



March 14, 2019

LW Weekly

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NEW GOLF RULES

Leisure World golfers have new rules when hitting the course in 2019.

Page 20



The Anaheim Ducks will take on the Winnipeg Jets on March 20 at the Honda Center. Get tickets now for a LW excursion to see the game.

Page 15

LIFEFIT@THEBEACH

'Move More, Age Less' is goal

There has never been a better time to grow old. Baby boomers are stampeding into older age, and they are making the journey into an interesting and fruitful time of life.

The message today is that it's possible to find meaning and purpose at every stage of life. And it starts with cultivating community and health.

Nearby California State University, Long Beach, has a new focus on Age Friendly Community Initiatives (AFCIs), which includes the LifeFit Center@The Beach, a state-of-the-art health-and-fitness facility exclusively for members age 49-plus.

by **Ruth Osborn**
rutho_news@lwsb.com

LifeFit Center@The Beach is a little-known gem of a resource, specifically founded to cater to the 50-plus community, and that includes Leisure World. It is one of the components of California State University's new Age Friendly Community Initiatives, and it can help people stay young.

On a blustery day last month, the 17,000-square-foot center in the heart of the Long Beach campus was buzzing with people high on endorphins.

Improved self-esteem is a key psychological benefit of regular physical activity, experts say. When people exercise, their bodies release chemicals called endorphins. These endorphins interact with brain receptors that reduce perception of pain and trigger positive feelings in the body, similar to that of morphine. That feeling—described as “euphoria” by runners and serious athletes—is often accompanied by a positive and energizing outlook on life.

Everyone knows regular exercise is a good thing. And the LifeFit Center@The Beach brings the concept to a whole new level for older adults.

It provides a complete health, fitness, social and wellness program for members in a well-equipped gym. Its 350-plus members include community residents age 49 and above, and CSULB faculty and staff of any age, who can take a host of fitness and wellness classes and workshops.

“We’re an educational and research laboratory, and we host College of Health and Human Services (CHHS) courses in our facility,” said director Ayla Donlin. “A huge part of our mission is to support intergenerational relationships. We have 19-year-olds working with 90-year-olds out on the fitness floor.”



LifeFit members have a lot of fun lifting weights together. The center includes a weight room and a 7,000-square-foot fitness floor with cardio machines. Director Ayla Donlin (below, center) is with students Haide Galvan and Josie Xing.



Ruth Osborn, photos

LIFEFIT, page 18

TOWN HALL

What: GRF Facilities & Amenities Town Hall

When: 1 p.m., March 20

Where: Clubhouse 4

The Golden Rain Foundation will host a town hall on GRF Facilities and Amenities. Everyone is welcome to attend.

CERT TRAINING

Sign up for classes that start in April

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

CERT training classes will be held on five Mondays, April 1, 8, 15, 22 and 29, from 8 a.m.-noon in Clubhouse 3, Room 1. Locations and topics may be rearranged.

CERT, page 18

LW LIBRARY DISPLAY



The Common Loon

NWS refuge wildlife is on exhibit in LW

Have you seen the common loon in the Leisure World Library?

Last winter some common loons joined the thousands of Canada geese that make the Wildlife Refuge their home for the winter. The common loon and other birds are on display until the end of April, when they will be returned to the Seal Beach National Wildlife Refuge (SBNWR).

DISPLAY, page 18

Celebrate St. Paddy's with corned beef and Irish music

The Golden Rain Foundation's annual St. Patrick's Day dinner dance will be held in Clubhouse 4 from 5-8 p.m. on Sunday, March 17, with Koffel's Food Service providing a corned beef and cabbage dinner and Irish music by The Bracken Band.

Admission is by ticket only (\$20 per ticket or \$160 for a table of eight); no tickets will be sold at the door; check ticket availability with Recreation at 431-6586, ext. 326.

The authentic Celtic band features Marian Tomas Griffin on guitar and vocals, and Chris Murphy on violin. They're influenced by artists such as The Pogues, Van Morrison, Horslips, The Waterboys and Alison Krauss. The Bracken Band plays jigs, reels, romantic and drinking songs.

On-call bus service will be available by calling 431-6586, ext. 379.



The Bracken Band



—courtesy of City of Seal Beach

The USS Bunker Hill arrived at the Seal Beach Naval Weapons Station earlier this week and was stationed in Seal Beach. While there, about 19 Navy personnel volunteered their time to pick up trash on the beach. In addition, the sailors were given a tour of Seal Beach City Hall and had the opportunity to meet city staff. The sailors had a great time visiting the city and said they look forward to coming back to volunteer again the next time they are in Seal Beach.

AARP SMART DRIVER

Class is March 18 and 19 in CH 3

The next AARP Smart Driver Course will be held on March 18 and 19 in Clubhouse 3, Room 6, from 1-5 p.m. each day. AARP members pay \$15 (checks only) and non-members, \$20.

The AARP Smart Driver Course is the nation's largest classroom and online driver safety course designed especially for drivers age 50 and older.

People should bring membership cards and a driver's license. For more information and to RSVP, call Ruth Bradley at (714) 401-2237.

Elevator Update

The elevator in the GRF Administration building, which was out of service to undergo repairs, is now operational.

Did You Know?

By the year 2040, the population of people aged 85 years and above is expected to triple.



Dan Weber (seated) and Tom Schmitz are ready for bingo action.

SUPER BINGO

Legion fund raiser is March 31

American Legion Post 327 will host a Super Bingo fund raiser on Sunday, March 31, in Clubhouse 2. Doors will open at 1 p.m. and Early Bird games will begin at 1:30. Presale tickets are \$15 and will entitle players to reserve seats on the bingo floor in advance. Extra six-packs are \$5 each.

The Early Bird, Bonanza, Double Action and Lickety Splits games as well as Discs will remain the normal price. There will be opportunities sold for door prizes to be given away during intermission, and the Auxiliary women are planning special refreshments.

To purchase \$15 presale tickets, call Lee Esslinger at (310) 491-8990. He will also reserve seats. Regular bingo jackpots will pay \$100. All are welcome and the Legion hopes to fill the clubhouse that day. All proceeds support local veterans.

The general meeting of the Post has been canceled for March due to a scheduling conflict with Clubhouse 4.

The next meeting will be on Monday, April 15, at 1:30 p.m. The Post will host regular bingo on March 24 along with the Super Bingo on March 31.

GOLDEN AGE

Tickets on sale for centenarian luncheon

The Golden Age Foundation will host a luncheon to honor Leisure World residents who have reached the venerable age of 100 years and beyond on April 9 in Clubhouse 4. Registration will begin at 11 a.m., and the event will begin 11:30, with lunch and entertainment.

Admission is free for honorees who are 100 and above and those who will be turning 100 in 2019. Friends, guests and family are invited come and celebrate this special milestone. Tickets—\$25 each or \$200 for a table of eight—will be on sale from 10-11 a.m., Monday-Thursday, in the Hospitality Center of Clubhouse 6. People can also call Anna Derby at 301-5339; Nickie Weisel at (714) 318-2053; or Linda Johnson at 493-9898 to get tickets.

Ticket sales will help fund the event. Seating is limited.

For more information, call Derby at 301-5339.

LW Dines out

Finbars Italian Kitchen will provide dinner service on Monday, March 18, starting at 4 p.m. in Clubhouse 1. Menus are published in the LW Weekly and on LW Live! (See page 9).

Hometown Buffet will serve on March 25, and Naples Rib Company, on April 1.

Finbars owner Joseph Barbara is asking for suggestions from residents for items they would like to see offered. Send suggestions to events@lwsb.com or drop them off at Clubhouse 1 while dining on Monday. Finbars does not require reservations and serves on a first-come, first-served basis. People can come in and order any time between 4-6 p.m. The dining room is open until 7 p.m.

Hometown Buffet will offer a different menu each month for \$11 plus tax for all you can eat. Hometown Buffet is considering offering a Sunday brunch on the second week of the month. The Recreation Department is soliciting feedback from the community on this potential addition. Opinions may be sent to events@lwsb.com.

Naples requires reservations. To RSVP, call 439-7427 or log on to <http://www.ribcompany.com/leisure-world-menu.asp> before noon on the Monday of service.



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- Occupational therapy
- Speech therapy
- Pain management

We'd love to hear from you!

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Physical Therapy Assistant Mark Parilla

Y SERVICE CLUB

PT assistant Mark Parilla to speak March 20

Physical Therapy Assistant Mark Parilla will be the guest speaker at the Y Service Club meeting on Wednesday, March 20, in Clubhouse 3, Room 2.

Judy Chambers and Sylvia Makus will host a continental breakfast at 7:30 a.m., followed by a business meeting conducted by President Margaret Humes.

Parilla, who has worked with Seniors' Choice Physical Therapy since 2008, will discuss changes to joints and body systems as people age. He will stress the importance of daily physical activity. He will also cover how body mechanics can preserve and protect joints. Club members who perform physical tasks for their LW neighbors should appreciate that benefit of their volunteer work.

All Leisure World residents are invited to attend the meeting to learn more about the services the Y Service Club offers to the community. Club volunteers are available to help residents with a variety of non-professional household tasks they are unable to do independently.

To request help, look in the section "Leisure World Helping Leisure World" in the LW Weekly. —Maureen Habel

LOS AL AIRFIELD

USMC Aviation Unit to conduct Osprey training

A U.S. Marine Corps aviation unit will visit Los Alamitos Army Airfield (LAAAF) beginning March 16 for one week of training that will include operations utilizing V-22 Osprey tiltrotor aircraft.

The Osprey has a unique noise signature, and residents of communities located near LAAAF may hear the sound of these aircraft arriving and departing the airfield. Some flight operations may be conducted outside of normal airfield operating hours.

The training is designed to maintain operational readiness and enhance proficiency.

Efforts will be taken to minimize inconvenience.

For more information, contact Col. (CA) Richard Lalor at 795-2096 or richard.w.lalor2.nfg@mail.mil, or Senior Airman Crystal Housman at (805) 458-3825.

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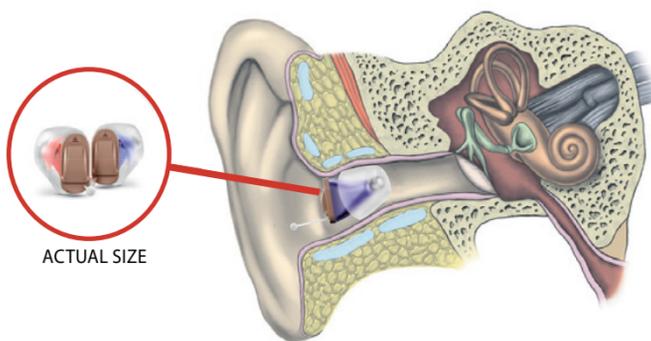
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Perspectives

WATCH YOUR STEP

Phone scams continue to harass LW residents

by **Jim Breen**
jimb_news@lwsb.com

It came as no surprise to a resident when she got a telephone call last week from an “ophthalmology department.”

After all, her husband has been under an ophthalmologist’s care for more than a year. So when she saw that elongated word on the phone message screen, she hurried to answer, thinking it was something serious.

Instead, she was told that she and her husband were fortunate enough to have qualified for a reduced rate of interest on their credit card.

So what he was really calling about was to get her credit card number to “make sure you qualify.”

With that, the LWer hung up immediately and has not heard back from the intruder.

The question is was the scammer guessing that her husband was being treated by an ophthalmologist or did he have previous knowledge of that fact?

Most major medical organizations have posted warnings on their websites about “phishing” scams using their names.

Kaiser-Permanente, for example, lists several scams that consumers should be aware of, all listed in detail on kp.org.

...

Michael LeClair of Mutual 2 is still receiving invoices for \$35 from the Police Officer Defense Alliance, described as a “non-partisan, federally registered Political Action Committee” on its website.

His plight was chronicled in Watch Your Step (Feb. 7) when the organization requested a donation.

He agreed to send \$35, but decided against it when the caller requested his credit card number.

Nonetheless, the organization is still hoping to collect.

Have you been the victim of a scam attempt? Send details to Jim Breen at the email address above or call 431-6586, ext. 387, Wednesday- Friday between 8:30 a.m.-4:30 p.m.

MEMBER COLUMN

GRF bus service helps shoppers

by **Lisa A. Dickson**
Mutual 1

It’s commendable that GRF provides transportation to Trader Joe’s, Denny’s, Marina Pacifica and Dal Jes on Mondays and Wednesdays and Von’s Pavilion, SB Pier/Old Town and 99 Cents Only store at Valley View Street on Fridays.

It’s a great help to shareholders who no longer drive.

Trader Joe’s home grown produce and varieties of organic foods interest me as well as the lovely bouquets at a reasonable price.

Vons Pavilion’s salmon and rotisserie chicken are excellent nutritious foods I cherish. My shopping sprees at 99 Cents Only Store at Valley View Street with huge selections of merchandise are great.

Strolling by the boardwalk with enthusiastic friends and colleagues and watching surfers brave the giant waves is exciting.

I have fun socializing and exchanging ideas. It’s fantastic way of combining shopping with fun and laughter.

Credits & Kudos

Credits & Kudos must include the writer’s name and mutual, and will be edited for brevity. Mention of a business or service is not an endorsement or recommendation by the LW News or Golden Rain Foundation.

Joyce J. Lanphere is grateful to Grant Winford, GRF transportation fleet manager, for providing bus service from the Leisure World Main Gate via Orange County buses to Costa Mesa. He printed out schedules for the Mutual 17 resident and in her words, “went above and beyond his job description” to assist her.

Remember When

Editor’s note: Remember When is presented by the Leisure World Historical Society. Help make history live, tell your story, donate memorabilia, join the Historical Society. For more information, call Linda Johnson, vice president, at 594-9274, or visit the LW Museum in Clubhouse 1 from 2-4 p.m., Thursdays.

March 8, 1979 - A picture in The News showed members of St. Theodore of Canterbury Episcopal Church flipping pancakes. More

WHEN, page 26

FROM THE MAYOR

City offers good events, programs throughout year

by **Thomas Moore**
Mayor of Seal Beach

The City of Seal Beach and many community organizations offer a myriad of excellent events and programs for you and your family to experience throughout the year. I encourage Leisure World residents to enjoy all the events and programs offered.



Run Seal Beach has become an annual Seal Beach rite of passage, when many thousands of runners and onlookers make their way down to Old Town on April 6 to run their hearts out. Proceeds will benefit a number of non-profit organizations.

As mayor, I will be at the starting line helping kick off the race. I encourage you to come up and say hello before the race starts.

Also coming is the Seal Beach Car Show on April 27 hosted by the Chamber of Commerce. We expect 25,000 visitors and 550 cars, live music, and attractions. I will also be at this event at 9 a.m. near the pier. With 30 categories of classic cars, there is something for everyone.

The summer months of June, July and August bring Shakespeare by the Sea presented by the Community Performing Arts Association, as well as the Summer Concerts series at Eisenhower Park. That event is put on by the Chamber of Commerce, Lions Club Fish Fry (where I will be helping fry fish), and the Summer Send-off hosted by the city.

There’s plenty of fun to be had during the lazy days of summer. Dates for these events will be available in the LW Weekly and on the City’s website: www.seal-beachca.gov.

The fall and winter seasons are bookended by some events from the Arts and Crafts Fair run by the Lions Club in September to the Christmas tree lighting ceremony held by the Chamber of Commerce and the Lions Club Christmas Parade on Dec. 6.

As you can see, the City and numerous organizations have made it a priority to instill a sense of pride in our community by developing quality special events and programs for residents and visitors. I welcome you to experience first-hand all that Seal Beach has to offer as a participant or volunteer.

Setting it Straight

The LW Symphony Orchestra holds concerts in Clubhouse 4, not Clubhouse 3, as printed in the March 7 issue of LW Weekly.

SAFETY FIRST

How to guard against invasion of mosquitoes

by **Eloy Gomez**
Safety and Emergency Coordinator



Traveling on Westminster Boulevard a few days ago through the Los Cerritos wetlands I noticed large bodies of water throughout the area between Los Angeles Hayes Power and Pacific Coast Highway.

It was scenery that I have not seen in many years of drought.

The wetlands are finally coming back to life.

However, the abundance of rain and stagnant bodies of water combined with the current mild temperatures in southern California have created the perfect mosquito breeding grounds.

In the last few years, Orange County Vector Control has noticed an increased activity of invasive mosquitoes.

These non-native and aggressive mosquitoes are black and white and lay their eggs along the waterline of containers as small as a bottle cap.

The mosquitoes known as Aedes Aegypti (yellow fever mosquito) and the Aedes albopictus (Asian tiger mosquito) are capable of transmitting viruses including dengue, yellow fever and Zika, among other viruses.

These mosquitoes have been found in several areas in Orange County including Leisure World and Los Alamitos.

To protect against mosquitoes, Vector control urges the public to “Drain and Cover.”

- Drain standing water from garbage cans, buckets, flowerpots or any other containers where sprinkler or rainwater has collected.
- Empty and clean birdbaths and pet’s water bowls at least once or twice a week.
- Cover up. If you must be outside when mosquitoes are active, wear shoes, socks, long pants and long sleeves. Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with 10-30 percent DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective.
- Keep mosquitoes out of your house. Repair broken screening on windows, doors and patios.

To report unusual number of mosquitoes, standing water, dead birds or for more information contact the Orange County Vector Control at (714) 971-2421.

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Serving the Shareholders of

Leisure World Seal Beach

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Government

SECURITY CORNER

Traffic safety, police golf cart enforcement

by Victor Rocha
Security Services Director

In an effort to minimize the traffic and pedestrian violations that occur in the community, there is a proposal being reviewed that would allow the Seal Beach Police Department to enforce vehicle and pedestrian laws and regulations.



Some residents have expressed concern over the possibility of Seal Beach P.D. enforcing traffic laws inside the community, since that would mean that certain golf carts would have to be registered and licensed by the DMV, have proper insurance, and the operator of the golf cart would need a drivers license (this does not apply to two-seater golf carts that are under 1,300 pounds and go 15 miles per hour or less).

Note the process of having Seal Beach P.D. come into the community for traffic enforcement is exactly that — an ongoing process, and we will keep everyone informed every step of the way. Please be assured that all input regarding this issue is welcome.

MUTUAL 8

Town Hall meeting set for March 16

Mutual 8 will host a town hall meeting on Saturday, March 16, from 1-3 p.m. in Clubhouse 3, Room 1.

Proposals for restatement of the by-laws will be the topic. The Mutual attorneys will attend.

There is seating for 100 shareholders. The full Board will attend.

Bring snacks, drinks and goodies.

Camille Thompson,
Mutual 8 president

Security town hall meeting scheduled

The monthly Security town hall meeting is scheduled for Thursday, March 28, at 6 p.m. in Clubhouse 4.

Security Services Director Victor Rocha will review the enhanced access control system proposed for the community, and will answer questions from the shareholders regarding security and safety.

Tentative Agenda GRF Special Board Meeting — Election March 18, 2019, Clubhouse 4	
1. Call to Order	
2. Roll Call	
3. Pledge of Allegiance	
4. Announcements	
5. Shareholders/Member Comments	
6. Election Counting Process	
7. Announcement of Results of Election Process	
8. Ratify Committee Member Assignments	
10. Approve Copier Contact	
11. Adjournment	

ODD-NUMBERED MUTUALS

How to be a candidate for GRF Board of Directors

The campaign cycle for the GRF Board of Directors begins soon. During 2019, the Board seats representing the odd-numbered Mutuals are up for election. During even-numbered years, the Board seats representing even-numbered Mutuals are up for election.

Any member in good standing is eligible to be a candidate for the Golden Rain Foundation Board of Directors representing their odd-numbered Mutual. A member in good standing is defined by the GRF By-laws as a Mutual shareholder/owner who is no more than 30 days in arrears of their carrying charge, or in arrears of any fines or fees.

Candidates may self-nominate or be nominated by their Mutual's Nominating Committee or Board of Directors.

"Application for Candidacy" forms are available in the Stock Transfer Office in the Administration Building. Candidates who are self-nominated must complete an "Application for Candidacy" before 4:30 p.m. on Friday, April 5.

Candidates who are nominated by their Mutual's nominating committee or board of directors will have their names submitted to Stock Transfer by the Mutual's secretary. Upon receipt of any submitted names, the GRF board office will contact each candidate and arrange for them to confirm their candidacy by receiving and completing an "Application for Candidacy" and candidate instructions.

In accordance with Policy 5025-30, Election Procedures, each candidate shall submit a statement, or resume, of 300 words or less, single sided, to the Stock Transfer Office. Statements shall be written in compliance with the election rules, e.g., contain the background, qualifications and platform of the candidate, and shall not contain any disparaging or defamatory content. All statements are due before

ELECTIONS, page 23

Mutual 5 appoints acting president

Rogell Van Wyk, Mutual 5 vice president, accepted the role as acting president of Mutual 5 on Feb. 25, in a special board meeting to accept the resignation letter of Dr. Betty Coven submitted on Feb. 15 due to illness.

During the same meeting, the Board of Directors also appointed Linda DeRungs, as new director filling the vacancy of Dr. Coven to the end of the term.

GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is located upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration:

Thursday, March 14	Communications Committee Administration 1 p.m.
Friday, March 15	Roundtable with Mutuals/GRF Administration 1 p.m.
Monday, March 18	Finance Committee Administration 9 a.m.
Monday, March 18	GRF Board of Directors (special) Election Clubhouse 4 2 p.m.
Thursday, March 21	Information Technology Committee Administration 1 p.m.
Friday, March 22	Facilities and Amenities Review Ad Hoc Administration 1 p.m.
Monday, March 25	Management Services Review Ad Hoc Administration 1 p.m.
Tuesday, March 26	GRF Board of Directors Clubhouse 4 10 a.m.
Wednesday, March 27	Architectural Design Review Committee Administration 1 p.m.
Thursday, March 28	Service Maintenance Committee Administration 1 p.m.

Schedule of Mutual Meetings

Mutual meetings are listed below. Mutual residents are invited to attend the open meetings of their mutual boards as follows:

Thursday, March 14	Mutual 12 Conference Room B 9 a.m.
Friday, March 15	Roundtable with Mutuals/GRF Administration 1 p.m.
Monday, March 18	Mutual 15 Administration 1 p.m.
Tuesday, March 19	Mutual 14 Conference Room B 1 p.m.
Wednesday March 20	Mutual 5 Conference Room B 9 a.m.
Wednesday, March 20	Mutual 7 Administration 1 p.m.
Thursday, March 21	Mutual 2 Conference Room B 9 a.m.
Thursday, March 21	Mutual 11 Clubhouse 3, Room 9 1:30 p.m.
Friday, March 22	Mutual 6 Administration 9:30 a.m.
Monday, March 25	Mutual 8 Conference Room B 9 a.m.
Wednesday, March 27	Mutual 10 Administration 9 a.m.
Thursday, March 28	Mutual 1 Administration 9 a.m.

LW REPUBLICANS

Supervisor Steel is guest on March 20

County Supervisor Michelle Steel will be the guest at the LW Republican Club meeting on March 20 at 7 p.m. in Clubhouse 3, Room 2.

Supervisor Steel has been a Republican Club favorite over the years and reflects the club's conservative values on the issues. Steel will give an update on Orange County and what the future looks like for its residents. She has been a strong advocate for the tax payer, which was reflected while she served on the Board of Equalization.

All Leisure World residents are welcome.

David Harlow,
president

LW DEMOCRATIC CLUB

Monthly meeting moved to March 27

Clubhouse 4 will be unavailable on March 20 because of the GRF town hall meeting, so the SBLW Democratic Club meeting has been rescheduled for Wednesday, March 27. Speaker Josh Lowenthal will still be able to join members at the meeting.

The election of the 2019/20 club board of directors will be held during the meeting. Club members should be aware that, in addition to those announced for

election at the February meeting, Loni Gardette has been nominated for the position as chair of the Membership Committee.

Several of the nominees, including Loni, attended the March 6 board meeting where they joined in spirited discussion on a number of subjects.

After hearing an updated report on voter registration in Leisure World and in response

DEMOCRATS, page 23

2019 Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins (90 days before election)*	Candidate Application Deadline (60 days before election)**	Ballots Mailed (30 days before election)***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	10	276	92	6	Thurs. 2/14	Sat. 3/16	Mon. 4/15	3 rd Wed.	5/15	10 a.m.	
	14	328	110	7	Fri. 2/15	Sun. 3/17	Tues. 4/16	3 rd Thurs.	5/16	10 a.m.	
	7	384	128	6	Sat. 2/16	Mon. 3/18	Wed. 4/17	3 rd Fri.	5/17	10 a.m.	Parcels eliminated
	4	396	132	4	Thurs. 2/21	Sat. 3/23	Mon. 4/22	4 th Wed.	5/22	10 a.m.	Staggered terms
	16	60	20	5	Thurs. 2/21	Sat. 3/23	Mon. 4/22	4 th Wed.	5/22	2 p.m.	2019 meeting will be held in Administration Conference Room
	11	312	104	6	Fri. 2/22	Sun. 3/24	Tues. 4/23	4 th Thurs.	5/23	10 a.m.	
	9	384	128	7	Sat. 2/23	Mon. 3/25	Wed. 4/24	4 th Fri.	5/24	10 a.m.	Parcels in effect
	8	348	116	5	Wed. 2/27	Fri. 3/29	Sun. 4/28	4 th Tues.	5/28	10 a.m.	Meeting moved from 4 th Mon. to 4 th Tues. due to Memorial Day
JUNE	1	844	282	4	Tues. 3/12	Thurs. 4/11	Sat. 5/11	2 nd Mon.	6/10	10 a.m.	Staggered Terms
	5	492	164	3	Wed. 3/13	Fri. 4/12	Sun. 5/12	2 nd Tues.	6/11	10 a.m.	Staggered Terms. No cumulative voting. Parcels eliminated.
	3	432	144	7	Thurs. 3/14	Sat. 4/13	Mon. 5/13	2 nd Wed.	6/12	10 a.m.	
	12	452	151	7	Fri. 3/15	Sun. 4/14	Tues. 5/14	2 nd Thurs.	6/13	10 a.m.	Parcels in effect
	2	864	288	9	Sat. 3/16	Mon. 4/15	Wed. 5/15	2 nd Fri.	6/14	10 a.m.	
	15	502	168	7	Sat. 3/23	Mon. 4/22	Wed. 5/22	3 rd Fri.	6/21	10 a.m.	
	17	126	65	2	Wed. 3/27	Fri. 4/26	Sun. 5/26	4 th Tues.	6/25	10 a.m.	
	6	408	136	7	Sat. 3/30	Mon. 4/29	Sun. 5/29	4 th Fri.	6/28	10 a.m.	

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

Religion

ASSEMBLY OF GOD

Hymn sing and special music slated Sunday

Assembly of God's hymn sing is a great place to be each week, and this Sunday will be no exception.

People from several denominations will gather at 6 p.m. in the Clubhouse 3 lobby to select and sing their favorite gospel songs under the direction of Associate Pastor Dan Ballinger.

Highlights will include special music by Dean Brown as he ministers in song and plays his banjo.

A new feature is the youth of the church singing of choruses, led by Ruth Olson.

Pastor Sam Pawlak will bring the monthly missions report with emphasis on one of several missions the congregation supports.

He will close with a devotion followed by fellowship around the tables. Many people bring treats to share.

The morning worship service starts at 10:30 in Clubhouse 3, Room 2, with Denise Smith leading the way.

It will be interspersed with the message, "The Extraordinary Power of the Holy Spirit" brought by Pastor Sam.

Diana Mushigian will share church news and lead the offering. Prayer meetings at 10 a.m. and 5:15 p.m. are open to everyone.

...

Pastor Sam will lead the Bible study at 10 a.m. on Wednesday, March 20, in Clubhouse 3, Room 7.

The study continues in the book of Hebrews, Chapter 9.



Larry and Pauline Massey

FIRST CHRISTIAN

CEF in the spotlight this month

March is Missions Month at First Christian Church, and this month Child Evangelism Fellowship (CEF) is in the spotlight.

Active in every state and province of North America, CEF has two basic ministries.

They are the Good News Clubs, weekly one-hour home Bible classes that meet during the school year, and Five-Day Clubs, local neighborhood ministries that meet during the summer.

The Saturday service begins at 5:15 p.m. The Hospitality Room opens at 4:30 p.m.

Sunday begins with Elder Jack Frost teaching Bible study at 9 a.m. in the book of Exodus.

At 9:30 a.m., the Hospitality Room opens for fellowship and light refreshments with co-hosts Carol Speake and Sue Kaminski.

Pastor Bruce Humes begins the service at 10:15 a.m. with praise, prayer and Scripture.

Margaret Humes will lead the hymns "Love Lifted Me," "Jesus is The Sweetest Name I Know" and

"God Will Take Care of You."

The Communion hymn will be "Jesus Paid It All."

The church choir, under the direction of Anita Ragole, will sing "These Are The Days of Elijah." Elder Larry Massey will present the Communion meditation and service.

For the offertory, Pat Kogok will play "Heavenly Sunlight."

Pastor Gene Cherryholmes and the Praise Team will sing, "I Wish We'd All Been Ready," followed by Pauline Massey who will read from the Gospel of Matthew 21:28-32.

Pastor Gene's message will be "Saying And Doing," based on Matthew 21:28-42. When all is said and done, there's a lot more said than is ever done.

The Hospitality Room opens 45 minutes before each service for fellowship and light refreshments.

Prayer and verse-by-verse Bible studies during the week are held on Tuesdays with Pastor Humes and on Thursdays with Pastor Cherryholmes both at 9:30 a.m.

Today's Calvary Chapel Bible study 7 has been canceled.

Hearing enhancements are available at all church functions.

For more information, call 431-8810 and leave a message.

HOLY FAMILY CATHOLIC

Readings for Masses listed

Holy Family Catholic Church, located at 13900 Church Place next to the St. Andrews Gate, will celebrate the second Sunday of Lent this week.

First Reading: Genesis 15:5-12, 17-18; Responsorial Psalm: 27:1, 7-8, 8-9, 13-14; Second Reading: Philippians 3:17-4:1; Verse before Gospel: Luke 9:28, B-36

Stations of the Cross are held every Friday during Lent immediately after the 8:30 a.m. Mass.

The church celebrates Sunday Mass at 8 a.m., 10 a.m. and noon; the Vigil Mass is at 5 p.m. Saturday; daily Mass is 8:30 a.m., Monday-Saturday.

Confessions are heard from 4-4:45 p.m. Saturdays and the eves of Holy Days; and 9:15 a.m. on First Fridays.

COMMUNITY CHURCH

Church comes up with ashes at its drive-through

On a rainy Ash Wednesday morning, March 6, Community Church welcomed the season of Lent by offering ashes to everyone.

It was a unique drive-through event in front of the church.

The convenience of driving through and receiving ashes from Pastor Johan Dodge was appreciated.

...

On Thursdays through April 11, the church presents the "Bowl and a Roll" series.

A relevant topic will be presented, and homemade soup and a roll will be served.

All are invited to attend, including friends and neighbors.

For more information, contact Virginia Olejnik at 386-6076.

...

On Sunday, March 17, Pastor



Pastor Johan Dodge

Johan Dodge will give a message titled, "Don't Give In to Fear." The Scripture lesson is Luke 13:31-35.

Lay Liturgist will be Taylor White.

Worship services begin at 9:50 a.m., followed by refreshments and coffee in Edgar Hall.



The Roberts gospel singers will perform Sunday.

FAITH CHRISTIAN

The Roberts singers to provide special music at Sunday service

Southern Gospel singing with a country flare will be presented by The Roberts at a special concert at 5:30 p.m. on Sunday at Faith Christian Assembly (FCA).

The Roberts, who appeared in concert last year for FCA, bring an excitement wherever they sing with a passion for the Lord. The trio will present a special version of Southern Gospel music.

Those who attend are advised to arrive early to get a good seat.

Tuesday is Faith Fellowship, at 11 a.m. in the Garden Room; Bible study taught by Pastor Sheri Leming is 7 p.m., Wednesdays in the Garden Room; and Grief-Share meets at 2 p.m. Fridays in the Garden Room

To receive a newsletter and for more information, call 598-9010 or visit www.FCAchurch.net.

ROCK CHURCH

Services offered in two languages

The Rock Church, Seal Beach campus welcomes everyone to weekly services for all ages at Marine Center, 151 Marina Drive, Seal Beach Sunday services in English begin at 9 a.m. and 11:15 a.m. but remain at 1:45 p.m. in Spanish.

Sunday's message can be heard for no cost at www.gototherock.com.

Select Seal Beach Campus and check the podcast.

For more information, call (714) 562-8233.

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CONGREGATION SHOLOM

Rabbi Eisenberg to lead Friday service in CH3

Congregation Sholom will celebrate services led by Rabbi Karen Eisenberg, at 7 p.m. tomorrow, Friday, in Clubhouse 3, Room 9. An Oneg shabbat will follow.

Bagels will be served on Saturday, at 9 a.m. in Clubhouse 3, Room 9 followed by services with Rabbi Eric Dangott. A noon potluck dairy lunch will follow.

During lunch the Rabbi will discuss this week's Torah portion.

Members will sell tickets at the Long Beach JCC Purim Carnival gate on Sunday, March 17.

To help, contact Carol Levine before March 15 at 505-3622.

...

The book club will meet from 1-3 p.m. on Tuesday, March 19, at the home of Mort and Helene Goldberg. Chapter 9 of "For Whom the Shofar Blows" will be discussed. Members will convene from 4-6 p.m. at Carol Levine's home for hamantashen baking.

...

Purim will be celebrated at 7 p.m. on Wednesday, March 20, in Clubhouse 3, Room 9. Cantor Marla Barugel will lead the reading of the Magillah.

Dressing in costume is encouraged. Crowns and noise makers (graggers) will be provided.

A Purim Sevdat (light lunch) is planned at noon on March 21, followed by a Purim Spiel (play) at Carol Levine's house.

Respond by March 18 to 505-3622.

To provide a ride to services, or to get one, call Jeff Sacks at (714) 642-0122 or Maria Bogart at 594-4362.

REDEEMER LUTHERAN

Theme of Sunday message will be 'Fox and the Hen'

On the Second Sunday of Lent this week, Pastor Gil Moore of Redeemer Lutheran Church will speak on the theme of "The Fox and the Hen," with Luke 13:31-35 as his text.

The reader will be Judy Norlander and Beverly Anderson will be the prayer leader.

The choir will sing "When Twilight Comes."

The altar flowers will be provided by Nancy Luebben in honor of St. Patrick.

The Sunday service with Holy Communion begins at 10:30 a.m., followed by a coffee hour in Fellowship Hall.

The Wednesday morning Bible class meets in the fellowship hall from 10:30-11:30 under the leadership of Pastor Lynda Elmer.

The class has just begun a study of Paul's letters to Timothy. Special Lenten devotions and soup suppers are on Wednesdays at 4 p.m. in Fellowship Hall.

The Respite Center meets on Monday, Tuesdays and Thursdays. Call 596-1209 for information about registration and volunteering.

Website for the congregation is at www.redeemerlutheranseal-beach.com.

VIEWPOINT

Consoling those who are grieving never an easy task

By Jim Greer, Mutual 11
Leisure World Interfaith Council



Jim Greer

I've attended my share of funerals and memorials. And whether I've officiated or offered eulogies, it is always a challenge to provide solace to those who have lost a loved one.

According to Steven Eastmond, a licensed clinical social worker, "grief hurts, but it can be the salve that helps us heal when it is allowed to do its work appropriately."

The first step in handling grief is to recognize that pain is a normal part of the process. It needs to be acknowledged, not avoided."

Anticipated or not, the loss of a loved one is painful for those left behind. All too often our attempts to console or relieve suffering are inadequate, and if we are not careful, it can be insulting.

In a recent article, "What to Say (and What Not to Say) to Someone Who's Grieving" in the New York Times, author David Pogue provides four rules to remember when approaching someone who is grieving;

Rule 1: It's not about you. Sharing your own experience with grief or trying to find common ground does not lessen someone else's suffering. It can even make matters worse. Saying "let me know if you need anything" may make you feel better, but it doesn't help them. Instead, without being asked to, bring in a meal. Do their laundry. And, openly talk positively about the deceased, so that they are assured that their loved one will not be forgotten.

GREER, page 26

LW BAPTIST

Full schedule of events set for Sunday

Clubhouse 4 will ring with praise on Sunday when Leisure World Baptist Church gathers for a full schedule of events.

Sunday school taught by Bob Simons is from 8:40-9:10 a.m., followed by coffee and snacks until 9:45 a.m., when the service begins with the singing of "O For a Thousand Tongues."

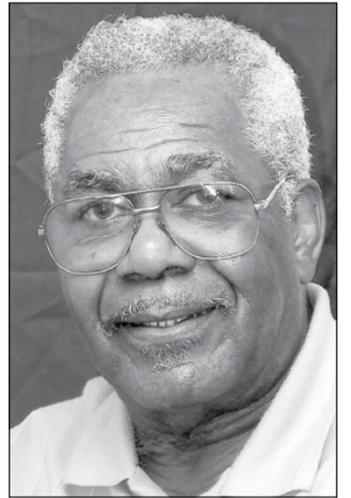
The choir's musical presentation will be "In This Very Room." Soloist Kip Watkins has chosen a hymn of promise, "Because He Lives."

Directed by Darlene Harris, the choir will present "Sweet Hour of Prayer," written in 1845 and published as a poem before being set to music.

Congregational hymns will include "At Calvary," "The Longer I Serve Him" and "Jesus Never Fails."

Offertory selections will be provided by pianist Yvonne Leon.

Pastor Rolland Coburn's morning message from Romans



Kip Watkins

2:25-29 is titled "Outward Versus Inward Life."

The closing hymn will be "O to Be Like Thee."

Following the service, the prayer room will be open for those with special requests.

The Men's Fellowship group meets at 10 a.m. Monday, March 18, in Clubhouse 3, Room 8.

The Energizers meet at 3 p.m. on Wednesday, March 20, in Clubhouse 4, Room A, for study and fellowship.

For more information, call 430-2920.

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Health & Fitness



Margaret Humes (l) and Judy Chambers were the Wa-Rite Club's top losers of the week after dropping four pounds each.

WA-RITE CLUB

Pair pulls in the reins on eating

Margaret Humes and Judy Chambers, trying to pull in the reins and get a handle on their eating habits, were the Wa-Rite Club's top losers of the week at the club's meeting on March 8. They said no to sweets and yes to veggies, fruit and lean meats, along with reducing portions.

They realized that many people eat way too much food at every meal, which ties in with the Food for Thought this week: eating all you want plus more than you need is portion distortion.

Servings at restaurants are usually enough for two people so it's a good idea to split a meal or take half home for later.

A program was given by Carol Chambers on Successful Aging. Skills for staying healthy included being socially connected, having purpose, exercise, practice mindfulness, meditation and/or prayer, a positive outlook and flexibility. No single attribute is more important than another. It's the accumulation of all these life skills that lead to better health and other benefits.

Wa-Rite is a support group for women needing to lose 10 pounds or more. Members meet from 9-10 a.m. Fridays in Clubhouse 3, Room 1. Weigh-ins are from 7:45-8-45 a.m. Annual dues are \$10.

To join, new members should be Leisure World residents and bring their LW identification cards to the meeting.

For more information or to visit a meeting, call or text Diana Goins at 760-1293.

MINDFULNESS MEDITATION

Next meeting is March 20 in CH3

The Mindfulness Meditation Practice Group will meet from 10:30-11:30 a.m. on Wednesday, March 20, in Clubhouse 3, Room 8.

Those who attend the free event will learn and practice mindfulness meditation to increase overall well-being and reduce stress.

Sessions are presented by Buddha Circle. For more information, call (714) 932-3559 or mindfulcircle@yahoo.com.

Meals on Wheels, LB

Meals on Wheels of Long Beach, Inc., is a 501(c)(3) nonprofit community service organization that delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a complete hot dinner, lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk. Meals are delivered weekdays between 10:30 a.m.-12:30 p.m. To start a new client application online at www.mowlb.org or call Caron Adler at 433-0232.

Monday, March 18: Salisbury steak with mushroom gravy, macaroni and cheese, lemon pepper broccoli, tapioca pudding, tuna salad sandwich with lettuce and tomato, cucumber, carrot and pineapple salad.

Tuesday, March 19: Turkey stew with potatoes, onions, and celery, biscuit, carrot cake, Greek chicken salad, tomato, olives, cucumber, feta cheese, vinaigrette dressing and crackers.

Wednesday, March 20: Teriyaki chicken bowl, white rice, California blend vegetables, fresh banana, turkey, ham and cheese sandwich with lettuce, tomato, and pickle, Italian pasta salad.

Thursday, March 21: Roast beef with mushroom gravy, garlic and chive mashed potatoes, green beans with herbs, ambrosia salad, egg salad sandwich with lettuce and tomato, German potato salad.

Friday, March 22: Tuna noodle casserole, potato wedges, roasted Brussels sprouts, peaches with yogurt, Caesar chicken salad with lettuce, shredded cheese, croutons, dressing and crackers.

Senior Meals

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a weekly hot meals program at the North Seal Beach Community Center, 3333 St. Cloud Dr. The center is open from 9 a.m.-2 p.m., Monday-Friday. Lunch is served weekdays at 11:15 a.m. Arrive by 11 a.m. to check in at the front desk. Sugar-free desserts offered on request, including water packed fruit. One percent milk served daily. Suggested donation, \$3 for seniors 60 and older; \$5 for all others. For more information, call 430-6079.

Monday, March 18: Egg drop soup with salt-free crackers, Chinese chicken salad with napa cabbage, red cabbage, shredded carrots, Mandarin oranges, slivered almonds and sesame dressing, wheat roll, canned pineapple.

Tuesday, March 19: Mexican fiesta beef casserole, Spanish rice, pinto beans, orange juice, salt-free fruit crisp.

Wednesday, March 20: Homemade beef stew with potato and winter vegetable blend, biscuit, melon.

Thursday, March 21: Orange chicken with glaze sauce, brown rice, Brussel sprouts, pudding and diet pudding.

Friday, March 22: Pasta primavera with Romesco sauce, broccoli and bean salad, 50/50 salad mix with red wine vinaigrette, breadstick, fruited gelatin.



Members of the Qigong/Tai Chi Club work on their mobility and balance at the classes offered at 9:20 a.m. on Tuesdays.

Weekly health, exercise classes

Qigong, Tai Chi Club

Qigong and tai chi classes are offered at 9:20 a.m. on Tuesdays in Clubhouse 3, Room 1.

The classes increase mobility and balance. Beginners are welcome.

For more information, call Joann Mullens at 596-3936.

Beginning Yoga

Classes are offered from 10:30-11:30 a.m. on Wednesdays in Clubhouse 3, Room 6, and at the same time on Fridays in Clubhouse 3, Room 7. Bring mats. The fee is \$5 a class.

For more information, call Patti Endly at 430-7291.

Yoga

Classes are offered Tuesdays at 10 a.m. in the Clubhouse 4 Lobby, Thursdays at 10 a.m. in Clubhouse 3, Room 1; and Saturdays, 10 a.m. in Clubhouse 3, Room 2. The fee is \$5 per session.

For more information, call Connie Adkins at 506-5063.

Yoga, Meditation, Tai Chi

Classes are offered from 9:30-11 a.m. on Saturdays upstairs in Clubhouse 6. Paul Pridanonda teaches students to free the mind and spirit using laughter and slow and steady flow of tai chi movements.

For more information, call 430-7143.

Monday Intermediate Yoga

Classes are offered each week from 5:30-6:30 p.m. in Clubhouse 4, Section C; fee: \$5 per session.

For more information, call Pat Castaneda at 225-0273.

Ageless Grace

The eight-week chair-based exercise program, which addresses 21 specific aging factors, has resumed weekly classes at 4:30 p.m. on Mondays, upstairs in Clubhouse 6. The exercises are practiced in a chair.

To participate, drop in anytime for \$5 per session or pay \$30 for all eight sessions.

For more information, call Carol Costello at 596-3927.

Movement for Health and Self-Healing Medical Qigong Club

Qigong practice sessions classes are held from 9-10 a.m. on Thursdays in Clubhouse 3, Room 2. The session is led by Dave Heilig, QiGong practitioner.

For more information, call Catherine Milliot at 760-4545.

Fitness Fusion Upper/Lower Body Strength and Yoga

Classes are offered from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6, top floor. Attendance both days is not necessary.

The fee is \$4 a class when paying by the month, or \$5 for those who do not attend on a regular basis.

For more information, call Marion Higgins at 296-8328.

Chair Exercise

Classes are offered from 9:30-10:30 a.m. on Tuesdays and Fridays in Clubhouse 1. Classes are for men and women at all fitness levels.

For more information, call 493-7063.

Feeling Good Exercise

Move to the music from 9:30-10:30 a.m. Mondays in Clubhouse 1, with Sarah Grusmark and Thursdays with Katie Sellards. The fee is \$3 a class. People of all fitness levels are welcome. For more information, call Cathleen Walters at 598-9149.

Pilates

Chair classes meet from 5:30-6:30 p.m. on Thursdays upstairs in Clubhouse 6. The cost is \$5 a class. Instruction includes seated and standing exercises.

Mat classes meet Thursdays from 5:30-6:30 p.m. in Clubhouse 6, Room C. Those who attend should bring a mat. All other equipment will be provided.

For additional information, call Susan Hopewell, 430-6044, or Linda Neer, 430-3214.

Leisure Leggers

The Leisure Leggers, the walking and running club, meets at 8 a.m., Mondays, in front of Clubhouse 6 for a 30-to-60-minute walk.

For more information, call Tom Pontac, president, at 304-0880.

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Arts & Leisure



The Velvetones Ballroom Orchestra featuring vocalists Tommy Williams and Tina Schaffer will perform at 6 p.m. on Sunday, March 17, in Clubhouse 4. Admission is free. Bring friends, food and drinks. All are welcome.

Finbars Italian Kitchen

March 18

Finbars Italian Kitchen will be in Clubhouse 1 on March 18 to serve diners that include the appetizer of the day, a green salad with a choice of dressings and three entrée options, ranging from \$13-\$15 (tax included). Dessert and soft drinks are available for an additional charge. Dinner service is from 4:30-6 p.m.; dining allowed until 7 p.m. Reservations are not required.

Appetizer

Bruschetta

Roma tomatoes, basil, garlic, extra virgin olive oil; drizzled with raspberry balsamic vinaigrette on grilled Italian bread.

Entrees

Spaghetti with Meatball or sausage, \$13

Authentic slow-simmered "Sunday gravy" tomato sauce.

Chicken Parmigiana, \$14

Chicken breast rolled in seasoned breadcrumbs and baked with mozzarella and Parmesan cheeses in a light tomato sauce. Served with pasta marinara and vegetables or rice.

Poached Salmon, \$15

Served with pasta and vegetables or rice

GRF Weekly Dance

The Golden Rain Foundation sponsors a weekly dance on Saturdays from 7-10 p.m. in Clubhouse 1.

Linda Herman will play mixed ballroom on March 16.

"My niche is ballroom dance music; however, I do play for all types

of events in the Southern California area and have a huge repertoire of music, including German, Czech, Irish, Italian, French and more," she said. Linda plays a Roland V Accordion, the 8X, midi to a Roland BK7M module, a one-woman band complete with vocals. Her repertoire includes a variety of music from the 30s to the present—foxtrot, waltz, swing, rhumba,



Linda Herman

cha cha, tango, samba, mambo, salsa, West Coast swing, country, line dancing and more.

"I've been in the dance band business since 1969 as a junior in high school," she said.

"I started out in Iowa, playing ballrooms in Iowa, Minnesota, Wisconsin, Illinois and Nebraska and then moved to sunny California in 1984. Music and California have been very good to me."

Residents can party with Linda and bring their own snacks. Guests must be accompanied by the GRF member who invites them as all passes and ID's are subject to inspection.

Residents should park on the east side of Clubhouse 1. Parking for the clubhouse is across Golden Rain Road at the golf course or on Burning Tree Lane.

Residents and guests should sign in so GRF can assess the popularity of bands.

People must be out of the clubhouse no later than 10 p.m.

LAPIDARY CLUB

Meeting is March 20

The Lapidary Club will meet at 11 a.m. on Wednesday, March 20, in the Lapidary Room of Clubhouse 4.

Club President Dean Jacobus has called the membership meeting to discuss the future of the club.

—Thomas Gan



Ruby Johnson will perform in a show featuring Dean Martin, played by Ray Geierman.

LW CHORALE

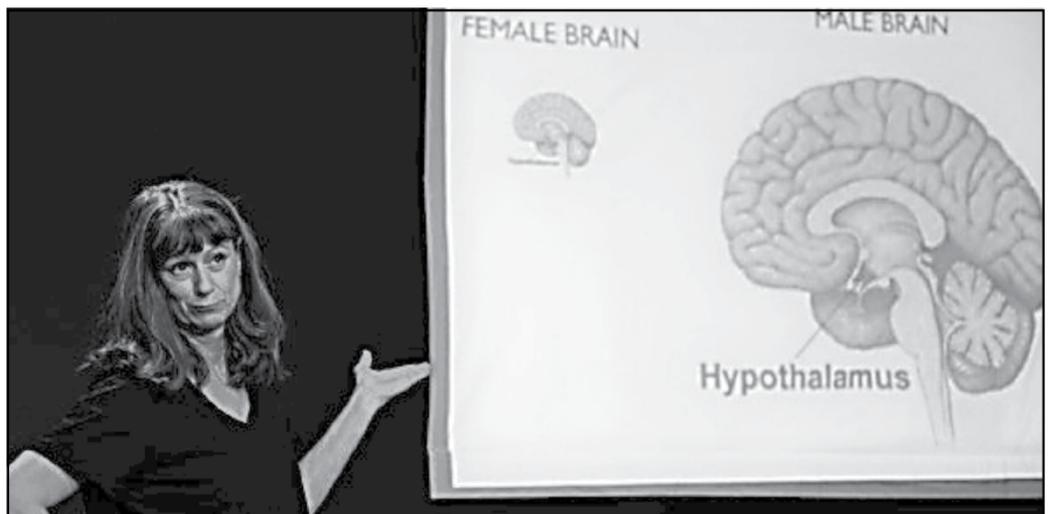
Rat Pack show, dinner is March 16

The Leisure World Chorale will present a hour of fun, entertainment and great music at 2 p.m. on March 16 in Clubhouse 4. The friends of Dean Martin will all come alive on stage and after the show, a free Italian meal will be served. There will be a free goodie bag for all comers.

The show will feature an inspiring emcee by the name of Kirk Davis, chimes, solos and wonderful music to take you down memory lane. Connie Young will share a love song. The Spiritones will sing about having fun. "The Rat Pack" will dance and the Gold Diggers will vie for the attention of the man himself, Dean Martin.

Come early for a good seat, join in the fun and dress Italian (red, green and white). All are invited for an afternoon of music, dancing and entertainment.

—Nancy Maggio



Rancho Los Cerritos presents She's History!

Saturday, March 23, 7:30-9:00pm

Drawing on diaries, letters, publications, and biographies and combining theater, history, multimedia, audience interaction, and good old-fashioned story telling, She's History! brings to life the true tales of fabulous females.

Going back and forth from the past to the present, Writer/Performer/Cultural Herstorian Amy Simon poignantly finds the funny as she chronicles the struggles and accomplishments of unheralded, unknown and forgotten heroines whose courage and strength inspire as she raises her two daughters. \$35 per person; \$25 for youth/students (this show is suitable for all ages but best enjoyed by people 10 years old and up).

Tickets at rancholoscerritos.org/sheshistory
or by calling (562) 206-2040

RANCHO LOS CERRITOS
4600 Virginia Road
Long Beach, CA 90807

562.206.2040
www.rancholoscerritos.org

175
YEARS



RANCHO LOS CERRITOS



Video Producers Club had a good turnout and welcomed new member Yuri Choi at its meeting on Feb. 28. On Feb. 27, veteran producer Joe Osuna (far left) gave a well-attended class on how to shoot and edit videos. He regularly submits videos

that are screened on local channel SBTV-Channel 3. He and other members cover Leisure World events and personalities. Frontier/Verizon FIOS Channel 37 and the Spectrum Superwire cable Channel 1390 also air the shows.

LAPIDARY AND JEWELRY

Fusion course is March 27, April 17

The Lapidary and Jewelry Club will hold a two-part glass fusion course on Wednesdays, March 27 and April 17, from 9 a.m.-noon in Clubhouse 4.

The first class will focus on large pieces and is taught by Kelly Johnson; the second class will cover small pieces and is taught by LaVerne Christenson.

The cost is \$10 per student, which covers materials and tools. Most pieces can be completed in one session and be picked up the following day.

These classes are popular and are limited to six students in each session, so participants are encouraged to sign up as soon as possible in the Lapidary Room in Clubhouse 4.

—Thomas Gan



Jeff Plum
GENEALOGY CLUB



Tina Schaffer

Computer specialists to speak

by Mary M. Romero
LW contributor

The Genealogy Club will meet on March 27 in Clubhouse 3, Room 1, for a program featuring computer specialists Tina Schaffer and Jeff Plum. Social time starts at 9:30 a.m. and the meeting, at 10 a.m.

The speakers will cover cutting the cord from the cable company, what people need to know about the dark web and “Alexa.” More and more genealogy research is being done via computers, which are prone to viruses and spam. This talk will also cover how to reduce computer risks. Schaffer has been a computer professional for over 20 years and her company, Computer Images Plus, has helped Leisure World residents for over 11 years. She and her co-worker, Plum, will demonstrate options of quitting the cable company, the latest scams and how to avoid them.

The program is open to everyone. There will be a question-and-answer time. Call Mary Romero at 810-4266 for more information.

LBSO

POPS! concert to feature 80s music

The Long Beach Symphony POPS! will celebrate the music of the 1980s in an energetic program called “Rewind—Celebrating the Music of the 80s” on Saturday, March 23, at 8 p.m. in the Pacific Ballroom of Long Beach Arena (300 E. Ocean Blvd.), with mega-hits by Wham!, U2, The Cure, Kool & the Gang, Billy Joel, Journey and more. Suitable for audiences of all ages, guests are encouraged to come dressed in their best 80s attire and to let loose on the dance floor.

Guest conductor Michael Nowak, who lives on California’s central coast, will lend his unique style to these pop classics. Currently, Nowak is the music director of the Santa Maria Philharmonic and is also active as a recording musician and conductor in the motion picture industry. He is widely recognized for his innovative children’s concert programs such as “Fly Me to the Moon” and “How Music Tells a Story” and for designing unique POPS! concerts.

He will be joined by Christine Lafond and Benjamin Caron on vocals, Stephen Mills on drums, Shane Soloski on bass, Joe Augello on guitar, and Walter Tolentino on keyboard.

Tickets to a Long Beach Sym **POPS, page 12**

Restaurant Review

Leisure World residents are welcome to submit reviews of their favorite restaurants and should include their names, and mutual and telephone numbers. The restaurant’s full name, telephone number, address and operating hours should be provided. The reviews are subject to editing and will run as space allows. Email them to ruthos@lwsb.com. For more information, call News Editor Ruth Osborn, 472-1277.

TACO SURF
115 Main St., Seal Beach
(562) 594-0600
Hours: 11 a.m.–10 p.m., Happy Hour 2-6 p.m.

by Cindy Gannon
LW contributor

A brisk walk on the Seal Beach Pier to watch the high surf works up an appetite, which guides us into the front door of Taco Surf on Main Street in downtown Seal Beach.

Friendly wait staff had the chips and salsa on the table almost before we were seated. Menus in hand, it’s decision time.

I had the combo chicken tamale, soft chicken taco rice and refried beans. The tamale was chock full of chicken breast. My taco was also chicken, and it could be a meal for two. My eyes were bigger than my tummy.

My partner Keith Kelsay selected the fresh Alaskan salmon tacos, frijoles and Spanish rice. How can you go wrong? We will be back. The menu is varied lots of choices and includes beer, wine and virgin margaritas.

The two entrées and soft drinks were under \$30.

LEISURE TIME DANCERS

Waltz will be focus starting March 18

The Leisure Time Dancers invite everyone, including new members, to join them on Mondays for ballroom dance classes in Clubhouse 6.

On March 18, a new class focused on the fun and romantic waltz will begin, starting at 2 p.m. The lively big band swing, the most popular dance in the world, starts at 3 p.m. These dances will continue through April.

Singles and couples are welcome.

Dancers rotate. The club especially needs women because there are more men.

Cost is \$6 for one hour, or \$10 for two hours. For more information, call instructor Richard Sharrard at 434-6334.

L.A. PHILHARMONIC

LB Auxiliary provides bus transport

Celebrate the L.A. Philharmonic’s centennial year, and experience the fun and joy of music with fellow music lovers.

Join the Long Beach Auxiliary of the LA Phil on its chartered bus to Friday matinee concerts at the Walt Disney Concert Hall.

For \$18 round trip, people can board the bus at Leisure World at 8:50 a.m.

The bus also stops at the Target parking lot in the Los Altos Shopping Center on Bellflower Boulevard at 9:15 a.m.

Concert tickets (senior rates available) can be purchased from the Philharmonic ticket office by calling (323) 850-2000.

Remaining concert dates are April 5 and 19, and May 10 and 31. Contact Laurie Gilmore, (949) 584-6267 or gilmore21@earthlink.net for bus service information and reservations.

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AD HOC SING-ALONG

Come sing for an hour on Tuesdays

The LW Ad Hoc Sing-Along Club meets at 4 p.m. on Tuesdays in the lobby of Clubhouse 3 for one hour. All are welcome to come and sing the old "Hit Parade" favorites, Broadway tunes and songs made famous in movies.

Helene Onu is the song leader, and singers are encouraged to become song leaders. Song sheets are furnished. Reading music is not required. Piano accompaniment is provided by Barbara McIlhaney. For more information, call Chuck Burnett at 493-0176.

GENEALOGY CLUB

Thursday Theme Workshops continue

The Genealogy Club offers Thursday Theme Workshops from 1:30-2:30 p.m. in the Genealogy Library in Clubhouse 3, Room 10. There is no charge for these workshops, and everyone is welcome. Workshop topics:

- March 14: Census Records
- March 21: World Cat/Google Books
- March 28: Researching German History
- April 4: Ancestry.com

FRIENDS OF LW LIBRARY

Bookstore helps support LW Library

The Friends of the Leisure World Library raises funds to support the library through the sale of donations at the Friends Bookstore next to the Leisure World Library.

People are welcome to browse for bargains in books, including children's books, cards, puzzles and more.

A boutique sells gently used collectibles and gift items.

People are asked to bring their own shopping bags when they visit.

The Bookstore welcomes donations, and volunteers will pick up larger donations if needed.

The Bookstore is open from 9:30 a.m.-3:30 p.m., Monday-Friday, and 9:30 a.m.-12:30 p.m. on Saturday.

LAPIDARY AND JEWELRY

Intro to glass fusion class is March 28

The Lapidary and Jewelry Club will offer a class called an Introduction to Glass Fusion on March 28 from 9:30 a.m.-noon in the Lapidary Room in Clubhouse 4. Sign up in the Lapidary Room. The class is limited to six students

It will cover the basics of glass fusion.

Beginners are welcome, and people with experience can expand their skills in glass cutting and shaping to create more intricate designs.

A materials fee of \$10 is payable at the class. It covers enough glass to make two squares, decorative pieces included. Fused pieces can be picked up the following day.

—Thomas Gan



Jojo Weingart

Hui O Hula offers free Hawaiian dance lessons twice a week. A Walk-In Hula-out class especially designed for beginners meets at 10 a.m. on upstairs in Clubhouse 6. All are welcome to sway to melodic Hawaiian music in traditional hula style. Instructor Jojo Weingart explains the story and background of each song as well as the moves before dancing. Happy March birthdays to Josephine O'Rourke (second row, fourth from left), who has been with the hui/group for more than a decade, and Gee Gee Kwok (in white next to Josephine). Gee Gee has been dancing for seven years and performs often. This month hula dancers will bring aloha and hula to the people at Katella Senior Living, Country Villa Belmont Heights, Seal Beach Health and Rehabilitation Center and Long Beach Care. Call 431-2242 or email Jojo@JojoJoe.com for more information.

COMMUNITY SING

Nancy Maggio to lead sing-along on Monday

by Ethel Carter
LW contributor

Leisure World residents are invited to the Community Sing at 6:30 p.m. on Monday, March 18, in the lobby of Clubhouse 3.

The leader/emcee will be Nancy Maggio. People who want to participate in Opening Acts, held in the first half-hour, should come at 6 to sign in with Nancy and bring piano music for the pianist.

After Nancy leads group singing, she will introduce her half-time guests, The Spiritones.

Six women, including Nancy, will sing five-part barbershop harmony a cappella.

On March 4, Carmen Edwards was the emcee. Opening Acts began with Ethel Carter singing, "Look to the Rainbow," followed by Betty Ballen, "Among My Souvenirs"; and Byong Choi, "Don't

Forget to Remember."

Two duets ended Opening Acts: Bob Barnum sang "As Tears Go By" and "America," by Simon and Garfunkel; both numbers were accompanied by Ray Barnum on his guitar.

Pianist Barbara McIlhaney accompanied three of the Opening Acts.

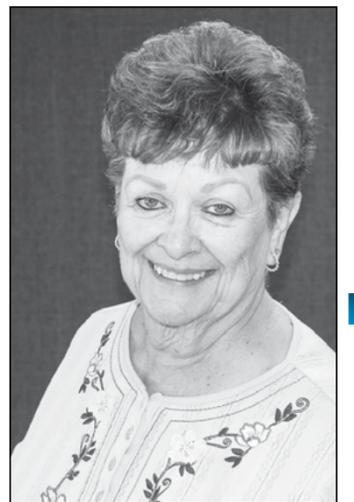
Carmen led group singing until 7:15, when she introduced her guest, crooner Bruce Dupont.

He performed five numbers, including "It Could Happen to You," "Every Time We Say Good-bye" and "Lulu's Back in Town."

The audience applauded and cheered for his performance. Some people later told Bruce that he sounded a lot like Dean Martin.

Carmen wrapped up group singing and everyone sang "Kumbaya" to end the musical evening.

Many thanks to one of the club's talented pianists, Barbara



Nancy Maggio

McIlhaney.

She excels in making the piano sound like "honky tonk" music.

Thanks also to Ray Barnum and Byong Choi for helping with staging and collecting books.

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LW Poetry

This poetry feature showcase original poems by members of the Creative Writers Club of Leisure World and other GRF members. The club's Poetry Workshop meets on the second Wednesday of the month at 1:30 p.m. in Clubhouse 3, Room 9. The Fiction/Nonfiction Group meets on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room 1, followed by a business meeting at 3 p.m.

My Solitude

I am where I want to be
Sitting alone on the sand looking out to sea
With the sunshine gently warming my skin
Making me feel secure from within
Alone with my memories of bygone days
Flowing from my mind like the sun's rays
A smile spreads slowly across my face
One reason I return to this very place
I close my eyes
And listen to the wind as it swirls on high
Taking my memories up to the sky
Now I slowly walk along the warm sand
Ready to deal with my life at hand
I am where I want to be
Sitting alone on the sand looking out to sea

—Virginia Lincourt

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PHOTO ARTS CLUB

Creative portraits is topic today

by Esther Cummings
LW contributor

The Photo Arts Club will meet at 1:30 p.m. today, March 14, in Clubhouse 3, Room 9. All are invited.

Member Ben Benjamins will lead a presentation on "Creative Portraits—Stepping Up Beyond Snapshots." He will cover the best "focal length" (telephoto, normal, or wide angle lenses), shutter speed, aperture (lens opening) and film speed (ISO) to make eye-catching portraits. Other topics include photo editing, including exposure correction and cropping for the best effect.

Bring cameras or iPhones to do the exercise and for help learning how to use the devices.



Learn how to take the best shots of people using new techniques.

LOS ALAMITOS LIBRARY

Spring book sale is today and March 16

The Friends of the Los Alamitos/Rossmoor Library will hold a Spring Book Sale today, March 14, and Saturday, March 16, from 9 a.m.-4 p.m. The last two sales have been canceled due to rain, so there are a lot of books on crafts, cooking, travel, history, gardening, plus record albums, a room full of paperback fiction all organized by author, and large collection of children's picture books, board books, readers and educational/teacher workbooks.

All are welcome. For more information, call 430-1048.

The Los Alamitos/Rossmoor Library is located at 12700 Montecito Road, Seal Beach.

Video Producers Club

The Video Producers Club offers free training weekdays from 10 a.m.-noon in Clubhouse 3, Room 12-A. Get answers to video-related questions and step-by-step demonstrations; no appointments needed. Drop in Mondays to learn more about creating and editing videos with Joe Osuna; Tuesdays, how to transfer VHS tapes to DVD or other media, Richard Houck; Wednesdays, general information about the club and its services, Irene Cistaro; Thursdays, using smartphones and tablets to take videos, Joseph Valentineti; and Fridays, creating and editing videos, Janice Laine. For more information, call the VPC Room at 431-6586, ext. 287.

LW Producers Club

The Leisure World Producers Club will present its eighth annual murder mystery this summer. It needs one male actor to join the cast. He must be able to memorize lines.

Rehearsals begin in April. Two performances will be held in early August. For more information, call Sam Jones, 598-0880.

South Coast Orchid Society

The South Coast Orchid Society, serving orchid hobbyists in Long Beach since 1950, will present a lecture and slide show by Jorge Ochoa, associate professor of horticulture at Long Beach City College, on plant exploration in Ecuador. The event is free and open to the public. Many orchids grown by members will be on display.

The talk will be held at Whaley Park Community Center, 5620 E. Atherton St., Long Beach, on Monday, March 25, from 7-9 p.m.

GRF RECREATION

Mother's Day brunch is May 11

The GRF Recreation Department will host a special brunch to honor Leisure World mothers on Saturday, May 11, in Clubhouse 4 at 11 a.m.

The event will be catered by Country Gardens Caterers. Last year was a huge success and the event is expected to sell out this year, so now is the time to save the date.

The elegant repast will include a classical harpist. Mothers may want to treat daughters too, and both are welcome so plan to attend the day before Mother's Day. For more information, contact the Recreation Department at events@lwsb.com or by calling 431-6586, ext. 326.

POPS

from page 10

phony POPS! concert include options for seats at 10-top tables or more intimate bistro seating at four-top tables. For the budget-conscious, loge seating is available for \$29 (student tickets \$10 with ID).

Jumbo screens on each side of the stage bring the action to life for everyone, regardless of seating preference, and all patrons are invited to bring their own picnics and libations or to purchase dinner from a list of preferred local caterers. Doors open at 6:30 to allow time for dining and mingling with friends; concert begins at 8.

For more information or to purchase tickets and subscriptions, visit www.LongBeachSymphony.org or call 436-3203, ext. 1. Tickets are also available on Ticketmaster. The POPS! Series is sponsored, in part, by Farmers & Merchants Bank.

This concert is sponsored in part by the Port of Long Beach, with additional support from Valero Energy, The RM Cool Company, Tracy Hernandez, Mitsubishi Cement, BNSF Railway and P2S Inc.

The Symphony POPS! Series continues May 4, with a new Cirque production, "Heroes and Villains."

For classical music lovers, the Symphony will present a cosmically-oriented program on April 29 in the Terrace Theater of the Performing Arts Center, with works by Mozart, Golijov, Pärt, and Korngold.

LW Dance Classes and Clubs

The following is a partial list of dance classes and clubs available in Leisure World:

• **A Time to Dance Club by Joseph:** Ballroom dance group lessons are held the second and fourth Thursdays in Clubhouse 3, Room 2. Fox trot is taught from 6:30-7:30 p.m.; tango, 7:30-8:30 p.m.; \$5 per session. Singles and couple are welcome. For information, call (559) 403-8974.

• **Ballet:** A one-hour class is held at 1:30 p.m. on Saturdays in Clubhouse 6, second floor; no experience required. Classes are \$3.

• **Dance Club:** Ballroom and social dance classes are held on Wednesdays in Clubhouse 6, Room C. Beginning/intermediate cha cha is taught from 7:15-8:15 p.m. and intermediate fox trot is taught from 8:15-9:15 p.m.

In March, beginning waltz will be taught from 7:15-8:15 p.m. and intermediate cha cha will be taught from 8:15-9:15 p.m. The cost is \$6 per class or \$10 for both classes. Singles and couples are welcome. Dancers rotate. For information, call dance instructor Jeremy Pierson, 999-1269, who has 20-plus years of professional dance experience.

• **Dancing Feet Club:** Ballroom and line dancing are held in Clubhouse 2 on the fourth Sunday of the month from 6:30-9:30 p.m. Doors open at 6. Admission is free. Guests may bring drinks and snacks. The club holds free line dance lessons and practices in Clubhouse 6 on Thursdays from 7-9 p.m., and on the first, third and fifth Sundays from 4:30-6 p.m. For more information, call Ed Bolos at (551) 998-4223.

• **Flowering Step Line Dance:** Free classes are held at 10 a.m. on Mondays and the third Tuesday of the month in Clubhouse 2. Young-Ah Ko is the instructor. For more information, call (310) 658-0379 or 296-8068.

• **Fun Exercise Line Dance Club:** Intermediate line dance meets from 10:30-11:30 a.m. on Wednesdays in Clubhouse 6, Room C; membership, \$10 a year. For information, call Suzanne Ahn, 810-1614.

• **Grapevine Line Dance:** Free line dance classes, Thursdays from 3-5 p.m. (beginners, first hour, advanced, second hour) at Clubhouse 6, Room C; and beginner level only on Fridays, 2:30-4 p.m., Clubhouse 3, lobby.

Newcomers should have general knowledge of line dance and basic dance steps. For more information, e-mail grapevinelinedance@gmail.com or inquire in classes.

• **Hui O Hula:** Beginners meet on Mondays from 10-11:15 a.m., upstairs in Clubhouse 6, followed by an intermediate and advanced class. The Tuesday class starts at 1:15 p.m. upstairs in Clubhouse 6. All levels are welcome. For more information, call 252-9676 or email jojo@huiohula.com.

• **Joyful Line Dance Club:** Get exercise and learn line dances from 3-4:30 p.m., Wednesdays, in the lobby of Clubhouse 3. Beginners dance from 3-3:30 p.m.; intermediates, 3:30-4:30 p.m. Members dance to popular favorites at the beginning and learn newer dances in the last hour. Takako Mitchell is the instructor. For more information, call Anna Derby, 301-5339.

• **Leisure Time Dancers:** The waltz will be taught at 2 p.m. and big band swing at 3 p.m. in Clubhouse 6. Richard Sharrard is the instructor. Singles and couples are welcome; dancers rotate. Cost is \$6 for one hour; \$10 for two hours. For more information, call 434-6334.

• **Leisure World Cloggers:** Advanced and intermediate students meet at 8:30 a.m. and beginners at 10:30 a.m., Wednesdays, on the Amphitheater stage. For more information, call 598-9974.

• **Leisure Whirlers Square and Round Dance Club:** The club hosts themed dances with a potluck on the first Friday of the month at 6:30 p.m. in Clubhouse 4.

Singles and couples are welcome. Cost is \$7 per person. For more information, call Lenore Velky at 237-2682.

• **Line Dance, beginning:** Fridays except the first Friday of the month, 10 a.m., Clubhouse 3 lobby and 1 p.m. on Wednesdays, Clubhouse 3, Room 6. Classes are free. For more information, call Barbara Magie, 858-8485.

• **Saturday Morning Dance Club:** Fox trot is taught from 9-10 a.m.; West Coast swing, from 10-11 a.m., Saturdays, in Clubhouse 1; Candi Davis; instructor; dancers rotate. Sessions are \$5.

• **Suede Sole Dancers:** The group meets at 6 p.m. on Sundays for a class upstairs in Clubhouse 6. Pat Erickson is the instructor.

• **Velvetones Jazz Club Dance:** The big band plays dance music at 6 p.m. on the first and third Sundays of the month in Clubhouse 4.

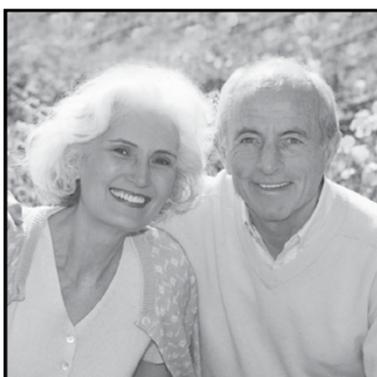
• **Zumba Club:** Stef Sullivan teaches the class with dance steps inspired by salsa, merengue, cha-cha, reggaeton, Cumbia, Bollywood, jazz, hip-hop and disco. Classes, \$3, are held at 5:30 p.m. on Mondays, 8:30 a.m. on Tuesdays, 5 p.m. on Wednesdays, 8:30 a.m. on Thursdays and Fridays, 11 a.m. on Saturdays and 2:30 p.m. on Sundays.

Classes are held in Clubhouse 6, except the Thursday class, which meets in Clubhouse 3.

Community Karaoke

Another rainy night did not deter enthusiastic karaoke singers from showing up last Wednesday night. Dorothy Favre, a frequent audience member, enjoyed hearing her grand-daughter, Jamie Favre, sing and receive loud appreciation from the audience. Ray Barnum was in town and had several requests to join in duets with Tony Tupas, doing "Sound of Silence," Susan Kelleghan, "All I Ask of You" and Bev Adams, "How Great Thou Art."

Donna Burr did a beautiful "Bali Hai," as did Betty and Virgil Bagstad, who sang Hawaiian numbers. Rick Hering and Mike Breen entertained with Irish tunes. Come and sing along on Wednesdays at 5 p.m. in Clubhouse 1. All are welcome.

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GOOD TIMES ROLL

Irish Wake Party starts at 5 p.m. on March 16

The Good Times Roll Club will have an Irish Wake Party with a classic rock band for a night of non-stop music starting at 5 p.m., March 16, in Clubhouse 2. The Let The Good Times Roll Club performers will entertain during the band breaks.

The show starts at 5:45; the band will play from 6-9 p.m. All Leisure World residents and their guests are welcome.

The Let the Good Times Roll

Club sponsors a show and dance on the third Saturday evening of the odd-numbered months. Over the club's eight years of providing free entertainment, it has hosted great rock and roll music from bands like Ray and the Idols, Sam Morrison playing Bob Seger, the Rock-its, and LW's own Ben Berg and the Rhythm Rockers.

Following in that tradition, the club will introduce Sugar Lips, a classic rock band that recreates

the music of Journey, Tom Petty, Steppenwolf, Aerosmith, ZZ-Top and others.

To get a head start on St. Paddy's Day, the theme is an Irish wake party. Expect lots of green shirts, hats, socks, signs, beads, ties and hair. Everyone is welcome to bring snacks and beverages. Tablecloths, snacks, cups, coffee and water will be available. No admission fee. To be on the marquee, the club can only receive donations for refreshments.

—Martha Destra



Photo Arts Club competition winners at the February meeting were Linda Joplin, first, for "Take Off"; Ben Benjamins, second, for "Old and New"; and Esther Cummings, third, for "Water Lily." The photos are on display in Clubhouse 3 along with other photos from club members. All are welcome to today's meeting at 1:30 p.m. in Clubhouse 3, Room 9.

LOS ALAMITOS

Annual Spring Carnival is April 20

The City of Los Alamitos Recreation and Community Services Department is holding its annual Memorial Care Miller Children's and Women's Hospital Long Beach Spring Carnival on Saturday, April 20, from 9-11:30 a.m.

The event is sponsored by AYSO 159.

It will feature egg hunts, face painting, balloon twisting, games, vendors and more.

A big thank you to sponsors Memorial Care Miller Children's and Women's Hospital, Long Beach, and AYSO 159 for their support in making this event possible.

For more information, visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at 430-1073.



Speaker Kel Henderson will give a presentation in Clubhouse 2.

GARDEN CLUB

Succulent gardens is topic March 18

Kel Henderson will be the speaker at the next meeting of the Leisure World Garden Club on Monday, March 18, at 1:30 p.m. in Clubhouse 2. The program will cover designing succulent gardens in containers. She will demonstrate how to plant them and also share how she became involved in container gardening.

Kel is the owner of Buddy's Garden, a home-based business where she creates container gardens and sells them at fairs, farmers markets and plant sales. Kel is a native Southern Californian currently living in Westminster with her husband and son. She is a professional pastor and educator and a docent in the Education Department at Knott's Berry Farm.

The We Care table will be in the lobby for donations of non-perishable food items, gift cards and cash.

Coffee, tea and cookies will be served after the meeting.

—Nancy Goldstein



Copper Enameling

A copper enameling class will be held from 9 a.m.-noon on Friday, March 22, in the Lapidary Room of Clubhouse 4.

Learn how to make earrings, necklaces, cufflinks, bracelets, key fobs and more.

Materials cost \$10. Sign up in the Lapidary Room.

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Community



Gordon and Trish Geddes

Y SERVICE

Serving Others

by Maureen Habel
LW contributor

When Gordon and Trish Geddes moved to Leisure World in 2006, Trish had retired from 30 years of teaching English at Cypress College, and Gordon had retired from a 15-year stint teaching middle school in South Central Los Angeles. They noticed that their then neighbor John Choura, past member of the club, regularly went out to help his neighbors while wearing a yellow jacket stamped with the words “Y’s Men’s Club.” His volunteerism impressed them. John, an active member of the Y Service Club (known back then as the Y’s Men’s Club), easily recruited the Geddeses as members.

The Y Service Club is a faith-based organization founded in the 1920s to support local YMCAs. In Leisure World, members volunteer their time to help Leisure World residents with household tasks for which they need assistance. These tasks are known by club members as “jobs.”

Gordon’s first job was assembling an IKEA kitchen cart for a woman who had lost the instructions. Trish supported him on some jobs by visiting with those needing assistance. They fondly remember going together to help two women who wanted multiple pictures and mirrors hung in their apartment. Gordon got out the tool box while Trish recalls having a great time visiting.

As time went on, the Geddes team took on more club responsibilities. Trish worked on club publicity and helped with the club’s newsletter. She also volunteered to take calls for service, responding to requests for help and finding a club member to do each job. Trish views the Y Service Club as a group that empowers people to help others. She especially values the club’s Christmas party, a chance to visit with people who are dear friends while celebrating Christmas together.

Gordon soon became one of the club’s stalwarts, serving as second vice president in charge of fund raising and the club’s annual picnic. The previous VP, Dale Humphrey, showed Gordon the ropes. In addition to donations from jobs done, the club’s primary fund raising efforts are pancake breakfasts, rummage sales, flea markets and the sale of the Ultimate Cloth, used for cleaning windows and other household surfaces.

Proceeds from these activities are used to support programs at the Los Altos YMCA, especially those for young people, such as Kids-to-Camp scholarships and after school programs. Recently the club has contributed to the Armed Forces YMCA helping families at Camp Pendleton.

In LW the club is responsible for the air pump and vacuum pump behind Clubhouse 3, the first covered bus bench in front of Clubhouse 4, clubhouse TVs, and other community projects. Gordon has particularly valued the challenge of managing the club’s rummage sale, an immense undertaking that is currently the club’s primary fund-raising event. Though many would tremble at the myriad details involved in a successful sale, Gordon’s view is that teaching seventh graders for over 15 years has prepared him to take on just about anything.

Since 1982, Gordon and Trish have been active in Emmanuel Reformed Church in Paramount, where services were originally conducted in Dutch. For over 10 years, they have taught adult English-as-a-second language (ESL) classes at the church in Paramount and at Trinity Presbyterian Church in Tustin. Through his involve-

Y SERVICE, page 23

LW CENTENARIANS

Queen Elizabeth, circuses, travel are favorite memories

by Teresa Subia
LW contributor

“What is the most amazing thing you have seen in your lifetime?” Fern Ward’s immediate response was “Seeing and speaking to Queen Elizabeth who was then Princess Elizabeth. It was about 1955 and Princess Elizabeth was on her honeymoon with Phillip in Africa. Elizabeth’s father was ill at the time and she was forced to return to London to be crowned Queen.”

Fern, Mutual 15, is one of the Golden Age Foundation’s 2019 honored Centenarians in Leisure World.

Fern was born in Idaho. What year? Fern said “well, I’m 100 years old,” so let’s say 1918. Fern’s parents came to the USA from Sweden, and they lived in South Dakota, Washington and Idaho where it was cold and snowy so they decided to move to a warm, sunny place and settled in Arizona.

Fern’s mother lived to the age of 100, “same as me,” she said and her father lived to the age of 93.

The family traveled over much of the USA as her father worked with the Barnum and Bailey



Fern Ward

Circus. Fern says it was a great experience but sadly in today’s world there are no circuses.

In high school Fern studied commercial classes, which included typing accounting and office procedures, so her first job was in an office where she worked for three years until one day her boss told her that she should go to college so she could meet

someone and get married.

She enrolled and graduated from the State College in Flagstaff, Arizona, and that is where she met her husband, Brewer Ward, in 1941. She obtained a degree in early childhood education and began her lifetime career as a school teacher.

Her first position was teaching children in kindergarten and this was her favorite job. During her 18-year career, she taught at local elementary and high schools in Compton, Paramount and Long Beach.

Brewer served in the military during World War II in 1941. They married in July 1943. Fern and Brewer had two children, a daughter, Jessee and a son, Brewer, Jr. Jessee is a teacher and Brewer, Jr., a professor at Cal State, Long Beach. She also has four grandchildren and they are doing well in their lives. Her husband also followed a career in education, and held positions as a teacher, professor and worked for the Board of Education in the Human Resources arena. Fern said they enjoyed a comfortable financial status over her lifetime, much different than when she

CENTENARIAN, page 17

GAF

Free on-site bike service comes to LW

The Golden Age Foundation (GAF) in collaboration with the Golden Rain Foundation (GRF) will bring bike service to Leisure World on Wednesday, April 3, from 2-4 p.m. in the parking lot outside of Clubhouse 6. Dave Hanson, president of Jax Bicycles, will visit LW and provide minor services on site for free.

Services provided include fitting the bike to the rider (adjust handlebar and seat heights) and and basic lubrications/adjustments.

For bikes requiring more extensive repair/service, Hanson will provide a quote and if the resident agrees, take the bike back to his shop, fix it, and return it to the shareholder’s apartment with no transportation charge. In addition, Jax will provide discounts for Leisure World residents.

The service will be provided on a trial basis once a month for three months. It is hoped this service will help those who want to ride but have problems with their bicycles, keeping them off the road. Call Carl Kennedy, (661) 810-9410, for more information.

Jax Bicycle Center was established in 1971 and has since become the largest Trek retailer in California. There are 10 Jax locations, including Long Beach and Huntington Beach.

Jax’s stated mission is to pro-

BICYCLES, page 17



Bicycle servicing comes to LW on April 3.

GAF

Magic comes to Hospitality Center

Joyce Basch, aka “ms.gician”, a fellow Leisure World resident and professional magician, will wow shareholders with her magical talent at Hospitality in Clubhouse 6 on today, March 14 from 10-11.

Joyce has a rich history of magical performances, including performances at the world famous Magic Castle, private performances for celebrities and dignitaries, resorts and venues around the world, and television performances. LW is fortunate to have a talented performer living in the community, who is willing to share her talent.

Hospitality, provided by the Golden Age Foundation, is open every weekday from 9-11 in Clubhouse 6. Come for free coffee, cookies, and a smile.



“Ms.gician,” Joyce Basch, will perform her magic at the Hospitality Center today.



Cathie Merz, staff photos

Leisure Worlders (photo above) attended the Long Beach State Men's Basketball Senior game March 6 at the Pyramid. It was the last game for the seniors at the Pyramid. Attendees were given cutouts of the seniors who were honored at the game. Beach booster Perry Moore (photo right, l-r), Mutual 17 GRF director, and Thomas Fileto, GRF recreation manager, were greeted by Breamon Richard, one of the five seniors honored prior to the game.



SUNSHINE CLUB

Pharmacist gives perspective on healthcare system

Dr. Leyla Ali, pharmacist, will be the guest speaker at the Sunshine Club, tomorrow, March 15, at 10 a.m. in Clubhouse 3, Room 2.

Dr. Ali has been a pharmacist for 20 years and over the years she has had the opportunity to see how patients who take more and more medications over time get sicker and sicker. Dr. Leyla learned there are a variety of alternative and natural ways to treat health conditions that people often struggle with for years. This inspired her to write her book, "Off Balance, The American Way of Health, A Pharmacist's Perspective on Why Drugs Don't Work."

Now her goal is to not only show people the limitations of doctors and drugs, but also to inspire people to search for better solutions for their health.

Her presentation "Healthcare:



Dr. Leyla Ali

"A Fresh Perspective" will give an understanding on the healthcare system and provide options for better health.

The Sunshine Club of SBLW is designed to help all ethnic groups to get along in the community, and to have better communication with neighbors. The club has frequent guest speakers and uses information in the LW Weekly as a textbook to get the best out of living in Leisure World. The class reviews news, general columns, the minutes of monthly mutual meetings, the minutes of monthly Board of Directors meetings, etc. in the paper each week.

The club appreciates shareholders bringing their own coffee mugs to participate in the club's "Save The Earth" program. Arrive 5-10 minutes early to enjoy refreshments before the meeting.

The club meets from 10 a.m.-noon on Fridays, in Clubhouse 3, Room 2 (except the first Friday in Room 9). All shareholders are welcome to attend; membership is not required.

For more information, call Anna Derby, 301-5339.

COMMUNITY

Play bingo on Sundays, CH 2

Bingo games, sponsored by different Leisure World clubs, are played at 1:30 p.m. on Sundays in Clubhouse 2. The doors open at 1. All LWers are welcome. Complimentary refreshments are served.

On March 17 the games will be hosted by St. Therese of Holy Family Parish.

The New York Club hosts the first Sunday of the month; Gadabouts, second Sunday; St. Therese of Holy Family Parish, third Sunday; and the American Legion, the fourth and fifth Sundays.



Mr. Hank Barto will celebrate his 84th birthday with a concert, "The American Dream," on March 21 at 7 p.m. in Clubhouse 4. Mr. Hank has played at piano bars for over 30 years. The concert will include songs never heard before and requests. Bring beverages for the usual fun evening with great music and singers.



Ryan Getzlaf and the Ducks will don throw-back uniforms in jade green and eggplant for the game on March 20 when all in attendance will receive a commemorative Getzlaf bobblehead.

GRF RECREATION

Get tickets to watch Ducks game

The Anaheim Ducks will take on the Winnipeg Jets on Wednesday, March 20, with the puck dropping at 7 p.m. Seats for the game are in the lower bowl behind the goal.

The Ducks and the Honda Center are celebrating their 25th anniversary with several promotions during the season, including a Ryan Getzlaf NHL Draft Bobblehead presented by San Manuel Casino to all attending the March 20 game.

Getzlaf is the Ducks' team captain. He has played his entire professional career in the Ducks organization and ranks as one of the franchise's all-time leading scorers.

He has played in three NHL All-Star Games and was a member of the Ducks' 2007 Stanley Cup championship team.

The Mighty Ducks of Anaheim hockey team was founded in 1993 by The Walt Disney Company. The name was inspired by the 1992 Disney film "The Mighty Ducks," based on a group of misfit kids who turn their losing youth

hockey team into a winner.

The Ducks will wear throw-back jerseys featuring the original team colors, eggplant and jade green with the original Mighty Ducks logo, and old-style goal tender's mask shaped like a duck bill.

The Ducks have become one of the league's more successful teams as well as a catalyst in the growth of Southern California hockey.

One of the organization's most important contributions has been the advent of the Anaheim Ducks High School Hockey League, which was founded in 2008. The league started with one team and has grown to over 49 teams.

The Honda Center officially opened as Anaheim Arena on June 19, 1993. In October of that same year, it was renamed Arrowhead Pond and hosted the first Mighty Ducks of Anaheim game. During the first season the Ducks sold out 27 of 41 home games, including the last 25, and filled the Arrowhead Pond to 98.9 percent of its season capacity.

DUCKS, page 26



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Leisure World literary contributors will publish their third collection of poems and essays.

KLC

LW Korean writers publishing third book in series

Members of the Korean Literary Club (KLC) are working to publish a third book in its series, "Seal Beach Leisure World: Stories of Retired Village People."

The approximately 300-page book includes poems and essays. The KLC is planning a publication ceremony in early part of June, 2019. Residents of Leisure World are encouraged to submit manuscripts by the end of March to be included.

The first book in the series was published in February 2017, followed by the second book in June 2018.

The Korean Literary Club was established in 2008 by several Korean Americans residing in LW who had a keen interest in writing essays and poems and studying Korean and global literary works. The group meets in Clubhouse 3, Room 7, on the second and fourth Mondays of the month under leadership of Prof. Won Kim, former vice president of the University of Seoul.

The original membership numbered about 10 but now exceeds 25. The specific aim of the members is to develop skills in writing poems, essays and novels.

In the course of the class many of them have received Newcomers awards from well-known literary societies, and their works have been selected for publication by reputable literature magazines. Some of them have published their own books of poems and essays.

For information, contact Yoon Soo Park, editor-in-chief, 431-3036, yoonsoopark@msn.com; Chung Kuhn Lee, advisor, (626) 636-1144, leeunion@hotmail.com; Su Kim, assistant to editor-in-chief, 230-3853, sukim42@gmail.com; or Suja Kim, president, 342-9946, soopkim1134@hotmail.com.

FRIENDSHIP CLUB

Learn how to prepare for DMV test

The Friendship Club offers computer classes taught by Jeff Sacks, Maxine Smith, and Miryam Fernandez.

Monday, March 18, Clubhouse 6, Room B

11 a.m. - Prepare for test such as CA DMV using computer (Sacks) Includes a discussion on REAL ID

Noon - Facebook for Beginners (Fernandez)

Tuesday, March 19, Clubhouse 3, Room 9

6:30-8 p.m. Chromebook for the Beginner. Is this the New Affordable Computer? (Sacks)

8 p.m. How to make a home version using an older PC and a USB RSVP (voice message or text), (714) 642-0122, to get the seating right.

Monday, March 25, Clubhouse 3, Room 4

11 a.m. - Let's Talk eBay (Smith)

Noon - Facebook for Beginners (Fernandez)

Thursday March 28, Clubhouse 3, Room 7

1 p.m. - Prepare for test such as CA DMV using computer (Sacks) Includes a discussion on REAL ID

2:30 p.m. - Let's Talk eBay (Smith)

Classes are free, but donations to pay for a wireless hotspot and printing materials are welcome.

For eBay information, contact Maxine Smith maxla@aol.com; for Facebook information contact Miryam Fernandez, 884-7460; for computer information, contact Jeff Sacks (714) 642-0122. To suggest questions for Q & A, or to join the email list, email to jfsacks@gmail.com.

RECREATION DEPT.

Newsletter is being published

The GRF Recreation Department, in conjunction, with the LW Library has just published its first newsletter.

Stop by the Library or the Recreation office in Building 5 for a free copy with all the upcoming events for the month at a glance.

Excursions set to see Angels play this season

The Recreation Department has scheduled three Leisure World Days at Angel Stadium for residents and their guests during the 2019 baseball season.

The first game is against the New York Yankees on April 24 at 7 p.m. The Yankees are always a big draw at Angel Stadium, so purchase tickets, \$40, soon at the Recreation Office, located in Building 5, lower level.

Tickets include transportation. A hot dog and beverage may be purchased for an additional \$6.50, and a ball cap may be added for \$3.

Participants must complete a release form available at the Recreation Office.

The bus leaves promptly at 5 p.m. from the Amphitheater parking lot, but passengers must arrive by 4:30 to be processed.

Accessible seating is available if requested at the time of ticket purchase. The tickets are non-refundable.

Two more excursions are planned June 27 and July 21.

For more information, contact the Tommy Fileto at 431-6586 ext. 324 or email thomasf@lwsb.com.



PEO card party/luncheon is March 27

PEO's monthly card party and luncheon will be held on March 27 in Clubhouse 2 at 11:45 a.m. Card party/luncheons are held on the fourth Wednesday of the month. Everyone is invited to attend. Tables are set up, just bring friends and cards, You can play any game you want, rummy cubes, dominoes, board games, monopoly, Chinese checkers, canasta, bridge, poker and the list goes on.

Lunch is \$12 or \$48 for a table of four. Those who do not want lunch can play game by paying \$3. This is a fundraiser to collect money for scholarships for women. The luncheon includes an entrée, salad, roll, dessert and a beverage. Tax and tip are included. People who want lunch and do not want to play cards can do that as well. To set up a new table or make changes to a standing reservation, let Jan Krehbiel know by March 23 at 431-8240, so she can make a reservation.

Don't miss out on an afternoon with friends. Participants do not have to be a member of PEO to join the fun, and meet new people. Men, women, mix or match, all are encouraged to take advantage.



GRF volunteer Sunny Lee (l) helps Katie Kim register for the Ralph's Reward program in the GAF Hospitality Center. Sunny is at Hospitality Center on the fourth Tuesday of the month from 9-11 a.m.

GAF

Sign up for Ralph's Reward program

The Golden Age Foundation Hospitality Center is a hub of active shareholders who meet friends and neighbors and take a break from their daily activities among bikers, walkers, hikers and beach walkers.

In order to provide the hospitality service, GAF needs to raise funds. An easy way to donate funds to GAF without any cost to the donors is by participating in the Ralph's Rewards Program.

Ralph's donates a percentage of its sales to local charities just for people doing their regular shopping. To receive funds, people must register for a charity of choice, the Golden Age Foundation, with the Ralph's Reward program. People can register online at www.ralphs.com anytime or by calling (800) 443-4438 or (800) 660-9003, Monday-Friday, between 8 a.m.-5 p.m.

Lillian Kennedy, GAF board member, is at the Hospitality Center on Tuesdays from 9-11 a.m. to register shareholders for the Ralph's Community Rewards Program. GAF's goal is 500 participants.

Stop by, enjoy a cup of coffee and visit Lillian Kennedy to join the reward program. Bring your Ralph's membership ID.

The Golden Age Foundation (GAF) is a non profit 501(c)(3) charitable organization dedicated to making the Leisure World Seal Beach community a better and happier place in which to live.



KACMA members watch a performance of Mozart's "Violin Sonata No. 26."

KACMA

Class continues studying Mozart

The Korean-American Classical Music Academy (KACMA) will meet today, March 14, at 9:30 a.m. in Clubhouse 4.

Ken Chong will continue his presentation on the great works of Wolfgang Amadeus Mozart using Mozart's "Horn Concerto, No. 3," "Serenade No. 13, Eine kleine Nachtmusik," "Clarinet Concerto," 1st and 2nd movements, and "Requiem, Introitus."

Robert Chung will follow with the members' hour.

The KACMA class is conducted in Korean and open to all residents. The gathering encourages a fellowship through the enjoyment of mostly classical music and attending outside concerts in a group.

For further information, contact President Angel Joh, 598-0313; Program Chair Robert Chung, 387-7377; or Publicity Chair Yoon Soo Park, 431-3036.

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Obituaries

Henry, Grace
1925-2019

Grace Henry, 93, passed on Feb. 22, 2019, peacefully at her home surrounded by family and friends.

Grace was born in Forest Park, Illinois, and moved to Southern California at age 2. She is a graduate of Whittier High School, Class of 1943, Rio Hondo College, Class of 1971, and completed many art classes at Cal State, Fullerton.



Grace was a WWII bride and followed her Air Force pilot husband, William, throughout the war. She was a member of the American Legion Auxiliary, 241, and very proud of it.

After the war she and Bill settled in Whittier and raised three children while working as a communication coordinator for Stooddy Company.

Upon retirement Grace moved to San Clemente with Bill, where they enjoyed many social clubs, golfing, and traveling the U.S. in their Air Stream trailer.

After Bill passed, she set sail for international destinations including China, Russia, Italy, Ireland, Scotland, Norway, Germany, and Canada.

Grace moved to Mutual 9, five years ago and has thoroughly enjoyed all of her new friends at many social clubs. She especially enjoyed playing bridge, art club, Sunshine Club, golf cart club or just having coffee at Clubhouse 6 with her friends.

Grace was an artist, friend, daughter, wife, mother, grandmother, and great-grandmother. She lived a full life with gracefulness and class. She was a true example of the greatest generation and she was both beautiful inside and out.

Grace is survived by her daughter Diane, two sisters, three grandchildren and one great grandchild.

Morgan, Thomas J.
1936-2019

Thomas J. Morgan, 83, died Feb. 23, 2019, at Kaiser Permanente Medical Center in Los Angeles due to complications after undergoing surgery.

He leaves his wife of 55 years, Christobel (Gladis) Morgan; his son, TJ Morgan; his daughters, Juliet Morgan and Pamela Morgan; and many close friends.



Born and raised in Washington, D.C., the son of Henry Williams and Theodora Morgan, he moved to Seal Beach in 1996 and, for 20 years, worked alongside his daughter Pamela and his wife, Chris, managing Tru II Form Women's Fitness Center on Main Street.

After graduating from the University of Maryland with a bachelor's of science in electrical engineering, Mr. Morgan moved to Rochester, New York, to work for Bausch & Lomb where he spent 25 years in various product development and executive management positions. He met his wife, Chris, while auditioning for a musical, and they were married in 1963 at The Church of the Assumption in Fairport, New York.

Mr. Morgan had a passion for sailing and a love of the sea. He spent many years sailing on his boat which was docked in the Los Alamitos Marina.

He was also an avid photographer and a member of the Leisure World Photographic Club. He had an exceptional portfolio of unique photographs of nature and the magnificent California coast line.

A special Celebration of Life event will be held on Friday, March 15, from 2-5 p.m. at Pelican Island in Sunset Beach.

Heukrodt, Marianne
1929-2019

A memorial service for Marianne Heukrodt, Mutual 6, will be held on Tuesday, March 19, at Holy Family Church, Leisure World, at 12:30 p.m.

Marianne died March 7, 2019. Visitation will be held prior to the service at Forest Lawn Cemetery, Cypress, Serenity Room, from 9-11 a.m.

Marianne is survived by her son Andre Peyinghaus; grandson Osman (Lauren) Rashid; and great-grandchildren, Kayla, 7, and Ariva, 5.

In Memoriam

- Stephen Henry 71
- Gladys Galati 93
- Maureen Noel 76
- Junko Inouye 92
- Cynthia Tooley 61
- Donald Hall 61
- Raul Arauz 64
- Margaret Lucero 91
- Randy Brown 84
- Suzanne Carroll 74
- Cosima Draper 82
- David Dik 58

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Obituaries
472-1276

CENTENARIAN
From page 14

grew up during the depression, everybody was poor.

Fern is happy to say her health is generally good and every time she visits the doctor he gives her a good report. She enjoys eating her meals, has a good appetite and her favorite dish is macaroni and cheese. Fern says she sleeps well. She doesn't know how many hours she sleeps but admits she may take a couple short naps during the day. One thing she does enjoy and looks forward to every day is a glass of red wine.

In her younger years Fern was an avid hiker. She and her husband were active with the Sierra Club and were preparing to hike up to Mt. Whitney however, Brewer suffered a heart attack and they were unable to make that trip. Fern didn't remember how old Brewer was, but said he

was young.

The Ward family attended the Presbyterian Church in Long Beach and lived in that area for many years before she and Brewer moved to Leisure World.

Fern has lived in Leisure World for 18 years and is very happy here. Fern is able to walk about in her home with her caretaker looking after her. Fern introduced her caretaker Sorean and says she is a wonderful companion and takes wonderful care of her.

Fern has an extensive doll collection, collected during her worldwide travels, and Sorean shared that they will take a short walk to the room to look at the dolls and Fern talks about them. They expressed deep appreciation for each other.

Fern recommends that we should all be "happy and try to be safe and careful. Everyone should

travel as much as possible because when we travel we get to see how other people live and learn so much about our history." As we ended our interview, Fern said "I've had more than my share of the good life. Be happy, happy to keep on living. Life has changed since I was in my 30s, 40s; today I am happy sitting here and rocking in my chair watching all my soaps and a bit of news on channels 2 and 8."

BICYCLES
From page 14

vide their clients and community with high quality products, sales and service to meet all of their cycling needs.

Dave Hanson, who has owned Jax for over 20 years, and his employees share a passion for cycling and are committed to bringing a safe, enjoyable riding experience to the community.

SEAL BEACH

City Council announces reorganization

At a regular meeting held on Feb. 25 the Seal Beach City Council reorganized as follows:

- **MAYOR**, Thomas Moore, District 2, term expires 2020
- **MAYOR PRO TEM**, Schelly Sustarsic, District 4, term expires 2020

• **COUNCIL MEMBERS**

- Joe Kalmick, District 1, term expires 2022;
- Mike Varipapa, District 3, term expires 2022
- Sandra Massa-Lavitt, District 5, term expires 2022

Regular meetings are held on the second and fourth Mondays of each month at 7 p.m. in the City Council Chambers, 211 8th St., Seal Beach, CA 90740

The Seal Beach Successor Agency meetings are held after the City Council meetings, as needed.

Parcel Designations Mutuals 9 and 12					
Mutual	Parcel	Bldgs.	Mutual	Parcel	Bldgs.
Nine	39	206-210	Twelve	1	64-69
	40	211-214		2	70-73
	41	215-218		3	74-78
	42	219-223		4	6-11
	43	224-226		8	55-63
	44	227-232		9	40-47
45	233-237	10		34-39	

Mutual election cycle has begun

The community unity displayed in Leisure World Seal Beach is a direct result of all the unpaid volunteer Mutual and GRF board members duly elected to serve their mutuals and the shareholders over many years. What better way to create and sustain a community such as Leisure World then by volunteering time toward the governance of the incredible lifestyle shareholders enjoy?

This community was founded on the premise that the Mutual Boards and the elected board directors would set into operation the day-to-day business of each mutual corporation. Directors address the issues of most importance to their electorate, that is, the shareholders. Board directors find solutions to existing problems, large and small. This is not an easy job. It takes time, effort and a willingness to unselfishly donate a portion of a person's everyday life to the community in which they live.

Leisure World Seal Beach is

**Annual Meeting/
Election Schedule
on page 5**

full of highly qualified shareholders who have so much expertise to offer, such as knowledge of construction, plumbing and accounting. New ideas and perspectives are always needed and that means volunteers are needed. Consider becoming a candidate for a director's position on your mutual's board of directors.

The schedule below indicates each mutual's annual meeting date and election. Note the deadlines to apply for candidacy. If you are interested or have any questions relating to becoming a candidate for election to your Mutual's Board of Directors, contact the Stock Transfer Office at 431-6586, ext. 346.

—Carol Weller, former Mutual Administration Director, updated by Stock Transfer Manager Nancy Ray)

News copy deadline is 4 p.m., Thursday,
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CERT members learned how to operate a fire extinguisher at a recent training class.

CERT
from page 1

- April 1: Unit 1, Disaster Prep; Unit 2, Fire Prevention and Suppression
 - April 8: Units 3 and 4, Medical Operations
 - April 15: Unit 5, Search and Rescue; Unit 6, CERT Organization
 - April 22: Unit 7, Disaster Psychology; Unit 8, Terrorism and CERT
 - April 29: Unit 9, Disaster Simulator; and course review
- To register, call Eloy Gomez at 431-6586, Ext. 356.

DISPLAY
from page 1

All of the mounts on display at the library were chosen from 40 birds (and a coyote) on exhibit at the NWR Nature Center.

They were not killed to be stuffed, but met with accidents, and taxidermists have restored them to amazing, lifelike appearance.

In addition to the displays, the Seal Beach National Wildlife Refuge offers a free guided walking tour of the Native Plant Garden and a walk on established trails along the marsh out to the observation deck on the last Saturday of each month (excluding December).

Comfortable walking shoes and binoculars are advised. Interpretative stations that may be available include: an introductory video, tour of the native plant garden, bird observation station, a mud station where people can see marsh critters under a microscope, and the endangered species display.

Because SBNWR is wholly within the boundaries of the secured Naval Weapons Station, it is not a "walk-on" NWR.

The first 30 people to call 598-1024 by the Tuesday before the last Saturday of each month are entered on the escorted tour reservation list, which is submitted to Navy security.

The next tour is scheduled for March 30, so reservations are due by March 26.

Visitors must be U.S. citizens. For those 18 and over, they must leave their first name, middle initial, last name, date of birth, zip code and home phone number. Children under 18 must be accompanied by an adult who has made a reservation.

The NWR is south of Leisure World on Seal Beach Boulevard. At the Forrestal Road signal, turn into the parking lot adjacent to the Naval Weapons Station main gate and park (800 Seal Beach Boulevard).

Participants must arrive by 8:30 a.m. for the tour, which lasts until about 11:15.

After Navy security verification, the Friends take tour-goers from the main gate to the Nature Center in a van. Parking and the tour are free. Donations are accepted, and there is nothing for sale.

The Seal Beach National Wildlife Refuge also has an active volunteers program.

To get more information about that program, call the refuge at 598-1024, leave a message, and one of the volunteers will contact you.

—by Doris Bryce and Esther Cummings, LW contributors

Easter Egg Contest

The Leisure World Library will host an Egg Decorating Contest on Thursday, April 18, from 10 a.m.-1 p.m. Participants will have their decorated eggs on display, and everybody is welcome to stop by and vote for their favorites.

People who want to participate in the contest should pick up the complete contest rules and submit entry forms to library staff by April 15.

Even if you don't want to directly participate, library staff hopes everyone will stop by Veterans Plaza, next to the Library, on April 18 to check out all the great creations from resident and GRF employee departments.

The library will also provide coffee, cookies and other snacks. For more information, call the library at 598-2431 or ask in person on your next visit.

Flu Season Update

The Centers for Disease Control reported last week that influenza activity remains elevated in the United States. Influenza A(H1N1)pdm09, influenza A(H3N2), and influenza B viruses continue to co-circulate.

The CDC reports a new strain, H3N2, now accounts for almost half of the nation's flu cases and the current vaccine is only 44 percent effective against this second wave. CDC health officials say this second strain has a tendency to put people in the hospital.

Older adults are at high risk for catching the flu because their immune systems have trouble identifying new viral strains.

A study in the Journal of the American Geriatrics Society found 26 percent of hospitalized seniors with flu did not exhibit the usual symptoms like fever, body aches or a cough.

Flu symptoms in older people can include weakness, dizziness, loss of appetite and delirium.

1-405 Construction

The I-405 Freeway at Fairview Road in Costa Mesa is scheduled to fully close overnight on Saturday, March 16, as part of the I-405 Improvement Project.

The full freeway closure, along with overnight closure of the Fairview Road bridge and adjacent freeway ramps and connectors, is necessary to demolish part of the bridge over I-405. The closure is scheduled from about 10 p.m.-9 a.m. on March 16-17, weather permitting.

During both overnight freeway closures, drivers will be detoured off the freeway at the Fairview Road off-ramps and back onto I-405 past the Fairview Road bridge.

Other overnight closures include:

- Northbound SR-73 to northbound I-405 connector
- Northbound I-405 off-ramps to Susan Street and Harbor Boulevard
- Northbound I-405 on-ramp from Fairview Road
- Southbound I-405 to southbound SR-73 connector
- Southbound I-405 and SR-73 on-ramps from Fairview Road

Detours will be in place to guide drivers around the closures. Drivers should expect delays.



Frances Wenger, who can perform a squat holding a 17-pound weight, and Victor Matsunaga are regulars.

LIFEFIT
from page 1

Donlin is clearly passionate about personal health and fitness. She is skilled at empowering others to learn, practice and live out healthier lifestyles at any age. The serene cheerful woman is herself an ACSM-certified personal trainer. It's the gold standard of certification, emphasizing research-based techniques to help people of all fitness levels reach their fitness goals.

Fitness goals are going to become more important as the years go by, both personally and in society. Humans are approaching old age in unprecedented numbers, and this generation has more potential to live longer, healthier lives than any in history.

These changing demographics also carry the prospect of overwhelming increases in age-related disease, frailty, disability and all the associated costs and social burdens.

Imagine being 80 and feeling like 60—it is possible to stave off the ravages of time, especially with the expert oversight of young fitness professionals like Donlin and her team.

On any given day, there are people from 49-to-90-plus years taking Krank Circuit, Cardio Blast or Bodyweight and Balance classes. The center also offers Pilates, yoga and strength-building classes led by CSULB students.

They are people like Emmett Heinrich, who is almost 90 years old. Four times a week he can be found pulling weights on the fitness floor. When he retired in 2000, he wanted to do something physical so he joined the gym. "I might be in bed now, in a wheelchair or using a cane," he said on an inspirational Fit for Life video at <https://web.csulb.edu/sites/beachmag/2016/01/fit-for-life/>. "When I get done here, I feel great. I'm all ready to go out and whip the world."

That's music to Donlin's ears. She's serious about the benefits of exercise and training passionate young fitness enthusiasts to help the boomer population stay healthy.

An essential role of LifeFit is preparing students for kinesiology and fitness careers, with a special focus on the increasing number of older adults who want to stay fit.

"We offer internships for kinesiology, nutrition and physical therapy students every semester, and we also host research conducted by graduate students and faculty members," said Donlin.

"Our facility is entirely student-driven," she added, noting that she and Asia Yates, operations and programs lead, are Long Beach State alumni.

"This is probably one of the first generations where it's a cultural norm for people to have spent their adult years going to the gym, or at least having the option. That's why it's so important that we're providing specialty programs for that demographic," she added.

Donlin sets the culture at the LifeFit Center. As one member put it, "they help you, take care of you and teach you. They make you want to come back." And that's important because ongoing fitness requires focus, dedication and consistency. And by all accounts, Ayla and her team of students encourage that can-do spirit.

And it's an affordable resource. Community members, including Leisure World residents, pay \$26 a month. People can come in for a free day and see what it's all about. For more information, call 985-2005 or email LFCBeach@csulb.edu.

Members of the Osher Lifelong Learning Institute (OLLI) pay \$16 a month to join LifeFit. OLLI, a senior university housed at CSULB, and LifeFit work together to support active, healthy older adults, so OLLI members get a LifeFit membership discount.

LifeFit member benefits include:

- Use of fitness equipment: Cardio and resistance training machines and free weights
- Group fitness classes led by certified professionals
- Fitness assessments completed by certified professionals and kinesiology students
- Nutritional workshops led by nutrition graduate students
- Educational and social programming

LifeFit also partners with PT@The Beach, a physical therapy program for people recovering from surgery or injury or who struggle with arthritis, balance disorders, back and neck pain and more. A physician's referral is not needed to start therapy and most major health insurance plans (including Medicare) are accepted. It also offers a Parkinson's exercise class. For more information, call 985-8286.

As one LifeFit member put it: "Just because we are a little bit older doesn't mean we don't want to be pushed to our limits, to see what we can do."

And LifeFit is a good way to do just that.

Podiatry House Calls

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Dr. Marc Spitz & Dr. Scott Whitmore

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Travel



Jim Thomason and Mary Romero, LW bicyclists, joined the OLLI Bike Club for a ride up the river trail to Long Beach, exiting on Carson/Bloomfield to eat at Julian's Mexican Food, 12321 E. Carson, Hawaiian Gardens. All enjoyed authentic dishes, tamales, menudo and corn tortillas made fresh. Call Mary Romero at 810-4266 for the LW Bicyclist schedule and to enjoy safe and healthy exercise.



On the Go

Day Trips

- The Colorful Songs Revue, "The Luck O' the Irish"** - March 16, \$109, includes lunch and wine, David Nell/Good Times Travel, (888) 488-2287
- Mission San Juan Capistrano** - Tuesday, March 19, \$30, GRF Recreation, events@lwsb.com, 431-6586, ext. 326
- Anaheim Ducks, Honda Center** - Wednesday, March 20, \$80, GRF Recreation, events@lwsb.com, 431-6586, ext. 326
- Pala Casino** - March 29, \$6, \$10 back, American Legion Post 327, Gail Levitt, 596-1346.
- Anaheim Angels** - April 24, \$40, GRF Recreation, events@lwsb.com, 431-6586, ext. 326
- Stars on Ice, Honda Center** - Saturday, May 11, \$40, GRF Recreation, events@lwsb.com, 431-6586, ext. 326
- Huntington Library** - May 22 \$58, GRF Recreation, events@lwsb.com, 431-6586, ext. 326
- Beauty and the Beast, La Mirada Theater** - Thursday, June 6, \$85, Children-A-Priority, Juanita Townsend, 431-4026
- Harrah's Rincon** - Daily, free, Amphitheater, 7:15-7:30 a.m., (877) 777-2457
- Pala Casino** - Daily, free, Amphitheater, 8 a.m., (714) 985-9555
- Pechanga Casino** - Daily, Amphitheater, 8 a.m., free, \$10 in EZ Play upon arrival, (951) 770-2579
- Valley View Casino** - Sunday-Tuesday, Amphitheater, 7 a.m., free

Overnight Trips

- Death Valley Splendor** - March 17-19, David Nell/Good Times Travel, (888) 488-2287
- Desert Bloom** - March 17-18, 2019, David Nell/Good Times Travel, (888) 488-2287
- Laughlin** - April 22-24, Seal Beach Woman's Club, womensclubofsealbeach.org
- California Eight Missions** - June 4-9, motorcoach tour, Traveling Tigers Club, Joanna Matos, 598-1849
- Canadian Rockies & Glacier Park** - Sept. 8-14, Traveling Tigers Club, Joanna Matos, 598-1849
- Palm Springs, Death Valley, Joshua Tree & Las Vegas** - Nov. 4-7; motorcoach sightseeing, Traveling Tigers Club, Joanna Matos, 598-1849
- Hearst Castle at Christmas Time** - Dec. 16-18, Motorcoach sightseeing, Traveling Tigers Club, Joanna Matos, 598-1849

WOMAN'S CLUB OF SB

Trip to Laughlin planned April 22-24

The Women's Club of Seal Beach is accepting reservations for its annual bus trip to Laughlin, Nevada, April 22-24. The price is \$150 for singles and \$115 per person, double.

The price includes charter bus transportation, two nights at the Edgewater Hotel and two meals.

Reservations may be made by calling 434-7113 or 596-0968. The bus leaves from the Marina Community Center at 8 a.m. and returns about 5 p.m. on April 24. Parking passes are available for those needing to leave their cars at the center.

The group meets the third Wednesday of the month at the Mary Wilson Library on Electric; membership information is available on the website womensclubofsealbeach.org or by calling Judy O'Neill at 598-0718.

Traveling Tigers meet March 20 for potluck, presentation

by Edward Hickman
LW contributor

The Traveling Tigers will meet Wednesday, March 20. The club meets on the third Wednesday of the month in Clubhouse 3, Room 9. The gathering begins with a potluck at noon. The meeting begins at 1 p.m.

Traveling Tigers is a large club with a lot of socializing and members share their common interests and travel advice. Guest speakers offer presentations of their travels around the world. Membership dues are \$5 per year.

This month's presentation will

LW RV CLUB

Share chowder with members

The next Leisure World RV Club meeting will be Tuesday, March 19, at 5 p.m. in Clubhouse 4. The theme will be "Chowder Night."

Bring a favorite chowder, i.e. clam, corn, etc., or salad. Remember to bring serving utensils. The club will provide water, paper plates, bowls and eating utensils. The general meeting will be at 6 p.m. After the meeting, the card game "Dimes" will be played. It is an easy game to learn and fun to play.

Membership dues of \$10 per RV per year will be accepted at the meeting or can be mailed to LW RV Club at 13599 El Dorado Dr., Seal Beach, CA, 90740.

All residents are welcome

The LWRV Club meets monthly January-May and September-December on the third Tuesday of the month at 5 p.m. for a potluck dinner with a general meeting at 6 p.m. The May and September meetings are a club picnic in the Clubhouse 1 picnic area; the other meetings are in Clubhouse 4.

LW Weekly 430-0534

be about Edward Hickman's trip to Vietnam when he accompanied his friends as they returned home to see their extended family. Everyone is welcome to attend.



The Traveling Tigers will hear about Edward Hickman's trip to Vietnam where he accompanied his friends as they returned home to see their extended family.



Nine members from LW Korean Community Church went to Punta Colonet, Mexico, on a missionary trip Feb. 17-18. Yun Sang Lee and Sang Sook Lee minister at Punta Colonet Mission. During the trip, the LWKCC members consoled, encouraged and prayed for everyone in the Punta Colonet Mission. LWKCC helps support many Missions, including Ukraine, Sun Mar Nursing Center, Siloam Eye Hospital, and Kim Mission. Recent additions include the Punta Colonet Mission in Mexico and the Five Loaves and Two Fish Homeless Ministry. Anyone who is interested in supporting these missions is welcome to contact Pastor Jang Young Yong at Leisure World Community Church.

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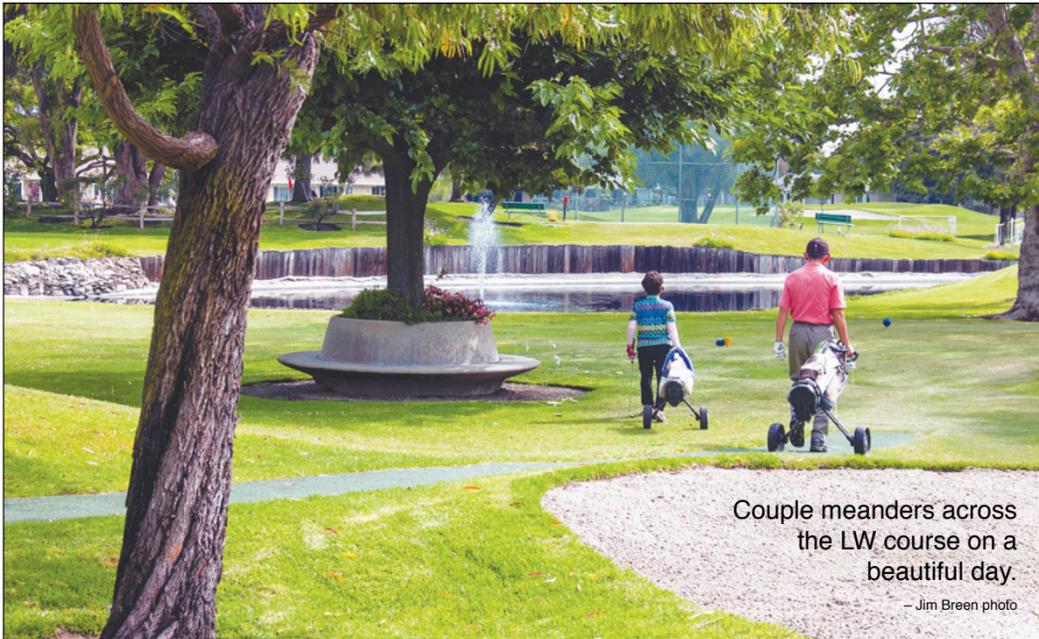
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Sports & Games

Revisions to USGA rules impact how Leisure World golfers enjoy the game



Couple meanders across the LW course on a beautiful day.
— Jim Breen photo

Residents play 4,000 rounds a month on nine-hole course

by **Dave LaCascia**
LW contributor

The U.S. Golf Association (USGA) has begun a new era this year with the most extensive revisions to the rules of golf in decades.

All have an effect on all the men and women who play an estimated 4,000 rounds a month on Leisure World's picturesque nine-hole course, according to the GRF Recreation Department.

There are 15 ways a player's game can benefit from the new rules. An expanded version of these rule changes is on the bulletin boards at the Golf Starter Shop.

- Golfers no longer have to worry if they accidentally cause their ball or marker to move on the green. There is no penalty as long as golfers return the ball or the ball marker to its original spot.

- No more tip-toeing around when searching for your ball. If you step on or cause the ball to move, simply replace it where it was originally lying or, an estimated original spot, and there is no penalty.

- Rules regarding playing with a broken or damaged club are simpler. You can continue to use a damaged club and not have to start putting with another club for the rest of the round.

- Mistakenly double hitting a chip while swinging won't cost a stroke.

- Spike marks on the green don't have to ruin the chance at a birdie. Players can now repair almost any damage on the green, including spike marks. The exceptions that remain are aeration holes, natural surface imperfections and natural wear of a hole.

- Touch the line of your putt (within reason). But players are still not allowed to improve their line of play on the green.

- Don't be nervous about playing from a water hazard. New rules redefine it as a "penalty area." With the new name comes fewer restriction. Loose impediments can be touched or move.

Players can touch the ground with their hand or club during a practice swing as long as the conditions for the stroke are not improved. Same goes for playing a shot from a bunker. But deliberately touching the sand with any object to test its condition is still prohibited.

- The flagstick can remain in place while putting on the green without concern.

- A new out of bounds option that will save time allows players to drop a ball anywhere between where the original ball was believed to come to rest (or went out-of-bounds) and just into the edge of the fairway, but no nearer the hole. That option costs two strokes, but you can play on instead of returning to the tee or the spot you hit your last shot.

- Distance measuring devices are allowed unless prohibited locally, such as for a competition.

- Accidentally hitting yourself or equipment with a ball will no longer be a penalty.

- Golfers can now take relief for an embedded ball anywhere except embedded in sand. A local rule may restrict that to balls embedded in fairways only.

- You can get relief outside a bunker from an unplayable ball in the sand, but it will cost two penalty strokes. That allows players to drop on the line of play outside the bunker when the lie is against the lip or wall of the bunker.

- To speed up the pace of play, golfers now have only three minutes to search for a missing ball rather than five.

- The process for dropping a ball back in play is now accomplished by dropping from around knee level.

This speeds up play by increasing the chances your ball stays within the two-club-length drop area on the first try.

Bridge at fifth hole changed over 54 years

Did you know? The bridge over the pond on the fifth fairway of our local course used to have a trellis type cover.

The photo below from 1965 was taken from the fifth tee looking toward the fifth green. It seems that the chicken at the bottom is patiently waiting to play through.

The picture above shows what the bridge looks like today. Note the safety screen is not in the 1965 photo and the trellis cover has disappeared in the current day photo, and there is no cement pond wall visible. There is no tree on the left and the tree on the right is considerably less developed than present day.

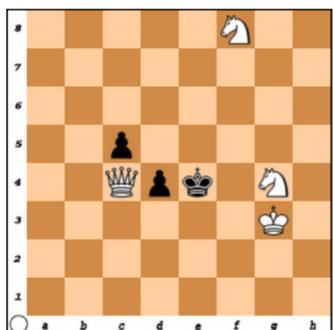
— Dave LaCascia



— Dave LaCascia photo



— LW Historical Society photo



Chess Club Puzzle

This week's puzzle: White moves first and for any answer by black, the white's next move is checkmate.

Chess partners are available in Leisure World when the LW Chess Club meets from 2-6:30 p.m. on Fridays in Clubhouse 3, Room 7. Beginners are welcome for free lessons.

Solution to this week's puzzle: Qe2. The white queen moves from c4 to e2. Any answer by black, the white's next move is check mate.

Cards and Games Scoreboard

Fun Time Pinochle Club winners March 11: Kathie Togie, 12,510; Irene Perkins, 11,810; Bert Sellers, 10,240; Grace Buster, 9,850. The club meets from noon-4 p.m. Mondays in Clubhouse 1. For more information, call Joan Taylor at 240-5416.

— Bert Sellers

Monday Bridge Club winners March 11: Emily Moubassaly, Mary Ann Logan, Dick Triggs. Weekly games begin at noon in Clubhouse 1. For more information, call Mary Nell Clark, 296-8570.

Burning Tree Duplicate Bridge Club winners March 9: N/S: Fred Reker-Larry Slutsky; Sue Fardette-Ellen Kice; Sibyl Smith-Jeanette Estill; Russ Gray-Mark Singer. E/W: Diane Sachs-Marilyn McClintock; Judy Jones-Al Appel; Ann Croul-Arne Lier; Miriam Kelley-Judy Mathias; Linda Nye-Joyce Basch. Unit Game winners March 8: N/S: Sibyl Smith-Diane Schmitz; Al Appel-Joan Tschirki; Gary Paugh-Barbara Wallace; Larry Topper-Judy Lorber; Jack Dampman-George Koehm; Ernie Ross-Roy Tomooka. E/W: Jeanette Estill-Eileen Kotecki; Fred Reker-Dorothy Favre; Ellen Kice-Sylvia Kaprelyan; Nancy Lichter-

Joyce Basch; Louise Seifert-Stan Johnson. The club meets at 12:15 p.m. on Fridays and Saturdays in Clubhouse 1. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The next special event is on Monday, April 29.

Saturday Social Bunco Club winners March 9: Most buncos. Tie among Sandra Jolley, Glora Bay and Rita Fuejo. Most wins: Kathe Repasi. Most babies: Tie between Julie Milburn and Joanne Lester. Most losses: Tie between Cheryl Rasmus and Dina Navarro. Door prize winner: Rita Visloskie. The next meeting is March 23. The club meets at 2 p.m. on the second and fourth Saturdays of the month in the Clubhouse 3 Lobby. Signups begin at 1 p.m. Due to the demand for tables, a 1:30 p.m. arrival is advised. For more information, call Doris Dack, president, at (714) 356-0443.

Jolly Time Pinochle Club winners: March 9: Jerry Hore, 11,870; Diana Lambert, 11,220; Joe Capra, 10,750; Bev Adams, 10,500. Games

SCOREBOARD, page 21



BOWLING CLUB

Ron Marcus' big day leads Very Striking

Very Striking took a commanding 11-game lead over Spares Are Good by sweeping D Hustlers on March 7 in Bowling League play.

Ron Marcus of Very Striking didn't need much help as he bowled 257, 258 and 216 for a 731 series.

For any other player in the league that would be high series scratch, but Ron had a 782 series earlier this year.

Ned Sprow of Pinbusters opened with a 213 and Linda Peters added a 170 to win game one despite a 223 game by Danny Bigelow.

Danny bowled a 225 to win game two, but Pinbusters came back to win the third game and take total pins by three.

Maybe Next Tuesday bowled against Just Lucky.

Tom Kaczmarek of Maybe Next Tuesday had a 203 and finished with a 213.

We Can Do It swept OSIMA as Arnold Bakker opened with a 199 game with five strikes in a row.

James Doris of OSIMA had a big 223 game.

- Dave Silva

SCOREBOARD

From page 20

are played from noon-4 p.m. on Saturdays in Clubhouse 1. For more information, call Peg Kaspar at 799-0433.

Leisure World Duplicate Bridge Club overall winners in a 17-table game March 7: First in Strat A: Jeanette Estill-Ann Croul; second in Strats A, B, and C: Miranda and Tony Reddy; third in Strat A: Sibyl Smith-Marilyn McClintock; fourth in Strat A: Linda and Dick Stein; fifth in Strat A, second in Strat B: Lynne Finley-Kay Hyland; sixth in Strat A: Larry Topper-Judy Cook; third in Strat B: Ellen Kice-Sharon Beran; fourth in Strat B: Mimi Spain-Audrey Ellis; fifth in Strat B, second in Strat C: Shirley Knopf-Frances Gross; sixth in Strat B: Peggi Spring-Monica Gettis; third in Strat C: Stan Johnson-Louise Seifert; fourth in Strat C: Bruce and Jan Peterson. Winners March 4: N/S: First in Strats A and B: Alan Olschwang-Chie Wickham; second in Strat A: Sibyl Smith-Diane Schmitz; third in Strat A, first in Strat B: Larry Topper-Judy Cook; fourth in Strat A: Bill Linskey-Gary Paugh; fifth in Strat A: Linda and Dick Stein; sixth in Strat A, third in Strat B: Judy Carter-Johnson-Gene Yaffee; fourth in Strat B, first in Strat C: Joan Berg-Frances Gross; second in Strat C: Bettyanne Houts-Shirley Knopf. E/W: First in Strat A: Fern Dunbar-Rob Preece; second in Strat A: Dorothy Favre-Lavonne McQuilkin; third in Strat A: Ann Croul-Shmuel Fisher; fourth in Strat A, first in Strat B: Peggi Spring-Monica Gettis; fifth in Strat A: Jeanette Estill-Marilyn McClintock; sixth in Strat A, second in Strat B: Bobbi Vann-Paul Chen; third in Strat B: Ellen Kice-Sue Gardette; fourth in Strat B, first in Strat C: Ron Yaffee-Bill Powell; second in Strat C: Bea Aron-Joy Rosenthal. Games are played Mondays and Thursdays beginning at 12:30 p.m. in the Clubhouse 3 Lobby. Players are asked to arrive by 12:15 p.m. to confirm their reservations. To make or cancel a reservation for Mondays, call Midge Dunagan at 594-9698; for Thursdays, call Sharon Beran at 308-7838 or email her by 10:30 a.m. on the day of game, at hbsharonb@gmail.com. With a maximum of 18 tables available, players without reservations should arrive by noon and check in with the director of the day; they will be accommodated on a first-come-first served basis if there is space. Players needing a partner should arrive by noon and check with the club manager; every effort will be made to find a partner. To cancel a reservation on game day or to report running late, call (636) 579-1357 between noon-1 p.m.

Friendly Pinochle Club winners March 7: Alma Zamzow, 11,770; Ron Olsen, 11,620; Tony Dodero, 10,930; Bobbie Olsen, 10,670. The club meets Thursdays from noon-4 p.m. in Clubhouse 1. For more information, call (310) 968-9509.



Winners of the first Pickleball Players' Club round robin tournament have reason to celebrate their success and look forward to another tournament on March 24, then onto the Leisure World Olympics on May 19. The awards were donated by University Trophies and Awards.

Vento wins first poker tournament

John Vento won his first Poker Club Tournament on March 2. His hole cards resulted in a pair of jacks, besting second place Linda Stone's ace high. Third was Nancy Jordan, followed by Chuck Burnett, Susan Rose, Glenda Saunders and Wendy Wu.

High hands were held by Ken Reddy with four nines and Kathy Elliott with four fours. Wendy Wu won the featured hand, holding a two and four.

For many years, Vento has coordinated the free blood pressure readings by volunteers in the Health Care Center lobby. Retired from the airline industry, the Mutual 11 resident lists cards and antiques as his hobbies.

Monthly poker lessons will be held on Saturday, April 13, at 10:30 a.m. Newcomers are welcome, and will receive two free raffle tickets for that day's game. Lessons are on the second Saturday of the month.

For more club information, contact President Wendy Wu at (714) 366-0940.

- Susan Dodson

LADIES GOLF CLUB

Joann Lim gets a hole-in-one

Forty-six members of the Ladies Golf Club played for low gross, low net and circle hole No. 6. No players hit the circle hole.

Congratulations to Joann Lim who shot a hole-in-one on No. 9.

- Flight winners:
 A: Low gross: Soo Choi, 28
 Low net: Sandy Derouin, 24.
 B: Low gross: Grace Choi, 29.
 Low net: Marilyn Hewitt, 23.
 C: Low gross: Joann Lim, 32.
 Low net: Mary Grieg, 24.
 D: Low gross: Monika Kim, 34.
 Low net: Tie among Jeanne Aramas, Dorothy Favre and Neva Senske, 26.

SCRABBLE CLUB

Scores fell off in February

Maybe the cool February weather dampened the enthusiasm of the Scrabble Club or perhaps it's "all in the draw." But the scores were not that high.

Club president Flo Nesland's scores of 393, 372 and 367 overshadowed everyone except Zoe Pickell, who came up with 364.

It is especially challenging for any player to find a word that uses all seven tiles in a single turn, a bingo. But Flo did so twice, with "gliders" then "mangers."

The club has about two dozen members, most of whom attend every week. Nonetheless, for a player to get a bingo by using all seven tiles in one play is not easy. Pam Smithson was close. She had a bingo on her tray but was unable to get it onto the board.

Residents who want to join members on Wednesday afternoons in Clubhouse 3, Room 5, are encouraged to come early to review the rules of play.

The club meets for three successive games beginning at 1 p.m.

For more information, call Nesland at 598-1384.

- Maria Giegerich

Cose, Stivers win their flights in Monday play

Paul Cose shot the best round of the day with a 69 to win the first flight in Monday Golf play on March 4 at the local course.

He was also closest to the pin on the ninth hole and had the fewest putts in the flight.

Gary Stivers was second with a 75, followed by Fujio Norihiro, 76 and closest to the pin at the second hole. Bill McKusky was fourth with a 79.

Bob Munn won the second flight with a 75, followed by Marv Ballard, 77 and fewest putts.

The previous week, Gary Stivers won the first flight with a 74 and fewest putts for the day.

Tied for second place were Paul Cose and Jim Dickerson with 76s. Jim also won both closest-to-the pin prizes.

Fujio Norihiro, 77 was fourth and Sam Choi and Jim Dickerson tied for fifth with 79s.

Bob Munn won the second flight with a 73, lowest score of the day. He also had fewest putts. Lowell Goltra carded a 68 for second place.

For information on membership or schedule, call Bill McKusky at 277-2164.

Players of all skill levels are invited to join the camaraderie.

POOL CLUB

Close matches highlight play

Two close matches highlighted play on March 4 in the Leisure World Pool League. The top two teams met with the first-place Patriots one game ahead of runner-up Chalk and Awe.

Chalk and Awe moved out to a 6-4 lead, with Sandy Bird winning four of her six matches. But the Patriots managed to win the last two 9-ball games to tie, 6-6.

Kurt Bourhenne won four matches, including both singles.

The Three Amigos defeated Breaker! Breaker!, 7-5, with Bill Clawson winning four of his matches.

The Three Amigos fell behind in 8-ball, but came back strong in 9-ball, winning five of six games.

Pickleball

The Los Alamitos Recreation Dept. is offering Tuesday pickleball games for adults starting March 19 at Laurel Park, 1086 Bloomfield Ave. The drop-in program is from 9-11 a.m. and is \$3 per person. Paddles and balls will be provided.



Bea Lissow

CRIBBAGE CLUB

Bea Lissow wins fifth star with an 847

Bea Lissow scored a perfect 847 to earn her fifth star in Cribbage Club play on March 5 in Clubhouse 1.

She was followed by Fred Reker and Patti Smith, tied at 837; Jim Kaspar, 833 and Joanne Lester, 832.

Sylvia Clinton had six games of 121. Sixty-one players participated.

Candy Meyers and Darlene Meyers celebrated birthdays and provided chocolate cake, orange swirl ice cream and an assortment of Danish.

Candy and Darlene served. Members meet at noon on Tuesdays in Clubhouse 1.

Play usually ends by 3:30. Residents are invited to join the club, there's always room for more.

Partners are not required. Players are requested to arrive by noon to be assured of a table.

To learn to play cribbage, call Patti Smith at 242-4674 and she will arrange for lessons for one hour before the games begin.

- Bobbie Straley

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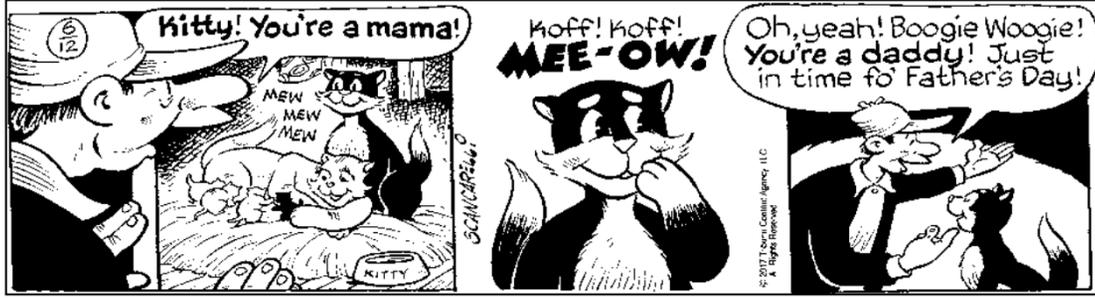
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 Westminster Ave. over 405 Fwy., on left next to Big Lots!

Puzzles & Comics

Answers on page 26

Gasoline Alley

By Jim Scancarelli



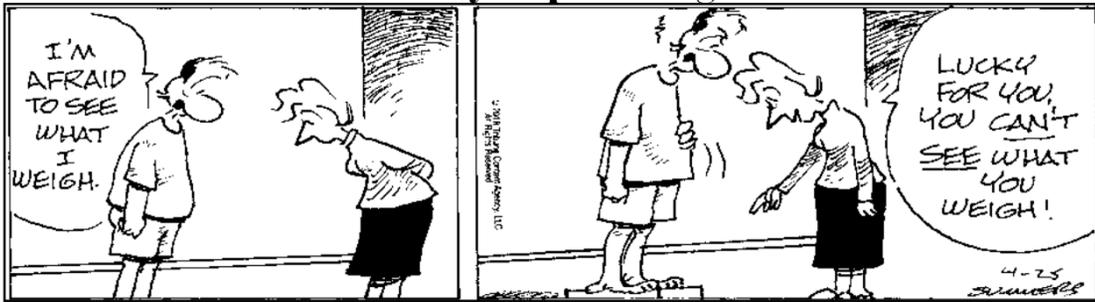
Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku

3	4		7	5				
							7	
			2	4				
1		9				8		6
	3			6			9	
6		7				4		1
			8	9	2			
	5							
			4	6			8	9

9 To 5 By Harley Schwadron



Floral

Edited by Linda and Charles Preston

ACROSS

- 1 Canseco or Carreras
- 5 Clutches
- 10 Plateau
- 14 Alphabetic system, Old Irish
- 19 Eden resident
- 20 Jane Curtin role
- 21 Lipinski leap
- 22 Author Ernest
- 23 Additional
- 24 Bucks
- 25 Gramm of Texas
- 26 Poe's middle name
- 27 Sarandon, after the melee?
- 30 Birch family members
- 31 Trampled
- 32 Monsieur, stateside
- 33 He played Ashley
- 35 Frighten
- 38 Cancel
- 40 Most bronze
- 44 Grouse's peeper?
- 49 Salary standard
- 50 Singer Janis
- 51 Sailing ship
- 52 Beat it!
- 54 Roasting place
- 55 Prevarications
- 57 Soon enough
- 60 Part of UCLA
- 62 Small impression
- 63 Commonplace
- 65 Pencil part
- 67 Undercover agcy.
- 69 Pants for Hans?
- 75 Murmur
- 76 Looked suggestively
- 77 Muslim rulers
- 80 Thrust
- 84 Christmas
- 86 Verse form
- 89 Let it stand
- 90 Health food
- 91 Miami county
- 93 Provide provender
- 95 Utilize
- 96 Lengthy choral work
- 99 Cinderella's loss?
- 103 Share
- 104 Actress Taylor
- 105 Sticky stuff
- 106 Plaza's pigtailed pixie
- 108 One of Mickey's many
- 110 Uncle Remus Rabbit
- 112 Lively intelligence
- 115 Lamp in Beijing?
- 121 Candied
- 122 Tight spots
- 123 See 52 Across
- 124 Sporting letters
- 125 Taxonomic group
- 126 Jai
- 127 Dye, briefly
- 128 Units of work
- 129 Hook the series
- 130 Hanking ones
- 131 Actress Spacek
- 132 Make haste!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19																	
23																	
27																	
35	36	37															
44																	
50																	
55																	
63																	
69																	
80	81	82	83														
90																	
96																	
103																	
112	113	114															
121																	
125																	
129																	

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3/17/19

DOWN

- 1 Door part
- 2 Ancient Greek coin
- 3 Evening, in Rome
- 4 Agamemnon's daughter
- 5 Star's brief appearance
- 6 Father of Beau and Jeff
- 7 Lotion ingredient
- 8 Undeveloped areas
- 9 Shore
- 10 Cartographer's goods
- 11 Breathe out
- 12 French river
- 13 Wholly
- 14 Iridescent
- 15 Wand for Midas?
- 16 -in-the-wall; divc
- 17 Having wings
- 18 Door designation
- 28 Businessman/philanthropist Samuel
- 29 American Nobel chemist, 1934
- 30 Unfortunately
- 34 Sea lavender
- 35 Stopped

- 36 Professorship
- 37 Virgil's epic
- 39 Brown of renown
- 41 Mansard part
- 42 British gun
- 43 Mobile home
- 45 Foreman foe
- 46 Negative lead-in
- 47 Clan symbol
- 48 Curled
- 49 Blackball
- 53 Medium of exchange
- 56 Actor Erwin
- 58 Lion's locks
- 59 Certain curves
- 61 Crooner Damone
- 64 And so on
- 66 Spanish river
- 68 Eureka!
- 70 Demure
- 71 Master escape artist
- 72 Ferber and Millay
- 73 Ambulance worker for short
- 74 Certain exercises
- 78 Electric clock feature
- 79 Cubic meter equivalent
- 80 Break off
- 81 Matador's opponent
- 82 In the distance
- 83 High cholesterol dish?
- 85 Indo-Chinese people
- 87 Mork and Spock
- 88 Aviv
- 92 Conn. collegian
- 94 Mature
- 97 Most greasy
- 98 Plant support
- 100 Actor Rickman
- 101 Dispossesses
- 102 Spouse, often
- 104 Brit. Open champ Tom
- 107 Weight watcher?
- 109 Computer code
- 110 Common interest groups
- 111 Shabby; scruffy
- 112 Scrambled
- 113 Large number
- 114 Window part
- 116 Goddess of fertility
- 117 Endless time
- 118 Beige
- 119 Tatters
- 120 "Candy is dandy. . ." man
- 122 Blue bird

The Observer Crossword Puzzle

SCRABBLE GRAMS

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A1	O1	D2	R1	R1	L1	W4	
A1	I1	K5	H4	R1	S1	D2	
A1	I1	E1	D2	R1	T1	T1	
A1	E1	E1	Y4	M3	D2	W4	
A1	I1	I1	H4	R1	F4	S1	

PAR SCORE 265-275
BEST SCORE 328
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. 'Blanks' used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

TAIDM

MUPEL

RENOYR

NAMEUH

Answer here:



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



Y SERVICE
From page 14

ment with Emmanuel Reformed Church, Gordon participates with local community initiatives in the cities of Paramount and Compton that instill a sense of neighborhood care and pride. The Compton Initiative, for example, was founded in 2006 with a 40-year commitment to restore the City of Compton by painting homes, schools and churches on quarterly workdays in partnership with individual volunteers and other organizations.

Needing at this time in their lives to be closer to their daughter, her husband, and 10 and 13 year-old grandchildren, the Geddes team is moving to the San Diego area in April. Leaving the members and activities of the Y Service Club is difficult, but Gordon is pleased to have found

an able replacement as VP in Dianne Hart.

Gordon and Trish will be truly missed by the club. It is with great

appreciation that members recognize and thank them for their many years of dedication to the Y Service Club.

DEMOCRATS
From page 5

to a challenge issued by the new chair of the Orange County Democratic Party Ada Briceño, the board set a goal of registering 100 more Democrats by Oct. 31.

As of March 5, there are 6,198 registered voters in LW, 2,227 potential voters are Democrats, 2,580 are Republicans, 1,181 are No Preferred Party, seven belong to the Green Party, five to the Peace & Freedom Party, 177 to the American Independent Party, 17 are Libertarians with the remaining four persons unidentified as to party.

Despite the fact that Leisure World residents have one of the

highest voter participation record in Orange County, 1,963 of the 6,115 registered voters at the time did not vote in the 2018 primary election.

The board also adopted policies and procedures for the selection of the 2019 Democrat of the Year award. Previous award winners Clara Wise and Mary Larson were appointed to receive nominations from club members for the award. All nominations must be received no later than April 13, with the final selection to be made by vote of the board no later than May 20. The award will be presented at the club's annual fundraiser breakfast on Saturday, July 13.

ELECTIONS
From page 5

4:30 p.m. on Friday, April 5.

When turning in the Application for Candidacy, Eligibility Disclaimer, and statement, members must show their current Leisure World photo identification card. Candidates will receive a receipt when turning in their application materials.

Article VI, Election of Directors, Section 1, Qualifications, of the GRF By-Laws sets forth that Directors of the GRF Board of Directors shall not be qualified to serve on the Board if they are a member, officer, or director of various organizations, entities, or governmental bodies. Examples include a Director of a Mutual Corporation, member of a City Council, Planning Commission, Board of Supervisors, etc. Further, to avoid any potential conflict of

interest, no member of the GRF Board of Directors or their spouse may be employed by the Golden Rain Foundation. GRF Board candidates shall sign an Eligibility Disclaimer stating that they are eligible to serve as a Director.

Candidates who complete a timely Application for Candidacy (or are nominated by a Mutual's nominating committee or board) will be listed on the Secret Mail-in Ballot. Packets containing the Secret Mail-in Ballot, postage-paid envelopes, balloting instructions, and deadlines will be mailed to each household in the even-numbered Mutuals on Thursday, May 2. The GRF By-Laws have no provisions for write-in candidates on the ballots or for nominations from the floor.

For further information on being a candidate for the GRF Board, call 431-6586, ext. 346, for Stock Transfer or ext. 303 for the Board of Directors Office.

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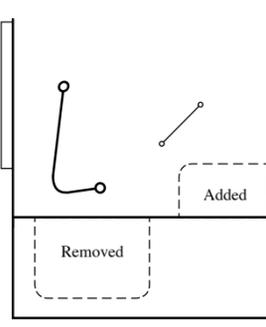
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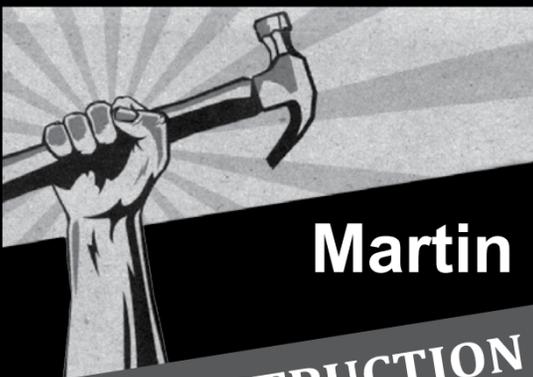
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GREER

From page 7

Rule 2: There is no bright side. Nothing you can say is going to remove their grief permanently. Offering a statement like "at least he's no longer suffering" provides no consolation to someone who is still feeling the pain of their loved one's passing. Instead, offering loving hugs and empathetic listening is as soothing as reminiscing over good memories and good times shared with the deceased.

Rule 3: Be careful with religion. Unless you both share the same beliefs, sharing your faith at that time often adds insult to injury. The best comments are those that let others know that you are genuinely sorry for their loss and that you are there to share in their grief and be of service.

Rule 4: Let them feel. Grieving requires us to express feelings in ways we may have never experienced. Telling them how they should feel, and how long they should mourn is none of our business. Give them some space and time to work toward closure.

Perhaps Washington Irvine said it best when he passionately stated, "There is a sacredness in tears. They are not the mark of weakness, but power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love." The best thing each of us can do is to be the loving companions of the grief-stricken. Just as Steven Eastmond learned from his years of service as a hospice social worker, "I have learned that grief is the price we pay for loving someone, and that price is worth it"

BEIT HALEV

Weekly services can be accessed online

Beit HaLev services are accessed online at Livestream.com/Galityomtov and Facebook.com/galityomtov.

In addition to the Sabbath services, Rabbi Galit Levy-Slater conducts a short weekday Ma'ariv service on Thursdays at 4 p.m.

WHEN

From page 4

than 800 were served to 250 Leisure Worlders to mark Shrove Tuesday (the day before Lent).

March 18, 1989 - George Brown of Mutual 14 announced that he would run for a seat on the Senior Legislature, a group of elder representatives that assist in creating bills effecting seniors. It was the first of a number of elective offices Mr. Brown won over the years.

March 11, 1999 - The Trailer Club was installing a new office on the lot to replace the original LW front gate building. The structure replicated the gate building that remains in use at the St. Andrews Gate.

JUST A COMMENT: For more information on the Leisure World Historical Society, go to www.lwhistory.org

on SimShalom.com.

Beginners Hebrew class continues on Wednesday afternoons. To learn Prayerbook Hebrew or Modern (conversational) Hebrew, contact Rabbi-Cantor Galit at 715-0888 /or duets@icloud.com for information regarding day and time.

DUCKS
From page 15

Henry and Susan Samuelli took ownership of both the team and the venue management company. In 2006, the team's name was changed to the Anaheim Ducks, and the official name of the arena was changed to Honda Center.

Replays of game highlights can be viewed on the Honda Center scoreboard, which measures 27 feet tall and 47 feet, 10 inches wide and has the clearest and highest definition picture available in any North American venue.

Tickets are on sale at the Recreation Office in Building 5 for \$80, including transportation and fees. Make reservations by emailing events@lwsb.com, in person, or by calling 431-6586, ext. 326 or 324. Guests are welcome but must be accompanied by a GRF member.

Accessible seating is available for this event, if requested at the time of purchase.

Replace expired decals at CH 5

Expiring resident decals are replaced in the satellite Security Office, downstairs in Clubhouse 5. Bring a resident ID card, valid driver's license, current car registration and insurance card when applying.

Decals are issued 8 a.m.-4 p.m., Monday-Saturday, unless the weather is damp.

News copy deadline is 4 p.m., Thursday, one week prior to the desired publication date.

Classifieds

Classified Index

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- Announcements
- Cards of Thanks
- Lost & Found
- Personals

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- Carpeting & Flooring Sales & Installation
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Merchandise

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- Autos, RVs, Trailers For Sale
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Real Estate

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- Carports/Carport Lockers For Rent
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- L.W. Apts. - for Rent
- L.W. Apts. - Want to Share
- L.W. Apts. - Want to Buy
- L.W. Apts. - for Sale

ANNOUNCEMENTS PERSONAL

SHAKLEE delivered to your door. LW daughter Sandy (Vandewoude) Fikse. 562-618-8731. 05/16/19

GENERAL

Skylight business for sale. Ted Nowell 562-430-1104. 03/28

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN0001. 06/13

Personal Income Tax (개인세금보고) Tony B Jin (진봉진) Enrolled Agent to practice before the IRS. C. (847) 421-0204 Leave the text messages. SBLW Resident (Home Office). Retired CPA. 04/18

GARDENING

FRANK'S GARDENING SERVICE

Complete maintenance and landscape. Serving Leisure World since 1978. Planting, clean-ups, fertilization. New lawns, etc. Offering my services to all Mutual's. Honest and reliable. State Contractor's License #779462. Call 562-863-7739, 562-743-3832 or 714-527-1172.

HANDYMAN SERVICES

Richard's Handyman Service - Big or small, I do it all. Give me a call. 562-387-5187. Seal Beach Business License HUG0002. 03/14

Handyman Rick - Assembly/Installation TV wall mounts, carpentry, painting. Messages (562) 598-1000. Seal Beach Business License #RIL0001 03/21/19

MP CONSTRUCTION General Contractor Specializing in remodeling, Additions, Reconstruction, Window replacement and more! Call for a free estimate. **562-746-5400.** License #954725. 08/29/19

LW DECOR INC. 562-596-0559 Sound proof walls. Triple pane windows. Ceiling made smooth. Recessed lights, tile, laminate installation, crown molding, window frames painted white. Lic. #723262. 02/07 **LW DECOR INC. 562-596-0559**

JR HOME REPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764. 04/11

FLOOR COVERINGS

562-596-0559 LW DECOR INC. Tile, laminate, vinyl plank, patio carpet. 40 ears in Leisure World. Contractor License 723262. 04/11 **562-596-0559 LW DECOR INC.**

CARPET & UPHOLSTERY CLEANING & REPAIR

CARPET CLEANING SPECIALS!!!!!! DEALS!!!! Carpet cleaning \$40 per room minimum 2 rooms. Upholstery/Tile & Grout, and much more cleaning. Tito 562-658-9841. 05/16

Puzzle Answers

Puzzle page 22

SCRABBLE GRAMS SOLUTION									
W ₄	A ₁	R ₁	L ₁	O ₁	R ₁	D ₂	RACK 1 =	61	
D ₂	A ₁	R ₁	K ₅	I ₁	S ₁	H ₄	RACK 2 =	67	
A ₁	T ₁	T ₁	I ₁	R ₁	E ₁	D ₂	RACK 3 =	58	
M ₃	A ₁	Y ₄	W ₄	E ₁	E ₁	D ₂	RACK 4 =	66	
F ₄	A ₁	I ₁	R ₁	I ₁	S ₁	H ₄	RACK 5 =	76	
PAR SCORE 265-275							TOTAL	328	

Crossword Answers

J	O	S	E	C	L	A	W	S	M	E	S	A	O	G	H	A	M		
A	B	E	L	A	L	L	I	E	A	X	E	L	P	O	O	L	E		
M	O	R	E	M	O	O	L	A	P	H	I	L	A	L	L	A	N		
B	L	A	C	K	E	Y	E	D	S	U	S	A	N	A	L	D	E	R	S
T	R	O	D	S	I	R	L	E	S	L	I	E							
S	C	A	R	E	D	E	L	E	T	A	N	N	E	S	T				
P	H	E	A	S	A	N	T	S	E	Y	E	B	A	S	E	R	A	T	E
I	A	N	S	L	O	O	P	S	C	A	T	O	V	E	N				
L	I	E	S	I	N	T	I	M	E	U	N	I	V	D	E	N	T		
T	R	I	T	E	E	R	A	S	E	R	C	I	A						
D	U	T	C	H	M	A	N	S	B	R	E	E	C	H	E	S			
C	O	O	L	E	E	R	E	D	A	M	I	R	S						
S	T	A	B	Y	U	L	E	S	O	N	N	E	T	S	T	E			
T	O	F	U	D	A	D	E	C	A	T	E	R	U	S	E				
O	R	A	T	O	R	I	O	L	A	D	Y	S	S	L	I	P	P	E	R
P	O	R	T	I	O	N	L	I	L	I	P	A	S	T	E				
E	L	O	I	S	E	A	V	A	B	R	E	R							
E	S	P	R	I	T	C	H	I	N	E	S	E	L	A	N	T	E	R	N
G	L	A	C	E	J	A	M	S	S	C	O	O	T	N	C	A	A		
G	E	N	U	S	A	L	A	I	T	I	N	C	T	E	R	G	S		
S	W	E	P	T	Y	E	N	S	S	I	S	S	Y	R	U	S	H		

Sudoku Answers

3	4	6	7	1	5	9	2	8
8	1	2	6	3	9	5	7	4
7	9	5	2	8	4	1	6	3
1	2	9	5	4	7	8	3	6
5	3	4	1	6	8	2	9	7
6	8	7	9	2	3	4	5	1
4	6	3	8	9	2	7	1	5
9	5	8	3	7	1	6	4	2
2	7	1	4	5	6	3	8	9

The Basic Rules of Sudoku:
 • There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved correctly is when all 81 boxes contain numbers and the other Sudoku rules have been followed.
 • When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the course of the game.
 • Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same.
 • Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
 • Each block must contain all of the numbers 1 through 9 and no two numbers in the same block of a Sudoku puzzle can be the same.

Jumble Answers

Jumbles: ADMIT PLUME ORNERY HUMANE
 Answer: The tree wasn't growing coconuts like it should, and in order to find out why, they hired a — PALM READER

Classifieds

PAINTING

Bel-Rich Painting - Free estimates, small/large jobs, entry doors, skylight wells. Contractor's License #705131. 714-220-9702. 03/28

LADY PAINTER

Cindy Beateay 714-356-1539. Interior paint and specialty finishes, cabinets, murals and more. Lic. #1033927. 03/21

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call **Jerry (714) 826-8636**. CA State License #675336. 03/14

562-596-0559

LW DECOR INC.

Premium paints, primer all wood. 40 years in LW. Contr. license #723262. **LW DECOR INC.** 562-596-0559. 04/11

SCREEN SALES, SERVICE & INSTALLATION

PROFESSIONAL MOBILE SCREEN SERVICE

New screens, re-screening, screen doors, retractable screens, new and repair. Call today. (562) 493-8720. Since 1988. State Contractors Lic. #578194.

SKYLIGHTS

CLEAN, REPAIR, REPLACE. Ted and Jeri Howell, "The Handy Couple" LW residents. Licensed and insured. (562) 430-1104. Seal Beach License #NOW0001

WINDOW COVERINGS

LW DECOR INC.

Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262. 04/11

LW DECOR INC.

562-596-0559

LEISURE WORLD HELPING LEISURE WORLD

Y's Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call week days between 9 am-5 pm, 562-296-8782, 562-493-6291.

"ROLLIN THUNDER" GOLF CART CLUB

Offers FREE inspections and advice on buying and repairs of your golf cart. 562-431-6859.

Let's raise your ears - I'll make you look your best! Call 562-565-3683.

Does your walker need new tennis balls? Delivery and installation provided. Please give your name and phone number. Maria Giegerich 562-596-9983. Free of charge.

Classified deadline is **2:00 p.m. Monday**, for Thursday's publication

HELP WANTED

Quality caregiving - No need for cleaner, or ordering food. I do it all! Seeking 4-5 hrs per day at minimum wage. Impeccable references. Call Duke 562-430-1956. 03/14

BEAUTY SERVICES

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341 License #KC75538. 03/14

Hair stylist, 35 years experience at ABC Extension Salon. Roller set, perm, color, and more. In-home appointments available. Call Mavis 714-757-0187. License #KK203303. 10/03/19

Hair and Nail Salon

Hair Stylist, 25 years experience. Shampoo and roller set, cut, perm, color, manicure/pedicure. Warm and friendly service. Available for in-house appointments for special occasion, \$100+. Tammy Nguyen, 714-425-4198. Phenix Salon. 07/11

Yvonne with 25 years experience, will do shampoo/sets, perms, hair cuts and tints at Phenix Salon. (714) 855-8465. Seal Beach Business License MOR0008. 03/07

HOME CARE PERSONAL ASSISTANT



Do you need a FUN, organized, trustworthy travel companion, caregiver or pet care? Discounted Live-In, EXCHANGE for Excellent care? Local References. Custom Care by Trina 408-515-2419. 03/14

MOST AFFORDABLE RATE

Affordable rates with optimum service, 23 years experience LW, reliable, honest caregivers. Licensed, 24 hour, part time, doctors, appointments, references, fluent English. Ann 714-624-1911, Heidi 562-277-3650. Seal Beach License #HYC0001. 06/20/19

Maria's experienced caregivers, run errands, Dr's appointments, cleaning, cooking, part time, full time, live-in (562) 230-4648. Seal Beach Business Lic #CAM0006. 07/25

CHRISTIAN HOME CARE

Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor's appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 10/17/19

Just Like Your Daughter Personal Assistant/ Girl Friday

Available for: errands, scheduling and transportation for medical appointments, patient advocate, shopping, domestic organization, paperwork, bill pay All with compassion and care.

Just Like Your Daughter Call Janice, 714-313-4450

SB Lic. #JUS0006/Bonded. 03/28

EXPERIENCED CAREGIVER Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please Call **Pampet: 562-371-4895**. Seal Beach License PAN0003 04/11

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state. Gloria 949-371-7425. 05/23

Need personal assistant? Female. Call Liz: 562-375-5939. 03/14

Need Caring Caregiver?

Live-in or live-out. Meal preparation, baths, shopping, laundry, doctors. Pierre's Caring Heart 714-337-6152. Seal Beach Business License RAZ0002. 05/23

I will care for male or female. I do light housekeeping, grocery shopping, laundry, doctor's appointments and all other needs. 562-370-4544. Seal Beach License #MAD0010. 05/30

HOUSE CLEANING

MOVE-IN, MOVE-OUT WINDOWS, HOUSECLEANING CALL PHIL AT 562-881-2093 Over 30 years Experience! Seal Beach Business License #AB0001. 04/25

Patricia Housecleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659. Seal Beach License LUC0001. 05/23

ELLY'S CLEANING SERVICE

Weekly, bi-weekly service. Excellent referral in Leisure World. Nearly 20 years experience. Seal Beach Business License BEN0001. Call Ely at (714) 476-2100. 04/11

MAGALY'S CLEANING SERVICE

We make your home sparkle! 7 days - call anytime! Complete cleaning. Seal Beach Business License & M0001a. Call 562-505-1613. 04/25

General housekeeping, 30 years of experience. Bi-weekly or monthly. Seal Beach Business license RAZ0002. Call Gloria 949-371-7425. 05/23

GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning General housecleaning Excellent referrals in LW (562) 307-3861. 20 years experience. Seal Beach Business License gra0006. 04/18

COMPUTERS

COMPUTER REPAIR 562-733-9193

Virus removal. Expert in all computer systems. John Fuhrer, LW Resident. Seal Beach License FUH0001. 03/14

FRUSTRATED (562)755-6199

Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 12/05/19

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

Pride Victory 10 Scooter for sale - only 1 year old. Includes rear basket and cane holder. \$1,200. 310-428-7713. 03/14

For sale - 4 wheel Little Rascal Scooter. Runs great! \$300. 651-261-6308. 03/14

Front wheel power Wheelchair "Titan X23", red. Full Back Captain's Seat, 20" x 20". \$850. Power Scooter "PRIDE MOBILITY VICTORY 9, 3 WHEEL MOBILITY", blue. \$650. 562-644-5343. Location: Hawaiian Gardens. OFFERS WILL BE ENTERTAINED. 03/14

Almost new Pride Scooter Rev. 2.0 breaks down into 5 pieces for easy transporting and storage. \$1,400. 562-225-9835. 03/14

PET SERVICES

In-home groomer for cats & small dogs. Bathing, nail clipping. Karen 562-433-4887, 562-544-9555. SB License #JEN0006. 03/14

TRANSPORTATION

Personal driver. LW resident. Goes to airports, doctor's offices, stores, etc. for shopping or doctor's appointment. Drives by Gary. 714-658-9457. 03/14

Need a lift? Pam Miller. LW Resident. 310-227-1258. 04/04

Need help on transportation for errands & personal assistant? Male/female. Please call: Liza 323-445-4937. 03/14

Do you need a ride to the doctors, store, airports or errands then I'm your man. I have been giving rides in LW for 3 yrs. Just call Russ 714-655-1544. Rides by Russ. 03/14

AUTOS/BOATS/RV'S TRAILERS WANTED

ANY KIND OF CAR

Boat, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 05/02

Want to buy a car in running condition. 562-596-4888. 03/14

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS

Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 03/07

2007 P/T Cruiser, 2 door. Convertible. 130K miles. L/W owner. Price \$2,200. 03/14

2004 Toyota Tundra SR5 hand controls, electric chair lift and shell. 161,000 miles. \$12,500. 03/14

MOVING, HAULING & STORAGE SERVICES

A FRIEND AND A TRUCK

Your moving service, any size job. Call 310-387-2618. Business License RO263644. 03/14

J&D HAUL AWAY AND CLEAN-UP SERVICE

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787. 05/23

ESTATE/MOVING/PATIO/CARPORT SALES

All advertising offering to purchase entire households of goods and furniture (estates) or offering to conduct estate or patio sales for the owner or heir(s), and all advertising announcing such sales, shall contain the name, address and telephone number of the person or business soliciting such purchases or conducting such sales. All advertising for estate or patio sales conducted by the owner or heir(s) shall contain the words "by owner" or "by heir(s)." *****

Patio Sale by owner - Mutual 1, 13671 Annandale. March 14, 15, 16. 9-3 p.m. Jewelry, dishes, baskets, bread maker, fryer, iron ladder, table & chairs, curio cabinet, suitcases, purses, clothes.



Read the paper online! www.lwsb.com/newspaper

Estate Sale - 1351 Oakmont Rd., Mutual 7, Apt. 148J. Thursday, March 14 and Friday, March 15, from 8:30-2pm. Reclining sofa, cherry dining set, buffet, sofa table, island/bar, mahogany desk, office chair. Henckels knives, Howard Miller clock, 42" TV, embroidered linens, tulip lamp, Lenox figurines. Costume jewelry, ladies clothing (size M/L), lots of purses and wallets. Men's NEW tennis shoes (size 10 to 11-1/2). Hallmark ornaments, retro office products, NEW queen sheet sets, heater, air cooler, vacuum, steam mop, ladder. Estate Sales by Docia Drake, 714-514-8232. PO Box 427, Seal Beach Bus. License ESD0001.

MISCELLANEOUS FOR SALE

Human Touch recliner, rusty/brown, good condition. \$650. 562-296-5986. 03/14

Exerpeutic stationary bike. Shows pulse, calories, distance, time, speed. Brand new condition. \$55.00. Call Deane 562-799-9379. 03/14



Want to Place an ad or Renew your current one? Call (562) 430-0534 or send an e-mail to katyal@lwsb.com



JOYCE REED Resident Broker Notary Available 596-8656

New Listing



Mutual 1, 54H Beautiful expanded 1-bedroom with many, many extras.



Mutual 5, 123-F 2-bedroom expanded corner, 1-1/2 baths. Freshly painted throughout

Mutual 7, 152-A \$255,000 Partially expanded corner. Southfacing patio, wood, microwave, nice carpeting, shutters and front parking. **Unbelievable Real Estate** DRE#00460268



Erika Shapiro
BRE # 01448494

Resales Specialist
Mut. 17 Resident

Traveling Notary
562-208-5223

Partially Expanded
2 BDR/2Baths with all the bells and whistles - dishwasher, washer & dryer, central A/C & heat, 4 skylights. Walk to golf course
Mutual 11, 284D \$189,000

1 BDR, Enclosed Patio
Skylights, fresh paint, Facing South/West
Mutual 2, 57C \$152,000

Fully Expanded
2-BDR, 1-1/2-bath on pretty green. Granite counters, engineered wood floors, maple cabinets, washer/dryer, central A/C heat.
Mutual 12, 59F \$395,000

Basic, Fixer Corner
Great Greenbelt A/C, cut-down shower,
Mutual 9, 219F \$190,000

2 BDR/ 2 Bath, Drive-up
A/C Heat Pump, New kitchen, Granite Counters and more
Mutual 15, 1G \$285,000

Basic 1 BDR, Move-in Ready
Pretty greenbelt view. New paint, Newer laminate flooring, A/C heat pump. Walk to churches.
Mutual 1, 63B \$152,500

Basic Corner, Enclosed Patio.
A/C Heat Pump, Great location, needs a little TLC
Mutual 9, 225F \$225,000

Basic 2 BDR/ 1 Bath
screened in porch, skylights, all new windows
Mutual 5, 103K \$225,000

Basic 2 BDR/ 1 Bath
Fresh paint, new laminate flooring, A/C heat pump, close to parking
Mutual 9, 210H \$195,000

2 BDR, 1-1/2 Bath Corner
Fully Expanded on a pretty Greenbelt, Granite Counters, Laminate Floors Central A/C Heat
Mutual 12, 64A \$389,000

1 BDR - Fully expanded
Pretty greenbelt view, laminate flooring, centrally located
Mutual 1, 23D \$179,000

1 BDR Basic, Drive-up
Move-in ready. Laminate flooring, Plantation shutters, washer/dryer, A/C Heat Pump, Dishwasher, walk-in closet, custom fridge.
Mutual 9, 231E \$185,000

Best Buy
2 BDR, 1 Bath Basic Drive up, facing West. Very Private
Mutual 4, 52B \$175,000

2019 ESCROWS
Mut. 8, 183E \$220,000
Mut. 17, 93A \$369,000
Mut. 11 284D \$189,000

I SOLD 26 in 2018
I SOLD 34 in 2017
I SOLD 47 in 2016
I SOLD 36 in 2015
I SOLD 35 in 2014
I SOLD 60 in 2013
I SOLD 42 in 2012
I can sell your's too!

Service Is My Priority!
Call me for a FREE market evaluation

Leisure Living Resales

Honey, Stop the Golf Cart!
2 Bedroom, 1 Bath Mutual 7
Central Park, 180° Greenbelt Corner
Location You've Been Looking For **COMING SOON**

1 Bedroom, Mid Century, Mini Estate, Drive up to Amazing Mutual 7

Mutual 15 expanded drive up corner
Greenbelt, Laundry, and Central AC



ISLANDS IN THE SUN

2 bedroom, 2 Bath, Seeing is Believing
Fully remodeled, Great Views, Tranquil Setting
1901 McKinney Way 16Q - Mutual 15 **\$364,900**



2 BATHS, LAUNDRY, BEAUTIFUL
\$349,000

Remodeled and Stunning
Skylights, Storage Room, Zoned AC, NICE ONE
1321 Prestwick Rd 147E - Mutual 7 **\$349,000**

- Record Sale Prices
- Minimum Days on Market
- Sound Good? Call Me.

JOHN WEBSTER 818-398-4124

johnwebster@firstteam.com CalBRE# 01976550
Realtor® Certified Re-Marketing Specialist



FIRST TEAM REAL ESTATE

NO ONE KNOWS LEISURE WORLD LIKE WE DO!

Mr. Hank & Associates are LW Residents
Leisure Living Resales, Inc.

13918 Seal Beach Blvd., Seal Beach, CA 90740

(562) 493-6601

leisurelivingresales.com

Lic. #636260

OVER 20 YEARS OF DEDICATED SERVICE IN LEISURE WORLD

Erika:

- M12 59F 2 BDR, 1-1/2-bath, pretty green \$395,000
- M11, 267H 1 BDR Partially expanded, Turnkey, \$189,000
- M15, 1G 2 BDR/2 Bath Downstairs, new kitchen, \$285,000
- M12, 64A Fully Expand Corner, 1-1/2 bath, move-in ready \$389,000
- M9, 219F Basic, fixer corner great greenbelt, A/C, cut-down shower, \$190,000
- M9, 210H Basic 2BDR/1 Bath, \$195,000
- M1, 63B 1 Bedroom Move-in ready \$152,500
- M11, 284D - 2-BDR, 1-bath fixer, drive-up \$189,000
- M1, 23D Fully Expanded 1 Bedroom \$179,000
- M9, 225F South Facing Corner \$225,000
- M5, 103K Basic 2 BDR/1 Bath, new windows \$235,000

Joanie:

- M14, 33B 2 Bedroom 1 Bath, Partial Expansion, Front Patio, Great Garden, Sunny Location \$235,000
- M10, 241C Remodeled Kitchen w/Peninsula 2 bed 1 bath Front Porch, Greenbelt \$299,000
- New Listing M5, 92H 2 Bedrooms 1-1/2 Bathrooms, Partial Expansion 4 Skylights, New Windows, \$259,000
- COMING M6 2 Bedroom 1 Bath Expanded Unit with side Patio and Great Greenbelt. \$210,000
- COMING M6 1 Bedroom 1 Bath Basic, Lowest dues in M6 \$145,000
- M12, 9F 2 Bedrooms, 2 Full Baths, Fully Expanded Corner, Great Location, \$425,000 - ESCROW

Helen Blizzard:

- M5, 124B 2 BR, 1 bath, loaded with upgrades. Side patio enclosed adds extra room. New heat pump \$238,500
- M6, 144L 2-bedroom, 1-bath, expanded corner, drive up Reduced to \$275,000
- NEW M9, 237G 2 BR/ 1-1/2 Bath Expanded Corner. Many upgrades including new laminate flooring, new paint and new washer and dryer. Super Clean Reduced to \$364,000
- Coming Soon 1 bedroom/1 Bath, Basic, Very Private

Hank: Buyers Only!

- Mr. Hank Offers \$2,500 Move-in Cash (at C.O.E.)
- On any of his corner listings
- M4 - 44G Fully Expanded 2 Bedroom. Gorgeous unit.
- M5 - 96G Fully Expanded 2-BDR, W/D. Green Acres
- M14 - 18G Fully Expanded 2-Bedroom, 2-bath, washer/dryer, private office. Walk to golf.

Call Joanie
Mutual 10, 241C

2 Bedroom 1 Bath. Remodeled Kitchen with a 28" x 105" Peninsula, new flooring, recently painted, Front Porch on a Greenbelt **\$299,000**



Erika - M17
(562) 598-7616



Joanie - M6
(714) 308-8034

Call Helen
Mutual 9, 237G

Expanded Corner
2 BR/ 1-1/2 Bath Many upgrades including new laminate flooring, new paint, new W/D. Super Clean A/C heat. **\$364,000**



Yong Pyon - M1
(310) 658-0379



Helen Blizzard
M14 (562) 896-1191



Carl Kennedy
M14 (661) 810-9410



Young Ro - M7
(714) 504-2541



Mr. Hank
(562) 743-8473



Verna Chumley
562-221-3113

Charles Briskey
Real Estate
On-Site Sales

Lic. #01237297

DRE: 00753726

DRE: 00753725



Sylvester Chumley
714-655-6033

NEW LISTINGS



Mutual 2 - 23L
\$489,000

Two-bedroom modern expansion with everything! Two full baths; central air/heat; washer/dryer; crown molding.
A Real Beauty!

Mutual 1 - 35F - \$224,900
Two-bedroom corner unit; Great for remodel!

Mutual 12 - 10I - \$229,000
Two-bedroom unit on lovely green; washer/dryer

Mutual 15 - 41Q - \$265,000
Two bedrooms, two baths, open balcony; Lots of room!

Mutual 15 - 46M - \$299,000
Two bedroom, Two bath Upstairs Unit; Faces the breeze

Mutual 16 - 53J - \$165,000
One-bedroom unit on lovely greenbelt

Mutual 8 - 197F - \$269,000
Fully expanded two-bedroom corner unit; On street

Mutual 2 - 69I - \$179,000
Expanded one-bedroom unit; On pretty green

Mutual 7 - 173K - \$194,500
Great price; Location/Location - Close to Central Park; Steps to laundry; Desirable East facing; Wide courtyard setting

Mutual 5 - 121H - \$279,777
Fully expanded two-bedrooms Very clean unit; Fabulous "downtown" location

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Mutual 12 - 36c
2Bd/1Ba Corner facing SW Expanded 1150sq. Central A/C, shutters, wood floors Triple-Pane Windows, Granite, SUPER NICE! Move-In Ready!!! **\$349,900**

COMING SOON
Mutual 10 - South Facing 1B/1Ba
New Floors/Paint/CUTE UNIT!

Mutual 4 - 2B/2Ba Remodel
All new Pristine GORGEOUS Unit!

Mutual 14 - 2Bd/1B Golf Course View
So. Facing, Extended unit, new paint



Mutual 14 - 48i
2Bd/1 Ba **\$211,500**



Mutual 14 - 20i
2Bd/1Ba **\$180,000**

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Robin Gray & Barbara Diette-Dobias

Robin Gray
 (562) 209-5605
 rwgraysales@verizon.net
 DRE 01027333

Your Leisure World Sales Team



Barbara Diette-Dobias
 (562) 754-5628
 barbaradobias@gmail.com
 DRE 00887640



13926 Seal Beach Blvd., Seal Beach, CA 90740 (Located in the shopping center, behind Carl's Jr.)

Take Your Pick— Beautiful Mutual 9 Corner Units

2-bed, 2-bath, central heat/air, washer/dryer, walk-in closets, bowed bay windows



Mutual 9-210-G \$479,000
 GORGEOUS BRAND NEW REMODEL, 1100 sq ft with large stone patio on a pretty green with large tree. Bay-bowed windows, granite, laminate wood floors, designer paint, lots of storage... Ready for you to move in!!



Mutual 9-218-F \$489,000
 ELEGANT - ONE OF A KIND Convenient drive-up with extra parking. Gourmet kitchen and huge master bedroom. A unique design with tile flooring throughout, canned lighting, plantation shutters and skylights. A MUST SEE!



Mutual 6-140-K \$349,000
 2 Bedroom, 1 Bath Basic. Newer windows and two sliders to the front patio, Heat Pump, Cut Down Shower, white cabinets, Solar Tube in kitchen and Skylight in bathroom and patio, Mirrored Wardrobes, and Laminate floors in bedrooms.



Mutual 2-1-B \$233,500
 Charming 2-bed - 1-bath with expanded living room and bedroom with huge walk-in closet, dual-pane windows, laminate floors, cozy private patio, three skylights and a heat pump. Light bright home ready to move in.



Mutual 6, 140-L \$349,000
 NEW LISTING 2 bedroom, 1-bath east facing corner drive-up, expanded with a cozy patio. Forced-air heating & air - washer-dryer bay window in living room, dining room, designer ceilings, crown molding, huge skylight and pantry in kitchen, microwave and dishwasher, tasteful, soft colors throughout and delightfully decorated throughout.



Mutual 12-55-C \$260,000
 ABSOLUTELY THE MOST FOR YOUR MONEY. 2-bedroom 1-bath fully remodeled kitchen and bath, stainless steel appliances, granite counter, extra large skylights, hard wood floors throughout. THIS IS A MUST SEE HOME. You cannot do these up grades at today's prices. Truly one of a kind.

NEW LISTING \$217,000
 South Facing - 2 Bedroom, 1-Bath with an expanded bedroom and living room and a cozy private tiled patio. Drive-up with assigned parking directly across. Call us to see - This one is priced right



Mutual 6-132-F \$269,000
 PRICED REDUCED - 2 BEDROOM - 1-1/2 BATH south facing corner with an expanded bedroom with a huge walk-in closet and expanded living room. Heat pump, dishwasher.



Mutual 12-6-G \$329,000
 REDUCED - Close to downtown. 2-Bedroom, 1-Bath, fully expanded drive-up corner. S/W facing. Light/Bright. Move-in ready.



Mutual 5-98-H \$175,000
 NEW LISTING ... Gives us a call to see this one bedroom that is lovely and different from the norm - and is more like a studio than a one bed!!! All new paint, new linoleum in the kitchen and bath, freshly cleaned newer carpet, walk-in closet, enclosed patio room with storage, raised wall and dual pane windows, heat-pump, stackable washer/dryer, more!!



Mutual 15-23-R \$364,900
 Upstairs overlooking a green on one side and a tree lined courtyard on the other sits this GORGEOUS remodeled 2 bedroom, 2-bath! Open concept living room, dining room and kitchen with W/D, central/heat-air, dual-paned windows/sliders, beautiful floors, marble counters, stainless steel appliances, clear glass shower enclosure, more.

Check out our website sealbeachleisureworld.com for more listings and how to purchase in Leisure World Seal Beach



Jim Duncan
 Broker/Manager



Susie Allen



Barbara Diette-Dobias



Robin Gray



Kathy Gupton



Gloria Hadley



Edwina DiMario



Vickie Van Ert



Mary Chittick



Diana Flores

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 Seal Beach, CA 90740

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Two-Bedrooms

- Mutual 3 6B** \$199,000 **Fully expanded**, tile flooring, skylights, flooring allowance
- Mutual 6 140K** \$224,500 **Newer windows**, lam. flooring, tile kit. and bath, solar
- Mutual 2 63D** \$229,000 **Tile flooring**, double pane windows, new paint
- Mutual 2 26I** \$229,000 **Tiled kit.** and bath floors, plantation shutter, skylights, nice
- Mutual 2 1B** \$233,500 **Partial expan.**, dual pane, lam. floors
- Mutual 2 38G** \$245,000 **Corner, drive-up**, fixer, won't last
- Mutual 3 15F** \$259,500 **Corner**, high side expansion, drive-up, nice
- Mutual 11 282B** \$265,000 **Partial expan.**, lam. floors, tiled entry
- Mutual 6 132F** \$269,000 **1-1/2 baths**, corner partial expan. drive up
- Mutual 12 55C** \$274,900 **Completely remodeled**, hardwood floors, granite counters, very nice
- Mutual 15 23L** \$304,000 **2 baths**, washer/dryer, expanded, dual pane windows
- Mutual 5 124L** \$310,000 **Full expan.**, corner, drive up, lam. floors
- Mutual 3 36A** \$325,000 **1-1/2 baths**, washer/dryer, partial expan
- Mutual 15 3K** \$325,000 **1-3/4 baths**, washer/dryer, granite counters, sharp
- Mutual 1 37G** \$345,000 **Full expan.**, cent. air, newer carpet, greenbelt, dishwasher
- Mutual 9 236G** \$345,000 **Full expan.**, corner, remod. kit. & bath, greenbelt
- Mutual 9 215L** \$349,000 **1-1/2 baths**, corner, dual pane, custom wood cab. wood flooring
- Mutual 15 23R** \$364,900 **Washer/dryer**, cent. air, btfl. remod.
- Mutual 6 128G** \$375,000 **Washer/dryer**, dual pane, bay window, Corian counters
- Mutual 8 189F** \$389,000 **Btfl. remod. corner**, 1 1/2 baths, washer/dryer, greenbelt
- Mutual 5 101A** \$420,000 **1-1/4 baths**, corner, bay windows, hardwood floors

- Mutual 15 28G** \$425,000 **Atrium**, 2 baths, cent. air, remodeled
- Mutual 11 267A** \$429,000 **Btfl. expanded corner**, washer/dryer, must see
- Mutual 9 226L** \$447,000 **Great greenbelt**, remodeled, washer/dryer, move-in-condition
- Mutual 9 222A** \$450,000 **New remod. corner**, large custom kit., 2 3/4 baths, washer/dryer
- Mutual 9 210G** \$496,000 **Gorgeous corner**, greenbelt, washer/dryer, 2 baths
- Mutual 9 218F** \$489,000 **One of a kind**, 2 bathrooms, washer/dryer, private location

One-Bedrooms

- Mutual 1 9D** \$157,500 **Lam. floors**, nice patio, shows well
- Mutual 9 227D** \$162,000 **Faces west**, drive-up, new laminate floors and paint, heat pump, very nice unit
- Mutual 1 42J** \$165,500 **Move-in condition**, newer counters, paint, lam. floors
- Mutual 9 215D** \$167,000 **Full expan.**, greenbelt, move-in-condition
- Mutual 1 66D** \$168,800 **New lam. flooring**, new heat pump, super clean
- Mutual 1 15J** \$170,000 **Expanded**, greenbelt, move-in-condition
- Mutual 1 42H** \$175,000 **Enclosed patio**, move-in-ready new flooring
- Mutual 5 98H** \$175,000 **Washer/dryer**, newer flooring, shows great
- Mutual 9 233H** \$189,000 **Full expansion**, lam. floors, dual pane, move-in-condition
- Mutual 3 14I** \$197,000 **Expanded**, granite counters, skylights, greenbelt
- Mutual 1 25D** \$210,000 **Decorator's dream** this one is special, must see



Claudette "CC" Cooley



Linda Patton



Adrian Villarreal



Leah Perrotti



Jay Cho



Estee Edwards



Conrad Rodriguez



Irv Hart



Rosie Wang Davis



Tim Kearns



Jong Kim



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Mutual 9, 236G \$345,000

Beautifully expanded kitchen features built-in stainless steel appliance and granite counters with tile backsplash. Spacious living room has side expansion. Master bedroom is fully expanded with walk-in closet. Remodeled bathroom has new cabinetry with granite counters and double sinks, cut-down shower. Skylights in kitchen and bath; ceramic tile flooring throughout; double-paned windows; and sliding door from living room to private tile patio. This charming home overlooks beautiful greenbelt.



Mutual 15, 23L \$304,000

Lovely upstairs expanded unit with beautiful leaded glass entry door, spacious living room expansion that may be used for office or den. Dual pane windows. Kitchen has built-in appliances including dishwasher, white cabinets and white counter top, dining room has ceiling fan. Master bathroom has tub with enclosed shower, stackable washer/dryer. Second bedroom with mirrored closet doors and extra storage, second bathroom with skylight and cut-down shower. This unit is move in condition.



Mutual 5, 124L \$310,000

Immaculate fully expanded corner 2 bedroom 1 bath with drive-up, leaded glass entry. Kitchen has newer painted cabinets, built-in appliances and skylight. Spacious living area with bay window with seating, area for dining with chandelier, and finished inside storage area. Master bedroom has walk-in closet, ceiling fan, second bedroom has wall air conditioning. Bathroom with skylight, newer painted cabinets, cut-down shower. Unit also has newer carpet in living area and bedrooms, laminate flooring in kitchen and bathroom, dual pane windows, heat pump. This home is bright and cheery just waiting for you to move in.



Mutual 3, 14I \$197,900

Charming expanded 1-BR cottage. Features double-pane sliding door to front porch, ceiling fan, parquet entry with leaded glass door. Decorative cabinets/shelves separate kitchen from living room. Kitchen has granite counters, dishwasher, microwave, large openable skylight. Bath has cut-down shower, granite counter, decorator sink and faucet. Bedroom has double-pane sliding doors to porch, mirrored wardrobe plus walk-in closet.



Mutual 12, 37H \$395,000

Extremely nice corner 2 bedroom 2 bath, fully expanded on greenbelt. Leaded glass entry door and large inside storage. Custom kitchen with wood cabinets, built-in appliances, Corian counters and skylight. Walk-in closets in bedrooms. Cut-down showers and skylights in baths. Laminate flooring in kitchen and master bath, tile in second bath, carpet in bedrooms and living room. Central heat and air conditioning, dual-pane windows, custom shutters and plenty of extra storage.



Mutual 1, 42J \$165,500

1-bedroom 1-bath cottage. Convenient location close to shopping and front gate. This clean move-in-condition home features laminate floors, wider baseboard, kitchen with built-in appliances and newer counter tops. Bathroom has Hi-boy and newer counter tops. This home also features Heat Pump/AC, newer paint and verticals throughout.



Mutual 9, 222A \$449,000

Elegant, all new construction, corner, 2 bedroom, 2 bath home. Custom kitchen has new custom cabinetry, built-in stainless steel appliances including a freestanding range, dishwasher, microwave, breakfast bar with extra storage and an extra large skylight. Two 3/4 baths, walk-in custom tile showers, double sinks and skylight. Second bath has a Solatube. Bedrooms have mirrored wardrobe sliding doors. This home also features laminate floors, recessed lighting, central air/heat, double-pane windows, washer/dryer, two outside storage closets and a lovely wrap around tile patio.



Mutual 2, 63D \$229,900

Charming 2 Bedroom 1 Bathroom Cottage in private location. Living room has double pane windows, leaded glass entry door and retractable screen. Kitchen has built-in appliances with new LW white stove and oven and Solatube. Kitchen, bath and hallway have ceramic tile flooring. Bathroom has Solatube and walk-in shower. Master bedroom has laminate flooring and double pane windows. Living room and bedrooms have laminate floors. Large private wrap-around patio has ceramic tile floor and walk-in storage cabinet. This home has been newly painted and is light, bright, ready to move in.



Mutual 9, 233H \$189,000

Lovely expanded 1-bedroom with drive-up parking. Living room has an expanded area that may be used for office or den. Kitchen has white cabinets, built-in appliances, and skylight. Bathroom with cut-down shower and skylight. Master bedroom has mirrored closet doors. Laminate flooring, dual pane windows and white blinds throughout.



Mutual 6, 128G \$375,000

Lovely fully expanded 2-bedroom corner unit with drive-up parking. Beautiful leaded glass entry door, dual pane windows with custom plantation shutters and central heat/AC. Kitchen has skylight, pantry, Corian counter tops, white built-in appliances including microwave and dishwasher. Spacious bathroom with skylight, tub, separate enclosed shower, and stackable washer/dryer. Living room has bay window, master bedroom with bay window and walk-in closet.



Mutual 1, 37G \$345,000

Lovely fully expanded corner 2 bedroom, 1 bathroom unit on greenbelt with central heat/air. Spacious living and dining rooms. Kitchen has skylight, white cabinets, built-in appliances including dishwasher and microwave. Expanded master bedroom with walk-in closet. Bathroom has cut-down shower and skylight.



Mutual 15, 28G \$425,000

Elegant 2-bedroom, 2-bath atrium. Living room has recessed lighting, freestanding electric fireplace and leaded glass door with side lights. Atrium has been remodeled for extra living space. Expanded and remodeled kitchen has custom cabinets with granite counters, stainless steel built-in appliances. Master bedroom has double wardrobe closet, recessed lighting and full second bath. Second bedroom has built-in shelving and ceiling fan. Master bath has new vanity with granite counters, large jacuzzi tub and skylight. This special home has double-pane windows, plantation shutters, central heat/air, hardwood flooring in living room, dining room and atrium, carpeting in bedrooms and hallway. Living room door opens out to a extra-large private patio with storage closet.



Mutual 15, 3K \$325,000

Inviting and expanded 2 bedroom 1 ¼ bath home over-looking a beautiful greenbelt. Expansion may be used as a den, study, or office and is light and bright with many windows. Spacious Living Room and adjoining dining area have cathedral ceiling. Kitchen has built-in appliances and granite counters. Second bedroom has mirrored closet doors. Master bath has granite counters, cut down shower, and washer/dryer. Bedrooms have plantation shutters and sola tubes in kitchen and bath. This lovely home over-looks a beautiful park-like green belt and is in move condition.



Mutual 2, 26I \$229,000

Charming 2 Bedroom, 1 Bath cottage on greenbelt with great open view and private wrap around patio. Kitchen has built-in appliances, white cabinets, skylight and ceiling fan. Bathroom has skylight and cut-down shower. Plantation shutters in living room and master bedroom.



Mutual 11, 267A \$429,000

Fully expanded, 2-bedroom, corner. Beautiful inside and out with spacious living room, shades that raise from the bottom up or lower from the top down, leaded glass entry door and skylight. Dining area has sliding mirrored doors to generous pantry. Kitchen has custom oak cabinets, breakfast bar, Corian counters, built-in appliances including glass top stove, convection oven, refrigerator with lower freezer, ice maker, dishwasher, microwave and openable large skylight. Fully expanded master bedroom with walk-in closet, openable skylight, laminate floors and a ceiling fan. Bathroom has walk-in shower, oak cabinets, cultured marble counters, linen closet, large capacity washer/dryer and openable skylight. This home has smooth ceilings, central heat and air, double-pane windows throughout and a beautiful garden with a fountain.



Mutual 8, 189F \$389,000

Beautiful remodeled, expanded corner, 2 bedroom, 1-1/2 bathroom home on greenbelt. Spacious corner living room has 2 bay windows. Kitchen has custom cabinetry with granite counters, built-in stainless steel appliances, pantry, breakfast bar large skylight and tile flooring. Master bedroom has added cupboard space and is fully expanded and widened. Master bath has custom wood cabinetry with granite counters, added linen closet, washer/dryer, cut down shower and skylight.

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Sylvester Chumley
Realtor®



Maryann Shaddow
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Marsha Gerber
Realtor®



MUTUAL 12 - 10I - \$229,000 - Two-bedroom unit on lovely greenbelt; washer/dryer



MUTUAL 16 - 53J - \$165,000 - One-bedroom unit on large expansive greenbelt



MUTUAL 4 - 81D - \$174,000
Enclosed patio One bedroom; New paint and flooring



MUTUAL 1 - 61G - \$499,000
Modern 2 Bed/2 Bath Washer/Dryer, Greenbelt; Absolutely lovely fully expanded unit



MUTUAL 8 - 197F
\$269,000
Fully Expanded, Two-bedroom corner unit, lots of room



MUTUAL 3 - 31J
\$195,000
Two-bedroom unit with enclosed patio; French doors



MUTUAL 2 - 44G
\$250,000
Two-bedroom corner unit; Two baths!



MUTUAL 14 - 3G \$285,000
Full expansion; Steps to golf course!



MUTUAL 2 - 56F
\$488,000
Beautiful modern expansion; This unit has everything!



MUTUAL 8 - 177I
\$189,000
Great price on this two-bedroom unit!



MUTUAL 1 - 35F
\$224,900
Basic corner great location Close to shopping; Great for remodel!



MUTUAL 9 - 215A
\$235,000
Fabulous location; Basic 2 BR corner; Private spot!



MUTUAL 10 - 250L
\$499,000
Remodeled expanded corner unit; surrounded by greenbelts, 1-1/2 bath; W/D



MUTUAL 1 - 57A
\$197,000
Two-bedroom corner unit Small patio



MUTUAL 1 - 11D
\$175,000
One-bedroom unit; Close to large greenbelt



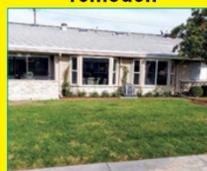
MUTUAL 7 - 173K
\$194,500
Great price! Location - Close to Central Park; Steps to laundry; East facing; Wide courtyard



MUTUAL 1 - 15A
\$205,000
Corner unit with heat/air pump



MUTUAL 8 - 186L
\$365,000
Expanded two-bedroom corner unit with small patio; Easy access



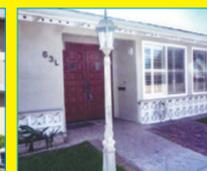
MUTUAL 6 - 129B
\$459,000
Fabulous Remodel, 2 Bed/2 Bath Washer/Dryer, Patio



MUTUAL 6 - 137I
\$225,000
Basic 2 Bed/ 1 Bath Close parking, laminate floors



MUTUAL 15 - 46M
\$299,000
Two bedrooms, Two baths, Upstairs Unit; Faces breeze



MUTUAL 2 - 63L
\$335,000
Fully expanded corner with washer/dryer; Close carport spot



MUTUAL 5 - 121H
\$279,999
Two-bedroom full expansion; Lots of room; In immaculate condition; "Downtown" location.



MUTUAL 2 - 69I
\$143,000
Fully expanded one-bedroom unit; On large green FABULOUS PRICE!



MUTUAL 1 - 67L
\$219,000
Two-bedroom corner unit on lovely green



MUTUAL 2 - 15F
\$560,000
Modern Expansion Two full bathrooms Very high quality, Built in fireplace and 65" TV, Best in LW!



MUTUAL 2 - 10I
\$299,500
Partially expanded two bedroom, remodeled kitchen, Travertine floor



MUTUAL 15 - 41Q
\$265,000
Two bedrooms, Two baths, Upstairs unit - Lots of room!



MUTUAL 2 - 23L
\$489,000
Modern Two-bedroom expd. corner Two full baths, central air/heat, crown molding, washer/dryer



MUTUAL 2 - 27K
\$195,000
Two Bedroom/One Bath; Greenbelt View, Freshly Painted



MUTUAL 5 - 115C
\$185,000
One-bedroom with expanded bedroom with large, walk-in closet; skylights, very close parking



MUTUAL 3 - 16I
\$199,000
Partially expanded two-bedroom unit



MUTUAL 3 - 23G
\$509,000
Remodel, Two Bedrooms; Two Baths; Washer/Dryer; Bay Windows, Corner

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13800 El Dorado #24A - M3 - \$254,900



Corner expanded 2 bedroom, 1 bath. Great drive-up location with double pane windows, window A/C, skylights in kitchen and bathroom and large storage unit.

13381 El Dorado #202E - M8 - \$318,900



Expanded 2 bedrooms, 1 bath, central A/C, gourmet kitchen, WASHER/DRYER hookups, walk in closet, multiple skylights. Completely remodeled. Great private location.

1670 Interlachen #43A - M12 - 374,900



Great 2 bedroom, 1 bath. Drive up expanded corner location. Upgrades include central A/C, smooth ceilings, hardwood floors, granite kitchen counters, skylights, WASHER/DRYER, dual pane windows.

13501 El Dorado Drive #199J - M8 - \$201,500



Interior 2 bdrm, 1 bath unit with large "L" shaped patio. Beautiful greenbelt views from all rooms of this unit. Laminate flooring throughout, A/C heat pump, skylights in both kitchen and bathroom and large skylight on patio.

1240 Scioto Road #228i - M9 - \$176,500



Private location for this 2 bdrm, 1 bath unit. Large patio with electronic privacy shades and two large skylights, A/C heat pump, sliding glass door to patio from living room and bedroom. Skylights in kitchen and bathroom.

13320 Del Monte #9E - M15 - \$355,000



2 bedrooms, 1 bath. Rarely on the market, corner Atrium unit with large patio and tons of storage and three skylights. Skylight in bathroom.

13501 El Dorado #199D - M8 - \$191,500



2 bedroom, 1 bath with central A/C, dual pane windows, skylight, and a privacy shade on the patio.

13631 Annandale Drive #5K - M1 - \$155,000



1 bedroom, 1 bath, skylight in kitchen and bathroom, cut down shower. Close to park and laundry. Enclosed patio, overlooking great greenbelt.

13341 El Dorado Drive #200G - M8 - \$415,000



Gorgeous remodeled corner 2 bedroom, 1 1/2 bath unit. Beautiful outdoor dining area, central A/C and heat, stainless steel appliances, walk-in closet.

Listings Currently In Escrow:

- 1640 Glenview #76H
- 1300 Knollwood #41C
- 1261 Oakmont #177G
- 1202 Golden Rain #72J
- 13730 Annandale #29K
- 13611 Cedar Crest #99J
- 1582 Golden Rain # 43E
- 13681 St. Andrews #26E
- 1240 Scioto Road #228i
- 13320 Del Monte #9E

3/12/2019 - Year To Date MLS Activity



I Have Access To The Total Inventory

On March 12th, 2019 a total of 149 units show as active listings on the CRMLS (this is where Realtors list property for sale).

- 29 - 1 bedrooms, 1 bath from \$140,000 to \$210,000
- 70 - 2 bedrooms, 1 bath from \$175,000 to \$479,000
- 50 - 2 bedrooms, 2 baths from \$239,000 to \$538,000

Please give me a call for detailed information on any of these properties!





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