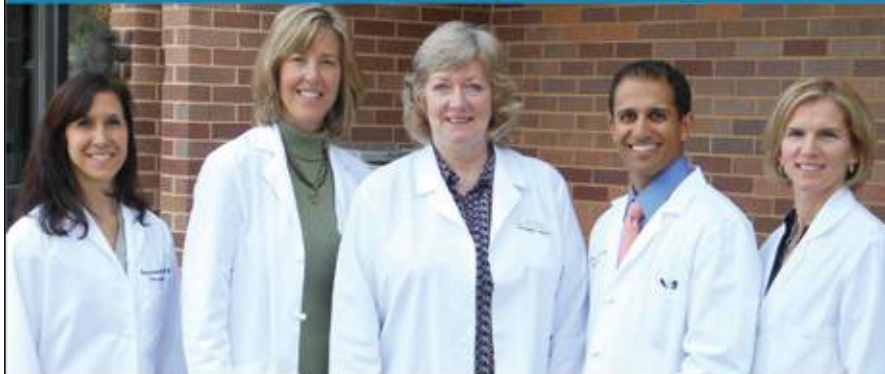
of independence and early admission to nursing homes.

Brownlee has 17 years of experience as a CRNP and is dually certified in adult and geriatric advance practice. Her career has been concentrated primarily in geriatric care, including extensive work in long-term care and senior clinics. Brownlee is also an adjunct professor at Bowie State University, where she teaches gerontology and advanced healthcare assessment skills to both undergraduate and graduate students.

Residents will have the opportunity to learn from experts, work in groups, have their questions answered, exchange ideas and share experiences with other residents.



*Hearing is one of the joys of life. Don't neglect it!*



From left: Kathryn A. Balestino-Estes, AuD., Cynthia Chrosniak, M.D., Jane Cooke, AuD., Nicholas Mehta, M.D., Heather Schwartzbauer, M.D.

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Drs. Chrosniak, Schwartzbauer and Mehta, M.D.

# The Do's and Don'ts of Using Free Wi-Fi

by Arthur N. Popper, Janina Sajka and Lee Jones

Leisure World management is working to provide residents with the ability to connect to the internet from their wireless devices throughout the community by adding more free Wi-Fi

connectivity in Trust buildings. To help residents protect their internet activity, the Special Information Technology Committee wants to provide guidance on the use of free Wi-Fi and internet security.

Free Wi-Fi is useful; however, it is critical for users to be very cautious when connecting to the internet. Caution also applies when using free Wi-Fi connections anywhere else, including those in coffee shops, stores and shopping malls.

Keep in mind that you should never use free Wi-Fi to conduct banking, financial or other sensitive business without first ensuring security of the connection to these business websites. Residents may safely use free Wi-Fi to explore the internet, exchange email, and anything that does not involve revealing any form of personal or confidential information, such as a Social Security number, birth-date or passwords.

## How Free Wi-Fi Can Be Hacked

Wi-Fi signals can be picked up by anyone with the right equipment before the signal gets to the router, the device that takes the Wi-Fi signal and sends it to the web. Hackers with nefarious intentions can monitor and “capture” data that a user is sending to the router and then use it for illegal purposes.

## Protecting Your Home

Safely using Wi-Fi at home is



The address in this webpage starts with https://, which indicates a secure link and that data to and from the site are encrypted. The little green lock icon to the left also indicates the site is secure. Screenshot by Leisure World News

also of great importance. Make sure your router/gateway has the latest encryption software, such as WPA2, and then set up password protection on the device so that your communication with the router is secure. If you get your router from your internet service provider (e.g., Comcast, Verizon) they are likely to automatically update the encryption software on the device.

You must install the password yourself, however. If you don't know how to do this, please ask a friend with expertise or call your provider's tech support. Make sure that your router password is complex so that hackers cannot figure it out easily. Once your device – computer or smartphone – connects to your router the first time, it will “remember” the password and you do not have to re-enter it.

## Using Secure Websites

Using a public or private Wi-Fi or wired Ethernet connection to the internet for credit, financial and banking transactions requires a secure connection to the website in addition to a secure connection to the router.

Thus, it is important when communicating confidential data to ensure the website is secure. Determine a website's security by observing the URL (the web address) in the address bar at the top of a webpage. The webpage is secure when you see https://, where “s” means “secure.” The connection provides authentication of the website and verifies that all the information transmitted to and from the site is encrypted and impossible for someone else to access.

In practice, this provides a reasonable guarantee that one is communicating with the intended website (as opposed to an imposter) and ensures that communications between the user and site cannot be read or forged by anyone else.

However, never trust a link to a website that you receive in an email. Hackers send out emails containing web addresses that may look the same as a site you trust, but with a tiny change that takes you to the site of the hacker, where he or she can steal your confidential information.

Some internet service providers (Google, Firefox, etc.) use a symbol of a closed padlock and the word “Secure” to show that the website is protected.

The Special Information Technology Committee is delighted that free Wi-Fi is more readily available in the community, because it enables smartphone users to limit paid data usage when in Trust buildings. However, residents must be cautious when connecting to any free Wi-Fi, with the understanding that “free” does not necessarily mean safe and secure. Residents should also take care at home to ensure their Wi-Fi router/gateway devices are protected with a password and that they provide WPA2 encryption protocol.



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# CLUBHOUSE GRILLE

*Happy Easter!*



Sunday, April 16th in the Crystal Ballroom  
\$25 plus tax and gratuity

*Our all-you-can-eat buffet will feature...*

- Tender Leg of Lamb
- Sliced Beef Tenderloin
- Fresh Broiled Salmon
- Mashed Sweet Potatoes
- Honey Glazed Carrots
- Roasted Brussels Sprouts
- Assorted Cakes and Pies
- Fresh Roasted Turkey
- Hand Carved Honey Ham
- Whipped Potatoes and Gravy
- Homemade Bread Stuffing
- Green Beans Almandine
- Fresh Seasonal Salad

*\*Reservations available for 12:30 p.m., 3:00 p.m., or 5:30 p.m.  
301-598-1330*

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## Mother's Day Brunch & Dinner

**BRUNCH** May 14th. Crystal Ballroom, 10 a.m.–3 p.m.  
\$22 plus tax and gratuity

- Scrambled Eggs
- Bacon & Sausage
- Fresh Fruit Display
- Assorted Danish & Muffins
- Corned Beef Hash
- Fresh Baked Biscuits and Gravy
- Ricotta Cheese Filled Blintzes with Toppings
- Broiled Fresh Salmon
- Chicken Marsala and Rice Pilaf
- Sliced Beef Tenderloin
- Homemade Cheese Grits
- Quiche
- Coffee, Teas and Juice
- and More...

**DINNER** May 14th. Clubhouse Grille, 4–10 p.m.

*All Entrees include a House Garden or Caesar Salad.*

- |   |   |
|---|---|
| Center Cut Filet Mignon.... \$24<br><i>whipped potatoes and vegetable</i>           | Grilled Lamb Chops ..... \$24<br><i>whipped potatoes and vegetable</i>    |
| Lobster Crab Cakes..... \$25<br><i>rice pilaf and vegetable</i>                     | Fresh Halibut ..... \$22<br><i>rice pilaf and vegetable</i>               |
| 10 oz Lobster Tail ..... \$29<br><i>wild rice and vegetable</i>                     | Grilled New York Strip..... \$21<br><i>whipped potatoes and vegetable</i> |
| Surf and Turf ..... \$28<br><i>petit filet &amp; 5 oz lobster tail or crab cake</i> | Chicken Chesapeake..... \$20<br><i>wild rice and vegetable</i>            |
|   | Stuffed Jumbo Shrimp ..... \$23<br><i>wild rice and vegetable</i>         |

*301-598-1330 for reservations*

Sunday: 9:30 a.m. – 8 p.m. | Monday – Tuesday: 9 a.m. – 8 p.m. | Wednesday – Saturday: 9 a.m. – 9 p.m.

For Stein and Terrace Room reservations, call 301-598-1331

# THOUGHTS & OPINIONS: *From Our Residents*

## A Few Things to Remember

- Relevance:** Make sure that your submission is relevant to the LW community as a whole and not to just one person, mutual, or organization.
- Respect:** Remember that your opinion is about ideas, not individuals, and please avoid personal attacks.
- Brevity:** Being concise will ensure that your opinion will have maximum impact.
- Accuracy:** Document all factual assertions. Opinions that are backed up with facts are more powerful, but only if the facts are accurate.
- Ownership:** All submissions are subject to editing but you will have the opportunity to approve the edits before publication.

*Opinions are strictly those of the writers*

## Swimming Pools Need Accessibility for Disabled Residents

I provide care for my husband, who has physical and mental disabilities and needs help with bathing, dressing and escorting. Water activities are very important for both of us, but accessing the LW pools is a very stressful experience for us, being of different genders.

Because the only entrances to the indoor pool are through the men's and women's locker rooms, we cannot go together without creating inconvenience for the other pool users. In addition, changing clothes before and after using the pool is a problem. Although there is a family restroom, it is not fully equipped for dressing and bathing – no showers, no non-skid floors mats, etc.

Getting into the outdoor pool is easy, but there is no family restroom at all. We utilize either the men's or women's facilities, but it creates inconvenience

for other pool users and puts us in a very uncomfortable position. I suspect there are a number of other residents who experience the same difficulties and, because of this, cannot fully enjoy what LW has to offer.

We would be most appreciative if, during the current renovations in both clubhouses, adequate changes could be considered that would solve our problem. That way, all LW residents – including those whose caregiver is of a different gender – could enjoy the health benefits of our beautiful swimming pools.

– Svitlana Novikova

## Comcast Service: All's Well that Ends Well

I am quite happy with the Comcast service that I get in my residence. The \$31 per month I pay as part of my Community Facilities Fee for bulk Comcast TV service is a very good deal. With a background in science,

engineering and technology, I might have an advantage in being able to understand some details that the average LW resident might not be aware of. To understand what the average person goes through, I was invited to a residence for a Comcast service call.

The resident was using her Comcast telephone to speak to her doctor and the call failed three times. She's had problems with Comcast service for many years, so she called Comcast to schedule a service call and she invited me to advise. The Comcast team, a supervisor, and two technicians worked for a little over three hours. They found that the coaxial cable from the wall had been previously damaged by a staple when fixed a long time ago. They replaced the coaxial wiring and I'm happy to report that, so far, there have been no more problems with the telephone calls within the United States.

With all this Comcast talent available I suggested she ask for more. Because she was paying for broadband service, she qualified for an Xfinity X1 box with a voice controlled remote for free, and it was done. However, after Comcast left, I noticed that the X1 box (in the living room) was not programmed to deliver the proper signal to the TV. I confirmed this and programmed the unit to deliver 16:9 1080p60 HD service. That night, she found that the TV in the bedroom was only delivering Standard Definition service. After multiple phone calls and a visit of another technician, the problem was fixed remotely four days later, but there was no notification. She just noticed that it been done.

Two weeks later she told me that the picture froze on her X1

TV – she could change channels and the sound changed, but the picture stayed the same. (The problem is a little bit like when the computer operating system locks up and we reset the operating system with a *control, alt, delete.*) The best way to fix this: Using your voice controlled remote, press the Xfinity button, go to “settings” on the far right, then press “device,” then “power preferences” and select “restart.” It takes five or 10 minutes to reload the operating system.

I have suggested to Comcast that the technicians receive a written checklist applicable to all LW residents, so that residents who wish to can receive the full service for which we pay \$31 a month.

– Jim Owen

## Influencing Decisions in Leisure World

For residents who feel the members of the LWCC board of directors are not listening to you, here are some suggestions that might help:

1. Talk to your mutual's representative on the LW board. You can call (301-598-1000) to get their name and check the LW directory to get addresses and phone numbers. You can call or write or ask for in-person meetings to express your opinions, and it's their job to listen to you. You can also talk with others on the LW board. Although you are from a different mutual, they might be interested in your opinions if you present them politely and with facts to back them up.

2. If your representatives on the LW board say it's too

➤ continued on page 15

## Submitting an Item to Thoughts & Opinions

1. Submissions must be emailed to [aclwn@lwmc.com](mailto:aclwn@lwmc.com) or delivered to the LW News Office.
2. Receipt of submissions will be confirmed by email or telephone.
3. Submissions must state the writer's name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer's name.
4. LW News cannot guarantee when or if a submission will be published.
5. See LW News Guidelines and Board Standing Rules at [lwmc.com](http://lwmc.com).

late to stop something, you can tell them that is inaccurate. The LW board has the ability, for example, to rescind its past decision to build a new Administration Building, to rescind its vote not to do an engineering study of the current building, and anything else they have voted on in the past. You and/or

your representative can consult Robert's Rules of Order to find out what a member of a group can do, or you can consult with the president of the Maryland Association of Parliamentarians (me). I have prepared a summary of Robert's Rules geared toward LW that I'd be happy to share.

## Residents' Forum has a New Name and Look

by the Leisure World News Advisory Committee

Residents' Forum has just celebrated its five-year anniversary, and we are giving it a makeover. From now on, it will be called Thoughts & Opinions to better express its purpose. While we are pleased to have attracted approximately 50 submissions per year, we hope to hear from even more residents in the future.

In addition to celebrating five years of letters, an important stimulus for the makeover was the response in the recent Leisure World News survey from readers strongly supporting inclusion of residents' opinions in the newspaper and emphasizing that this section be by and for residents.

### Express Your Opinions

The Thoughts & Opinions section is a conduit for residents' voices. We strongly encourage both positive and negative opinions that foster innovative ideas and discussion about our community.

While the LW News guidelines have not changed, we've changed the way they are presented. We hope you'll agree that the new presentation is clearer, more concise and more "user-friendly."

Thoughts & Opinions submissions will almost always be published. However, some are actually more appropriate as a news item, a feature or club article, or even a classified ad. In those cases, with the writer's approval, we submit the item for consideration in the appropriate section of the newspaper.

### Items of General Interest

We encourage submissions on anything pertinent to the

Leisure World community as a whole. See "A Few Things to Remember" on page 14 for more information. The possibilities are seemingly limitless; praise, criticism, a different perspective, or more information about a decision, action, or inaction by the LWCC board of directors or its committees, LWMC management, contractors or consultants, a new idea or a new twist on an old idea are all welcome.

Also, you might have an opinion about something you read in a previous edition of Leisure World News. In fact, as long as you write about an idea and not an individual, almost any Leisure World community issue is suitable.

### Processing Your Submission

It might be helpful to outline the process for submitting an item to Thoughts & Opinions. Once a submission is emailed to (aclwn@lwmc.com) or delivered to the LW News office, the LW News Advisory Committee chair contacts the submitter to acknowledge receipt and sends it to the Thoughts & Opinions subcommittee. The subcommittee then reviews it, makes editing suggestions and responds to the writer. The writer, in turn, approves the edits, if any, or makes additional changes. Only when there has been full agreement on the wording is the item sent to the Leisure World News editor for publication.

We want residents' voices to be heard and will work with you to present your thoughts with as much impact as possible. We also welcome ideas that will make the Thoughts & Opinions section more effective. Let's make the next five years even more successful than the last!

3. If you don't like what your LW board representative is doing, check your mutual bylaws and speak to your mutual board. They usually have the right to remove your current mutual representative and appoint someone else to serve on the LW board at any time. Of course, they may be reluctant to do that, but you have the right to ask, and you have the right to get others in your mutual to join you by attending board meetings and supporting your request. Remember that all LW board members are required to exercise fiduciary duty. That means that he or she must act in the best interests of all the people in LW, not necessarily your own mutual.

4. If you're not satisfied with your mutual board's actions, again check your bylaws to see if you have the right to remove mutual board members. Usually you don't. Still, you can go to mutual and LW board meetings over and over, and call and write over and over, to express your opinions. But remember, it's important that you always be polite, concise, and completely accurate with your facts.

5. If you yell or insult people, you might as well give up trying to convince them of anything. Would you be persuaded by someone who yells and insults you? On the other hand, if you are polite, do your homework, present facts on paper, and try to work with others cooperatively, you might very well convince your representatives to change their minds. You might want to avoid tying yourself to others who have a bad reputation based on their past actions. I realize sometimes you may feel the need to get excited. I do too. But if you want to be effective, it's best to try to always be calm and courteous. Let your facts speak for themselves.

6. Most importantly, you can consider running to be a member of your mutual board, and then to be your mutual's representative on the LW board. You can then be the decision-maker, hopefully making LW better. And you can try to convince like-thinking residents in other mutuals to do the same. If enough people do this, you will completely change the LW board.

— Paul M. Bessel

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# EVENTS & Entertainment

## ■ The Inter-Faith Chapel

### April 9: Atlantic String Quartet

by Bonnie Bonner

**A**tlantic String Quartet performs on Sunday, April 9, at 3 p.m. at The Inter-Faith Chapel.

Founded in 1995, the quartet has established itself as one of the most prominent chamber music ensembles in the Baltimore-Washington, D.C., area. The quartet has appeared at major chamber music series in the region, including the Music at the Mansion at Strathmore in Bethesda and Sundays at Three chamber music series in Columbia, Maryland. All four musicians are members of the Baltimore Symphony Orchestra (BSO) and have performed as soloists with the BSO and other American orchestras.

The quartet has enjoyed wonderfully enthusiastic reviews. The Baltimore Sun



The Atlantic String Quartet. Photo by Bo Li

stated that their work is “taut and atmospheric” with “considerable richness.” The Washington Post praised the group, noting that they “share a sense of the explosive.” The Frederick Gazette said, “Their performance was a study in ferocity, as they drenched the listener in splashes of exquisite color.”

All are welcome to enjoy this free concert, and a voluntary donation will be collected to support the Inter-Faith Concert Series. Refreshments will be served following the concert.

## ■ Ballroom Dance Club

### April 22: Dance with the Tony Luciano Band

by Joyce Hendrix

**T**he musical trio playing for the Saturday, April 22, dance is the Tony Luciano Band, second place winner in our Name Your Favorite Dance Bands 2016 Leisure World poll.

An accordionist since age eight, Luciano joined his first band, The Exceptions, at age 18, performing with them for almost 10 years. His next band, The Coachmen, was together for 17 years.

Since then, he has played solo on the keyboards, as a duo with Fritz Freter, or as a trio, with Fritz on drums and Norman Seifert on guitar. The Ballroom Dance Club dancers have been dancing to the music of the Tony Luciano Band for almost 20 years.

We hope to see you at our April 22 dance in the Clubhouse I Crystal Ballroom. The music begins at 7:30 p.m.

and continues until 10:30 p.m. The suggested dress is dressy for the ladies, with jackets and ties for the gentlemen.

Irmgard Patrick is taking your phone reservations at (301-598-2984). Admittance price for members is the usual \$10 per person, with guest admittance at \$15 per person. If you haven't paid your annual membership of \$10, we are still accepting new or renewal memberships.

When the Ballroom Dance Club was founded in 1972, the founding members determined that the young and growing community should have a ballroom dance club with live bands playing strict ballroom tempo music, at least once a month. The Club is alive and well, 45 years later, and we are inviting all of the resident ballroom dancers, their guests and friends to come check us out. If you haven't been attending our dances, it's time!

## ■ Education and Recreation Department

### April 22: Brian Choper Jazz Project Celebrates Sinatra

**T**he swing jazz ensemble Brian Choper Jazz Project with Peter Cannella comes to Leisure World on Saturday, April 22, at 7 p.m. in the Clubhouse II auditorium. The ensemble concert is a tribute to Frank Sinatra entitled, «Our Way: Celebrating the Music of Frank Sinatra» and includes many of the great legend's most popular songs.

The band is led by veteran drummer Brian Choper, who was mentored by legendary

jazz drummer Buddy Rich, and features tenor Peter Cannella. While Cannella performs in the style and manner of Sinatra, he also adds his

own interpretation to such classics as “Georgia.” The band also features other talented musicians, including a dynamic horn section, which recreates the classic sound and mood of Sinatra's music.

For more information, pictures and video for the ensemble, visit ([www.bigshotrecords.com/about-choper-jazz-project-features-peter-cannella](http://www.bigshotrecords.com/about-choper-jazz-project-features-peter-cannella)).

The event is co-sponsored by the Foundation of Leisure World and the E&R Department. Tickets are \$10 per person and are on sale in both clubhouse E&R offices.

The Foundation of Leisure World is a 501(c)3 organization that was established for charitable, health, educational

and cultural purposes. Contributions to the Foundation may be claimed as deductions on income tax returns to the extent permitted by law.



The Brian Choper Jazz Project ensemble, courtesy photo



## Coming in 2017

The E&R Department is pleased to provide the following programs.

April 22, 7 p.m.	Brian Choper Jazz Project, Tribute to Frank Sinatra
April 28, 11 a.m.	St. John's Episcopal School Student Performance
May 6, 7:30 p.m.	Greg Harrison Jazz Band and Dance
May 28, 4:30 p.m.	Duke Ellington School of Arts Student Performance
May 30, 1:30 p.m.	Steven Friedman: Broadway Musicals That Have Faded
June 8, 7 p.m.	Jose Sacin Trio, opera
June 30, 7 p.m.	Eunbi Kim, pianist

Watch Leisure World News for more information on these and other upcoming programs throughout the year.

### Education and Recreation Department

## April 22: Spring Flea Market Returns

Join your friends and fellow residents on Saturday, April 22, from 9:30 a.m.-2 p.m. in the Clubhouse I Crystal Ballroom and Maryland Room for the semi-annual Leisure World Flea Market.

Sign up for market space in the E&R office in Clubhouse I through Friday, April 14 or until space is filled. Market space is still available in the Maryland Room. Residents only are eligible to rent vendor space at the market and a resident must be present at the table at all times.

To accommodate the greatest number of residents and groups, space is limited to a maximum of 12 feet of space (the equivalent of two 3x6 tables or one 3x6 table and one rack) per rental. Tables can be rented at \$9 for 3x3 and \$18 for 3x6. One chair is provided for a 3x3 table, and two for a 3x6 table. The fee for extra chairs is \$1 each. A limited number of clothing racks are available to rent for \$10 each.

Payment can be made by check, payable to Leisure World of Maryland Corporation, or by MasterCard, Discover or Visa.

Tables, chairs or racks cannot be brought into the sale. (Display racks that fit on top of rented tables are

okay). Merchandise may not be placed on chairs, next to or in front of tables and racks. Space is limited. Placing items around the rented space impedes traffic and is a major safety concern and therefore will not be tolerated.

Beginning Saturday, April 22, at 7:30 a.m., numbers will be given out to flea market vendors who want help bringing merchandise into the clubhouse. Market vendors may begin bringing in their merchandise at 8 a.m. The market will open to the general public at 9:30 a.m.

Keep in mind that clothing offered for sale at the market must be clean and in good condition. Vendors are reminded that they must remove all unsold merchandise and debris (boxes, hangers, wrapping materials, etc.) when they leave.

Individuals and organizations are responsible for the collection and payment of sales tax. You may obtain this sales tax license at the Maryland State Department of Taxation in the Wheaton Plaza Office Building.

Remember, the items you are willing to part with may be your neighbor's sought after treasures. Join us for a fun-filled day!

### Education and Recreation Department

## April 28: OASIS Musical Theater and Jazz Ensembles

On Friday, April 28, at 11 a.m. in the Clubhouse I Crystal Ballroom, students from St. John's Episcopal School make a joyful return to Leisure World with performances by the OASIS Musical Theater Ensemble and the Jazz Ensemble.

OASIS students will present the medley they recently performed in concert at Disney World. It includes solos, ensemble pieces and choreography.

The Jazz Ensemble will play a variety of musical styles, opening with Bruno Mars' "Uptown Funk." And for those of you who just love the music of the 80's, the ensemble will play Toto's "Africa" with help from students in the Instrumental Music program and OASIS Musical Theater. Instrumental soloists will play music in swing and jazz styles.

The concert concludes with a joint performance of the OASIS Musical Theater singers and the Jazz Ensemble. The finale, "America, the Beautiful," is set in a slow gospel style reminiscent of the great Ray Charles.

The concert also features a display of student art that will be entered in the Fine Arts category for the Maryland Area Episcopal School Association Fair, a regional competition for Episcopal schools.

Located in nearby Olney, Maryland, St. John's Episcopal School has celebrated diversity and academic excellence and has graduated students of character for over 50 years.

This performance is free but tickets are required, up to two per household. They are available in both clubhouse E&R offices. Please bring your Leisure World ID.



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# May 4: Fashion Show and Luncheon to Benefit Holy Cross Hospital

The Lunch Bunch is sponsoring a fashion show and luncheon on Thursday, May 4, to benefit Holy Cross Hospital in Silver Spring. At noon in the Clubhouse I Crystal Ballroom, you can enjoy lunch with your friends while viewing the latest fashions by Chico's. Doors open at 11:30 a.m.

All residents are welcome to join us in this fundraiser for the hospital. The fashion show and luncheon cost is \$25. Lunch includes chicken, shrimp and pasta salad, with a beverage and dessert.

For reservations, call Marcie

Goldman at (301-570-3540) or Tina Tiffany at (301-774-0627).

The Lunch Bunch was formed in 2013 by a group of friends who live in Leisure World and enjoy getting together. We meet on the third Tuesday of the month and take turns selecting a restaurant. There are no dues; each member pays for her own meal. We are always looking for new members who would enjoy having a pleasant lunch amid warm camaraderie.

For more information, call Betty Altmann, chairman, at (301-598-1846).

— Barbara Bynum

## Education and Recreation Department

# May 6: Greg Harrison Jazz Band

For your listening and dancing pleasure, the E&R Department brings The Greg Harrison Jazz Band to Leisure World on Saturday night, May 6, at 7:30 p.m. This evening of music will include light fare and a cash bar.

The Greg Harrison Jazz Band has performed extensively in the D.C. metro area, playing standard jazz tunes in a swing jazz format based on the small bands of

the '20s, '30s, and '40s. The band was founded and is led by clarinetist Greg Harrison, who was mentored by the incomparable Pete Fountain.

When he was 25, Harrison met Fountain and his band and fell in love with Fountain's clarinet sound and style. That meeting led to a lifetime friendship. Harrison performed with Fountain at the Hilton Jazz Club in New Orleans, Louisiana and at the Casino Magic in Bay St. Louis, Mississippi on numerous occasions. In August 2016, Harrison walked along and performed in Fountain's funeral procession.

Harrison, backed by his band, continues to emulate Fountain's clarinet sound and style.

Tickets for this event are \$15 per person. They go on sale in both clubhouse E&R offices on Tuesday, April 11, at 8:30 a.m. Please bring your Leisure World ID.



Greg Harrison, courtesy photo

## Lions Club of Leisure World

# May 7: Gospel Concert

The Chosen Vessels, a hometown gospel group, is back by popular demand to "Lift Your Spirit with Gospel Music" on Sunday, May 7, from 5-8 p.m. in the Clubhouse I Crystal Ballroom.

Invite your family and friends to join us for a wonderful evening of gospel music when The Chosen Vessels fill the room with their harmonious, rich voices.

Tickets for this event, \$20 per person, are on sale beginning Tuesday, April 11, in the Clubhouse I E&R office. Make your check payable to LW Lions. All receipts benefit the Lions Club's vision, hearing and youth care programs.



The Chosen Vessels. Photo by Arthur Hooker

## Fireside Forum

# May 7: 'The Babe Ruth Deception'

At a Fireside Forum on Sunday, May 7, at 2:30 p.m. in the Clubhouse II auditorium, author David O. Stewart discusses his latest book on the mystery surrounding Babe Ruth's 1918 World Series win for the Boston Red Sox. He will explore the corruption of the 1920s, with bootleggers flouting prohibition, and the Black Sox scandal, which tarnished the great American ballgame.

Stewart is a lawyer who graduated from Yale College and Yale Law School. He has argued before juries and the U.S. Supreme Court, and has written for the American Bar Association Journal, the Washington Post, History News Network, and American Heritage.

As an author, he has written several historical narratives. His books include "Madison's Gift: Five Partnerships That Built America," "The Lincoln Deception" (about the John Wilkes Booth conspiracy), and in 2016, "The Babe Ruth Deception."

Stu Lillard is the host for the speaker.



David O. Stewart, courtesy photo

— Jonas Weiss

■ Arts In Motion (AIM)

# May 12: Jazz Master Fred Foss Returns to Café AIM



Fred Foss, courtesy photo

by York Van Nixon III

With the advent of “bebop,” jazz became more about the mastery of the player over his instrument than the vibrato of the vocalist.

After musicians like John Birks “Dizzy” Gillespie and Charlie “Bird” Parker revolted against the confines of scored performances in big bands, they wrote music with undanceable tempos and chord progressions eclipsing human vocal ability. The result elevated jazz to American classical music.

### Next Performance

On Friday, May 12, Arts In Motion’s favorite jazz master returns to Café AIM. Saxophonist and flutist Fred Foss promises to deliver another evening of music rivaling other venues at any price.

Tickets, \$20 apiece, go on sale Monday, April 17, in the Clubhouse I E&R office. The price includes hors d’oeuvres and snacks. Cocktails begin at 6 p.m., and the show starts at 7 p.m.

To join or view upcoming shows, visit our website at (AimArts.net).



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When paying for programs or events sponsored by Leisure World clubs and organizations, payment can only be made by check, payable to that club or organization.



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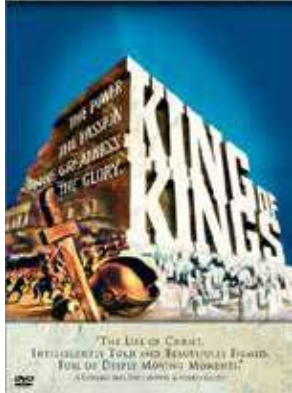
■ **The Inter-Faith Chapel**

# April 12: 'King of Kings'

All residents, families and friends are invited to view "King of Kings" (1961, 2 hours 45 minutes, religious drama, rated PG-13 for some violent content) at The Inter-Faith Chapel on Wednesday, April 12, at 1 p.m. There is no charge and tickets are not required.

This 1961 Biblical epic depicts Jesus' life from his birth in Bethlehem through his baptism, miracles, and, finally, crucifixion and resurrection. Filmed on a grand scale, "King of Kings" shows the effect of Jesus' teaching on those he met. Jesus was respected and reviled, emulated and accused, beloved and betrayed and then put to death.

— Bonnie Bonner



■ **Jewish Residents of Leisure World**

# April 27: 'The Women's Balcony'

On Thursday, April 27, Jewish Residents of Leisure World (JRLW) screen the movie "The Women's Balcony," (2016, 1 hour 36 minutes, comedy/drama, unrated) at 1:30 p.m. in the Clubhouse II auditorium. The film is a good-humored tale of women speaking truth to power and was the number one grossing film in Israel in 2016.

When the women's balcony in an Orthodox Jerusalem synagogue collapses during a bar mitzvah celebration, the congregation goes into crisis. The young and charismatic Rabbi David appears to be a savior after the accident, but slowly starts pushing his fundamentalist ways and tries to take control. This severely tests the women's friendships and creates an almost

Lysistrata-type rift between the community's women and men.

Featuring some of Israel's top women comics, this rousing, good-natured tale is a poignant portrait of a modern Orthodox community whose unity is imperiled by an arrogant interloper. Emil Ben Shimon's debut is at once a rebellious and comical feminist narrative about finding the path to happiness and the subjectivity of righteousness.

Tickets are \$7 per person, checks only, payable to JRLW and go on sale Tuesday, April 11, at 8:30 a.m. in the Clubhouse I E&R office. The movie is co-sponsored by the JRLW and the Bender Jewish Community Center of Greater Washington's Coming of Age Program.

— David Firestone



■ **LW Green**

# April 30: Environmental Film Festival

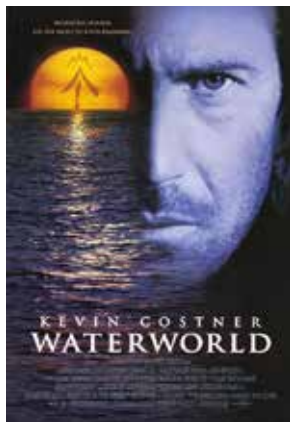
In celebration of Earth Day, LW Green presents an Environmental Film Festival on Sunday, April 30, from noon-6 p.m. in Clubhouse I.

Movies that attendees can watch include "Symphony of the Soil," a 2012 film that examines humans' relationship with soil, "Racing to Zero," a 2015 documentary about efforts to eliminate all refuse going to landfills, and "Waterworld," a 1995 feature film with a strong environmental message, starring Kevin Costner.

The group also presents a film of particular interest to gardeners and a special live presentation on recycling by Carol Ritz, representing former Vice President Al Gore's Climate Reality Project.

Join us for a day of films, fun and education! Admission is free.

— Harry Stoffer



■ **Education and Recreation Department**

## Sunday Afternoon at the Movies

# April 30: 'My Big Fat Greek Wedding 2'

The E&R Department is pleased to present "Sunday Afternoon at the Movies." Films are shown at 2 p.m. in the Clubhouse II auditorium. On Sunday, April 30, the featured film is "My Big Fat Greek Wedding 2" (2016, 1 hour 34 minutes, comedy/family/romance, PG-13 for some suggestive material).

Free tickets, limit two per person, are required and can be obtained from the E&R office in either Clubhouse I or II, beginning Tuesday, April 11, at 8:30 a.m. Please bring your Leisure World ID.

In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos

clan—and with it comes a new assortment of family crises and secrets.

Nia Vardalos (Toula), John Corbet (Ian), Michael Constantine (Guy Portokalos) and Lainie

Kazan (Maria Portokalos), among others, reprise their roles from the 2002 production. Toula and Ian's daughter Paris is portrayed by Elena Kampouris.

Sunday movie screenings are for your enjoyment; there is no charge. Be sure to pick up your ticket(s) in advance if you plan to attend. Please note that no one will be seated after 2 p.m.

Donations to help cover the expenses associated with the presentations are gratefully accepted. A basket will be available for your contribution.



## 2017 Movie Schedule

Sponsored by the E&R Department

Movies are FREE and shown for your enjoyment in the Clubhouse II Auditorium. Please pick up your tickets (limit two per person) on the date indicated below at either Clubhouse I or II. Please bring your Leisure World ID and remember tickets can go fast.

Show Date & Time	Movie	Tickets Available
April 13, 1 p.m.	Miracles from Heaven	NOW
April 30, 2 p.m.	My Big Fat Greek Wedding 2	April 11
May 25, 1 p.m.	Mr. Church	May 9
June 11, 2 p.m.	Spotlight	May 23
June 29, 1 p.m.	The Light Between Oceans	June 6
July 20, 1 p.m.	Me Before You	June 20
July 30, 2 p.m.	Love and Friendship	July 7

Movies are subject to change.

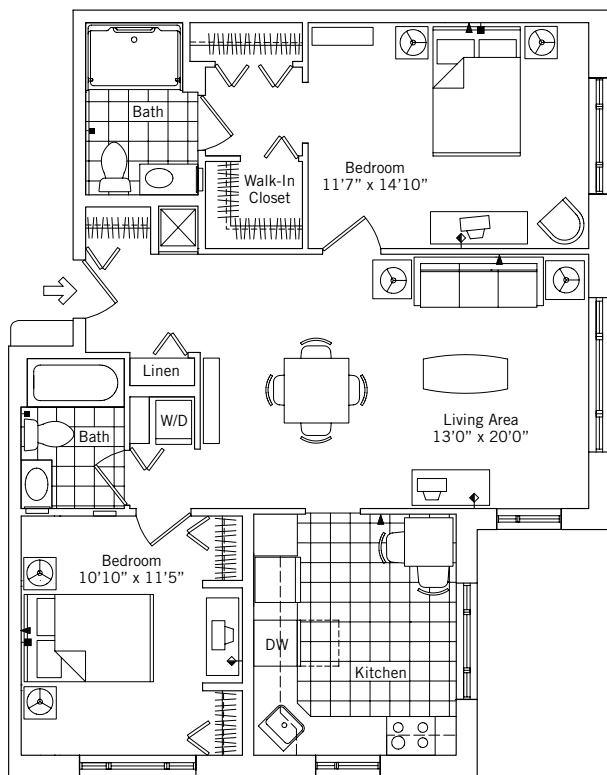
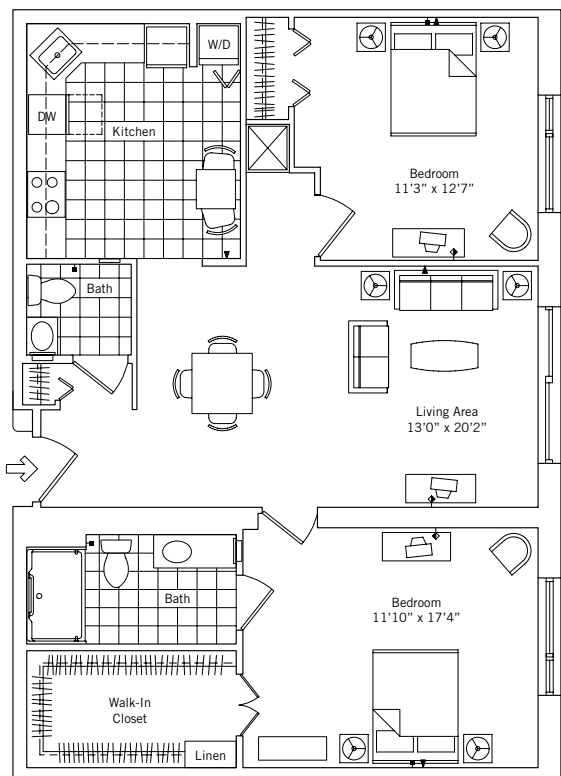
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# HEALTH & Fitness

## ■ Parkinson's Support Group

### April 11: Traveling with Mobility Limitations

by Ray Weil

**P**arkinson's Support Group meets on Tuesday, April 11, at 3 p.m. in Clubhouse II.

The featured speaker at the meeting is travel consultant Andy Lunt, who specializes in helping seniors with mobility and other limitations experience enriching, life-changing travel.

A major part of his focus is working with retirement and continuing care communities. He regularly travels with such groups to ensure a high quality, enriching experience for seniors with mobility and other issues.

His presentation covers such topics as the types of travel that are best for those with physical and other limitations, what travel suppliers can do to make it easier for seniors to travel, support for planning and enjoying travel, and how travelling in groups with mixed capabilities, such as families, friends and affinity

groups, can be planned and carried out.

Lunt has 15 years of experience as a travel agent, after serving more than 40 years as a United Methodist pastor. He attended the U.S. Naval Academy, Drew Theological Seminary, completed graduate work at Oxford University and holds a doctorate degree in communications from the University of Maryland.

He finds a kinship between his two principal vocational pursuits – religion and travel – in helping people find life-enriching and fulfilling experiences.

As is our usual practice, a business meeting and open discussion will follow the main presentations, allowing members to raise topics of interest and discuss their own experiences with Parkinson's disease. And, as always, the entire meeting is open to all.

For further information, contact Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

## ■ Health Advisory Committee

### April 27: Alzheimer's Workshop

by Sandra McLeskey, RN, PhD

**H**ow many times have you lost your car in the Administration Building parking lot? Are your car keys always hiding from you? Do you have trouble remembering people's names?

These experiences are commonplace and happen to everyone at one time or another. But as we get older, the nagging fear of Alzheimer's disease gives them new importance.

The Health Advisory Committee sponsors a presentation by Lindsey Vajpeyi of the Alzheimer's Association on Thursday, April 27, from 10 a.m.-noon in Clubhouse I.

As many as 5.3 million Americans are living with Alzheimer's disease, a figure that is expected to grow to as many as 16 million by 2050. Everyone with a brain

is at risk for Alzheimer's disease or other dementia, but people age 65 and older are the most frequent victims, according to the Alzheimer's Association. As many of us know, our memories get worse as we age. How can we figure out what is normal aging, and what is Alzheimer's disease?

During this presentation, Vajpeyi will give a basic overview of Alzheimer's disease, discuss the 10 warning signs, risk factors, what is involved in getting a diagnosis, the benefits of early detection, planning for the future and participating in clinical trials. Audience discussion and participation is encouraged.

The size of the audience is limited. Free tickets are available at the E&R office in Clubhouse I starting Tuesday, April 11, at 8:30 a.m.

## ■ Education and Recreation Department

### May 12: Community Spring Walk

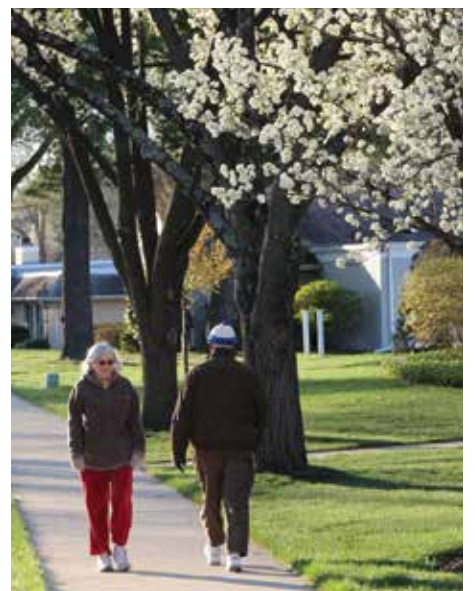
**W**alking is good for you! Friday, May 12, is the date of the semi-annual walkathon in Leisure World sponsored by the E&R Department.

Walkers will assemble in Clubhouse I's Crystal Ballroom at 8 a.m. for a pre-walk stretch and warm-up led by Jate, a personal trainer at the Fitness Center and star of the "Daily Stretches Before and After Exercising" handout available to residents. The group will then depart to walk the 3.2-mile perimeter road of Leisure

World. To register, please stop by the E&R office at Clubhouse I starting at 8:30 a.m., on Tuesday, April 11. The fee is \$1.

A water station will be set up at the halfway mark and the Amateur Radio Club will accompany walkers to assist if needed. The E&R Department will provide healthy refreshments (and a few treats) in Clubhouse I after the walk.

Gather a group of friends or come meet some new ones. Join your friends and neighbors for this healthy social event; sign up today!



## ■ Stroke Support Group

### April 12: Rapid Stroke Response Speaker

by Sally MacDonald

**T**he Stroke Support Group will have a multi-talented speaker at our next meeting on Wednesday, April 12, at 1:30 p.m. in Clubhouse II.

Nicki Miskell is a registered nurse in the emergency department at MedStar Montgomery Medical Center working with rapid stroke response, and has served in various stroke units. She is also a former firefighter.

She is ready to talk about stroke prevention, education, care, risks, medicines and ER procedures, and will take questions from the group.

All are welcome at our meetings, to hear, ask and learn about stroke-related issues. Our last speakers from Knowles Apothecary in Bethesda shared extensive information about the use of supplements with or in place of medicines, and possible deliveries to Leisure World. We expect to have them back!

# Advance Medical Planning: Making Your Wishes Known

by Mary Ann Johnston

The next meeting of the Patients Rights Council of Leisure World is Wednesday, April 12, at 1:30 p.m. in Clubhouse I. The speaker, Dr. Ashlei Lowery, has been the medical director of palliative care at MedStar Montgomery Medical Center since 2015.

Her presentation will teach attendees about medical advance directives, including the basics of a healthcare proxy or medical power of attorney. The goal is to increase awareness and understanding of the importance of advance medical planning.

Lowery is a board certified medicine and palliative medicine physician. She completed her residency and fellowship at the Texas Health Science Center at San Antonio. All residents and guests are invited to attend this informative presentation.

## Health Expo

The Patients Rights Council of Leisure World will have a table at the Health and Wellness Expo. We will also purchase materials to hand out at the Expo, and our treasurer is pleased to accept 2017 dues of \$10 per year at the meeting.

## March Meeting

Deacon William Heineman from Our Lady of Grace Catholic Church spoke at our March meeting. He talked about the value of life, and what it can be like when nearing the end of life in a society where physician-assisted suicide is an option.

During his diaconal formation, Deacon Heineman ministered to people who were hospitalized. He also supported elderly family, friends, and people he visited in the hospital as they dealt with difficult life and end-of-life issues. The seriously ill need more care and assistance, and palliative care and hospice can offer that help.

members in March. The purposes of the organization are now to educate residents on end of life issues and to be active in efforts to defeat legislation enabling physician-assisted suicide. The latter more accurately defines our role and replaces “oppose attempts to legalize physician-assisted suicide.”

## Who We Are

Our group believes that there are many dangers in the way current assisted-suicide laws are written, without providing adequate protection from abuse. We believe that laws must protect people who want to live. It is necessary to make our wishes known before approaching the end of life, and these wishes need protection.

## Updated Bylaws

Revisions to the bylaws of the Patients Rights Council of Leisure World were presented to club

## ■ Low Vision Support Group

# April 12: The Latest in Low Vision Tech

by Joan Guberman

Sharon Payne shows us the latest in low-vision wizardry at the Wednesday, April 12, meeting of the Low Vision Support Group at 1 p.m. in Clubhouse I.

Payne, a certified low vision therapist, demonstrates OrCam and similar assistive technologies that read items you select into an ear bud attached to your glasses. Payne also discusses other easy modifications you can make to stay independent. Join us for an informative, high-energy presentation.

useful information, BISM staff members discuss other free classes that might be offered at Leisure World, such as expanded sessions on independent home living and new adaptive technologies.

The workshop is open to the first 20 people who apply. Pick up and submit your applications in the Clubhouse I E&R office. Apply early, before the 20 seats are taken, beginning on Tuesday, April 11.



## May Meeting and Summer Break

Adrienne Wiseman, D.O., speaks about the critical importance of dilated eye exams at our meeting on Wednesday, May 10, at 1 p.m. in Clubhouse I. Please join us to learn more about what this eye exam reveals.

There are no meetings in June through August while the Group takes a summer vacation. Meetings resume in September with a presentation by Dr. Reshma Katira of The Retina Group of Washington.

## May 3: Free Workshop

Pick up more tips about staying independent at a free workshop on Wednesday, May 3, from 9:30 a.m.-1 p.m. in Clubhouse II by Blind Industries and Services of Maryland (BISM).

The workshop includes time for participants to make their own light lunches using ingredients provided by BISM at no charge. In addition to providing lots of

# Memory Café is Coming to Leisure World

Alzheimer's Association Memory Cafés are a fun, relaxed way for people living with early-stage memory loss to get connected with one another. A number of Memory Cafés meet in Montgomery County, and one will be starting soon at Leisure World.

If interested, contact Lindsey Vajpeyi at (240-428-1342) or (lvajpeyi@alz.org).

– Health Advisory Committee

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## ■ Health Advisory Committee

# April 29: Prescription Drug Take Back Day at MedStar Pharmacy

by Mary Wells

Leisure World has been designated as an official site for National Prescription Drug Take Back Day on Saturday, April 29, from 10 a.m.-2 p.m. at the MedStar Health medical center pharmacy.

On that day, residents may bring their discontinued, outdated or unused medications to the pharmacy to safely

dispose of them. Medications that have been discontinued, outdated or unused for long periods of time can pose a significant health hazard if ingested by accident or misused.

The disposal service is free and anonymous, with no questions asked. Keep in mind that needles, sharps, asthma inhalers and illicit drugs are not accepted at the drop-off location.

The Health Advisory

Committee and MedStar pharmacy are working with the Montgomery County Health and Human Services Department and the Montgomery County Police Department to implement this program at Leisure World for the convenience of our residents, and the community is being sanctioned as an official site for the safe disposal of medications.

The National Drug Enforcement Agency implemented a

National Prescription Drug Take Back Day in 2010. Each year, two days are designated as drug take back days, one in April and one in October.

Members of the pharmacy staff, Health Advisory Committee and an officer from the Montgomery County Police Department will be in attendance during the collection. Police will transport the collected medications to an authorized disposal facility.

## ■ FISH (Friends in Sickness and Health)

# May 10: Annual Meeting

by Beth Leanza

FISH holds its annual meeting on Wednesday, May 10, from 12:30-2:30 p.m. in Clubhouse II. Current volunteers and those thinking of joining are encouraged to attend. Former volunteers are also welcome.

Come mingle with fellow volunteers over a light lunch. RSVP to Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com) by Monday, May 8, if you are attending.

### Club Information

The mission of FISH is to lend donated, assistive equipment to residents and employees. We lend wheelchairs, walkers, commodes, tub stools and elevated toilet seats. We try to check all donations to make sure they are safe to

use. If you have a therapist, it is a great idea to have her or him check out the equipment, too. We also strongly urge borrowers to clean it before use, and before its returned.

FISH suggests a one to three-month loan period. However, we do not seek out equipment that is kept for longer periods. If you want to keep an item permanently, please contact FISH president, Beth Leanza, at (301-598-4569).

### Lost and Found

If you have mislaid something such as keys or clothing, check out the lost and found items that are stored in the FISH office. Bear in mind that it can take a couple of days for an item to make its way from Clubhouse I to Clubhouse II. The found items are stored in the closet and the FISH volunteer can let you look through everything.

### Other Donations/Giveaways

FISH also receive donations that we give away, such as incontinence aids (pads, bed pads, adult diapers), blood pressure equipment, comfort cushions and canes. We store many of these items in the closet on the lowest two shelves. Feel free to ask the volunteer for a look.

### Volunteers

Volunteers staff the FISH office. Many of our volunteers have a regular, repeating

session scheduled, and a few openings are available. Call Beth if you are interested.

### Helping Charities

We are happy to assist other charities that are collecting items, like labels, can tabs, eyeglasses and hearing aids. The collection boxes are in the office. If you are collecting for an organization, we are happy to accommodate you.

### Hours

FISH is open Monday to Friday (except major holidays) from 10 a.m.-4 p.m. Contact FISH at (301-598-1320). The E&R staff can assist you before and after hours. If you need Lost and Found and FISH is closed, be sure to let the E&R staffer know; he or she can check the FISH closet for you.

## Health & Fitness In Brief

**Al-Anon Meeting:** Al-Anon (for family and friends affected by alcoholism) meets Fridays at 2 p.m. at Our Lady of Grace Church Parish Center, near Leisure World. Enter through the back door (15661 Norbeck Blvd., Silver Spring). For more information, call Bridget at (301-598-3043).

**Alcoholics Anonymous (AA):** Newcomers welcome. (If outside Leisure World, check in at the main gate.) Meetings are Mondays at 12 noon (Step Meeting) and Thursdays at 6 p.m. (Big Book) in Clubhouse I. For questions, contact Laurie at (240-558-4454).

**Alzheimer's Caregivers Support:** The Alzheimer's Support Group meets the first and third Wednesday of each month at 3 p.m. in the Inter-Faith Chapel library. For more information, call Sunny at (301-438-2446).

**Bereavement Support Group:** Have you lost your spouse? Leisure World residents meet as a group to support one another twice a month on Tuesdays, 3-4:30 p.m. Sponsored by the Jewish Social Service Agency (JSSA) Hospice and facilitated by Grace McMillan, LGSW, the group meets in the conference room at MedStar Health (3305 N. Leisure World Blvd.). To register, call Suzanne Adelman, LCSW-C, JSSA Hospice at (301-816-2683).

**Essential Tremor Group:** The next meeting of the ET group is Thursday, May 4, at 10:30 a.m. in Clubhouse I. The group meets the first Thursday of the month.

**Free Blood Pressure Testing:** Come to Clubhouse I for free blood pressure testing, available on the first and third Tuesdays of the month from 9-11 a.m.

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3210 LEISURE WORLD BLVD #316	LEISURE WORLD	Hi-Rise 9+ Floors	2	2	\$310,000	\$305,000	\$5,500
3350 GLENEAGLES DR #70-2C	LEISURE WORLD	Garden 1-4 Floors	2	1.5	\$99,000	\$96,000	\$2,000
15107 INTERLACHEN DR #2-210	LEISURE WORLD	Hi-Rise 9+ Floors	2	2	\$170,000	\$166,000	\$0
3622 GLENEAGLES DR #9-2C	LEISURE WORLD	Garden 1-4 Floors	1	1	\$95,000	\$95,000	\$0
3320 CHISWICK CT #61-1A	MONTGOMERY MUTUAL COOP	Garden 1-4 Floors	1	1	\$52,000	\$48,000	\$0
3412 CHISWICK CT #46-B	MONTGOMERY MUTUAL COOP	Townhouse	2	2	\$139,000	\$139,000	\$0
14501 KELMSCOT DR #161-B	ROSSMOOR MUTUAL #10	Patio Home	2	1	\$224,900	\$224,900	\$4,000
15001 HASLEMERE CT #266-B	ROSSMOOR MUTUAL #12	Patio Home	3	2	\$200,000	\$195,000	\$0
15016 CANDOVER CT #277A	ROSSMOOR MUTUAL #12	Townhouse	3	2	\$189,900	\$189,900	\$8,953
3501 FOREST EDGE DR #14-3G	ROSSMOOR MUTUAL #14	Garden 1-4 Floors	3	2	\$199,900	\$195,000	\$5,850
15300 PINE ORCHARD DR #85-1D	ROSSMOOR MUTUAL #19	Garden 1-4 Floors	1	1	\$95,000	\$96,000	\$0
15100 INTERLACHEN DR #4-807	THE GREENS	Hi-Rise 9+ Floors	3	2.5	\$275,000	\$265,000	\$0
15107 INTERLACHEN DR #2-110	THE GREENS	Hi-Rise 9+ Floors	2	2	\$129,900	\$129,900	\$3,897
15100 INTERLACHEN DR #1002	THE GREENS	Hi-Rise 9+ Floors	1	1	\$125,000	\$117,000	\$3,000
15100 INTERLACHEN DR #4-824	THE GREENS	Hi-Rise 9+ Floors	2	2	\$179,999	\$175,000	\$0
15107 INTERLACHEN DR #2-1005	THE GREENS	Other	1	1.5	\$94,500	\$93,000	\$0
15100 INTERLACHEN DR #4-415	THE GREENS	Hi-Rise 9+ Floors	2	2	\$149,990	\$142,000	\$0
15115 INTERLACHEN DR #3-703	THE GREENS	Hi-Rise 9+ Floors	2	2	\$194,500	\$194,500	\$0
3210 LEISURE WORLD BLVD N #801	VANTAGE POINT WEST	Hi-Rise 9+ Floors	3	2	\$318,000	\$305,000	\$0
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# CLUBS, GROUPS & Organizations

## ■ Book Club Network

### April 14: New Book Club Meeting

An organizational meeting for a new “general interest” book club for the Book Club Network is on Friday, April 14, at 11 a.m. in Clubhouse I. If you have been thinking about joining a book club, now is the time to attend.

The Book Club Network is open to all residents who love reading. For further information, contact Verna Denny at (301-598-1418) or (verhd@msn.com).

—Verna Denny

## ■ Italian Social and Cultural Club

### A Fun-Filled Festivale



Festivale-goers dine on Italian favorites. Photos by Jim Lopes



Creative centerpieces decorate dining tables.

On March 26, 125 members, their guests and residents enjoyed themselves at a very festive Festivale Italiano held in the Clubhouse I Crystal Ballroom.

Guests enjoyed a delicious buffet of typical Italian street food that included spaghetti and meatballs, sausage and peppers and chicken parmigiana.

The Monaldi Duo, Mario and Angelo, played a variety of Italian standards as well as polkas, the electric slide, and even the tarantella. Almost everyone was out on the dance floor!

— Florence Merola

## ■ Chinese Club

### April 28: Presentation on ‘The Pearl of the Orient’

by Stella Shaw

Hong Kong is a great world city: dynamic, exciting, cosmopolitan and full of opportunities. The Hong Kong Economic and Trade Office in Washington, D.C., established in 1987, is the official representative of the Hong Kong Special Administrative Region Government. Its mission is to broaden, deepen and enrich the already strong economic, trade, and cultural ties with the U.S.

On Friday, April 28, from 10-11 a.m. in Clubhouse I, the commissioner of this office, Clement C.M. Leung, discusses “An Update

on Hong Kong: A Place to Live, Work, Do Business and Have Fun.” He will discuss recent developments in Hong Kong: infrastructure projects, tourism development, arts and culture, creative industries, economic

sectors and new business opportunities.

If you plan to visit this wonderful Asian city, or just want to learn more about it, please come to the presentation. The event is free for all residents. Please don’t miss this opportunity.

The Chinese Club holds two regular monthly meetings on the

second and fourth Fridays of each month. This presentation is one of the regular monthly meetings.



Clement C.M. Leung, courtesy photo

## ■ LW Association for African American Culture (LWAAAC)

### April 27: Comedy for Members Only

by Patricia Means

It’s a fun night for LWAAAC members on Thursday, April 27, from 6-9 p.m. in the Clubhouse I Crystal Ballroom. Comedian Simply Shirley makes an encore performance that will keep attendees laughing all evening.

If you didn’t attend last year, you won’t want to miss it again. There will be board and card games and refreshments. The event is free, but tickets are required and available from April 11-25 in the Clubhouse I E&R office.

The next LWAAAC movie screening, “Selma,” is Friday, April 28, at 4 p.m. in the Clubhouse II auditorium. Admission is free for all residents; donations are accepted at the door.

The Mix and Mingle activity on March 18 was a blast, with participants doing line dancing and practicing the cha-cha for the upcoming Latin Dance Party on Saturday, April 1. Residents passing by the Clubhouse II activities room dropped in and joined the dancing when they heard the Latin music.

■ **Ceramics Club**

# Making Ceramics from Scratch



The back row shows liquid clay in jar and a two-piece mold for a vase; in the front row are, from left to right, a greenware vase, bisque vase, bisque vase painted, and bisque vase with final glaze. Vases made by Ghodsi Vakily. Photo by Gail Bragg

by Gail Bragg

Readers might be surprised to know how many people walk into the ceramics studios and say they “did” ceramics years ago. Most of them mean they used to paint on bisque (clay that has been fired once in the kiln), some mean they started with greenware (clay that has not been fired), which they cleaned and painted, and only a few started with a mold.

When a ceramic piece is made in the studio at Leisure World, you can claim to have really made it. We start with a suspension of clay in water called “slip” which is stirred and strained, then poured into a mold.

Once a clay shell has formed, the remainder of the slip is poured out of the mold, leaving the shell to dry for a few more hours inside of the mold; it is then removed and set out to dry further. After it dries for about a day, it must be cleaned so there are no sharp edges; additional cleaning and sanding are done to remove any marks from the mold.

Once the piece is completely dry, it is ready for the first firing. After painting it is fired again, and the third and final firing occurs after glaze is applied to the piece. The glaze is what brightens the paint colors and makes the piece impervious to liquids. So now the work is done

and you can proudly display your piece or give it as a gift!

**General Information**

Instead of featuring an Artist of the Month in the display case for April, the Club has a sampling of pieces from our gift shop. They are made by a variety of ceramicists, each with their own style, and they are all for sale with proceeds going to charity as usual. We invite residents to stop by to view the display and visit the gift shop.

The Ceramics Club’s \$10 annual membership fee includes instruction on how to make your own ceramic pieces. We welcome new members, so drop by our studio in Clubhouse II. We hope to see you soon.

■ **Rossmoor Camera Club**

# April 25: Free Photography Clinic

The Rossmoor Camera Club invites all residents who have an interest in photography at any level, or with any device (smartphone, tablet or camera) to a free clinic on Tuesday, April 25, from 6-6:45 p.m. in Clubhouse II.



Club members will try to answer your questions and show you how to use your device to take photos. Improve your family, animal or travel photos, and learn more about the Club’s educational activities. Bring your questions and comments. If you have device questions, also bring your device. All are welcome to attend.

A short nature photography video will also be shown. For more information, contact Louis at (301-598-2493). We hope to see you there.

– Louis Paley

**Sunday Services**  
9:00 am and 11:00 am

**Rebroadcast on LW cable channel 972 on Wednesdays at 2:00 pm**

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**F** – In **Bldg 2 of The Greens**, 2 BR & 2 BA, table-space kit, formal dining rm, enclosed balcony, just needs a few touches to make it home. Seller will give a \$3,000 carpet allowance! **\$154,000**

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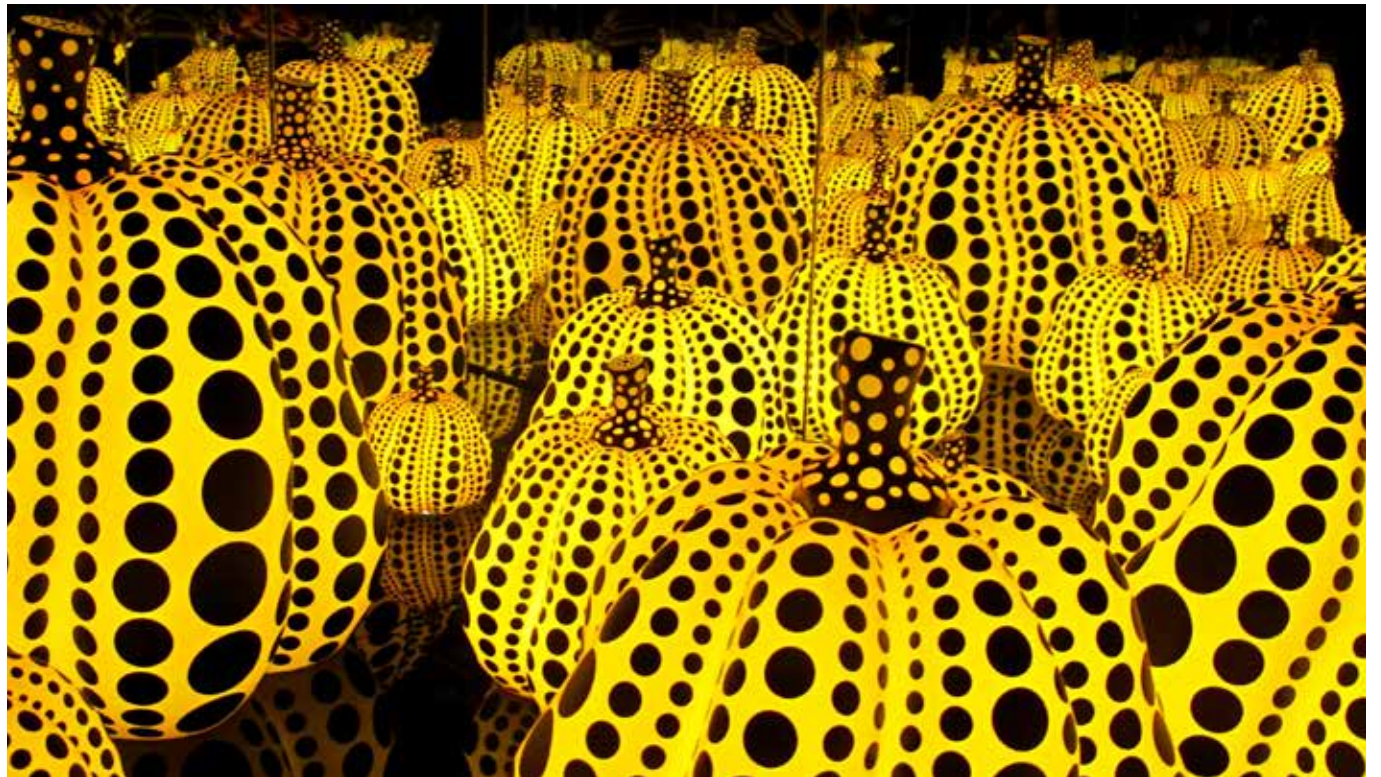
# Photographers Learn How to Eliminate Distractions and Focus on Subject

by *Nina Parish*

Recently, the Camera Club held a critique session. The feedback of our advanced members was based on the five elements of a good photograph: composition, originality, presentation, impact and technique.

Often, some of the photographs didn't seem to have an impact on the viewer. The photographer should always ask, "What am I trying to convey in this photograph?" Tasking this question will allow you to focus on that and move around so that there are no distracting elements, or blur or darkening in editing.

Another important critique was to make sure that you are photographing a tall and narrow subject vertically and a broader subject horizontally. By cropping in editing



Infinity Mirror at Hirshhorn Museum. Photo by Nina Parish

or shooting this way initially, you will provide more impact to your photo.

Two more technical hints given were that when you find a subject that has some distracting elements in front of it, focus on the subject and hold the shutter button half way. Move around to a better position and then push the shutter button all the way down.

Another more technical hint was to always shoot at a third stop lower. This allows you to lighten subjects in editing. It is always easier to lighten a photo and sometimes impossible to darken blown out areas.

Attendees learned a great deal about how to improve their photography. The print and digital winners of our animal competition are:

#### **Advanced Prints:**

1st place: Sue Alexander, "That Look"; 2nd place: Mark Ratner, "Butterfly"; 3rd place: Larry Mars, "Monarch Butterfly"; Honorable Mentions: Sue Alexander, "What a Looker"; Chuck Bress, "Cockatiel 9"; Jean DeSchraver, "Draco"; Larry Mars, "Gray Wolf"; Elaine Selby, "Eastern Kingbird"; Elaine Selby, "Green Cheek Conure."

#### **General Prints:**

1st place: Robert Tropp, "Goose in Ducknead"; 2nd place: Woody Shields, "Autumn Sunshine"; 3rd place, Lou Paley, "Mom Returning from Shopping."

#### **Advanced Digitals:**

1st place: George Kaye, "Penguins on Parade"; 2nd place: Ricard Bambach, "Speckled Caiman"; 3rd place: Richard Bambach, "Sea Anemone"; Honorable Mentions: Sue Alexander, "Great Horned Owl"; Jon Fife, "Afternoon Snack"; George Kaye, "Proud Mama"; Mark Ratner, "Lizard"; Mark Ratner, "Orangutan."

#### **General Digitals:**

1st place: Lou Paley, "Hummingbird in My Garden"; 2nd place: F. Barry McLean, "Eagle Observing River Crossing"; 3rd place: Steven Kline, "Eyeballing Lion"; Honorable Mentions: Julie Friedman, "So Sad"; R. Frank Gillum, "The Stalk"; Nina Parish, "Crane in Miami Bay"; Woody Shields, "Twin Fawns."

You may view all of our recent winning photographs by visiting our website at ([www.rossmoorcameraclub.com](http://www.rossmoorcameraclub.com)).

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# Building a Career from a Watercolor Paint Set

by Ann Bolt

**H**ouston Edward Hancock, named for his grandfather and not the town, has spent his whole life working his way through the art world. His work is now on exhibit in Clubhouse II.

Born in Tulsa, Oklahoma, Hancock drew cowboys and dinosaurs as a child. He moved to the Washington, D.C., area and attended the University of Maryland, majoring in advertising art and design. He also attended Montgomery College to explore the fine arts program.

When he was in his twenties, his mother gave him a set of watercolor paints, and things weren't the same after that.

To pay the bills and those other imposing obligations, he worked in the real estate business for many years, and then developed his own art

business.

He painted Rockville as it was going through its many changes. He painted Georgetown and captured local historical scenes. He sold architectural prints of some of these places out of the trunk of his car and found one of his greatest audiences was Richard Montgomery High School alumni. He exhibits currently in the office of the Montgomery County State's Attorney, and has a rotating exhibit at a popular restaurant in Rockville.

Hancock expanded his skills to include painting in acrylics and oils. Some of the paintings at Clubhouse II include paintings from memory, such as detailed houses put in a different landscape.

With all that meticulous drawing of bricks and doorways and rooftops, "Eddie," as he was called in high

school, now wants to do a more loose style of painting. He has been taking classes for the last three years at the RAG art studio in Clubhouse I, with Ron Erlich.

Hancock appreciates the space available, and can produce a painting in two and a half hours, or the length of each classroom session.

He works mostly in watercolor and likes to explore en plein air workshops for the real outdoor experience.

He likes seascapes and landscapes. He is building up a body of work and finds the studio time with the Rossmoor Art Guild (RAG) very productive.

He has been caring for his



Houston Eddie Hancock and some of his memory paintings. Photo by Ann Bolt

father, who is now 103 years old. The latter has sat as a model for RAG art classes. One never knows how parents can influence your life's path.

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floors. Extra storage.  
List \$265,000



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### SOLD

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carpet and flooring.  
Sold \$305,000



### SOLD

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## ■ Vegetarian Society of Leisure World (VSLW)

# 'Tis the Season for Winter Travel Presentations

by Bob Fenichel

The next VSLW monthly meeting is on Tuesday, April 18 (the third Tuesday of the month), starting at 7 p.m. in Clubhouse II. VSLW members Bob Fenichel and Marsha Kudlick will report on the seven-day vegan cruise they recently sailed on, along with 1,700 other enthusiastic vegans. Visit ([atasteofhealth.org](http://atasteofhealth.org)) for more information.

### March Meeting

At the March VSLW meeting, Donna Copeland reported on a vegetarian tour of India she recently returned from. Also, Lois Kutun reported on her recent experiences keeping vegetarian while touring South Africa.

### April Luncheon

The monthly VSLW luncheon is on Wednesday, April 19, at 1 p.m. at the Vegetable Garden Restaurant in Leisure World Plaza. Please RSVP to Iris Wolf at ([leonardbwolf@msn](mailto:leonardbwolf@msn)). Having exact change will facilitate a smooth exit.

### General Information

Additional information on VSLW activities can be found on our website at ([www.vslw.org](http://www.vslw.org)). The website provides information on several nearby vegetarian/vegan meetup groups.

Please note that everybody is welcome at VSLW activities; you don't have to be a vegetarian to participate. The mission statement of VSLW is "to support group members in maintaining a healthy lifestyle by eating a plant-based diet."

## ■ Fun and Fancy Theatre Group

# 'A Funny Thing' Coming in May

by Hannelte Allen

Fun and Fancy's first revival of the Tony-winning musical comedy "A Funny Thing Happened on the Way to the Forum" comes to Leisure World in May, produced by special arrangement with Music Theatre International, a theatrical licensing agency in New York City.

Performances are Friday, May 12, and Saturday, May 13, at 7:30 p.m.; Friday, May 19, and Saturday, May 20 at 7:30 p.m.; and Sunday, May 21, at 2 p.m.

Reserved seats are \$10 per person. Tickets will be sold Monday through Friday, 11 a.m.-2 p.m. in the Clubhouse II lobby only, starting on Thursday, April 27, through Friday, May 19.

This gaudy, bawdy show is directed by Shelly Horn

and produced by Allan Okin and Carol Neckar. Associate producers are Karyn Davis and Judy Heir.

Populated by panderers, philanderers, slaves, their masters, courtesans, eunuchs, vapid lovers, stunning surprises, and cunning disguises, the show features performances by Ernie Poland as Pseudolus, Steve Bennof as Hysterium, Doug Brasse (in his book musical debut) as Hero, and Pat McConnell as Philia.

They are supported by Beth Youse as Domina, Stan Jones as Miles Gloriosus, Ed Caglione as Lycus, Allan Okin as Senex, and Alan Packer as Erronius. Be prepared to laugh your togas off!

### Annual Banquet

Can you recall the men's number, "Officer Krupke" from "West Side Story," in Fun and Fancy's "A Walk on Jewish Broadway" show in May 2016? How about Renee Ward Anderson singing "St. Louis Blues" in "Tribute to African-American Singers and Songwriters" in June 2014? Or perhaps Aileen Feldman's rendition of "Adelaide's Lament" from "Guys and Dolls" in the "Lullaby of Broadway" show in June 2010?

These and other memorable numbers from the last eight years of Fun and Fancy productions are part of our Wednesday, June 7, annual banquet show, "A Few of Our Favorite Things," directed by Nena McMahill and produced by Mary Jane Boyle.

The numbers will be presented in three segments – a small section between hors d'oeuvres and the entree course, then the main section, including several acts of large groups, and finally another brief section after dessert is served.

Each of the three segments ends with an audience-participation sing-along. More details are forthcoming.



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# April 10: Lecture on the World of Herbs

by Jean DeSchriver

All residents and guests are invited to attend the Garden and Environmental Club meeting on Monday, April 10, at 10:30 a.m. in Clubhouse I.

Guest speaker Pat Kenny will give an illustrated lecture and discussion on "Herbs to Enrich Your Food, Health and Environment." Discussion topics will include growing herbs in containers, designing an herb garden, and cooking with herbs.

Kenny is a member of the Herb Society of America, committee member of the National Herb Garden and a part-time employee at the Dr. James Duke Medicinal Herb Garden in Maryland.

Kenny has taught courses on herbs at the U.S. Department of Agriculture Graduate School for 10 years. Her professional career was as a medical/botanical illustrator at the National Institutes of Health. She is a master gardener, popular lecturer and very active member of the Potomac Unit of the Herb Society.

As usual, coffee, tea and delicious desserts will be served before, during and after the meeting. Members and guests are reminded to bring seeds, plants and seedlings for the Share Table.

## Arbor Day

The Garden and Environmental Club celebrates Arbor Day on Friday, April 28, at 10:30 a.m. in Clubhouse I. At that meeting, staff from McFall and Berry, Leisure World's landscape contractor, will present a program and provide refresh-



Pat Kenny, courtesy photo

ments. Attendees will then plant a bloodgood Japanese maple tree purchased by the Club, just south of the main gate at Georgia Avenue.

## Annual Tea

On March 21, approximately 125 people gathered in the Crystal Ballroom for the Club's fifth annual Spring Tea.

One of the highlights of the affair was the annual Chapeau Contest, organized by program chair Mary Ann Steele. The winner for the Most Beautiful Hat was Shirley McBeath, the Most Creative Hat was worn by Peggy Graham and Pat Newman took home one of the prize umbrellas for her Most Whimsical Hat.

The prize table was another highlight of the day. Guests took their chances on winning designer handbags, new items and several lavish baskets filled with bottles of wine, wellness products and pampering articles.

Elaine O'Leary, who played beautiful melodies on the piano, provided the entertainment,

although the main entertainment seemed to be visiting with old friends and making new ones.

The Club was happy to welcome 17 members from

the St. John's Garden Club and invite them to join us for future activities and programs, including the Arbor Day Program on April 28.

## ■ LW Green

# Group to Complete Roadside Cleanup for Earth Day

by Harry Stoffer

Residents have at least two ways to celebrate Earth Day with members of the environmental group LW Green.

The organization is planning an Environmental Film Festival for Sunday, April 30. The group will also complete a roadside cleanup project on Saturday, April 22, the official date of Earth Day. Anyone who feels physically able to participate is welcome to join in.

Cleanup participants should gather in the Leisure World Plaza parking lot, near the M&T Bank, at 10 a.m.; wearing gloves and sturdy shoes or boots is recommended.

LW Green will provide trash bags for the collected debris. The event should conclude by noon, and the rain date is Sunday, April 23. Participants need not register in advance.

The target area for the cleanup is the east side of

Georgia Avenue, from Rossmoor Boulevard north to Norbeck Road, a distance of about 0.6 mile – all lined by sidewalk.

If turnout is good, some of the hardier participants may turn the corner and gather the worst of the trash along Norbeck Road, headed east. Extreme caution will be needed on Norbeck Road, where there is no sidewalk.

LW Green co-president Elaine Hurley said participants should just plan to have fun while doing a good deed, and should consider the event a low-key outing without pressure or stress.

Earth Day began in 1970, just as the modern environmental movement was gaining momentum.

## Next Meeting

The next regular meeting of LW Green is Wednesday, April 12, at 2 p.m. in Clubhouse I. All residents are welcome to attend.



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■ **The Inter-Faith Chapel**

# Chapel Observes Holy Week with Special Services, Guest Musicians

by Bonnie Bonner

All residents, their families and friends are invited to attend special services during Easter week at The Inter-Faith Chapel. Some may not be interested in driving to another church, and we encourage residents to come to any of the Chapel services during this season.

**Palm Sunday**

Holy Week services begin on Sunday, April 9; with Palm Sunday services at 9 and 11 a.m. Palm Sunday recalls

Jesus' triumphant entry into Jerusalem as the people waved palms.

A hand-woven African palm cross will be given to each person who attends the service. Villagers near Masasi, Tanzania, earn wages to support their families by weaving these crosses from palm leaves. All proceeds from the sales help fund basic humanitarian projects in Africa.

Special music on Palm Sunday includes guest violinist Heather Haughn performing "The Palms," and she will

conclude the service with a Mozart violin piece. Haughn is on the faculty of Goucher College and the Duke Ellington School of the Arts. She currently plays with a diverse group of regional orchestras, including the Maryland Symphony Orchestra and the National Philharmonic.

**Maundy Thursday**

On Thursday, April 13, the Chapel holds a Maundy Thursday service at 7 p.m. The word "Maundy" is derived from the Latin word for "command." Jesus commanded his disciples that they should love and serve one another.

The service observes a symbolic foot washing ritual and celebrates Holy Communion. The Chancel

Choir provides the Maundy Thursday music. Guest clarinetist Santana Moreno accompanies the choir on choral works of Gabriel Fauré and Cary Ratcliff. Moreno, a graduate of The Peabody Conservatory of Baltimore with a master's degree in clarinet performance, also plays the prelude and postlude for the service.

**Good Friday**

Good Friday, the day of Jesus' crucifixion, is observed on Friday, April 14, with a noon service. The Chancel Choir provides the music, and Noelle Drewes performs on oboe and English horn.

Drewes holds a master's of music and doctorate of musical arts degrees from the University of Maryland. She has performed with groups as diverse as the National Symphony Orchestra and the United States Naval Academy Band.

**Easter Sunday**

Easter Sunday is celebrated on Sunday, April 16, with Holy Communion services at 9 and 11 a.m. The Chancel Choir sings "Hallelujah, Amen (Judas Maccabeus)" by Handel and "Christ Is Risen, Alleluia" by Wayne Bisbee accompanied by Danny Gouker on the trumpet. Gouker also performs the prelude, hymns and postlude on the trumpet. He holds a master's degree from New York University.



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# April 12 Program: 'How Plate Tectonics Changes the Geography of the World'

by Mary Beth Mason

The Gem, Lapidary, and Mineral Society's Wednesday, April 12 meeting features Dr. Richard Bambach, a Leisure World resident, who presents a program entitled, "How Plate Tectonics Changes the Geography of the World." Join us at 7 p.m. in Clubhouse II for an extraordinary presentation.

Just as evolution is the central theory at the heart of modern biology, the discovery and documentation of plate tectonics revolutionized geology. Plate tectonics has been at work during the past 600 million years changing the geography of the Earth into what we know today.

Half a billion years ago, North America was south of the equator. How does plate tectonics work? Here is a basic explanation.

The Earth's core is so hot that molten rock, which makes up most of its bulk, has slowly transformed our planet, much like water being heated from below. The motion created pushes and pulls the plates of the solid crust and upper mantle, opening ocean basins and pulling great continental blocks apart. When plates

collide, mountain ranges emerge. In a time span of perhaps 100 million years, an ocean the size of the Atlantic was created.

Earth's landmass movements are still creating a progression of changes that will inevitably alter global geography. Such major transformations will affect climate, which in turn will have dramatic effects on human beings' existence as we know it today.

Bambach, who worked with colleagues at the University of Chicago on some of the first major global reconstructions of ancient geographies, worked as a volunteer in the geology and paleontology departments of the Smithsonian Institution during high school and college, eventually gaining a paid position. He received a bachelor's in biological sciences at Johns Hopkins University and earned advanced degrees from Yale University.

Bambach was a geology professor at Smith College. Then, after teaching at Virginia Tech for 31 years, he taught for four years at Harvard.

Bambach currently has an office at the Smithsonian where he is involved with what has been his main interest throughout his career — ancient life, or paleontology. He is the author of several major papers on mass extinctions and their timing and possible causes, including a major review piece on the topic published in 2006 in the Annual Review of Earth and Planetary Sciences, and a

feature article in Paleobiology in 2014.

Join us on April 12 for an intriguing program. If you wish, bring an item for show-and-tell, which follows the presentation.

For information about Lapidary Club, contact Chuck Mason at (301-933-3093) or (sugartree2@comcast.net).



Dr. Richard Bambach. Photo by Fred Shapiro

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**Get Into It**

■ The Interfaith Committee

# April 26: Yom Hashoah – Holocaust Remembrance Service

by Fred Shapiro

The Interfaith Committee commemorates the victims of the Holocaust at its annual Yom Hashoah, Holocaust Remembrance service on Wednesday, April 26, at 2 p.m. in the Clubhouse II auditorium.

The U.S. Holocaust Museum will provide a speaker for the program. Due to the aging population and health condition of survivors, the speaker will not be named until shortly before the event.

At previous Yom Hashoah programs, residents have heard from survivors of the camps, children who were shipped to safer locations or hidden, an Albanian whose family hid Jews, as well as members of the U.S. military who were liberators of the concentration camps.

As is customary for the

event, residents who are survivors of the Holocaust participate by lighting seven candles and reading commemorations for those who died in the camps, the survivors, the resistance, the righteous Gentiles and the future for all mankind and the State of Israel.

Survivors participating this year are Barbara Firestone, Bettina Gruenbaum, Fred Firnbacher, Inge Guttman, Helen Schwartz and Lucy Pollock. Rabbi Gary Fink and Cantor Mike Kravitz also participate, along with the Jewish Residents of Leisure World (JRLW) choir lead by Ed Laskin.

There will be readings and prayers by clergy and members of the four religious organizations in Leisure World that constitute the Interfaith Committee – The Inter-Faith Chapel, Lady



Holocaust survivors during a Yom Hashoah at Leisure World in 2013. Photo by Fred Shapiro

of Grace Catholic Church, the Universalist Unitarians and JRLW. The program is being organized by JRLW, with assistance from senior minister of The Inter-Faith

Chapel, Rev. Dr. Woodrow Rea.

Join us as we remember the victims of the Holocaust and dedicate ourselves to a more peaceful and inclusive world.

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## ■ Jewish Residents of Leisure World

# Passover, Brunch, Religious Services and a Holocaust Remembrance

by Jonas Weiss

**P**assover, the Jewish holiday commemorating the freeing of Jews from bondage in Egypt, starts on the evening of Monday, April 10. On the evening of Tuesday, April 11, JRLW provides a community second seder in Clubhouse I. Details and a reservation form are available in the JRLW newsletter.

On Tuesday, April 18, the eighth day of Passover, a religious service is held in Clubhouse II, at which Yiskor prayers are said.

### Brunch

On Sunday, April 23, at 10 a.m. in Clubhouse I, Rabbi Matthew Simon of B'nai Israel Congregation speaks at the JRLW brunch. He will talk about Alexander Hamilton and the influence of his Hebrew schooling on his character and achievements.

Advance reservations for the brunch are required. Send checks of \$10 each, made payable to JRLW, to Jerry or Shirley Gordon at (15311 Beaverbrook Ct., Apt. 3A, Silver Spring, MD 20906). The deadline for the receipt of reservations is Wednesday, April 19. To reserve a table, send checks altogether for 10 people. Entry without a reservation is \$13, if seating is available.

### Yom Hashoah

On Wednesday, April 26, at 2 p.m. in Clubhouse II, JRLW holds a program to memorialize Holocaust victims.

### Religious Services

Sabbath religious services are:

Friday, April 7, at 7:30 p.m. – Reform service in the Inter-Faith Chapel, led by Rabbi Gary Fink

Saturday, April 8, at 9:15 a.m. – Conservative service in Clubhouse II, led by Cantor Michael Kravitz. Fred Shapiro delivers the D'var Torah

and Egon Guttman chants the Haftarah.

Saturdays, April 15, 22 and 29 – Abbreviated services and Torah/Talmud discussions in Clubhouse II, led by Rabbi Moshe Samber

Saturday, May 13 – Women's morning service in Clubhouse II. A booklet will be printed to honor donors and women you wish to honor. Use the form in the newsletter to participate, or call Janet Lazar at (301-598-4066).

### Donations

Carol Wendkos at (14805 Pennfield Circle Apt. 212, Silver Spring, MD 20906) is accepting donations (checks of \$25 minimum, made payable to JRLW) for the Torah maintenance funds.

Janet Lazar at (15311 Beaverbrook Ct., Apt. 1B, Silver Spring, MD 20906) is accepting checks made payable to JRLW for new prayer books (\$25 minimum).

Donations for Kiddush (\$25 minimum), or an Oneg (\$25 minimum), or Yiskor, or general tzedukah should go to Susan Weiss at (3739 Glen Eagles Dr., Silver Spring, MD 20906).



## ■ Unitarian Universalists of Leisure World

# April 25: Discussion on Economic Globalization

by Dave Edfors

**O**n Tuesday, April 25, the Unitarian Universalists of Leisure World (UULW) welcomes Bernard Ascher as guest speaker to discuss economic globalization with us.

Ascher served as Director of the Office of Import Programs at the U.S. Department of Commerce and as Director of Service Industry Affairs in the office of the U.S. Trade Representative. He retired in 2003 after 42 years of government service.

A graduate of Brooklyn College with a bachelor's degree in economics, and of City University of New York with an MBA in international trade, Ascher has taught international business courses at George Mason University and the University of Maryland University College.

During his career, he participated in various trade negotiations, including NAFTA and the World Trade Organization. Post-retirement activities, in addition to teaching, included consulting for the World Bank and writing publications as a



Bernard Ascher, courtesy photo

fellow for the American Antitrust Institute. Ascher has been a Leisure World resident since 2006.

Join us on April 25 at 2:30 p.m. in Clubhouse II for this enlightening and timely discussion. The program begins with light refreshments and conversation.

### General Information

Residents don't have to be a member of the UULW to attend our meetings; all residents are welcome.

For information about our Unitarian Universalist organization, please contact Mike Benefiel at (240-204-2061) or (mike\_benefiel@yahoo.com).

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# April 19: Speaker on Rheumatoid Arthritis Diagnosis and Treatment

by Barbara Eisen

On Wednesday evening, April 19, at 7:30 p.m. in Clubhouse I, Dr. Warren Ferris speaks on “Rheumatoid Arthritis: How We Diagnose and Treat Today.”

Ferris is a board certified

rheumatologist on the staff of MedStar Health Medical Center at Leisure World. He received his medical degree from Columbia University and completed a fellowship in rheumatology at the University of Virginia. Many of us have or will have symptoms of arthritis and may benefit from an update on this disease.

We are continuing our policy of asking members to bring refreshments. Those whose last names start from O through Z are requested to bring a snack (cookies, chips, pastries, etc.) that will be shared and enjoyed by all.

If you plan to attend, RSVP by Saturday, April 15, to Janet Lazar at (301-598-4066) or (lazarjl@verizon.net). If you are bringing a snack, please let Janet know what you plan to bring. If you need a ride to the meeting or are able to take others, please contact Janet.

All residents are welcome.

## Judaic Study Group

The Judaic Study Group meets on Monday, April 24, at 1:30 p.m. in Clubhouse I. Because of Passover, the meeting is on the fourth Monday of the month instead of the third Monday.

The topic of the study group is God. Not only do we have multiple names for God – Hashem, ElShaddai, etc. – but we are not necessarily consistent as to whether God is The One (as in the only) or is God vs. god, One of many (as in “Thou shalt have no other gods before me”), or our God (as in “Adonai, our God”). We will address how we attempt to characterize and define God. Please contact Peri Schuyler at (301-869-2968) or (perislaptop@aol.com) for further information.

## Greeting Cards

Hadassah greeting cards are available for purchase; prices are \$2.50 each, or five for \$10. Cards are displayed and sold at every Hadassah meeting. Please call Elaine Schenberg at (301-598-0079) or Jan Bloom at (301-593-7720) if you want to pick up cards or to have them directly mailed for you for an extra postal charge.

## General Information


Hadassah sponsors many activities to further the worthwhile projects it supports in medical, educational, and social programs in Israel and in the U.S.

If you are interested in knowing more about Hadassah, contact one of our membership vice presidents, Carole Sonneborn at (301-288-4902) or (Carole200@comcast.net), or Mimi Meltzer at (301-806-0976) or (Mimi20852@aol.com).

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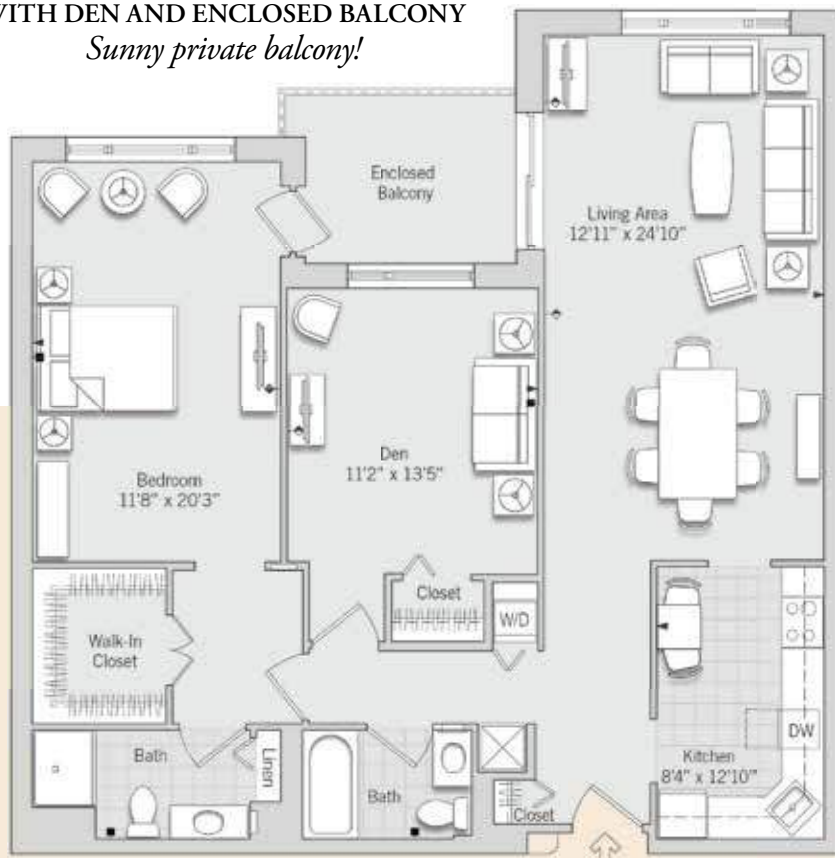
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# May 18: Annual Donor Luncheon

by Carole Mund

NA'AMAT holds its Annual Donor Luncheon on Thursday, May 18, at Norbeck Country Club.

The luncheon honors all the people who have participated in our many activities and fundraisers. An invitation will be sent to those who have met the individual goal of \$50 and can participate in the luncheon by simply paying plate money. New members are also encouraged to attend by paying plate money.

Not only will you enjoy a delicious lunch and entertainment, but also the Club will announce the Woman of the Year and give an end of the year report. Watch this column and your mail for more details about this special event.

## Donor Credit

NA'AMAT is a charitable organization dedicated to helping NA'AMAT Israel provide educational day care

programs, vocational training, legal aid for women, services and assistance for new immigrants as well as centers for the prevention and treatment of domestic violence.

The many activities we enjoy not only give the opportunities for socialization with our friends and neighbors, but also serve as fundraisers to support the many programs NA'AMAT provides. Donor credit is simply money attributed to each member over the cost for participating in activities sponsored by NA'AMAT. Contact Theda Rosenblum at (301- 598-9105), with any questions about your donor status.

## Tribute Cards

Tribute cards are an excellent way to support and maintain these essential programs as well as to attain donor credit. NA'AMAT has cards to honor all occasions, from congratulations for a special event to memorial cards. Each card is

\$3.50 if purchased and sent by you, or \$4.50 if sent by Linda Schoolnick. Full donor credit is given for each card. Contact Linda at (301-681-1076) with any questions.

## Kudos

The New Member Tea went very well and the Annual Spiritual Adoption Luncheon was a huge success. Many thanks to those who made these events happen.

## Executive Board Meetings

The executive board meets each month. At these meetings, we discuss plans for upcoming events. It also affords the opportunity to meet the board members and learn more about the organization. NA'AMAT is eager to have more people involved in the planning and welcomes new ideas for activities. All are encouraged to join us on Tuesday, April 18, at 10:30 a.m. in Clubhouse I for our next meeting.

## Dover Downs Trip

Check the Club Trips page of this publication for trips sponsored by NA'AMAT RBZ.

On April 19-20, NA'AMAT RBZ sponsors an overnight trip to Dover Downs. Contact Trudy Stone at (301-438-0016) for further details.

For more information about NA'AMAT RBZ, contact president Trudy Stone at (301-438-0016).

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2BR + den, 2FB, over 1,500sf,  
largest sunroom in community,  
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**"Royal Aintree" Patio Home**  
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secluded view, 1-car garage!



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**The Overlook Hi-Rise "KK"**  
2BR + den, 2FB, TS kit, golf  
course views, over 1500sf+ huge  
sunroom, garage space!

## ■ Baby Boomer Club

# Swing Into Spring with the Boomers

by Beth Leanza

The Baby Boomer Club is a group of residents who like to socialize, dance, eat and listen to music together. In the warmer months, we like to picnic nearby at East Norbeck Park.

### Next Event

Sir Rod, a Rod Stewart tribute performer, entertains at our next Club event on Saturday, April 8, at 7 p.m. in Clubhouse II.

Reservations are required and a small entertainment charge and donation of a snack or dessert will be collected at the door. Doors open at 6 p.m.

### Movies

We like to watch movies, some in Clubhouse II and some in a theater nearby, preceded by dinner at Gordon Biersch in Rockville.

### Mah Jongg

Boomers who know how to play Mah Jongg meet every Tuesday and Wednesday at 7 p.m. in Clubhouse II.

### Friday Hikes with Dawn

During the colder months, the walks start at 1:15 p.m. When the weather gets warmer, they begin at 10:15 am. Many walkers meet up at the walk site, but if you want to carpool, contact Dawn Carlisle at (301-598-7098) by Thursday evening. Always bring water to each hike.

April 14 – Seneca Creek Park (11950 Clopper Rd., Germantown). Meet at the boathouse at Seneca Creek Park at 1:15 p.m. Facing the boathouse, start towards the left of the lake. Take 270 North. Take Exit 10 to Clopper Road. Take Clopper Road north for several miles. The entrance to the park is on the left. Look for flags at the entrance.

April 21 – Rachel Carson

Conservation Park (22201 Zion Rd., Brookville). Meet in the parking lot at 1:15 p.m. Take Georgia Avenue north to Route 108. Turn left onto Route 108. Go approximately two and half miles; turn right onto Zion Road. Drive approximately 3.2 miles. Turn right into the parking lot.

### Weeknight Walks

Some Boomers like to take a short, one-mile walk around the Broadwalk in Montgomery Mutual in the early evenings, Monday to Friday.

There's no formal announcement in the lobby, so ask around: Are you the Baby Boomers?

### Sunday Morning Walks

On Sunday mornings at 8:30 a.m., a group walks the entire Leisure World Boulevard loop (about three miles). They meet up at the intersection of Kelmscot Drive, Arden Court and Leisure

World Boulevard. Occasionally, the group takes a walk outside of Leisure World, and sometimes goes to breakfast afterward.

### Volkssport Walks

One Club member belongs to a walking organization called the American Volkssport Association (AVA). He posts information about their walks on the Baby Boomer Club website.

### Emails

Please contact Beth Leanza at (301-598-4569) or (bethlea12020@gmail.com) if you are not receiving Club emails. Those without email are advised to keep in touch with a member who does.

We ask that members limit any group emails to information or inquiries about activities that you think other members might be interested in.

### Club Information

Check out our website at (<https://sites.google.com/site/bbclwmd>), or Google "bblwmd," or visit the Leisure World website at ([www.lwmc.com](http://www.lwmc.com)), and under Residents, select Resident Links.

Call membership chair Susan Landesberg at (301-613-9031) if you are interested in joining. Club dues for the year are \$5 per person. Make checks payable to Baby Boomer Club of LW.

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## ■ Going It Alone Club

# Club 'Springs' for the Beach in May

by Elizabeth Brooks-Evans

Seasoned and new members of the Going It Alone Club (GIAC) are warmly welcome to participate in activities and games to their delight each week during Saturday Afternoon Live (SAL) from 2-4 p.m. in Clubhouse II.

### Trips

Old Man Winter finally caught up with GIAC when on March 14 our trip to Delaware Park Casino was cancelled due to snow. Not to worry though, as the club plans to make up for it with our five-day jaunt to Myrtle Beach, South Carolina from May 7-11.

The temperature in Myrtle Beach during the early days of May is predicted to be in the high 70s and low 80s – just right for strolling along the boardwalk or sifting through the sand. More information about this and other GIAC trips is

available on the Club Trips page of this publication.

### Armchair Travel

On Saturday, April 8, at 2 p.m., armchair travelers will experience the best of the French Riviera with expert tour guide Rick Steves when we screen our next travel video. See where Hollywood stars walk the red carpet at Cannes' Festival Palace and tour a perfumery in the hilltop village of Eze.

Visit stately Monaco to see the royal palace and ornate casinos. Dive right into the scenic beauty of the area as you drive from Monaco to Antibes. Visit the historic center of charming seaside Antibes, and you won't miss Billionaire's Quay, where some of the biggest luxury yachts in the world are often found. Then continue onto Cannes, where you'll experience glamorous Croisette Boulevard lined with chic shops and restaurants.

On the following Saturday, April 15, while some are struggling to submit their tax papers on time, our travelers will tour Alsace, located on France's eastern border and on the west bank of the upper Rhine, adjacent to Germany and Switzerland.

Right from your chair, you'll get to travel on scenic roads through green hills and Alsatian vineyards. Wander the cobblestoned streets of the charming towns of Colmar and Eguisheim, and explore the village of Riquewihr inside medieval walls. Cap off the magical Alsatian trip with a visit to a 12th century castle.

### Games

From 2:30-4 p.m., fun games to be enjoyed include bridge and Rubik's cube, as well as poker and Pokeno. Bingo is played for free on the second and fourth Saturdays of the month.

Bingo prizes including club

member donations of notations, jewelry, and small household items in new and slightly used condition. More items are needed, so as you downsize your cabinets, drawers and other storage areas, feel free to bring in your unwanted "treasures."

A monthly GIAC newsletter, which details games and trips, is available during SAL.

### Membership

Anyone wishing to sign up for membership can do so during SAL from 1:30-3 p.m. Now is the time to renew membership for 2017-2018. The fee is a nominal \$7 per year and the income from dues is used to pay Club expenses and enhance activities.

For more information about membership, contact Marion Callaghan, president, at (301-598-6779). For questions about trips, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-53125).



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# Club's School Volunteers Seek New Recruits

by Marcia L. Elbrand

**R**ossmoor Woman's Club (RWC) volunteers recently had fun while giving tons of individualized attention to 20 four and five-year-old Head Start students at Harmony Hills Elementary School.

Throughout fall and winter, volunteers have helped the children with craft projects, built their vocabulary stock, and brought hundreds of dollars worth of nutritious food to help the children's needy families over school vacations. Each student also received a brand new teacher-selected book for at-home reading.

RWC expects to continue this successful project during the next few months, and school administrators have invited volunteers to return next academic year. All volunteers in Montgomery County schools are required to complete a short online certification process, designed to assure safety for

children. Residents interested in volunteering in the future are encouraged to become certified.

## Spring Luncheon

RWC holds its Spring Luncheon on Wednesday, May 17, beginning at noon at Manor Country Club. The Club will honor the high school and college women who are being awarded scholarships based on the strength of their applications and competitive essays.

The luncheon includes a choice of grilled marinated chicken breast, or marinated beef strip loin with mushrooms, served with Mediterranean salad, pasta, veggies, and a delectable seasonal berry crisp with ice cream.

The price is \$35 per person for guests as well as members. The last day to reserve a space at the luncheon is Saturday, May 13. A check with entrée choice should be sent to Mary Jane Noll at (3100 N. Leisure World Blvd., #504, Silver Spring, MD 20906). All

guests' names should also be enclosed. For further information, contact Noll at (240-558-3707).



RWC member Rita Posner helps Harmony Hills Head Start students make kites for spring. All photos by Cathy Plotkin



Volunteer Joanne Weil is ready to lend a helping hand.



Volunteer Marybeth Milcetic gets crafty.

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## ■ Democratic Club

# Club Urges Democrats to Organize, Advocate

by Emile Milne

Ajmel Quereshi, assistant council of the NAACP Legal Defense and Educational Fund, speaks at the next monthly Club meeting on Thursday, April 13, at 7 p.m. in the Clubhouse I Crystal Ballroom. He will discuss democratic political engagement from a civil and human rights law perspective.

The Club's choice of speakers reflects the concern among many Americans that their rights may be jeopardized under the current administration. Many consider the presidential election of Donald Trump to be the first in recent history to inspire a general mobilization of Democratic voters, activists and defenders of civil rights.

"President Trump is slowly going down a list of

actions he plans to take," Quereshi says. "People should take seriously what he is proposing, and get organized."

Democrats in Leisure World are doing just that. Organizing under the Democratic Club's political protest and advocacy committee, we have joined together in marches and protests, sent emails and postcards and established an email communications system to stay connected.

In the midst of all this, the Democratic Club has experienced a spike in membership

and turnout at meetings.

Quereshi has provided legal counsel to political, and even student groups, seeking assurances their activities are protected under the law. A former staff counsel at the American Civil Liberties Union, he has litigated complex class action claims involving inhumane correctional facilities in Mississippi and Arizona.



Ajmel Quereshi, courtesy photo

### Executive Committee Nominations

The nominations and election committee (N&E) closes nominations for the executive

committee on Friday, April 14. Club members who wish to nominate themselves or someone else to a position on the executive committee (including president) should contact a member of the N&E: Ruth Burgos-Sasser at (Ruthburgossas@hotmail.com); John Lass at (Johnmlass@comcast.net); Sandy Marks at (Sandymarks1@yahoo.com); Karen Robinson at (Blinky1@sbcglobal.net), or Barbara Studwell at (Bbstudwell@gmail.com).

### Town Hall Meeting

On Sunday, April 30, Congressman Jamie Raskin sponsors a non-partisan town hall meeting on Social Security from 4-6 p.m. in Clubhouse II.

## ■ Republican Club

# GOP State Political Director to Speak at Next Meeting

by Fred Seelman

The next meeting of the Republican Club is Tuesday, April 18, at 7 p.m. in Clubhouse I.

The new Maryland GOP political director, Patrick O'Keefe, is the featured speaker. He will address us about campaigns and elections, political clubs and senior political activities.

As political director, O'Keefe's duties include advising and meeting with Republican candidates and potential candidates for various elected offices; leading communication and digital efforts for the state party; and providing member services to all Republican party members, including elected officials, central committee members, and volunteers throughout the state.

Come out and meet our new political director and catch up on the latest state politics.

### Last Meeting

At our last meeting, the Club had the pleasure of hearing from our top county Republican, County GOP Chairman Richard Jurgena. He informed us of the issues facing Montgomery County and generated a lively meeting. Jurgena also just appointed club president Fred Seelman as chairman of a new county GOP strategy committee.

### General Information

Send comments or questions about these or any other Club matters and/or offers to volunteer to club president, Fred Seelman, at (fseelman@gmail.com), or by calling first vice president, Ray Spieler, at (301-460-3563). Join us for another quality event on April 18. And enjoy our refreshments.

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## ■ League of Women Voters

# League to Discuss Challenges of Educating Girls in Developing Nations

by Elaine A. Apter

**W**omen represent more than half the world's population and at least half of its potential.

Educating girls is the first step in liberating that potential, but a staggering two thirds of the world's 774 million illiterate people were female, according to a 2013 report by the United Nations Educational, Scientific and Cultural Organization.

Join us on Wednesday, April 12, at 10:15 a.m. in Clubhouse I for an informative discussion on women's literacy and its effect on health and quality of life. League meetings are free and open to all.

### Movie

Our "Sunday at the Movies" event is Sunday, April 9, from 2-5 p.m. at Arts Barn, (311 Kent Square Road, Gaithersburg).

The movie, "Electoral Dysfunction," is a documentary created by a team of award-winning filmmakers who use wit and humor to take an irreverent – but non-partisan – look at voting in America.

The movie is followed by a panel discussion, and refreshments and a cash bar are available. Enjoy a delightful afternoon about a topic that couldn't be timelier.

Join the event by signing up at (<http://lwvmc.eventbrite.com>), or calling either Elaine at (301-438-8707) or the league office at (301-984-9585) for more information.

### State Legislature

The league is also following the Maryland state legislative session. Our report from state circle lists most of the major bills working their way through, by subject. You can find a link on our website at ([www.lwvmocomd.org](http://www.lwvmocomd.org)).

Remember: it is important to let your legislators know how you feel on these issues.

### General Information

League meetings are free and open to the whole community. We meet the second Wednesday of the month at 10:15 a.m. in Clubhouse I.

For further information, contact Elaine at (301-438-8707) or the league office at (301-984-9585), or visit us at ([www.lwvmocomd.org](http://www.lwvmocomd.org)).

## ■ Lions Club of Leisure World

# Club Collects for Flea Market, Celebrates Anniversary with 'A Day of Service'

by Maxine Hooker

**A**fter a lapse of several years, the Lions Club will again have a table at the community's semi-annual flea market on Saturday, April 22.

We welcome your contributions in advance, which help us raise funds for our charitable programs. We are foremost interested in collecting costume jewelry, but we welcome other relatively small items that are in good condition, including but not limited to: handbags; kitchen appliances; dishes; glassware; candles; collectibles; Christmas items; antiques and more. Please do not donate TVs, golf clubs or other large items.

Call one of the following for pickup:

- Steve Bennof at (301-456-5825)
- Doug Kiessing at (301-438-1398)
- Carmiller Dorsey at (240-938-1687)

Donations can also be dropped off on April 22 from 8-10 a.m. in front of Clubhouse I. Lions will be there to receive your contributions. For questions about the suitability of donations or pickup, call Dave Weiss at (301-598-5707).

### A Day of Service

The Club invites all clubs, committee members and residents to join them in "A Day of Service" to celebrate the Lions Club's 38th anniversary on Sunday, April 23, from 10 a.m.-6 p.m. in Clubhouse II.

Join us for a cup of tea as you drop off non-perishable food donations for Manna Food Center, and stay for cake and cocktails at 4 p.m. as we complete our day of service with a fun-filled celebration of 38 years of Lionism.

The Club is also collecting the following items:

Pennies and coins for our Million Penny Project, which goes toward the purchase of Giant gift cards to help food recipients purchase perishable items.

Towels, blankets, quilts, comforters, non-latex gloves, bleach, liquid soap for the Humane Society Animal shelter in Rockville (you can see their entire wish list on their website).

Usable eyeglasses and hearing aids to support the visual and hearing impaired.

Ink cartridges, which we will recycle to help protect the environment.

As you drop off your donations, we invite you to review an exhibition of the history of the Lions Club of Leisure World, and all the work they do for this community and the world.

### General Information

To learn more about the Lions Club or its service projects, contact Maxine Hooker, club secretary, at ([waxiemaxie@juno.com](mailto:waxiemaxie@juno.com)) or (301-598-0242). The Lions Club meets the third Monday of every month at 6 p.m. in Clubhouse I.

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■ **National Active and Retired Federal Employees (NARFE) Chapter 1143**

# Chapter Representatives Lobby Congress

by Joe Cook

On March 13, over 300 NARFE representatives from all across the country gathered for the NARFE Legislative Conference in Alexandria, Virginia to prepare for historic budget battles.

Conference participants then took their concerns to Capitol Hill on March 15. President John Moens and vice president Joe Cook met personally with Sen. Chris Van Hollen, Sen. Ben Cardin and Rep. Steny Hoyer, House minority whip.

Proposals such as increasing retirement contributions to current federal employees with no increase in benefits, higher premiums in the Federal Employee Health Benefit Plan, the elimination of the Federal Employees Retirement System for new hires altogether as well as the proposals' potential impact on federal retirees were among the topics discussed with members of Congress.

Participants also discussed protecting Social Security and Medicare, and the federal employee hiring freeze attributed to a dramatic expansion of the federal workforce. However, the federal workforce has actually "shrunk nearly ten percent since 1967," according to a press release from the NARFE national office.

**March Meeting**

Dan Adcock, Director of Government Programs and Policies for the National Committee to Preserve Social Security and Medicare, addressed residents at our March 20 Chapter

meeting. He discussed in detail our mutual concerns about proposals that would adversely impact our future Social Security and Medicare benefits.

**April 17: Next Chapter Meeting**

We will have another special guest speaker at our next meeting on Monday, April 17. The formal meeting will begin at 2 p.m. in Clubhouse I. Informal discussions and snacks begin at 1:30 p.m. Come to our chapter meetings and find out more information and what you can do.

For any questions, suggestions or offers of support, please contact a member of our executive committee:

- President John Moens at (johnjots@outlook.com) or (301-438-3237)
- Secretary-Treasurer Maureen Ross at (grant-masterone@gmail.com) or 301-943-6470)
- Vice President, Legislative Chair Joe Cook at (joec37766@gmail.com) or (202-271-0710)
- Service Officer Rich Rothstein at (whobodyelse@aol.com) or (301-598-5760)



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■ **Writers of Leisure World**

# India, Alfie and White-Tailed Deer

by Gladys Blank

Several of our members braved the weather and got together to talk of many things. Radha Pillai read a very interesting essay about life in India many years ago when her grandfather was the inspector general of police under the British Raj.

Jim Owens read an excerpt from the 1754 text, "On the Misfortune of Indentured Servants," taken from Gottlieb Mittelberger's "Journey to Pennsylvania in the Year 1750, and Return to Germany in the Year 1754." The conditions of the ship were deplorable, and those aboard were forced to endure unbelievable hardships on their journey to this country.

The decades old film "Alfie" was definitely food for thought for Gladys Blank, who from time to time wishes she could live a

more productive life and be a more contented person.

We all enjoyed hearing about the "Perceptions of the White-Tailed Deer" by a wide spectrum of individuals as detailed by Woody Shields. Phyllis A. Pratt read a charming poem entitled "Angel Nurse" about her mother.

"You Get It In The End" by York Van Nixon III was a hilarious tale of anticipating a colonoscopy that had us all smiling. Kimi Sugimura read two delightful poems, one about snow in March and another titled "An Innocent Boy."

One of our new club members, Douglas Kiessling, had us enjoying a poem he recited from memory. It was quite an achievement and a fabulous story told in verse.

Our club meets the first and third Thursdays of the month at 11 a.m. in Clubhouse I. All residents are welcome.

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# Apple Menus Lead to Efficiency and Information

by Ron Masi

Some readers may be unaware of the many menus on their iMac's screen, thus missing faster ways to work and get information. Here is an explanation of your Mac's (not iOS) desktop, including its three components: the Menubar, the Dock and the Toolbar.

The Menubar is the narrow strip across the top of your screen. The Dock is usually at the bottom and contains icons of your favorite programs. The Application Toolbar is specific for the application being used.

## Menubar

The Menubar contains three menus starting from the far top, left:

1. When clicked, the Apple icon provides a drop down menu that includes About This Mac, which gives the version, description, serial number and other specific informa-

tion as well as support and access to the user's manual. System Preferences opens the application you use to customize your Mac; you'll also find direct App Store access, Recent Items opened, Force Quit, Sleep, Restart, Shut Down, Log Out and a few other options.

2. To the immediate right of the Apple logo is the Application menu for the Application you are working in, e.g. Pages, Numbers, Mail etc., with corresponding menus for that particular application. They include File, Edit, Insert, Format, Arrange, Help, etc. This menu changes slightly depending on the application being used. Note that this is part

of the Menubar; do not confuse this with the Toolbar described below.

3. Now moving to the far right side of the Menubar, we find items such as the time and date; name of the person signed into the Mac; Wi-Fi status with ability to quickly turn it on or off; volume control; access your Notification Center (icon that looks like four lines) showing your notifications consolidated from Messages, Calendar, Reminders etc.; and any third party apps, like weather and stocks, that you have enabled.

You can also quickly access Spotlight here by clicking on the magnifying glass icon and immediately search for anything, anywhere.

## Dock

The Dock consists of a row of Icons representing your quick access Applications. If you're not happy with what's in the dock, you can make modifications in Preferences > Dock. You can even hide it until you roll over it, change the size, rearrange, etc.

## Toolbar

When you open some Applications, at the very top of its window is a Toolbar specific to that particular App; it can have small icons and labels. That Toolbar is initially populated with default tools, but can also be edited by right clicking in a blank portion of the Toolbar. For example, you'll find over 40 tools available for Pages, and over 30 for Mail. You're sure to find one or two that will save you time and effort. Try it out.

Please visit the LW Apple Club at ([Mac.Computerctr.org](http://Mac.Computerctr.org)).



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# Leisure World Club Trips

The next deadline for trip submissions is **Monday, April 10**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R Office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. **Email** your trip information to [lwnews@lwmc.com](mailto:lwnews@lwmc.com).

**PLEASE NOTE:** Member/Non-Member pricing is at the discretion of the individual clubs.

## Apr. 19-20 Dover Downs Hotel & Casino

Join **NA'AMAT** for its popular overnight stay at Dover Downs Hotel & Casino. The group leaves on Wednesday, April 19 at 10:30 a.m. from Clubhouse II and returns Thursday, April 20 at approximately 4:30 p.m.

The price is \$115 per person, double occupancy, \$165 single occupancy, and includes roundtrip transportation, beautiful hotel accommodations, breakfast buffet, and \$50 play money and a \$10 resort fee to be used anywhere in the hotel or casino.

Send check(s), payable to NA'AMAT, to Trudy Stone, (15101 Interlachen Dr. #801, Silver Spring, MD 20906). Be sure to indicate with whom you will be rooming. If you have special needs, please indicate when you send in your check.

Call Trudy at (301-438-0016) for more information.

## May 7-11 Myrtle Beach, South Carolina

Join the **Going It Alone Club** for a 5-day, 4-night trip to Myrtle Beach, South Carolina. The trip includes 4 nights in an oceanfront hotel; 4 breakfasts and 4 dinners, including a southern-style buffet; admission to the Alabama Theater/ a visit to Broadway at the Beach; a guided tour of Charleston; a visit to Barefoot Landing and a visit to Myrtle Beach Waterfront Boardwalk and Promenade.

The cost is \$579 for members; \$586 for non-members. The single supplement is an additional \$200. Included in the cost are hotel taxes, and meal and driver gratuities.

A \$200 reservation deposit is due at sign up no later than Saturday, Feb. 4 and the balance is due no later than Saturday, April 1. No refunds will be made after Saturday, March 4 unless a replacement is found. Trip cancellation insurance is available.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. Those who sign up for the trip will receive information on pick up time from Clubhouse II on the day of departure via a telephone call. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

## June 15 MGM Casino

Join the **Going It Alone Club** on a trip to the MGM Casino. Cost is \$16 for members; \$23 for non-members, and includes transportation and driver gratuity. The bus leaves Clubhouse II at 9:30 a.m. and from the casino at 3:30 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. No refunds will be made after Saturday, June 3 unless a replacement is made.

For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

## July 18 "Jonah" at Sight and Sound Theatre

Join the **Going It Alone Club** to see "Jonah" at the Sight and Sound Theatre in Lancaster, Pennsylvania. This trip includes a smorgasbord lunch at the Bird-in-Hand Family Restaurant and Smorgasbord.

The cost is \$100 for members and \$107 for non-members, and includes taxes, transportation, lunch, show and all gratuities.

The bus departs from Clubhouse II at 10 a.m. and return at approximately 8 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. For more information, call Joe Parker at (301-598-3425) or Sylvia Pachenker at (301-598-5325).

## Sept. 14 NEW – Harris Crab House and Amish Market

Join the **Going It Alone Club** on a trip to Harris Crab House for all you can eat steamed crabs, steamed shrimp, barbeque chicken, crab soup, corn-on-the-cob, cole slaw and potato salad, plus pies, beverages and draft beer.

Following the crab feast at Harris', we will go to the Amish Market for your shopping delight.

Cost is \$72 for members, \$79 for non-members, and includes tax, dining, tour bus and driver gratuities.

The bus departs from Clubhouse II at 10:30 a.m. and returns at approximately 5:30 p.m.

Sign up at Saturday Afternoon Live (SAL) in Clubhouse II from 1:30-3 p.m. For more information, call Joe Parker at (301-598-3457) or Sylvia Pachenker at (301-598-5325).

### ATTENTION, TRAVELERS!

All Leisure World travelers please note that no group on travel can park more than 12 vehicles overnight/long-term in the Clubhouse II parking lot. Also, parking overnight/long-term is at the owner's own risk.

Visit us at [www.lwmc.com/lwnews](http://www.lwmc.com/lwnews)

# Clubs, Groups & Organizations In Brief

**Amateur Radio Club:** Calling all hams! All resident amateur radio operators (hams)—or would-be operators—are invited to join our business meeting/lunch the second Tuesday of each month. We meet in the Stein Room in Clubhouse I at 1 p.m. For more information or to learn about amateur radio, call Bryan West at (301-598-0137).

**Centering Prayer:** Join our group of centering prayer practitioners on Wednesdays at 3:30 p.m. (3588 Gleneagles Dr.). Centering prayer is a method of silent meditation, where you rest in God, without saying anything, just happy to be in God's presence. Our intention is to be aware of the presence of God and to welcome the action of God within us. Beginners are welcome, as are people of all faith traditions. For more information, call Eileen at (301-438-0422).

**Clipper Workshop:** Recruiting is underway for members who can help assemble clown hand puppets for Holy Cross Hospital. They are used in the pediatric and emergency rooms. No special skills are needed. Some sewing skills are necessary. We need a sewing machine stitcher. Bring a bag lunch. (We will eat in the lunchroom.) We meet every first and third Monday in Clubhouse II from 10 a.m.-2 p.m., or any portion of the time you can devote to making a child smile. We are looking for donations of cotton fabrics, stuffing, thread and iron-on facing. Contact Joan Mahoney at (240-833-2724) or Jane Brinser at (301-438-2599) for further information.

**Hispanos de Leisure World:** We invite all residents who are Hispano-Parlantes to join us in enjoying the activities of this club, including card games and conversations, every Friday at 3 p.m. in Clubhouse I. Once a month, Latin-American and Hispanic movies, with English subtitles, are screened at the same location and same time, 3 p.m. Also, the club organizes a Fiesta de La Amistad on a weekend in the spring and a Christmas dinner in December. And we have organized and presented musical shows about once a year in the Clubhouse II auditorium as well. If interested, contact Jose Soto, club president, at (240-765-7640) or Carlota "Loty" Goldenberg at (301-598-6869).

**Jewish Discussion:** Hello to all Jewish residents of Leisure World. A discussion group meets on the last Sunday of every month (except July and August) at 10:30 a.m. in Clubhouse II. Be prepared for lively discussions about Israel and other topics of Jewish interest. Please give us a try; we think you'll like us.

**Knitting and Crocheting:** Do you like to knit or crochet? Every Sunday, 2-5 p.m., eight or so crafters meet at a LW resident's home (off of Chiswick Court). Beginners to very seasoned are welcome. Snacks/finger foods, soda, coffee and tea are served. If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

**Knitting Corner:** Join us the second and fourth Fridays of each month at Inter-Faith Chapel from 10 a.m. to noon. Our next meeting is April 14. Bring your knitting and enjoy the conversations. We have patterns and yarn for your project. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

**LW LGBT Alliance:** Our group was formed to give members of the LGBT Community a safe and inviting place to come and meet new friends and to get involved in social activities. Our

meetings are the third Saturday of every month at noon in Clubhouse II. We welcome everyone; being gay is not a prerequisite. The LWLGBT Alliance strives to provide events and activities to develop strong relationships through education, interaction and fun within our group and with the entire LW community. For additional information and events, email us at (celticwomen1@gmail.com).

**PBS/British TV:** Enjoy watching Masterpiece Theater, British mysteries and historic dramas like "Poldark" and "Outlander"? Join like-minded folks at a LW resident's home (off of Chiswick Court) to watch together. Potluck appetizers, wine, soda, coffee and tea are served. If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

**Quilt Group:** Come and join our fun group as we work on our individual projects. We now include those interested in all needlework and knitting. We meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). Our next meeting is April 13.

**Serious (Book) Readers Wanted:** Serious readers who relish inspired, award-winning fiction meet at the home of a LW resident (off of Chiswick Court) the second Sunday of the month from 5:30-7:30 p.m. for a potluck dinner and an hour-long discussion. (2017 reading list is available.) If interested, please email a bit about yourself (include a phone number where you can be reached) to Polly at (pfields@career-strategies-inc.com) or call (571-236-1775).

**Stitchers Group:** Needlepoint, cross-stitch and more. If you enjoy stitching or would like to learn, we meet every first and third Thursday from 10 a.m.-noon in the Clubhouse II multipurpose room. Come and share your finished work and enjoy stitching with us while we learn new skills together. Call Audrey at (301-598-4903).

**Short Story Group:** On April 19, John Moens is leading a discussion of "The Man Who Was Almost a Man" by Richard Wright. The Short Story Group meets at 11 a.m. on the first and third Wednesdays of the month in Clubhouse I. For information, call Beth Leanza at (301-598-4569).

**Stamp and Coin Club:** Are you a philatelist or a numismatic? Join the Stamp and Coin Club. We meet on the first Thursday of each month at 3 p.m. in Clubhouse I. Members discuss their collections, including first day covers, day of issue programs, yearbooks, coins, medals and more. Stamps are shared for "show-and-tell," and we hold an auction of members' stamps. In addition, a gift certificate from Coins of the Realm in Rockville is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are \$5. If interested, contact Mason Goldman at (301-598-6749).

**Wood Shop Users Group:** The wood shop is located on the lower level of Clubhouse I; the entrance to the shop is off Gleneagles Drive. It is open Monday through Friday, 9 a.m.-3 p.m. and Saturday 9 a.m.-noon. An experienced monitor is on duty when the shop is open to assist members with their work and provide instructions in the use of shop equipment. Members are often willing to repair and refinish projects for Leisure World residents. For further information, call (301-598-1308).

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# SPORTS, GAMES & Scoreboards

## ■ Chess Club

### Chess – Less ‘Taxing’ Than Doing Your Taxes

by Bernie Ascher

Historically, taxes were collected even before money was invented. In ancient Egypt, for example, one-fifth of the crops were to be given to Pharaoh. In later years, serfs paid landlords with crops for the land they farmed, or paid with their physical labor.

In ancient Greece, taxes were collected by the military and used to pay for wars. The Greeks and Romans collected taxes from people in colonized territories. Julius Caesar imposed a one percent sales tax. Property and inheritance taxes were also used.

Religious institutions also collected taxes. Christians paid a tithe, or one-tenth of their production, usually paid in kind. Islam charged only one-twentieth of production.

Taxes on commodities became popular. China taxed cooking oil 3,000 years ago. In Russia, Czar Peter the Great taxed beards, beehives, boots, candles, chimneys, hats, horses, nuts, and water. Taxes on salt were popular before refrigeration, as were taxes on whiskey, even after refrigeration.

Early in U.S.’s history, the prime source of revenue was a tax or tariff on imports. In 1861, President Abraham

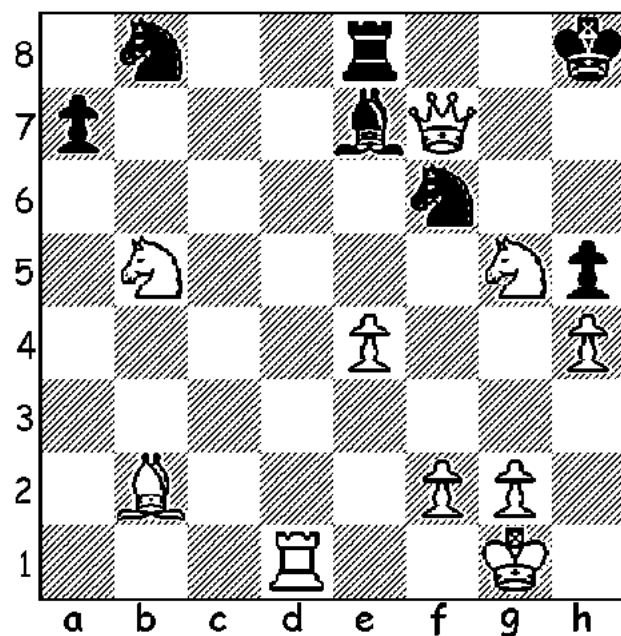
Lincoln imposed an income tax to finance the Civil War, as collection of duties at southern ports was uncertain at that time. The tax imposed was a flat 3 percent tax on incomes above \$800. In the Revenue Act of 1862, Congress repealed the previous law to end the income tax.

An 1894 law to establish an income tax was declared unconstitutional by the Supreme Court because the tax on dividends, interest and rents had been deemed to be a direct tax not apportioned by the population of each state. That impediment was removed, however, with the ratification of the Sixteenth Amendment to the Constitution in February 1913.

The Revenue Act of 1913 reinstated the federal income tax, presumably to compensate for anticipated lost revenue due to reduction of tariff duties. Originally, tax rates ranged from one percent on income exceeding \$3,000 to seven percent on incomes exceeding \$500,000.

Since then, income tax has become the prime source of government revenue. U.S. tax rates have increased substantially and the tax code has grown phenomenally. In fact, the U.S. tax code is now about five times larger than the Bible in terms of word count (3.8 million vs. 0.77 million). It seems almost sacrilegious.

A non-governmental organization reports that since 2001, Congress has made almost 5,000 changes to U.S. tax law. Because income tax is so complex and changeable, almost 60 percent of filers pay someone to prepare their tax returns, and 30 percent



use commercial software for assistance.

According to one estimate, businesses and individuals spend more than six billion hours a year meeting tax requirements, the equivalent of three million people working full-time annually. (Who says we do not know how to create jobs?)

Residents of Leisure World play chess tax-free. Games are not played for money, just for the pleasure of the game and the intellectual challenge. An example is the game shown in the diagram on this page. In this game, it is White’s turn to move. What is White’s best move?

While you are mulling that over, remember that the Chess Club meets on Monday, Wednesday and Friday between 1-4 p.m. in Clubhouse II. Membership is free; hence no taxes and no tax deductions. For further information, call Club president Bernie Ascher at (301-598-8577).

ANSWER: White can win in one move. Queen moves to h7, checkmate! (Note that Black’s Knight cannot capture the Queen because it is pinned by White’s Bishop at b2.)

So do not wait for tax simplification. Do not wait for an accountant. Do not wait for tax elimination. Play chess now!

## ■ Tennis Club

### 2017 Tennis Season Begins

The tennis season was scheduled to open at the Tennis Club’s first monthly meeting of 2017 on April 6, with president Sue Sandler presiding.

Monthly meetings are held on the first Thursday of each month at 7 p.m. in Clubhouse II. All residents are invited to attend.

All residents are invited to come out and participate in the round robin and advance play sessions held on the Leisure World tennis courts. Round robin sessions are on Tuesdays and Fridays, 9:30-11 a.m. Advanced play is on Sundays, Wednesdays and Thursdays from 9:30- 11 a.m.

– Alfonso Holston



Photo by Leisure World News



## ■ Tuesday & Friday Duplicate Bridge

Compiled by Jerry Miller

For Tuesday games, Flight A includes all players. Flight B includes only ACBL member pairs, each with less than 1,000 master points.

### Tuesday, March 7, 2017

#### North-South

##### Flight A

1. Ann Ruth Volin – Lea Rochkind
2. Lorraine Hegel – Robert Kerr
3. Diane Keiper – Nadyne Cheary
4. Rosmarie Sutor – Thomas Leahy

##### Flight B

1. Rosmarie Sutor – Thomas Leahy
2. Leonard Taylor – Lillian Taylor

#### East-West

##### Flight A

1. Jerry Miller – Marlys Moholt
2. Aaron Navarro – Judith Perrier
3. Stephan Billstein – Saul Penn
4. Joe Boland – Howard Brewer

##### Flight B

1. Joe Boland – Howard Brewer
2. Susan Weiss – Sue Swift

### Friday, March 10, 2017

#### North-South

1. Diane Keiper – Patti Anschutz
2. Lewis Gold – Arthur Podolsky
3. Aaron Navarro – Judith Perrier
4. Alan Ferraro – Liz Ferraro

#### East-West

1. Stephan Billstein – Jim Cowie
2. Allen Lord – Shirley Light
3. Sue Swift – Susan Weiss
4. Saul Penn – Lori Hegel

### Friday, March 17, 2017

#### North-South

1. Diane Keiper – Ephraim Salins
2. Leonard Taylor – Lillian Taylor
3. Roz Dixon – Victor Stewart
4. Lewis Gold – Arthur Podolsky

#### East-West

1. Stephan Billstein – Jim Cowie
2. Saul Penn – Nadyne Cheary
3. Kimi Sugimura – Louise Bargamian
4. Betti Goodman – Howard Brewer

### Tuesday, March 21, 2017

#### North-South

##### Flight A

1. Diane Keiper – Nadyne Cheary
2. Aaron Navarro – Marlys Moholt
3. Arthur Podolsky – Rae Newman
4. Alfred Caponiti – John Ryan

#### East-West

##### Flight A

1. Jerry Miller – William Zane
2. Jim Anschutz – Palma Seeger
3. Alan Ferraro – Robert Catlett
4. Doug Brasse – Merrill Stern

##### Flight B

1. Jim Anschutz – Palma Seeger
2. Alan Ferraro – Robert Catlett

### Friday, March 24, 2017

#### North-South

1. Lewis Gold – Arthur Podolsky
2. Thomas Leahy – Doris Perschau
3. Leonard Taylor – Lillian Taylor

#### East-West

1. Stephan Billstein – Jim Cowie
2. Jim Anschutz – Bob Kerr
3. Susan Weiss – Sue Swift

## ■ Wednesday Night Chicago Bridge

Compiled by Doug Brasse

### Feb. 15, 2017

1. Barbara Bryant, Virginia Pace
2. Dottie Hurley, Dottie Donelly
3. Anna Pappas, Bob Bridgeman
4. Joyce Riseberg, Dick Riseberg

### March 22, 2017

1. Joyce Riseberg, Dick Riseberg
2. Kay Looney, Jack Looney
3. Ann Boland, Joe Boland
4. Betty Hollrach, Judith Lane
5. Anna Pappas, Bob Bridgeman

## ■ Thursday Afternoon Ladies Bridge

Compiled by Jackie Harrell

### March 9, 2017

1. Janet Danziger, 2,890
2. Somaya Haddad, 2,540
3. Helen Mays, 2,180

### March 16, 2017

No scores recorded.

### March 23, 2017

1. Evelyn Armstrong, 3,500
2. Bernice Davis, 3,180
3. Jackie Harrell, 3,020

## ■ Friday Bridge

Compiled by Betti Goodman

### March 3, 2017

1. Leonard Bosin, 5,330
2. Shirley Griffin, 3,920
3. Ruth Kean, 3,550
4. Helen Montanaro, 3,290
5. Hymie Rosenberg, 3,030

### March 10, 2017

1. Helen Montanaro, 2,920
2. Ruth Kean, 2,660
3. Ray Kurlander, 2,230
4. Mort Faber, 2,020

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# Leisure World News OF MARYLAND

## ■ 10-Pin Bowling League

# Wild Things Swing Into First Place

by Rita Mastrorocco

The league is based on handicaps with averages for the bowlers ranging from 82 to 183. If you have not bowled in years, come out and join the fun.

The top league standings as of March 24 are: Wild Things in first place, C.A.S.H. in second place, and Huggers in third place.

### Top scores for the week of March 10 are:

Scratch Game – Hooks ‘N’ Curves, 625 pins  
 Scratch Series – Hooks ‘N’ Curves, 1850 pins  
 Handicap Game – Late Comers, 904 pins  
 Handicap Series – Late Comers, 2607 pins  
 High Average Men – Steve Klopfer, 193 pins  
 Scratch Game Men – Steve Mueller, 220 pins  
 Scratch Series Men – Steve Mueller, 567 pins

Handicap Game Men – Steve Mueller, 253 pins  
 Handicap Series Men – Chuck Osher, 696 pins  
 High Average Women – Chris Porter, 172 pins  
 Scratch Game Women – Kazue Waller and Julie Thomas, 180 pins  
 Scratch Series Women – Chris Porter, 525 pins  
 Handicap Game Women – Julie Thomas, 263 pins  
 Handicap Series Women – Julie Thomas, 689 pins.

### Top scores for the week of March 17 are:

Scratch Game – Half and Half, 661 pins  
 Scratch Series – Half and Half, 1826 pins

Handicap Game – Half and Half, 943 pins  
 Handicap Series – Half and Half, 2672 pins  
 High Average Men – Steve Mueller, 183 pins  
 Scratch Game Men – Steve Mueller, 222 pins  
 Scratch Series Men – Steve Mueller, 549 pins  
 Handicap Game Men – Bill Barrett, Jr., 290 pins



Handicap Series Men – Bill Barrett, Jr., 749 pins  
 High Average Women – Chris Porter, 172 pins  
 Scratch Game Women – Darlene MacDonald, 170 pins  
 Scratch Series Women – Ursula Costa, 453 pins  
 Handicap Game Women – Darlene MacDonald, 262 pins  
 Handicap Series Women – Ursula Costa, 702 pins.

Handicap Series – Late Comers, 2567 pins  
 High Average Men – Steve Mueller, 183 pins  
 Scratch Game Men – Steve Mueller, 202 pins  
 Scratch Series Men – Pat Leanza, 549 pins  
 Handicap Game Men – Larry Lull, 256 pins  
 Handicap Series Men – Pat Leanza, 690 pins  
 High Average Women – Chris Porter, 171 pins  
 Scratch Game Women – Chris Porter, 168 pins  
 Scratch Series Women – Chris Porter, 461 pins  
 Handicap Game Women – Barbara Raney, 252 pins  
 Handicap Series Women – Eileen Fishman, 684 pins.

### General Information

Come out and join the league for fellowship, fun and easy exercise. You do not need to be a good bowler to join. There is no long-term commitment.

The league bowls every Friday morning at 10 a.m. at Bowl America, 1101 Clopper Road, Gaithersburg. The cost for the three games of bowling, the use of bowling shoes and balls, and unlimited cups of coffee is only \$10.

If you are interested in joining the league, please call Rita at (301-814-9196).

### Top scores for the week of March 24 are:

Scratch Game – Hooks ‘N’ Curves, 620 pins  
 Scratch Series – Hooks ‘N’ Curves, 1759 pins  
 Handicap Game – Pin Busters, 887 pins

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**Drivers:** Remember to watch for pedestrians and yield to them at crosswalks and intersections so we can all stay safe on the road.



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# Sports, Games & Scoreboards In Brief

## Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Have fun. Win masterpoints. Questions? Call Nadyne at (301-598-5677).

• The **Wednesday Night Chicago Bridge Group** is looking for new members. The group meets every Wednesday in Clubhouse I. Play begins promptly at 6:45 p.m. Bring a partner and be ready for a few hours of friendly games. Questions? Call Doug at (301-448-8708).

• **Men's Bridge** seeks players. We meet Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Please, no beginners.

• **Thursday Ladies Bridge** welcomes more card players. If interested, call Jackie Harrell at (301-598-4341).

**Cribbage:** We meet for 150 minutes of competitive fellowship Thursdays at 9:30 a.m. in Clubhouse II. We have cards and cribbage boards, and would be pleased to teach you the game. It is a mixture of rummy and pinochle and is pure fun. (We do not even keep score.) For more information, call George at (301-598-9747) or Bill at (301-598-7270). We look forward to seeing you.

**Mah Jongg:** Want to learn how to play Mah Jongg? Call (301-598-3438).

**Pinochle Players:** If you enjoy pinochle, join us at Clubhouse II on Monday evenings, 6:30-8:30 p.m. Call us at (301-775-7238) or (301-598-7064).

## Poker:

• A few poker game openings are available at the Greens, Thursdays 7-10 p.m. No prior experience necessary. If interested, call Al at (301-598-7133).

• **Men's Poker** is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.

• **Poker players wanted** for all variations of poker, with or

without wild cards. Come by Clubhouse II Tuesdays and Thursdays at 7:15 p.m. and play until 10 p.m. Spend an enjoyable night with a bunch of good people. Call Andy at (240-558-4787).

**Jigsaw Puzzle:** There is a jigsaw puzzle table in the Clubhouse II lobby. Feel free, at your leisure, to work on it.

**Scrabble:** Please join us at Clubhouse II on Tuesdays at 12:30 p.m. for a game of Scrabble. Boards are available. Call Arlyne at (301-438-7442) if you are interested in playing.

**Duckpin Bowling:** Join us for the Duckpin Mixed Bowling League Mondays at 12:30 p.m. at White Oak Bowling Lanes (11207 New Hampshire Ave., Silver Spring). We need bowlers of all skill levels and will welcome you into our enthusiastic group. We carpool regularly, so non-drivers need not stay away. Call Grace White at (301-438-7892) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

**Fitness and Exercise Club** (supporting all Leisure World physical activities): Membership is open to any resident interested in attending an existing activity or in creating a new activity. No membership fees. For more information on club activities or to join, email us at (LWMDfitness@gmail.com).

**Indoor Pool Volleyball:** Experienced players are welcome to join a competitive game in the social pool at Clubhouse II on Mondays and Thursdays at 6 p.m. Basic volleyball skills are required. For beginners, social games are Wednesdays, Fridays and Saturdays at 3 p.m. If you don't have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. Email Laurie Burdick at (lgburdick@aol.com) with questions.

**Mind-Body Exercise Club:** Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activity Room to study and practice mind-body exercises under a leader. Interested Leisure World residents can join the club by paying a \$5 per person initiation fee. If you have any questions, call Bert Fang, club president at (301-871-1694).

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Check out our archives at [lwmc.com/lwnews](http://lwmc.com/lwnews)

# EYRE Leisure World Travel

Travel & Tour Department • (301) 598-1599 • Monday, Wednesday & Friday 8:30 AM-2:00 PM  
 Reservations can be made Monday through Friday, 8:30 AM-5 PM by calling 301-854-6600 #4  
 For more detailed itineraries, please see the Eyre Representative at the Eyre Leisure World Travel Office.

## DAY TRIPS

### Springfest in Ocean City MD

Sat., 5/6, 7:45 am-9:00 pm .....\$60.00 per person  
 This event is held at Ocean City Inlet and features arts and craft vendors, popular entertainment and a variety of delicious food. Transportation only.

### Museum Loop

Tue., 5/9, 9:00 am-3:00 pm \$35.00 per person  
 Choose where you want to spend your time!  
**Museum choices are:** National Museum of African History & Culture, National Gallery of Art or Natural History Museum.

### Grounds of Sculpture

Tues., 5/23 8:10 am-6:50 pm .....\$128.00 per person  
 Nestled in the heart of New Jersey lies Grounds of Sculpture, a magical place where art and nature are always at play. Enjoy a 3-course plated lunch at the incomparable Rat's Restaurant.

### \*NEW\* MGM Grand Casino

Mon., 6/5, 9:05 am-3:00 pm .....\$35.00 per person  
 Try your luck at the newest casino in the area! Transportation only.

### 9/11 Memorial & Museum

Sat., 6/10, 7:00 am-11:45 pm .....\$120.00 per person  
 Trip includes: transportation, admission to the Memorial, admission to the Museum and a \$10 Cracker Barrel gift card for dinner.

### Ladew Gardens

Mon., 6/12, 8:30 am-5:30 pm .....\$93.00 per person  
 Did you know Architectural Digest named Ladew Gardens one of the "10 incredible topiary gardens around the world?" Guided house tour, self-guided garden tour, lunch and access to the Butterfly House included.

### Marvelous Monticello & Michie Tavern

Friday, 6/23, 8:15 am-8:30 pm.....\$109.00 per person  
 Immerse yourself in an 18th century experience at the home of Thomas Jefferson - Monticello. Tour and a colonial lunch at the historic Michie Tavern est. ca 1784. Guided tour of the home and gardens of this magnificent estate.

### African American History & Culture Museum

Mon., 7/10, 8:45 am-3:30 pm .....\$35.00 per person  
 Timed tickets to museum and transportation included.

### National Museum of Women in the Arts

Wed., 7/12, 8:55 am-2:35 pm.....\$50.00 per person  
 Visit the only museum in the world dedicated exclusively to the exhibition, preservation, and acquisition of works by women artists. Docent led tour included and lunch on own at Mezzanine Café.

### Hollywood Casino

Thu., 7/20, 10:00 am-5:30 pm .....\$38.00 per person  
 Try your luck in Charleston West Virginia! \$15 slot play offer from Casino.

### Faith & Food

Tues., 7/25, 7:15 am-8:00 pm ..... \$118.00per person  
 Travel around Cumberland and enjoy rich colonial and religious history and delicious food from the ethnic roots of the churches visited.

### \*NEW\* Annapolis Time & Tide Trio Cruise

Thu., 7/27, 8:45 am-4:30 pm .....\$105.00 per person  
 Enjoy a leisurely three-hour cruise as a speaker delivers a presentation on the waters of the Chesapeake Bay. Listen to local legends and lore, tales of smuggling, rum running, piracy and the legend of Chessie the Chesapeake Sea Monster. Also a short History of Kent Island with information on its original, native inhabitants. Boxed lunch included.

### Peter Pan at the Dutch Apple Theatre

Wed., 8/2, 9:15 am- 6:15 pm .....\$110.00 per person  
 Buffet Lunch and show included in trip.

### Baltimore Museum of Industry

Fri., 8/4, 9:00 am-3:00 pm .....\$88.00 per person  
 Relive the Industrial Revolution at the Baltimore Museum of Industry. Lunch at the Rusty Scupper also included in this trip.

### Ellis Island

Sat., 8/4, 7:15 am-11:00 pm .....\$113.00 per person  
 Trip includes: Ferry to Ellis & Liberty island, motorcoach transportation, \$10.00 Cracker Barrel Gift card.

### Spotlight on...

#### Travel Show

Thursday, 4/27, 2 pm-3 pm in the Crystal Ballroom

Come find out what trips we have planned for the rest of the year and some that we have planned for 2018!  
 Refreshments and door prizes!

## MULTI-DAY TRIPS

**Mohegan Sun**  
 June 12-15 (motorcoach)

**Montreal & Quebec**  
 June 18-24 (motorcoach)

**Train Tracks of West Virginia**  
 June 23-25 (motorcoach)

**JFK's Cape Cod**  
 July 16-20 (motorcoach)

**Smoky Mountains**  
 August 27-31 (motorcoach)

**New Orleans**  
 Sept 11-14 (fly-drive)

**Colorado's Historic Trains**  
 Sept. 15-23 (fly-drive)

**The Legendary Blue Danube River Cruise**  
 Sept 20-11 days (fly-drive)

**Ark Encounter**  
 Oct. 2-5 (motorcoach)

**Ocean City Getaway**  
 Oct. 10-13 (motorcoach)

**Best of New England**  
 Oct. 13-17 (motorcoach)

**Williamsburg "Grand Illumination"**  
 Dec. 2-4 (motorcoach)

**Biltmore Estate & Asheville**  
 Dec.11-14 (motorcoach)

## CRUISES

**Celebrity Summit, Cape Liberty, NJ; Canada & New England**  
 Sept. 10-14, 2017

**Grandeur of the Seas Baltimore, MD; South Caribbean**  
 Jan. 20-Feb. 1, 2018

**We can book any cruise line anywhere you want to cruise.**

(All Trips depart from Clubhouse II)

Some trips require a certain amount of walking. The shoe symbol  provides an indication of how much walking may be involved.

Key:  Easy Walking   More Walking    A Lot of Walking

Eyre at Leisure World Travel Office, located in Clubhouse I, is a department of Eyre Bus, Tour & Travel. We offer a full service travel agency that specializes in airline reservations, cruises, group tours, vacation packages, hotel accommodations and auto rental. We have been providing "Excellence in Travel for 60 Years".

**INCLEMENT WEATHER POLICY:** Please call 301-598-1599 after 7 am on the day of a trip to find out if we have cancelled, postponed or are going. If a trip is cancelled, you will also receive a phone call from us once the office is open.

APRIL 2017

# UPCOMING SEMINARS & EVENTS

## AT BROOKE GROVE RETIREMENT VILLAGE

As experts in senior care and memory support, Brooke Grove Retirement Village is pleased to offer seminars and events that promote physical, spiritual and mental well-being.

All seminars and events will be held at Brooke Grove Rehabilitation and Nursing Center, located at 18131 Slade School Road on the Brooke Grove Retirement Village campus, unless otherwise noted. Please register with Toni Davis at 301-388-7209 or [tdavis@bgf.org](mailto:tdavis@bgf.org).

### **LIVING WELL SEMINAR: “WHAT’S YOUR STRESS TYPE?”**

April 19, 1-2:15 p.m.

Join Director Brian Sanderoff in identifying the five major stress types and the specific tools for addressing each one that can put you on the path to better health.

Seminar preceded by complimentary lunch at 12:30 p.m. FREE. Register by April 17.

### **PARKINSON’S EXERCISE CLASSES**

Mondays & Wednesdays  
Starting April 10, 3:30-4:30 p.m.

Our classes will help improve posture, balance and circulation while also increasing strength, muscle control and mobility of those with Parkinson’s or other neurodegenerative diseases.

### **PARKINSON’S SUPPORT GROUP**

2<sup>nd</sup> Wednesday of each month  
Starting April 12, 2:15 p.m.

### **INDEPENDENT LIVING OPEN HOUSE**

*Westbrooke Clubhouse*  
18310 Slade School Road  
April 20, 11 a.m.-2 p.m.

Discover the casual elegance and comfort of our independent living cottages.

Tour a cottage and meet current residents. Explore Westbrooke Clubhouse, its restaurant and fitness center. Enjoy our 220-acre campus of lush pastures and hardwood forest.

FREE. Register by April 18.



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# CLASSES & Seminars

Sign-up will be taken for newly advertised classes beginning on the Tuesday after the date of the edition of Leisure World News in which it appears. All sign ups begin at 8:30 a.m. in either Clubhouse I or Clubhouse II as noted in the class description. Residents can register for themselves and two other residents. **Please bring your Leisure World ID.**

If required enrollment is not met five days prior to the start date, the class will be cancelled.

**\*\*\*Please note fees for non-residents: add \$10 for 1-6 session classes and \$20 for classes of 7 or more sessions.\*\*\***

Payment can be made by check or credit card (MasterCard, VISA or Discover); no cash is accepted. Checks *must* be made payable to Leisure World of Maryland Corp. Please sign up in advance of the starting date of the class since instructors need to know how many will participate. **Note: Registration will not be accepted nor refunds issued after the completion of two sessions!**

Leisure World does not discriminate on the basis of race, color, national or ethnic origin in admission policies, education policies or programs.

## EDUCATION

**NEW – Microsoft Word Class:** The Computer Center is offering a one-day class on Microsoft Word. During the class, most features of Microsoft Word 2016 will be explained. Include are generating, copying, formatting and sharing Word documents using your computer as well as using the internet to download additional features.

Class meets on Thursday, April 20, at 1 p.m. in Meeting Room 2. The instructor is John Lodsin. Seating is limited. **Fee: \$15. Register at Clubhouse II.**

**Supervised Bridge (for Advanced Beginners and Intermediates):** Six classes of Shuffle and Play, with bidding and playing help, as requested, from teacher/director Saul Penn. Short (five-10 minute) lecture/tips before each class on topics of particular interest. Some physical dexterity handling cards is required to enable timely play. Partners not necessary, but welcome. Lots of fun, guaranteed!

Class meets Wednesdays, April 19-May 24, 10 a.m.-noon. **Fee: \$36. Register at Clubhouse I.**

**Book Discussion: “Hill-billy Elegy” by J.D. Vance, a CLL seminar:** This book was a New York Times best-seller in 2016 (Aug. 28), and

named by the Times as one of “six books to help understand Trump’s win.” Vance writes about his own childhood and, in particular, offers insight and explanation into a segment of the culture of those who left the Democratic party and supported Donald Trump. The book has been described as in the genre of “Between the World and Me,” by Ta-Nehisi Coates.

One session is on the book itself; the second session is on what the book may say about our political direction.

Instructor Paul H. Levy has a BA, MEd and EdD from the University of Massachusetts-Amherst, and is a retired history and social science teacher. He has previously taught classes for CLL.

Class meets Tuesday, April 18, and Wednesday, April 19, 10-11:30 a.m. **Fee: \$15. Register at Clubhouse I.**

*For more information about the Center for Lifelong Learning (CLL), visit ([www.cllmd.com](http://www.cllmd.com)).*

## EXERCISE

**NEW – Line Dance with Wendy:** This is an introductory dance course for students who have had little or no dance experience and who want to learn the basics. If you are a beginner/advanced beginner in line dancing, this is the class for you. Join Wendy in a day of fun and dances with a mix of

cha-cha, rumba, tango, samba and more.

Class meets Mondays, April 24-June 12, from 2-2:55 p.m. for the Beginner class and from 3-4 p.m. for the Advanced Beginner class. Choose your session based on your experience. **Fee: \$28 per session. Register at Clubhouse II.**

**NEW – Chair Yoga with Robin, Mondays or Fridays:** Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, yet effective, movements done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Mondays, May 15-July 17 (no class May 29 or July 3), 2-3 p.m. **Fee: \$100. Register at Clubhouse II.**

**NEW – Tai Chi for Essential Tremor (ET):** Essential tremor is associated with hand, limb, head and voice tremor, and may also affect balance, mobility and daily function. Tai chi for ET is a program focused, specifically, on reducing complications related to ET by increasing balance, calming the body/reducing stress, and increasing functional mobility.

This class is intended for individuals with ET and their spouses or caretakers. It is led by T. Sean Vasaitis, PhD, MS EHS. Vasaitis has been studying tai chi for nearly 20 years. He has taught tai chi at the UM Center for Integrative Medicine since 2005, and directs the Alternative Medicine course at the University of

Maryland Eastern Shore School of Pharmacy. He holds degrees in both Pharmacology and Exercise and Health Studies, and focuses on the integration of traditional and modern approaches to health care. His research interests include the mechanisms by which exercise, mind-body medicine, and complementary therapeutics affect mobility and metabolic function.

Class meets Fridays and Sundays, April 28-July 14 (no class May 26 or 28), 3-4 p.m. **Fee: \$15. Register at Clubhouse II.**

**NEW – Gentle Yoga – Wednesdays and Saturdays with Marilyn:** Yoga is a holistic system that combines movement, posture, breath, and relaxation techniques to improve overall health and well-being physically, mentally, and spiritually. A consistent yoga practice has been shown to increase mobility, strength, and flexibility, and to provide skills to cultivate a peaceful mind in the face of life’s stresses and challenges. This class is designed for individuals with some ability to get up and down off the floor and can be adapted according to the need of the practitioner. Beginners and ongoing students are welcome. Bring a yoga mat or blanket to the first class.

Class meets Wednesdays, May 3-July 5 (no class May 17 or 24) and/or Saturdays, May 6-July 1 (no class May 20), 9-10 a.m. **Fee: \$64/1 day, \$120/2 days per week. Register at Clubhouse I.**

**Move to the Beat, evenings:** Do you hate to exercise? If you do, this is the class for you. For 45 minutes, we move by stretching, walking and dancing to various music (singing along is allowed). You don’t have to remember anything; just follow at your own pace. You must keep moving. Doctors tell us we must keep moving for our health. Let’s do it together as we “Move to the Beat.” For more information, call Gerry (301-438-7452).

Class meets Tuesdays, April

25-May 30 (note change of start date), 6:15-7 p.m. **Fee: \$39. Register at Clubhouse II.**

**Senior Sneakers:** Get up and go with a safe, heart-healthy cardio workout that is gentle on the joints. The workout includes easy-to-follow low-impact moves and upper-body strength training. Have fun and move to the music through a variety of exercises designed to increase your cardio fitness level, strength, range of movement, and activities for daily living. Bring your hand-held weights and work at your own pace.

Class meets Mondays (w/ Shirley), April 17-May 22, and Thursdays (w/Sue), April 20-May 25, 9-9:45 a.m. You can take the class on Mondays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**Mild Exercise with Shirley:** All exercises, seated or standing, are led by instructor Shirley Lloyd.

Class meets Tuesdays, April 18-May 23, and Wednesdays, April 19-May 24, 11-11:45 a.m. You can take the class on Tuesdays or Wednesdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**Chair Yoga (with a touch of Chair Tai Chi), Wednesdays:** Age well. Prevent or diminish the chronic degenerative disease processes that frequently accompany aging. Gentle, yet effective, movements done while sitting in a chair. Increase joint mobility, balance, flexibility, strength, tone, circulation of blood and lymph, and improve breathing. Optional standing balance exercises included. Relaxing and fun! Mindfulness training introduced and basic holistic lifestyle habits discussed.

Instructor Robin M. Hartman, C-IAYT, CHHC, RYT, PTA, is licensed to perform physical therapy in the state of Maryland. She is also a certified holistic health coach, registered yoga teacher, and certified yoga therapist. She will answer questions after class or can be reached at (240-350-8820).

Class meets Wednesdays, April 12-May 31, 2-3 p.m. **Fee: \$100. Register at Clubhouse II.**

## WATER EXERCISE

**Water Exercise with Nancy:** Time to start the day off right by enrolling in a water exercise class. Participants will gain strength, stamina and tone from this cardio class. (Dumbbells are used, although they are not required, and are available for purchase from the instructor.)

Class meets Tuesdays, April 18-May 23, and Thursdays, April 20-May 25, 11 a.m.-12 noon. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**Non-impact Fusion with Beth:** This class is held in the round leisure pool

(warm water). Dance, yoga poses, and cardio movements are all fused together to give students an awesome, fun class. Participants will improve their posture, balance, flexibility and muscle strength.

Class meets Tuesdays, April 18-May 23, and Thursdays, April 20-May 25, 1-2 p.m. You can take the class on Tuesdays or Thursdays, or sign up for both days. **Fee: \$36, one day per week; \$60 for both days. Register at Clubhouse II.**

**Aqua Arthritis with Shirley:** Class is held in the warm water pool. If you have arthritis or other joint issues, have had recent surgery, have trouble with balance or breathing, or any other medical issue that has kept you from exercising, then this class is for you. This class is low intensity and slow paced. We use walking patterns with various

arm movements and focus on stretching, balancing, yoga, and range of motion exercises using noodles and balls.

Class meets Mondays, April 17-May 22, 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**

**Aqua Fit with Shirley:** This unique class blends the best of both worlds using water aerobics and yoga. Water aerobics will be done in the lap pool for 30 minutes, focusing on cardio and strength. The class will then move to the social warm water pool and finish up with yoga stretches that will focus on balance and posture.

Class meets Wednesdays, April 19-May 24, 1-2 p.m. **Fee: \$36, 1 day per week; \$60, when taken with one day of another water class. Register at Clubhouse II.**

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## Services for Seniors

Activities of Daily Living	Support Services
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# CALENDAR *of Events*

## Sunday, April 9

### Clubhouse I

Have a Happy Day

### Clubhouse II

Have a Happy Day

## Monday, April 10

### Clubhouse I

9:30 a.m. Art Class, Any Medium  
10:30 a.m. Garden & Environmental Club  
1:00 p.m. Paintbrush & Knife Class  
1:30 p.m. LW Chorale

### Clubhouse II

12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
2:00 p.m. Line Dance Class  
3:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Class

## Tuesday, April 11

### Clubhouse I

9:30 a.m. Garden Plot Group  
9:30 a.m. Beginner and Advanced Tai Chi Class  
9:30 a.m. Art Class, Any Medium  
11:30 a.m. Ladies Golf Lunch  
1:00 p.m. Amateur Radio Club  
1:00 p.m. Watercolor Techniques Class  
2:00 p.m. Book Club Network  
6:00 p.m. JRLW Seder  
7:00 p.m. Trivia Group  
7:00 p.m. Duplicate Bridge

### Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class  
12:30 p.m. Scrabble Group  
1:30 p.m. Comedy & Humor Club  
3:00 p.m. Parkinson's Support Group  
5:00 p.m. AIM Potluck Dinner  
7:00 p.m. Camera Club Meeting

## Wednesday, April 12

### Clubhouse I

9:00 a.m. Income Tax Service  
9:00 a.m. Gentle Yoga Class  
10:00 a.m. Express Yourself Art Class  
1:00 p.m. Diabetes Prevention Class  
1:00 p.m. Maryland Interclub Seniors Golf Association Lunch  
1:00 p.m. Oils & Acrylics Class  
1:00 p.m. Low Vision Group  
1:30 p.m. Patients Rights Group  
2:00 p.m. LW Green  
6:45 p.m. Chicago Bridge

### Clubhouse II

10:00 a.m. Computer and Apple Smartphone Security Seminar  
1:00 p.m. Chess Club  
1:00 p.m. Ping Pong Club  
1:30 p.m. Stroke Support Group  
1:00 p.m. Zumba Gold Class  
2:00 p.m. Chair Yoga Class  
7:00 p.m. Lapidary Club

## Thursday, April 13

### Clubhouse I

10:00 a.m. Painting for Everyone Class  
12:30 p.m. Ladies Bridge  
1:00 p.m. Watercolors, Any Level Class  
2:00 p.m. CLL Class: Great Decisions in Foreign Policy  
7:00 p.m. Democratic Club

### Clubhouse II

9:30 a.m. Beginner and Advanced Tai Chi Class  
9:30 a.m. Quilters Group  
10:00 a.m. MVA on Wheels

12:30 p.m. Men's Bridge

2:00 p.m. Mind-Body Exercise Club

2:00 p.m. Movie: "Miracles from Heaven"

4:00 p.m. Model Railroad Club

5:30 p.m. Tap with Gerry

## Friday, April 14

### Clubhouse I

10:00 a.m. Basic Drawing Class  
11:00 a.m. Book Club Network  
1:30 p.m. Watercolor, Any Level Class  
6:00 p.m. Café AIM: Janine Carter  
7:00 p.m. Friday Duplicate Bridge

### Clubhouse II

10:00 a.m. Chinese Club of LW  
1:00 p.m. Ping Pong Club  
1:00 p.m. Chess Club  
1:00 p.m. Zumba Gold Class  
1:00 p.m. Friday Bridge Club

## Saturday, April 15

### Clubhouse I

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Open Art Studio  
**Clubhouse II**  
9:15 a.m. JRLW Religious Service  
12:00 p.m. LGBT Alliance  
2:00 p.m. Going It Alone: Video  
7:00 p.m. Baby Boomers: Movie  
7:00 p.m. Sock Hop Club Dance

## Sunday, April 16

### Clubhouse I

10:00 a.m. Easter Buffet

### Clubhouse II

Have a Happy Day

## Monday, April 17

### Clubhouse I

9:00 a.m. Senior Sneakers  
9:15 a.m. Stretch & Tone Class  
9:45 a.m. AARP Drivers Course  
9:30 a.m. Art Class, Any Medium  
10:30 a.m. Beginner Stretch & Tone Class  
1:00 p.m. Paintbrush & Knife Class  
1:30 p.m. LW Chorale  
2:00 p.m. NARFE Meeting  
6:00 p.m. Lions Club Meeting  
7:00 p.m. Bingo

### Clubhouse II

9:00 a.m. Senior Sneakers Class  
10:00 a.m. Clipper Workshop  
10:30 a.m. Zumba Gold Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
1:00 p.m. Aqua Arthritis Class  
2:00 p.m. Line Dance Class  
2:00 p.m. Chair Yoga Class  
3:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Exercise Class

## Tuesday, April 18

### Clubhouse I

9:00 a.m. Blood Pressure Testing  
9:30 a.m. Art Class, Any Medium  
10:00 a.m. CLL Class: "Hillbilly Elegy" Discussion

1:00 p.m. Watercolor Techniques Class  
1:00 p.m. CLL Class: Convergence of Geography & History Class  
2:00 p.m. Book Club Network  
7:00 p.m. Trivia Group  
7:00 p.m. Republican Club  
7:00 p.m. Duplicate Bridge

### Clubhouse II

9:15 a.m. Yiskor Service

**Dial 301-598-1313**  
**for recorded Daily Events**

## Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees

### Budget & Finance

April 19, 10:00 a.m., Clubhouse II

### Community Planning

April 10, 9:30 a.m., Clubhouse I

### Education and Recreation

March 7, 9:30 a.m., Clubhouse I

### Energy

April 18, 9:30 a.m., Clubhouse I

### Foundation

April 12, 9:30 a.m., Clubhouse I

### Golf and Greens

April 14, 9:00 a.m., Clubhouse I

### Government Affairs

April 10, 2:00 p.m., Sullivan Room

### LWMC Board of Directors

April 25, 9:30 a.m., Clubhouse I

The meeting airs on May 1, 3 and 5 at 4 p.m. and 7 p.m. on channel 974.

### LWCC Executive Committee

April 14, 9:00 a.m., Sullivan Room

The meeting airs on April 19, 20 and 21 at 4 p.m. and 7 p.m. on channel 974.

*Meeting times and locations subject to change.*

## Leisure World Mutual Meetings

### April 11

#### Mutual 16 Board

9:30 a.m., Sullivan Room

#### Mutual 19A Board

9:30 a.m., Clubhouse II

#### Mutual 7 Board

1:00 p.m., Sullivan Room

### April 12

#### Mutual 11 Board

4:00 p.m., Sullivan Room

#### Mutual 25 Board

7:00 p.m., Sullivan Room

### April 13

#### Mutual 12 Board

1:00 p.m., Sullivan Room

### April 17

#### Mutual 13 Board

9:30 a.m., Sullivan Room

### April 18

#### Mutual 14 Board

9:30 a.m., Sullivan Room

### April 19

#### Mutual 5 Board

9:30 a.m., Sullivan Room

#### Mutual 19B Agenda

1:00 p.m., Sullivan Room

### April 20

#### Mutual 15 Board

9:30 a.m., Sullivan Room

#### Mutual 12 Annual

10:00 a.m., Clubhouse I

#### Mutual 8 Annual

5:00 p.m., Clubhouse I

### April 21

#### Mutual 10 Annual

12:30 p.m., Clubhouse II

### April 24

#### Montgomery Mutual Board

9:30 a.m., Clubhouse I

#### Mutual 23 Board

10:00 a.m., Party Room

#### Mutual 9 Board

10:00 a.m., Sullivan Room

#### Mutual 19A Annual

2:00 p.m., Clubhouse I

*Meeting times and locations subject to change.*

## Wednesday, April 19

### Clubhouse I

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Library Guild Meeting  
10:00 a.m. Express Yourself Art Class  
10:00 a.m. CLL Class: "Hillbilly Elegy" Discussion  
10:00 a.m. Supervised Bridge Class  
10:15 a.m. League of Women Voters

11:00 a.m. Water Exercise Class

11:00 a.m. Mild Exercise Class

12:30 p.m. Scrabble Group

1:00 p.m. Non-impact Fusion Water Class

1:30 p.m. Comedy & Humor Club

6:15 p.m. Move to the Beat Class

7:00 p.m. Vegetarian Society Meeting

7:00 p.m. Camera Club

1:00 p.m. Diabetes Prevention Class  
1:00 p.m. Oils & Acrylics Class  
2:00 p.m. LW Green  
6:45 p.m. Chicago Bridge  
7:30 p.m. Hadassah Meeting  
**Clubhouse II**  
10:00 a.m. Computer and Apple  
Smartphone Security Seminar  
11:00 a.m. Mild Exercise Class  
1:00 p.m. Chess Club  
1:00 p.m. Ping Pong Club  
1:00 p.m. Aqua Fit Class  
2:00 p.m. Chair Yoga Class

**Thursday, April 20**

**Clubhouse I**

9:15 a.m. Stretch & Tone Class  
10:00 a.m. Painting for Everyone Class  
10:30 a.m. Exploring Orthodox Life Class  
10:30 a.m. Beginner Stretch & Tone Class  
11:00 a.m. Writers Workshop  
12:30 p.m. Ladies Bridge  
1:00 p.m. Oils & Acrylics Class  
2:00 p.m. CLL Class: Great Decisions in  
Foreign Policy  
2:00 p.m. Lawn Bowls Club Meeting  
**Clubhouse II**  
9:00 a.m. Senior Sneakers Class  
10:00 a.m. Stitchers Group  
11:00 a.m. Water Exercise Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Non-impact Fusion Water  
Class  
1:00 p.m. Microsoft Word Class  
2:00 p.m. Mind-Body Exercise Club  
5:30 p.m. Tap with Gerry Class

**Friday, April 21**

**Clubhouse I**

10:00 a.m. Basic Drawing Class  
10:00 a.m. Book Club Network  
12:15 p.m. Kiwanis Club  
1:30 p.m. Watercolors, Any Level Class  
2:00 p.m. Book Club Network  
3:00 p.m. Hispanos de LW  
6:00 p.m. Golf Twi-lite Dinner  
7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
1:00 p.m. Ping Pong Club  
1:00 p.m. Chess Club  
1:00 p.m. Zumba Gold Class  
1:00 p.m. Friday Bridge Club

**Saturday, April 22**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
9:30 a.m. Flea Market  
10:00 a.m. Open Art Studio  
7:30 p.m. LW Ballroom Dance Club  
**Clubhouse II**  
9:15 a.m. JRLW Religious Service  
2:00 p.m. Going It Alone: Video & Bingo  
7:00 p.m. Brian Choper Jazz: Frank  
Sinatra

**Sunday, April 23**

**Clubhouse I**

10:00 a.m. JRLW Brunch  
2:00 p.m. Italian Club  
**Clubhouse II**  
10:00 a.m. Lions Club Celebration  
10:30 a.m. Jewish Discussion Group  
3:30 p.m. Camera Club Photo Matinee

**Monday, April 24**

**Clubhouse I**

9:30 a.m. Stretch & Tone Class  
9:30 a.m. Art Class, Any Medium Class  
10:30 a.m. Beginners Stretch & Tone  
Class  
1:00 p.m. Paintbrush & Knife Class  
1:30 p.m. LW Chorale

1:30 p.m. Book Club Network  
7:00 p.m. Bingo  
**Clubhouse II**  
9:00 a.m. Senior Sneakers Class  
10:30 a.m. Zumba Gold Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
1:00 p.m. Aqua Arthritis Class  
2:00 p.m. Line Dance Class  
2:00 p.m. Chair Yoga Class  
3:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Class

**Tuesday, April 25**

**Clubhouse I**

9:30 a.m. Art Class, Any Medium  
1:00 p.m. CLL Class: Convergence of  
Geography & History  
1:00 p.m. Watercolor Techniques Class  
2:00 p.m. Book Club Network  
6:00 p.m. JRLW Annual Meeting  
7:00 p.m. Trivia Group  
7:00 p.m. Woodshop Group Meeting  
7:00 p.m. Duplicate Bridge  
**Clubhouse II**  
9:30 a.m. Beginner and Advanced Tai Chi  
Class  
10:00 a.m. LW Apple Club  
11:00 a.m. Water Exercise Class  
11:00 a.m. Mild Exercise Class  
12:30 p.m. Scrabble Group  
1:00 p.m. Non-impact Fusion Water  
Class  
1:30 p.m. Comedy & Humor Club  
2:30 p.m. Unitarian Universalists  
6:00 p.m. Camera Club Clinic  
6:15 p.m. Move to the Beat Class  
7:00 p.m. Camera Club

**Wednesday, April 26**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Express Yourself Art Class  
10:00 a.m. Supervised Bridge Class  
1:00 p.m. Oils & Acrylics Class  
1:00 p.m. Diabetes Prevention Class  
6:45 p.m. Chicago Bridge  
**Clubhouse II**  
10:00 a.m. Computer and Apple  
Smartphone Security Seminar  
11:00 a.m. Mild Exercise Class  
1:00 p.m. Chess Club  
1:00 p.m. Ping Pong Club  
1:00 p.m. Aqua Fit Class  
2:00 p.m. Chair Yoga Class  
2:00 p.m. Yom Hashoa

**Thursday, April 27**

**Clubhouse I**

9:15 a.m. Stretch & Tone Class  
1:30 p.m. Watercolors, Any Level Class  
10:30 a.m. Exploring Orthodox Life  
Class  
10:30 a.m. Beginner Stretch & Tone  
Class  
12:30 p.m. Ladies Bridge  
1:00 p.m. Oils & Acrylics Class  
1:00 p.m. Ladies Golf Lunch  
2:00 p.m. CLL Class: Great Decisions in  
Foreign Policy  
2:00 p.m. Eyre Travel Show  
6:00 p.m. LWAAAC Game Night  
**Clubhouse II**  
9:00 a.m. Senior Sneakers Class  
9:30 a.m. Beginner & Advanced Tai Chi  
Class  
9:30 a.m. Quilters Group  
11:00 a.m. Water Exercise Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Non-impact Fusion Water  
Class

1:30 p.m. JRLW Movie: "The Women's  
Balcony"  
2:00 p.m. Mind-Body Exercise Club  
5:30 p.m. Tap with Gerry Class

**Friday, April 28**

**Clubhouse I**

9:30 a.m. Chinese Club  
10:00 a.m. Basic Drawing Class  
10:30 a.m. Arbor Day  
1:30 p.m. Watercolors, Any Level Class  
3:00 p.m. Hispanos de LW  
7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
10:00 a.m. Chair Yoga Class  
1:00 p.m. Ping Pong Club  
1:00 p.m. Chess Club  
1:00 p.m. Zumba Gold Class  
1:00 p.m. Friday Bridge Club  
4:00 p.m. LWAAAC Movie: "Selma"

**Saturday, April 29**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Open Art Studio  
10:00 a.m. Lions Club Community Day  
**Clubhouse II**  
9:15 a.m. JRLW Religious Service  
2:00 p.m. Going It Alone: Video  
**Sunday, April 30**  
**Clubhouse I**  
12:00 p.m. LW Green Film Festival  
**Clubhouse II**  
2:00 p.m. Movie: "My Big Fat Greek  
Wedding"  
4:00 p.m. Rep. Jamie Raskin Town Hall  
Meeting

**Monday, May 1**

**Clubhouse I**

9:15 a.m. Stretch & Tone class  
9:30 a.m. Art Class, Any Medium  
10:30 a.m. Beginners Stretch & Tone  
Class  
1:00 p.m. CLL General Meeting  
1:00 p.m. Paintbrush & Knife Class  
1:30 p.m. LW Chorale  
2:00 p.m. Book Club Network  
7:00 p.m. Bingo  
**Clubhouse II**  
9:00 a.m. Senior Sneakers Class  
10:00 a.m. Clipper Workshop  
10:30 a.m. Zumba Gold Class  
12:30 p.m. Men's Bridge  
1:00 p.m. Chess Club  
1:00 p.m. Aqua Arthritis Class  
2:00 p.m. Line Dance Class  
2:00 p.m. Chair Yoga Class  
2:00 p.m. Line Dance Class  
4:00 p.m. Ba Duan Exercise Class

**Tuesday, May 2**

**Clubhouse I**

9:00 a.m. Blood Pressure Testing  
9:30 a.m. Art Class, Any Medium  
10:00 a.m. Sharing Stories Class  
1:00 p.m. CLL Class: Convergence of  
Geography & History  
1:00 p.m. Watercolor Techniques  
Class  
7:00 p.m. Trivia Group  
7:00 p.m. Duplicate Bridge  
**Clubhouse II**  
9:30 a.m. Beginner & Advanced Tai  
Chi Class  
11:00 a.m. Mild Exercise Class  
10:00 a.m. Water Exercise Class  
12:30 p.m. Scrabble Group  
1:00 p.m. Gilbert & Sullivan Society  
1:00 p.m. Non-impact Fusion Water  
Class

1:30 p.m. Comedy & Humor Club  
6:15 p.m. Move to the Beat Class

**Wednesday, May 3**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. Express Yourself Art Class  
10:00 a.m. Supervised Bridge Class  
11:00 a.m. Short Story Group  
1:00 p.m. Oils & Acrylics Class  
1:00 p.m. Diabetes Prevention Class  
1:30 p.m. Patients Rights Group  
2:00 p.m. Book Club Network  
6:45 p.m. Chicago Bridge

**Clubhouse II**

9:00 a.m. Low Vision Seminar  
11:00 a.m. Mild Exercise Class  
1:00 p.m. Chess Club  
1:00 p.m. Ping Pong Club  
1:00 p.m. Aqua Fit Class  
1:00 p.m. Zumba Gold Class  
2:00 p.m. Chair Yoga Class  
4:00 p.m. LWAAAC General Meeting  
7:00 p.m. Fun & Fancy Theatre Group

**Thursday, May 4**

**Clubhouse I**

9:15 a.m. Stretch & Tone class  
10:00 a.m. Painting for Everyone  
Class  
10:30 a.m. Exploring Orthodox Life  
Class  
10:30 a.m. Beginner Stretch & Tone  
Class  
10:30 a.m. Essential Tremor Group  
11:00 a.m. Writers Workshop  
12:30 p.m. Ladies Bridge  
1:00 p.m. Oils & Acrylics Class  
1:00 p.m. CLL Economic Impact  
Seminar  
3:00 p.m. Stamp Club  
**Clubhouse II**  
9:00 a.m. Senior Sneakers Class  
9:30 a.m. Beginner and Advanced Tai  
Chi Class  
10:00 a.m. Stitchers Group  
10:15 a.m. Move to the Beat Class  
11:00 a.m. Water Exercise Class  
12:30 p.m. Men's Bridge Group  
1:00 p.m. Non-impact Fusion Water  
Class  
2:00 p.m. Mind-Body Exercise Club  
5:30 p.m. Tap with Gerry Class  
7:00 p.m. Tennis Club Meeting

**Friday, May 5**

**Clubhouse I**

10:00 a.m. Basic Drawing Class  
12:15 p.m. Kiwanis Club  
1:30 p.m. Watercolors, Any Level  
Class  
3:00 p.m. Hispanos de LW  
7:00 p.m. Friday Duplicate Bridge  
**Clubhouse II**  
1:00 p.m. Ping Pong Club  
1:00 p.m. Chess Club  
1:00 p.m. Zumba Gold Class  
1:00 p.m. Friday Bridge Club

**Saturday, May 6**

**Clubhouse I**

9:00 a.m. Gentle Yoga Class  
10:00 a.m. American Needlepoint  
Guild Meeting  
10:00 a.m. Open Art Studio  
7:30 p.m. Greg Harrison Jazz Band &  
Dance  
**Clubhouse II**  
9:15 a.m. JRLW Religious Service  
2:00 p.m. Going It Alone: Video  
6:00 p.m. LGBT Alliance: Game Night



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## ESTATE SALES

ESTATES PURCHASED; whole apartment contents, whole house contents, storage lockers. Buy out/clean up. Gary – (301-520-0755).

ATTIC TO BASEMENT ESTATE Cleanouts LLC - I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast and efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment Janet Ray (301-384-3198), (wishalot10@aol.com).

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## FOR SALE

BUS TICKETS FOR SALE – 1 round-trip Greyhound ticket. Leave Silver Spring on Sept. 17 and leave Ocean City on Sept. 24. For more information, call Bob Walsh on either (240-669-9946) or (240-517-7692).

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IF YOU'RE FEELING overwhelmed due to family or financial issues we can help. We are interested in paying cash to purchase your "as is" home in Leisure World. We will work with you to help sort through your belongings. Once you pick the items you wish to keep we will help to pack these items and move them for you. We will buy the entire contents and take care of the sorting, donating and emptying the place out for you. You'll save time and money and can just walk away! No need to paint, repair, clean, carpet, etc. and you won't have to pay real estate commissions. If you need our help, just call Debbie (301-204-5067) or Steve (301-275-2560).

OPEN SUNDAY 4/9 from 1-4 p.m.: 2900 Leisure World Blvd N #304, Silver Spring, MD. 2 Bedroom, 2 full bath, tablespace kitchen including a window with a beautiful view, extra large dining room, den/office, lovely and large enclosed balcony. A must see, \$279,900. Long and Foster (301-548-9700), Eve Marinik (301-221-8867), Greg Marinik (240-994-5258).

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CAREGIVER. Full time or part time, day or night. Own transportation. Reference available. (301-803-9000)

CERTIFIED NURSING ASSISTANT. Over 30 years working in Leisure World. Excellent references and experience. Own transportation. Doctor's appointments, groceries, other errands and light housekeeping. Day shift, 1-7 p.m. Please call (301-775-4304).

CNA – 25 years experience. Loving, caring, reliable, looking for full or part-time work. Live-in or -out. Call (240-354-5372) or (301-306-0073).

HOME CARE NURSING SERVICE: A nursing professional with more than 15 years experience in home care and a wealth of knowledge about - resources for seniors - is available to care for your loved one in the privacy and comfort of home. Services include the establishment of a care plan to cover activities for daily living, medication management and administration, doctors visit, transportation, groceries shopping, companion, respite, hospice care and other assistance. She and her team of well trained and competent caregivers are ready to serve you. References are available. Call (240-687-4840) or (301-490-7022). "Home Care Service with a Heart"

PROVIDING QUALITY AND AFFORDABLE CARE: Personal care, companionship, nursing care, housekeeping, shopping. Live-in and live-out, full/part-time. Licensed, insured and bonded. Call for free consultation (240-510-8337).

PRIMARY CAREGIVER. CNA, Med Tech, CPR, first aid. 20 years experience. Light housekeeping, helping with activities of daily living. Trustworthy, honest. Available Monday-Friday. Call Margaret (301-442-9697) or (240-200-8249).

COMPETENT CERTIFIED NURSING ASSISTANT with 12 years experience. Great references and drives. Cell phone (240-393-1625).

GNA with CPR and a valid driver license. Have worked 10 years as a companion and professional caregiver in Maryland and D.C. Duties include bathing, grooming, toileting, meals preparation and feeding, driving, picking up groceries, performing light housekeeping, managing patient's schedule and ensuring all doctor's appointments were kept, administering medications following doctor's instructions, documenting patients' behaviors and reporting abnormalities or new symptoms to supervisor/family. Also provide emotional support and motivation through conversation, encouragement and recreational activities. Maintain appropriate agency records and adhere to infection control and safety procedures. References available. Contact Saly C. at (301-233-7588) or email (salmasseya@hotmail.com).

CNA CAREGIVER. Caring hands, loving and compassionate CNA will care for your love ones, part-time days and full-time nights. Honest reliable and hardworking with over 35 years of experience, excellent references. Please call Hazel (301-792-4610) or (301-422-0756).

LPN, CNA, CPR, first aid. Compassionate caregiver. Skills: personal care, meds administration, wound care, BLS checks, insulin administration, G-tube, tracheostomy care, clients with dementia or stroke. Great reference. Roseline (301-466-3186).

HOME HEALTH CARE: Senior citizens, CNA. Work 10 years in Leisure World. Grad, BSN (Filipina nurse). Roman Catholic. Culinary grad in Europe. Speak different languages. Schooling for nutrition. Work long/short term. Call (240-449-6362) Cony.

CNA, CPR, FIRST AID. 5 years experience working in private duty and in an assisted living facility. I enjoy being a caregiver. Call Jeniffer (202-386-0110). Can also provide driver services through Uber.

CNA SEEKING elderly care work. Own car. Loving, caring, 25 years experience. Good reference. Would like to work the night shift. Some hours at daytime as well. Call (301-357-3500).

YOU WON'T REGRET HAVING ME! I am a CNA/GNA. More than 9 years experience in assisted living, nursing homes and private duty. Very honest, caring, hardworking, etc. I drive a car and I am from Ethiopia. As a caregiver, I take care all your needs. Please contact me, Tsenat (240-480-1994).

LICENSED CNA. Reliable and loving, caring person providing quality and affordable care. Day or night, 2-4 hours. Overnight, flat rate. Call Neema (240-687-7471).

ELDERLY CARE. Female, 15 years experience. Compassionate, dependable and reliable. Experience with MS, Alzheimer's and other health illnesses. Excellent references. Please call Lisa Smith (301-787-3304).

FULL-TIME LIVE-IN: Experienced caregiver would like to take care of your loved one. Will cook, clean, etc. Reference available. Please call Ester (240-522-1072).

HHA, TME, DSP. 9 years of experience, loving, caring, reliable. Looking for full/part-time work. Can cook, clean, ADL care. Call (240-705-0897).

CPR, FIRST AID. Good work ethic and dependable. Appointments, run errands. 8 years experience in patient care. I love to assist people with their needs. Contact Rama (240-554-5920).

LPN – 25+ years experience. Med-surg, GTube, trach, insulin therapy, IV fluids – ABTIV, Med pass, wound care, ostomy care, hospice care, etc. Please call Doris at (240-274-2467 (c) or Kiki (240-643-0921 (c).

#### GENERAL SERVICES

ALTERATIONS - 29 years experience in Leisure World! Men's & woman's garments picked up and dropped off at your convenience. Very competitive prices. Call Mimi (301-990-6468).

KITCHEN AND BATHROOM Remodeling – Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

HOUSE CLEANING – PROUDLY serving the Leisure World community. Weekly, bi-weekly, monthly selections available. Call CC at (301-253-0544).

R & G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

ALICIA'S CLEANING SERVICES – Good references. Good rate. Once a week or every two weeks. (240-286-3807)

CLEAN HOUSES Experienced. Excellent references, great work. I clean bathrooms, kitchens, dust/vacuum entire house. Additional housekeeping services as you need. Please call me, Ivone (240-476-2574).

HOUSE OR APARTMENT CLEANING. Good references. Call Maria at (240-669-6457) or cell (240-815-2002).

HOUSE CLEANING – 20 years experience. Worked in LW for 9 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean & dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back up, and retrieve important data, photos, and music.

Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

COMPUTER LESSONS / SERVICES - Need help with your computer? Training, new computer setup, troubleshooting, installation. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos, tablets, smartphones, smart TVs, and more. Patient trainer will sit by your side and teach you in plain English - no technical talk! Shopping assistance for all electronic & computer items. Senior specialist since 1996. Senior discount. Call David at (301-762-2570). ComputerTutor

SAVE 25% ON COMPLETE COMPUTER SET-UP. Receive a simple and easy to use computer designed for seniors that combines video chat, photo sharing, email and many more popular features for \$999. Includes computer set-up and one hour training. Give us a try. Easy Elder Tech (301-802-6633) or (easyeldertech@gmail.com).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) Cmoraa53607@msn.com www.continentalmovers.net.

SEMPERFI PAINT. Discount for veterans and seniors. Reference available. Sam (240-274-0929) MHIC Lic. #132655

TB WINDOW CLEANING. Still cleaning windows on a limited basis. Please call Thomas Brown at (240-370-0076).

SMALL JOBS WELCOME! Picture hanging, moving boxes, carpet stretching, bathroom caulking, adjusting bathroom fixtures, hanging curtain rods, resetting closet doors, minor wall patching and painting. Need something else? Please ask Jesse (301-747-5054).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with Senior Care and the Care of Senior's Pets. Safe/Reliable door-to-door transportation as needed. General assistance to help maintain independence. Assistance with Pet Care. Dog walking and sitting during short hospital stays, vacations, or as needed. Transportation for grooming/vet appointments. I am a 55 yr. old semi-retired Doctor, Leisure World Resident and dog, cat, bird lover. Bonded, insured, reasonable rates and outstanding Leisure World references. Call Carl (410-499-9362).

CATCH A RIDE. I can take you to the store, doc appts, Metro, run errands, etc. I can also walk your dog or sit with an elder while you run errands. I live in Leisure World.

Prices starting at \$12. Give me a call and let's talk. Kathy H. (301-598-1944).

KEN INSURANCE AGENCY. Eligible for Medicare? Call us now! Plan F pays 100%, no deductible. Plan G pays 100% with deductible. Prescription drug plan. Burial plan. Long term care. MD, VA broker. Ken Epie (240-779-3747), (kensinsuranceagency@gmail.com).

REC LAWNS: Mulching, pruning, edging, garden planting, landscape design, spring clean-up, debris removal, power washing, garage clean-ups, furniture moving. \$10 Off Services! (301-614-2938) Contactus@reclawns.com, www.reclawns.com.

#### PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll transfer your photos, slides, and mementos to a CD so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services (301-438-3140).

LICENSED BEAUTICIAN. It is my pleasure to give you haircuts, color and perms in your home. Reference available Please call Silvia, 240-277-0890.

ESTATE PLANNING, Living Trusts, Wills, Estates, Powers of Attorney, Medical Directives, Living Wills. Robert E. Richards, Attorney at Law, 30 years experience. House calls and reasonable rates. Call (301-593-6220). Do you want to avoid probate? I can help! Let's discuss your situation.

PRETTY PAWS – small dog grooming by Sue, certified groomer. Call (301-538-2761).

DOG WALKING, CAT SITTING, birds. Daily drop-ins or vacations, overnights by mature animal lover with 10 years experience. Medication or insulin as needed. Call Eileen (301-442-3989).

#### HELP WANTED

ARE YOU A GOOD LISTENER? Use your compassion and empathy to make a difference in the community. Volunteer with the Montgomery County Hotline and provide supportive listening and crisis intervention to callers. Training is provided. To participate, please turn in applications before May 8, 2017. For more information call (301-424-0656 x516) or email (hotline@Every-Mind.org).

OUT OF THE DARKNESS WALK, Saturday, June 17. Sponsored by the American Foundation for Suicide Prevention, the walk raises

money for suicide awareness and prevention. Please help. You do not need to walk; you can volunteer to help in other ways. Or you can make a donation. For more information about the walk, volunteering or making a donation, contact LW resident Mab Cantril, (mabc9988@comcast.net) or (240-669-6436).

**VOLUNTEER WITH REPRESENTATIVE PAYEE!** Representative Payee helps low-income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. Interested volunteers should contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

**VOLUNTEER AS A HOTLINE CALL COUNSELOR** with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, 7 day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Training Course starts March 11. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

**MUSEUM GUIDES** – at the Montgomery County Historical Society. Work two weekday afternoons or one weekend afternoon per month from noon to 4 p.m. Receive on-the-job training on local history and museum interpretation. Also receive special admission to programs and a 20% discount in the Museum Shop. Contact Amada Elliott, Education & Outreach Coordinator, (301-340-6534) or (aelliott@montgomeryhistory.org).

**MEALS ON WHEELS** is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

**MEALS ON WHEELS (MOW)**, which runs out of the Inter-Faith

Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

**THE SENIOR CONNECTION** needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just 2-3 hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

**KOSHER MEALS ON WHEELS**, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

**HELP A CHILD!** In just 1-2 hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

#### NOTICES

**KEEPING SENIORS SAFE- KSS.** Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (301-318-0681) or (mortonadavis@comcast.net).

**PRAYER CHANGES THINGS.** You are invited to join "Hannah's

Prayer Circle" here at LW. For more information, call Evangelist Connie Blake at (301-438-2667).

#### WANTED

**OWNER LIVING IN GREENS II** (15100 Interlachen Dr.) is interested in purchasing/renting two garage spaces in that building. Please contact owner at (301-598-5953). Thank you.

**WANTED USED VEHICLE** - looking to purchase your used vehicle. Call Debbie (301-204-5067) or Steve (301-275-2560).

**FAST CASH FOR USED CARS** - Big dollars paid for your used car! Over 43 years experience serving Leisure World. Leave message 24 hours. I will come to you. Cash or cashiers check at your request. I can also help with your new car purchase, any make or model! Md. Dealer #U2927. Call Marty Salins (301-325-1973).

**WILL BUY MILITARY, WW2, WW1, Civil War, memorabilia items.** Uniforms, Weapons, Helmets, Photos, Medals, or any other items associated with US, German, Japanese or other military history. Call Dave (240-464-0958) or email (obal7@aol.com).

**CASH FOR RUGS:** oriental rugs, any condition. European, Asian, Navajo, etc. Gary (301-520-0755).

**HOUSING UNLIMITED, INC** is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

**CASH FOR JEWELRY:** gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. Gary (301-520-0755).

**BUYING JEWELRY, antiques.** Cash paid for gold, silver, jewelry, coins, watches, firearms, misc. collections. Silver Spring resident. Please call Tom (240-476-3441).

**WE BUY VINTAGE:** Turn your old into gold! Something in the basement gathering dust? Give us a call; you might be surprised! Phone quotes and home visits when possible. Specializing in anything Hi-Fi or Hi-Fi related. We also repair Hi-Fi equipment. 50 years experience! 301-881-1327 (Please leave a message.)

**BUYING VINTAGE BASEBALL & FOOTBALL CARDS.** I pay cash for sports cards from 1969 and before. No collection is too big! Please call Brian to discuss your collection, (301-758-5357).



Aunt "Nellie" Miller Patterson  
1877 - 1951

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At home or in a facility our private duty:

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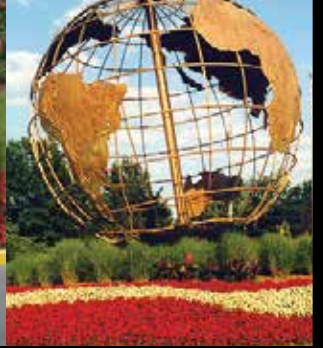
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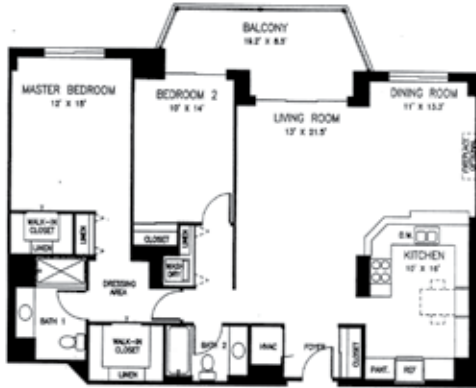


# Stan Moffson

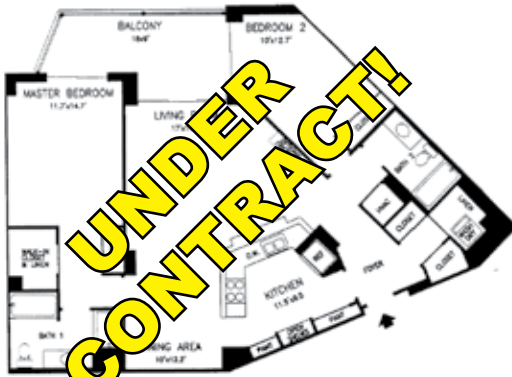
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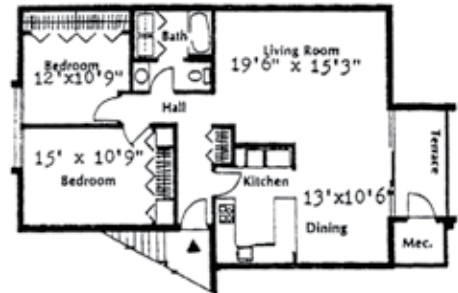
### COMING SOON



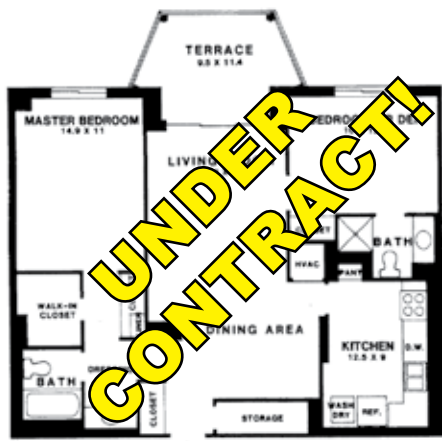
**"FF" - Overlook - \$289,000**  
2 BR, 2 BA, 1320 sq. ft. Updated kitchen, move-in condition.



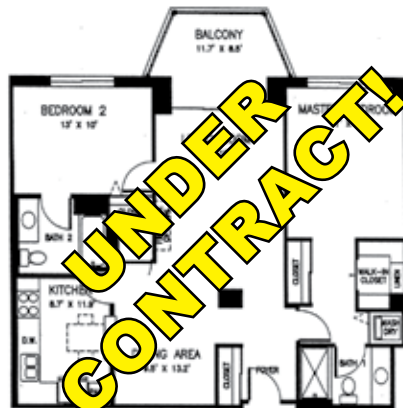
**"EE" Model - Turnberry - \$274,900**  
2 BR, 2 BA, 1255 sq. ft. Table space kitchen, freshly painted recent carpet, golf course view, close to elevator, garage space included.



**Hampton Model - TBD**  
2 BR, 1 FB, 1200 sq. ft. Freshly painted.



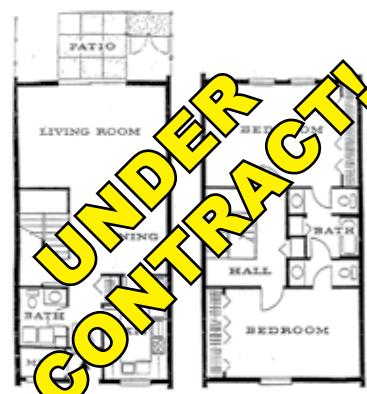
**"E" Model - Greens - \$164,900**  
2 BR, 2 BA, 980 sq. ft., Hardwood flrs throughout, recent appliances, window treatments, pleasant view of trees and park.



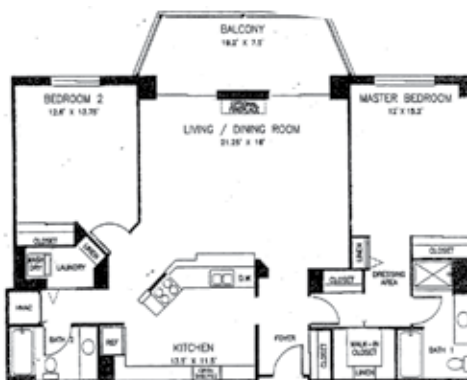
**"B" Model - Overlook - \$185,000**  
2 BR, 2 BA, 1035 sq. ft. Table space kitchen, dining L, golf course view.



**Berkley Townhouse - TBD**  
2 BR, 1 FB, 1 HB 1600 sq. ft. Patio, extra storage, freshly painted.



**Berkeley Townhouse - \$139,000**  
2 BR, 1 FB, 2 HBA, 1600 sq. ft. Freshly painted, patio, extra storage.



**"QQ" Model - Vantage W - \$299,000**  
2 BR, 2 BA, 1335 sq. ft. Table space kitchen, separate laundry room.



**"S" Model - Fairways - TBD**  
2 BR, 2 BA, den/library, 1460 sq. ft. Garage space included.

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**RSVP by April 18th by calling 301-438-6607.**

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