



DID YOU KNOW?
...by Linda Stone, GRF President
See PAGE 3

Safety is Priority One

FROM THE GRF PRESIDENT



GRF President Linda Stone

GRF's strength is its people

—from GRF President Linda Stone

Today, I offer a simple thank you to each of you, our thoughtful and caring shareholders and employees. Your inquiries about Golden Rain Foundation's legal settlement of a complicated wage issue reminded me about what makes our community strong: it's our people.

Your concern for GRF, for your fellow shareholders and for your colleagues was genuine and caring. It truly makes a difference when we have difficult decisions to make knowing this community comes together during the times it matters most.

We're moving forward with finalizing the settlement after which a court appointed payments administrator will locate eligible current and former employees with payments to be mailed beginning in late summer. We'll keep you informed about the timeline once it is established and agreed to.

We're also slowly re-starting several GRF activities with great care and caution for the well-being of all participants that includes proper social distancing, sanitization and the wearing of face masks.

Your adherence to stay-at-home mandates to combat the spread of COVID-19 is another terrific example of your thoughtfulness for your GRF community.

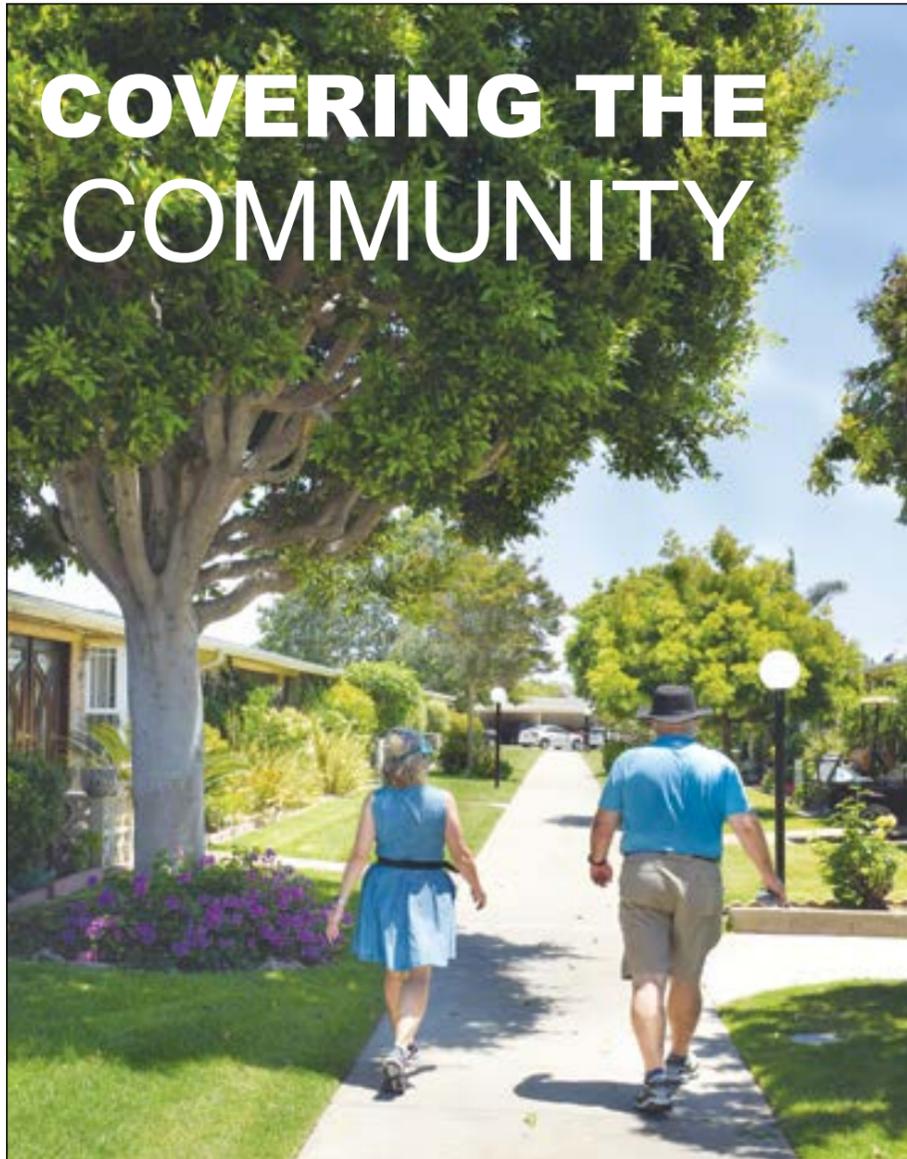
Thank you for your questions, your concerns and for making Golden Rain Foundation the strong community it is.



Memorial Day Holiday

In observance of Memorial Day, all Golden Rain Foundation offices, except Security, will be closed Monday, May 25.

The Leisure World Maintenance Department will be on call for emergencies only and may be reached by calling 594-4754.



Ruth Osborn

Yvette Louie spent her May 14 birthday walking around Leisure World with Dean Jacobus, checking on mask makers, delivering sewing kits and picking up finished masks for the LW Sewing Brigade. The brigade has distributed almost 20,000 face masks since it started in March.

LW SEWING BRIGADE

2,500 cotton masks will be given away Friday

by Ruth Osborn
rutho_news@lwsb.com

In the face of an up-ended world, a small group of LW residents have spent the last nine weeks consumed with a project that helps others and keeps them connected and focused. No small feat in these times of pandemic.

The LW Sewing Brigade has reached an epic milestone—it has made and distributed for free nearly 20,000 masks to frontline workers—Target and grocery store clerks, doctors, nurses, police, military personnel, postal employees, nursing home workers, GRF Security officers and more.

Tomorrow, May 22, it will give away 2,500 masks to fellow neighbors and friends. The event will start at 9 a.m. at Veterans Plaza between Clubhouse 3 and the LW Library. The Leisure World Sewing Brigade, with the Vietnamese-American Club, will distribute the masks.

The Sewing Brigade is an apt name for this group, which operates with military precision like a well-oiled machine. All 115-plus members have a specific job. There are fabric and elastic procurers, elastic cutters, fabric cutters, sewers, delivery

BRIGADE, page 13



Wynette Harris, 95, has spent many hours making masks to help people stay safe.

MASK GIVEAWAY

Two masks per package; one package per household.
9 a.m., Friday, May 22, Veterans Plaza
Social distancing enforced by staff
Wear a face covering to the event.

FROM THE GRF

Golf course to reopen as part of Stage 2 recovery

—GRF Executive Director Randy Ankeny

As previously printed in the May 14 edition of LW Weekly, public health guidelines recommend a phased approach when considering any reopening. We must continue to be very vigilant and, most importantly, resolute in the protection of the health and safety of our community members and staff.

We must consider actions representing what we took for granted pre COVID-19 may never be the same as we phase back into the new "normal." Think of the reopening GRF Trust property operations as a dimmer switch rather than a light switch. A switch, if needed, can be rapidly turned back off again, as there is clear evidence on surge in COVID-19 cases on any premature reopening.

Re-establishing operations where our over 8,000 "at risk" community members can again enjoy everything Leisure World Seal Beach has to offer is a multifaceted challenge. Our hope in the fight against COVID-19 infection is in our collective strength, mutual support for each other and patience. As a community, we have the ability to show the world outside of our walls what can be accomplished when the focus is on "WE." Our mission must be "Stop the spread" and patience while everyone adapts to new operating protocols in today's still challenging conditions.

The threat of future/ongoing transmission of COVID-19 will continue to be with us until a vaccine is developed. Any actions to reopen will be about what can be done most safely for the mutual benefit of all. Our ability to maintain limited active outdoor activities will require strict compliance with the procedures noted below.

On May 26, limited use of Trust Property amenities for active outdoor activities will resume. Of the utmost importance will be compliance with all social distancing signage, a face mask must be worn and strict compliance with guidelines for use.

Golf Course

- All rounds will be booked through the Golf Starter by phone, (562)431-6586, ext. 386, only and no walkups will be allowed at any time. The hours of play will be from 8 a.m.-4 p.m.

- All golfers will be limited to one round per week with no exceptions.

- No tournament play will be allowed at this time.

- Golfers will be required to book the day before your actual tee date and time.

- Only rounds of one or up to three golfers will be permitted and the names of all golfers must be submitted at the time of booking.

GOLF, page 4



Memorial Day won't be celebrated in the usual way in Leisure World this year, but American Legion Post 327 and Legion Auxiliary leaders Rich Carson, Jean Sudbeck and Lee Esslinger invite everyone to take some time to reflect this Memorial Day on the sacrifices made by U.S. Armed Forces. (Photo taken prior to social distancing orders)

MEMORIAL DAY

Program is canceled but people are encouraged to pay personal tribute

May 25 is Memorial Day. Unfortunately, due to the COVID-19 pandemic, the American Legion, Auxiliary and LW at large will not be able to gather together as they have in the past to celebrate this important day, but everyone can still reflect and remember the sacrifice of U.S. Armed Services to protect American life, liberty and the pursuit of happiness.

May 25 is set aside to remember all the sacrifices made by thousands of men and women, both in and out of uniform, and their families in the many wars fought for the flag and the freedom it represents for all of us.

On this day, the American Legion Post 327 asks that you take a moment to remember your loved ones, neighbors and so many others who gave their lives for our country. Remember those that are still giving "some or all" in the present war. Remember those homeless and less fortunate veterans and their families that still need our help.

MEMORIAL, page 4

COVID-19 Testing

The following locations offer FDA-authorized COVID-19 testing to Orange County residents who have symptoms of COVID-19. This test identifies if you are currently infected based upon a sample taken with a swab. It is not a blood test; it does not test for antibodies.

The most common symptoms of COVID-19 are fever, cough and shortness of breath. You will receive a medical assessment before being tested and you will only be tested if you have symptoms of the disease.

There is no out-of-pocket cost to you for this testing, however your insurance may be billed. You are asked to contact your medical provider first and only access these services if you do not have a provider or your provider is unable to provide testing.

Because of continued challenges of obtaining testing supplies and Personal Protective Equipment (PPE) for health care providers conducting tests, testing may be restricted at times to high priority groups, as defined by the California Department of Public Health or Orange County Public Health.

You MUST make an appointment for testing with one of the clinics below to assure eligibility and availability of testing.

- AltaMed Medical Group, Anaheim, 1325 N. Anaheim Blvd.,
- Anaheim, 92801; Monday-Sunday, 9 a.m.-3 p.m., (888) 499-9303

TESTS, page 23

Food Resources During COVID-19 Crisis

The Leisure World Recreation Department has compiled the following information on senior grocery hours, grab 'n' go meals delivered onsite and local restaurants that deliver or have curbside pickup.

This information is updated weekly to help stay home as much as possible during the COVID-19 crisis.

Grocery Store Hours for Seniors

• Gelson's Market is open from 7-8 a.m. for seniors 65 and older. One caregiver per shopper is permitted, proof of age required.

• Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time so occasionally there are lines.

• Sprouts is currently restricting quantities of certain items and bulk items are now sold prepackaged. It doesn't have senior hours but delivers through Instacart or you can order ahead, and store staff will hand pick your order pick up.

• Trader Joes is open from 8-9 a.m. for people aged 60 and older. The store limits the number of shoppers inside to 50.

• Costco is open from 9-10 a.m., Monday-Friday, for members ages 60 and older, and people with disabilities effective May 4. Guests will not be admitted. Costco delivers through Instacart.

• Target is open on Wednesdays from 8-9 a.m. for seniors only. The store has reduced hours and closes by 9 p.m. daily to deeply clean stores.

• Smart & Final stores are open 30 minutes early, from 7:30-8 a.m. to accommodate seniors 65 and older, those with disabilities and pregnant women. ID may be requested.

• Stater Bros. Market is open from 7-8 a.m. for people 65-plus.

Other Local Food Options

In addition to the Farmer's Market on Tuesdays at Seal Beach Village, there is a mini pop-up market daily in the parking lot by the Primrose Restaurant from 10 a.m.-2 p.m. It offers dairy products, eggs, fresh produce, paper goods and a few sundry items.

Grab 'n' go Onsite Food Options

There is onsite food service available daily every evening at the Clubhouse 6 parking lot at a Grab 'n' Go event. In case of rain, lines will form inside Clubhouse 6:

• Koffel's Taco Tuesday Truck, 5-7 p.m., Sunday, Tuesday and Friday. Check menus on LW Live alerts (no pre-order)

• Viking Specialty Hot Dog Truck, 4-6 p.m., Mondays; pre-orders accepted via LW Live! or email <https://squareup.com/store/thevikingtruck>

• Gourmet Renee's American cuisine, 4-6 p.m., Wednesdays. Pre-order and save time by calling or texting (323) 833-1213.

• Domino's Pizza, 3:30-7 p.m., Thursdays, and noon-2 p.m. on Saturdays. Call ahead, (562) 493-2212, to have special orders delivered to the parking lot.

• Hof's Hut, 11a.m.-1 p.m., Thursdays; order online for faster service at <https://app.onedine.com/s/PMA7J4N> (receipt pick-up times may be incorrect as website is perfected; lunch is available from 11 a.m.-1 p.m.)

• Naples Rib Company barbecue, sandwiches and salads, 4-6 p.m., Saturdays; online pre-orders only at ribcompany.com/LW.

All information is subject to change. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road

FOOD, page 23



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Membership (Amenities) Fees*

New buyers one-time membership fee paid at the time of escrow.

2019 Membership (Amenities) Fee

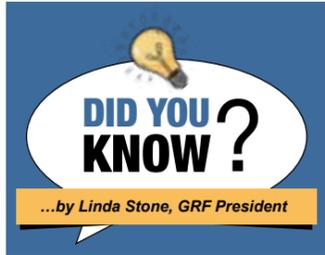
\$3,797 per person
658 = \$2,471, 678 fees collected**
50% Reserves = \$1,235,839
50% Capital = \$1,235,839

2020 Membership (Amenities) Fee

\$4,078 per person
as of 4/30/20
149 = \$620,815 fees collected **
50% Reserves = \$310,407.50
50% Capital = \$310,407.50

*This fee may change yearly by a vote of the Board of Directors (Policy 40-5061-2).

**This varies depending on when escrow closes. Escrow may have started in December 2018 and closed in January 2019 carrying the 2018 fee.



Free GAF Shredding Event

The Golden Age Foundation will sponsor a free shredding service from 10 a.m.-noon in the parking lot of Clubhouse 2 on Thursday, June 4.

People can drop their documents and leave, with no waiting in line.

GAF volunteers will be on site to help shareholders with their documents for disposal.

Because of the COVID-19 pandemic, social distancing will be strictly enforced, and shareholders must wear masks when they drop off their papers.

The following rules will be in place:

- All shareholders are asked to drop and go.
- There will be no chairs to sit on; and no line will be allowed.
- GAF volunteers will guard

the bags until truck arrives to pick them up.

- People should remove staples and paper clips for documents.
- Electronic devices will not be accepted.
- Contaminated bags will not be accepted.

Small household batteries may be disposed of at this event.

The next shredding event will held Oct. 1. The GAF sponsors the service every four months.

The Golden Age Foundation is a nonprofit 501(c)(3) charitable organization dedicated to serving the special needs of Leisure World shareholders.

It was established in 1973 by the Golden Rain Foundation Board of Directors.

For more information, call Anna Derby at (562) 301-5339.

CITY OF SEAL BEACH

Gum Grove Nature Park, bike path are reopening

The Seal Beach City Council approved a progressive plan to reopen the Gum Grove Nature Park and the Seal Beach portion of the San Gabriel River Bicycle Path.

The plan consists of a three-phased approach with restrictions being gradually lifted as it is safe to do so.

“Reopening Gum Grove and the bike path are the next steps to Seal Beach returning to normal” said Seal Beach Mayor Schelly Sustersic. “We are happy to support this plan that allows Seal Beach residents and visitors enjoy our beautiful park and river trail.”

Gum Grove Nature Park Reopening Plan

Phase One of the City’s Gum Grove Nature Park reopening plan includes resuming normal park hours from dawn to dusk, Monday-Thursday for active, non-gathering, uses only.

The parking lots will officially reopen at both entrances off Avalon Drive and Seal Beach Boulevard at Heron Point.

Phase Two includes the park opening on weekdays and weekends during daylight hours, still only for active, non-gathering uses.

Phase Three includes phases one and two, with passive use.

The initial Gum Grove Park Phase One reopening started May 18. The park is now open until sunset for active recreation only. The park will close today at sunset and will reopen on Monday at sunrise. This first phase will be



Gum Grove Park skirts the Los Cerritos Wetlands. Now people can walk the trail shaded by eucalyptus trees.

in effect until Phase Two can be implemented.

The Seal Beach Police Department will be present to enforce the times and requirements of the park reopening plan. Those who violate the order can be cited with a misdemeanor, fined up to \$1,000, and/or arrested for violations of Seal Beach Municipal Code § 3.25.030 B – CIVIL DEFENSE AND DISASTER – Prohibitions.

Restrictions on park activities are in place to encourage and maintain social distancing, protect all members of the Seal Beach community, protect all City staff and to help stop the spread of infection.

Phase One Allowed Uses: Active, Non-Gathering Uses Only

- Social distancing requirements will remain in place.
- Park open to active recreation only (walking, running, biking, hiking, dog walking,

bird watching, photography, etc.).

• Park closed to passive uses such as picnicking, loitering, sitting, standing or stopping.

• Parking is open at both entrances off Avalon Drive and Seal Beach Blvd at Heron Point.

Phase One

Prohibited Activities

• No gatherings of any kind, loitering, sunbathing or other passive activities.

• No blankets, easy-ups, tents, umbrellas, etc. will be allowed.

• No sitting or lying on the park grounds.

• No setting up chairs and staying in place.

• No picnics, coolers or tables.

San Gabriel River

Bicycle Path

As of Monday, May 18, at dawn, the San Gabriel River Bicycle Path from Marina Drive to the First Street Beach Parking

BIKE TRAIL, page 24

FREE PRESCRIPTION DELIVERY!

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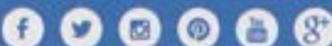


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Perspectives

Letters to the Editor

Editor:

Leisure World is full of unselfishly kind people. Continue to let those numbers multiply. Stay healthy and strong. Wonderful times are ahead. If you need any help at all reach out to your neighbors. I surround myself with happiness. It works every time.

Lori Muller Gray
Mutual 9

Editor:

The minibus has modified service due to a significant drop passenger ridership because of COVID-19. This is a brilliant idea because it saves gas, tires and time. Most shareholders are staying home for safety.

Lisa A. Dickson
Mutual 1

Editor:

On Mother's Day, I visit my mother without fail. She has been gone for 19 years. I prepared bouquet of roses, which she loved, and drove down to Oceanside. While I was driving along the ocean, I reminisced about the times I visited her and how happy and excited she was to see me.

I can appreciate it more now since I am a mother and grandma myself. I can imagine how longed she was to see me and to know how was I doing. She would clean house, cook my favorite dishes and dressed nicely to look youthful and cheerful. I am exactly like that now.

Finally I arrived to Eternal Hill Cemetery. The gate was locked and security car was sending visitors away. Initially I wondered why they are worried about dead people catching the virus. But I realized quickly that it would have been hard to keep a safe social distance with the surge of families coming to pay respects to their loved ones.

This treacherous coronavirus even quarantines cemeteries.

I will look at and smell these roses as a spirit of my mother's love.

Chung Hur
Mutual 3

Editor:

There is nothing like a crisis to reestablish our priorities. If your house is on fire you have to immediately decide what to grab as you exit the flames. The coronavirus is a present-day fire in our culture.

After working from home for several weeks, the question arises as to whether we still need a radical separation from the home space and the workspace?

Can we just ignore the centuries old diurnal habit of working in the daylight and sleeping at night? It was called the "graveyard" shift in World War II. That sobering name was applied to a dire wartime situation.

Steve Jobs had a vision of a computer in every home, and now we have the technology to telecommunicate with our boss and our fellow workers and not get on the crazy- making 405 congested freeway. The hours saved by working from home can be spent relating to our family, especially our children.

Maybe those six aimless teenagers who were evidently bored to death needed more time with their parents to get a little common sense instead of finding a rock by the 405 freeway and moving to the overpass to throw that rock into incoming traffic killing a man in the passenger seat.

Edward Beggs
Mutual 7

MEMORIAL from page 2

If you see a veteran, thank him or her; it lets them know they are not forgotten.

People can donate to the American Legion by sending a check to The American Legion, Post 327, PO Box 2487, Seal Beach, CA, 90740-1487. Your contribution will go a long way in helping veterans know they are not forgotten, said Post Cmdr. Rich Carson.

Member Column

by Anna Derby
LW contributor

On March 16, the Golden Rain Foundation Board made the proactive decision to temporarily close GRF facilities and amenities in advance of the state and county orders to promote social distancing and other guidelines.

Social distancing modified the normal operations for all community services programs, including the Golden Age Foundation Mobility Aids program.

This popular program helps

shareholders with their mobility needs. Because of the special circumstances brought on by COVID-19, the operation is being handled by Mobility Aids volunteers and the GRF Security Department, if there is an urgent need.

When Michael Oh, Mutual 1 shareholder of 16 years, got in bike riding accident on his daily Seal Beach outing, his doctor requested a knee scooter from his insurance company, but the authorization was not immediately forthcoming.

It turns out that the GAF had

a couple of these mobility aids in its inventory, which also includes several kinds of walkers and wheelchairs.

Michael Oh and I would like to thank Ilana Cohen and John Hlavac who informed us that the GAF Mobility Aids program has knee scooters and GRF Security Department for delivering it to his residence in timely manner.

We count our blessings to live in this wonderful place and thank all of service program volunteers to spend their precious time for others.

Perspectives Policy

Submissions in each of the following categories may be published at the discretion of the Communications and Technical Director.

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered to LW Weekly by email preferred), regular mail, deposited in a white GRF drop box, or hand-delivered. Letters must be of general interest to the community and may contain opinions, suggestions, compliments and complaints without being scurrilous, libelous, defamatory, repetitive or otherwise inappropriate. The names of individual employees, titles and/or departments will not be permitted in letters that could adversely impact any Foundation employee directly or indirectly.

Member Column: At a maximum 500 words, columns may present an argument, opinion or information about pending issues of concern to the community. Priority to first-time or less frequent writers. Some names will be left out to protect privacy.

Contributor: Restaurant review, theater review or travel journal submissions welcome.

COVID-19 — The Latest

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus was first detected in China late last year. Updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves, will be provided in this weekly column. What's known about COVID-19 is rapidly changing as scientists learn more.

What Is It?

The World Health Organization describes the novel coronavirus as a member of "a large family of viruses" that cause everything from the common cold to Severe Acute Respiratory Syndrome (SARS).

COVID-19 is the disease caused by the coronavirus.

There are no known cases of COVID-19 in Leisure World; Seal Beach has 15 reported cases as of presstime, according to the Orange County Health Care Agency.

New Data Portal

The state has launched a new, user-friendly data portal that daily tracks COVID-19 cases statewide and by county, gender, age and ethnicity. See <https://update.covid19.ca.gov> for more.

GOLF from page 1

- Golfers may not arrive sooner than 10 minutes before their tee times, and all tee times will be spread 15 minutes apart.

- Face masks and six-foot distancing will always be required.

- No gathering will be permitted before or after rounds have been played.

- No golfer may touch any other golfer's equipment including balls.

- The Starter Shack will be closed to all gatherings and will only be available for rest room use.

- The starter can only be addressed through the exterior window area.

- Hitting cage and putting green areas will also be open with all required restrictions.

- The Recreation Department will have the final say in all matters.

- No spectators are allowed (benches and seating have been removed).



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Serving the Shareholders of

Leisure World Seal Beach



LW Weekly is delivered every Thursday to every Leisure World residence. Opinions expressed in articles, columns or letters do not necessarily reflect the opinions or policies of the Golden Rain Foundation or Board of Directors, members and staff of this publication. The publishing of advertisements in any GRF publication does not indicate any recommendation or endorsement, nor any opinion of capability or quality of any advertiser's work. GRF will not knowingly publish any advertisement it deems to be untruthful or misleading. GRF reserves the right to refuse any ad for any reason.

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Government

GRF Board Meeting is May 26

from GRF Executive Director Randy Ankeny

As we must be compliant with physical distancing requirements as well as provisions of the open meeting act, the GRF Board meeting on May 26 at 10 a.m. in Clubhouse 4 will be open to the membership and available through a live webcast, to comply with the technical requirements of the law.

However, in light of the current coronavirus pandemic (COVID-19), the GRF will webcast the Board meeting for members to view from the comfort and, most importantly, safety of their homes. GRF strongly recommends that members **NOT** attend the Board meeting and, instead, observe it from your home by using the instruction below.

If you do attend the meeting, you will be required to sign a release/waiver/assumption of risk agreement and follow strict guidelines, including social distancing and wearing face coverings at all times.

To view the live GRF Board meeting:

- Go to www.lwsb.com
- Click on the "Live GRF Board" meeting tab.
- The tab will be active at 9:45 a.m. on May 26
- The live streaming uses YouTube live and terminates at the close of the meeting

Any member wishing to provide comments to the Board may do so by:

- Dropping off written comments to the attention of the Board at either the Stock Transfer exterior customer service window or in the Finance exterior drop box (see page 6 for comment card).
- Emailing your comments to grfboardaction@lwsb.com
- In person comments during the posted comment section
 - Social distancing is required.
 - Face masks are required.
 - Wait to be called upon before approaching the podium because the microphone and touch surfaces will be wiped down between each use
 - Stand on the indicated marks

Copies of all written and/or emailed comments will be provided to the Board in advance of the meeting, as well as, the GRF President will provide a general narrative of the written comments received.

Any member attending the Board meeting in person, must:

- Observe social distancing requirements.
 - Seating areas will be in three separate rooms, if a room is at noted occupancy, please use another room.
 - Do not move seats, each seat has been set with social distancing requirements.
- Wear a face mask at all time while in the building.
- No food or beverages will be allowed in the building.
- Sign a Release, Waiver and Assumption of Risk Agreement, before entering the Board meeting (see below).

SENIOR CITIZENS

Advisory Council has an opening

The Senior Citizens Advisory Council (SCAC) advises the Orange County Board of Supervisors and the Office on Aging on matters affecting senior citizens in Orange County.

The council consists of 40 volunteer citizens, including local elected officials, representatives of health care and supportive service provider organizations, persons with leadership experience, and the general public.

A 2nd District position is now vacant; LW residents are welcome to apply.

The objective of the SCAC is to advise the Area Agency on Aging and the Board of Supervisors on issues impacting Orange County Seniors.

SCAC members must attend advisory council meetings and one committee meeting monthly with a time commitment of up to eight hours per month.

The Advisory Council meets on the second Friday of each month at 9:30 a.m. Dark months are June and December. Committees meet monthly in the morning.

Meetings are held at various senior and community centers across Orange County. Committees meet at 1300 S. Grand Ave., Bldg. B, Santa Ana.

Compensation: \$30 per month, reimbursement for expenses.

Candidates who want to be placed on the ballot must turn in a completed Candidate Statement form to the Orange County Clerk of the Board's office by May 28. Additional candidates may be nominated from the floor at the meeting and will be treated as "write-in" candidates on the ballot.

Additionally, the candidate may want to address a letter to the Mayor of each Orange County city within the corresponding district announcing their candidacy and outlining their qualifications.

The candidate's Mayor may want to send an endorsement letter to other Orange County mayors.

The City Selection Committee requests that a copy of any candidacy letters and the completed Candidate Statement form be sent, emailed or faxed to:

Orange County Clerk of the Board of Supervisors, 333 W. Santa Ana Blvd., Suite 465, Santa Ana, CA, 92701; for more information, call (714) 834-2206. The appointment will occur on Thursday, June 11, at 5 p.m.

—from the City of Seal Beach

GRF Board Release

Release, Waiver and Assumption of Risk Agreement

I, being a Member of Golden Rain Foundation ("GRF"), understand that I'm attending a 2020 GRF Board meeting in person on my own will and accord, during the novel coronavirus ("COVID-19" pandemic), while reasonable alternative methods of participation have been provided to me, such as, without limitation, observing the meeting and hearing the deliberations and actions of the Board via video. I further understand that, pursuant to the CDC and local health agencies' orders and guidelines, that it is best not to travel outside my home or otherwise come into contact with fellow residents, and that those 60 years of age are most susceptible to infection and serious injury and death.

Accordingly, I, for myself and my estate, heirs and next of kin, hereby certifies that I have reviewed the following release, waiver and assumption of risk and, by signing below, agree with it voluntarily and on my own free will. In consideration of my agreement herein GRF will allow me to attend the annual meeting and election:

- Resident understands that there may be known and unanticipated risks and dangers, including serious personal injury and death, associated with attending the annual meeting and election, including, but not limited to, the transmission or infection of communicable viruses and diseases, such as the COVID-19 virus. Accordingly, I will release, waive and hold harmless GRF officers, directors, agents, employees, insurers and attorneys from any claims, lawsuits, judgments, settlements and the like for alleged damage to or loss of property, illness or disease, physical or mental injury, or death to myself or other persons, in connection with such known and unanticipated risks and dangers.
- By attending the Board meeting I represent, by signing below, that I am free from any known physical or health problems involving a communicable disease when using the common area facilities.
- I further understand and agree that, at all times while attending the annual meeting and election, I will adhere to the social distancing and other coronavirus guidelines set forth by state and local health officials, which include, but may not be limited to:

a) maintaining no less than six (6) feet of separation from other attendees and staff at all times; and

b) wearing a face covering at all times.

I have read the foregoing procedures and guidelines and hereby agree I will not make a claim against, sue, or attach the property of GRF or its directors, officers, employees, or agents for any claim that I may have, arising from or related to attending the annual meeting and election. I further agree that by signing this agreement I have read and understand the terms herein and that have not relied on any inducements, promises, or representations made by GRF or any of its officers, directors, employees or agents.

Member's Name

Member's Address

Signature and Date



**Board of Directors Agenda
Clubhouse Four
Tuesday, May 26, 2020, 10:00 a.m.
Via Live Stream**

To view the live GRF Board meeting:

- Go to www.lwsb.com
- Click on the Live GRF Board meeting tab.
- The tab will be active at 9:45 am on the day of the meeting
- The live streaming uses YouTube live and terminates at the close of the meeting

- 1) Call to Order/Pledge of Allegiance
- 2) Roll Call
- 3) President's Comments
 - a) Announcements
- 4) Seal Beach City Council Member's Update
- 5) Health Care Advisory Board Update
- 6) Shareholder/Member Comments
 - a) Written, submitted prior to meeting
 - b) Verbal, via live streaming

AGENDA, page 6

North Gate Update

SoCalGas is replacing a pipeline as part of the 405 Freeway Improvement project that has partially closed North Gate Road. The North Gate into LW is also closed.

Work includes pipeline maintenance and safety tasks, including patrolling, inspecting, testing,

NORTH GATE page 23



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GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration (**meetings are dependent on orders related to COVID-19; check schedules for latest information**):

Fri., May 22	GRF/Mutual Roundtable Administration..... 1-3 p.m.
Tues., May 26	GRF Monthly Meeting Clubhouse 4..... 10 a.m.
Wed., June 3	CFO Council Conference Room B..... 10 a.m.
Fri., June 5	GRF Board Executive Session Administration..... 1 p.m.
Tues., June 23	GRF Monthly Meeting Clubhouse 4..... 10 a.m.

CalFresh Benefits

Qualified LW residents can get help applying for CalFresh, formerly known as food stamps, in person with Cindy Tostado, GRF Member Resource and Assistance Liaison, online or via phone.

People who are over 55 and meet the following monthly income guidelines may qualify: One-person household: \$2,010 per month; two-person household: \$2,708 per month.

Have access to the following required documents to assist in the application process:

- ID
- Green Card or Citizenship Certificate
- Social Security Card
- Proof of Income
- Rent Receipt and Bills

Ways to apply:

- By Appointment in LW: Call 431-6586, ext. 317
- Online: GetCalFresh.org
- Phone: (800) 281-9799
- Walk In: 1928 S. Grand Ave., Santa Ana, 92703

For more information, call Cindy Tostado, LCSW, GRF member resource and assistance liaison, 431-6586, ext. 317.

AGENDA

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Note: Foundation Shareholder/Members are permitted to make comments before the meeting business of the Board begins. The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits, per speaker, are limited to:

- 4-minute limit per speaker, when there are no more than 15 speakers
- 3-minute limit per speaker, 16 - 25 speakers
- 2-minute limit per speaker, over 26 speakers

7) Consent Calendar

- GRF Board of Directors Minutes, February 25, 2020
- Accept Month of February-April Financial Statements for Audit
- Review of the Actions of the Essential Emergency Review Committee

8) New Business

- General Committee
 - Approve CARE Ambulance Contract
 - Reserve and Capital Funding Requests - Fitness Center Expansion, Phase I (Physical Changes and Interior Finishes)

9) Board Member Comments

10) Next Meeting/Adjournment

Next regular GRF Board of Directors meeting, **Tuesday, June 23, 10:00 a.m.**, Clubhouse Four.

CAP Food

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4.

The next food distribution will be today, May 21.

Every third Thursday from 9-11 a.m., qualified people receive 40 pounds of food, including canned fruit, vegetables, meat, rice, juice, cereal and more.

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household.

To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement or paycheck stub).

For more information or to arrange for a proxy, call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

Mutual Meeting Schedule

Mutual residents are invited to attend the open meetings of their mutual boards. **Due to the COVID-19 outbreak, meetings that were canceled or rescheduled via conference calls are slowing resuming.**

Thur., May 21	Mutual 2 Zoom conference call 9 a.m.
Thur., May 21	Mutual 11 Zoom conference call 1:30 p.m.
Fri., May 22	Mutual 6 Zoom conference call 9:30 a.m.
Fri., May 22	GRF/Mutual Round Table Zoom conference call 1 p.m.
Wed., May 27	Mutual 10 Zoom conference call 9 a.m.
Thurs., May 28	Mutual 1 open forum Zoom conference call 9 a.m.
Thurs., May 28	Mutual 1 meeting Zoom conference call 9:15 a.m.
Tues., June 2	Mutual 16 Zoom conference call 9:30 a.m.
Tues., June 2	Mutual 17 Zoom conference call 1:30 p.m.
Mon., June 8	Mutual 9 Zoom conference call 9 a.m.
Wed., June 10	Mutual 4 (open forum, 9:15) Zoom conference call 9:30 a.m.
Thurs., June 11	Mutual 12 Zoom conference call 9 a.m.

Revised 2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election)***	Meeting Day	Meeting Date	Meeting Time	Notes
JULY	7	384	193	5	Fri. 2/14	Mon. 3/16	Sun. 6/14	2 nd Tues.	7/14	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 6/15	3 rd Wed.	7/15	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 6/16	3 rd Thurs.	7/16	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 6/24	4 th Fri.	7/24	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sat. 6/27	4 th Mon.	7/27	10 a.m.	
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 6/22	4 th Wed.	7/22	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 6/23	4 th Thurs.	7/23	10 a.m.		
AUGUST	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election)***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14 & 16				Wed. 3/4	Fri. 4/3	Sun. 7/5	1 st Tues.	8/4	10 a.m.	New directors will be installed at GRF Annual Meeting on 8/11
AUGUST	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 7/8	1 st Fri.	8/07	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 7/11	2 nd Mon.	8/10	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 7/12	2 nd Tues.	8/11	10 a.m.	Staggered Terms
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 7/13	2 nd Wed.	8/12	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 7/14	2 nd Thurs.	8/13	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 7/15	2 nd Wed.	8/14	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 7/22	3 rd Fri.	8/21	10 a.m.	
	17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 7/26	4 th Tues.	8/25	10 a.m.	Staggered Terms

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.
 Revised 5/1/2020

COMMENTS/QUESTIONS FROM THE MEMBERSHIP

Today's Date: _____

Your Name (please print): _____ Mu # _____ Apt. # _____

My Subject is: _____

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits per speaker are limited to:

- 4 - minute limit per speaker, when there are no more than 15 speakers
- 3 - minute limit per speaker, 16 - 25 speakers
- 2 - minute limit per speaker, over 26 speakers

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Religion

Editor's note: During this time the editors have invited pastors and religious leaders to share notes of encouragement or devotions for the community to read in lieu of their usual service and event update articles. The articles will be attributed to the writer accordingly. Pastors and church leaders can send an email to laurieb@lwsb.com for more information. The deadline for the articles remains the same, each Thursday before the desired publication date at 4 p.m.

FAITH CHRISTIAN ASSEMBLY

Opportunities to change attitudes

by Pastor Gwyn Vaughn
Faith Christian Assembly

Did you know that physical health is not the best indicator of successful aging? According to a study, people who think they are aging well are not necessarily the healthiest individuals. In fact, optimism and effective coping styles were found to be more important to aging successfully than traditional measures of health and wellness. These findings suggest that physical health is not the best indicator of successful aging – attitude is. That's why at Faith Christian Assembly we are so happy to value God's Word as our go-to to make our attitude the way it should be.

We are currently reaching out to our congregation through our Sunday morning conference calls at 10:30. Our weekly Bible study conference call is on Wednesday mornings at 11. We have added one more conference call on Sunday evenings at 5:30, where we conduct a brief conference call, just to be able to connect together over a devotional, a testimony and Scripture. These calls are our lifeline to one another as we walk through these days. To participate, call (425) 436-6371 – access code: 576671#.

Out of an abundance of precaution, when the day comes when we are able to meet in person, for all who attend, we will be taking your temperature at the door, and you will be asked to wear a mask, and sit socially distant from others.

Due to COVID-19, Faith Christian Assembly is not currently having our regular ministries at this time, but will resume as soon as possible.

To receive a free newsletter and for more information on the church, call (562) 598-9010 or visit our website at www.FCAchurch.net.

Congregation Sholom

Cantor Marla Barugel will be streaming Shavuot services on Friday morning at 9:30 on The Congregation Sholom of Leisure World Facebook page. The Ten Commandments will be read during the service. Congregation Sholom will also honor members of the congregation. Following the service, viewers are encouraged to enjoy a dairy meal at home. Evening services with Cantor Marla will be at 6:30 p.m.

Join Rabbi Karen Isenberg on Facebook Saturday morning for services at 9:30 a.m. Yizkor will be recited at this service.

Cantor Marla Barugel will be streaming Shavuot services on Facebook Friday morning May 29 at 9:30 a.m.

Rabbi Eric Dangott posted this message regarding the current pandemic.

"I hope each of you is doing well, along with the entire Congregation Sholom community. During these crazy times, if you are aware of anybody that needs some support, please let me know and I will do my best to meet with them by phone, or video conference when available.

I hope that no one in the community feels alone. Even when we are physically isolated, may we reach out, may we feel supported by a loving spirit, and may we persevere in strength."

COMMUNITY CHURCH

The new normal and the old way

by Rev. Johan Dodge
Community Church

I was blessed to be able to study abroad three times when I was an undergrad. Two of those times were shorter travel trips — studying Eastern Religions and Eastern thought in Japan and Thailand, and studying English Literature in England and Scotland. I was also blessed to spend a year living in the Netherlands, where I learned the language of my ancestors and studied art and art history. I was told before I left that there are three stages that the human psyche goes through when a person leaves one culture and immerses himself in another. The first stage is excitement and wonder. When I first arrived in the Netherlands, even the trash on the roadside was fascinating because it was in Dutch and it was largely for products that I had grown up eating in the US but that had been purchased from the local import store. As a child at school — my imported foods were seen as weird unless they were chocolate — which is its own food group in the Netherlands. But when I first arrived in the Netherlands I immediately felt like I had arrived home — things were new and if they were different, that difference was exciting.

The second stage of life in a new culture involves the new feeling wearing off and missing the old way of life. Experts in study abroad and international executive placement suggest that 3-4 months into living in a new culture — the polish wears off and the longing for the old way of life grabs hold. I remember walking through the streets of Amsterdam where I was interning with a company — doing their web design and finding an American Import store — that featured jumbo

COMMUNITY, page 8

Beit HaLev

Rabbi Galit Shirah is exploring the "Zoom" world. The coronavirus has opened up a new method of communication for those who are sheltering in place. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, contact the rabbi at (562) 715-0888 for access.

Beit HaLev offers live, interactive livestream services for Shabbat and Jewish holidays. To attend, go to [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com](https://www.youtube.com) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30.

This week's study will be of the Israelites in "the wilderness" in the parashah, "B'midbar." The beginning of the book of Numbers begins with a census, a count of the eligible men able to fight hostile tribes when attacked. It is the second month of the second year of their encampment at Mt. Sinai and the people must prepare for travel now that the Tabernacle is completed and they are in possession of the laws. The names of the tribes are counted, according to their ancestral mothers; and the Levite tribe is divided into subordinate members and superior members (the priests were direct descendants of Aaron).

Rabbi Galit Shirah conducts a weekday Ma'ariv service every Thursday for Sim Shalom, the Online Synagogue. Sim Shalom presents livestream services Monday-Thursday, with a different rabbi each day. To count the Omer, say Kaddish, pray for healing or to hear a spiritual message, go to www.SimShalom.com.

Rabbi Galit Shirah also teaches online Hebrew (Prayerbook and Conversational) and Cantillation (Torah chanting) for anyone who wants to learn something new. Contact the Rabbi at (562) 715-0888 or duets@icloud.com.



Rabbi Galit Shirah

FIRST CHRISTIAN CHURCH

The four identifiers of a Christian

by Pastor Bruce Humes
First Christian Church

"Then those who gladly received His word were baptized; and that day about three thousand souls were added to them. And they (these new believers) continued steadfast in the apostles' doctrine (teaching) and fellowship, in the breaking of bread, and in prayer." Acts 2:41-42 (NKJV)

The first Christians, who represented the early Christian church, did four things which would identify who they were and it would become their new identity. First, they "continued steadfastly in the doctrine (teaching) of the Apostles." The first identifying mark of these new believers is that they studied and adhered to the sound doctrine and teaching of the Apostles. We are called to do that today, throughout scripture we are warned and instructed to stay away from false teaching and false doctrines. 2 John 1:9 says, "Whoever transgresses and does not abide in the doctrine of Christ does not have God. He who abides in the doctrine of Christ has both the Father and the Son." The doctrine of Christ, as revealed to us in God's

FIRST CHRISTIAN, page 8

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- Meningitis (수막염)
- Tdap (파상풍, 디프테리아, 백일해)
- HPV - Human Papilloma (인간 유두종)



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Assembly of God

by Norma Ballinger
LW Contributor

What role does silence play in daily life? It offers significant health advantages like lowering blood pressure and helping to prevent heart attacks. According to science, the average person is interrupted every three minutes by some kind of sound. When life gets loud and noise fills every frequency, it's easy to lose your sense of being.

If you want to hear the heart of God, silence is the key; if you want the Spirit of God to fill you, be still. Psalm 32:7 says that God is our hiding place, that he keeps us from troubles and surrounds us with deliverance. Another part of the Psalms, chapter 46, verse 10, gives this encouragement: "Be still and know that I am God." Silence is critical to spiritual vitality. In the Sermon on the Mount (Matthew 6:6), Jesus tells us how to pray, "...when you pray, go into your room and shut the door and pray to your Father who is in secret." Finding silence from those around us is critical and we need to turn down the noise of our lives and turn our attention to listening.

Pastor Sam Pawlak's videotaped message this coming Sunday is titled "Social Spacing and Closeness to God through Silence." Each member of the congregation will receive this videotape on Monday. Our deepest gratitude to Richard Ryals, who makes all this possible.

By going to Pastor Sam's facebook page, you will be able to hear his devotional message at 10 a.m. every Sunday. These talks are filled with encouragement about how we can more easily get through the current health crisis and focus on God's word.

St Theodore's

by Rev. Lisa Rotchford
St. Theodore's Episcopal

Last week, I quoted C.S. Lewis' encouragement to pray—whatever our situation is in life. This week as Memorial Day is upon us, I would like to nominate the second verse from the fourth chapter of Paul's letter to the Colossians to be our 2020 Pandemic year Bible verse, "Devote yourselves to prayer, being watchful and thankful."

In the midst of being anxious during this worldwide pandemic, it is helpful to remember that when we pray we are not alone; our heartfelt thoughts are joined with others worldwide. We remember this month the 75th anniversary of the end of World War II and we are grateful.

This week especially remembering the military service members, first responders and others who have given their lives in pursuit of giving us the country we hold dear, we are called to be like the keepers of the watch — careful, caring for one another, and thankful.

From our Book of Common Prayer: "O Judge of the nations, we remember before you with grateful hearts the men and women of our country who in the day of decision ventured much for the liberties we now enjoy. Grant that we may not rest until all the people of this land share the benefits of true freedom and gladly accept its disciplines. Amen."

COMMUNITY

From page 7

boxes of AppleJacks cereal and American sticks of gum. I gave in to the cravings once or twice in that period.

That is the time that I think we are in now, here, as we have been forced into a new normal — we're over it and we just wish we could go back to what was. It is a challenging place to be, but it is also not the end of the story. Most of the year that I spent in the Netherlands was spent in the third stage of transition — the new normal. This isn't the new normal that is forced upon us — like we are in now, this is the new normal in which we find ways to remember what was and embrace what is; where we can find a way to thrive.

Where do you find yourself today?

If the new normal is still more challenging than normal you may call the church office to leave me a message (562) 431-2503. I invite you to tune into worship Sunday morning at 9:50 on Facebook live @communitychurchleisureworld. If you don't have a computer or Facebook, you can still call in to our phone system — (562) 431-2503 — and listen to the weekly message beginning Sunday evening as it takes time to edit and post the audio.

The RELIGION deadline is 4 p.m.,
Monday, prior to the Thursday publication.
E-mail Religion stories and
directory updates to
laurieb@lwsb.com
with photos attached as jpg files.

Redeemer Lutheran

by Rev. Lisa Rotchford
Redeemer Lutheran

My hometown of Arlington, Virginia, is also the location of the first national celebration of Memorial Day (originally Decoration Day) that took place on May 30, 1868, at Arlington National Cemetery. Every year since, the national observance of Memorial Day still takes place there today, with the placing of a wreath on the Tomb of the Unknown Soldier and the decoration of each grave with a small American flag.

On May 11, 1950, Congress issued a joint resolution requesting that the president proclaim a "Prayer for Peace" on each Memorial Day. I found President Truman's declaration in 1950 helpful as we pray for peace and healing this on the 75th anniversary of the end of WWII:

"Since war is the world's most terrible scourge, we should do all in our power to prevent its recurrence. It was the hope of mankind that with the cessation of hostilities of World War II they would be open to founding a permanent peace. Instead, that war has left the world in a state of continued unrest. Accordingly, we feel the need of turning in humble supplication to Almighty God for help and guidance. In recognition of this need, the Congress has fittingly provided, in a joint resolution which I approved on May 11, 1950, that Memorial Day, which has long been set aside for paying tribute to those who lost their lives in war, shall henceforth be dedicated also as a day for nation-wide prayer for permanent peace. The Congress has also requested that the President issue a proclamation calling upon the people of the United States to observe Memorial Day in that manner. Now, Therefore, I, Harry S. Truman, President of the United States of America, pursuant to the aforementioned resolution, do hereby proclaim Memorial Day, Tuesday, May 30, 1950, and each succeeding Memorial Day, as a day of prayer for permanent peace. And I designate the hour beginning at eleven o'clock in the morning of that day, Eastern Daylight Saving Time, as a period in which all our people may unite in prayer, each in accordance with his own religious faith, for divine aid in bringing enduring peace to a troubled world."

Here are two prayers for peace in the midst of distress from the the Lutheran book of worship to consider on Memorial Day:

"O Gracious and holy God, it is your will to hold both heaven and earth in a single peace. Let the design of your great love give peace to your church, peace among nations, peace in our homes, and peace in our hearts. Lead us from death to life, from falsehood to truth. Lead us from despair to hope, from fear to trust. Lead us from hate to love, from war to peace. Let peace fill our hearts, our world, our universe; through Jesus Christ, our Savior and Lord. Amen."

"Eternal God, amid all the turmoil and changes of the world your love is steadfast and your strength never fails. In this time of danger and trouble, be to us a sure guardian and rock of defense. Guide the leaders of our nation with your wisdom, comfort those in distress, and grant us courage and hope to face the future; through Jesus Christ, our Savior and Lord. Amen."

FIRST CHRISTIAN

From page 7

word, the Holy Bible, which reveals to us God's plan of salvation for mankind through his son, Jesus Christ. They continued in fellowship, the Greek word is "koinonia" meaning companionship, partnership, and communion with others on the basis of having something in common. The commonality here is the doctrine of Jesus Christ. No doubt when the early church believers gathered together the topic of conversations was Jesus Christ and his miracles, but more importantly was the discussion about Christ's death, burial, and resurrection, and their eyewitness encounters with the risen Christ before his ascension.

The new believers 'broke bread together,' which means more than coming together to eat or going through the ritual of the Lord's Supper. It means being brought into a right relationship and fellowship with the Lord. As we partake of the elements, we remember what Christ accomplished on the cross for each one of us.

The first Christians continued in 'prayer.' They spent a great deal of time in prayer, speaking directly to God about their new found faith and asking for guidance and protection. These four activities that identified the early church were no doubt done in both private and corporate settings. They included groups of people coming together to receive sound doctrinal teaching, corporate fellowship, (worship, singing praise songs) breaking bread (partaking of communion) and praying together.

As we enter into the third month of this pandemic, we as a church have been unable to partake in the corporate or group worship that identifies us. The writer of Hebrews in chapter 10:23-25 says this, "Let us hold fast the confession of our hope without wavering, for He who promised is faithful. And let us consider one another in order to stir up love and good works, not forsaking (neglecting) the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as we see the day approaching."

Until we are able to assemble together again in corporate worship, let us continue to seek God by reading and studying his word, fellowship with others (phone calls, cards, etc.) breaking bread (yes, you can take/have communion with the Lord, just you and him) and prayer. Pray that the Lord will quickly bring an end to this pandemic and the fear and anxieties that it has brought to so many around the world. Above all let's continue to give God all the Glory, yes, even in these difficult times, because, "He who is in you is greater than he who is in the world." 1John 4:4b

LW Baptist

by Pastor Rolland Coburn
LW Baptist

Today is Ascension Day. It celebrates Jesus' ascension into heaven 40 days after his resurrection. The record reminds us that Jesus is alive now and at the father's right hand. The First Century church confessed Jesus as "God manifested in the flesh, believed in the world, taken up in glory" (1 Tim 3:16). It is an event Jesus referred to many times during his earthly ministry and was foretold in Old Testament prophecy.

Jesus challenged grumbling followers, "What then if you see the Son of Man ascending to where he was before?"

We learn that "before the Feast of the Passover, Jesus knowing that his hour had come that he would depart out of this world to the Father, having loved his own who were in the world, he loved them to the end, knowing that the Father had given all things into his hands, and that he had come forth from God and was going back to God."

He explained, "I came forth from the Father and have come into the world; I am leaving the world again and going to the Father." In prayer, he told the Father, "Now I come to you."

On trial Jesus answered the Sanhedrin's question, "Are you the Christ, the Son of the Blessed?" with these words: "I am; and you shall see the Son of Man seated at the right hand of the power of God, and coming with the clouds of heaven."

After the resurrection, Jesus assured Mary Magdalene she need not cling to him, "for I have not yet ascended to the Father; but go to my brethren and say to them, 'I ascend to my Father and your Father, and my God and your God.'"

He told Nicodemus, No one has ascended into heaven, but He who descended from heaven: the Son of Man."

David foretold a thousand years earlier, "You have ascended on high, You have led captive your captives." And again David says, "The Lord says to my Lord: sit at my right hand until I make your enemies a footstool for your feet," (Psalms 68:18;110:1).

Isaiah likewise prophesied of the Messiah, "Behold, he will be high and lifted up and greatly exalted," Isaiah 52:13.

Luke's record tells, "And he led them out as far as Bethany, and he lifted up his hands and blessed them. While he was blessing them, he parted from them and was carried up into heaven, and a cloud received him out of their sight." Two angels explained, "Men of Galilee, why do you stand looking into the sky? This Jesus, who has been taken up from you into heaven, will come in just the same way as you have watched him go into heaven." So they worshiped him and returned to Jerusalem with great joy.

Health & Fitness



Lions Club members Sarah Atkinson and Frank Brown have more than 2,000 pairs of readers to give away for free.

LIONS CLUB

Get your free reading glasses

The Lions Club of Seal Beach, the largest Lions Club in the United States, has over 2,000 pairs of Foster Grant readers, that it would like to offer to the residents of Leisure World.

Since “vision” is one of our top service commitments, members are pleased to be able to offer these brand new reading glasses, with soft cases, to any LW residents.

There are +100, +200 with increments of .25 in between and +300 strengths.

“We will be happy to deliver to your doorstep, using safe distancing and health precautions (masks and gloves),” said Mary Hollen of Mutual 4, who is also a member of the Seal Beach Lions Club. “Please contact us with your prescription ‘power’ and whether you are male or female, for color and style choices.”

Members will then pick one or two pairs for you and deliver them to your Leisure World address, completely free of charge.

If you do not have a need, but know someone who does, a neighbor, friend, please pass along this information so that we may truly “serve” our community.

For more information, contact Frank Brown, cbedmotown@yahoo.com, or Steve Hollen, Mutual 4, commodoresteve@gmail.com.

Meals On Wheels, Long Beach

Meals on Wheels of Long Beach, Inc. (MOWL B), a non-profit group, delivers a variety of home-cooked meals to Leisure World shareholders; cost, \$8.25 per day for two meals, dessert and beverage. Meals are delivered between 10:30 a.m.-12:30 p.m. Deliveries include a complete hot dinner, lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of 1 percent lowfat milk. Contact Lisa Valdez at 433-0232 or visit www.mowlb.org. Call 439-5000 before noon to cancel orders for the following day. Menu subject to change without notification for the following day.

Thursday, May 21: Roast turkey with sage gravy, cornbread stuffing, creamed spinach, Waldorf salad, ham and cheese sandwich with lettuce, tomato and pickle, red cabbage coleslaw.

Friday, May 22: Polish sausage with baked beans, whole grain roll, green beans with pimento and onions, watermelon, chinese chicken salad with Mandarin oranges, cabbage, carrots, onion, Asian dressing, crackers.

Monday, May 25: Closed for Memorial Day

Tuesday, May 26: Roasted pork loin adobo, oven browned potatoes, zucchini medley, fresh orange, chicken salad sandwich with spinach and tomato, carrot and raisin slaw

Wednesday, May 27: Turkey lasagna, dinner roll, seasoned broccoli, chocolate cake, entrée chicken pasta salad, green, yellow and red bell peppers, black olives, feta cheese, dressing and crackers

Thursday, May 28: Chicken breast with mole sauce, potato wedges, peas and carrots, carrot cake, Chinese chicken salad with Mandarin oranges, cabbage, carrots, onion, Asian dressing

Wednesday, May 27: Baked fish with tartar sauce, butternut squash, macaroni and cheese, yogurt with strawberries, egg salad sandwich with lettuce and tomato, cucumber, red onion and dill salad.

STAYING HEALTHY

May is Mental Health Awareness Month

by Cindy Tostado

GRF member resources and assistance liaison

Now more than ever it is an important time to take notice of caring for our mental health and what it means in today’s world and current crisis. The COVID-19 pandemic has certainly turned our world upside down and we are all taking stock of what our “new normal” looks like.

Taking care of your mental health and erasing the stigma of mental health concerns can positively impact your quality of life. According to the World Health Organization approximately 15 percent of adults 60 years old and older experience mental health issues. Your mental health and well-being are as important in older age as at any other time of life.

Our mental health includes our emotional, psychological, and social well-being. Mental health problems can affect your thinking, mood, and behavior. Mental health problems are common, but help is available. The good news is that people who experience mental health problems can get better and many recover completely.

What we do know is that unaddressed mental health issues can affect a person’s quality of life and their physical health. Discussing these issues can be difficult due to the stigma surrounding mental health, however it is vital that we all take these concerns seriously and aim to promote wellness for ourselves and others.

How can you help yourself or a friend who is experiencing mental health concerns? Consider learning more by getting involved in the mental health movement. Familiarize yourself with mental health signs and symptoms.

Some early warning signs can include:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause

PACIFIC COAST UROLOGY

Online diagnostic UTI tests may be inaccurate

by Robert Pugach, MD
special contributor

One of the aftermaths of the COVID-19 pandemic is the increased use of Telehealth Medicine.

At Pacific Coast Urology Medical Center and Western States HIFU, that is nothing new.

We have been offering telehealth (communications) for more than 5 years. In fact, we are the first urology practice in the United States to do so.

As telehealth availability expands, it’s important to keep in mind its limitations.

Recently, a trusted associate sent me a link for a home use Urinary Tract Infection (UTI) diagnostic test. While I cannot attest to the accuracy or validity of this particular home UTI test, I do have some important points to give you.

What You Should Know About UTIs and Testing

1) If the test results are valid, they are only appropriate for the occasional, uncomplicated UTIs that women get.

2) It is never appropriate for a man—all male UTIs are typically due to incomplete bladder empty-

ing that is most often related to an enlarged prostate requiring further evaluation. This condition is called BPH.

3) For the women that we see in our practice, they usually have a history of complicated UTIs with underlying causes including:

a. Narrow urethra - the mechanical obstruction of a narrow urethra at any age that prevents complete bladder emptying.

b. Underlying medical conditions like diabetes, kidney stones, etc.

c. Spinal cord problems – that prevents proper communication between the brain and the bladder.

d. Having repeated UTIs – infections that resolve with antibiotics but reoccur.

e. Having unresolved infections - infections that are not resolved with antibiotics.

f. Being peri-menopausal, menopausal or post-menopausal. Hormone changes dramatically increase the likelihood of UTIs.

g. Inadequate fluid intake.

h. Being overweight.

i. Urinary leakage (urinary incontinence) – the presence of urine in your underwear or “protective” garments can be an

area of bacterial growth.

j. Sexual activity.

k. Stool leakage (fecal incontinence)—the presence of bacteria from feces can travel up into the bladder and cause infections.

l. Pelvic radiation history.

m. Where you live – if you are in an assisted living facility, the rate of recurrent infections is dramatically higher.

While these are just a few of the factors that can cause a UTI, please know that recurrent urinary tract infections:

a. Can cause damage to your bladder and kidneys

b. Can result in hospitalization

c. Can increase antibiotic resistance

Recommendations

If you have an uncomplicated UTI, talk to your primary care doctor about home-based tests.

If you have complicated UTIs, call us for an in-person or telehealth appointment because earlier interventions can prevent long-term complications.

Call (888) 735-4336 to schedule a telehealth consultation with Dr. Pugach and Evans Tran, physician’s assistant.

For more information, visit www.pacificcoasturology.com.



problems in relationships

- Having persistent thoughts and memories you can’t get out of your head

- Hearing voices or believing things that are not true

- Thinking of harming yourself or others

If you or someone you know is struggling with mental health concerns, please treat it as if it was any other type of medical condition. Discuss your concerns with your physician, seek treatment, know that you are not alone, and create your team to enhance your well-being.

For support please contact the following resources or me, GRF Member Resource Liaison Cindy Tostado, LCSW, 431-6586, ext. 317. Stay Well, Be Well!

For more information:

Mental Health Month: Tools to Thrive at <https://www.mhanational.org/mental-health-month>

Resources

- Orange County Crisis Prevention Hotline, (877) 727-4747

- Suicide Prevention Crisis Hotline, (800) 273-8255

- Trevor Line (LGBTQ), (866) 488-7386

- OC Warm Line, (877) 910-9276

(Providing emotional support and resources)

- Centralized Assessment Team, (866) 830-6011 (Mobile response for those experiencing a mental health crisis)

- OC Links, (855) 625-4657

(Support or linkage to any Health Care Agency Behavioral Health Services)

- Survivors Support Services (714) 547-0885

(Your path towards healing – Erasing the stigma-Suicide is preventable)

Arts & Leisure



Joanne Matos models a red-white-and-blue patriotic motif in honor of Memorial Day. She is a contestant in the Smizers Arise contest, which will judge who has mastered the art of saying hello with your eyes in this day of masked smiles.

RECREATION

Send in your 'smizing' selfie today

It's a new norm: Leisure World residents are required to wear masks when conducting essential business. And wearing a mask can seriously disrupt non-verbal expression. It's time to master the art of "smizing" or smiling with your eyes and enter the GRF Smizers Arise photo contest, which is open to all residents, HCC members and GRF staff.

There will be prizes for the most creative way to say hello, for the best smizer overall, and for the most imaginative mask.

Once all submissions have been catalogued and indexed, the Video Producers Club will take over and create a slideshow for the LW website and other community outlets. The LW Weekly will do a photo spread of the best entries before the Recreation Committee chooses the winners (prizes tbd).

The Video Producers Club is holding Zoom meetings to brainstorm ideas for the GRF Smizers Arise photo contest. The meetings are Mondays and Tuesdays throughout May at 1:30 p.m. To join one or more of the meetings, contact GRF Assistant Recreation Manager Kathy Thayer at kathy@lwsb.com.

Contest winners will be honored at a GRF Board meeting, where the winning entries will be ratified, and prizes presented.

Here are the rules:

- Selfie must be taken wearing a face covering
 - If you are technologically challenged, a friend may take your photo for you
 - No more than two submissions per household or one per employee
 - Photos must be emailed to events@lwsb.com. Hardcopies not acceptable.
 - Entries must be received by the close of business on May 29.
 - Entries must conform to the GRF Code of Conduct (nothing crude or vulgar)
 - GRF Board members are not eligible as they serve as judges
- For more information, email kathy@lwsb.com.

LW WEEKLY

Send submissions via email

The Leisure World Weekly office remains closed to the public in an effort to slow the spread of COVID-19 in the community. Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and Internet.

See page 4 of any edition for editors' addresses or send emails to rutho_news@lwsb.com, and submissions will be directed to the appropriate editor. People may drop hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly will only be able to accept credit or debit payments.

VIDEO PRODUCERS

Zoom meetings set for Smizers Arise contest display

The Video Producers Club is holding ZOOM meetings to brainstorm ideas for the GRF Smizers Arise photo contest.

The meetings are Mondays and Tuesdays throughout May at 1:30 p.m.

To join one or more of the meetings, contact GRF Assistant Recreation Manager Kathy Thayer at kathy@lwsb.com.

LW LIBRARY

Curbside pick-up is now available

LW residents can now order materials for curbside pick-up. To request materials, call the library at (562) 598-2431, Tuesday-Friday, from 10 a.m.-to 2 p.m., or email LWLibrary@lwsb.com; include your name, library card number, phone number and what kinds of materials you like to read and/or watch.

Library staff will accommodate specific requests or select similar items. The library is closed but staff is available to answer questions via phone or email Tuesday-Friday from 9:30 a.m.-3:30 p.m.

TECHNOLOGY

Register now for Zoom classes

You are invited to free technology classes by Bob Cohen. All classes are taught via Zoom.

Register in advance for the meetings by emailing Bob Cohen at bob@bobology.com.

After registering, you will receive a confirmation email containing information about joining the meeting.

- Introduction to Twitter, May 22, 10 a.m.
- Basics of Home Networks, May 29, 10 a.m.
- Blogging Basics, June 5, 10 a.m.

For more information on the classes, email Bob Cohen at bob@bobology.com.

FRIENDS OF LIBRARY

Get a bag of books delivered

Friends of the Leisure World Library volunteers will deliver a bag of books for \$5 to residents upon request. People can ask for their favorite authors or genre and volunteers will deliver them. There is a large collection of large print books featuring favorite authors and different types of fiction.

To order a bag of books for \$5, contact floconley@gmail.com or call (714) 350-7682 and let her know your favorite authors and kind of book (i.e. romance, mystery, historical fiction, etc.).



Rollin' Thunder cart masters will service LW carts June 6, provided owners wear masks and keep their distance

ROLLIN' THUNDER

Air & Water Day is June 6 at CH 4

The Rollin' Thunder Golf Cart Club has scheduled its quarterly Air & Water Day on Saturday, June 6, but not at the usual place. In keeping with safety guidelines to maintain social distancing, the popular maintenance event will be held in the parking lot of Clubhouse 4. Entrance to the cart line-up will be on the exit/alley roadway that connects Northwood Road and North Gate Road on the east side of Clubhouse 3. People must wear face coverings to receive cart service.

Cart inspections will begin at 9 a.m. and conclude at 10:30 a.m. Even though our lives are different right now, cart maintenance is required for safety. Volunteers will check cart batteries, tires and look for other safety issues.

These is never a charge for this valuable service, and all LW cart and scooter owners are welcome to participate, whether or not they are club members.

For further information, call club president Tom Davis at 431-6859.

—Mike Levitt, publicity director

Meals At-A-Glance



Grab 'n' Go Schedule Weekdays, Monday-Friday Saturday Lunch Clubhouse 6 Parking Lot

- **Monday:** Viking Dog Truck—Gourmet hot dogs, brats and loaded tots, 4-6 p.m., pre-orders accepted; <https://squareup.com/store/thevikingtruck>
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., no pre-orders
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m., (323) 833-1213
- **Thursday Lunch,** Hof's Hut, lunch and dinner selections, 11 a.m.-1 p.m.; can pre-order online or buy onsite, <https://app.onedine.com/s/PMA7J4N>
- **Thursday Dinner:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m., (562) 493-2212
- **Friday:** Koffel's Food Service – Special Friday menus weekly, cash, cards accepted, 5-7 p.m.
- **Saturday Lunch:** Domino's Pizza – Call ahead for special orders, (562) 493-2212; wings and salads, too, noon-2 p.m.
- **Saturday Dinner:** Naples Rib Company, barbecue, salads, sandwiches, 4-6 p.m., order ahead online for faster service, www.Ribcompany.com/LW or call (562) 439-RIBS.
- **Sunday:** Koffel's Food Service – Special Sunday menus weekly, cash only, new Sunday hours: 3-5 p.m.

All Grab 'n' Go events will take place, rain or shine. If it rains, Clubhouse 6 will be open. People are asked to keep a six-foot distance and wear a mask.

On-call bus service available from 4:30 p.m. when regular service ends. Call (562) 431-6586, ext. 379.

For more information or to make a suggestion, call (562) 431-6586, ext. 379.

Watch for LW Live! alerts for daily menus. Sign up for LW Live at <http://www.lwsb.com/lw-live-sign-up/>.

When seconds count, shouldn't you **B.E. F.A.S.T.**?

Nearly 2 million brain cells die each minute a stroke goes untreated, increasing risk of permanent brain damage, disability or death.

A stroke is an emergency. When every minute counts, make sure you can recognize the signs of stroke with: B.E. F.A.S.T.



Balance Lost

Sudden loss of balance or coordination



Eyes Blur

Sudden trouble seeing or blurred vision in one or both eyes



Facial Drooping

One side of the face droops or is numb



Arm Weakness

Sudden weakness or numbness of an arm or leg, especially on one side of the body



Speech Difficulty

Sudden confusion, trouble speaking or understanding speech



Time to Call 911

Call 911 immediately (note the time the symptoms started)




MemorialCareTM
Long Beach Medical Center

800-MEMORIAL (636-6742)
memorialcare.org/BeFast



Cribbage player Bob Berry remembers the perfect hand, at the end of a memorable trip.

CRIBBAGE CLUB

It's the grand slam of cribbage and it only happens once in a lifetime

by Terry Thrift
LW contributor

Every boy remembers a home run in Little League or hitting a two pointer in basketball when his dad was in the stands, all special to be sure, but every once in a while, life hands out a moment that will never be forgotten.

Like this one.

In the summer of 1989, Bob Berry, his brother Jim and two buddies were fishing on the Saskatchewan River in Canada. Besides the obvious, there's not much for four fishermen to do on the river when the sun goes down. Being lucky lads, they found a cribbage board and a deck of playing cards in their cabin that had the logo of a nearby Indian casino.

The Berry boys teamed up against their buddies and proceeded to play their first game to 121.

Cribbage is a funny game. Sixty percent of it is the cards you're dealt, and 40 percent is how you play them. The highest scoring cribbage hand you can get is worth 29 points. It consists of a Jack and three fives. The cut card is the five of the same suit as the Jack. So, there are actually four different hands that are worth 29 (each suit).

Late in a close game, Jim was the dealer and dealt Bob five cards; 7, Jack, 5, 5, 5. Bob discarded the 7, and was left with a very nice hand worth 14 points.

But it wasn't *that* special. Next, the deck was cut, and the top card turned was another 5. Now the Jack in Bob's hand was of the same suit as the just upturned 5. May the angels sing!

So, taken together, Bob's five cards; Jack, 5, 5, 5, 5 amounted to 29, the granddaddy of all cribbage hands.

The odds of hitting a 29 hand in a four-handed game of cribbage are one in 649,740. In English, it's the hat trick in the last five minutes of the Stanley Cup.

It's a walk-off, grand slam homer in the bottom of the ninth, in the World Series or maybe it's the Tampa Bay Buccaneers winning Super Bowl LV next year. Whatever it is, it's huge and deserves a shoutout to Bob Berry and all cribbage players looking to get their first (or second) 29.

RECREATION

Sewing Room open to mask makers

The GRF is offering the use of the Sewing Room in Clubhouse 3 to make face coverings under strict guidelines:

- Only two people at a time will be permitted in the Sewing Room.
- The hours will be between 8 a.m.-3 p.m. weekdays.
- Mask makers must reserve their time with the Reservations Office by emailing kathyt@lwsb.com.
- Each person will be permitted 2 hours of sewing machine use per shift unless there are no other reservations.
- If you have not purchased the required sewing kit, GRF will lend one to you.
- People must sign in and sign out with the custodian each time.
- Fifteen minutes between reservation slots are allotted for the custodian to sanitize touch surfaces.

For more information, call (562) 431-6586, ext. 398.



Social distancing while actively exercising on their recumbent bikes are Patty Gambol, Mutual 11; Midge Bash, Mutual 14; and Laurel Land, Roger Benrd, and Frank Gambol all of Mutual 11. The five pedaled throughout Leisure World enjoying the fine weather this past weekend and the opportunity to go outside and get some exercise. Recumbent bikes provide great back support while giving the rider an extensive leg work out.

Free Zoom Classes

Each day of the week, the Video Producers Club is offering some kind of a free Zoom video conferencing meeting at 10 a.m. and 2 p.m. for Leisure World residents.

- On Monday at 10 a.m., regular Zoom users meet with Joe Osuna hosting. Email joosuna29a@gmail.com for an invite if needed.

- On Monday at 2 p.m., Fred Carpenter hosting a Mac and iPad computer training meeting on Zoom. Email sail1942@gmail.com for an invite.

- On Tuesday, a beginner's Zoom class starts at 10 a.m. with Miryam Fernandez and Bonnie Zelda Cooper; class limit: 25 (the class is full but people can get on a waiting list by emailing learnzoom101@gmail.com).

- On Wednesday, a beginner's Zoom class starts at 10 a.m. with Joe Osuna. Email joosuna29a@

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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 Creative Writers meet on the fourth Friday at 1:30 p.m. in Clubhouse 3, Room1, for poetry, fiction and non-fiction; business meeting follows.

An Uninvited Guest

Not because of the mind
Of distaste, hatred, heartlessness,
That's how I feel of late.
Tactfully,
With the mouth covered,
Without handshake,
Keeping a distance
All are staying home.
Wearing a spiky red crown
In the den of the lung,
What are you scrambling?
Dancing and going all over.
Behold, that sound heart,
It'll pump you out of there.
Then the neo-mind scathed shall revive
Gladly from the outside sun.

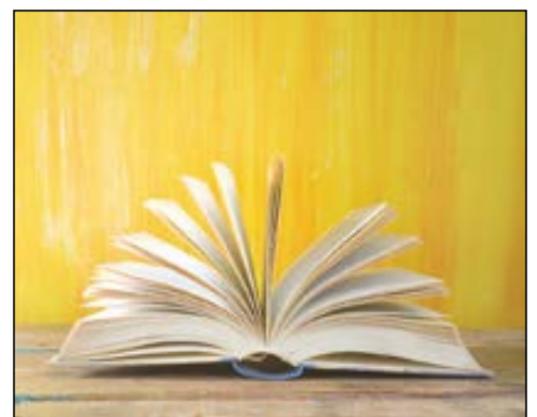
—Robert Chung, Mutual 14

Readers Write Book Reviews

Books can be great insulation from the far-reaching impacts of stay-at-home orders in the time of COVID-19. Have you just finished reading an earth-shattering novel and are itching to let others know what you thought about it?

You are not alone. The LW Weekly is calling all bookworms to write interesting and engaging reviews for fellow readers.

Send your reviews to rutho_news@lwsb.com, and we will run them as space allows. Reviews will be edited for brevity and clarity. Books can be ordered from the LW Library as part of its curbside pickup program or digitally through the OC County Library System.



OC Library Free Audio/Ebooks

All branches of the Orange County Library System are closed due to the coronavirus emergency. But the library's website offers a treasury of resources online.

Free Audio and Ebooks

Free audio and ebooks are available as the community bunkers down to prevent the spread of COVID-19.

Overdrive and Libby apps are now available to everyone who has an Orange County library card. (To get a card, log on to <https://www.ocls.info/using-library/get-or-replace-your-card>)

Find audiobooks and e-books, check them out, download them, and access them through the easy-to-use Libby app from OverDrive. People can borrow thousands of ebooks and audiobooks instantly for free, using their cell phones.

Just get the app for your phone or tablet; download it from either the Apple App Store for iPhones or Google Play for androids.

With the app you can keep track of your reading history, all your loans and holds are consolidated in a single place and positions and notes are synced across all your devices.

Libby can send books to Kindle for people who like to read on that device.

Book Review

Ladder of Years
by Anne Tyler
Fiction, Literary

by Maureen Habel
LW contributor

For those who have ever been tempted to just walk away from things and keep on walking, "Ladder of Years" is a great read. On the spur of the moment, Delia Grinstead, a housewife who feels her family takes her for granted, walks away from a beach holiday to start a new life.

In the small town in which she lands, she embarks on a

REVIEW, page 23

people—at least one in every mutual—who pick up finished product and deliver masks to headquarters, and finally, the people who mail or drive masks, each separately bagged, to recipients.

Dean Jacobus and Yvette Louie, along with Thuy Ngoc Do, oversee the effort.

They are on the phone, matching mask requests with deliveries and accommodating special orders (police require black masks, for example). They make sure a steady stream of fabric, elastic and plastic bags are assembled in kits and provided to sewers, coordinating deliveries of finished masks from sewers to Louie's "Sewing Brigade Headquarters," where masks are boxed and shipped out or delivered to area hospitals, nursing homes, police stations and beyond.

Thousands of the carefully stitched masks, all 100-percent cotton and made to a specific pattern, are on the front lines everywhere.

Brigade masks are being worn by LAPD, Tustin Police and Seal Beach PD. Masks are enroute to the UCLA Rehab Center and Rancho Springs Medical Center in San Diego. Warriors with the 595th Transportation Brigade in Kuwait have LW masks, and a shipment of 400 went to the Gallup Indian Medical Center, a 99-bed hospital in Gallup, New Mexico, on the border of the Navajo Reservation.

Medical personnel aboard the USNS Mercy, which was berthed at San Pedro, received LW masks as did Seal Beach postal and Target workers.

Each mask had a note from Leisure World thanking recipients for their "continued heroic service. Our senior community in Seal Beach has heard the call, and we have responded." The note goes on to explain that the handsewn masks will extend the life of surgical masks by inserting them inside the cotton protectors.

Since the first delivery, thank you cards and letters, pictures and posts have poured in, filled with gratitude and appreciation.

"It is so heartwarming to be cared for by such a loving and giving community, and it makes us so proud to be the Target store that serves you," said a card from the team at Target Seal Beach. "We are hopeful we will get to see all of your beautiful faces soon."

Raveena Singh, senior project manager at the UCI School of Medicine, Infectious Disease, sent "a BIG thank you Leisure World Seal Beach!!! We are super grateful for your gracious donations in these trying times."

One of the final load of masks is destined for right here at home, to help LW residents protect themselves, a beautiful swan song in the middle of a turbulent time.

"Our single, biggest donation will be here in Leisure World," said Dean, who hopes to blanket the community with all the face coverings people could need.

This is a labor of love. "It takes hours and hours. I've never worked so hard in my life," he said. "It's been a win-win. It gives people something to do, so they are not just sitting at home worrying. No one wants to stop doing this but it's time. People are getting tired."

The brigade started in early March as soon as Dean became aware of the critical shortage of Personal Protective Equipment (PPE) for medical personnel fighting COVID-19. Yvette's Mutual 12 home became command central. Carts ferry back and forth, carrying kits to sewers and finished masks to packers for delivery. There's a big sign in front—"World Headquarters," it proclaims. Inside her patio are racks filled with masks, sewing kits and a table spilling over with notes, snacks (each kit contains a snack for the sewer who will receive it), invoices, notes, thank you cards and more.

The Sewing Brigade is nearing the end of its run with the satisfaction of a job splendidly done. The goal is to distribute 20,000 masks.

"We have nearly run out of kit-making material," said Dean, "but there is enough for about 4,000 more masks, plus what is in the field, which should give us somewhere between 19,000-20,000 masks at the end."

Yvette agrees with Dean's win-win assessment: "I've met so many new people," including the inimitable 95-year-old Wynette Harris of Mutual 15. Wynette worked at the shipyard in Long Beach during World War II. Today, she is still at it, carefully stitching her share of masks. "I am so grateful to be able to help," she said.

Sewer Bonnie Freund of Mutual 15 loves color, "mixing and matching is so fun," she said. "I'm making use of myself, and that feels good." Cassie Caddell of Mutual 1 has turned in more than 600 masks, and it was Thuy Ngoc Do's request for cotton masks from her doctor daughter that helped spark the Sewing Brigade. Since then the Mutual 14 resident has been a dynamo of energy, procuring hundreds of yards of fabric and elastic, turning her living room into a one-woman mask factory; making dozens of lunch boxes for her sewers, and personally delivering masks to far-flung destinations.

Thuy was also at the helm of a group of Vietnamese sewers who were among the most productive in the brigade. Seven women and one husband contributed 4,500 masks as of May 17. Besides Thuy, Trang Nguyen made 1,177 masks, Lieu and Can Nguyen made 950 and the rest averaged about 600 masks each.

"We are glad that we can do something for someone in need while we have to stay home," said Thuy.

Added Dean: "We never thought or intended that this project would make people feel connected. But that's the silver lining."

"Being part of it keeps me focused on more positive things than the horrific news, and that's a gift," said Yvette, who spent her May 14 birthday walking around Leisure World with Dean, checking on sewers, delivering kits and picking up finished masks.

In addition to sending thousands of masks into the world, the Sewing Brigade has brought people together for good. The brigade may be coming to an end, but its boatload of masks will generate ripples of goodwill far into the future.



The Leisure World Sewing Brigade is closing in on its goal of making 20,000 face masks in a grassroots effort that started with a request for help from the daughter of Thuy Ngoc Do (at left), who is a medical doctor. Her San Diego hospital needed face coverings to protect their N95 masks. And so began an effort that spread throughout Leisure World as more than 100 people signed on to help. Yvette Louie (lower left at desk) and Dean Jacobus (bottom photo) set up the Sewing Brigade Headquarters at Yvette's home. As masks went out to frontline workers all over the world, the photos, cards and letters of thanks began pouring in. Garden Park, UCI School of Medicine (top), was just one of many groups to express its appreciation for the hard work of LW residents. As one of the brigade's last big giveaways, 2,500 masks will be distributed tomorrow, May 22, at Veterans Plaza between Clubhouse 3 and the LW Library at 9 a.m. Residents who need a couple of washable masks handmade with love are invited to come and get a package.



Community



Martha and Bernie Goossens



Bernie Goossens and Anna Derby



Anna Derby (l-r), Ana O'Brien, Martha Goossens, Lillian Kennedy and Linda Johnson put masks in plastic bags to give to LWers.



Anna Derby hands washable mask to shareholder during mask give-away.

GAF

Volunteers see the fruit of their labor at the GAF May 15 Mask give-away

The Golden Age Foundation gave away 500 washable face masks at Veterans Plaza near Clubhouse 3 on May 15 as part of the Community Strong program at Leisure World. The event was put on to help shareholders protect themselves and others from the spread of COVID-19.

Shareholders who came to the event were asked to cover their mouths with a scarf or handkerchief to receive a mask if they didn't already have one. Social distancing of six feet apart was strictly enforced by volunteers. Shareholders were allowed one mask per person.

Those who received a cotton mask may put in a filter for added protection. Use a coffee filter, paper towel or napkin. It is highly recommended to wash the mask daily to prevent

the spread of germs. If someone does not have easy access to a washing machine, the easiest way to clean the mask is to use a ziplock baggie and soak with hot water and soap. Shake the bag by hand and let your mask sit in the bag for 5 minutes. Rinse in hot water and hang to dry.

GAF wants to send a big thank you to all their volunteers—the sewers, cutters, elastic cutters and delivery people who made this event possible. Everyone came together and made 500 washable face masks for their fellow neighbors. And a big thanks to coordinator Diana Harrison from Mutual 5 and Anna Derby from the Golden Age Foundation who oversaw the project.

Volunteers

Amy Chien, Ana O'Brien, Andree O'Brien, Ann Stalder, Anna Derby, Barbara Dumont, Bernie

Goossens, Bonnie Morimoto, Carole Hubert, Carrie Kristner, Celeste Lowe, Chung Cha Lewis, Daniel Mahoney, Diana Harrison, Diana Lambert, Dove Sonza, Feliva Dixon, Heeja Almeida, Hoa Vo, Ivy Kung, Jan Eddleman, Janet Sapp, Jeanie Berro, Joan Armstrong, Joan Na, Jojo Weingart, Joyce Lamm, Judy Bernardo, Kathy Hamilton, Laura Sporcich, Lita Lewis, Marion Higgins, Martha Goossens, Marti Feldman, Marti Stroman, Maryann Conti, Melli Herrera, Noreen Mandell, Rita Casachia, Ruth Bradley, Ruth Osborne, Sharon Kohn, Susan Abouaf, Susan Cavanaugh, Susie Cucci, Takako Mitchell, Tina Furey, Venice Yu, and Young Choi. Young Choi,



Marge and Antonio Dodero

LW ANNIVERSARY

Doderos celebrate 60 years together

Antonio and Marge Dodero celebrated their 60th wedding anniversary on May 14. Covid preempted renewing their vows (churches are closed) and throwing a party (self-isolation). But they wanted to proclaim it to the world, well, at least Leisure World.

The couple has been living in Leisure World for 22 years. They retired after working and raising a family of five children, three boys and two girls. They had two grandchildren when they first retired and now the count is up to 14 grandchildren. They are so very proud of their children and grandchildren.

Tony spent six years in the Navy and then worked over 31 years in aerospace as a manufacturing engineer. Marge was an RN at St. Francis Medical Center for 38 years. They both attended colleges during those years to advance their education and get their education degrees. That was in between coaching ball teams, den mother activity, car pooling



Marge and Antonio on their wedding day, May 14, 1960

to schools, etc.

They were high school sweethearts, married young, and grew up and older together and "found that they still love each other." While the self isolation is getting old, they are thankful that they have each other to talk to.



Wanda James

AMERICAN LEGION AUXILIARY

Yarn donations needed for blankets

American Legion Auxiliary Unit 327 is in need of yarn to crochet lap blankets for our Veterans. The Auxiliary distributes these blankets to any Veteran who may need one. Wanda James is not an Auxiliary member but she enjoys making and donating to the group. The blankets are distributed in Leisure World as well as the spinal ward and Blind Rehap Center at the VA Medical Center in Long Beach.

Consider donating unused yarns during spring cleaning. Call Sandy or Lee Esslinger at 562-430-2891 and they will arrange a "contact free" pick up. Any veteran who needs a lap blanket should also call Sandy or Lee Esslinger and they will arrange contact free drop off.

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TRAVELING TIGERS



Traveling Tigers Club members Joanna Matos (l) and Barbara Matillo stand next to their tricycle driver in Manila.



Buses, taxis, motorized tricycles, and Jeepneys are all modes of transportation available in Manila

Members of Traveling Tigers Club find new ways to travel around the city in Manila

by Joanna Matos
LW contributor

During the Traveling Tigers Club's Philippines tour, the group found that transportation in metropolitan Manila consist of buses, metered taxis, and the public utility Jeepneys. A Jeepney is a reconverted Jeep that the U.S. military left behind after World War 2 on the islands. A camper shell was added and welded onto a flatbed to hold 10 - 12 passengers on two side bench seats without seat belts.

The most common mode of transportation for short distance travel on the outer islands is the tricycle—a motorbike with a covered sidecar. While normally built for two passengers, often a family of five can be seen squeezed in with no seat belts.

Pictured on the island of Cebu are members Barbara Matillo and Joanna Matos with their young Filipino driver, father of two children. The two-mile tricycle was a safe and fun ride experience worth more than the cost of 50 Philippine Pesos, which is \$1 US, remarked Barbara and Joanna agreed.

Editor's note: For the next few weeks the community section will highlight past trips from the Traveling Tigers Club. All trips were taken before the stay-at-home orders were in place. The club does not encourage traveling at this time, but looks forward to when they can explore new places with friends once again.

Email your TRAVEL stories, no more than 650 words, to laurieb@lwsb.com

For your information:

All mail left at the LW Post Office by the Amphitheater or any LW postal box prior to the last pick-up of the day will be processed the same evening at the main Long Beach Post Office.

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LW BIRTHDAYS

Jane Hass turns 70 years old



Jane Haass celebrated her 70th birthday and the Easter season with Our Lady of the Holy Rosary with the Filipino Rosary Group.

Jeanette Anderson's 100th milestone



Patricia Bateman (l) and her aunt, Jeanette Anderson, who celebrated her 100th birthday on May 13.

Celebrating a birthday?
Share your photos and how you safely celebrated in an email to laurieb@lwsb.com



FALW

Karaoke Club wishes its members well

The Filipino Association of Leisure World Fun Karaoke club are anxiously waiting for to continue their fun-loving festivities safely. Ric Dizon and Ren Villanueva are receiving many questions about when the group can start meeting again. The only answer they can give at the moment is to pray and wait patiently until the COVID-19 stay-at-home regulations are lifted by the CDC or the local government. In the meantime, stay home and be safe. The life you save could be your own. They suggest club members to use some time during lock down to practice their favorite songs to perform once it is safe to gather again.

PAWS, CLAWS AND BEAKS

Indoor games to entertain your pet



Hiding your pet's favorite toy around the house is a great way to help entertain them mentally and physically.

If you're looking for a way to keep your pet busy during COVID-19, consider an indoor scavenger hunt. This fun and interactive activity is a wonderful way to interact and bond with your pet and help enrich their lives. The benefits of enrichment include mental, physical, and emotional health benefits for your pet. This indoor scavenger hunt ideas guide may be just what your best friend needs to stay entertained and healthy.

Sprinkle Treats Around the House

If you and your pet need an afternoon pick-me-up, consider hiding treats and encourage them to seek it out. This gives you both the opportunity to stretch your legs and gives your pet a small reward. Also, it's beneficial for all family members to move and stay active when staying inside. Boredom may set in for your best friend, and the search for treats may help motivate them. Consider starting off slow and rewarding more as your pet becomes accustomed to the game. Also, you can create different levels of difficulty, which keeps everyone entertained.

Hide Your Pet's Favorite Toy

Chances are, your pet has a favorite toy or stuffed animal. So, why not incorporate their belonging into an interactive game. For example, work as a team to find their favorite items. To begin the game, start with the same toy until your pet fully understands the concept. After a few times in a row, you can start to add more toys. Consider rewarding with a game of toss or chase afterward.

Incorporate an Interactive Toy

Interactive toys are a fun way to add surprise to any indoor scavenger hunt with your family. Imagine your pet's looking for a toy, and they get a surprise treat. Consider what your pet likes and plan accordingly. Pet tech toys may range from full-motion to an interactive automated toy on the ground.

Change Up Your Routine

A benefit to you creating your own indoor scavenger hunt for your pets is you can personalize it with your family in mind. For example, want a five-minute scavenger hunt in the morning, or a longer game in the afternoon. You can cater to everyone. It's a great way to break up your day while also having fun and staying active at the same time.

Get the Whole Family Involved

An indoor scavenger hunt gives you a way to explore, interact, and bond with family members. In addition, it gives everyone a chance to play along in the fun, including your pets. Naturally, your pets will enjoy the extra time with you and the moments you make will last a lifetime.

- From www.truepanion.com

FALW

Spots for Veteran's Day picnic on July 4 still available for purchase

FALW will hold a picnic to honor all U.S. veterans living in Leisure World on Saturday, July 4, at 11:30 a.m., at the Clubhouse 1 picnic area to show gratitude for their great sacrifices for our freedom, which Americans enjoy today. This event was started by few Filipino residents in Leisure World some 10 years ago to let them know they are not forgotten. The first picnic was attended by a few veterans. Last year, the number was over 150 with their guests. All veterans and widows of veterans living in Leisure World are invited to join this event.

To attend the picnic, residents must RSVP; when placing the call, include your name, branch of service, phone number and number of guests. The first 75 callers will receive a token gift. For more information call: Ren Villanueva, (323) 854-6209, (562) 493-1406; Ric Dizon, (714) 225-3597; Ed Bolos, (551) 998-4223; or Eileen Merritt, (562) 486-1252.

The LW Weekly 430-0534

SBTV Listing

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/schedule. Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at Sbtv3.org.

Thursday, May 21

4 pm Dr. Chung COVID info-LW
4:12 pm Tina and Tommy sing -LW
5 pm The History of Seal Beach
5:30 pm Beginning of Leisure World
5:45 pm Sewing Brigade
6:20 pm Shelter at Home Entertainment
6:31 pm Sea Inside
7 pm Life and Times:
Lawhead Brothers

Friday, May 22

4 pm LW's Rollin' Thunder
4:10 pm Velvetones Concert
5 pm Beginning of Leisure World
5:15 pm Shelter at Home Entertainment
6 pm Mystery at the Theater
6:32 pm Sea Inside
7 pm Seal Beach City Limits
Richard Hastings
8 pm Life and Times-Lawhead Brothers
9 pm Cerritos Center-Golden Dragon Acrobats
10:37 pm Cerritos Center-The Four Tenors

Saturday, May 23

4 pm LW's Rollin' Thunder
4:10 pm LW's Velvetones Concert
5 pm McGaugh Patriotic Show
6 pm LW's Tina and Tommy Sing
6:45 pm Dr. Chung COVID info
7 pm Ocean Perspectives
8 pm LAUSD
10 pm Cerritos Center-Matt Mauser

Sunday, May 24

4 pm SB Planning Comm. Meeting replay 5-18
5:30 pm Beginning of Leisure World
5:45 pm McGaugh 1st Grade Concert
6:30 pm McGaugh Go West!
7:30 pm Life and Times-Lawhead Brothers
8:30 pm Cerritos Center-Riders in the Sky
10:15 pm Americana Awards

Monday, May 25 Remembering those who died during service with the US Military

4 pm LW's Sewing Brigade
4:35 pm Aquarium of the Pacific
5 pm Vintage Vehicles
6 pm McGaugh 3rd Grade Concert
7 pm LW 2019 Memorial Day celebration
8:15 pm Beginning of LW
8:30 pm World's Fair Newsreel 1964
8:45 pm Dr. Chung Covid Info
9 pm Cerritos Center-In the Mood

11:10 pm National Parks/Drone Club
11:30 pm Vintage Vehicles

Tuesday, May 19

4 pm LW's Sewing Brigade
4:35 pm National Parks/Drone Club
5 pm LW's Tina and Tommy Sing
5:45 pm Shelter at Home Entertainment
6 pm McGaugh - Go West!
7 pm Seal Beach City Council meeting-LIVE
8 pm Cerritos Center-Matt Hauser
10 pm Cerritos Center-In the Mood

11 pm Bob Cole Conservancy

Wednesday, May 20

4 pm LW's Sewing Brigade
4:35 pm Shelter at Home/ Dr. Chung
5 pm Beginning of Leisure World
5:15 pm LW's Tina and Tommy Sing
6 pm National Parks/Drone Club
6:30 Aquarium of the Pacific
7 pm On Q-8bit Jazz Heroes
8 pm Seal Beach City Limits-Richard Hastings
9 pm Cerritos Center-

DEMOCRATIC CLUB

Thank you essential workers and businesses who work to keep us safe

by Mary Larson
LW contributor

This week's article was intended to be the first of a series dealing with the Democratic Club's plans for the November General Election. Instead of doing that, however, we are using the space to express our response to the culture wars reportedly raging across the nation over whether or not to wear protective masks.

The Democratic Club members are thankful for the precautions being taken by the leadership within Leisure World and the surrounding community to protect the safety of our residents. This is especially true at a time when we hear from some quarters that we "seniors" are expedient, along with the Post Office.

83 percent of the 88 deaths in Orange County (as of May 18) from COVID-19 being made up of people aged 55 years or older and nearly half of the deaths in California being linked to elder care facilities. A huge thanks goes to the city of Seal Beach for requiring all essential business employees and customers to wear protective masks to keep the communities at risk safe.

Unfortunately, the situation is complicated since not all businesses or local governments in the county have enacted uniform rules or regulations. The Board of Supervisors has adopted regulations requiring face coverings for all essential business employees but only "recommends" that people wear them in public. Target says only that they comply with all local regulations governing the use of protective masks by its employees and customers. Walmart said it also "encourages" customers to wear face coverings but appears to require them only in cities where local orders are in effect.

Fullerton, Buena Park, Costa Mesa and Laguna Beach have joined Seal Beach in requiring essential business employees and customers wear masks. Costco also requires customers to wear face coverings at its stores.

Regardless of the debate and conflicting regulations, face masks, social distancing and handwashing remain as the best defense against COVID-19. For the most part, Leisure World residents support following these guidelines and for that we can all be thankful.

♦♦♦

We are still interested in hearing about how you are managing during this new reality of enforced isolation. Please share your story by emailing the club president, Mary Tromp, at lwsbdemocraticclub@gmail.com. As an example, on the birthday of one of our members, her sister asked friends to celebrate by leaving a roll of toilet paper at her door! What better gift could anyone receive in this time of shortages of such an essential item.

♦♦♦

Watch this space for more information in coming weeks about the Democratic Club's plans for the November General Election.

♦♦♦

If you want to stay informed and are interested in receiving the Club's newsletter on a regular basis, email the editor, Mary Larson, at mlarson.telfords@gmail.com with your contact information.

Obituaries

In Memoriam

Joline Gnuon 66
Robert Brandenberger 82
Annette Papuga 81
Linsey Osborn 27
Dea Smith 79
Nicole McInterny 54
Nick Gavalyas 83
Marilyn Sterner 87
Ronald Gray 83
Charlene Johnsen 64
Lori Martinez 61
Elaine Meggs 79
La Vona Laris 67
Bernabe Gama 88
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♦♦♦

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• An "In Memoriam" column is available free of charge. Limited to name, mutual number and date of death.

• An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.

• Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.

• Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.

• Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors, or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

Email Obituary Notices to laurieb@lwsb.com with photos attached as jpg files.

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FROM THE CALIFORNIA DMV

Be safe on bikes by obeying rules of the road

Each year in California, more than 100 bicyclists are killed and over 10,000 are injured in collisions, commonly caused by bicyclists' and/or motorists' behavior, lack of skill, or attention.

Bicyclists have the same rights and responsibilities as motorists and are subject to the same rules and regulations.

But it is crucial that bicyclists pay attention to traffic signs and signals and follow all rules to reduce the risk of collisions, while on the road. Refer to the California Driver Handbook to become familiar with these rules.

In addition, the California Vehicle Code (CVC) contains specific laws pertaining to bicycle riders.

It is unlawful to operate a bicycle while under the influence of alcohol or drugs.

Convictions may be punishable by a fine (CVC §21200.5).

Four Basic Safety Tips

Here are four basic bicycling tips:

- Maintain control.
- Protect yourself and reduce the risk of head injury by always wearing a helmet.
- Be visible and alert. Use hand signals and eye contact to communicate your intentions.
- Ride in a safe lane position with traffic.

Maintain Control of Your Bicycle

The following are things you can do to maintain control of your bicycle, even in an emergency:

- Ensure your bicycle is the

right size and properly adjusted to fit you.

— A properly-fitted bicycle is more comfortable and easier to control.

— A bicycle shop can help you choose the correct size bicycle.

• Ensure your bicycle is in good working order by inspecting it regularly.

— Per CVC §21201(a), it is unlawful to operate a bicycle that is not equipped with functioning brakes.

Protect Yourself

Properly-fitted helmets provide protection from a potentially life-threatening head injury. Wear your helmet per manufacturer directions.

Be Visible and Alert

Even if you obey all traffic laws, there is always a risk of a collision.

Be prepared to stop for vehicles waiting at stop signs, in driveways or parking spaces, which may suddenly pull out in front of you.

Be prepared to take evasive action relating to vehicles that have just passed you and may turn right, as well as vehicles coming the opposite way that may turn left in front of you.

Use hand signals before making turns or changing lanes to warn traffic around you. You do not have to keep your arm extended while completing maneuvers; always have at least one hand on the handlebars to maintain control.

— To signal a left turn, look be-

hind you, over your left shoulder, and then extend your left arm out.

— To signal a right turn, hold your left arm up with your elbow bent.

— To signal that you are slowing or stopping, extend your left arm down.

Using lights and reflectors at night is the law (CVC §21201). During darkness, bicyclists should avoid wearing dark clothing and must have the following equipment:

• A front lamp emitting a white light visible from a distance of 300 feet.

• A rear red reflector or a solid or flashing red light with a built in reflector visible from a distance of 500 feet.

• A white or yellow reflector on each pedal or on the bicyclist's shoes or ankles visible from a distance of 200 feet.

• A white or yellow reflector on the front wheel, a white or red reflector on the rear wheel, or reflectorized tires.

• Use mirrors only as an aid. Always look over your shoulder to make sure the lane is clear before turning or changing lanes.

Ride in a

Safe Lane Position

Ride in the same direction as traffic so you are more visible to drivers entering roads or changing lanes in the following scenarios:

• Passing a vehicle or another bicycle in the same direction.

• Preparing to make a left turn at an intersection, into a private



road, or at a driveway.

• When necessary to avoid a hazard or road condition (i.e., pedestrians, animals, surface hazards).

• When a lane is too narrow for a bicycle and vehicle to travel safely side by side within the lane.

• When approaching a right turn.

If the road is one-way with two or more lanes. In this case, a bicyclist may ride as near to the left curb or edge of roadway as possible.

Hazards

Keep your eyes on the road ahead. Avoid potholes, gravel, broken glass, drainage grates, puddles you can't see through, or other unsafe road conditions. When possible, signal before changing lanes. Slow down when

approaching an intersection to ensure there is no oncoming traffic that may not see you.

Parked Vehicles

Bicyclists should ride far enough away from parked vehicles to avoid being hit by an opening door.

Using Bicycle Lanes

A bicycle lane is a designated traffic lane for bicyclists. However, motorists must merge into a bicycle lane when making right turns. These lanes are marked by a solid white line, which becomes a dotted line ending before it reaches the corner.

Different from a simple white line showing the edge of the road, a bicycle lane follows specific width requirements and is clearly marked as a bike lane with sym-

SAFETY, page 24

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Guess Who?

I am an R&B singer born in Michigan on May 13, 1950. At a young age, I suffered an illness that led to blindness. That didn't stop me from signing with Motown Records at age 11. I have recorded more than thirty top 10 hits during my career.

Sudoku #2

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

Level: Beginner

⊙ ☉ ☽ ☿ ♀ ♁ ♃ ♅ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♀ ♁ ♃ ♅ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

☽ ☿ ♀ ♁ ♃ ♅ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓
Determine the code to reveal the answer!

Solve the code to discover words related to electrical work.
Each number corresponds to a letter.
(Hint: 26 = e)

A. 23 18 1 8 26 1

Clue: Where plugs go

B. 26 8 26 15 1 22 19 15 19 1 20

Clue: Energy from charged particles

C. 21 23 11 26 22

Clue: Energy

D. 4 2 7 26 1 20

Clue: Using caution



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT FOUR-LETTER MAMMALS in the grid of letters.

Puzzles & Comics
Answers on page 23

ELECTRICAL WORD SEARCH

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

WORDS

- AMPERE
- ARC
- BREAKER
- CIRCUIT
- CODE
- CURRENTS
- DISTRIBUTION
- ELECTRICIAN
- ENERGY
- EQUIPMENT
- FAULT
- INTERRUPTER
- LOAD
- NEUTRAL
- OUTLET
- POWER
- RECEPTACLES
- SURGE PROTECTOR
- SWITCH
- SWITCHES
- TRANSFER
- VOLTAGE
- WATTS
- WIRE

Find the words hidden vertically, horizontally, diagonally, and backwards.

TESTS from page 2

- AltaMed Medical Group, Huntington Beach, 8041 Newman Ave., Huntington Beach, 93247; Monday-Saturday, 9 a.m.-3 p.m., (888) 499-9303
- AltaMed Medical Group, Santa Ana/Bristol, 2720 S Bristol St. No. 104, Santa Ana, 92704; Monday-Saturday, 9 a.m.-3 p.m., (888) 499-9303
- Nhan Hoa Comprehensive Health Care Clinic, 7761 Garden Grove Blvd., Garden Grove, 92843; registration is required on website at www.nhanhoa.org; call (714) 898-8888 for more information.
- UCI Health, call for site locations, (714) 456-7002 for screening and appointment.

A continually updated list of test sites, with information on scheduling and the appointment process, can be found at www.ochealthinfo.com/novelcoronavirus (click on COVID-19 Testing and Screening) or by calling the HCA's Health Referral Line at 1(800) 564-8448.

Call the COVID-19 Hotline (833) 426-6411 to connect with OC agencies for other information and resources.

FOOD from page 3

and St. Andrews Drive.
Downtown Cafe

The Downtown Café in Building 5 has vending machines that are restocked daily with food and drinks for take-out. Due to social distancing rules, the tables and chairs have been removed to discourage lingering.

Local Restaurant Delivery and TakeOut

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time. See page ?? for a complete listing. Contact Recreation for more information on food options by emailing events@lwsb.com or calling (562) 431-6586, ext. 398.

—Kathy Thayer

REVIEW from page 12

a voyage of discovery before having to eventually face the consequences of her choices. In the process of reinventing herself, Delia meets a variety of characters on the same life journey. Tyler's descriptions of people make you want to go have coffee with them. The book's title refers to a statement by Nat, a resident of Senior City—"See, I've always pictured life as one of those ladders you find on playground sliding boards - a sort of ladder of years where you climb higher and higher, and then, oops!, you fall over the edge and others move up behind you."

"Ladder of Years" was named by Time magazine as one of the best novels of the year in 1995. All of Tyler's books are set in the Baltimore area and focus on human themes with which we can all easily identify.

Available at the Leisure World library and as an e-book through ocpl.org

LW Weekly
430-0534

NORTH GATE from page 5

repairing and replacing pipelines. The project will upgrade the natural gas distribution pipelines in Seal Beach.

Construction is expected to take approximately two months to complete weather and other factors permitting.

North Gate Road will be partially, and sometimes fully, closed and the 405 freeway on and off ramps near Seal Beach Boulevard will be also be intermittently closed.

What to Expect:

- SoCalGas and its contractors' trucks and heavy equipment will be in the area.
 - Lane closures will be marked with traffic cones, flag personnel and/or signage.
 - Construction and/or operational noise from equipment and personnel may be heard
 - People may notice a natural gas odor
- To perform this work safely, the operation may require a controlled release of natural gas.

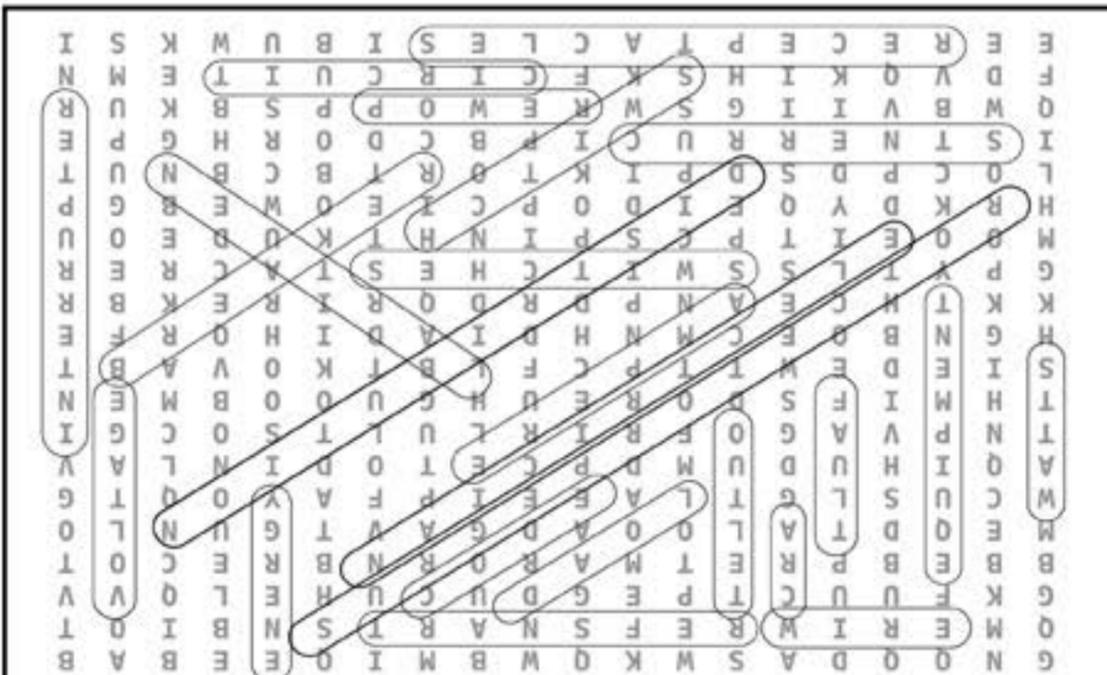
Anyone who has concerns can call 1-800-427-2200. The line is open 24 hours a day, seven days a week.

For more information, call (844) 765-9385 or write projectinfo@socalgas.com.

ZOOM from page 12

gmail.com for an invite. Class size is limited to 15.

- On Thursday at 10 a.m., a Windows and Android-only class on Zoom and videoing is hosted by Joseph Valentinetti. For invite, email 0501042@gmail.com.
- On Friday, an advanced Google Search class on Zoom starts with Bob Cohen at 10 a.m. For class reservation email bob@bobology.com.
- On Saturday, a Zoom social hour starts at 5 p.m. with Joseph Valentinetti. For invite, email 0501042@gmail.com.



Word-Find Answers

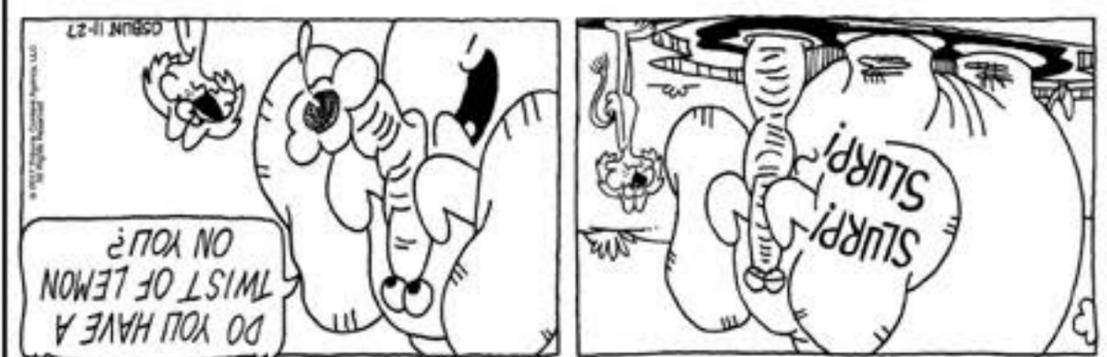
Boggle BrainBusters Answers
LION PUMA GOAT LYNX MOLE BOAR MULE SEAL

Crypto Fun Answers
A. outlet B. electricity C. power D. safety

Stevie Wonder
Green Waa?

Sudoku 2 Answers

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



Puzzle Answers 21-22

Jumble Answers

How do they say hello in the Alps? — "HIGH" THERE

HUNCH TRUTH LEGEND IGUANA

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. If there is more than one solution, some boxes 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.

Sudoku 1 Answers

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

Crossword Answers

ASAP	GREY	ALAMP	SPAR
LOWE	MAUNA	SONIA	HALO
EDNA	FERRER	HENRY	JAMES
CASSETTE	DUKE	LESSIE	
AATEE	ARRAS	SORT	
DAWNED	TRUER	PARAGON	
ADOLTS	THOMAS	SHADY	EPA
RELS	TRES	ERIS	VOID
ELL	SHORE	TOLLET	ERNE
REACTIVE	LEGES	LARGER	
CRANE	LEARN	DINGE	
STAINS	DENSE	CANTENS	
TOTE	SUSDE	MANGE	LIST
UGHS	EWER	ONTO	CITO
MAE	EMILY	BRONTE	SLOAN
PERHAPS	EAVES	POETRY	
ANSWER	ACIER	GOLTON	ELS
JACK	LONDON	LEOT	STOY
ALAE	ROALD	ALLOT	ERIN
RAND	SARDA	PIER	RENE

SCRABBLE GRAMS SOLUTION

CO	RI	NE	EA	LI	RACK 1 = 59		
ST	TO	MA	AI	CO	HA	RACK 2 = 78	
VA	AI	TA	FA	UL	LI	SI	RACK 3 = 63
TO	SI	TA	AI	DO	AI	LI	RACK 4 = 58
CO	RI	YA	SI	TA	AI	LI	RACK 5 = 68
TOTAL							326

PAR SCORE 260-270

Sign up today for email alerts

Leisure World residents are invited to sign up for the GRF's one-way, real time community notification system. LW Live is designed to keep people informed during emergencies and get the word out about safety, recreation



and governance issues. All you need is an email address. To sign up online, log onto www.lwsb.com and click the "LW Live" icon to the right. Don't be left in the dark; sign up today for LW Live.

BIKE TRAIL from page 3

Lot will reopen. The bike path will reopen for pedestrian and bicycle traffic with the following requirements in place:

- Allowed Uses: Active, Non-Gathering Uses Only
- Social distancing requirements will remain in place.
- Path open to active recreation only (walking, running, biking, hiking, dog walking, bird watching, photography, etc.).
- Path closed to passive uses such as picnicking, loitering, sitting, standing or stopping.
- Parking still closed in the 1st Street Beach lot

PROHIBITED ACTIVITIES

- No gatherings of any kind, loitering, sunbathing, or other passive activities.
- No blankets, easy-ups, tents, umbrellas, etc. will be allowed.
- No sitting or lying on the path.
- No setting up chairs and staying in place.
- No picnics, coolers, or tables.

The public are encouraged to practice social distancing and good hygiene before, during, and after using the bike path.

Adaptive Management Plan

This is an adaptive re-opening plan and each phase will be enacted as warranted and on a trial basis.

The City will advance to the next phase only if the City Council believes the activities can be managed to comply with the then-current directives regarding social distancing and large gatherings.

If it is determined that any phase is attracting or encouraging large gatherings or creating an environment whereby social distancing cannot be maintained.

The City will consistently reassess and may consider reverting to a previous phase that corresponds with the current public health guidelines by closing the park or bike path until compliance can be attained.

If at any time the park or bike path is recognized as a public health hazard, or if required by applicable State or County public health orders, the City Manager, as the Director of Emergency Services, may rescind the park and bike path reopening order and the park and bike path will be closed until further notice.

For further information, visit www.sealbeachca.gov.

For questions about this reopening plan, City Parks, or other recreation activities, contact Seal Beach Recreation Manager Tim Kelsey at (562) 431-2527, ext. 1341, or tkelsey@sealbeachca.gov.

SAFETY from page 20

bols and/or signs.

Bicycle lanes are sometimes painted a bright green color to increase visibility. Treat a bicycle lane painted bright green just like any other bicycle lane.

Drivers of motorized bicycles must use bicycle lanes carefully to avoid collisions with other bicyclists.

Obey Traffic Signs and Signals

Bicyclists must obey STOP signs and red signal lights, and follow basic right-of-way rules. Do not cross through an intersection with a yellow signal light if you cannot make it across the intersection before the light changes to red.

Left Turns

There are two proper methods for making a left turn on a bicycle:

- Using Traffic Lanes

As you approach the intersection, look over your left shoulder for traffic. If clear, signal your turn and move over to the left side of the lane, or into the left or center turn lane. Use the whole turn lane, and position yourself so that vehicles turning the same direction cannot pass you.

Yield to oncoming traffic before turning. If you are riding in a bicycle lane or on a multi-lane road, look and signal every time you change lanes. Never make a left turn from the right side of the road, even if you are in a bicycle lane.

2. Using Crosswalks

Approach the intersection staying on the right. Stop and cross as a pedestrian in the crosswalk, or make a 90-degree left turn and proceed as if you were coming from the right.

If there is a signal light, wait for the green light or WALK signal before crossing.

Yield to pedestrians in the crosswalk.

The California Driver Handbook can be found online at <https://www.dmv.ca.gov>.

—from the California DMV

Classifieds

GENERAL

AVON

Lenora Browning, LW Resident. Phone 562-493-5457. Seal Beach Business License #BRN000. 06/17/20

Looking for someone with \$25,000 hid under their mattress. I have 2 hot new plastic products scheduled to go on national T. V. within the next 60 days. The high speed plastic injection molds are finished and in production. The patents are granted. The money is basically needed for product production, packaging and improved art work and shipping. You can have fun and make a lot of money in a hurry. They are talking about selling over 15 million to start. Your investment will be returned. You can become involved in the project if you have the time. I'm a senior and naval veteran (destroyers). Call Bob Hopson for more details: (562) 305-8034 or visit: <https://www.youtube.com/watch?v=TuPlgnrJ7z8>

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(562) 600-0014. LW Resident, Rich Livitsky. Seal Beach Business License #LIV0004. 05/28

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 weekdays between 9 am-5 pm, (562) 596-9906.

"ROLLIN THUNDER" GOLF CART CLUB

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

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.

Need Help? See Classifieds

HOME CARE PERSONAL ASSISTANT

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 05/28

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. 6/10/20

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 06/11

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. 05/07

PET SERVICES

Nail cutting, Bathing, in home for cats and small dogs. Call or message 562-544-9555 SB License #Jen0006. 05/21

BEAUTY SERVICES

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 06/11

Get the beautiful hair without leaving your home. Call hair designer Gabriel (562) 708-3170 to have a happy hair day. 20 years styling hair. \$40 for blow out and cut. Lic #B50551. 05/21

PERMANENT MAKEUP for Eyebrows, eyeline, lip line. 30 years experience, 15 years in LW with references. Loann: (310) 938-8808. Cosmetology license #KK5976. 05/21

HOUSE CLEANING

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. 06/25

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 07/16

General housekeeping, 30 years of experience. Bi-weekly or monthly. Seal Beach Business license RAZ0002. Gloria 949-371-7425 05/07

Maria House Cleaning We'll make your house look as nice as possible! 15 years of experience, We can work with your schedule. Bi-weekly or monthly. Deep cleaning. Call or text 714-496-2885. Bus. Lic #HER0008. 07/16

LW Weekly (562) 430-0534

Classifieds

COMPUTERS

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 05/28

John's Computer Services 562-733-9193

Virus removal, Repair, Training, Software, Wireless, Internet Security. LW Resident SB License FUH0001. 06/25

AUTOS WANTED

ANY KIND OF CAR

Cars, 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. 07/30

ELECTRIC CARTS/ SCOOTERS/MOBILE CHAIRS FOR SALE

Golf Cart, Sales, parts and services. 714-292-9124. 05/13/2021

Used 3-wheel motorized Pride scooter; Celebrity X, 350 lbs. \$500. Call John at (562) 506-7843 for details. 05/28

Maxima 4-wheel Ultra Heavy-Duty Scooter, Apple Red, all extras. Excellent Condition. Walker holder on Back. \$1,650. (562) 598-7303 or (714) 609-1804. 05/21

Security: (562) 594-4754

TRANSPORTATION

Need a lift? Pam Miller. LW Resident. 310-227-1258. 05/28

Rides by Russ, With the personal touch. For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes. Russ 714-655-1544. 05/21

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS
Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 05/14

MOVING, HAULING & STORAGE SERVICES

**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 07/02

A FRIEND AND A TRUCK
Your moving service, any size job. Call 310-387-2618. Business License RO263644. 06/25

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

CEMETERY PLOTS FOR SALE

Three plots, Inglewood Cemetery, Avalon section, \$6,200 each, includes transfer fees. (714) 595-1312. 05/28

MISCELLANEOUS FOR SALE

Excellent wig by "Naturalle"; worn only twice; streaked honey brown. \$75.00 O.B.O. Call Rachel: 818-321-2575. 05/28

FREE ITEMS

Antique coins (100 years old & under) or comic books. Call between 10 a.m. - 3:00 p.m. for appointment. LW residents only. (562) 594-3975. 06/04



Want to Place an ad or Renew your current one?

Call (562) 430-0534 or send an e-mail to katyal@lwsb.com

LW REAL ESTATE FOR SALE

NEW LISTING:
Fully expanded corner 2 bed/2 ba/AC/totally new kitchen with large aisle. Great green belt view. By appointment only. Hank (562) 743-8473. Mutual 5-98L. 05/14

LW APTS. FOR LEASE

Condo for Lease - Mutual 17, 2 Bedroom/2 Bath, Top Floor with AC. Fully Equipped Kitchen. Sliding Doors to Balcony/Deck. Available 6/1. \$2,200/month. Call Andee (562) 714-4790. 05/28

LW APTS. WANTED

Senior, mature, independent woman seeking co-occupancy in Leisure World. Healthy nonsmoker. Tidy, comes with no clutter. Respectful and helpful with good personality. Seeking a roommate with same type of qualities. (562) 400-1736 Betty. 05/28

NOTARY SERVICES

SUPER NOTARY SERVICE 24/7
For appointment call (562) 743-8473 or (562) 208-5223 or (562) 493-6601. LIC 636260. Korean agent: Young Ro (714) 504-2541. 05/14

Dial Direct, Save Time!
(562) 430-0534



Erika Shapiro

BRE # 01448494

Resales Specialist
Mut. 17 Resident

**Traveling Notary
562-208-5223**

**Reduced
Move-In Ready
2 BDR/1 1/2 bath,**
fully expanded corner drive up, washer/ dryer, dishwasher & more
Mutual 2, 19F \$319,000

**New Listing -
Country Cottage**
Fully expanded 2 BDR, 1 Bath, lovely greenbelt. Double pane windows, plantation shutters, Central A/C Heat, and much more
Mutual 4 -46K \$259,000

**New Listing
Greenbelt Location**
Fully expanded 2 BDR, 1 Bath, South facing, bay windows, double pane, 3 skylights, walk-in closet and shower, smooth ceilings with can lights
Mutual 8 - 183C \$279,000

Condo for Lease 2 BDR/2 Ba
First floor, laminate flooring Fully equipped kitchen & more
Mutual 17 \$2,200 mo
SOLD IN 1 DAY
Mutual 9 - 209E \$215,000

IN ESCROW
Beautiful Greenbelt view,
Basic 2 BDR, 1 Bath, parking
Mutual 8 - 184i \$186,000
Mutual 3, 7C \$140,000
Mutual 15 - 18D 365,000

Service Is My Priority!
Call me for a **FREE** market evaluation
Leisure Living Resales



The Januszka Group, Inc.
Leisure World
ON-SITE
HOME SALES

(562) 598-1388

See All Our Listings, Prices and Photos at Our New Website:

www.LeisureWorldHomeSales.com

**Now is the Perfect Time to List Your Unit With Us!
We are open for Business!!!**

Units are selling! We currently have 9 Leisure World units in "Pending". That means the units were sold in the past couple of weeks.

Today, we have 31 listed Leisure World units for sale on the MLS.

The Buyers we are seeing are "serious" Buyers. They are qualified and ready to buy.

The On Site Home Sales Office is now open and our agents are ready to *sell your unit!*

WE CARE ABOUT PROTECTING OUR COMMUNITY

Showings will be done virtually, whenever feasible.

Showings will be only to potential serious Buyers who we personally pre-qualify.

In-person showings will include **ONLY** two persons and the agent.

We will enforce distancing protocols and masks at all times.



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shaddow
Realtor®

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Kathy Gupton
Associate Broker
DRE # 00744676

562 **618-9940**

Kathy & Gloria Gupton & Hadley

We are **SISTERS**

Specializing in the
LW Community

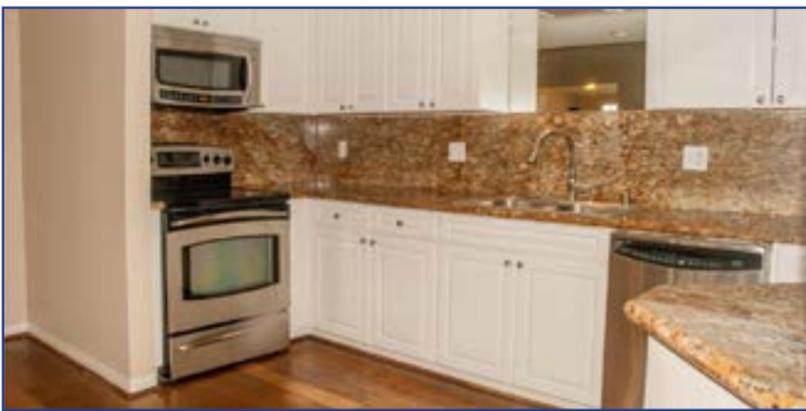


Gloria Hadley
Realtor®
DRE # 01057681

562 **884-3594**

Buying or selling...

Whatever your circumstances, whatever your needs, we can help.



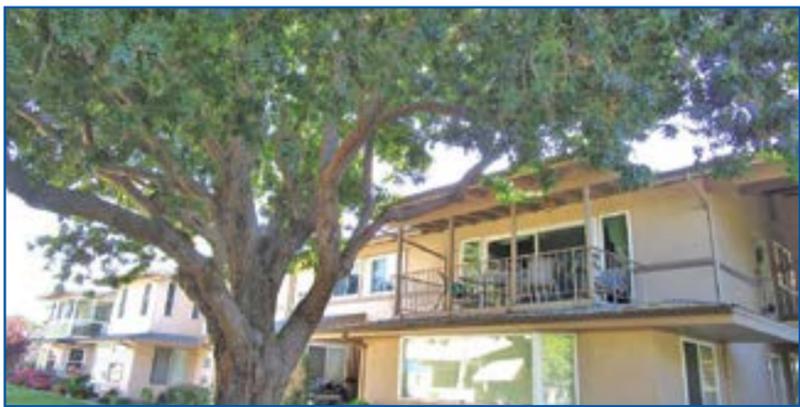
Mutual 12-9D \$339,000

Charming remodeled 2 Bedroom 1 Bath Cottage. Kitchen features custom white cabinets with granite counters, built-in stainless-steel freestanding range, refrigerator, dishwasher, microwave, skylight and ceiling fan. Bathroom has white cabinets with granite counter, added linen closet, washer/dryer and walk-in shower. Master bedroom has mirrored sliding glass wardrobe doors, ceiling fan, and French sliding glass doors to patio. Formal dining room has large skylight. Entry area has wood floors and entry closet. Second bedroom has large skylight and mirrored sliding glass wardrobe doors. Central heat and air conditioning, double pane windows, private patio with walk-in storage and overlooks open green belt.



Mutual 3-16F \$375,000

Beautiful corner 2 Bedroom 1 3/4 Bathroom home with formal dining room is a fully expanded home with many upgrades. It features a corner living room with two double pane Bay Windows that offer an open all-around view including a side green belt. The fully remodeled kitchen has beautiful custom wood cabinets, all built-in electric appliances including free standing range, refrigerator, dish washer, microwave, added pantry with pull out shelves, added china cupboard and Corian counters. The Master Bathroom has custom wood cabinets with added linen cupboard, and large skylight. The second bedroom/den has added 3/4 bath and storage closet. This lovely home also features laminate floors, crown molding, blinds, central heat/AC, brick lined walk way, and outside storage closet. Don't miss seeing this lovely move-in home



Mutual 15, 32K \$239,000

Eloquent traditional home featuring 2-bedroom, 1-3/4-bathroom, spacious living room and formal dining room with ceiling fan. Living room has custom draperies framing triple-pane windows and over-looks an open balcony and beautiful tree-lined greenbelt. Kitchen has white cabinets, built-in electric appliances and double-pane windows. Master bedroom suite has double-pane windows, mirrored cupboard and 2 wardrobe closets. Master bathroom has bathtub with shower and skylight. Second bedroom has lots of closet and cupboard space and double-pane windows. Second bathroom has stall shower and skylight. This lovely home has carpeting throughout, leaded glass entry door and is close to drive-up parking and carport. This charming home is definitely a must see.



Mutual 1-47D \$175,000

Beautifully updated 1 Bedroom 1 Bath home. This charming cottage has a white kitchen with built-in appliances including stove, oven, refrigerator, black pearl granite counter tops and large skylight. Bathroom also has a large skylight and black pearl counter tops. This lovely home also features newer paint, laminate floors, double pane windows with sliding glass doors.

2020 Sales

- M14-23F
- M2-48H
- M4-78B
- M12-62F
- M9-234I
- M7-176E
- M14-23D
- M11-277A
- M15-25F
- M2-29D

**GIVE US
A CALL**

Pending

- M3-21K
- M8-189J
- M1-55J

We can show ALL property in the LW community

Call and let us present our extensive marketing program.

Members of M.L.S.

Visit Our Website: www.thesealbeachsisters.com

13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)





Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Kathy Gupton
562-338-3833



Gloria Hadley
562-884-3594



Edwina DiMario
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



Rosie Wang Davis
626-623-9929



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HomeServices
California Properties

(562) 594-0515

1900 St. Andrews Dr., Suite C
Seal Beach, CA 90740
BRE 00338699

(562) 431-2149

13926 Seal Beach Blvd.
Seal Beach, CA 90740

Two-Bedrooms



Joanie Korman
714-308-8034

Mutual 2 10H \$179,999
New windows, 2 large skylights, white bamboo wood floors

Mutual 1 16W \$218,000
enclosed patio, patio tiled, 3 skylights, great greenbelt

Mutual 3 28L \$229,000
corner unit, enclosed patio, plantation shutters, side parking, tub

Mutual 1 13L \$229,500
Spectacular green, french doors, lam. floors, very nice

Mutual 1 25L \$235,000
corner, greenbelt, double pane, lam. floors, nice unit

Leah Perrotti
310-889-6583



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
562-208-2540



Philip Bak
213-550-9991



Irv Hart
562-296-5619



Fay Wescott
562 242-6162



Tim Kearns
714-293-3950



Diana Flores
949-212-8748



Chris Kim
424-247-4542



Gail Alonzo
562-673-6703



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal

Mutual 10 - 257G \$327,000
corner, full expan., cent. air, great condition, drive up

Mutual 12 9D \$339,000
washer/dryer, cent. air, double pane, trees, nice

Mutual 6 136C \$359,000
full expansion, remodel kit. and bath, large skylight, washer and dryer, forced air, scraped ceiling

Mutual 7 161L \$389,000
Gorgeous remodel, corner, washer/dryer, cent. air, drive up parking

Mutual 9 226L \$399,000
Remod. corner, 2 full baths, washer/dryer, private

Mutual 11 262I \$449,000
btfl. remod on greenbelt, washer/dryer, cent. air, must see

Mutual 1 23K \$165,000
screened in porch, btfl. greenbelt, skylights kit. and bath

Mutual 1 47D \$175,000
black pearl counters, new paint, large skylight, lam. floors

Mutual 3 11C \$179,000
full expan., bright, cent. air, lam floors, nice

Mutual 6 57D \$185,000
Full expan., bay windows, granite counters, high end flooring

One-Bedrooms

Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rvgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team

BERKSHIRE HATHAWAY
HomeServices
California Properties



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.)

We're Here to Help.

See more at www.sealbeachleisureworld.com

Mutual 15-9-D

COMING SOON ... Stunning ONE-OF-A-KIND

CUSTOM CORNER ATRIUM has it all! Sitting on a green with close parking, this light and bright home has bay windows, power skylights, two bedrooms, 2 bathrooms, formal living room, gourmet kitchen - with a window over the sink! Large family room and dining area, an indoor laundry room with a stackable w/dryer, central heat/air, and an office too! Tile and laminate floors throughout, painted and ready for you!!



NEW LISTING COMING SOON!



Mutual 6-136-C \$359,000

Fully expanded two bedroom - one bath, south facing courtyard. Remodeled kitchen and bathroom, fresh paint, skylights, dishwasher, pantry, newer appliances, microwave, Forced Air/ Heating plus WASHER AND DRYER. Laminate flooring with tile in kitchen.



Mutual 8-203-I \$249,900

Darling two bedroom "U-Shaped" expansion with Central Heat/Air, Stackable Washer/Dryer, large master bedroom with a walk-in closet, dining room, skylights, dual paned windows and a nice size tile patio with a gate and storage sitting on a green - plus close carport and street parking!! Be sure to check this out - it's a good one!!



Mutual 10-257-G \$327,000

Charming two bedroom 1 bath Spacious living room and dining room, built in china cabinet, granite counters, dishwasher, microwave, skylights, central heat/air, parking and laundry. **This is a must see call us today!**



Mutual 1-40-B \$159,000

Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, and skylight. Bathroom has a skylight, cut-down shower and vinyl floors.



TAKING BACK UPS

Mutual 7-157-D \$229,000

Adorable Beach Cottage - 2 bedrooms, 1 bath, raised wall with double paned windows, plantation shutters, pretty wood-look floors, upgraded kitchen, heat-pump, ceiling fan, skylights, cut-down shower and a large patio to sit and relax and enjoy this gorgeous **CENTRAL PARK LOCATION!!**



CAROL GASPER

REALTOR
Lic# 01276484

562.716.1547

carol@carolgknutson.com

www.sealbeach.retirementcommunity.info



FIRST TEAM
REAL ESTATE

12501 Seal Beach Blvd. #100
Seal Beach, CA 90740

For 2020, I have a total of 32 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



SOLD!

1261 Oakmont Rd. #177B | M8 | \$239,000
DRIVE-UP Location, Partially Expanded 2 Bedroom, 1 Bath, A/C Heat Pump, Washer/Dryer Combo, Laminate Flooring, Expanded Master, Designated Dining Area, Move Right In!



1502 Golden Rain Rd #46K | M2 | \$239,500
2 Bedroom, 1 Bath Fully Expanded, Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



13131 Shawnee Ln, #268E | M11 | \$349,000
Bright, South Facing, Fully Expanded 2 Bedroom, 1 1/2 Bath, Central A/C, Washer/Dryer Hook Ups, Scraped Ceilings, Dual Pane Windows, Laminate Flooring, Dishwasher, Granite Countertops.



1120 Northwood Rd #186L | M8 | \$269,000
Corner unit, 2 bedroom, 1 bath. Expanded master and living area. Oversized skylights in kitchen and bathroom. A/C heat pump, refrigerator with bottom freezer. Plantation shutters, laminate flooring and carpet.



13741 Thunderbird Dr. #49L | M1 | \$190,000
Corner 2 bedroom, 1 bath overlooking beautiful greenbelt. Patio with storage unit. 2 Skylights, Dishwasher, New Oven, Ceiling Fan, A/C Heat Pump, Mirrored Closet Doors, Cut Down Shower. Close To Parking and Laundry.



13481 Fairfield Lane, #59H | M6 | \$255,000
Remodeled 2 Bdrm, 1 Bth unit. This move-in ready unit includes, dual pane windows, A/C Heat Pump, Laminate Floors, Corian Countertops, 3 Skylights, Convection Cooktop, Matching White Appliances!



1290 Northwood Rd #161A | M7 | \$310,000
Corner Fully Expanded 2 Bedroom, 1 1/2 Baths. Remodeled Master Bathroom With Glass Enclosure, Tile and Corian Countertops. Laminate Flooring, A/C Heat Pump. 2 Skylights, Double Pane Windows. Steps to Parking.



1382 El Dorado, #10B | M3 | \$210,000
CLEAN 2 Bdrm, 1 Bth Quaint Greenbelt Location. Freshly Painted Throughout, Oversized Skylights in Living Room and Bathroom, New Light Laminate Flooring Throughout, Close to Laundry and Parking.

On May 19th, 2020 a total of 91 units show as active listings on the CRMLS (this is where Realtors list property for sale).

13 - 1 bedroom/1 bath
from \$155,000 to \$190,000

48 - 2 bedrooms/1 bath
from \$169,000 to \$389,000

30- 2 bedrooms/2 baths
from \$236,818 to \$499,900

I offer Virtual Tours and can you send you a Virtual Tour of any of these properties, I have access to all inventory! I am here to help!

Client Testimonial:

"Of all the realtors I've dealt with in the past, Carol is one of the best. She is nice, friendly, professional and a pleasure to be around. She showed me a lot of units on our first day of looking and I had a contract on one that day. She answered all my questions and everything went smoothly. She is very knowledgeable about Leisure World and I would highly recommend her."

-Sandra Schildknech

5/19/2020- Year To Date MLS Activity

