PROGRAMS

TOUR OF THE ORANGE COUNTY REGISTER
Wednesday, May 16 12 noon - 3 pm

- 90 minute tour of the Orange Co. Register (Santa Ana) operation
- Meet at the Historical Society building at 12 noon to pick up name tags. MEMBERS ONLY. No charge.

LEISURE WORLD MEDIA
Thursday, May 23, 1:30-3:30
Society Conference Room

- Leisure World News and TV Channel 6 ....History and anecdotal presentation by Myra Niben, Editor, Leisure World News
  Rob Merritt, News Director, Ch 6
- MEMBERS only. Must make reservations as space is limited. Call 206-0150.

BUS TRIP

TAKE THE BUS TO CULVER CITY AND VISIT SONY PICTURES STUDIO WEDNESDAY, JUNE 13

ENJOY LUNCH AT GLASTONE'S RESTAURANT, MALIBU

See the enclosed white flyer. Mark June 13 on your calendar.
PRESIDENTIAL PONTIFICATION

The two months between Newsletters goes faster every two months. I thought this was just age, but I've discovered a more sinister reason. It is my love-hate relationship with the computer, and this month it is more hate!

It has to do with my mistaken idea that material from my home computer could be transferred from it to the office one. It just isn't that simple. I can take it in, but I can't take it home. So much for the four hours work at the office. And all because the office computer is slightly newer than mine. What a blow! At any rate, it left me cranky, bleary-eyed, and full of excuses for any errors in this copy. The correct version is still at the office--

As you can see from the programs on the front page, our program committee is trying to meet the interests of our membership. That is no small job. If you are interested in the Orange County Register trip and can't get on the list, sign up anyway. If enough people are interested, a second trip will be scheduled. Registration is absolutely necessary for the first two programs as space is very limited.

Details on the third program, a bus trip, are on the white enclosure. This should be a fun trip. Don't wait--send your check in right away.

Page 3 lists all our new members and late renewals. It also lists 2 Affiliates, a renewal, Saddleback Memorial Medical Center, and a return, El Toro Chevron.

There is a special invitation to all Historical Society members to attend the Community Association's 25 Anniversary celebration on May 24. Page 4.

The new shelves are in the Archives. Old boxes were opened and moved. As a result, some of our books are on sale, this month only. Details on page 5.

Each month, we try to include at least one article "from the past." The article copied on page 6 came from a 1981 Journal. I've never ridden a bus in Leisure World, but I must confess that I was sorely tempted to give it a try after reading this article. Has the wonderful "spirit" she described survived the years?

A new project is outlined on page 7. This is largely the result of Marvin Popkin's book, *Four Soldiers*, which gives the war history of 3 Leisure World residents, Popkins, Hal Herman, and Walter Reichert. We certainly can not do anything this elaborate, but we can make an effort to record the history of some of our "greatest generation." Response of our members will help us decide how to proceed. Please give us the benefit of your thinking.

I must say I am not as angry with this computer as I was when I started this column. There is always the possibility that I will become friends with this monster! If you haven't decided to join the computer literate generation, think about it--there is nothing more brain stimulating.

Evelyn Shepp
MEMBERSHIP

We are still "plugging" along, working on our goal of 1001 in 2001. If we make it, next year will be a breeze--1002 in 2002!

Membership is the business of every member, not just our committee, and we invite you to help "spread the word." How is that done? Be informed about the goals and programs of the Society. Give your neighbors a copy of the flyer. Share your Newsletter. Send names of prospective members to the committee.

Chairman Ward Payne is holding a "think tank" meeting on May 22. A dozen or more people have been invited to come and share ideas on increasing our membership. If you'd like to join us, just call the office.

The committee will also be exploring ways to increase our Affiliates and Associates. Do you have suggestions for either group? Let us know.

NEW (old friend) AFFILIATE

Jim and Peter Boyd were supporters of the Society long before we had AFFILIATES. We are pleased to have them back!

EL TORO CHEVRON 837-3370
Jim and Peter Boyd, Owners
23891 Bridger
Lake Forest, CA. 92630

NEW MEMBER

CARLAT, CeCe 837-5166
715 Ave Majorca Unit C

RENEWALS

FARRINGTON, Trudy 830-5975
2405 Via Majorca W, Unit 2H

KAPLAN, Aaron 586-4544
549 Via Estrada, Unit D

LITTLE, Charles 859-8620
5428 Calle Carmenita

PETIERSON, Clayton 206-0592
63 Calle Cadiz, Unit D

SCHWARTZ, Joe 837-2211
SCHWARTZ, Eleanor
2078 Ronda Granada Unit B

SINGER, Frieda 830-5180
866 Ronda Mendoza Unit Q

STRASSBURG, Robert 770-1374
3394 Punta Alta Unit B

VAN HORNE, Betty 829-5924
2258 Via Puerta Unit D

RENEWAL, AFFILIATE

Saddleback Memorial Medical Center
24451 Health Center Drive 837-4500

TELEPHONE CORRECTION

PRATT, Mary K 458-7813

ADDRESS CHANGE

POLKINGHORN, Priscilla A.
23442 El Toro Rd -W219
Lake Forest, CA 92630

PLEASE notify the office if there is an error in your Directory listing. We will be transferring all membership information to new cards in the next few weeks and we hope all errors can be corrected on the cards and in the computer files. Thanks for your help.
**IN APPRECIATION**

"Volunteer Appreciation Day" replaced the April Leisure Worlder of the Month program. Volunteers who have assisted the Society since the building was opened by working in the Archives, at the reception desk, or doing on-call jobs such as labeling, folding and counting newsletters, were special guests of the Board of Directors, as were Docents, past presidents and others who have contributed many hours of service.

Channel 6 News Director, Rob Merritt, conducted a "mock" program with your president as his guest. Introductions and accolades were interspersed with the usual "commercials," for the souvenirs donated by local businesses.

The Volunteer Honor Roll plaque, listing all volunteers who had worked 100 hours or more, was "unveiled." In addition, all regular volunteers were given Volunteer pins. The board will be updated at the end of each calendar year. (It now hangs on the wall in the office, where it can't be missed by visitors)

Volunteers listed on the Board:
- 100 hrs: Irma Franklin, Joan Long
- 200 hrs: Dorothy Bernoff, Denise Welch
- 300 hrs: Nell Fullerton, Tobey Greenspan
- 400 hrs: Gloria Levine, Ruth Osterhoutd
- 500 hrs: Joan Africa, Bobbie Bateman, Helen Hanson, Fritzie Schwartz, Evelyn Shopp
- 600 hrs: Fran Lindberg, Alberta Montvydas
- 1000 hrs: Marjorie Williams

**SURVEY COMMITTEE**

Reported by Ira Joss

Last year's survey indicated we have over 800 people in Leisure World who have reached the age of ninety. Our partners, the Institute for Brain Aging at the University of California, Irvine (UCI) are extremely interested in this segment of the population.

In an effort to learn more about the "secret of successful aging" the Society, in conjunction with the Institute for Brain Aging, will be conducting a special survey during the month of May directed to those successful "agers."

At or about the same time, we will be doing a repeat of last year's survey of the population of Laguna Woods, in which many of the questions requested by our governing boards and the community will be included.

These surveys will be conducted in an absolutely confidential manner with all materials going directly to UCI. If you receive a questionnaire, please return it promptly. Returns last year reached an incredible 80%!

**CELEBRATION**

The Community Association will be celebrating its 25th Anniversary on May 24 in Clubhouse 5. Beginning at 1:30, entertainment and refreshments will help make this a memorable occasion. Our members have been given a special invitation! Join them in noting their years as a LW organization.
Recent CONTRIBUTORS to Historical Society funds included:

John Fernald, MD.
Ruth Hall
Kay Jones
Charles Nahas
Ione Peikert
Merlin Sant
Evelyn Shopp
Alice Strauss
Milo Tedstrom, MD
Ruth Willze

Gifts not specifically allocated go into the Endowment Fund.

DOES YOUR CLUB NEED A SPEAKER?

Our Speaker's Bureau can provide a speaker on topics relating to Leisure World and or Orange County. Call the office, 206-0150, or call Chairman Harry Schwartz at home, 586-6255.

May speakers scheduled are Justine Ratner, DAR, and Harry Schwartz, Society for Humanistic Judaism.

Medical Lecture Series

We've had some inquiries about the very popular Medical Lecture Series, brought to us by faculty from the University of California at Irvine (UCI). These will be resumed in October. Watch your newsletter, the Leisure World News and Ch 6 for announcements early in the fall. If you have a suggestion for a lecture, do pass it on to either Ira Joss or John Bradley.

A man begins cutting his wisdom teeth the first time he bites off more than he can chew. .........Herb Caen

PUBLICITY

Publicity Chairman, Ira Joss, arranges for our participation in the TV-6 Leisure World Today program, which is aired on the fourth Wednesday of each month in a session which begins at 8:30. Last year, much of our time was devoted to discussion of our Demographic Survey and the Medical Lecture series.

In February, Harry Schwartz discussed the Speakers Bureau; in March, Archivist Marge Williams led the audience on a typical trip through the Archives; Ward Payne discussed Society membership in April. Each month, a different member of the board or a committee chairman will be interviewed.

If you miss the 8:30 program, it is re-aired later in the day and in on tape in the Historical Society office. And if you have a suggestion for our TV hour, do contact Ira at 586-3864.

**Blow your own horn loud.**

if you succeed,
people will forgive
the noise.
If you fail,
you'll forget it.
...William Feather

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MAY ONLY

...BARGAINS....

Fulfilling Retirement Dreams
(The first 25 years of Leisure World, edited by Dr. Tracy Strevey)
Regular Price $7.95 $5.00
(20 copies available at this price.)

Leisure World History
Journals published 1980-83 and bound in a hardcover book. Originally priced at $15. This month only: $5.00

LW of the Month booklets, issues 1980 through 1993. Free

DOCENT TOURS

Justine Ratner, Coordinator

The Historical Society tours of Leisure World are gaining in popularity. Starting in May, they will be increased to three a month. The volunteer Docents are:

Syd Aronson
Reese Barnett
Marvin Bercovitz
John Bradley
Ralph Bravata Jr.
Eleanor Cooper
Jan McLaughlin
Charles McLaughlin
Leon Mochkate
Frank Prophet Jr.
Arley Ray
Marilyn Robbins
Harry Schwartz
Dick Yeake
Justine Ratner

These two hour tours are given for both new and prospective residents. The tour is by bus and travels throughout the community, stopping at several Clubhouses and the library. Reservations are required and can be made by calling Community Relations 597-4360.
I RIDE THE BUS by Blanche Bowman  
(from LEISURE WORLD HISTORY, Spring 1981)

I have been riding our comfortable, unique Leisure World bus system for fourteen years. Like many other people, it was one of the incentives for moving here. Now I could give up the responsibility of my car. Friends told me, "You'll be sorry." But they did not really know about our buses.

The bus ride is safe, it's clean, it's friendly, and it takes me to many necessary destinations. When I think of the blessings derived from this convenient transportation, I find it relaxing, educational and also entertaining. In my own mind it sort of takes on the semblance of a symbolic sort of "Toonerville Trolley." Probably it seems that way because we are more or less a family unit. When you get on the bus no conductor is demanding your fare. Instead you are greeted with a pleasant smile.

If you are a single person and a bit lonely I strongly recommend a bus ride. One thing that shows up immediately is that we are a caring group. Here is a true demonstration of the brotherhood of man. If a handicapped person enters, someone is quick to vacate a front seat. If someone is weighed down with a heavy package or two, inevitably a gallant gentleman or a helpful lady will say, "Here, let me help you!" This attitude of caring, not only from the driver, but also the passengers, makes for a warm special feeling. You get a sense of belonging in a world where you do not stand alone. These people are all part of your world! We are all friends. It's a wonderful feeling to know that right here is only one race—humanity. I don't think I exaggerate when I say there have been times when this aura of caring is so evident, that I almost feel I am riding under a canopy of love.

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Oh yes, there have been times when we heard the voice of a griper. If a constructive suggestion is made, well and good, but if it is a chronic complainer, not many are impressed. There are too many cheerful people around. Most of our residents are aware that while we are privileged to ride the bus, we do have a responsibility. It should be our pleasure to be understanding, caring and peaceful. All of this has a powerful influence on the atmosphere of the bus. The greater percent of our bus riders realize this.

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But all of the newer drivers are also top-notch. They are all careful drivers, always pleasant and cognizant of passengers needs. I am glad to be getting to know them better also. But I do know this. Write it on your hearts that Leisure World bus drivers are the kindest, safest, friendliest, most caring and considerate of all the bus drivers in the world!
ATTENTION
WORLD WAR II VETERANS

The Historical Society is considering a registry of World War II Veterans who are living in Leisure World. Several people have mentioned the need to celebrate this "greatest generation" of military personnel. There is apparently no such compilation and as far as we can determine, no organization is planning one.

At the last meeting of the Board, there was consensus that something should be done—and soon. To determine the interest in such a project, a "trial" run in this Newsletter was proposed. Your participation will help the Board decide on the feasibility of such a registry and on the kind of information which would be appropriate.

Assuming that 1 page could be given to each individual, what would you ask beside the obvious name, age, dates of enlistment and discharge, branch of service, rank?

Should pictures be included—then and now? Would a brief summary of unusual service be of interest, such as POW, intelligence activity, battle field commission, staff of well known leaders?

Please think about this and drop a note to the Historical Society, Attn. VET. We do not want to embark on a rather extensive project if there is no interest. However, we do believe that this has historical significance for our community and that someone should be gathering such material. Do you agree? If not, would you share your reasons?
Contrary to popular belief, the human brain does not necessarily lose its power through age. Constant mental activity will keep the brain young. That is what Professor Marian Diamond of the University of California says after years of research on the development of the human brain.

She bases her findings on the behavior of young rats. Instead of keeping the rats on their own in empty cages, she and her fellow researchers gave them a stimulating environment: the company of other rats, plenty of playthings such as wheels and ladders—in fact anything that would make them use their brains.

Professor Diamond found that this stimulation changed the chemistry and structure of the cortex, the brain's thin outer layer of nerve cells. Every part of each nerve cell enlarged, and the number of support cells attached to them increased. As a result, the brains of the rats became more active and the creatures were better able to cope with the number of different tasks the researchers set for them.

The team of researchers then experimented with elderly rats, aged 766 days. (In terms of a rat's potential life span, this is the equivalent of a human age of 76 years.) When stimulated, even the old rats showed a thickening of the cortex.

What do these experiments imply for the human brain? Professor Diamond interviewed a number of active people who were over 88 years old. She says: "I found that the people who use their brains don't lose them—it was that simple."