

Together We're Strong

GRF PRESIDENT'S MESSAGE

Exercising rights with respect for others

by Susan Hopewell
 GRF President



For those of you who have not yet voted, please remember to exercise this important right. The Voting Pop Up Center will be near Clubhouse 3 and Veterans Plaza on Oct. 30. Additional bus service will be offered that day. Please check the LW Weekly and LW Live blasts for more information. The Orange County Ballot Drop Box is in the Amphitheater Parking Lot to drop in your mail-in ballot. Please make sure the ballot is pushed all the way through the slot.

There has been mistrust and intolerance in politics for too long, from both sides of the political aisle. It does not matter which side you sit on; if mistrust and intolerance are your foundation, you have already lost.

We all have lost.

Many in this community honed their political activism during the 60s. We know the power of standing up and speaking out. Thank God, we live in a country that was founded and has moved forward on exercising these rights. To those who served, fought and died to preserve these rights, we owe you so much, and we are grateful every day for your service and sacrifice. Over the years, we seem to have lost our ability to listen to one another, not just hear, but truly listen. We need to keep an open mind to different points of view if we are ever to find our common ground. We seem to have lost our ability to speak out civilly. Again, to find common ground, we need to speak our truth and not rely on rhetoric. No matter what the outcome of this election, we all need to remember these rights come with personal responsibility.

Let us take personal responsibility and exercise these rights with respect as we move forward as a community and as a nation.

TIME TO FALL BACK



Daylight saving time ends this weekend, and everyone will regain that hour of sleep they lost in March. At 2 a.m. on Sunday, Nov. 1, turn your clocks back by one hour.

TREATS ONLY THIS HALLOWEEN



Halloween is coming, and Clover, the therapy dog, with his handler Leslie Parker, has treats and cuddles to share with LWers who are feeling lonely or depressed. All you have to do is call to reserve a time for Clover to visit with a treat. The humans will have to wear masks and stay separate, but Clover is ready to snuggle.

Cuddling with Clover will spread holiday cheer



From the moment Clover Patrick enters a room, the mood changes. Eyes focus on him, and smiles spread as the little white Coton de Tuléar offers a caring canine connection to everyone he encounters.

Clover will be two years old on Dec. 26, but already he has found his calling as a therapy dog. He is certified by the American Kennel Club to visit people who are lonely, depressed or stressed, and impart a sense of reassurance and calm as they pet and hold him.

Clover's breed is named for the city of Tuléar in Madagascar. His ancestors are thought to have originated from a group of small white dogs who swam across the Malagasy channel following a shipwreck, according to Wikipedia.

Clover himself loves to visit ships and marinas, according to Leslie Parker of Mutual 2, who is Clover's person. He loves to run and fetch balls, and is crazy about his loud piggy-toy.

Best of all, he excels at healing hearts, a great asset for a therapy dog.

Studies have shown that something as simple as petting a dog can reduce stress, stabilize heart rates or even lower blood pressure. (Therapy dogs are not service dogs, which are specifically trained to perform a task or tasks to assist a person with a disability or impairment).

CLOVER, page 7



The holidays are coming, and now more than ever, it is time to protect against the increasing COVID-19 threat to the oldest residents in the Orange County. Each week, county data shows an acceleration of serious and fatal disease in the elderly. As of Monday, there were 298 cases in Seal Beach, according to the Orange County Health Care Agency. Wear a mask, and keep your distance.

STAY SAFE, STAY WELL

Holidays won't look the same this year

by Cindy Tostado, LCSW
 GRF member resources/assistance liaison

This year has certainly been challenging in the face of a deadly virus, civil unrest, fires and political uncertainty. We have all had to change the way we live, work, learn, worship, engage with others and stay healthy.

In 2020, some of us have found that staying healthy and protected have also isolated us from relationships and connections to others. As we cautiously tiptoe into the holiday season, we may be wondering what that is going to look like for us.

In the best of years, holidays can be isolating, and with the COVID protection mandates, older adults may feel even more alone and isolated.

Humans are social beings. Maintaining and fostering social connections infuses

HOLIDAY, page 3



The Orange County Sanitation District is replacing three miles of regional sewer pipelines along Westminster Boulevard between Seal Beach Boulevard and Hammon Place past Valley View. The project should be completed by late 2022. To receive construction alerts, sign up for email and text messages at www.ocsd.com/Westminster.

OC Sanitation Construction Update

The Orange County Sanitation District (OCSD) will be working at night along Seal Beach Boulevard between North Gate Road and Westminster Boulevard. Crews will be onsite to perform utility investigation for the planning and design for the future Seal Beach Pump Station Project.

What to Expect

Utility investigation, or potholing, is the practice of digging a test hole to expose underground utilities. Residents may notice a slight increase in noise and activity as crews perform these work activities in the area. This work will be performed at night to minimize traffic impact and risk to construction crew with fewer drivers on the road.

Lane closures will be in place, but there will be at least one lane of travel open in each direction.

About the Seal Beach Pump Station Project

OCSD is in the design phase of a project that will replace the Seal Beach Pump Station located at the corner of Seal Beach and Westminster boulevards. The project is scheduled to begin construction in the summer of 2023. The project will replace the existing pump station within the current site and demolish the old pump station when the new one is completed.

WORK, page 3

GRF Amenity Update

The COVID-19 Ad Hoc Committee has passed several Emergency Operating Procedures to continue safely reopening Leisure World amenities. At its Oct. 21 meeting, the committee approved the 120-day emergency procedures for 10 additional amenities and sent them to the board for approval at its Oct. 27 meeting. The results will be posted on the website.

Once the GRF Board has approved the policies and start dates have been determined, the rules will be published in the LW Weekly. For more information regarding specific policies, contact kathyt@lwsb.com.

CalFresh Can Help

Do you need assistance with food? Get CalFresh, which can help qualifying Leisure World residents receive healthy fruits and vegetables. Recipients receive a card that works like a debit card with money loaded every month to shop for more fruit, vegetables, protein and other healthy foods. CalFresh is a program funded by the USDA and administered through the Community Action Partnership to help improve health and nutrition of people with lower incomes.

Requirements to apply:

- You must have at least one citizen or legal permanent resident with a Social Security number living in your household (including children).
- You may qualify for Cal-

CALFRESH, page 3



GRF projects are underway around the community despite slow-downs attributed to the COVID-19 repercussions. This column will update residents on the progress of various construction projects. The information is provided by GRF Facilities Director Mark Weaver and Physical Property Manager David Rudge.

LEISURE WORLD POOL

The GRF Facilities Director Mark Weaver expects redrafted plans from the architect to be coordinated with plans from the pool engineer within the next couple of weeks. Once they are received, the plans will be submitted for plan check with the City of Seal Beach and with the Orange County Health Care Agency. When the agencies having jurisdiction approve the plans and issue permits, a construction schedule will be coordinated with the contractors and posted on the website.

The COVID-19 crisis has heavily impacted response times, including scheduling work with major utilities. Southern California Edison engineering has set up a time this month to meet the electrical contractor for the new metered electric service panel at the Mini Farm site and installation of a metered electric service panel for the lake pumps on the golf course that will be on a special pump rate. Southern California Gas Company will also be on site for the relocation of the gas meter at the pool within the next 4-6 weeks.

Physical Property staff share the community's frustrations on delays.

The project was originally planned as a renovation, but as underlying foundational defects were uncovered, it quickly became a complete replacement requiring extensive new plans that must be compliant with all new codes.

LEARNING CENTER KITCHEN

Work at the Learning Center kitchen is almost finished. All fixture, tile and foundation work is complete. Appliances are being installed. The Learning Center kitchen is designed to host cooking classes and provide a dining space.



Get your Annual Enrollment Period (AEP) goodie bag!

Swing by the Health Care Center (HCC) and pick up our free Medicare AEP readiness kit with helpful information and some fun goodies. Sign up for one of the times through our Eventbrite page at monarchhealthcare.eventbrite.com.

Distribution dates and times:

Humana kits
November 5, 2020
 9:00 am–11:00 am

UnitedHealthcare kits
November 19, 2020
 9:00 am–11:00 am

SCAN Health Plan kits
November 12, 2020
 9:00 am–11:00 am

Aetna kits
December 3, 2020
 9:00 am–11:00 am

For questions, please contact Grecia Nuñez at (949) 923-3334 or gnunez@mhealth.com



Free goodie bag for all who attend.

Social distancing and other safety precautions will be maintained.

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HOLIDAY
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life with meaning and joy. These days, it's imperative to creatively find ways to celebrate the holidays and one another in a safe way. Here are some suggestions:

- If you know of someone who is isolated, has limited family and friends, or is physically unable to get out, reach out. Call the person or leave a note at their door with your phone number.
- Offer to drop off a holiday treat or meal.
- Plan a socially distanced meal with your neighbors or family.
- Use the power of positive thinking to help prevent and reverse loneliness.
- Remind yourself that the current situation is temporary.
- Consider decorating for the holidays and let your neighbors

WORK
from page 2

Pump stations are needed to lift flow from a low point to a high point when the lay of the land is not suitable to rely on gravity.

In this case, the Seal Beach Pump Station lifts the flow of wastewater to large regional sewer lines where wastewater eventually continues its way by gravity to OCSD's facility in Fountain Valley.

There is current related construction on Westminster Boulevard.

That project is replacing three miles of regional sewer pipelines that start at the Seal Beach Pump Station and end at Rancho Road/Hammon Place in the City of Westminster.

Visit www.ocsd.com/westminster for more information about that specific project.

The OCSD is a public agency that provides regional wastewater collection, treatment and recycling services for approximately 2.6 million people in central and northwest Orange County.

OCSD operates two facilities—Reclamation Plant No. 1 in Fountain Valley and Treatment Plant No. 2 in Huntington Beach—and 15 pump stations and treats an average of 189 million gallons of wastewater each day.

CALFRESH
from page 2

Fresh, even if you have a full- or part-time job.

Income must be less than the amounts listed: One-person household, \$2,128, gross monthly income; two-person household, \$2,874, gross monthly income.

- Seniors, those on SSI, or those with disability can apply and may be eligible for CalFresh
- You will need these documents to apply: photo ID, a Social Security card, proof of income, resident card (if applicable, receipt of rent and receipt of one utility bill.

Upon application, income and many other factors are taken into account to determine eligibility. For more information, call Daisy Diaz at (714) 897-6670, ext. 3606.

Leisure World residents can get help and information by calling Cindy Tostado, LCSW, GRF member resource and assistance liaison, at 431-6586, ext. 317.

—Cindy Tostado

enjoy the results of your labor.

- Drop a letter in the mail to family and friends referencing past holiday memories that you shared with them.
- Create a gratitude list.
- Connect with others using the technology of FaceTime, Skype and Zoom.
- Participate in virtual holiday events that are hosted in your community.

The CDC offers the following considerations to help protect individuals and their families, friends and communities from COVID-19.

These considerations are meant to supplement—not replace—any state, local, territorial or tribal health and safety laws, and rules and regulations with which holiday gatherings must comply.

When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel or limit the number of attendees. Read more at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>.



Carole Kendall

The Official Ballot Drop Box is located at the Amphitheater bus hub near Administration. County employees (above) are picking up ballots daily. On Election Day, Tuesday, Nov. 3, two county employees will be at the Ballot Drop Box in the late afternoon/early evening to assist with traffic flow and lock the ballot mail slots at 8 p.m. or after the last voter. In addition, the Orange County Registrar's Office will host a Pop-Up Vote Center at the Clubhouse 3 circle tomorrow, Oct. 30, from 8 a.m.-5 p.m.

Vote In Person

The Orange County Registrar's Office will host a Pop-Up Vote Center at the Clubhouse 3 circle tomorrow, Oct. 30, from 8 a.m.-5 p.m.

People are welcome to cast votes in person, then enjoy Lucille's Smokehouse Bar-B-Que for lunch and welcome LW's newest treat truck, Scooter's Italian Ice and Desserts.

The trucks will be near Clubhouse 4 from 11 a.m.-2 p.m. Check LW Live for menus. Both accept cards and cash.

...

People who want to vote in person but will not be able to attend the LW Pop-Up Vote Center on Oct. 30, can cast ballots at Fire Station 48, located at 2121 North Gate Road.

It is open from 8 a.m.-8 p.m. from Friday, Oct. 30, through Monday, Nov. 2.

On Election Day, Nov. 3, the center is open from 7 a.m.-8 p.m.

Pop-up centers include voter registration, secure vote-by-mail ballot dropoff, accessible voting, in-person voting, replacement ballots and voter assistance.

For more information, visit ocvote.com.



BLACK FRIDAY

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Perspectives

Letters to Editor

Editor:
The LW Weekly should be saluted by all fair-minded people for at least three of its policies, all of which others might well emulate.

While other media outlets politicize the COVID19 pandemic turning Democrats against Republicans and vice versa, this paper has repeatedly, every week, called on all of us to come together as a community to fight this plague with a unity of purpose.

Other newspapers, radio stations and television channels tend to consistently support either one party or the other, but the LW Weekly does the opposite.

Every week readers see an article supporting the Democratic and the Republican clubs' points of view, often next to each other.

Even though people today spend time attacking the actions and views of the opposite party, the Weekly allows only positive comments.

The Democratic Club says what they are doing, who they support and why, and the Republican Club does the same.

Imagine if others followed these three principles.

It would not bring heaven on earth, but it might help us not to be so angry at one another all the time.

Brian Harmon
Mutual 12

Editor:
I plan to purchase an electric vehicle (EV) soon, but my inability to charge at home is fast becoming a real concern.

Unlike the golf carts, I am unable to park in front of my house to charge up.

Sustainability is extremely important to me, but rather than rattle off a laundry list of reasons why installing EV charging stations would benefit me, I'd like to discuss how EV charging can help us all.

First, electric cars are becoming more common. Like me, a lot of people are concerned about climate change and pollution, and we want to do our part, plus the potential savings over a gasoline powered vehicle helps all of us who are on a fixed income.

GRF has been doing this by replacing its gasoline-powered vehicles with electric ones.

Second, people want to live in green communities. Most people want to live near those who share their values.

Just like the amenities that we currently enjoy, being able to charge an EV within the complex could increase the property values for the whole community.

Finally, incentives like rebates, grants and tax credits can help offset the cost of the infrastructure.

Companies like ChargePoint

and Volta can point you to incentives available in California.

For those reasons alone (more EVs are coming, people want to live in green communities, and it's more affordable than you might think), I hope you'll consider offering EV charging at Leisure World Seal Beach.

Timothy Linehan
Mutual 9

Editor:
Thank you so much for the front page article regarding the Monarch Waystation in the Oct. 22 edition of the LW Weekly.

As a resident of Mutual 2, I have enjoyed seeing the monarch butterflies every spring and summer fly by my garden area.

I know that Mutual 2 Landscape Chairwoman Christine Harris has been nourishing the monarch for a long time now.

Also, as a member of the National Wildlife Federation, there is much said about the ongoing need for monarch waystations everywhere.

Here is what was stated in the last issue: "We Need Wildlife And Wild Places—Now More Than Ever."

My thanks again to Christine Harris for making the Monarch Waystation possible.

Carol Franz, Ph.D
Mutual 2

When This Is All Over

by Jim Greer
LW contributor

When the election is over and the banners and yard signs have come down, will we have a more civil society? When the pandemic has subsided and we're no longer living under CDC-recommended restrictions, will all suffering end? Who will we be when this is all over?

On Aug. 5, 2010, part of the San Jose copper mine in northern Chile collapsed underground, turning 33 men into prisoners. These Chilean miners became a symbol of hope and solidarity, surviving for more than two months after being trapped deep below the Atacama desert.

The news reports told how it took 17 days to find them still alive nearly 2,000 feet below the surface. It was another 52 days before we saw them hoisted to safety through a narrow hole.

For the first 17 days of their ordeal, they survived on two spoons of tuna and a half-glass of milk every 48 hours, living in the humid darkness in temperatures up to 95 degrees. They exemplified the resolve and discipline to survive, so much so that they still had two cans of tuna remaining when brought to the surface.

"One of the things that helped us the most was humor. Even in the worst moments, we laughed. We had a great time down there. We sang, we daydreamed, we made democratic decisions, and no one went overboard," recalled survivor Mario Sepulveda.

Under the pressures of a contentious general election on top of the daunting restrictions of the pandemic, we feel buried under a heavy layer of anxiety, wondering when we will once again return to the surface.

Like the Chilean miners, the key to our survival and rescue will be maintaining a sense of humor, living democratically and ensuring that no one goes haywire.

All our resolve and discipline will be needed if we intend to implement the lessons we have learned during this experience. Once we reach the surface again, we must live peacefully and support one another as we all adapt to the new normal, whatever that may be.

Martin Luther King Jr., the venerated civil rights leader who overcame the most challenging opposition, recalled, "As my sufferings mounted, I soon realized that there were two ways in which I could

CIVIL, page 7

Medicare Annual Enrollment ZOOM Meetings

BIG CHANGES COMING in 2021!

Free Meal VOUCHER

FREE MEAL

Voucher for meal given to all attendees.

VIRTUAL ZOOM MEETINGS

At our Medicare Annual Enrollment meeting, we will be discussing and updating you on all of the changes for 2021.

Don't worry, virtual support is available to all attendees.

Space Limited—Do not miss your window! RSVP: 877-242-6760

Carla Ibarra
CELL: 714-334-4719
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License #0142804

Check out my short video at:
cibarra.onlinehealth.news

October

21st/11am

28th/11am

November

5th/11am

12th/11am

18th/11am

23rd/11am

Space Limited—Do not miss your window!

RSVP: 877-242-6760

Events are for educational purposes only, no plan specific benefit information will be shared. For accommodations for persons with special needs at meetings call 877-242-6760 TTY 711, hours 8-5 M-F. Free gift with no obligation.

Setting It Straight

A political ad placed by the Republican Club in the Oct. 22 edition did not include the disclaimer "paid political ad" as is called for by GRF policy. Any public communication made by a political group must display a disclaimer stating who paid for the advertisement.

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Leisure World Seal Beach

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Government

Schedule of GRF Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule (meetings are dependent on orders related to COVID-19; check schedules for latest information). Public health and safety measures will be in place to protect membership and staff with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask are required.

Mon., Nov. 2	Recreation Committee Clubhouse 4..... 1 p.m.
Thurs., Nov. 5	COVID-19 Ad Hoc Committee Clubhouse 4..... 1 p.m.
Fri., Nov. 6	GRF Board Executive Session virtual 1 p.m.
Mon., Nov. 9	Mutual Administration Committee Clubhouse 4..... 1 p.m.
Wed., Nov. 10	Physical Property Committee Clubhouse 4..... 1 p.m.
Thurs., Nov. 12	Communications/IT Committee Clubhouse 4..... 1 p.m.
Friday, Nov. 13	GRF Executive Committee Admin Conference Room..... 1 p.m.
Mon., Nov. 16	Finance Committee Clubhouse 4..... 10 a.m.
Tues., Nov. 17	Website Ad Hoc Committee Clubhouse 4..... 1 p.m.
Thurs., Nov. 19	Security, Bus & Traffic Committee Clubhouse 4..... 1 p.m.
Tues., Nov. 24	GRF Board Monthly Meeting Clubhouse 4..... 10 a.m.
Wed., Dec. 2	Governing Document Committee Clubhouse 4..... 10 a.m.
Wed., Dec. 2	Physical Property Committee Clubhouse 4..... 1 p.m.
Thurs., Dec. 3	COVID-19 Ad Hoc Committee Clubhouse 4..... 1 p.m.
Fri., Dec. 4	GRF Board Executive Session virtual 1 p.m.
Mon., Dec. 7	Recreation Committee Clubhouse 4..... 1 p.m.

Carport Cleaning Schedule 2020

The remainder of the holiday carport cleaning schedule for 2020 is as follows:

Veterans Day, Wednesday, Nov. 11

Mutual 3, Carports 39-42, and Mutual 4, Carports 54-56, will be cleaned Friday, Oct. 30.

Thanksgiving Day, Thursday, Nov. 26

Mutual 11, Carports 130-131; Mutual 15, Carports 3, 6-8, 10-13; and Mutual 16, Carport 9, will be cleaned Monday, Nov. 30.

Christmas Day, Friday, Dec. 25

Mutual 14, Carports 150-157; Mutual 15, Carports 1-2, will be cleaned Thursday, Dec. 31.



Street Sweeping

GRF trust streets are swept on the fourth Thursday of the month. Parked vehicles must be removed from trust streets before midnight the night before.

Contact Mutual directors to find out when your carports are scheduled for sweeping.

Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards (schedule subject to change).

Tues., Nov. 3	Mutual 16 Clubhouse 4 and virtual 9:30 a.m.
Tues., Nov. 3	Mutual 17 Clubhouse 4 and virtual 1:30 p.m.
Mon., Nov. 9	Mutual 9 Clubhouse 4 and virtual 9 a.m.
Tues., Nov. 10	Mutual 4 Clubhouse 4 and virtual 9 a.m.
Thurs., Nov. 12	Mutual 12 Clubhouse 4 and virtual 9 a.m.
Fri., Nov. 13	Mutual 3 Clubhouse 4 and virtual 9 a.m.
Mon., Nov. 16	Mutual 15 Clubhouse 4 and virtual 1 p.m.
Tues., Nov. 17	Mutual 14 Clubhouse 4 and virtual 1 p.m.
Wed., Nov. 18	Mutual 5 Clubhouse 4 and virtual 9 a.m.
Wed., Nov. 18	Mutual 7 Clubhouse 4 and virtual 1 p.m.
Thurs., Nov. 19	Mutual 2 Clubhouse 4 and virtual 9 a.m.
Thurs., Nov. 19	Mutual 11 Clubhouse 4 and virtual 1:30 p.m.
Fri., Nov. 20	Mutual 6 Clubhouse 4 and virtual 9:30 a.m.
Mon., Nov. 23	Mutual 8 (open forum, 9:15 a.m.) Clubhouse 4 and virtual 9:30 a.m.
Tues., Nov. 24	Mutual 1 (rescheduled) Clubhouse 4 and virtual 9 a.m.
Wed., Nov. 25	Mutual 10 Clubhouse 4 and virtual 9 a.m.
Thurs., Nov. 26	Mutual 1 Clubhouse 4 and virtual 9 a.m.
Tues., Dec. 1	Mutual 16 Clubhouse 4 and virtual 9:30 a.m.

GRF Board Recap—Oct. 27 Meeting

Approved Consent Agenda

MOVED and duly approved the Committee/Board meeting minutes for the month of September 2020, the minutes of the September 29, 2020 Board meeting, the minutes of the October 5, 2020 Special Board meeting, the October GRF Board Report, dated October 27, 2020, and acceptance of the Financial Statements, September 2020, for Audit.

General – Approve 70-1448-3D, Emergency Operational Procedures – Amphitheater, Phase One

MOVED and duly approved to reconsider approval of 70-1448-3D, Emergency Operational Procedures – Amphitheater, Phase One, based on information provided by the Orange County Health Authority, which will allow the use of the Amphitheater for religious services provided that hand sanitizer is provided or attendees bring their own individual hand sanitizer.

MOVED and duly approved to reopen the Amphitheater for religious services as soon as staff can accommodate the terms of the Emergency Operational Procedure.

General – Establishment of Ad hoc Committees

MOVED and duly approved and thereby established the AB 3182 Ad hoc Committee and granted to the Ad hoc Committee limited authority specifically stated within the GRF governing documents, and policies or other authority as granted by the BOD or as stated within this policy, pursuant to state statute (Corp. Code §7210; Corp. Code §7212(c)) and Article VII of the Bylaws of the Golden Rain Foundation.

MOVED and duly approved the appointment of Carole Damoci, Chair, Marsha Gerber, Kathy Rapp, Paul Pratt, and Paula Snowden to the AB 3182 Ad hoc Committee.

MOVED and duly approved and thereby established the Bulk Cable Ad hoc Committee and granted to the Ad hoc Committee limited authority specifically stated within the GRF governing documents, and policies or other authority as granted by the BOD or as stated within this policy, pursuant to state statute (Corp. Code §7210; Corp. Code §7212(c)) and Article VII of the Bylaws of the Golden Rain Foundation.

MOVED and duly approved the appointment of Nick Massetti, Chair, Lee Melody, Carole Damoci, Paul Pratt, Larry Slutsky, and Paula Snowden to the Bulk Cable Ad hoc Committee.

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General – Approve 30-5095-4, Fitness Center Release/Waiver

MOVED and duly approved the newly revised Release of Future Claims/Hazardous Activity document (governing document # 30-5095-4), for the use in the Fitness Center.

Architectural Design & Review Committee – Reserve Funding Request – Carwash/Service Maintenance Area, Replace Landscaping

MOVED and duly approved the replacement of landscaping at the Carwash and Service Maintenance areas per Exhibit A in the agenda packet, at a cost not to exceed \$5,690, Reserve Funding, and authorize the President to sign the contract.

Communications/IT Committee – Capital Funding Request – Paramount Workplace Solutions

MOVED and duly approved the purchase of the Paramount Workplace software, in the amount not to exceed \$41,220, Capital funds and \$3,780, Operating funds and to authorize the President to sign the purchase agreement.

Approved Consent Agenda

MOVED and duly approved to 70-1448-1, Emergency Operational Rule, 70-1448-3E, Emergency Operational Procedures – Pool and Spa, Phase One, 70-1448-3F, Emergency Operational Procedures – Fitness Center, Phase One, 70-1448-3G, Emergency Operational Procedures – Friends of the Library, Phase One, 70-1448-3H, Emergency Operational Procedures – Leisure World Library, Phase One, 70-1448-3J, Emergency Operational Procedures – Clubhouse One and Two, Poolrooms, Phase One, 70-1448-3K, – Clubhouse One and Two, Woodshops, Phase One, 70-1448-3L, Emergency Operational Procedures – Clubhouse Three, Sewing Room, Phase One, 70-1448-3M, Emergency Operational Procedures – Clubhouse Four, Art Studio, Phase One, 70-1448-3N, Emergency Operational Procedures – Clubhouse Four, Ceramics Studio, Phase One, 70-1448-3O, Phase One and 70-1448-3P, Emergency Operational Procedures – Veterans' Plaza, Phase Two.

MOVED and duly approved to refer 70-1449-1, Emergency Operational Rule – Face Mask to the COVID-19 Ad hoc Committee for review.

MOVED and duly approved to amend 70-1448-3O, Emergency Operational Procedures – Clubhouse Four, Lapidary Studio, amending the maximum number of members to six.

Finance Committee – Approve RV Lot Lease

MOVED and duly approved to refer Leisure World Trailer Club lease, for the period of August 1, 2020 through December 31, 2021, for \$1.00 to the Recreation Committee for review.

Adopt 40-5523-2, Accounts Receivable Collections - Fees

MOVED and duly approved to adopt 40-5523-2, Accounts Receivable Collections – Fees, as presented, removing the fees from 40-5523-1, Accounts Receivable Collections.

Finance Committee – Amend 40-2920-3, Budget Controls

MOVED and duly approved to amend 40-2920-3, Budget Controls, restructuring the document language in a more concise form, as presented.

Finance Committee – TENTATIVE VOTE - Amend 40-5061-2, Fees

CONCURRED to remove this item from the agenda packet.

Finance Committee – Amend 40-5115-3, Finance Committee Charter

MOVED and duly approved to amend 40-5115-3, Finance Committee Charter, revising the procedure to appoint a Vice Chair and clarifying the duty of the Committee regarding review and analysis of funding requests, as presented.

Finance Committee – Amend 40-5523-1, Accounts Receivable Collections

MOVED and duly approved to amend 40-5523-1, Accounts Receivable Collections, updating GRF Committee name (Communications/IT) and referencing governing document 40-5523-2, Accounts Receivable Collections

– Fees, for returned check fees, as presented.

Physical Property Committee – Capital Funding Request – Amphitheater Loft Location

MOVED and duly approved to award contracts to Schlick Services, \$12,522, Custom Glass, \$2,935, Cornerstone Flooring, \$6,543 and Projector Screen Store (material, shipping, and tax), \$2,000, adding a project contingency of \$6,000, for a total cost not to exceed \$30,000, for the upgrades to the Amphitheater Loft, Capital funding, and authorize the President sign the required contracts and/or the Executive Director to initiate the purchases.

Physical Property Committee – Capital Funding Request – Clubhouse Three, Storage Closet Addition

MOVED and duly approved to award a contract to Bruno Alvarez, General Contractor, for the addition of approximately 190 to 200 square feet to Clubhouse Three, for the purpose of storage of Trust property, in the amount of \$37,000, and add a \$3,000 contingency, for a total cost not to exceed \$40,000, Capital funding, and authorize the President sign the contract.

Physical Property Committee – Reserve Funding Request – Paving Project, Foxburg Road

MOVED and duly approved a change order to MJ Jurado, for the complete grind and overlay of Foxburg Road, the removal of roots, and the replacement of flow lines and gutter, in the amount of \$96,225 and a \$10,000 contingency, for a total cost not to exceed \$106,225, Reserve funding, and authorize the Physical Property Chairperson to sign the change order.

Physical Property Committee – Reserve Funding Request – Trust Property Improvement, Safety Fence Replacement

MOVED and duly approved to award a contract to MJ Jurado, for the replacement of Trust Property pedestrian safety fences, located at St. Andrews and Clubhouse Three, in an amount not to exceed \$21,465, Reserve funding, and authorize the President sign the contract.

Recreation Committee – Cancellation of Scheduled and Budgeted 2020 Recreation Programs Due to COVID-19

MOVED and duly approved the cancellation of all Recreation Department events for the remainder of 2020, including the Amphitheater season, as well as GRF and Library events and excursions, Exhibit A in the agenda packet, as amended.

Recreation Committee – Approve Naming of Golf Course

MOVED and duly approved the naming of the Trust property known as the Golf Course to Turtle Lake Golf Course and further approve awarding a \$250 gift card to the shareholder/member who submitted the winning name.

Recreation Committee – Approve Mini Farm Lease/Plan

MOVED and duly approved the Mini Farm Lease Agreement, as presented.

Recreation Committee – TENTATIVE VOTE – Adopt 70-1451-1, Fitness Center Rules

MOVED and duly approved to refer 70-1451-1, Fitness Center Rules to the Recreation Committee and to corporate counsel for review.

Recreation Committee – TENTATIVE VOTE – Amend 70-1406-1, Limitations on Use of Trust Property – Rules

MOVED and duly approved to refer 70-1406-1, Limitations on Use of Trust Property - Rules, to the Recreation Committee for review.

Recreation Committee – TENTATIVE VOTE – Amend 70-1412-2-1, Smoking Prohibition

MOVED and duly approved to amend 70-1412.02-1, Smoking Prohibition, expanding the smoking prohibition to all GRF amenities and including “vaping” to products prohibited at all GRF amenities, pending a 28-day notification to the members, and a final decision by the GRF Board of Directors on November 24, 2020.

Recreation Committee – Amend 70-1422-3, Marquee Usage

MOVED and duly approved to refer 70-1422-3, Marquee Usage, to the Recreation Committee for review.

Recreation Committee – Amend 70-1423-3, Bulletin Board Usage

MOVED and duly approved to amend 70-1423-3, Bulletin Board Usage, updating the bulletin board locations and advising that any additional bulletin board locations will be determined by the Recreation Committee, as presented.

Recreation Committee – Amend 70-1447-1, Use of Community Facilities, Mini Farm - Rules

MOVED and duly approved to amend 70-1447-1, Use of Community Facilities, Mini Farm – Rules, establishing that Mini Farm plots holders must be GRF Members in good standing, adding a prohibition against alcoholic beverages, animals (excepting Qualified Service Animals), firearms, and radios, establishing rules for the length of leases, plot abandonment, lessee responsibilities of the plots, lessee guests, establishing plot maintenance expectations, establishing conditions for vacating a plot, establishing lease non-compliance actions, and informing plot holders that the Recreation Department has the right to review and adjust operating rules and to enter any plot at any time, as amended (increasing the Annual Plot Lease Fee to \$100).

Recreation Committee – Amend 70-2609-1, GRF Equipment

MOVED and duly approved to amend 70-2609-1, GRF Equipment, establishing that custodial staff will monitor and document GRF equipment usage and establishing the conditions of loss of Clubhouse privileges, as presented.

Security, Bus & Traffic Committee – Adopt 80-1930-1, Traffic – Rules

MOVED and duly approved to refer the following governing documents to the Security, Bus & Traffic Committee for review: 80-1930-1, Traffic – Rules, 80-1930-3, Traffic – Procedures, 80-1937-1, Traffic – Rules, 80-1920-1, Traffic Rules and Regulations, 80-1925-1, Traffic Rules and Regulations – Enforcement on Trust Property, 80-1925-1, Parking Rules for Trust Property, and 80-1928-1, Golf Cart and Low Speed Vehicles Rules.

Website Ad hoc Committee – Capital Funding Request – Approve Contract with StormBrain

MOVED and duly approved the service proposal from Storm Brain, for the website redesign project, in an amount not to exceed \$57,930, Capital funding, and authorize the President to sign the proposal.

OCTA 405 Improvement

The Orange County Transportation Authority, in cooperation with Caltrans, is widening the San Diego Freeway (I-405) between SR-73 and I-605.

The project is improving 16 miles of I-405 between the SR-73 freeway in Costa Mesa and I-605 near the Los Angeles County line. Construction updates are as follows: **The Edinger Avenue bridge over I-405 has closed for 18 months as of Oct. 22 for demolition and reconstruction.**

Crews will demolish the bridge over two nights to accommodate the freeway widening. This work will require full closures of northbound (NB) and southbound (SB) I-405 between Beach Boulevard and Bushard Street.

Additional nighttime demolition will occur for several weeks under freeway lane closures. Some daytime demolition also is anticipated.

Sign up to receive updates specific to Edinger bridge construction via email, call or text at bit.ly/405-signup.

Coming Soon: Harbor Boulevard Falsework Installation

Crews will be constructing the falsework for the I-405 bridge over Harbor Boulevard. This work will require full closures of Harbor.

Southbound I-405 Loop Off-Ramp to Beach Boulevard is PERMANENTLY CLOSED

The SB I-405 loop off-ramp to NB Beach Boulevard is permanently closed. Motorists will use the Beach Boulevard/Center Avenue off-ramp from now on to access NB and SB Beach.

The loop off-ramp was eliminated to accommodate the widening of Beach and of the freeway. The Beach/Center off-ramp and Center are being reconstructed to accommodate the change in traffic volume.

The 405 Community Outreach Team is Still Working

Email 405project@octa.net or call (888) 400-8994 for more information.

The I-405 Improvement Project mobile app includes quick access to current traffic conditions, closures and detours, along with project updates and links to contact the project team.

It's available for download on the Apple Store or Google Play.

GRF Policy Review

The Golden Rain Foundation Board of Directors has given tentative approval to the following policies, which are reprinted here to provide a 28-day notice prior to final approval at the Nov. 24 GRF Board meeting. Instructions on how to provide feedback follows each policy.

70-1412-1, Smoking Prohibition

Per the action of the GRF Board on October 27, 2020, in accordance with Civil Code §4360, Notice of Approval of Amendment of 70-1412-1, Smoking Prohibition, the Board hereby provides general notice to all Shareholders/Members:

All Shareholders wishing to comment on the proposed changes may submit your comments by either:

Smoking refers to inhaling, exhaling, burning or carrying of any lighted or heated tobacco/marijuana product, as well as non-tobacco smoking substances and smoking instruments.

1. Smoking is prohibited in all GRF amenities ~~the Amphitheater area, including the stage, rest rooms and sound booth.~~

2. Smoking is prohibited in all Trust buildings and within twenty feet of all Trust Buildings.

3. ~~Smoking is prohibited on the golf course, in the interior of the golf starters' area, and rest rooms.~~

3. Smoking or other use of tobacco and/or marijuana products (included, but not limited to, cigarettes, e-cigarettes/vaping, pipes, cigars, hookahs, snuff, all forms of smokeless tobacco or chewing tobacco)

is not permitted.

~~Smoking refers to inhaling, exhaling, burning or carrying of any lighted or heated tobacco/marijuana product, as well as non-tobacco smoking substances and smoking instruments.~~

• Emailing comments to the attention of the GRF Board at dean-nab@lwsb.com; please include in the subject line "70-1412.2-1, Smoking Prohibition" or

• *Mailing comments to:* Golden Rain Foundation P. O. Box 2069 Seal Beach, CA 90740

Attn: Proposed Document Revisions

Please reference 70-1412-1, Smoking Prohibition on any correspondence you submit. All comments will be copied to the Board for review and consideration. The Board will take final action relative to 70-1412-1, Smoking Prohibition at its Nov. 24, 2020, meeting.

70-1447-1, Use of Community Facilities, Mini Farm - Rules

Per the action of the GRF Board on October 27, 2020, in accordance with Civil Code §4360, Notice of Approval of Amendment of 70-1447-1, Use of Community Facilities, Mini Farm - Rules, the Board hereby provides general notice to all Shareholders/Members:

1. GENERAL REGULATIONS

The Recreation Department is responsible for the fair and equitable use of the Mini Farm area also known as the 1.8 acres. The Recreation Department will also

be responsible to ensure that all of the conditions of these rules are followed.

1.1. The Mini Farm plots are for Golden Rain Foundation (GRF) Members in good standing only. Only one plot shall be assigned per household.

1.2. ~~No vaping or use of any type of tobacco products will be permitted within the Mini Farm areas at any time.~~ The Mini Farms are a non-smoking, tobacco-free, vapor-free, drug-free environment.

1.3. Alcoholic beverages may not be brought into the Mini Farm area.

1.4. No animals allowed in the Mini Farm area: exception Qualified Service Animals will be allowed in the garden if staying with their owner only.

1.5. Lessee may not carry, use, or store firearms or weapons of any kind in the Mini Farm area.

1.6. Radios are not allowed. If you would like to use your music devices, headphones are required.

1.7. Spaces shall be leased on an annual basis or a maximum of six consecutive years ~~for a period of six years.~~ Upon the completion of the sixth ~~a six~~ year lease, Lessee must relinquish their plot. The Lessee can go back on the waiting list. ~~Effective January 1, 2021, all plot holders in excess of six years still have a remaining year must relinquish their~~

plot:

1.8. Plots shall not be abandoned, traded or given up to another GRF Member by the Lessee. If you choose to relinquish your space, you must notify the Recreation Department and your space will be reassigned to the next GRF Member on the waiting list. No refunds shall be issued for any monies paid to GRF.

1.9. ~~Plots must be worked by the GRF Member only.~~ Lessee is responsible for the planning and management of their own plots, including providing seeds, plants, amendments, and any tools. Plots must be worked solely by the Lessee. Exception: In case of an injury or temporary illness, Lessee shall notify the GRF Recreation Department in writing and ~~other arrangements may be made~~ a "garden angel" can be assigned to care for your garden for up to 2 (two) weeks with the approval of the Recreation Department.

1.10. Lessee may bring a guest, including children, into the Mini Farm area, provided that the guest complies with the code of conduct. Children must always be accompanied by an adult.

1.11. GRF Members and their Guest may not enter other plots or harvest fruits or vegetables produce in plots assigned to other GRF members without explicit written permission from that plot's

Lessee.

1.12. Lessee will keep clean and neat any common areas, such as pathways. Lessee will promptly report any concerns about safety of the garden to the GRF Recreation Department. The pathway along the wall bordering Nassau Drive and all walkways must always be kept clear of gardening tools and plant materials from the plots.

1.13. Storage containers made of metal or wood are not permitted; storage container must be the type approved by the Recreation Committee and the storage container and tools must be kept within the boundaries of the designated plot. ~~No metal or wooden storage containers are permitted.~~

1.14. Neither trellises nor fences may exceed 7 feet in height to avoid shading a neighbor's plot. ~~Structures or decorations shall not conflict with community standards.~~

1.15. Structures to encourage vertical growing, including arbors, trellis, tree branch frames, and cages are only allowed during growing season if they are functional, orderly, safe, and do not conflict with community standards.

1.16. GRF does not permit the construction or existence of permanent shelter structures within the individual plots, including personal sheds, storage, or shade units.

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CIVIL

from page 4

respond to my situation—either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course."

We, as survivors of 2020, have the same choice as Dr. King. We can react with bitterness, as many have already, or we can live joyfully and transform our suffering into a creative force.

We are blessed to have seen this creative force already in our community. Service and religious organizations and caring neighbors have sewn and donated thousands of facemasks, contributed funds and food, shared words of love and compassion with those who suffer.

We needn't wait until the election and pandemic are over to act. We must resolve now to transform our present anxiety and suffering into forces of compassion, creativity and caring.

CLOVER

from page 1

Due to COVID-19 shut downs and safety protocols, Clover has not been able to serve in his usual way. Normally he is a member of the Pet Prescription Team, visiting hospitals and assisted care facilities, among other venues.

But that won't stop him and Leslie from helping people celebrate the holiday season, starting with Halloween. Leisure World residents who could use a friendly visit are welcome to call and make reservations for Clover to come over. During the Halloween season, he will have a special treat just for his new friends.

Masks and physical distancing are required for the humans, but Clover is free to come close and cuddle. He can make birthdays, holidays and just plain sad days a lot brighter. To make a reservation, call (562) 357-4433.

In his short life, Clover has already uplifted the spirits of many, having worked at Redeemer Lutheran's Alzheimer's Respite Care Center, which is closed indefinitely due to the pandemic.

Clover's ability to calm people during hard times first came to light just after Leslie adopted him. She had a neighbor in excruciating pain due to lung cancer. During visits, Clover would sit on her lap, and his presence seemed to dampen the pain and give her peace.

The holiday season will soon be here. It's going to look and feel different than any other. A visit with Clover could well be the anecdote to the sadness and loneliness of letting go.

VOTE FOR THOMAS MOORE NOV 3RD



VIOLENCE is not acceptable • Tom Supports the Police 100%

EXPERIENCE MATTERS

CURRENT COUNCIL MEMBER
SEAL BEACH MAYOR 2019
DIRECTOR ON ORANGE COUNTY FIRE AUTHORITY

- ★ **ENDORSED BY MAYORS OF ALL NEARBY OC CITIES**
- ★ **ENDORSED BY CSULB PRESIDENT**
- ★ **FISCALLY CONSERVATIVE**
- ★ **KEPT SEAL BEACH SAFE**
- ★ **IMPROVED CITY TECHNOLOGY & EFFICIENCY**



Accomplishments for Leisure World as Councilman/Mayor:

- Transportation for Veterans to the VA Center
- Traffic Enforcement by Seal Beach Police
- Dedicated Police Officer for Leisure World
- Seal Beach welcome sign outside Leisure World
- Support for Meals & Bathroom Remodel program

Seal Beach Accomplishments:

- REDUCED SPENDING:**
- On Orange County Fire Authority, helped save Seal Beach \$170K+ per year
 - Reduced spending one year prior to Covid-19 additional \$500K
- POLICY:**
- Pier rebuilt and opened early and on-budget while Mayor.
 - Supported small businesses with marketing, relief funds and parklets to help during crisis
 - Kept residents informed and responded promptly to concerns

Religion

First Christian Church

By **Bruce Humes**
Pastor

Psalm 33:6 says, "By the word of the Lord, the heavens were made, and all the hosts of them by the breath of his mouth." It seems the psalmist had a clear understanding of Genesis 1:1, which says, "In the beginning, God created the heavens and the earth." This is the biblical view of creation and life.

The psalmist continues his thoughts in verse 7, "He gathered the waters of the sea together as a heap; he lays up the deep in storehouses." In these two verses, we see the sovereignty and power of that creator God being displayed through that which he created.

Knowing all this, how should we as people and a nation acknowledge the sovereignty and power of this creator God? The psalmist tells us in verses 8-9, "Let all the earth fear the Lord; let all the inhabitants stand in awe of him. For he spoke, and it was done; he commanded, and it stood fast." As inhabitants of his creation, our response or acknowledgement of this creator God should be with a reverent fear, awe and respect. I believe there is great comfort knowing that God is in control and not man, and that the best laid plans of nations and man will not thwart God's plans, he will always prevail.

Ephesians 1:11 says, "In him (Jesus) also we have obtained an inheritance, being predestined according to the purpose of him who works all things according to the counsel (plan) of his will." Just what is our relationship with the creator God like? Are we a people and nation that is under God, or a people and nation that has rejected him?

If you want to speak to someone at the church or if you have a need, call the church office at (562) 431-8810.

Congregation Sholom

Rabbi Rachel Axelrad will stream services on Friday, Oct. 30, at 6:30 p.m. and on Saturday, Oct. 31, at 9:30 a.m.

Request the Zoom invitation with a text to Jeff Sacks at (714) 642-0122, or you can email jfsacks@gmail.com.

Join the Zoom Meeting at <https://us02web.zoom.us/j/3752519429?pwd=UDREWTA1N21jaXVUZUhyQmY1U01JQT09>. The meeting ID is 375 251 9429, and the password is 8ZYy69

Congregation Sholom will host a game afternoon on Zoom led by Sandy Geffner on Sunday, Nov. 1, at 4 p.m. Email Jeff at jfsacks@gmail.com ahead of time so he can send a Zoom invitation.

On Thursday, Nov. 12, Congregation Sholom will have a Zoom challah bake. Cost for supplies is \$15. RSVP to Susan Michlin to receive a kit by Nov. 6. You can pick up your kits on Nov. 11. Check with Jeff Sacks for a Zoom invitation.

Electric Shabbat candles are available for \$8. Contact Carol Levine if you want a set.

Anyone who wants to participate in the live-streamed services and events can call Ron Yaffee at (562) 430-7040.

Assembly of God

By **Norma Ballinger**
LW contributor

The Book of Psalms is the hymn book of the people of God. In the original Hebrew text, the book as a whole was not named, although the title of many individual Psalms contain the word "mizmor," meaning a song sung to the accompaniment of a stringed instrument.

Psalm 104:33 says, "I will sing to the Lord all my life; I will sing praise to my God as long as I live." We can never outgrow the wonder of God or his miraculous hand over our lives.

Search through this book in the Old Testament and find a renewed sense of peace in these troubled times.

Pastor Sam Pawlak will record a message on Sunday morning and lead the people in Communion on the DVD that will be distributed on Monday. He also is on Facebook at 10 a.m. on Sunday with words of encouragement.

Faith Christian Assembly

On the first Sunday of each month, Faith Christian Assembly partakes in Holy Communion. Pastor Vaughn gives valuable insights into Communion each month. You don't have to be a member to join, as long as you have accepted Christ as your Savior.

Out of an abundance of caution, Faith Christian Assembly will take your temperature at the door, and you will be asked to wear a mask, especially before and after service, and sit socially distant from others. If you are ill, we ask that you stay home.

The midweek Bible study taught by Pastor Sheri Leming is on Wednesdays at 11 a.m. in the Garden Room. Grief Share meets on Wednesdays at 2 p.m. To receive more information on the church, call (562) 598-9010 or visit the website at www.FCAchurch.net.

Redeemer Lutheran & St. Theodore's

All Saint's Day will be celebrated at a combined service of Redeemer Lutheran and St. Theodore's Episcopal churches on Nov. 1. We remember all who have gone to heaven before us into eternal life.

Weather permitting, there will be an outdoor service at 8:45-9:15 a.m. and from 9:30-10. The indoor service in the sanctuary will be from 10:30-11 a.m., social distancing and masks are required.

Beit HaLev

Beit HaLev and Rabbi Galit Shirah invite all to attend the Zoom services every Shabbat evening and morning. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew classes can contact the rabbi at (562) 715-0888. Beit HaLev continues to livestream on Facebook as well. To attend, go to galityomtov.com or [Facebook.com/galityomtov](https://www.facebook.com/galityomtov). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayerbook, "Lev L'Lev," is provided at each service.

This week's Torah portion, "Lech L'cha" (Genesis 14:1-15:21), narrates the battles and victories of Avram (later to become Avraham); at the end of last week's Parashah we are introduced to Avram and his wife, Sarai, who are instructed by HaShem to leave their birthplace.

Rabbi Galit Shirah conducts a weekday Ma'ariv service every Thursday for Sim Shalom, the online synagogue. To say Kaddish, pray for healing and hear a spiritual message, go to SimShalom.com.

Rabbi Galit Shirah's Zoom classes will resume in November after Election Day. It will continue with Prayerbook and Modern Hebrew classes; a Talmud class is also being planned. For information, contact the Rabbi at (562) 715-0888 or duets@icloud.com.

Holy Family Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe the Solemnity of All Saints on Sunday, Nov. 1.

The First Reading is Revelation 7:2-4, 9-14 and the Second Reading is 1 John 3:1-3. The Gospel reading will be from Matthew 5:1-12A.

All Souls Novena of Masses

Nov. 2 is All Souls Day, the commemoration of All the Faithful Departed. Holy Family Parish will have a Novena of Masses from Nov. 2-10. If you would like to include your family members or friends who have already departed, complete the envelopes that are in the church pews and drop them off in the parish office or Sunday collection basket.

Masses

If you would like to receive a copy of the weekly parish bulletin, you can sign up at <https://bulletin.jspaluch.com> or <https://www.jspaluch.com/Subscribe>.

The church is open to public entry and has returned to its regular Mass schedule. Saturday (Vigil Mass) is at 5 p.m., and Sunday Masses are at 8 a.m., 10 a.m. and noon.

Those who attend must wear a mask or face shield and sit socially distanced, and use hand sanitizer upon entry into the building.

Church of Jesus Christ of Latter-Day Saints

"Faith is as essential as food," said Sister Sharon Eubank at the Oct. 17 G20 Interfaith Forum. Sister Eubank, first counselor in the Relief Society general presidency and director of Latter-day Saint Charities, spoke on the commitment of faith networks to disaster risk reduction.

Latter-day Saint Charities mounted its most enormous response to COVID-19 and the food crisis by coordinating with trusted governments, communities and other faiths. "Supply chains were shriveling, and traditional community networks were strained," Sister Eubank stated. "However, those old networks found creative new combinations."

Hundreds of the Latter-day Saint charity projects bring food to families like the one in Iran, whose father and 8-year-old son collected scrap metal. When the father died of COVID-19, the boy and his sister couldn't gather enough metal to buy food. Latter-day Saint Charities provided funding to Mothers Without Borders, who provided a month's food supply.

Sister Eubank affirms that families and communities should focus on long-term preparedness. "Communities that do these small things build self-determination. They don't have to necessarily wait for agencies," she said

Eubank suggested that policy makers should form councils of local leaders and faith stakeholders to coordinate during a disaster. Councils encourage households to have emergency food and water for at least 72 hours. They work together to arrange back-up power, provide health facilities, arrange for alternate transportation and communication, and designate command centers and shelters. They test emergency plans to minimize hunger and suffering.

This preparation process develops personal relationships of trust and respect between faith communities, governments and NGOs. These efforts affirm the words of King Benjamin: "When ye are in the service of your fellow beings ye are only in the service of your God."

Community Church

By **Johan Dodge**
Reverend

At Community Church, we are changing things up! This Sunday will be the last Sunday of this Christian year. The Christian calendar doesn't follow the Roman calendar; it begins with the season of Advent, the preparation for the birth of Jesus at Christmas.

Our theme for next year is "Carved by Love: A year of Good News" so it is fitting that we end the year by looking at what Jesus taught about blessings. Who are those who are blessed now and in the coming Kingdom? We'll look at those questions this week as we conclude this Christian year.

To hear this teaching as well as worship music, tune in Sunday morning at 9:50 on Facebook live @[communitychurchleisureworld](https://www.facebook.com/communitychurchleisureworld). To join virtual fellowship, call the church office or email leisurewccsue@yahoo.com. If you don't have a computer or Facebook, call (562) 431-2503 and listen to the weekly message beginning Sunday evening

Community Church will offer Communion at 1 p.m. outside in front of the church. The elements are pre-sealed for safety and the liturgy is part of the morning worship on Facebook. Those who come to receive Communion must wear a mask and maintain distancing.

As always, if you are in need without another way to address it, call the church office at (562) 431-2503.

The Missions Team is sponsoring the annual "Sock it to Em" sock drive for Veterans. Donations of new white men's or women's socks (or monetary donations) will begin on Nov. 2. The church office will be open Monday - Thursday from 9:30 a.m.-1:30 p.m. Contact the church office at (562) 431-2503 to have the donation picked up.

LW Baptist

By **Rolland Coburn**
Pastor

We all need wisdom every day. We have experiences in life that leave us not knowing what to do. What does God promise about giving us wisdom? Ask God, and he will give it, James 1:5.

Wisdom comes from God. Proverbs 2:6 says, "For the Lord gives wisdom; from his mouth come knowledge and understanding."

It pleases God when we ask for help. He delights in meeting our needs. When Solomon asked for wisdom, the Lord answered, "Behold, I grant you a wise and discerning heart like no one before you nor after you" (1 Kings 3:10,12). As a result the whole nation respected Solomon's wisdom.

God gives heavenly wisdom, not worldly wisdom. Paul and Timothy told the believers, "For this reason also, since the day we heard of your faith, we have not ceased to pray for you and to ask that you may be filled with the knowledge of God's will through all the wisdom and understanding that the Holy Spirit gives," Colossians 1:9. The Lord promises, "I will give you words and wisdom that none of your adversaries will be able to resist or contradict" (Luke 21:15).

The ultimate reason to ask God for wisdom is found in Christ's example. We remember that he prayed, "Father, not my will, but thine be done" (Luke 22:42). This same prayer should be ours regarding every decision every day. He certainly knows what is best.

POLICIES from page 7

storage, or shade units.

1.17. One faucet and hose are set up for up to four plots for watering. The plots that are assigned to that area have exclusive use of the water fixture, when the plot is being worked.

1.18. Automatic sprinklers and soaker hoses are forbidden. GRF Members—Mini Farmers must turn off water faucet or valve before leaving the plot. Mini Farmers shall not leave watering unattended at any time.

1.19. Crushed rock or gravel is not permitted inside the plots. Any existing crushed rock or gravel must be removed from the plot upon vacating.

1.20. No wood treated with wood preservative shall be used in any plot.

1.21. No piles of wood, brick, pipes, hoses, or fencing shall be stored in plots.

1.22. The use of “scrap” materials, such as broken bricks or pavers, scraps of wood, metal, or plastic is not permitted.

1.23. Items not authorized must be disabled and removed from the plot by required compliance date.

1.24. All trees, miniature trees, shrubs or bush type fruit trees must be potted with a solid base underneath, and not exceed 7 feet tall. Existing trees or shrubs cannot extend over walkways or exceed 7 feet in height during any month of the year. Any existing tree shall be cut down when a lot is vacated before being assigned to a new GRF Member. No more than 10% of plot may be planted in flowers, the remaining balance shall be used to plant produce.

1.25. The Recreation Department may order the forfeiture of a plot when any Mini Farmer does not maintain His/her plot as described in the rule. Failure to plant at least 75% 60% of a plot for three (3) months of the four seasons, spring, summer, fall and winter, shall be sufficient cause to forfeit the plot.

1.26. If a plot appears untended (overgrown weeds, unharvested), you will be issued a violation notice. If the violation is not remedied by the required compliance date, the GRF Recreation Department may evict Lessee upon three violations.

1.27. GRF Members shall park in designated parking spaces only.

1.28. Dumpsters are available for the disposal of green waste and regular trash. The removal of discarded items from the dumpster will not be permitted at any time.

1.29. Plots must be cleared of all vegetation and weeds before vacating plot. Failure to clean plot for final inspection will result in loss of lease deposit and Mini Farm future privileges.

1.30. If the Mini Farmer fails to comply with any terms of the lease within the allotted

compliance time, then garden plot will be immediately forfeited with no refund of fees, nor will they be entitled to any payment or reimbursement from the GRF for any materials planted, growing, or otherwise located within the Community Garden or for any improvements made on the premises. All or any part of such material and improvements shall become the property of the GRF.

2. HOURS OF OPERATION

7:00 a.m. to dusk seven (7) days a week.

3. MAINTENANCE OF PLOTS

3.1. To prevent the breeding of flies, harboring of rats, or air contamination, all decaying compost or newly delivered fertilizer shall be properly cared for by effectively sealing in plastic bags, or by turning it under in the plot within 48 hours.

3.2. Remove all garden trash, spent plants, clippings, and leaves from the plot daily in the provided green waste bins.

3.3. Keep all plots, including the area to the center of the adjacent pathways, free from all grass and weeds through the year, whether or not the garden is planted or fallow.

3.4. Use care and caution while watering in order to keep from flooding neighboring plots and pathways.

3.5. Use care when spraying or dusting for bugs, snails, and other garden pests. Members must make every effort to ensure there is no drifting of pesticides to adjoining plots. GRF does not permit the use of Roundup on Trust property. See addendum A for approved pest control.

3.6. Store only the garden material necessary to supporting, staking or containing the plantings, neatly within the perimeter of one's assigned garden plot. No plants or vines shall be allowed to grow past a fence or property line, over walkways or sidewalks. No exterior fence will be used as a trellis on which to grow plants or vines.

3.7. GRF is not liable for loss or damage to personal property, vandalism to the garden parcel, and/or destruction of crops due to disease, pests, rodents, gophers, or inclement weather.

3.8. All items stored within the garden plot must be essential to gardening. Pesticides of any kind may not be stored at the Mini Farm. Items such as wooden stakes, tomato cages, etc. must be kept in a neat and orderly manner. Materials may not be stores against either the perimeter fencing of the plot or Mini Farm.

3.9. GRF is responsible for the maintenance and pest control of the common areas. Lessee is responsible for maintenance and pest control within their plot.

3.10. Lessee is responsible for the cost, installation, and maintenance of fencing. Staff must approve any fence or other structure prior to installation and follow GRF guidelines. Staff will provide written approval/permit for installation. This permit must be displayed at the plot for 30 days. See addendum B for approved fencing.

4. CORRECTIVE ACTION

4.1. The Recreation Committee may order the forfeiture of any plot when the GRF Member fails to comply with this set of rules or any action in violation of the established Code of Conduct policy.

4.2. The Recreation Department reserves the right to review and adjust the operating rules to accommodate the needs of the community at any time. The Recreation Department also reserves the right to enter any plot at any time.

All Shareholders wishing to comment on the proposed changes may submit your comments by either:

- Emailing comments to the attention of the GRF Board at deanab@lwsb.com; please include in the subject line “70-1447-1, Use of Community Facilities, Mini Farm-Rules” or

- Mailing comments to: Golden Rain Foundation P. O. Box 2069 Seal Beal, CA 90740 Attn: Proposed Document Revisions

Please reference 70-1447-1, Use of Community Facilities, Mini Farm-Rules on any correspondence you submit.

All comments will be copied to the Board for review and consideration. The Board will take final action relative to 70-1447-1, Use of Community Facilities, Mini Farm-Rules at its November 24, 2020 meeting.

Smart Phone Training

People who are having difficulty hearing or seeing on their smart phones are invited to attend a free workshop on how to make them work better.

Training covers making smartphone volume louder and easier to hear, sending text messages, connecting Bluetooth devices, using basic functions and more.

This is a two-part online training. To participate, you need a computer.

To schedule a smart phone training, call (866) 271-1540 or email smartphonetraining@ddtp.org.

LW Weekly
430-0534

CITY OF SEAL BEACH

Bathroom upgrade available for qualified residents through city grant program

The City of Seal Beach Bathroom Accessibility Program has been approved for another cycle of funding. This means that from July 2020-June 2021, the city can spend \$145,000 on grants to Leisure World residents to continue the Bathroom Accessibility Program.

For over 14 years, the City of Seal Beach has offered the Seal Beach Bathroom Accessibility Program to help residents in Leisure World modify their bathrooms for safer access.

For the 2020-2023 funding cycle, there have been some exciting changes. Residents who have more than one bathroom are now eligible. Furthermore, in special circumstances, a bench can be added to the fiberglass unit.

Due to the threats of COVID-19, CivicStone, the administration of the program, will be changing the way it operates. It will not hold a workshop in any clubhouse for Leisure World residents this year. Instead, individual appointments can be made via phone, FaceTime, Zoom or Google Hangouts to ask questions and get individualized advice on how to complete applications. Simply email monique@civicstone.com for an appointment. Residents can also call (909) 364-9000, but email is preferred. All information is kept strictly confidential.

Any Leisure World resident who has trouble stepping into the shower for any reason is likely eligible for a free bathroom upgrade.

The Leisure World Bathroom Accessibility Grant converts the tub/shower combination into a shower-only unit for safer access. The fiberglass is refinished to look like new, and a new glass shower door enclosure is installed.

Toilets can be replaced with high-boy models, and grab bars may be added as needed.

The program is made possible through a grant from HUD, Orange County and the City of Seal Beach. To qualify, applicants must be over 55 years of age and have an annual income as follows: One person, \$71,750; two people, \$82,000; and three people, \$92,920.

The City of Seal Beach hired CivicStone 14 years ago to administer this program.

“Many residents get confused on the application process,” said Monique Miner, program administrator. “Others don’t realize you can have substantial savings and still qualify for the free upgrade. We are just a phone call away and can help residents apply for the completely free upgrade. But don’t delay completing your application, because funds are limited.”

For more information, email monique@civicstone.com or call (909) 364-9000.

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Guess Who?

I am an actress born in Tennessee on May 26, 1987. My half-sister is a famous TV star and singer, and my father is a country singer. I had my first acting role on a Nickelodeon show at the age of 21.

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 burgers.
Each number corresponds to a letter.
(Hint: 24 = o)

- A. 1 23 13 10 16 12 3 7 12**
Clue: Meat sandwich
- B. 6 24 17 17 20 25 3**
Clue: Burger addition
- C. 10 16 25**
Clue: Type of bread
- D. 19 24 24 4**
Clue: Sustenance

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

S	M	R	K	N
H	A	E	P	I
A	C	R	L	S
S	A	T	O	H
H	A	N	U	T

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 NINE FISH in the grid of letters.

Puzzles & Comics
Answers on page 12

ARTHRITIS WORD SEARCH

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

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

WORDS

- ACETAMINOPHEN
- ANTIBODIES
- AQUATHERAPY
- ARTHRITIS
- ARTHROCENTESIS
- AUTOIMMUNE
- BURSA
- CARTILAGE
- CHONDROITIN
- CORTICOSTEROIDS
- C-REACTIVE PROTEIN
- DEGENERATIVE
- EXERCISE
- GOUT
- INFLAMMATION
- INJECTION
- JOINTS
- MOBILITY
- MOTION
- NERVES
- RANGE OF MOTION
- RHEUMATOID
- SACROILIAC
- SPINE

COYOTE WATCH

Removing food and fallen fruit, and hazing can help keep coyotes away

Residents are reporting coyote sightings on El Dorado and Oakmont roads and in Mutuals 3, 4, 5 and 6, among other locations, according to recent social media posts.

A pack of three was seen running between Buildings 40 and 76 in Mutual 4. A lone coyote was recently discovered sleeping on a front porch on Martha Ann and Main Way in Rossmoor. Social media reports have also put them in the Old Town area, with at least one spotted near Main Street.

Increased coyote sightings may be due to excessive heat, as the animals look for water and shade. The removal of brush due to freeway construction has eliminated cover for coyotes and the animals coyotes prey on.

Another major reason for the presence of coyotes is likely the abundance of food available outside. Coyotes primarily hunt rodents, squirrels and rabbits, but they will eat almost anything. They take advantage of whatever is available, including garbage, pet food and domestic animals.

California law prohibits the



Coyotes frequent places where food is abundant. Both of these coyotes were photographed in LW in recent years.

feeding of coyotes.

The Seal Beach City Council has a coyote management plan that was adopted in 2015. The plan emphasizes educating the public on how to avoid attracting coyotes and on hazing, which instills a fear of humans in coyotes.

Residents can lower chances of coyotes in their area by picking up fallen fruit in their yards and securing trash in bins with tight-fitting lids. Feed pets inside

or, if the animal must eat, outside, remove leftover food as soon as possible. If food and water are removed, coyotes will move on to more hospitable locales.

Hazing, which uses scare tactics to repel coyotes, includes the following techniques:

- Yell and wave your arms while approaching a coyote.
- Use noisemakers such as whistles, air horns, bells or soda cans filled with pennies to scare

the coyote.

- Use projectiles such as sticks, small rocks, cans, tennis balls or rubber balls to throw at the coyote.
- Use hoses, water guns or spray bottles.

Cats and smaller dogs should be monitored by owners, especially between dusk and dawn. For more information, visit the California Department of Fish and Game at www.keepmewild.org.

CAP Food Program

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 Nov. 19.

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, proof of income (Social Security/SSI statement, letter or bank statement or paycheck stub).

People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID. People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

SCRABBLE GRAMS SOLUTION

S ₁	E ₁	E ₁	P ₃	A ₁	G ₂	E ₁	RACK 1 =	<u>60</u>
G ₂	H ₄	A ₁	S ₁	T ₁	L ₁	Y ₄	RACK 2 =	<u>72</u>
C ₂	E ₁	N ₁	T ₁	A ₁	V ₄	O ₁	RACK 3 =	<u>62</u>
S ₁	A ₁	N ₁	C ₂	T ₁	U ₁	M ₂	RACK 4 =	<u>72</u>
M ₂	I ₁	M ₂	I ₁	C ₂	A ₁	L ₁	RACK 5 =	<u>63</u>
PAR SCORE 270-280							TOTAL	329

Puzzle Answers I Puzzle page 10-11



Crossword Answers

LAMP	ARGO	ABED	EPEE
ELIE	LIANA	ADELE	MUTI
GOLDFINGER	REDSNAPPER		
STEERAGE	CASES	CUISSE	
SASS	HAREM	HER	
SCOTT	LADIN	DIRECTS	
PARA	MAUVE	DECADE	ORA
ERAL	AIRE	REEF	WRIT
ANN	GRENADE	IER	SHAPE
REGARDED	RUDE	SCALED	
ELIAS	DINED	BOURG	
MAJORS	RANA	BOLDFACE	
ABUSE	CONESTOGA	BAA	
IBIS	TAAL	ERAT	SLIM
DOC	YELLOWSTONE	PERO	
STEWART	RATON	BISON	
AMO	CAIRN	DIAL	
CHERYL	MATTE	PATELLAR	
PURPLESAGE	SILVERWARE		
AMIE	AIMED	STEAM	ALOE
SPED	NEAR	ADOS	YOWL

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

Guess Who?
Answer: Brandi Cyrus

Crypto Fun Answers
A. hamburger B. topping C. bun D. food

Boggle BrainBusters Answers
CARP SOLE TUNA PIKE SHARK PERCH SMELT TROUT MARLIN

Sudoku 1 Answers

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

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

Jumble Answers

Jumbles: SWEEP UNIFY AROUND COLONY
 Answer: The new heating/cooling system would be ready when they had all their — "DUCTS" IN A ROW

Word-Find Answers

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

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H0838_2156.200921_M

BND_9635



Health & Fitness

More than 250 LWers tested for COVID-19



The Orange County Health Care Agency, in a partnership with Care Ambulance Service, offered free COVID-19 tests to Leisure World residents on Oct. 23. Under cloudy skies, health care workers set up tents and tables with supplies, as residents drove up for their prescheduled testing appointments outside Clubhouse 4. There were also walk-up stations in front of the building. The test kits were simple, containing just a swab and a test tube, and residents were given easy-to-follow instructions and on-site assistance. Though 194 people had signed up for appointments, 256 were tested. "This was over half of our daily capacity, and we were really impressed by the turnout," said Lisa Carrillo, COVID-19 Response Team Manager for Care. "It was lovely to see the community coming together to help get the residents tested."



Get to know new primary-care doc Sophia Chun

by Carson J. Blomquist
OptumCare

The Health Care Center is excited to welcome Dr. Sophia Chun to the primary-care team. Dr. Chun views health as a team effort. "The primary responsibility of a doctor is to listen and develop a deep understanding of what concerns the patient," she says. "I'm here to help my patients understand we're on the same team. As a team, I want to assure the patient we will be able to come up with a plan that will lead to greater health and wellbeing."

Dr. Chun recently shared some of her life experiences with us.

Where did you grow up?

Dr. Chun: My family moved here from South Korea when I was 8 years old. I've lived in Southern California since, attending Long Beach Poly High, where I advanced to the rank of captain in the Army Reserve Officer Training Corp.

Why did you pursue medicine?

Dr. Chun: It wasn't in my original plans! I studied psycho-

biology and East Asian languages at the University of Southern California. During my junior year, I was able to work alongside emergency room interns and residents at Los Angeles County Hospital. With the encouragement of my professors and some life events, I decided to bring my love of science and humanity together in a manner that would help people in the most direct and impactful way. I believed medicine would help me grow in understanding and sharing compassion with others.

Where did you go to school?

Dr. Chun: I was accepted to USC and Loma Linda University for medical school. I decided on Loma Linda University because I was very impressed with the holistic whole approach to medicine, which included not only the body and mind, but also the spiritual aspect of a person. It was there that I completed my double residency in internal medicine and physical medicine and rehabilitation.

What do you like to do outside the office?

Dr. Chun: I enjoy spending



Dr. Sophia Chun

time with my lovely family. I love reading books, organizing my lovely home and trying new recipes I find online. I also enjoy spending time with my two wonderful dogs, Davy and Chloe. I have been too busy to develop a real hobby, but in the future, I would like to take guitar lessons, play tennis and go camping.

Dr. Chun is fluent in English and speaks Korean, and she is available for new patients. To make an appointment with her at the Health Care Center, call (562) 493-9581.

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach Inc. delivers freshly cooked meals Monday through Friday, between 10:30 a.m. and 12:30 p.m. Deliveries include a hot dinner, cold lunch, dessert and an 8 ounce carton of 1 percent milk. The cold lunch may be an entrée salad or a sandwich with a small side salad. An alternate dessert is available for those on a diabetic diet. Contact Caron Adler at (562) 439-5000, ext. 2, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Adler before 9 a.m. the prior business day. Menu is subject to change without notice.

Thursday, Oct. 29: Baked ziti with turkey, whole-grain roll, and seasoned cauliflower; cheesecake; roast beef-and-cheese sandwich, with lettuce, tomato and pickle, plus Asian coleslaw.

Friday, Oct. 30: Rosemary chicken breast with creamy garlic sauce, wild rice, and seasoned carrots; fruit cocktail cup; entrée Greek chicken salad, with tomato, olives, cucumber, feta cheese and vinaigrette dressing, plus crackers.

Monday, Nov. 2: Homemade meatloaf with mushroom gravy, mashed sweet potatoes, and mixed vegetables; oatmeal cookies; egg-salad sandwich, with spinach and tomato, plus three-bean salad.

Tuesday, Nov. 3: Barbecue chicken leg and thigh, seasoned potatoes, and mixed vegetables; yogurt with fruit; veggie pasta salad, with cucumbers, cherry tomatoes, black olives, red onions and dressing, plus crackers.

Wednesday, Nov. 4: Oven-roasted pork loin with honey mustard sauce, barley pilaf, and peas and onions; vanilla pudding; turkey-and-cheese sandwich, with lettuce, tomato and pickle, plus creamy cole slaw.

Hot Meals Drive Through Program

The Hot Meals Drive Through program is available for residents of Orange County's District 2, which includes Leisure World Seal Beach. Participants must be aged 60 and older, single parents or unemployed individuals or have disabilities.

There are three sites open one day per week at which people may pick up two dinner meals.

Qualified applicants must register in advance at www.ocmeals.com. Anyone requiring assistance in completing any step of the application process should email info@ocmeals.com or call (949) 335-7702.

Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19. Editors can be reached by phone and email. 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 articles and classified ads into the letter slot at the front of the News Building. The editorial deadline is Thursday for the following Thursday's edition. All classified and display advertising will be accepted by telephone at (562) 430-0534; deadline is Monday at 2:30 p.m.

How to dispose of old meds

by Carson J. Blomquist
OptumCare

Employees from the Orange County Health Care Agency and Seal Beach Police Department collected Leisure World residents' old or expired medications for safe destruction on Oct. 24. Over the past six years, the Drug Take Back Day events have resulted in the proper disposal and/or removal from illicit use of more than 1 ton of pharmaceuticals, 60 percent of which were opioids.

Dr. Sophia Chun at the Health Care Center offers these tips on managing medications:

- "Only take your meds as directed. Sometimes the instructions can be confusing. If you aren't sure how to use a medication, give your doctor or pharmacist a call."

- "Keep a list of your medications with you and bring it to at all your medical appointments, or take a photo of each bottle with your phone. Your primary doctor may prescribe medications; your specialists may prescribe others. Having that list means all your doctors can review your meds to make sure they are safe to take together."

- "If the drug is expired, don't take it! After the expiration date, medications can lose strength or change in their chemical structure."

- "Don't share your meds. You don't know what medications the other person is taking. Sometimes medications can react [negatively with ones they are taking]. It isn't worth taking a risk on someone's health."

If you have questions about your medications, call your doctor or the Health Care Center at (562) 493-9581.



A LW home is all dressed up for the holidays.

COVID-19

State releases new guidelines for holiday gatherings

With the holiday season approaching, California last week released new guidelines for socializing that prohibit gatherings among more than three households.

Officials are emphasizing the importance of maintaining health and safety measures as COVID-19 cases are spiking in some areas and among some demographics, notably older Californians.

Flu season is expected to bring added challenges to fighting COVID-19, as well as the arrival of colder weather that may prompt people to spend more time indoors.

To protect public health and slow the rate of transmission, the state had previously banned all gatherings of any kind as well as any mingling of households.

The latest guidelines are slightly relaxed:

• Attendance

Gatherings that include more than three households are prohibited. This includes everyone present, including hosts and guests. The smaller the number of people, the safer. Keep the households that you interact with stable over time. By spending time with the same people, risk of transmission is reduced. Participating in multiple gatherings with different households or groups is strongly discouraged.

The host should collect names of all attendees and contact information in case contact tracing is needed later.

• Gather Outdoors

Gatherings that occur outdoors are significantly safer than indoor gatherings. All gatherings must be held outside. Attendees may go inside to use restrooms as long as the restrooms are frequently sanitized.

Gatherings may occur in outdoor spaces that are covered by umbrellas, canopies, awnings, roofs, and other shade structures provided that at least three sides of the space (or 75 percent) are open to the outdoors.

A gathering of no more than three households is permitted in a public park or other outdoor space, even if unrelated gatherings of other groups up to three households are also occurring in the same park or other outdoor

space. If multiple such gatherings are occurring, mixing between group gatherings is not allowed. Additionally, multiple gatherings of three households cannot be jointly organized or coordinated to occur in the same public park or other outdoor space at the same time—this would constitute a gathering exceeding the permitted size.

• Don't Attend Gatherings if You are Sick or High Risk

Anyone with any COVID-19-like symptoms (fever, cough, shortness of breath, chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell) must stay home and not come into contact with anyone outside his or her household. Anyone who develops COVID-19 within 48 hours after attending a gathering should notify the other attendees as soon as possible regarding the potential exposure.

People at higher risk of severe illness or death from COVID-19 (such as older adults and people with chronic medical conditions) are strongly urged not to attend any gatherings.

• Practice Physical Distancing and Hand Hygiene

For any gatherings, the space must be large enough so that everyone at a gathering can maintain at least a six-foot physical distance from others (not including their own household) at all times. Seating must provide at least six feet of distance (in all directions — front-to-back and side-to-side) between different households.

Everyone at a gathering should frequently wash their hands with soap and water, or use hand sanitizer if soap and water are not available. A place to wash hands or hand sanitizer must be available for participants to use.

Shared items should not be used during a gathering. As much as possible, any food or beverages at outdoor gatherings must be in single-serve disposable containers. If providing single-serve containers is not possible, food and beverages must be served by a person who washes or sanitizes their hands frequently and wears a face covering. Self-serve items from communal containers

should not be used.

• Wear a Face Covering

When gathering, face masks must be worn in accordance with the California Department of Public Health guidance, unless an exemption is applicable. People at gatherings may remove their face coverings briefly to eat or drink as long as they stay at least six feet away from everyone outside their own household, then put their face covering back on as soon as they are done with the activity.

• Shorter is Better

Gatherings should be two hours or less. The longer the duration, the risk of transmission increases.

• No Singing, Chanting or Shouting

Singing, chanting, shouting and physical exertion significantly increase the risk of COVID-19 transmission because these activities increase the release of respiratory droplets and fine aerosols

Discuss holiday protocols ahead of the holiday season

Not giving Grandma COVID-19 is this holiday season's best gift, according to experts. Now is the time to discuss how to say no to gatherings when safety is not a priority.

When family members disagree about COVID-19 safety precautions, planning holiday celebrations is fraught with conflict and potential health risk. And with the recent spike in positive cases of the virus, should we be gathering at all?

"If an extended family member insists on dismissing guidance, it's OK to sit out this year's family gathering. It's really sad and difficult, but we have to think about our own core values," said Northwestern Medicine psychiatrist Dr. Aderonke Pederson. "If you start from a standpoint of, 'My number one core value is doing my part to protect my family,' that's the greatest gift you can give your family this holiday season."

• Have smaller, socially distanced gatherings

"Here's the main question: Are you going to blow up your **SAFETY, page 26**



The Mutual 6 Inventory Control Team gathered on Oct. 15 to ensure supplies are ready for use in the event of an emergency. It was part of the mutual's 2020 California ShakeOut drill. The Mutual observed COVID-19 guidelines by having residents shelter in place at home and practicing the drop, cover and hold on earthquake safety technique. Pictured are Tom Alberts (l-r), Lynn Baidack, Pennie Alberts and GRF Safety and Emergency Coordinator Eloy Gomez.



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Community

SUNSHINE CLUB

Patty Mouton is this week's speaker

Patty Mouton, vice president of Alzheimer's Orange County, will present an informative Zoom speech discussing why we have to adapt during COVID-19 and why it is so important to have advance care planning in place. She will also speak on the importance of taking especially good care of our brain health during this unusual time.



Patty Mouton

To join the Zoom meeting, type <https://us02web.zoom.us/j/82119904568?pwd=dkVmOVowRU1uQXRNb2QveFdFSHp4Zz09> into your browser. The meeting ID is 821 1990 4568.

All shareholders are welcome to join this Zoom meeting. If you would like to get a Zoom link by email, text your email address to (562) 301-5339 no later than Thursday at 5 p.m. The Sunshine Club often has LW leaders come to meetings to introduce their organizations to the group. It also invites a wide variety of specialists from outside to share their experiences and ideas with club members. The club always welcomes new people. The topic of each guest speaker's presentation will be announced in the LW Weekly with link information to join. For more information, contact Anna Derby at (562) 301-5339.

Low-Cost Vet Clinic will be on Nov. 19

Community Church is hosting a low-cost Vet Care Clinic on Thursday, Nov. 19 from 9-11 a.m. This is a clinic for both cats and Dogs. Bring dogs on leash and put cats in a crate for their safety. Contact Elaine Miller with questions and concerns at (925) 997-3412.

RELATIVELY SPEAKING

Grace Kim's niece completed her first novel

By Grace Kim
LW contributor

My niece, Julie Lee, published her first novel titled "Brother's Keeper."

Julie was born in Philadelphia and graduated from Cornell University with a degree in history. After working in market research in Manhattan for more than 10 years, she decided to pursue writing full time. Julie currently lives in Georgia with her physician husband and three daughters.

The book "Brother's Keeper" is about the Korean War and an escaping refugee. During the war, many families escaped from North to South Korea for freedom. There were many lives lost by Russian, Chinese and North Korean armies during the attempted escapes. Some families were separated from one another during the bombings.

Haunting, timely and beautiful, this harrowing novel is inspired by the experiences of the



Julie Lee holding her first book, "Brother's Keeper"

author's mother.

"I've never read anything quite like this story. Unbelievably powerful, this hauntingly beautiful story was so intense that, at times, it had me afraid to turn the pages. I never knew what to expect around the corner," said Linda Williams Jackson, Jane Addams Children's Book Award Honoree and author of "Midnight Without a Moon".

I myself experienced crossing the 38th parallel with my family.

I have seen many refugees who were killed and children separated from their parents. I was only 14 years old and very nervous and scared.

Fortunately, my family arrived to South Korea safely. But four years later, just as we were finally settling down in the South, early on the morning of June 25, 1950, a well trained North Korean Communist Army made a surprise attack on South Korea. They were trained and supported by the

Soviet Union to attack South Korea with the plan to create a unified Communist country.

I could not put down this book, I finished it in one day, and all of the memories of my own struggles and hardships I had to endure came back.

You can purchase "Brother's Keeper" at Barnes & Noble, Amazon and other places where books are sold.

Tell our advertisers you saw them in the LW Weekly

The power of together

As your medical network, Monarch HealthCare® gives you access to 2,500 doctors and specialists, 23 leading hospitals, and more than 70 urgent care facilities, including the Health Care Center here in Leisure World. And we're proud to be a partner with MemorialCare Long Beach Medical Center in offering you outstanding care.

Long Beach Medical Center is recognized by U.S. News & World Report as "high performing" in 15 clinical categories, including a national ranking in urology, and is among the top 5 hospitals in Los Angeles County and the top 14 in California.

When considering your choices, remember the power of Monarch and MemorialCare. The right care, right here in Leisure World.

Make your choices soon.
Open enrollment ends Monday, Dec. 7.

To locate Medicare meetings, find a physician, or for a free Monarch physician directory, call us today at (888) 346-2807.

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Reserve your spot for the celebration

The Filipino Association of Leisure World is preparing for the annual celebration of Simbang Gabi in preparation for the birth of Jesus Christ. The holiday is from Dec. 16-24. Usually the Christmas season in the Philippines ends in the celebration of the Feast of the Epiphany on Jan. 6.

Father Juan Caboboy, pastor of Holy Family Church, will celebrate the mass inside the church on Wednesday, Dec. 16, at 5 p.m. Mass is limited to 100. Those who want to attend the Holy Mass must call and make a reservation. It will be first call, first seated, no exemptions.

For reservations, call Dove Sonza at (562) 477-5541, Aida Jose at (201) 566-3184 or Ren Villnueva at (562) 493-1406.

GAF

Shredding Service is on Nov. 5

The Golden Age Foundation will sponsor a shredding service event in the Clubhouse 2 parking from 10 a.m.-noon on Thursday, Nov. 5. Residents will drop and go. Masks and social distancing is strictly enforced.

Residents are asked to put documents to shred in plastic or brown bags that can be recycled. Cardboard boxes will not be accepted. GAF volunteers will guard bags until a truck arrives to pick them up.

The Golden Age Foundation also disposes of household batteries. Bring spent batteries to the shredding event for disposal.

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



Chess Club

This week's puzzle is checkmate in three moves.

White moves first. Any answer by black, the white's third move is checkmate.

The Chess Club is unable to play together because of the COVID-19 shutdowns.

The chess puzzle will appear in the LW paper weekly.

Solution to this week's puzzle is first move b6 - The white Bishop



moves from a1 to f6.



Anthony Nguyen

Congregate Manager Sergio Espinoza (l), Recreation Manager of the City of Seal Beach Tim Kelsey, GAF President Anna Derby, VP Advancement of MOW OC Darla Olson and Executive Director Social Service for MOW OC Delena Gutierrez.

GAF

Club gives \$20,000 to Meals on Wheels Orange County

By Tim Kelsey
SB Recreation Manager

The city of Seal Beach operates a meal program for seniors at the North Seal Beach Community Center through partnership with Meals on Wheels Orange County. The program offers home-delivered meals for residents who are in need of meal delivery. The program also consists of congregate meals available for seniors on-site at the North Seal Beach Center. All meals provided through this program meet federal standards for nutrition and are free to residents.

Following the outbreak of COVID-19 in March, the City of Seal Beach and Meals on Wheels were required to make changes to continue to provide meals.

The primary change was to cancel all congregate meals at the community center. These meals were transitioned to a delivered frozen meal program that was delivered by city staff weekly.

As a result of the stay at home order, many residents did not access to food. Meal deliveries increased from roughly 30 meals to over 200 meals. Roughly 120 Leisure World residents are receiving meals weekly through this program. This program was only able to be sustained through the support of community and groups such as the Golden Age Foundation.

In April, GAF made a generous donation of \$20,000 to Meals on Wheels Orange County to support meals to Leisure World residents. Through this donation

the city and Meals on Wheels Orange County were able to deliver 8,377 meals between May 1-June 30.

As the impacts of COVID-19 continue to be felt by residents throughout California, the GAF has once again stepped forward to make an additional donation of \$20,000 to continue to support the necessary program and make it available for all Leisure World residents.

The City of Seal Beach and Meals on Wheels OC estimate this will purchase an additional 4,500 meals for Leisure World residents. The City of Seal Beach and Meals on Wheels Orange County are very appreciative and fortunate for the support they have received from the GAF.

Since there are only 5 days remaining until Election Day I would like to take this time to thank my community. I have met a lot of people over the past couple of months. No matter what signs you had in your windows you were still open minded and willing to talk about the upcoming election with me.

If you haven't voted yet please do so. People have died for us to be able to exercise this right. No matter who wins please remember we're all still going to be neighbors after this is done.

Carole



Visit
www.CaroleDamoci.org
or email me at
Carole@
CaroleDamoci.org



Endorsements:

- Orange County Professional Firefighters Association IAFF Local 3631
- Seal Beach Leisure World Democratic Club
- Sandra Massa-Lavitt, Seal Beach City Council Member District 5, Seal Beach Mayor 2016 & 2017
- Phillip Mandeville, Orange County Senior Citizens Advisory Council elected member
- ... see my web site for a complete list of endorsements

Military Service: U. S. Women's Army Corps (WAC), 8 years

Community Service: Library volunteer; Mutual Twelve Board Member; President of the Leisure World Historical Society; Golden Rain President & Board member; Golden Age Foundation (a 501c3 assisting LW Residents) President & Board Member

Political advertisement paid for by Carole Damoci Seal Beach City Council 2020. Campaign signs available.

A proven history of service to the Leisure World community.

LW BIRTHDAYS

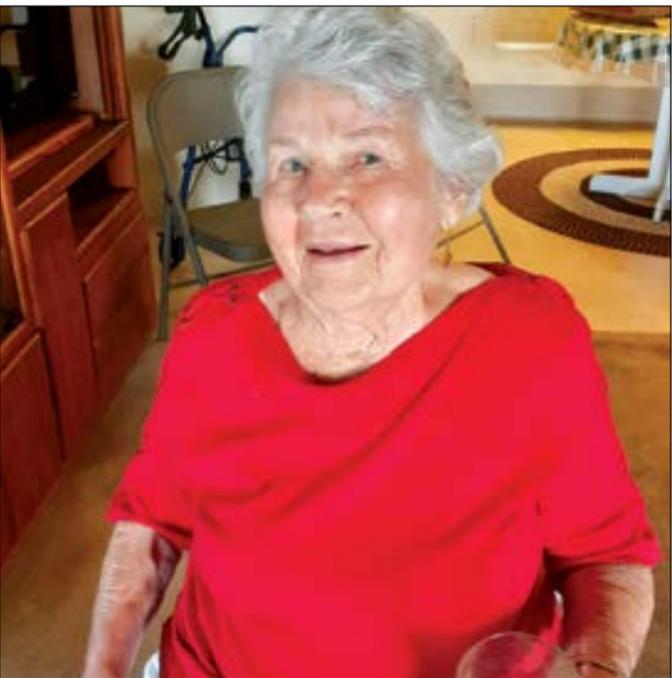


Maxine Wells

Celebrate with Dorothea Nov. 6

Dorothea Moll from Mutual 10 was born on Nov. 6 in Cleveland, Ohio, and was raised in Northern Michigan. She was the fourth of 12 children before marrying and moving to California to raise her family. She has 19 grandchildren, 21 great grandchildren, and five great-great grandchildren.

Dorothea retired to Leisure World in the 90s, joining bicycling and shuffleboard clubs. While no longer participating in organized clubs, she enjoys going to lunch and visiting with family, which she values very much. Come and wish Dorothea a big, happy 103rd birthday at 13260 St. Andrews Drive, K255, and pick up a cupcake from 2-3 p.m. Bring a mask and keep socially distant.



Maxine Wells

Maxine Wells celebrates 102 years

Maxine Wells from Mutual 8 celebrated her 102nd birthday with a small gathering of family and friends. She attributes her longevity to having good genes, a positive attitude, bridge, and a little whiskey. Happy birthday Max and many more.

Celebrate your birthday with us!
Email laurieb@lwsb.com

SBTV

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, Oct. 29

- 4 pm LW Radio Club
- 4:08 pm Albuquerque Hot Air Balloon Show
- 4:15 pm LW 50th Anniversary 2010
- 5:01 pm Anna Derby 71st Birthday
- 6 pm Ocean Perspectives
- 7 pm Back to Bourbon Street
- 7:40 pm Betty Price Chimes Soloist
- 8:30 pm Cerritos Center-Matt Mauser
- 10:30 pm Bob Cole Conservancy

Friday, Oct. 30

- 4 pm Dr. N Alzheimers Family Center
- 4:24 pm Albuquerque Hot Air Balloon Show
- 4:31 pm Judge Carolyn John and Richard
- 5:30 pm Free Kosher Food
- 5:44 pm Aliens Among Us
- 6 pm Jazz Holiday with Hank Barto
- 7:15 pm Hot Air Balloon/Radio Show
- 7:30 pm Life and Times in SB: Paula Thomas
- 8:30 pm Harmonn Islanders
- 9 pm Cerritos Center-Golden Dragon Acrobats
- 10:30 pm Cerritos Center-The Four Tenors

Saturday, Oct. 31

- 4 pm Healthy Brain Aging
- 4:40 pm Free Kosher Food
- 5 pm Judge Carolyn John and Richard
- 6 pm Harmonn Islanders
- 6:30 pm Beginning of LW
- 6:45 pm Back to Bourbon Street
- 7:30 pm The Bug Guy
- 8 pm LAUSD
- 11 pm Cerritos Center-Matt Mauser

Sunday, Nov. 1

- 4 pm Seal Beach City Council Meeting Replay 10/26
- 5:30 pm Bob Cole Conservancy
- 6:30 pm Aquarium of the Pacific
- 7 pm Life and Times in SB: Paula Thomas
- 8 pm LW Radio Club
- 8:08 pm Anna Derby's 71st Bithday
- 9 pm Abilene Ampitheater
- 10 pm LW 50th Anniversary 2012
- 10:46 pm Aliens Among Us
- 11 pm Bob Cole Conservancy

Monday, Nov. 2

- 4 pm Mystery at the Theater
- 4:31 pm Head Master
- 4:41 pm Sea Inside
- 5 pm LW 50th Anniversary 2012
- 5:46 pm Free Kosher Food
- 6 pm History of Seal Beach
- 6:30 pm Spirit of Seal Beach
- 7 pm SB City Council Meeting-LIVE
- 8:30 pm Los Al Jazz Band 2018 V3
- 9:05 pm Vinyl Rock Valentine Concert
- 11:20 pm Bob Cole Conservancy

Tuesday, Nov. 3

- 4 pm Dr. N Alzhiemers Family Center
- 4:30 pm Cypress Senior Chorus 2018
- 5:30 pm Suede Soul Dancers
- 6:05 pm Albuquerque Hot Air Balloons
- 6:15 pm LW 50th Anniversary 2012
- 7 pm Alaska Final Frontier/ Radio Club
- 7:15 pm Flamingo Party
- 8 pm The Bug Guy
- 8:30 pm Life and Times in SB: Paula Thomas
- 9:30 pm Cerritos Center-Matt Mauser
- 11:30 pm Bob Cole Conservancy

Wednesday, Nov. 4

- 4 pm Tina and Tommy Oct. 2019
- 4:45 pm LW 50th Anniversary 2012
- 5:30 pm History of Las Vegas Part 1
- 6:45 pm History of Las Vegas Part 2
- 8 pm Life and Times in SB: Paula Thomas
- 9 pm Cerritos Center: Golden Dragon Acrobatics
- 10:30 pm Cerritos Center-The Four Tenors
- 11:30 pm Bob Cole Conservancy

*All programming is subject to change.

Democratic Club

By Mary Larson
LW contributor

California Sen. Tom Umberg recently joined Democratic Club members in a discussion on two matters of concern to Leisure World, namely Assembly Bills 5 and 3182.

AB 5, which went into effect in 2019, was designed to codify a California Supreme Court ruling that imposed a strict test to decide whether self-employed workers should be considered employees.

Proposition 22, currently on the 2020 General Election ballot, is an attempt by the companies that control the for-hire transportation industry to be declared exempt from AB 5.

....

The nominating committee presented its list of recommendations for the club's 2021-2022 Board. The list is posted on the club's website, <https://sblwdems.wordpress.com>. Nominations "from-the-floor" for any open position will be received up until Nov. 3 by emailing lwsbdemocraticclub@gmail.com.

The Board also presented Kathy Moran and Galit Levy-Slater with Certificates of Appreciation. Moran was the organizer and coordinator of the club's project to get out the 2020 vote. Galit acted as her co-coordinator and is credited with suggesting the name "Operation Pony Express" for the project to reach out to Leisure World Democrats.

....

If you need assistance on any issue relating to the election, call (562) 296-8521, (562) 596-0450 or (562) 412-0898 or email lwsb-democraticclub@gmail.com. To learn more about the club, subscribe to the free electronic newsletter by emailing the editor at mlarson.telfords@gmail.com or by calling (562) 296-8521 with your contact information.

Republican Club

By Brian Harmon
LW contributor

Councilman and former Mayor Thomas Moore spoke at the Republican Club Zoom meeting on Oct. 21. During the meeting, Moore went over his campaign and the policies that he is most focused on such as public safety, underfunded mandates, and financial responsibility, as well as past decisions he made during his time as councilman.

Moore also touched on the police, "Violence cannot be tolerated," he said, "I stand with the police officers who risk their lives every day to keep us safe."

"When police officers break the law, they should be punished" he said, "but defunding the police is not the answer."

....

Club President Harlow thanked all volunteers who contributed by setting up and manning the booth for the past four months. They registered over 270 voters, handed out signs and raising over \$8,000 by selling political merch as well a donations. The booth will now be open Monday- Friday before the election.

....

For those who have not voted in the General Election yet. The Republican Club endorsements are as follows:

- Donald Trump for President
- Michelle Steel for Congress
- Senator Janet Nguyen for Assembly
- Councilman Thomas Moore for City Council
- YES on Proposition 20 and 22
- NO on all the others

Obituaries

Leonardo Llerena 52
Amado Espino Sr 66
Charles Merrill 86
Guy Cognein 92
Johnnie Rabaca 74
Blessing Okafor 56
Sharon Morales 36
Suzanne Cablayan 72
Kay Tortorice 79
Patsy Ryan 83
Darrell Allen 89
Ellen Lomas 93
Ronald Belcher 86
Virginia Quevedo 94
Families assisted by
McKenzie Mortuary,
961-9301

—paid obituary

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

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



Anna Derby from Mutual 5 finds enjoyment in the midst of the pandemic by working on her Minifarm plot. Anna planted Brussels Sprouts a couple of years ago and finally got the abundance of the first harvest in September. They look healthy and nutritious and it is one of her favorite vegetables. She said that taking care of the vegetables has been a source of fun and self care. All the work she puts into maintaining her plot is worth it when she finally harvests the priceless pieces of homegrown organic vegetables to enjoy at home.

Arts & Leisure



Courtesy Winchester Mystery House

The infamous Winchester Mystery House includes such oddities as a door to nowhere

Frightening sites to see virtually this Halloween

Looking for a thrill this Halloween without leaving your living room? Here are a few online tours of spooktastic, historic locations that require nothing more than an Internet connection.

Winchester Mystery House: After firearms magnate William Wirt Winchester died, his widow, Sarah, traveled from New Jersey to California, settling in San Jose, where she proceeded to continually renovate the farmhouse she bought into a confounding mystery mansion. Theories regarding Winchester's reasoning for such famous marvels as the so-called "stairs to nowhere" abound, but many say she was haunted by the ghosts of those killed by Winchester rifles. You can explore the architectural curiosities yourself at <https://www.winchestermysteryhouse.com/video-tour/>. The site currently offers an Immersive 360 Tour for \$8.99.

Pittock Mansion Museum: In 1909, newspaper publisher Henry Pittock and his wife, Georgiana, hired well-known architect Edward T. Foulkes to build them a retirement home with views of Mount Hood and Mt. Saint Helens. The French Renaissance-style abode was finally completed in 1914, but sadly, Georgiana died just four years later; her husband passed seven months later of influenza. Family members lived there for many years, but it was empty for about six years before the city of Portland bought it and established a foundation to care for it. Since its opening as the Pittock Mansion Museum, visitors have recounted such strange occurrences as the apparitions of its original owners appearing. See if you can spot them when you take a tour via <https://visitingmedia.com/tt8?ttid=pittock-mansion#/3d-model?c13r13=1>.

The Stanley Hotel: The inspiration for the Overlook Hotel in Stephen King's "The Shining" was built in Colorado in the early 1900s for Stanley Steam Engine creator F.O. Stanley, who wanted to a place to return to each summer after recuperating from tuberculosis in the town. Guests and hotel staff have seen Stanley in the lobby, the billiard room and the bar, while his wife, Flora, sometimes plays a tune on the piano in the ballroom. Keep an eye out for the Stanleys while viewing the walking tour of the hotel at https://www.youtube.com/watch?v=kdDWhkr50sw&feature=emb_logo.

Salem, Massachusetts: In the late 1600s, three young girls began experiencing unusual fits, and it was determined by local authorities that the supernatural was to blame. The infamous Salem Witch Trials captured the attention of the colonists then—and the allure continues in modern-day plays, books and films. The Salem Witch Museum offers virtual tours of sites associated with those 17th century events at <https://salemwitchmuseum.com/witch-trials-online-tour/>.

Lafayette Cemetery No. 1: The oldest of seven municipal cemeteries in New Orleans, this cemetery

was founded in 1833 and named after its then-location, the city of Lafayette (which was annexed into New Orleans in 1852). A popular Garden District tourist spot, it is considered the most filmed cemetery in the town. Though it's currently closed for repairs, you can ghost hunt via the drone's-eye views at <https://www.xplorit.com/new-orleans/lafayette-cemetery-no-1/>.

The Paris Catacombs: In the 18th century, the City of Lights' overcrowded cemeteries were causing health problems for the living. Local leaders decided to move the remains of 6 million Parisians into a system of underground limestone tunnels. About 550,000 visitors tour the resulting labyrinth of bones, cemetery relics and monumental tablets each year—and via <https://www.catacombes.paris.fr/visite-virtuelle/>, you can gain access to 360-degree views of five rooms of the famed catacombs.

Isla de las Muñecas: Just south of Mexico City, in the channels of Xochimilco, sits a chinampa known as Isla de las Muñecas (or Island of the Dolls). The name comes from the hundreds of dolls that hang from trees, a tradition started by Don Julian Santana Barrera. He claimed to have found the drowned body of a young girl and, shortly after, a doll in Teshuilo Lake. To appease the girl's spirit, Santana Barrera hung the doll from a tree. Feeling haunted, he hung more dolls that he found all over the island. After 50 years of collecting in solitude, Santana Barrera was found drowned in the exact spot he claimed to have found the girl. Visitors to the island say the dolls are possessed by the spirits of the drowned girl and Santana Barrera, and they bring their own to add to the island. Cozy up with your own ready-to-be-possessed doll while taking a tour at <https://isladelasmunecas.com/island-of-the-dolls-videos/>.

Pennhurst Asylum: On Nov. 23, 1908, the first patient was admitted to Pennhurst Asylum, a state-funded school and hospital center for "undesirables" of society. Within a few years, the Spring City, Pennsylvania, facility was overcrowded, largely thanks to pressure to house not only those with mental and physical disabilities, but also orphans, immigrants and criminals. In 1968, local TV reporter Bill Baldini exposed viewers to the terrifying conditions inside. At the time, it housed 2,791 people (about 900 more than capacity) and employed nine medical doctors and 11 teachers (none of whom had special education training). Patients were abused and tortured by staff and fellow residents. But it wasn't until the 1970s that legal actions began to move Pennhurst toward its final closure on Nov. 9, 1987. After 25 years, the complex was reopened as a haunted attraction. Visitors have claimed to hear voices, shrieks and pained murmurs. Last year, the asylum's supernatural leanings brought A&E's "Ghost Hunters" to the scene; you can check out what they found at <https://www.aetv.com/specials/worlds-biggest-ghost-hunt-pennhurst-asylum>.

Grab 'n' Go Meals

Oct. 29-Nov. 4

Clubhouse 6 Parking Lot (unless otherwise noted)

• **Thursday:** Domino's Pizza—Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212. Mandi's Candies Ice Cream Truck, 4-7 p.m.

• **Friday:** Lucille's Smokehouse Bar-B-Que for lunch TODAY ONLY; joined by Scooter's Italian Ice and Desserts Truck; 11 a.m.-2 p.m. at Clubhouse 4, near the Pop-up Vote Center. Katella Deli—extensive menu includes deli favorites, appetizers, salads, hot entrées; specials of the day available onsite; 3:30-5:30 p.m., cash/cards. Call ahead at (562) 594-8611, or order online at www.katellabakery.com.

• **Saturday and Sunday:** Berg Catering—Freshly prepared meals with a healthy, gourmet touch, 3:30-5:30 p.m., PayPal/checks/cash/cards. Preorder at (562) 663-2038 or www.bergcatering.com (click the special LW menu).

• **Monday:** Kabobaholic Food Truck—chicken or meat kabobs, gyros, falafel, loaded fries, 4-6 p.m., cash/cards. To preorder, go to www.kabobaholicft.com or text (949) 400-4696; mention LWSB.

• **Tuesday:** Taco Tuesday—Mexican favorites, plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no preorders.

• **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., cash/cards. Preorder by calling (323) 833-1213.

...

All Grab 'n' Go events take place rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **Everyone should maintain a 6-foot distance, and masks are required.** For information, call (562) 431-6586, ext. 398.

On-call bus service is available weekdays from 4:30 p.m., when regular service ends; weekends are on-call at any time. 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/>. Vendors are subject to change.

Global Market Kitchen Delivers

Free Delivery of Groceries and Meal Kits

Global Market Kitchen delivers groceries and prepared meals every Wednesday, 2-4 p.m., at Clubhouse 4 or to your apartment. Order via <https://globalmarketkitchen.com> or by calling (562) 661-9776. Customer service inquiries should be directed to globalmk.usa@gmail.com.

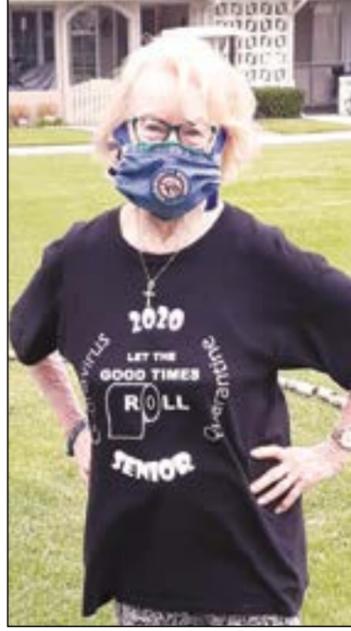
Friends of Library Bag of Books Program

The Friends of the Library has a Bag of Books program for people who love to read. Call (714) 350-7682 and request a specific genre or author, and volunteers will do their best to fill a bag for \$5. The bookstore is still closed, and there is no more storage space. Residents are asked to hold onto their donations until the bookstore reopens.



Photo by Jojo Weingart

Three Hui O Hula dancers wish Mutual 10 residents Tom and Rose Dolan aloha with a performance to "What a Wonderful World." And the group recently surprised Shirley Sweeney of Mutual 3 on her 88th birthday with a hula program. The club extends a big mahalo (thanks) to Shirley's friend Lynn Baidack of Mutual 6 for making the arrangements! Hui O Hula continues to meet for Hawaiian-dance practice, exercise and socializing a few times a week in spite of the pandemic. In class, dancers keep their social distance and wear masks; they appreciate more than ever being safe and staying healthy inside the "LW bubble." Christmas hulas are being taught at Veterans Plaza, between the library and Clubhouse 3, on Thursdays at 2 p.m. Beginners are welcome. Call Kaye Huff 431-2242 for class information and performance schedules.



Since March 16, Joanna Matos of Mutual 2 has saved her cardboard toilet paper rolls, collecting them on cotton string—but, she says, she never thought the pandemic would last so long. Seven months later, Matos decided to arrange the 150 rolls in a creative way before disposing of them. Two neighbors helped shape her “COVID creation” on a greenbelt near her home on Oct. 22. “Maybe the idea will catch on and ‘roll’ forward,” she says with a laugh.

LW Walking Trails

Regular brisk walking can help people maintain a healthy weight; prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes; strengthen bones and muscles; and improve mood, balance and coordination. The Recreation Department has a Leisure World Walking Trails brochure featuring seven measured trails throughout the community.

Stop by the Downtown Café and pick one up. For more information, contact kathyt@lwsb.com.

Balance & Stability Class

A Landmark Balance & Stability class is offered on Saturdays, 11 a.m.-1 p.m., on Zoom. Instructor Adrienne Rosenfeld teaches the free, 40-minute class that focuses on balance, shifting weight and cognizant activities. It broadcasts at around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on [youtube.com](https://www.youtube.com).

Rosenfeld is certified in Zumba, Zumba Gold, Silver Sneakers, and Balance & Stability. She also has certification from the Fitness Aging Institute and an ACE Group exercise certificate.

Join the Zoom meeting by visiting <https://us02web.zoom.us/j/84982522530>; the Meeting ID is 849 8252 2530.

For more information, email arosenfeld1@verizon.net.

Men's Golf League Results

The Men's Monday Golf League gathered on Oct. 19 at the Willowick Golf Course in Santa Ana. Seven men were tested by the par-71, 6,000-yard, 18-hole course. With no water hazards, long fairways and a generally flat course, good scores should abound. But the greens had been recently punched (aerated) and sanded, making them uneven and inconsistent at best. As the morning started out cool and humid, club choice was particularly essential because the dampness shortened drives and approach shots. No one had a birdie, and scores were generally over par. Since the back nine was just beginning the same processes as the front, the front nine was played twice.

All scores are net (actual score minus handicap). A Flight handicaps range from 0-20, and B flight higher than 20.

A Flight Winners: First place: Bill McKusky, even par 71, plus tie for fewest putts; second: Dave LaCascia, tie for fewest putts, plus closest to the pin on the 150-yard, par-3 fourth hole; third: Gene Vesely; fourth: Fujio Norihiro, plus closest to the pin on the 140-yard, par-3 seventh hole.

B Flight Winners: First place: Bob Munn, 2 over 72, plus fewest putts; second: Tom Ross; third: Bill Zurn.

Seven members of the Men's Friday Golf League played at Meadowlark Golf Course in Huntington Beach on Oct. 23.

They teed off into an overcast, cool morning on the scenic, par-70, 5,600-yard course. The sun never did not come out, but the breeze was refreshing. All the greens here had also been recently punched and sanded; although the fairways were in good shape, the conditions created difficult putting. Even so, there were three rounds under par and two birdies.

A Flight Winners: First place: tie between Sam Choi and Dave LaCascia, 1 under 69; second: Gene Vesely, 1 over 71; third: Fujio Norihiro; fourth: Bill McKusky. LaCascia and Choi each had a birdie. LaCascia was closest to the pin on the 150-yard, par-3 16th hole, and McKusky was closest on the 140-yard, par-3 seventh hole. Choi had fewest putts.

B Flight Winners: First place: John Petersen, 1 under 69; second: Bob Munn, 3 over 73, plus fewest putts.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays. The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana, and Willowick in Santa Ana. LW Men's Club membership is not required, and friends, ladies, spouses and family are all welcome to play and/or join. If interested, contact Bill McKusky (562) 430-8618 or Dave LaCascia (801) 674-5975.

—Dave LaCascia



Tom Pontac, president of the Leisure Leggers walking/running club for the past 20-plus years, continues to be active during the pandemic. Tom is a Legacy Runner, one of 15 people who have participated in all 35 years of the Long Beach Marathon—and he did so this month virtually. He and his wife, Jeanne, of Mutual 10, have completed 30 virtual 5K races since March 2020 and are working on a 100-mile virtual challenge. Tom, who has Parkinson's disease, also participated this summer in a bike ride for the Michael J. Fox Foundation, helping to raise more than \$500,000. At the age of 84, his motto is to stay active, keep moving and be safe.

LIFETIME LEARNING CENTER

'Democracy In Action' is topic

Long Beach City College's nonprofit Lifetime Learning Center presents “Democracy in Action: The People Speak,” a two-session Zoom class hosted by Craig Hendricks. The retired Long Beach history professor will discuss political history and the 2020 presidential election. Costing just \$20 per person, the next virtual class is Nov. 18, 1-3 p.m. Register via www.lbcc.edu/lifetime-learning-center. For more information or assistance in registering or setting up Zoom, contact Theresa Brunella at (562) 938-3047 or tbrunella@lbcc.edu.

Golf Course Seasonal Hours Change

On Oct. 11, the Golf Course's hours changed to close at 6 p.m., and when daylight saving time ends on Nov. 1, the course will begin closing at 5 p.m. Currently, a tee time may be reserved as late as 5:30 p.m., but a new time of 4:30 p.m. will then go into effect and last until daylight saving time begins in 2021. To book a tee time, go to www.lwsb.com/reserve the day before you wish to play. The Recreation Department appreciates your cooperation with these changes.

Technology Classes by Miryam

Miryam Fernandez's technology classes are taught on Tuesdays at 2 p.m. Topics change each week.

• **Tuesday, Nov. 10, 2 p.m.:** Question & Answer Meeting, with several instructors answering questions and providing resources.

For an invitation, email Fernandez at mzzmimm@gmail.com. If you need help setting up a microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

Important Reminder

Apple, Microsoft, IRS, Social Security, etc., will never contact you by phone, text or email. If there's a problem with your account, they will shut you down until you contact them.

Tech Talk

Join Bob Cohen in a one-hour live Zoom class on technology every Friday at 10 a.m. Topics are different each week and include iPhones and apps, websites, home-office technology, and Internet marketing. A question-and-answer session is held during each class, and all you need to know in advance is how to join using Zoom. All sessions are free.

Registration information with optional reading material is sent out every Wednesday morning for the Friday Tech Talk. To register for the weekly newsletter, sign up at <https://bit.ly/bobologynewsletter> or contact bob@bobology.com.



If you're tired of sitting on the couch and watching TV while getting no exercise, there are two low-impact dance clubs you can join, both of which meet at Veteran's Park. Zumba Club meets on Mondays at 4 p.m., and the Dance Fitness Club comes together on Thursdays at 8:30 a.m. Both are free during the pandemic. For more information, contact Jim Blanchard at (714) 487-2446.





—Ji Yeon Nam, photo

Mutual 1 director George Tous VanNijkerk noticed the mailbox was dirty, so he decided to clean it, just one example of the selfless and caring people who live in LW.

LW PROFILES

LWer caught doing a good deed

by **Donna Gambol**
LW contributor

While a good many folks are complaining about the late delivery of the mail in recent weeks, George TousVanNijkerk, Mutual 1 director, noticed that the U.S. Postal mailbox at Golden Rain Road and Burning Tree Lane was soiled. Under the cover of darkness, he took the time to clean the exterior of the box.

The postal service has been delayed, with carriers working overtime due to the extraordinary increase in mail, both with the election promotional materials as well as the ballots and voter information materials.

That, coupled with a number of carrier reassignments and illness, has delayed some LW carriers. Almost all of the carriers who service routes here have been doing “extra duty” of late, taking on not only their regularly assigned routes, but also substituting for others.

Sola Lights in Your Home

by **Jaetaik Yoo**
LW contributor

In 1879, Thomas Edison developed an electric light bulb which could be used at home, and he brought the electric light to the public masses. Currently we can't live even a day without electricity to light our homes. So Edison is one of the great figures in human history in the fields of science and culture. He also invented the phonograph and moving pictures. Thanks to him, we can enjoy films and videos today. He also contributed to the development of human life by inventing a lot of new items.

More than many other things, the invention of electric light created tremendous momentum in transforming human life and culture. Under the electric lights, we can read books and newspapers and watch TV. First of all, the electric light is brighter than other lights, convenient to use and environmentally friendly, without smoke or gases.

I am also using another light, the Sola light, which is an economical way to get energy because it is powered by sunlight.

Sola energy is a great revolution in terms of energy, especially when considering possible short-



ages in other types of energy. Sola energy is becoming an alternative to oil and other energy materials.

Sola lights are all over, even in Leisure World. There are many sola lights placed around the flower beds and homes. Sola lights are very easy to use. They just need to charge in the daytime. They are economical because we don't need money to charge it. There is no danger of fire and it doesn't cause gas or smoke. We don't need matches or lighters to ignite it. It is safe even in the wind and therefore, useful at home.

Older adults usually get up at
SOLA, page 26

World's largest fire-fighting helitanker based at JFTB

From jet fighters to transport aircraft, the Los Alamitos Army Airfield at the Joint Forces Training Base in Los Alamitos has played host to a variety of aircraft since it was first established as a Naval Air Station in 1942.

As of this month, the airfield also serves as home base for the world's largest helitanker, which will work from the airfield for the remainder of the year.

As part of a robust partnership between the Orange County Fire Authority (OCFA), the California Governor's Office of Emergency Services (Cal OES) and the California National Guard, the largest and most capable heavy-lift helicopter in the world is supporting 24/7 firefighting efforts as Southern California enters the peak of the unprecedented wildfire season it is currently experiencing.

Operated by Coulson Aviation, Inc., the “Very Large” CH-47 Chinook Helitanker (VLHT) is equipped with a state-of-the-art Retardant Aerial Delivery System



—Col. (CA) Richard Lalor, photo

(RADS) and can deliver a payload of 3,000 gallons of water or retardant in a single pass over a wildfire. Its capabilities also include day and night vision goggle firefighting operations, infrared technology and the ability to hover-fill, even at night.

“Joint Forces Training Base is extremely proud to support this endeavor, and our state agency partners that are working in

support of the governor's priorities to protect lives and property across the state,” said U.S. Army Brig. Gen. Michael Leeney, JFTB installation commander. “We look forward to timely and successful firefighting operations being conducted from the base through this program for as long as there is a need.”

—from the Los Alamitos Joint Forces Training Base

CITY OF SEAL BEACH

Host of services just for seniors are available

The City of Seal Beach offers a host of senior services, including:

- Senior Transportation Services
- Meals on Wheels
- Discounts on utility bills, parking and pet licenses
- Senior tax assistance
- Bathroom remodel program
- Friendly visitor program

Senior Transportation Services

This service change was a result of the unexpected closure of the Keolis' Orange County facility, which was contracted to operate the city's senior shuttle and dial-a-ride program. The Keolis Orange County facility closed in June.

As a result, the Dial-a-Ride services has been expanded as follows with California Yellow Cab:

- Operating hours are Monday through Friday, 7:30 a.m. - 2:30p.m.
- Reservations must be made 24 hours in advance by calling toll-free (877) 224-8294. Reservations made less than 24-hours in advance cannot be guaranteed.
- Only registered eligible riders can partake in this service. To be eligible, the rider must be a Seal Beach resident 60 years and older.
- To confirm whether you are already registered, call California Yellow Cab, Melissa Gomez or Cristina Valle, at (714) 427-2555
- To register as a new rider, contact Iris Lee at (562) 431-2527, ext. 1322 or ilee@sealbeachca.gov or email AskCityHall@sealbeachca.gov.
- There is no cost to use this service.
- Transportation services will be provided to any location within city limits, and up to three miles outside City limits and within Orange County for non-emergency medical purposes. Users may also elect to go to the VA Hospital in Long Beach.

Seal Beach/OC Meals on Wheels

During the COVID-19 pandemic, the Seal Beach Meals on Wheels program has become the lifeline to many seniors by being the sole source of free meal delivery in Seal Beach. The City of Seal Beach Meals on Wheels is offered in partnership with OC Meals on Wheels.

Both homebound meals and congregate meals are available. The homebound program is for seniors who are unable to pick up meals and need assistance with meal delivery and the congregate lunch program is now available for seniors who are able or prefer to pick up meals (five frozen meals). If seniors are interested in participating in either program, they must register first by calling the City's Recreation Department at (562) 431-2527, ext. 1344.

For homebound individuals 60-plus years of age who are unable to shop and/or prepare meals for themselves, the City of Seal Beach delivers three meals directly to their home: breakfast items, a cold lunch, and a frozen dinner. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week at no cost to the community.

“This program is a testament to the incredible commitment of our staff team which provide the highest level of essential and vital services to our community in need during a major crisis,” said Seal Beach City Manager Jill Ingram.

For more information about this program, contact the city's Recreation Department at (562) 431-2527, ext. 1344.

Discounts for Seniors on Utility Bills,

Parking and Pet Licenses

There are discounts available for seniors on utility bills, parking and pet licenses. Pet licenses have a 50 percent discount. Most utility bills have a 15 percent discount, and there is a discount for parking.

When you pay or sign up for these services make sure to reach out to the city to see what discounts are available.

• Parking Contact: (562) 431-2527, ext. 1310, or via email at parkingpermits@sealbeachca.gov, new parking permits and renewals can be processed online through the following link: <https://www.citationprocessingcenter.com/citizens/sealbeach/permits>

• Pet License Contact: (562) 570-7387, pet licenses are processed through Long Beach Animal Care Services at www.longbeach.gov/acs/pet-laws-and-licensing/licensing/

Utility Bills Contact: (562) 431-2527 Ext. 1309 or via email at payments@sesalbeachca.gov.

Senior Tax Assistance

Seal Beach offers free assistance for low-income seniors in preparing State and Federal income tax returns. Tax assistance is offered at Fire Station #48, Community Room, 3131 N. Gate Road, Seal Beach, CA 90740

At tax time, appointments are taken on a first-come, first-served basis. They are scheduled for Monday mornings ONLY from February-April. For more information, call (562) 431-2527, ext. 1344.

SeniorCityzen

Seal Beach recently launched a new program called Senior-Cityzen to support and check in with seniors who are socially isolated as a result of the COVID-19 stay-at-home orders.

The resource allows Seal Beach seniors to connect with city staff (volunteers) who may schedule a call to receive regular check-ins via telephone to chat and/or to receive referrals to community resources during this difficult time.

Seniors that are interested in participating may email Senior-Cityzen@sealbeachca.gov or call (562) 431-2527, ext. 1600.

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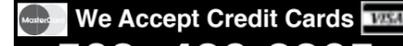


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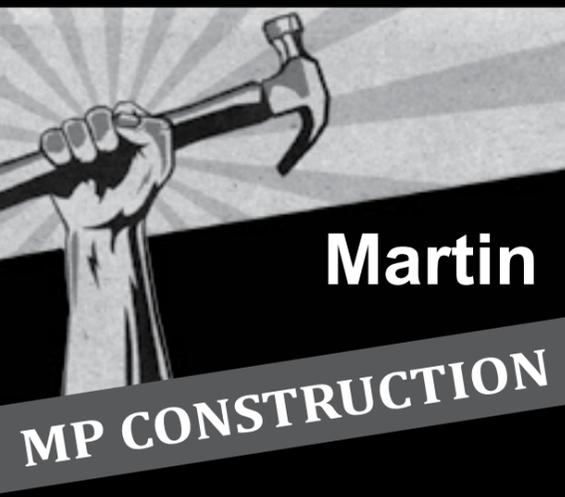
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SAFETY
from page 15

Thanksgiving dinner because Uncle Johnny won't wear a mask?" Singer said. "We've learned shaming people into following social distancing and mask guidelines doesn't help, so here's what's reasonable: have gatherings with fewer people. If I had to give a number, I'd say 10. Nine is better than 10, and six is better than nine. If you're around a table, you can't eat with a mask on, so try to separate people out as much as possible.

"While it's unusual, the safest Thanksgiving dinner may be remote, with households each having their own celebrations and connecting with others via technology."

• *Reassure family you still love and care about them*

"Gathering is a way to reassure each other," Pederson said. "You spend your Thanksgiving and Christmas with the people who are most important to you. Family members need reassurance that you really do still value and care about them, because the difficulty is the fear that by isolating from them, it means you don't care about them anymore. Bring that to the front and center of the conversation, and tell them, 'You're really important to me and I'm going to miss spending this holiday with you.'"

• *Have planning conversations ASAP*

"These conversations need to happen early on before plans are set into motion or solidified," Pederson said. "We want to put our voices into the conversation

about safety measures for holiday gatherings with extended family before expectations are set. You may even tell your family about conversations you've had with your direct primary care physician and introduce those recommendations to your extended family."

• *'Complete isolation is also dangerous'*

"I'm not saying don't interact with anyone," Pederson said. "Complete isolation is also dangerous. The holiday season can be very isolating to begin with, and now we have to consider the impact of the pandemic, racial issues and the election season upon us. We are a divided nation right now. But extreme situations in which family members think COVID-19 isn't real and is 'fake news,' it's a very difficult situation and disagreements would be unavoidable. Rather than saying, 'I'm not going to be able to celebrate at all,' maybe consider having a Friendsgiving with people who will be consistent with your safety guidelines."

• *Masks, hand washing and flu shots*

"The same rules we tell people to follow in public, like masking and social distancing, also apply to visiting family members you haven't seen in a while, because they may as well be strangers with respect to their risk of having COVID," Singer said. "Masks are particularly effective in preventing spread to another person if you're asymptomatic. That's a fact whether people believe it or

not. There's a small amount of protection that masks provide for the wearer, too. There's so much focus on COVID, that people may forget the other really important thing they can do to protect their families is getting a flu shot."

—Northwestern Now, Northwestern University, <https://news.northwestern.edu>

SERVICES
from page 21

Seniors are asked to leave their name and phone number, and staff will return emails and calls to set up a chat and/or answer any senior resource related questions.

SeniorCityzen is geared toward people 60 and above who are facing social isolation and are looking for someone to talk to, along with getting referrals to other senior-centric organizations.

For more information about SeniorCityzen, contact Assistant City Manager Patrick Gallegos at pgallegos@sealbeachca.gov or (562) 431-2527, ext. 1308.

Leisure World Bathroom Remodel Program

For more details on the bathroom remodel program, see page 9 of this issue or visit the City website at www.sealbeachca.gov/City-Services/Senior-Services.

Perspectives Policy

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



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SOLA
from page 21

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Director.

Letters to the Editor: Maximum number of words: 250. Letters should be typed and delivered

to LW Weekly by email (preferred), regular mail or hand-delivered. Letters must be of general interest.
POLICY, page 27

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



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Mutual 1 55H \$185,000



Mutual 6 138F \$330,000



Mutual 8 190I \$165,000



Mutual 3 22A \$379,000



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Charming describes this 2 Bedroom 1 Bath home. This adorable cottage features a living room with carpeting, window AC, and Leaded Glass Entry Door with Side Light Panel. The Kitchen has a ceiling fan, built-in Leisure World stove, oven and refrigerator. Bathroom has Sola Tube and cut down shower. Both Bedrooms have carpeting and overlook a wrap-around patio that has a large skylight on side patio, and walk-in storage cabinet. Spacious wrap-around patio has new indoor-outdoor carpeting added and is perfect for entertaining. This property has been newly painted and is in move in condition. A must see!



This lovely 2 bedroom 1 bath unit has a really nice greenbelt view, wrap around pebble tech patio, leaded glass entry door with patio skylight. Open floor plan, living room with smooth ceilings and crown molding. Kitchen has white cabinets, built-in electric appliances including refrigerator, cooktop and wall oven and ceiling light fixture. Bathroom with stone counter, large walk-in shower with sliding door and nice light fixture. Both bedrooms have smooth ceilings with crown molding. Other features include laminate flooring, drapes in every room, dual pane windows, heat pump and laundry is just steps from unit. This unit has an abundance of natural light, newer paint throughout. It is a must see to appreciate the upgrades!



Fully expanded 2 bedroom, 2 bath corner home on lovely greenbelt with leaded glass entry door and patio storage. Living room is quite spacious with designated dining area with ceiling fan. Kitchen has white cabinets, counter has matching backsplash, pantry, skylight, built-in electric appliances including wall oven, stove top, microwave, dishwasher and refrigerator. Master bedroom expanded with walk-in closet and extra storage, bathroom has skylight, stone counter and bathtub with shower. The second bedroom has custom shelving and is also quite spacious, second bath is a half bath. Other features include Central Heat and Air Conditioning, dual pane windows, vertical blinds throughout, smooth ceilings, laminate floors in kitchen and baths, carpet in living area and bedrooms. This unit has a great greenbelt view and is in a desirable location.



Lovely partially expanded 2 bedroom, 1 bath corner unit with nice greenbelt view from patio, also patio storage, beautiful wood leaded glass entry door with sidelights. Living space is quite spacious with separate dining area. Kitchen has custom wood cabinetry with built-in electric appliances including refrigerator, wall oven, glass cooktop, microwave and complimentary backsplash, pantry with easy pullout drawers and over-sized skylight. Master bedroom has ceiling fan, 2nd bedroom has large skylight and washer/dryer in closet. Bathroom with skylight, custom wood cabinets, newer counter and walk-in shower. Other features of this home are blinds throughout, brick pavers, dual pane windows, and central heat and air. This home is definitely move in ready, so come take a look as has so much to offer and a great location.



This is a 1 bedroom 1 bath cottage, patio with outdoor carpet and storage, open floor plan, kitchen has skylight, dark wood cabinets, built-in appliances including cooktop, oven and refrigerator. Bathroom has skylight, walk-in shower and stackable washer/dryer in closet. Bedroom has sliding door leading to the patio. Other features are vertical blinds, carpet in bedroom and living room, vinyl in kitchen and bath, window A/C in living room. This is a clean unit and has an abundance of natural light.



Mutual 6-127L
\$299,000



Mutual 8-198F
\$259,000



Mutual 2-51J
\$179,000



Mutual 6-127K
\$249,000



Mutual 2-22J
\$218,000



Mutual 12-9D
\$299,000



Mutual 1-27F
\$249,900



Mutual 3-29A
\$389,900



Mutual 12-76I
\$218,000



Mutual 10-239F
\$369,000



Mutual 14-16I
\$334,000

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Conrad Rodriguez
562-746-1960

Mutual 1 25L \$222,500
Fixer, great for remodel, good location, great price

Mutual 9 211B \$229,900
2 new heat pumps, skylights, bright, lam. flooring

Mutual 7 155G \$244,000
1 1/2 baths, move-in-condition, new paint, lam. floors

Mutual 9 222I \$249,900
great unit, many amenities, you need to see this

Leah Perrotti
310-889-6583

Mutual 1 27F \$249,900
screened in patio, expanded master, bright

Mutual 10 257D \$265,000
faces southwest, expansive view, remodel. kit. and bath, very nice

Mutual 5 114K \$265,000
full expan. newly painted, extra large skylight

Mutual 12 8F \$289,000
faces south, lam. flooring, heat pump, expanded living room

Mutual 12 39F \$309,000
washer/dryer, cent. air, lam. floors, move-in- condition

Mutual 2 19L \$325,000
full expan., 1 1/2 baths, cent.air, smooth ceilings, greenbelt

Mutual 3 25A \$334,000
washer/dryer, 2 heat pumps, dual pane, skylights, nice

Mutual 2 13F \$339,000
btl. partial expan., cust. kit., washer/dryer, cent. air

Mutual 15 34L \$368,000
2 baths, remodel. kit., granite, enclosed patio, greenbelt kit.

Mutual 9 226L \$370,000
Remod. corner, 2 full baths, washer/dryer, private

Mutual 2 32L \$389,900
2 baths, cent. air., washer/dryer, skylights, granite, 3 bay windows

One-Bedrooms
Mutual 3 23H \$171,500
btl. unit, lam. floors, new paint, skylights, move-in ready

One-Bedrooms

Mutual 2 34H \$175,000
great greenbelt, newer windows, lam. flooring, btl. kit. cabinets

Mutual 2 51J \$179,000
washer/dryer, walk-in shower, outdoor carpet, nice

Mutual 2 22D \$189,500
expanded, den, 2 skylights, heat pump, lam. flooring

Mutual 2 22J \$218,000
expanded, lam. flooring, super patio, really nice



Linda Patton
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714-606-5258



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



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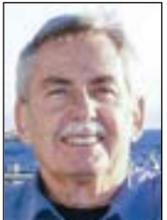
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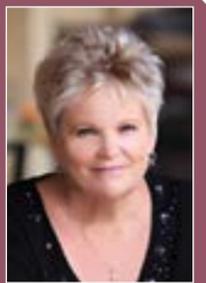
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13926 Seal Beach Blvd., Seal Beach, CA 90740 (Located in the shopping center, behind Carl's Jr.)



Mutual 1-7-K \$187,500
New Listing
Pending
Fabulous Location

Charming fully expanded one bedroom - one bathroom on an amazing greenbelt filled with trees and an ocean breeze! This move-in ready home is filled with an abundance of natural light, features beautiful wood-look laminate floors, cut down shower, heat-pump, solar tubes, large storage closet, and the convenience of close parking and laundry room. The extra living space is perfect for an office, hobby area, or a place to sit - relax and enjoy the view of gorgeous trees and beautiful sunsets.

Mutual 3-23-H
\$165,000

Darling one bed on a courtyard setting! Newer designer paint and beautiful laminate flooring, white kitchen counter, cut-down shower, skylights in the kitchen and bath, and a patio to enjoy, that is fenced, gated and has a large storage closet!

PRICE REDUCED ON THIS MOVE IN READY ONE BEDROOM!

Mutual 10-257-D Remodeled Kitchen
\$265,000
Pending

Convenient Drive-up! Adorable basic 2 bed, 1 bath, remodeled kitchen and bath - both with quartz counters, beautiful laminate floors, dual pane windows, tile patio with a finished side wall and stack-stone patio wall. So much to enjoy!

Mutual 3-32-I
\$275,000

Sitting on a pretty green is this East facing, fully expanded two bed - one bath with all of the right amenities! An open floor-plan with plenty of room for a designated dining room area, large living room, central heat/air, skylights, plantation shutters, washer/dryer and added carport storage!

New Listing
Pending

Pending

Mutual 1-44-D
\$182,000
One Bedroom - One Bath

See more at www.sealbeachleisureworld.com



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REALTOR
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gcarol1966@gmail.com

<http://www.sealbeach-retirementcommunity.info>



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For 2020, I have a total of 72 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



SOLD IN ONE DAY!



13962 El Dorado Dr., #60G | M2 | \$460,000
Fully Expanded 2 Bed/ 2 Full Baths. Completely Remodeled, Vinyl Flooring, Quartz Countertops, Stainless Steel Appliances, Full Size Oven, Central A/C and Heat, Washer/Dryer, Dual Pane Windows, Plantation Shutters. LIGHT & BRIGHT!

13501 El Dorado#199i, Seal Beach | M8 | \$449,000
Beautiful fully remodeled 2 Bedroom, 2 Bath with Greenbelt Views. Gorgeous Finishes and Upgrades to Include, Central A/C, 2 Full Baths, Sliding Glass Doors, Patio, Quartz Countertops, Washer/Dryer, Gourmet Kitchen and So Much More!

13922 El Dorado Dr., #58D | M2 | \$239,000
Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.



1420 Northwood #241K | M10 | \$234,900
Basic 2 Bedroom, 1 Bath with WASHER/DRYER, A/C Heat Pump, Skylights, Dishwasher, Light Kitchen.

1125 Northwood Rd #235J | M9 | \$234,900
2 bedroom, 1 bath with brand new AC/Heat pump, laminate flooring, washer/dryer, wrap around patio.

13660 El Dorado #34F | M3 | \$219,000
Clean corner unit. 2 bdrm, 1 bth. Newer AC/Heat Pump, 2 Skylights, Ceiling fan, Stainless steel appliances, raised cooktop, full size refrigerator w/ bottom freezer and dual pane windows.



1520 Northwood #244J | M10 | \$224,500
Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.

1671 Interlachen Rd., #285i | M 11 | \$385,000
One Of a Kind, Completely Remodeled 2 Bedroom, 1 1/2 Bath. New Vinyl Flooring, Quartz Countertops, Central A/C Heat, Washer/Dryer, Dual Pane Windows, Smooth Ceilings, Cam Lights. Parking Spot Close by.

1700 Tam O'Shanter #2J | M14 | \$445,000
Fully Remodeled. 2 Bedroom, 2 Full Bath. Wood Flooring, Central AC/Heat, Full Size Washer/Dryer. Stainless Steel Appliances. Granite Countertops. Custom Cherry Wood Cabinets.

On October 27th, 2020 a total of 59 units show as active listings on the CRMLS (this is where Realtors list property for sale).

15-1 bedroom/1 bath
from \$150,000 to \$218,000

25 - 2 bedrooms/1 bath
from \$205,000 to \$400,000

13- 2 bedrooms/2 baths
from \$265,000 to \$469,000

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!

"My purchase of a property in Leisure World with Carol was a great experience from the initial contact to the final closing. Carol was patient, accommodating and helpful to my sensitive situation. She was readily available on very short notice and very beneficial in obtaining the best price for my extremely needed quick purchase. I would most definitely recommend Carol as it was my pleasure doing business with her."

Debbie Martinez

10/27/2020- Year To Date MLS Activity

