

Malibu East Dialogue

August 2012

Your Communication and Information Resource

Board election approaches

Next month Malibu East will hold its annual election for the Board of Directors, an event that is important to all owners here. The individuals you elect will be making decisions about upcoming budgets and the prioritization of future capital projects.

In other words, it's important that, as an owner here, you vote in our annual election. Better yet, why don't you consider running for the Board?

The 500-plus unit owners and spouses living here possess a wealth of experience that could be very useful to the Board, potentially providing expertise that might otherwise be lacking on the Board. Serving on the Board requires a sacrifice of time, with committee meetings on top of the monthly Board meeting, but the rewards can be great, too.

All Malibu East owners and their spouses are eligible to run for the Board for a two-year term, provided that they reside in the building. No Board experience is required. Board candidate forms are available in the Management Office. They must be completed and returned to the Management Office by

Aug. 10.

The terms of the following six directors are expiring in September: Sandy Chaet, Marcia Fishman, Eleida Gomez, Marcel Molins, Kim O'Neal and Neil Warner.

The directors who have one year remaining on their terms are: Maria Damp, Allan Eckardt, Martina Molins, Carl Stahlheber, Richard Strauss and Thomas C. Vaughan.

Once the new slate of candidates is determined, Sudler will send each owner an envelope containing copies of the Board candidate forms of each applicant, an official ballot and instructions for completing the ballot, along with a stamped return envelope. Owners are encouraged to mail in their ballots even if they plan to attend the annual meeting, because they can always rescind their mailed ballot and submit a new one at the annual meeting.

Malibu East uses a system of cumulative voting for its Board elections. An owner has six votes, which can be divided up any way the owner sees fit, among as many as six candidates to as few as one. Also, an owner can assign a different number of votes to different candidates.

Owners can learn more about the candidates at a "Meet the Candidates" night at 7:30 p.m. Wednesday, Sept. 5.

The annual owners meeting is set for 7:30 p.m. Tuesday, Sept. 18, in the Windjammer Room, with voting permitted between 7 and 8 p.m. The meeting features reports by the president, vice president, treasurer and various committee chairs, followed by questions from the residents. The results of the election are announced toward the end of the meeting.

The owners meeting is followed by a short meeting of the new Board of Directors, at which it elects officers for the upcoming year.

Malibu East cabaret

By Betty Mayian



On Saturday, July 28, at 6:30 p.m., the Malibu East Social Committee met in the Windjammer Room to put out the treats for the people who would attend the FREE musical event of the year. This time, the performer appeared here before - with much approval from the audience.

Artie Fitzgerald is a singer of considerable talent, who last appeared at Malibu East last November. Tommie McPherson is the disc jockey who plays the music behind Art's singing. Art calls Tommie his Nelson Riddle (the American composer and bandleader from the 1940s). The duo's music lends itself to dancing, toe tapping and singing along.



I looked around and did a head count at a couple times and ended up with about 50 attendees.

Most of Art's repertoire revolved around the songs of Frank Sinatra. He did a couple Tony Bennett numbers, an

(Continued on page 3)

Malibu East events and meetings

Dialogue staff meeting

Wednesday, August 8

8:00 p.m. - Community Room

Thursday afternoon discussion

Thursday, August 16

2:00 p.m. - Community Room

(every 3rd Thursday of the month)

Board of Directors meeting

Tuesday, August 28

7:30 p.m. - Windjammer Room

"Meet the Candidates" night

Wednesday, September 5

7:30 p.m. - Windjammer Room

Leave event and meeting notices at the desk for the *Dialogue*.

*Our condolences to the family and friends of
Jacqueline Forshee*



Board meeting notes

By Neil Warner

Tuesday, July 24, 2012

Attendance: 11 Board members, 2 management representatives and 12 residents and Captain's Walk tenants
Excused: Kim O'Neal
Presiding: President Marcel Molins

REVISIONS TO AGENDA

- 1) "Filmmaker request" added to Items Requiring Future Board Action.
- 2) "Men's and women's shower rooms" added to Items Requiring Future Board Action.

TREASURER'S REPORT - Neil Warner

1) Financial statement

Balance on hand, cash and reserves
\$2,819,642.33

2) Delinquencies

Approx. \$310,250

(The Board is becoming more aggressive in its efforts to collect delinquencies from current and former owners.)

3) Audit

The auditor is finishing the first draft of the 2011 audit.

COMMITTEE REPORTS

1) Social - Sandy Chaet

A picnic will be held at 1 p.m. Sunday, Aug. 26, in the Windjammer Room and on the fourth-floor deck, weather permitting. Hot dogs will be \$1 each, which includes condiments, potato chips and beverages. Donations of finger desserts are welcomed. A "Meet the Candidates" night will be held at 7:30 p.m. Sept. 5 in the Windjammer Room. The Respiratory Health Association of Metropolitan Chicago will be administering flu shots here on Thursday, Oct. 4; details to follow.

2) Garage - Martina Molins

More painting to be done.

Standard Parking report as of June 30 - Alex Diakoumis, Mgr.

Claims

Approved:	3
Denied:	1
Pending:	0
Total:	4

Waiting lists

Single self-park:	0
Tandem self-park:	0
Second car:	0

Monthly parkers

Single:	154
Tandem:	7
Valet:	270
Preferred:	1
Tandem/valet:	0
Motorcycle:	0
Engineer:	NC
Total:	432

Garage capacity

Single	152
Tandem:	40
Valet stalls:	298
Valet aisles	20
Motorcycles:	3

Total:	513
(Under capacity)	81

Changes

New monthlies:	10
Cancellations:	9
Upgrades	7

3) Sports & Entertainment - Neil Warner

Swimming pools are open, with pool monitors instead of lifeguards. Before next summer, Board will determine whether we need to replace any of the furniture in the pool enclosure or supplement it. Next yoga class will begin Sept. 10.

4) Life Safety - Dean Lerner

Amended contract with vendor will provide for installation of smoke detectors in common areas that aren't used often. After vendor obtains permit from city, the actual work is expected to begin late this year.

MANAGEMENT REPORT - Angela Valentine

Items requiring immediate board action

Old business:

1) Revised charges and fees

Tabled.

2) Atrium lighting

Committee is seeking two more bids.

3) Captain's Walk HVAC - additional repairs

Board approved expenditure for temporary fix. A subcommittee was appointed to fast-track a permanent solution to HVAC problems in Captain's Walk and determine whether anything needs to be done to improve HVAC operations in lobby and Management Office.

New business:

1) ABOMA

Board approved ABOMA (Apartment Building Owners and Managers Association of Illinois) to represent Malibu East in labor contract negotiations.

2) Energy consultant

With ComEd rates rising, the Board authorized management to send a letter to residents/owners presenting an alternative to ComEd as their electricity supplier. Energy consultant Cost Containment International LLC estimates that residents can save a substantial amount by switching electricity suppliers. Each resident/owner will have to decide whether or not to switch suppliers for their unit. Board is not endorsing a specific supplier, including one that may be recommended by Cost Containment International in the letter from our management.

3) Life safety compliance plan status disclosure

Disclosure updated to reflect Malibu East's status with respect to implementation of city's life safety ordinance. Disclosure will be provided to prospective owners and lessees.

Items requiring future board action

1) Laundry equipment

Special committee is examining proposals by vendors.

2) Main entrance revolving door

Weighing options to repair or replace door.

3) Windjammer Room sound system

Management will obtain bids for different

Please keep in mind that the meeting notes are not the official record of the Malibu East Condominium Board of Directors meetings. The official minutes are generally approved during the next meeting and may be viewed or copied in the management office.

system.

4) Collection attorney

Investigating options.

5) Loading dock drain repairs

Investigating options.

6) Cleaning laundry exhaust system

Board empowered Executive Committee to spend up to specified amount to clean exhaust system.

7) Laundry Room hot water tank

Waiting for additional bid.

8) Metal restoration, front entrance

Project related to repair of main entrance revolving door.

9) Wood refinishing in lobby

Obtaining more bids.

10) Hydraulic elevator code compliance

Seeking alternate bid.

11) Filmmaker request

Filmmaker will be permitted to use Malibu East locations, subject to specified conditions.

12) Men's and women's shower rooms

Poor condition of subflooring in both shower rooms precluded implementation of repair work that had been previously approved. Thus, Board authorized Executive Committee to spend up to a specified amount for more expensive repairs.

RATIFICATION OF ACTION TAKEN DURING CLOSED SESSION

- 1) None.

Meeting ended at 10:25 p.m. and went into closed session.

Special owners' meeting notes

Tuesday, July 17, 2012

Attendance: 12 Board members, 1 management representative and approx. 9 residents
Presiding: President Marcel Molins

PURPOSE OF MEETING:

Exercise of right of first refusal on units 20J and 31E

With a quorum present by virtue of proxies, the owners voted overwhelmingly to recommend to the Board that it exercise its right of first refusal on unit 20J and purchase it at a price of \$121,000 plus/minus prorations. Owners subsequently voted overwhelmingly to recommend to the Board that it exercise its right of first refusal on unit 31E and purchase it at a price of \$130,000 plus/minus prorations.

Special Board meeting notes

Tuesday, July 17, 2012

Attendance: 12 Board members, 1 management representative and approx. 9 residents
Presiding: President Marcel Molins

PURPOSE OF MEETING:

Exercise of right of first refusal on units 20J and 31E

Following the owners' approval of resolutions empowering the Board to exercise its rights of first refusal on units 20J and 31E at the sales prices shown above, the Board voted 9-2 (on each unit) to implement such actions.



What's happening around the building

By Angela Valentine, Malibu East Manager

Assessments are due the first of the month. The Management Office cannot accept assessment payments.

Balcony use: Propane tanks are not allowed on the property and should be removed from the premises immediately. It is a violation of the City of Chicago ordinances and Malibu East Condominium's governing documents. This is a very dangerous matter. If you are aware of a propane tank on the property, please report it to the Management Office.

Pool use: Please remember to take your pool tag whenever you use the swimming pool enclosure. Residents must display the tag in order to be permitted into the pool area. Your guests must also have visible tags. Remember that residents are allowed only two guests and they must remain with their guest at the pool at all times. Residents/guests are not permitted on the fourth-floor deck after 10 p.m. There are security cameras, and violators will be subject to the violation procedures of the Association. If you see any violators, please contact the doorman immediately. Remember that you must take a shower before you use the pool and, if you have long hair, you must wear a pool cap.

Visitors: With the increase of outdoor activities, our community seems to have an increasing number of guests. Please instruct your guests to go directly to your unit when the doorman has confirmed that you are home. Guests have been found strolling around on the fourth-floor deck and attempting to access the pool, in addition to the Community Room. Guests must be with the resident at all times. If you have a visitor staying with you for longer than a few days, please fill out an "additional resident" form. Visitors staying with the resident longer than 30 days may be asked to go through the admissions process. Remember that Malibu East Condominium has very specific procedures that must be followed, all of which are designed to protect the community.

Façade repairs: The façade and balcony inspections have started, to be followed by repairs as needed. The project is anticipated to last approximately six weeks. The work hours are 8 a.m. to 5 p.m. The areas being addressed this year are drops E-G and H-K. Residents in these tiers received notices as soon as we were notified by the engineers that they had made all the arrangements to start. (The Board regrets the short notice given to residents.) Please remember that this project is required by the City of Chicago and compliance is mandatory. We need the owners' cooperation in order to comply and avoid any sanctions from the city.

Garage project: We continue to thank residents for their cooperation and patience while the garage project continues. Please bear with the contractors just a little bit longer. The project is in the last phase and should be completed in the next few weeks.

Dog run: We ask that you pick up after your pet. The dog run is located in a visible area of the building. With the very busy summer maintenance schedule, please assist in allowing the janitors to concentrate on other aspects of the building maintenance. It will also make the dog run more sanitary for all of the "doggy residents." The Management Office has ordered signs to remind everyone to "pick up after your pet."

Home remodeling: Please be sure that you submit your plans at least 10 days in advance and schedule the freight elevator for your contractor. With any major in-unit construction, or upon management's request, the unit owner should provide a certificate of insurance, including worker's compensation coverage, at least two working days prior to the start of the work. This requirement is to protect you and the Association, as the unit owner is personally responsible for any damage to the building or to any other unit owner. The worker's compensation coverage protects the owner and the

Association if a worker is injured. Construction activity can be conducted on weekdays between 8 a.m. and 6 p.m. and on Saturdays between 10 a.m. and 5 p.m. Permits must be obtained as required by the City of Chicago building codes. The installation of new flooring inside a unit must follow specific guidelines. Please contact the Management Office for a copy of the requirements.

Work orders: If you need minor repairs in your unit, please call the Management Office. Unit work orders are handled Monday through Friday, from 9 a.m. to 10 a.m. and from 3 p.m. to 4 p.m. The work orders are addressed in the order in which they come in. Urgent matters are addressed promptly. We ask for your patience. The maintenance staff will address your concern as soon as possible, in accordance with the aforementioned guidelines.

QUESTIONS OR CONCERNS? Email me at MECAMgr@Sudler.net or call me at 773-271-1732.

Malibu East cabaret

(Continued from page 1)

Engelbert Humperdinck, a Bobby Darin and a Paul Anka. My only thought was I wish we could have had requests.

My favorite number of the night was the iconic "New York, New York."

A deviation from last year was when his friend Tommie left his computer and sang some blues numbers himself. "Superstition" and "Turning Point" were an unexpected treat.

You can tell that Artie really likes the songs of Sinatra. His voice and manner lends itself well to them. Some of the "Ol' Blue Eyes" favorites were done, including "All the Way," "That's Life" and "My Way."

This is a special treat to have a couple hours of fine entertainment here – free. Encouragement of this type of event is welcome. Watch for more from your Social Committee.



Community Calendar

By Betty Mayian

COMMUNITY AFFAIRS

BROADWAY ARMORY

Indoor park, six gym floors, trapeze classes, senior activities, athletic equipment, meeting room, computer center, dancing floor, shuffleboard, weights, arts and crafts, aerobics, ping pong, after-school activities and more.

5917 N. Broadway
312-742-7502

tinyurl.com/27YYYN

EDGEWATER BRANCH LIBRARY

Library building is closed during construction. A bookmobile is now available in the Broadway Armory parking lot:

Tue-Thu: 10 a.m. - 1 p.m., 2-6 p.m.

Fri-Sat: 9 a.m. - noon, 1-5 p.m.

(closed on Sundays and Mondays)

tinyurl.com/5L55TL

EDGEWATER HISTORICAL SOCIETY

"Greetings From Edgewater"

(Edgewater as a destination place)

Regular museum hours:

Saturday and Sunday 1-4 p.m.

Thursday evenings 6-8 p.m. (Live music in the garden; refreshments)

5358 N. Ashland Ave.

773-506-4849

www.EdgewaterHistory.org

WHITE CRANE WELLNESS CENTER

Adult day wellness programs for persons 60 and over. Gentle yoga, tai chi, music, exercise, lunch and snacks. Transportation provided within boundary area.

1355 W. Foster Ave.

773-271-9001

whitecranewellness.org

THEATER / SHOWINGS

REDTWIST THEATRE

"Glass Menagerie" by Tennessee

Williams

A critical moment in the Williams family's struggle to survive. These secrets helped form the playwright.

Thru Sept. 2

1044 W. Bryn Mawr

773-728-7529

redtwist.org

Breakfast destinations

By Betty Mayian

I thought it would benefit a lot of us to talk about local eateries that serve breakfast. Some only do breakfast and lunch, but others are full-service restaurants that have the dinner meal on their menu, too. The restaurant's name, hours, address and a short write-up will have to suffice for this review.

Just opened: **Ann Sather**, at 1147 W. Granville (773-274-0577), has moved into the closed Bananas Foster Café. The menu will be similar to its other three locations on Belmont, Broadway and Clark. Ready for cinnamon rolls? The al fresco dining is great and under those wonderfully cheerful umbrellas.

Right nearby is **M. Henrietta** at 1133 W. Granville (773-761-9700). This is the second location for Michael Henry – the other being in Andersonville. Great pancakes, waffles and French toast. You are only a block from Metropolis Coffee. This makes Granville great for breakfasts.

The southwest corner of Clark and Granville has one of the most underrated places in the area. Basic food and great, friendly service is the rule at **Alexander's** at 6158 N. Clark. Prices are low here, and portions are large (773-743-3841).

Little Corner Restaurant, located at 5937 N. Broadway (773-878-1834), is really close to us (at Thorndale), and it has good food, fast service and cozy, little booths. Just north of the Armory, it is friendly, and the coffee keeps on coming. Bring a book and enjoy.

Let's go to Bryn Mawr for one of the best new restaurants to come into our area. **Nookies Edgewater**, at 1100 W.

Bryn Mawr (773-516-4188), is one of four Nookies in Chicago. I am sure this one is the best. Newest kitchen, great menu, super food and congenial service make this location superior – and it has parking and outdoor seating in good weather. The inside space is huge – largest in Edgewater – and it fills up at peak times.

Uptown has **Tweet** at 5020 N. Sheridan (773-728-5576), next door to Big Chicks. Tweet serves great breakfasts and lunches and is welcoming to all. Exit the Red Line at Argyle or take a 151 bus south. Highly recommended.

Over Easy Café is a gem that is located at 4943 N. Damen (773-506-2605). Try to go there at off-peak times or you will be waiting outside this small eatery. We like to go in the middle of the week – never Saturday or Sunday. Unique dishes that show the creative side of the chef/owner. Park on the street.

Tre Kronor has no equal for great Swedish breakfasts (lunch and dinner, too). Located at 3258 W. Foster (773-267-9888), it is the most distant of these restaurants but well worth the ride. The waitstaff is mainly students from North Park University and couldn't be nicer.

Pauline's, at 1754 W. Balmoral (773-561-8573), has remained great after new ownership. Large portions and outdoor seating are part of the charm here. The place is also small and the clientele loyal. You can't go wrong here, but, again, go at off-peak times.

Now we come to the Andersonville places. Besides M. Henry (5707 N. Clark, 773-561-1600), the big brother to M. Henrietta, and Ann Sather Andersonville (5207 N. Clark, 773-271-6677), there is another small Swedish place called **Svea** at 5236 N. Clark (773-275-7738). Food is good, portions are small, and prices are very reasonable.

Taste of Heaven, at 5401 N. Clark (773-989-0151), has sweet and savory dishes, does its own baking of cakes and other pastries, and even stocks ice cream. Truly it is a taste of heaven.

If you want to tell us about one of your favorite restaurants, leave your information for the *Dialogue* Editor with the doorman.



STEEP THEATRE

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Thru Sept. 16

1115 W. Berwyn

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Community events

Positive loitering

One of Ald. Harry Osterman's initiatives to combat violence in the 48th Ward is the "Neighborhood Watch/Positive Loitering" program.

Community residents meet at a specified street corner at a specified time, often under the direction of block clubs. Providing opportunities to meet your neighbors, these events also serve notice to gang members that the residents aren't willing to cede control of their neighborhood to the gangs.

At 8 p.m. Thursday, Aug. 9, a "Positive Loitering" event will be held in our backyard, at the northeast corner of Broadway and Thorndale. You're encouraged to participate.

Andersonville dinner crawl

If you like the idea of sampling food from many different restaurants in one night at a reasonable price, the annual Taste of Andersonville Dinner Crawl may be for you. The event will be held Wednesday, Aug. 15 from 6-9 p.m.

There will be a Salt route and a Pepper route offered. Advance tickets are \$25 for either route and \$40 for both routes. If you wait until the day of the event, a ticket will cost \$30 for one route or \$50 for both routes.

For a list of the participating restaurants (10 per route) and other information, including buying tickets, go to: www.BrownPaperTickets.com/event/261401

Chicago SandCastle Open

Playing in the sand will reach new heights when the Chicago SandCastle Open is held Saturday, Aug. 18, from 10 a.m. to 3 p.m., the same weekend as the Chicago Air & Water Show.

Billed as the city's premier sand sculpture event, the Chicago SandCastle Open is held at Osterman Beach, 5800 N. Sheridan Road, and features competition in two categories: adults and children/families. Team registration costs \$25. Details can be found at: EdgewaterCommunityCouncil.org/sandcastle

Sand sculpture experts "Big Wave" Dave and Sara Sunshine will be on hand to provide tips and tricks to the

(Continued on page 8)

'Town Crier' announcements

by Angela Cerrillos

We welcome all new residents to our building, including:

If you have information concerning talented or famous Malibu East residents, please contact the Dialogue.

Balcony Man by Scott Virzi



Kitchen and Bath Specials



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- Balcony Screens Repaired

Contact: Curtis at 773-878-1574

Email: CurtisJacobson@sbcglobal.net

www.ComfortHomeRemodeling.com

DirecTV (USA Wireless) Choice™ Lineup - by Channel Name (8/4/2012)

2	WBBM (CBS)	296	Cartoon Network (East)	404	Galavision	279	OWN
13	WCHU	297	Cartoon Network (West)	365	GOD TV	608	Pursuit Channel
26	WCIU	376	Christian Television Network	338	Gospel Music Channel	275	QVC
38	WCPX (PAX)	371	Church Channel	233	GSN	238	ReelzChannel
32	WFLD (FOX)	327	CMT	312	Hallmark Channel	345	RFD TV
66	WGBO (Univ)	355	CNBC	204	Headline News	284	Science Channel
9	WGN (CW)	357	CNBC World	269	History Channel	316	ShopNBC
62	WJYS	202	CNN	229	Home & Garden Television	262	SOAPnet
7	WLS (ABC)	665	Comcast SportsNet Chicago	240	Home Shopping Network	241	Spike
5	WMAQ (NBC)	249	Comedy Central	559	Independent Film Channel	244	Syfy Channel
50	WPWR (MNT)	232	Cooking Channel	364	INSP	247	TBS
44	WSNS (Telemundo)	350	CSPAN 1	285	Investigation Discovery	377	TCT Network
11	WTTW (PBS)	351	CSPAN 2	305	ION Television	303	TeenNick
23	WWME	358	Current TV	347	ION Television West	280	The Learning Channel
60	WXFT	369	Daystar	313	Jewelry Television	373	The Word Network
20	WYCC (PBS)	278	Discovery Channel	252	Lifetime	245	TNT
56	WYIN (PBS)	290	Disney Channel (East)	253	Lifetime Movie Network	277	Travel Channel
		291	Disney Channel (West)	375	LinkTV	372	Trinity Broadcasting Network
265	A&E	292	Disney XD	213	MLB Network	246	TruTV
311	ABC Family	236	E! Entertainment	356	MSNBC	256	Turner Classic Movies
254	American Movie Classics	206	ESPN	331	MTV	273	TV Guide Network
282	Animal Planet	209	ESPN2	333	MTV2	304	TV Land
239	Audience Network	207	ESPNEWS	289	NASA TV	328	TV One
264	BBC America	208	ESPNU	276	National Geographic Channel	242	USA Network
610	Big Ten Network	370	EWTN	212	NFL Network	281	Velocity
329	Black Entertainment Television	231	Food Network	301	Nick Jr.	335	VH1
353	Bloomberg Television	360	Fox News Channel	299	Nickelodeon (East)	362	Weather Channel
237	Bravo	339	Fuse	300	Nickelodeon (West)	260	Women's Entertainment
374	BYU TV	248	FX	378	NRB	367	World Harvest Television

This information was verified with the DirecTV website as of 8/4/2012. The list contains **only** channels that are part of the standard (no extra charge) Malibu East package. Many other channels are available from DirecTV at additional charge.

Buying • Selling • Renting • Management

Your Sheridan Road Condo Specialists

For Sale: 24L, 25L, 25M

For Rent: 23K

Recently Rented: 10E, 10K, 28J



Helen Wagner

773-334-0200



Wagner Realty Services, LLC



Captain's Walk Mall
6033 N. Sheridan Rd. #5
Chicago, IL 60660

Phone: (773) 334-0200
Cell: (773) 297-0205
HMWagnerRealty@sbcglobal.net

PHONE: (773) 275-0110

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REALTOR



'Soar-ing' into Edgewater

By Tracy Poyser

On July 16, the corner of Granville and Broadway became considerably more attractive with the installation of "Soar" by local sculptor David Noguchi.



Apart from the gorgeous shape and finish standing out against a blue sky, one of the sculpture's surprising features is that its wings rotate on a base on top of the pedestal, even in a light breeze.

The resulting motion and play of light and shadow on the satiny silver finish of the piece is truly breathtaking and invites you to look and linger.

Alderman Harry Osterman said he was grateful to all of the neighbors who came to the Pumping Company on July 11 to support this installation.

So, be sure to stop by and check out "Soar," shop a little and dine in one of the increasing number of great neighborhood restaurants along Granville!

The new public art sculpture will stand for one year and is a great addition to our community.

For more information on the artist, his website is: www.davidnoguchi.com



Photos by Tracy Poyser

2011-12 Board of Directors

Marcel Molins, President
Richard Strauss, 1st Vice President
Thomas Vaughan, 2nd Vice President
Neil Warner, Treasurer
Kim O'Neal, Assistant Treasurer
Marcia Fishman, Secretary
Carl Stahlheber, Assistant Secretary
Sandy Chaet, Director
Maria Damp, Director
Allan Eckardt, Director
Eleida Gomez, Director
Martina Molins, Director

Free exercise program for seniors

By David Kelley

Silver Sneakers is a nationwide program designed to help older adults take control of their health through guided exercise and more. It is free to those who qualify. You must be at least 65 years old and enrolled in Medicare or a Medicare supplemental insurance program.

All you have to do is drop by a YMCA or the senior center in Evanston and see if you qualify. It takes seconds. I belong to the High Ridge YMCA on Touhy near Western. My neighbor goes to the YMCA in Lincoln Park.

The exercises are led by a qualified instructor, and each session lasts at least 45 minutes. You will sweat. The classes at High Ridge usually start at 10:15 a.m. and are offered on Mondays, Wednesdays and Fridays.

This program was developed 10 years ago and is underwritten by 100 insurance companies. Enlightened capitalism!

Community events

(Continued from page 5)

participants. Design experts and local celebrities will act as judges, with \$500 awarded to the overall winner.

Tour Edgewater Beach Apartments

As the finale of Ald. Osterman's summer program "Explore Edgewater," you can take a tour of the Edgewater Beach Apartments, also known as the pink building, at 5555 N. Sheridan Road from 5-7 p.m. Aug. 23.

Tours will leave every 15 minutes from the lobby, and stops include the swimming pool and the two-acre garden. Guests will also learn about the history of the Edgewater Beach Apartments.

For more information, call the 48th Ward office at 773-784-5277.

**Remember, there
are no lifeguards
at the pools this
summer.**

The Dialogue

The Malibu East Condominium *Dialogue* is published by resident volunteers to promote communication among owners, residents, the Board of Directors, management and staff of Malibu East Condominium, 6033 North Sheridan Road, Chicago, IL 60660.

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