

Calendar

SATURDAY, OCTOBER 24, 2009

• Day of Climate Action at 3 p.m. Hundreds of people from the South Bay/Los Angeles area will gather on the beach at the Manhattan Beach Pier to form "The Amazing Waving Human Tide Line" to mark the level the sea will reach if actions are not taken to halt disastrous climate change. The Manhattan Beach climate action is one of more than 2,000 events in over 150 countries around the world, each a local partner in the International Day of Climate Action. Meeting at The Pier, Manhattan Beach Blvd. and The Strand (on the beach on the North side of the Pier).

With current CO2 levels at 386 ppm and rising annually, the South Bay 350 Climate Action Group joins with our millions of fellow concerned citizens around the world to call upon our world leaders to agree to a 350 ppm target in the Copenhagen climate treaty to ensure a safe, sustainable climate future for our children. Contacts: Joe Galliani, Chairman, SB 350 Climate Action, 310-373-7892, mailto:joe@creativegreenius.com Sona Kalapura, Environmental Programs Manager, City of Manhattan Beach, 310-802-5058, mailto:skalapura@citymb.info event website <http://www.350.org/southbay350>

SUNDAY, OCTOBER 25, 2009

• Community Events benefiting Manhattan Beach, Redondo Beach, Hermosa Beach and El Segundo Educational Foundations. Pier-to-Pier Friendship Walk "Go the Extra Mile for Our Children" 10 a.m. -11:30 a.m. at Manhattan Beach Pier, Join us for an afternoon of family fun and community solidarity as we walk hand-in-hand to benefit local school districts, and an organization that brings joy, cheer and respite to children with special needs and their families. The walk will occur on the strand, registration begins at 8:30 a.m. Friendship Walk 10 a.m. -11:30 a.m. After the walk all walkers will be invited to take place in the Pumpkin Races on Manhattan Beach Blvd. directly above the pier at 12:00 p.m. "Join us in the Race to Keep Our Public Schools Strong" The festivities will also feature a Kids Zone with bounce houses, games and booths. Manhattan Beach Educational Foundation 310-303-3342 www.pier2pierwalk.com www.pumpkinrace.com

• Caregivers Support Group. A support group has been formed in Manhattan Beach for caregivers of persons with Alzheimer's disease and other related dementia or memory loss.

The group will have the opportunity to share their experiences, provide information, and do problem solving of similar situations. Caregivers are welcome and participation is free. The group will meet from 1:30 to 3:30 p.m. To participate, call Madonna

Newburg at 310-546-1876 for information and location.

MONDAY, OCTOBER 26, 2009

• The Manhattan Beach Parks and Recreation Commission will hold a public meeting at 6:30 p.m. in City Council Chambers, 1400 Highland Ave., to discuss Sand Dune Park Operations and to discuss the proposed installation of a off-leash dog run in Polliwog Park. The meeting is open to the public and interested individuals are encouraged to attend to discuss these ideas.

A map showing the proposed location of the off-leash dog run is available on the City of Manhattan Beach website, www.citymb.info in Parks and Recreation News. For those who are unable to attend, they may send written comments to Idris J. Al-Oboudi, Recreation Services Manager, at 1400 Highland Ave., Manhattan Beach, CA 90266 or via e-mail at ialoboudi@citymb.info.

• The South Bay Chapter of the California Republican Assembly will meet at the El Segundo Library, Main Street and Mariposa Ave. 6:30 - 8:30 p.m. 310-318-7370.

TUESDAY, OCTOBER 27, 2009

• Manhattan Beach Farmers Market offers fresh, locally grown, fruits, vegetables, flowers, artisan foods, etc. On 13th Street between Morningside and Valley Drive 12:00 PM to 4:00 PM. Sponsored by the Downtown Manhattan Beach Business Association 310-379-9901.

THURSDAY, OCTOBER 29, 2009

• Excellence in Healthcare Gala. South Bay Family Health Care (SBFHC) Fourth Annual "Excellence in Healthcare" Gala and 40th anniversary celebration 6:00 p.m. at the Manhattan Beach Marriott. Honoring Visionary of the Year, Supervisor Mark Ridley-Thomas and Leadership Award recipients Trish Anderson, Joe Graziano, and Ian Kramer, M.D.! All funds raised will be put toward SBFHC (formerly South Bay Free Clinic).

Tickets \$150, table sponsorships are available for \$1,500. For more information call West Enterprises 310-227-8100 or lwest@westenterprises.info.

UPCOMING

• Exciting Young at Art Fundraiser: Saturday, November 7, 2009 6:30 pm, Manhattan Country Club, admission \$25 includes appetizers, a drink, entertainment, fine art presented by FOLA, Foundation of Local Arts. For any questions call Angela Silverman at 310-259-2000 or Rick Norris 310-418-9892.

ONGOING

• MOMS Club of Manhattan Beach. Meet local at-home mothers for friendship, fun playgroups, support and more! For membership info and meeting dates/locations call Michelle at (310) 489-3927 or momsclub90266@hotmail.com

Girls Night Out for The Wellness Community

By Karen King Russo

They did it again, only this time it was three nights. I am talking about the Comedy and Magic Club in Hermosa Beach where the women of the South Bay gathered in support of The Wellness Community's annual fundraiser to fight breast cancer. In the past the event went two nights in a row, selling out with a waiting list. This year, the organizers added a third night. The program took place Tuesday, Wednesday and Thursday night of last week. Each night sold out. You could not walk in without seeing many friends and women you know of all ages, all in a great mood and up for lots of laughs, to support a cause that touches us all.

An open bar and silent auction preceded the main events: dinner, a touching personal testimonial, a live auction and a hilarious show. Anna Marie Quillin, an attractive mother of three young children, told of her three-time battle with HER-2, a particularly aggressive form of breast cancer. Starting at 37, then 38, and hit again at 46, she endured clinical trials, chemotherapy, radiation, and Herceptin. And she survived it all. To see her now, you would never know. She looks like a million bucks. And she says, "I could never have done it without the support of The Wellness Community."

It is not surprising that after hearing her story, people were eager to kick in and support the live auction. That and because the auction items were unique, grabbing everyone's attention. Looking for a bachelor? "Millionaire" Corey Donaldson is taking three women in his private limo to dinner at the Trumps golf course. Two groups of four women each bid \$600 for a private golf lesson and lunch with Kris Brown,

Donald Trump's personal golf pro. Included will be a Nikki golf hat and outfit. Nine women each paid \$250 for a personal fitness workout and lunch with Julian Williams, personal trainer with End Results, a long-time generous supporter of The Wellness Community.

Four women bid \$1,000 for a VIP taping and lunch with Judge Judy. The local business

community offered a package of a weekend at the Belamar Hotel, dinner at the Tin Roof Bistro in Manhattan Beach and dinner at Paul Martin's American Bistro in El Segundo. Jean McMillan, founder of the South Bay Cities Wellness Community and a native of a remote corner of Canada, raised \$750 for her offer of a feast of home-smoked salmon.

The show featured Finis Henderson, nephew of Sammy Davis Jr., who did impersonations of Tom Jones, Guns N'Roses, Motley Crew, Al Green, Barry White, Ozzie Osbourne, Neil Diamond, and Elvis. Comedians Karen Rontoski and Debby Gutierrez did their thing, leaving everyone in stitches. And to the surprise of not only the audience but also The Wellness Community staff, who showed up to take over on stage Thursday night but Gary Shandling and *Weeds'* Kevin Nealon.

Thanks to event co-chairmen Kristin Conforti and Denise Harkins, the event earned \$85,000. But as Conforti says, "Our goal was not only to raise money, but to raise awareness by reminding women to get their mammograms and check-ups and that there is a place to come and not be alone if they should be stricken with cancer." And thanks, too, to major sponsors South Bay BMW, Providence Little Company of Mary Medical Center - Torrance and The Jacqueline Glass Family.


If you are one of the very few women in the South Bay who has missed one of these evenings, look for them again next October, which is Breast Cancer Awareness Month. The Wellness Community South Bay Cities is located in a home-like building on the Redondo Beach Pier. The staff offers a wide range of support groups, networking and medical lectures for specific forms of cancer, plus yoga, exercise and nutrition programs. All are free of charge.

To volunteer, or to seek support for yourself, a relative, or a friend who has cancer or for a caregiver of someone with cancer, look up info@wellnessandcancer.org or call 310-376-3550.

Karen Russo can be reached at kk Russo@aol.com

Correction

Last weeks article regarding the South Bay Los Angeles 350 Climate Action event at the Manhattan Beach Pier erroneously said the event would be on Tuesday. It will be held on Saturday, October 24 at 3 p.m.



DEADLINES

OBITUARIES: Monday at noon.

CALENDAR ITEMS: Prior Friday at noon.

PEOPLE ITEMS: Prior Friday at noon.

DISPLAY AD CHANGES: Prior Thursday at noon.

CLASSIFIEDS: Tuesday at noon.

LEGAL NOTICES: Monday at noon.

NEW DISPLAY ADS: Prior Thursday at noon.

REAL ESTATE ADS: Monday at noon.

AD CANCELLATIONS: Prior Thursday.

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



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