

Newsletter of the Park LaBrea Residents Association
ADVOCATING FOR THE RESIDENTS

PLBRA



Crime Prevention

“A Team Effort”

Crime Prevention at **Park La Brea** “is not somebody else’s problem” it is “each residents concern.” Each of us must become the Individual Guardian of our community.

In our present economy, Robbery, Car Theft, Theft of Property from vehicles, Theft of Packages, Mail Theft and Burglary are all daily occurrences. We in Park La Brea cannot escape this unfortunate situation but we can collectively do things to minimize it.

We can “**Harden the Target**” and thereby make criminal activity less attractive at Park La Brea. Each of us must insure the physical security of our residence and if we have a vehicle on property both the integrity of the vehicle and its contents must be protected.

We must each become the “*Eyes and Ears*” of the community. We must literally be *Continually Watchful*.

- If an Emergency or Criminal Act occurs **Call 911** immediately.
- For all other concerns (such as noise pollution; animal control; unsafe child play; garbage dumping; etc ...) Call **Patrol (323) 549-5508**.

If we all work together in the spirit of “*Neighbors Helping Neighbors*” Park La Brea can be the Safe and Secure community we all want it to be.





ABOUT US

PLBRA Officers:

President: **Bernie Clinch**

Vice President:
Carol Robins

Secretary/Treasurer:
Col. Donald Harris, USA (Ret.)

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www.plbra.org



PLBRA

The **Park LaBrea Residents Association (PLBRA)** is your community organization but it can only achieve its objective of *Advocating for the Residents* if you collectively help.


We need both your **Membership** and your **Volunteerism** if we are to succeed.

To be an effective advocate we must have a significant part of the Park La Brea community on our side. Of equal importance, we need both your ideas and your physical support if we are to continue to serve the Park La Brea community.

If you want a viable community organization, at Park La Brea, give us your **support now**.

Join / Renew / Volunteer / Donate

- Have Your Voice Heard -

	MEMBERSHIP COUPON 2016		ANNUAL DUES \$15.00 Individuals \$25.00 Families
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<input type="checkbox"/> Communications Committee		<input type="checkbox"/> Advocacy Committee	

Singing the Praises of Coconut Oil

By Carol Robins

The popularity of **Coconut Oil** is skyrocketing and it is easy to see why. There seems to be almost nothing that this substance can't do. Remember the Saturday Night Live commercial parody for a "product that was both a floor wax and a dessert topping?" Coconut oil pushes that far-fetched concept many steps further, seriously, with a laundry list of uses that seem too good to be true.



Here are just a few of the uses I personally have tried and swear by:

1. Run a dime sized amount in your wet **hair** then dry to see a beautiful shine and shimmer.
2. Some coconut oil and lemon juice is all it takes to bring a beautiful shine to your **wood furniture**.
3. Combine coconut oil with baking soda to make your **pearly whites** gleam.
4. Season **cast iron frying pans** to ensure that food won't stick.
5. Use as an **insect repellent** to keep pests from buggin' you.
6. A great **leather shoe** cleaner.
7. Replaces butter, oil and shortening in baking for a sweeter, lighter tasting dessert.
8. Lubricates squeaky hinges even better than WD-40.
9. Coconut oil is a fabulous way to **moisturize your skin** without the heavy weight of most moisturizers. You will be surprised at how your skin "drinks it in" within about 10 minutes. It also works better than anything I've tried for **shaving my legs** (rinses off beautifully and leaves legs moisturized.) It is also one of the best **make up removers** out there.



Maintenance Tip of the Month

PLUMBING

"Please help us to help you"

Do Not use any form of drain opening chemicals in your sinks, bathtubs, or toilets.



Courtesy of Bruce C. Manning
Director of Maintenance, Able

Movie Calendar

March 2016

PRESIDENTIAL MOVIES THURSDAYS AT 7 PM

3/3 **The Candidate (1972) PG**

110 minutes - Bill McKay (Robert Redford) is a candidate for the U.S. Senate from California. Initially he has no chance of winning but as his circumstances change so does his campaign.

3/10 **The Manchurian Candidate (1962) PG-13**

126 minutes - A former Korean War POW is brainwashed by the Communists into becoming a political assassin. This film stars Laurence Harvey, Frank Sinatra and Angela Lansbury.

3/17 **All The Presidents Men (1976) R**

138 minutes - "Washington Post" reporters Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman) uncover the details behind the Watergate scandal which leads to the resignation of President Nixon.

3/24 **JFK (1991) R**

189 minutes - A New Orleans District Attorney (Kevin Costner) contends there is more to the Kennedy Assassination than the official story. This film is directed by Oliver Stone.

3/31 **Lincoln (2012) PG-13**

150 minutes - This film focuses on the 16th President's final four months in office as he pursues a course of action to end the Civil War, unite the country and abolish slavery. This film stars Daniel Day-Lewis as Lincoln and is directed by Steven Spielberg.

(Best Actor - Academy Awards 2012)

FAMILY FRIENDLY FILMS SATURDAYS AT 2 PM

3/5 **Kung Fu Panda 2 (2011) PG**

91 minutes - Po and his friends fight to stop a peacock villain from conquering China with a deadly new weapon.

3/12 **Jem and the Holograms (2015) PG**

118 minutes - As a small town girl catapults from underground video sensation to global superstar, she and her three sisters begin to discover that some talents are too special to keep hidden.

3/19 **Fantastic Four (2015) PG-13**

100 minutes - Four young outsiders teleport to an alternate and dangerous universe which alters their physical form in shocking ways. The four must learn to harness their new abilities and work together to save Earth from a former friend turned enemy.

3/26 **The Adventures of The Little Prince (1978) NR**

90 minutes - A brave young prince travels the universe in search of adventure and friendship in this animated series based on Antoine de Saint-Exupery's timeless children's story. *(TV Series)*

MAH-JONG Players Wanted!

**If you are interested in joining
a weekly game at Park La Brea
please contact *Louise Scott* at**

(323) 847-5092

Movie Calendar

March 2016

CONTEMPORARY FILMS SUNDAYS AT 2 PM

3/06 He Named Me Malala (2015) PG-13
88 minutes - An introspective look at the events leading up to the Taliban attack on Pakistani schoolgirl, Malala Yousafzai, for her comments on girls' education. This film includes her speech at the United Nations.

3/13 The Martian (2015) PG-13
144 minutes - During a mission to Mars, after a fierce storm, Astronaut Mark Watney (Matt Damon) is presumed dead by his crew and left behind. But Watney has survived and finds himself stranded. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal Earth.
(Best Picture Nomination – Academy Awards 2016)

3/20 Everest (2015) PG-13
121 minutes - A Mt. Everest climbing expedition is devastated by a severe snow storm.
(May 10, 1996)

3/27 Maze Runner: The Scorch Trials (2015) PG-13
132 minutes - After having escaped the Maze, the Gladers are now faced with a new set of challenges on the open roads of a desolate landscape filled with unimaginable obstacles.



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COMMUNITY ACTIVITIES

March 2016

Book Discussion Group. Marvin or Marilyn Warsofsky, 323-424-4493. Meets on the second Monday of the month, 6:00 - 7:00 pm, in the PLB Activity Center.

Chess Club. Harry LeMay, 323-935-4053. Meets Mondays and Saturdays, 10:00 am - 12:00 Noon, in the PLB Activity Center.

Community Garden. The Park La Brea Community Garden, located at the corner of Lindenhurst and Hauser, adjacent to Garage 6, provides small plots for Park La Brea residents to garden. For more information or to be added to the waiting list, email: newplot@plbgarden.com.

Debi Doodles Arts & Crafts After School Workshops.
Debora Gillman, 323-549-5458.
Tuesdays - March 8 and 22 at the PLB Activity Center, **4:00 - 5:30 pm.**

Knitting / Crocheting Group. Mary Jane Hopkins, 323-938-4861. Meets every Thursday, 10:00 am - 12:00 Noon, in the PLB Activity Center.

Library. Basement of Tower 34.
Open: Wed, Fri, Sat and Sun, 2:00 - 4:00 pm.

Plays That Shakespeare Didn't Write. Elliott Witt, 323-272-4197. Meets Sundays, 2:00 - 4:00 pm, in the PLB Activity Center. The current play is *An Italian Straw Hat* by Eugene Labiche, to be followed by *You Can't Take It With You* by Moss Hart and George S. Kaufman.
The group will not meet on March 13 and 27.

Quilters. Mary Jane Hopkins, 323-938-4861. Meets every Friday, 10:00 am - 3:00 pm, in the PLB Activity Center.

Modified T'AI CHI for all ages. Karin Green, 323-938-7799, karinmg@ca.rr.com. Meets Tuesdays & Fridays, 8:30 am - 9:00 am. Informal instruction at 9:00 am. Burnside Circle around the fountain. **Free.**

Writers Circle. Robert Richter, 312-307-9393. Meets every other Tuesday, 7:00 pm, in the PLB Activity Center. The next meeting will be **March 1.**

English as a Second Language (ESL) at Park La Brea.
PLB offers opportunities for residents, *both native and non-native English speakers*, to meet for conversation:

Conversation Group
Thursdays - March 3, 17 and 31 at the PLB Activity Center, **7:00 - 8:30 pm.**

Conversation Partners arranged for two people – one a native English speaker and the other a non-native speaker – to just meet and talk together.

For more information about these activities, contact Henry Gjestrum, hgestrum@yahoo.com.

Medicare 101

Solomon S. Moore, MBA, 323-404-1896. Meets on the first Tuesday of each month, 10:30 - 11:30 am, in the PLB Theater. Come learn about Original Medicare, Medicare Advantage Programs, Prescription Drug Plans and Medigap Plans.
(These meetings are for educational purposes only and no specific plan information will be provided.)

TOWER CAPTAINS

“Our First Point of Contact”

TOWER CAPTAIN			TOWER
John Burney	549-2961	john.burney@parklabrea.com	33
Humberto Martinez	549-5522	humberto.martinez@parklabrea.com	34
Robert Sandoval	549-5416	robert.sandoval@parklabrea.com	35
Hector Orozco	549-3755	hector.orozco@parklabrea.com	36
Ben Lopez	549-5454	ben.lopez@parklabrea.com	37
Mayra Balces	549-5526	mayra.balces@parklabrea.com	38
Everardo Garcia	549-7129	everardo.garcia@parklabrea.com	39
Howard Melgar	549-5441	howard.melgar@parklabrea.com	40
Evelyn Sterud	549-7109	evelyn.sterud@parklabrea.com	41
Shawnte Cason	549-7150	shawnte.cason@parklabrea.com	42
Carl Grubb	549-5462	carl.grubb@parklabrea.com	43
Deandre Massey	549-5450	deandre.massey@parklabrea.com	44
Tony Reyes	549-5418	tony.reyes@parklabrea.com	45
Bruce Manning	549-5460	bruce.manning@parklabrea.com	46
Richard Maravalle	549-2957	rmaravalle@parklabrea.com	47
Lynn Miller	549-2959	lynn.miller@parklabrea.com	48
Kimi Downin	549-5415	kimi.downin@parklabrea.com	49
Crystal Loporto	549-7120	crystal.loporto@parklabrea.com	50



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CRIME PREVENTION TIP



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(Courtesy of the LAPD)

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