



stronger TOGETHER

MESSAGE TO THE COMMUNITY



Daily, Orange County Health updates the number of known COVID-19 cases in Seal Beach and sadly the numbers continue to grow.

As we hear of business slowly beginning to reopen, we must remain committed in our collective fight as we are still facing a global health crisis, one that is killing people, spreading human suffering, upending people's lives and has fundamentally changed the very essence of the core of our community, social interaction.

Now, amid the ongoing unprecedented COVID-19 crisis, the world around us has been shaken as some take advantage of personal expression and peaceful protest for personal gain. I offer a simple message of solidarity and support to all community members and fellow inhabitants of the earth we share.

We are learning what a global pandemic requires of us and are enduring. But it is difficult for everyone, particularly difficult as we now have to physically distance ourselves and live behind masks.

Difficult for each of us as COVID-19 has impacted all of us to some degree, emotionally, practically, financially.

And terribly difficult for family, friends and neighbors, who may have lost their jobs and children now not able to enjoy the benefits of school, and the social interaction of being with their classmates.

Difficult when you hear and see personal stories of the uncertainties of the future ahead.

Difficult for every one of us striving to make wise decisions with compassion for each unique individual around us and care for our community, your fellow shareholders and the world we all share.

I see this community—you and your fellow shareholders—showing great strength in a time that requires collective and mutual support.

Daily, I see and hear stories of shareholders working to reassure each other, seeking a sensible path in working through the challenges amid a pandemic and now the added stress of seeing those who take advantage of peaceful demonstration for personal gain.

The COVID-19 future remains ambiguous. I am certain that based on the growing number of reported cases of COVID-19 in Seal Beach (as of Monday,

MESSAGE, page 3

LW OPENS UP



Ruth Osborn, photos

A Ballet Fitness class led by Jojo Weingart was a welcome way to spend a Thursday afternoon last week.

Vets Plaza and golf course openings lead the way



A golfer tees off on a cloudy day last week. The course has reopened with some restrictions. For more pictures, see page 10.

On May 15, the GRF Board of Directors approved the reopening of some of the outdoor facilities, under the required COVID-19 guidelines. The Golf course and the putting green are now open as are Veterans Plaza by reservation only for qualifying exercise clubs.

While some restrictions may seem cumbersome, GRF's priority will always be the safety of its members.

Golf Course Protocol Changes

The Golf Course opened on May 26 under strict guidelines. Parts of the protocol have been adjusted after observation during the first weeks of play (**areas in bold print reflect those changes**).

- All rounds will be booked through the Golf Starter **by email only**. The hours of play will be from 8:15 a.m. to 4:30 p.m.
- All Golfers will be limited to one round per week; however, once bookings have closed for the day, if tee times are available, a request for a second round that week may be accepted at the sole discretion of the Starter

AMENITIES, page 8

BRIEFLY SPEAKING

Senior Shopper Canceled
The Senior Shopping Shuttle to Ralphs, Target and Sprouts has been canceled until further notice. Dial-A-Ride service is available for shopping trips to any location within the City of Seal Beach. The service is free. Get registered to ride on June 19 at Vets Plaza. See page 2 for more information.

Seal Beach Pier, Parking Lots Open
The Seal Beach Pier reopened at sunrise on June 9 for the first time since mid-March. It will be open to the public daily from 4:30 a.m.-10 p.m. Parking lots are open, and people can now relax on the beach without having to move along.

A Mask for Every LWer

Mask Giveaway || Friday || June 12
Veterans Plaza
See page 3 for more information.



Food Resources during COVID-19

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

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

Grocery Store Hours for Seniors

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

- Ralph's is open from 6-7 a.m. for seniors. Traffic is restricted to 50 people at a time so occasionally there are lines. People can order online for store pickup.

- Sprouts does not have senior hours but delivers through Instacart or you can order ahead, and store staff will hand pick your order pick up.

- Trader Joes is open from 8-9 a.m. for people aged 60 and older. The store limits the number of shoppers inside to 50. Lines move quickly and the wait is usually only a few minutes. It is well stocked but limits eggs, milk and paper products; ask if shelves are not stocked.

- Costco is open from 9-10 a.m., Monday-Friday, for members ages 60 and older, and people with disabilities effective May 4. Guests will not be admitted. Costco delivers through Instacart with store hours from 10 a.m.-6:30 p.m.

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

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

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

Other Local Food Options

The Farmer's Market is open at 9 a.m. on Tuesdays at Seal Beach Village parking lot.

The Primrose Restaurant in the same shopping center offers a pop-up mini market daily in the parking lot from 10 a.m.-2 p.m. It offers dairy products, eggs, fresh produce, paper goods and a few

FOOD, page 20

405 CONSTRUCTION

Sound wall removal is underway on North Gate Road

Crews are scheduled to remove a portion of the sound wall adjacent to North Gate Road in the coming days.

The project is part of the I-405 Improvement Project, which includes the replacement of several sound walls along the 16-mile construction zone.

This work will take place west of the fire station and was scheduled to begin as early as June 5, with hours of operation between 7 a.m.-4 p.m. on weekdays for approximately two weeks.

There will be noise on North Gate road as the project calls for K railing to be installed adjacent to the wall there. Demolition of the wall will start shortly after K rails are placed.

Sound blankets will be installed on the safety fencing within 30 days of the wall's removal.

During that time more noise from the highway is anticipated.

In addition to the daytime work, demolished material will be loaded out at night, from 10 p.m.-5 a.m.

Dates and times may change due to unforeseen operational factors or inclement weather. Building the replacement wall will take approximately 18 months.

For specific information on the soundwall, contact (888) 400-8994 or email 405project@octa.net.

Refund of Excess Income, Part 2*

The Golden Rain Foundation (GRF) is required to eliminate its excess income from the operating budget at the end of the fiscal year by:

1. Funding requirements under 40-5540-1, Contingency Operating Fund; or
2. Refund the entire amount to the Mutual Corporations; or
3. Transfer to Reserves; or
4. A combination of Options 1, 2 or 3

Fiscal Year	Excess Income	Amount to Reserves	Amount to Contingency	Amount to Mutuals
2014/2015	364,007	364,007	-	-
2015/2016	325,451	325,451	-	-
2016/2017	128,128	-	-	128,128
2017/2018	41,026	-	-	41,026
2018/2019	446,861			

*\$446,861 excess income

(Option 1, 2 or 3 to be voted on at the June 23rd GRF Board Meeting)

If refunded to Mutuals, the amount is prorated by the number of units (doors) per Mutual.

Number of units per Mutual			
1 = 844	2 = 864	3 = 432	4 = 396
5 = 492	6 = 408	7 = 384	8 = 348
9 = 384	10 = 276	11 = 312	12 = 452
14 = 328	15 = 502	16 = 60	17 = 126

Senior Transportation Sign-Up Day

The Senior Shopping Shuttle to Ralphs, Target and Sprouts has been canceled until further notice. Dial-A-Ride service will be available for shopping trips to any location within the City of Seal Beach.

Service is available at no cost Monday-Friday, from 7:30 a.m.-2:30 p.m. Advance reservations are required by calling (877) 224-8294. To ensure eligibility, contact California Yellow Cab (714) 427-2555 and ask for Melissa Gomez or Cristina Valle. For additional information contact Iris Lee at Seal Beach City Hall at (562) 431-2527, ext. 1322, ilee@sealbeachca.gov or AskCityHall@sealbeachca.gov.

Representatives from the City of Seal Beach and California Yellow Cab will be available on June 19 from 1-2:30 p.m. at Vets Plaza to help LW residents register for the city's Senior Transportation Services Program. Residents should bring proof of residency and date of birth.

Social distancing is required. Everyone must wear a mask and keep a six-foot distance from others.

Minibus service will be available to Veterans Plaza on the day
BUS, page 14

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- Transferring
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- Continuity of care

HCO Facility Lic. #194700635 Seal Beach Business License #RED0004



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Thank You Area Churches

Leisure World Seal Beach has been fortunate to be the recipient of care packages and meals from a couple of Orange County-area churches during the last couple of months. GRF Member Resource Liaison Cindy Tostado would like to express her gratitude on behalf of the LW community for their kind support.

• Calvary Chapel of the Harbour, Pastor Joe Pedick, (562) 592-1800, reached out to offer care packages to LW members struggling to get out and obtain basic supplies of non-perishables and paper goods.

Several of LW members benefited from this act of kindness. To receive a care package if in dire need, contact Calvary Chapel directly.

• Prepared meals have also been a comfort to part of the LW community.

Resurrection Lutheran Church of Huntington Beach's Rev. Jim Pike formed a partnership with Waste Not OC Coalition to have vacuum-packed meals ready for seniors needing food and unable to get to the store.

Some LW members benefitted from this new non-profit and were linked through Redeemer Lutheran Church, Leisure World Assembly of God and GRF Member Resource Liaison Cindy Tostado.

"We are so grateful for your kindness and support," she said.



Golden Age Foundation volunteers bag the homemade masks that will be given away tomorrow from 2-3:30 p.m. at Vets Plaza.

GOLDEN AGE FOUNDATION

Second mask give-away to be held Friday at Vets Plaza

Golden Age Foundation will host its second giveaway of washable face masks from 2-3:30 p.m. on Friday, June 12, at Veterans Plaza between Clubhouse 3 and the LW Library.

Each resident will receive one packet on a first-come, first-served basis.

People will be required to wear face coverings, whether a mask or scarf, and stay six-feet apart while in line.

The line should not form before 1:30 p.m.

This is the second mask giveaway hosted by the GAF in an

effort to help shareholders protect themselves and others from the spread of the COVID-19 virus.

The first giveaway was held on May 15, which distributed over 650 face masks made by fellow neighbors.

More than 500 cloth masks will be handed out tomorrow.

The Golden Age Foundation and Diana Harrison, who co-chaired the mask project with Anna Derby, oversaw the effort. About 45 volunteers made more than 1,000 masks.

Volunteers served as sewers, fabric and elastic cutters and run-

ners to get supplies to volunteers.

The Golden Age Foundation is a nonprofit, charitable organization dedicated to serving Leisure World shareholders.

Its purpose is to make the community a better place in which to live.

Because Golden Age Foundation has been certified as a nonprofit organization by the Internal Revenue Service, contributions made to it qualify for exemption from income taxes, in most cases.

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

—Anna Derby

Randy Ankeny
GRF Executive Director



Creating your Health Care Center, your way

The Health Care Center has served residents of Leisure World for more than 30 years. At OptumCare®, we're honored to be part of this community and look forward to serving you for years to come. In April, the specialty care rooms were finished. We're continuing our renovation into the primary care side, with:

- Larger, modernized exam rooms
- Easier to get in and out for people of all mobility needs

The primary care rooms should be completed this month. The renovation will continue into the lobby, lab, and radiology starting in late June. The HCC will stay open during the renovation – we know how important it is to get convenient care. Many of our doctors are providing virtual visits to help keep everyone safe and socially distant.

For more information on the renovation, stay tuned to Leisure World Weekly and the HCC.



Monarch HealthCare is the HMO network for OptumCare Medical Group



Perspectives

SCAM ALERT

Southern California Edison will not ask for cash over phone

Lucille Martin of Mutual 15 received a call on her cell phone last week from a 626 number she did not recognize.

But it had the same prefix as her cell phone number.

“Since I did not recognize the caller, I did not answer,” she said, but she did listen to the message left by the caller as she thought might be important.

A very professional-sounding male voice stated “This is Southern California Edison Company. We want to advise you that your power will be disconnected in 30 minutes due to a pending balance on your bill. To avoid a power disconnection, call 1-800-659-2862 and press 1 to speak to a representative.”

“I thought, this is a mistake,” she said. “I have always paid my bill on time. I used my cell phone to dial the 800 number and pressed 1.

“A man with a heavy accent answered. I explained. He asked for my phone number so that he could pull up my account. I gave him my home number. He said he needed to verify that it was my account and asked for my name. I asked what name he had on the account.

“He had great difficulty pronouncing my name. I told him I felt this was a scam and hung up.”

Her power has not been disconnected. And that’s because it was a scam. Southern California Edison reports that scammers continue to target utility customers.

Typically, they pose as utility “collection” employees and threaten to disconnect electricity service unless a payment is made immediately using a pre-paid cash card. This is a scam. The company doesn’t want you to fall victim to it.

Residential customers may call SoCal Edison if they have questions about their bills at 1-800-655-4555.

The company doesn’t accept pre-paid cash cards. If you get a phone call demanding money using a pre-paid cash card, it’s a scam. Hang up and call the police.

Edison employees always have their SCE Photo ID badge and wear a company uniform.

Their vehicles have permanent SCE logos on them.

Remember:

- SCE will never call to demand immediate payment with the threat of service disconnection.
- It does not have a disconnection department.
- It does not accept pre-paid cash cards for bill payments ever.
- An SCE employee will never

ask for cash in person.

- SCE will never conduct credit transactions on weekends or holidays.

What to Do if a Scammer Contacts You

If you suspect a phone call, email or personal visit is fraudulent, remember:

- Never reveal personal information to anyone, including your SCE Account information, credit card, ATM or calling card number (or PIN number)
 - Never use the call-back number provided by an unknown caller to verify billing information
 - Ask for the caller’s name, department and business phone number
 - End the call or interaction and report the incident to your local law enforcement.
- #### Two Additional Reminders for Residential Customers
- If someone calls and asks you to leave your residence at a specific time for a “utility-related” cause, call the police. This could be a burglary attempt set up by the caller.
 - Be suspicious of anyone who arrives at your house without an appointment asking to check your appliances or wiring, or suggesting that there may be some other electrical problem inside or outside your residence.

Letter to the Editor

Editor:

Sometime in the late evening or early morning hours of May 21 and again on May 23, two of recently placed “Welcome to Mutual Two” signs were vandalized by someone throwing eggs.

They are located at the corner where Church Place meets Thunderbird Drive, and the intersection of Thunderbird Drive and Merion Way.

While damage was minimal and the signs were cleaned, it was still a shock for Mutual 2 shareholders. We are very proud of these new signs.

We are asking all Leisure World shareholders to be aware this sort of activity happens in our community. If any unusual activity is seen or heard by any Leisure World resident, please alert the Security Department immediately.

As a reminder, Leisure World shareholders are responsible for the actions of their guests and visitors.

Karen Sandifur
Mutual 2

Perspectives Policy

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

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

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

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

Box Tops for Education Need a Home

Box Tops for Education is an easy way for families to earn cash for their schools by clipping the familiar logo off products they already buy. Someone left hundreds of Boxtops at the home of Kip Watkins of Mutual 3, probably accidentally.

Every Box Tops clip is worth 10¢ for an area school and Kip would like to get the Box Tops to the right person or offer them to someone who could use them. For more information, call (562) 598-7232.



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Serving the Shareholders of



Leisure World Seal Beach

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Nataly Chigireva, Communication & Technical Director <i>ext. 384; natalyc@lwsb.com</i>	Deadlines: Editorial: 4 p.m. Thursday prior to publication week Classified Advertising: 2:30 p.m. Monday of publication week
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Sylvia King, Advertising Sales <i>ext. 391; sylvia@lwsb.com</i>	Phone: (562) 430-0534 after-hours voice mail (562) 431-6586
Ruth Osborn, Lead Editor <i>ext. 388; ruth_o_news@lwsb.com</i> Page 1, General News, Perspectives, Arts&Leisure, Government	Missing LW Weekly Newspaper: (562) 472-1284
Laurie Bullock, Editor <i>ext. 801; laurie@lwsb.com</i> Religion, Obituaries, Community News	Mailing Address: P.O. Box 2338 Seal Beach, CA, 90740
Stephen Bannon, Production Editor <i>ext. 392; stephenb_news@lwsb.com</i> Pre-press, Online/Vision Impaired Editions, IT	Delivery Address: 13533 Seal Beach Blvd. Amphitheater Building Seal Beach, CA, 90740
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Government

Recap of June 9 GRF Board Activity

Approved Consent Agenda

MOVED and duly approved to adopt the Consent Agenda: minutes of the February 25, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD), as presented; the financial statements, through April 2020, for audit; and review of the actions of the Essential Emergency Review Committee.

General – Approve CARE Ambulance Lease

MOVED and duly approved an agreement between the Golden Rain Foundation and CARE, a California Corporation, for the **limited** use of Trust Property identified as the CH6 Apartment, per terms and conditions of the attached agreement, and authorize the President to sign the lease conditioned upon CARE’s submission of all documents required under the agreement.

General – Reserve and Capital Funding Requests - Fitness Center Expansion, Phase I (Physical Changes and Interior Finishes)

MOVED and duly approved the upgrades and betterments to the Fitness Center at Clubhouse Six, Exhibit A in the agenda packet, Capital funding in the amount of \$61,505 and Reserve funding in the amount of \$132,000, for a total project cost not to exceed \$213,505, and to authorize the President sign the applicable contracts.

GRF Committee Meetings

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

Fri., June 12	GRF Executive Session virtual meeting 1 p.m.
Mon., June 15	Finance Committee Clubhouse 4 1 p.m.
Tues., June 23	GRF Monthly Meeting Clubhouse 4 10 a.m.

Schedule of Mutual Meetings

Mutual residents are invited to attend the open meetings of their mutual boards. ***Due to the COVID-19 outbreak, the meeting schedule is subject to change.***

Thurs., June 11	Mutual 12 Zoom conference call 9 a.m.
Fri., June 12	Mutual 3 Zoom conference call 9 a.m.
Mon., June 15	Mutual 15 Zoom conference call 1 p.m.
Tues., June 16	Mutual 14 Zoom conference call 1 p.m.
Wed., June 17	Mutual 5 Zoom conference call 9 a.m.
Wed., June 17	Mutual 7 Zoom conference call 1 p.m.
Thurs., June 18	Mutual 2 Zoom conference call 9 a.m.
Thurs., June 18	Mutual 11 Zoom conference call 1:30 p.m.
Mon., June 22	Mutual 8 (open forum, 9:15 a.m.) Zoom conference call 9:30 a.m.
Wed., June 24	Mutual 10 Zoom conference call 9 a.m.
Thurs., June 25	Mutual 1 (open forum, 9 a.m.) Zoom conference call 9:15 a.m.
Fri., June 26	Mutual 6 Zoom conference call 9:30 a.m.

GRF Board Executive Session
1 p.m., June 12, 2020
Virtual Meeting, in accordance with
applicable codes

NOTE: This meeting is closed to Shareholders/Members per Civil Code §4935.

- A. Call to Order
Linda Stone, president
- B. Roll Call
- C. Legal
- D. Adjournment

Revised 2020 GRF & Mutual Election and Annual Meeting Schedule

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

NOTE:
* = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday.
** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m. on the deadline day.
*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.
Revised 5/11/2020

Mutual 12 Annual Meeting Update

Mutual 12’s annual meeting of shareholders will be held at 10 a.m. on Aug. 13 in Clubhouse 4.

Candidates

There are seven director seats up for election at the 2020 annual Meeting. The candidates whose names will appear on the ballot (in alphabetical order) are:

- Tony L. Anderson, incumbent
- Richard Carson, incumbent
- Susan Ferraro, incumbent

- Darlene Milek, incumbent
- Cindy Mortesen, incumbent
- Rose Marie Sprague, incumbent

Ballots

Ballots and two pre-addressed envelopes with return instructions shall be mailed to every member not less than 30 days prior to the deadline for voting. In order to preserve confidentiality, a voter may not be identified by name, address, or unit number

on the ballot. The ballot itself is inserted into an envelope that is sealed. This envelope is inserted into a second envelope that is sealed. In the upper left-hand corner of the second envelope, the voter shall sign his or her name, and indicate the address and unit number. The second envelope is address to the inspector(s) of elections who will be tallying the votes.

MUTUAL 12, page 14

Purchasing Department Price List

PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED.
(LABOR \$42.00 PER HOUR /PER TECHNICIAN)

REVISED 06/02/2020

WHITE COOK TOP.....\$318.57
BLACK COOK TOP.....\$318.57
WHITE OVEN.....\$920.81
BLACK OVEN.....\$920.81
STAINLESS OVEN.....\$836.88
WHITE TOP FREEZER
REFRIGERATOR.....\$638.31
BLACK TOP FREEZER
REFRIGERATOR.....\$638.31
STAINLESS STEEL TOP FREEZER
REFRIGERATOR.....\$729.66
28 GALLON WATER HEATER 10YR. \$548.10
38 GALLON WATER HEATER 10YR. \$569.79

GARBAGE DISPOSAL.....\$168.28
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Religion

First Christian Church

By Bruce Humes
Pastor

David was King of Israel from 1010-970 B.C. In his rise to that kingship, he encountered many hardships and opposition from enemies outside Israel and his countrymen. During this time David wrote many psalms in the form of prayers, such as Psalm 27. He starts out in verse one saying, “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?” Notice David’s use of “my” and “I” in this prayer; this is a personal prayer of David to God. Perhaps it should be our prayer to God also.

David recognizes that the Lord is his salvation. The apostle John in chapter 3:16 of his gospel states this, “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” This is probably the most quoted scripture in God’s word, and I pray that each of us take time to understand the love story that it contains. The salvation that David spoke of, and salvation John shared with us concerning God’s love for all mankind, that he gave his only begotten son so that all who believe would not perish, which means those who don’t believe will perish. Both David and John recognize the source of their salvation.

See FIRST CHRISTIAN, page 7

Church of Jesus Christ of Latter-day Saints

by Jim Greer
LW Contributor

Nearly a year ago, at the 110th annual convention of the National Association for the Advancement of Colored People (NAACP) in Detroit, Russell M. Nelson, president of the Church of Jesus Christ of Latter-day Saints, and the Rev. Amos C. Brown, pastor of the Third Baptist Church of San Francisco, made significant statements that are as poignant today as they were then.

Rev. Brown reminded us if we don’t “live together as brothers and sisters, as my teacher Martin Luther King so eloquently said, ‘We will all perish as fools.’ We need each other. We should not turn on each other in these difficult times. We should turn to each other.”

President Nelson affirmed that, “we are brothers and sisters, all part of the same divine family. Simply stated, we strive to build bridges of cooperation rather than walls of segregation. Black and white, bond and free, male and female — all are alike unto God.

“We don’t have to be alike or look alike to have love for each other. We don’t even have to agree with each other to love each other. If we have any hope of reclaiming the goodwill and sense of humanity for which we yearn, it must begin with each of us, one person at a time.”

In response to the most recent demonstrations and riots following the death of George Floyd, President Nelson pleaded with us “to work together for peace, for mutual respect, and for an outpouring of love for all of God’s children.”

And, in statements released via social media President Nelson asked all of us to, “join with many throughout this nation and around the world who are deeply saddened at recent evidences of racism and

LDS, page 7

Redeemer Lutheran & St. Theodore’s

By Lisa Rotchford
Reverend

Jesus Christ’s message of “peace be with you” is delivered more than any other throughout his post-resurrection appearances as recorded in the Bible. Jesus’ teachings remind us that God’s peace can reign even as ways of this world seem to be the polar opposite of peace. Especially in this unique time of pandemic and national unrest, let us also be reminded of one of the central messages of Jesus: do not fear.

Christ’s peace can reign in our spirits in any situation. God literally came into this world to teach us how to settle our hearts, minds and souls with the message of God’s eternal love and peace.

As people called to love one another, our hearts are empathetic to all who hurt. We are called to bear one another’s burdens. As people who are called to love one another as God loves us, we can embrace one another not physically at this time, but spiritually through prayer.

PEACE, page 7



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LW Baptist

By Rolland Coburn
Pastor

How amazing are our Lord’s words, “Blessed are the peace-makers, for they shall be called children of God.” “The Prince of Peace” (Isaiah 9:6) is one of our Lord’s names. The angels’ message at Jesus’ birth was, “Glory to God in the highest, and on earth peace, goodwill toward men” (Luke 2:14). When the Prince of Peace rules in every heart, there will be peace on earth. We know sin’s ravaging effects in our world. Sin infects and affects the whole human race. Sin is the plague of plagues and claims the life of every human being. And Jesus has provided the only cure.

Zechariah 9:10 foretold, “He shall speak peace to the nations.” Isaiah 53:5 said how this would be, “He was pierced through for our transgressions . . . bruised for our iniquities; the chastisement for our peace was upon him.” That is why it is said, “How beautiful are the feet of them that preach the gospel of peace,” (Romans 10:15). He “made peace through the blood of his cross” (Colossians 1:20). “He himself is our peace, who made the two groups one and broke down the barrier, the dividing wall . . . to reconcile us both to God in one body through the cross, thereby killing the hostility” (Ephesians 2:14,16).

Thus he taught us to pray for peace for our community and nation. “If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land,” (2 Chronicles 7:14). Prayer must begin with ourselves.

We also must pray for our leaders. “I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases our Savior God, who wants all people to be saved and to come to fuller knowledge of the truth” (1 Timothy 2:1-4).

The words, “all people,” point us to pray for others that they may see we all need the Lord individually, and see that together we all need him corporately as a nation. We all need a new heart. To the peacemakers, our Lord has promised, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid,” (John 14:24). “And a harvest of righteousness is sown in peace by those who make peace,” (James 3:18).

Beit HaLev

Beit HaLev is “Zooming!” The Cyber-Shul is now conducting all services on Zoom, the program that allows participants to interact visually and with audio (participants can be seen and heard - or not, based on their preference) as well as chat. It will continue to stream on *YouTube.com* on the Shabbat Shalom LIVE! Channel, and an invitation will be sent to the Beit HaLev email list as well as on Facebook. The invitation link is: <https://us02web.zoom.us/j/9152434704> and the Meeting ID is: 9152434704. The link to the PDF Beit HaLev prayer books are offered online for each service. Everyone is welcome.

The Torah reading, “Naso,” is from the Book of Numbers 4:21-7:89. It is the longest parashah in the Torah. The focus of this portion is purity and it includes a description of a bizarre - and now defunct - rite: the “sota,” the woman accused by her husband of adultery, who must perform a disgusting ritual to prove or disprove her sin. In another section, the “nazirim,” men and women who dedicate themselves to God with even more intensity than the rest of the Israelite society.

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

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

Congregation Sholom

Rabbi Karen Isenberg will be streaming Friday night services at 6:30 on June 12 on The Congregation Sholom of Leisure World Facebook page. To view, select the “Rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Chaim Singer-Frankes will be on Facebook for Saturday morning services at 9:30 on June 13.

Congregation Sholom’s Bingo night was so successful, it will be doing it every Sunday at 4 p.m. except Father’s Day. Those who participated in the last game will use the same email for a card. Those who haven’t played before should contact Susan Michlin, (805) 501-5268, to get a card. Then go to Facebook, search for Congregation Sholom, click on rooms, then click on BINGO to play.

The book club is reading “The Weight of Ink,” by Rachel Kadish. It is a very long book, a perfect way to spend time while sheltering in place. Or you can just go to the discussion questions in the back and look up the answers if you can’t finish in time for the meeting. A room will be added to the Congregation Sholom facebook for the book club.

Anyone one who wants to be a member and participate in the services that are live-streamed on the Congregation Sholom of Leisure World Facebook page can call Ron Yaffee at (562) 430-7040.

Community Church

By Johan Dodge
Reverend

As I write this from the eastern corner of Long Beach just above Los Alamitos, we are under our fourth night of curfew and lockdown. For the last several days reports have come over from the social media site, Next-door, that my neighborhood is being targeted for looting. In these trying times it is all too easy to look at the news and judge “them.” What are “they” doing? Why are “they” being so destructive? It is in times of great societal shift we have the opportunity to become better human beings.

I remember having a conversation many years ago with a friend who is now an attorney about the idea that there is no “them.” I kept insisting that “there is only us.” And we would go around and around — and of course, to a certain extent he is right, the word “them” exists. The word “they” exists. And we don’t talk about people as “us,” we talk about “them.” From our first moments as children, we learn that we are not our mothers and that we are separate from our mothers. But that realization is also a lie that we tell ourselves because we are connected to our mothers. We are connected to our children and grandchildren and great-grandchildren. We know this connection, we experience it and in the midst of spatial distancing we miss this connection terribly. What is more difficult for us to do is live as Jesus lived—to do what God created us to do—which is to see everyone as we see our family members. The invitation to be God’s love is what Jesus came to teach us—that God is love is the good news that Jesus came to share.

When you read or watch the news, when you see reports of protests and looting are you judging “them” or are you asking yourself where have we gone wrong? What can we do differently?

We may have been happy with the way things were, but for a host of reasons we are now in a new normal. We can’t go back to what was, so if we are going to make a new normal out of where we find ourselves now — let us choose “the good news.” Let us choose God’s

COMMUNITY, page 7



Pastor Gwyn Vaughn preaching pre COVID-19. FCA will follow social distancing guidelines as it opens for in-person services.

Faith Christian Assembly

There is a song that has taken on a new meaning for the members of Faith Christian Assembly after the pandemic. It goes like this, “I was glad when they said unto me, let us go to the house of the Lord!” Faith Christian Assembly has felt the lyrics of the song ring true now that it is able to gather in person again.

Faith Christian Assembly invites everyone to hear Pastor Gwyn Vaughn share the uncompromised word of God. Out of an abundance of precaution, all who attend will be required to have their temperature taken at the door, wear a mask and sit socially distant from others. Those who are uncomfortable with attending service in person can participate in the conference calls during the service. Call (425)436-6371 – access code: 576671# to listen to the message.

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

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

Assembly of God

By Norma Ballinger
LW contributor

June 14 is Flag Day. It was first established June 14, 1777, by the Second Continental Congress with the first formal observance led by school teacher Bernard Cigrand in Wisconsin. What do we do on Flag Day now and what similarities are there to our Christian faith?

As we display a flag outside our homes, we are signifying that we support our country regardless of present conflicts and differing opinions. As believers, our banner is God himself. Banners (flags) are displayed in remembrance, to be seen, to attract bypassers, to indicate our allegiance to our country and to honor God’s faithfulness.

The colors in the U.S. flag are symbolic also of our faith: Red represents hardiness and valor. James 1:2-4 reminds us that there is joy through testing and that God is more concerned about our growth than our comfort. He is with us! Testing only makes us stronger, as a nation and as Christians.

White signifies purity and innocence. Read Matthew 5:8 in the Sermon on the Mount. There should be no malice or evil intent, rather honesty and sincerity.

The blue stands for vigilance, perseverance and justice. Run the race of faith fervently and diligently to the finish.

Song of Solomon 2:4 says, “He has brought me to his banquet hall and his banner over me is love.” Our Lord’s message is to loudly and publicly proclaim that he is King of Kings and Lord of Lords. The message of displaying the flag is proclaiming that we stand by its meaning.

The videotapes of Pastor Sam Pawlak’s weekly messages are appreciated by all that receive these the following day. The small team that meets to make this possible is privileged to minister this way. Pastor Sam’s weekly devotion on Facebook at 10 a.m. on Sunday continues to reach many throughout Leisure World and beyond.

LDS

From page 6
a blatant disregard for human life. We abhor the reality that some would deny others respect and the most basic of freedoms because of the color of his or her skin.

“The creator of us all calls on each of us to abandon attitudes of prejudice against any group of God’s children. Any of us who has prejudice toward another race needs to repent!”

President Nelson reminds us, “We are brothers and sisters, each of us the child of a loving Father in Heaven. His Son, the Lord Jesus Christ, invites all to come unto Him—” black and white, bond and free, male and female,” (2 Nephi 26:33).

“We need to foster our faith in the Fatherhood of God and the brotherhood of man. We need to foster a fundamental respect for the human dignity of every human soul, regardless of their color, creed, or cause. And we need to work tirelessly to build bridges of understanding rather than creating walls of segregation.

In closing his social media posting, President Nelson concluded, “I plead with us to work together for peace, for mutual respect, and for an outpouring of love for all of God’s children.”

FIRST CHRISTIAN

From page 6
After pleading with the Lord three times to remove a thorn in his flesh, the apostle Paul got this response from the Lord in 2 Corinthians 12:9, “And He said to me, my grace is sufficient for you, for my strength is made perfect in weakness.” Both David and Paul recognize that the Lord’s strength is what gets them through life even in their weakness. I ask, do we rely on the Lord’s strength rather than our own?

Because he is our light, salvation and strength the question concerning whom we should fear is answered with a resounding “no one or anything.” Let us look at David’s prayer through verse 6 understanding that the Lord is our light, salvation, and strength. “When the wicked came against me to eat up my flesh, my enemies and foes they stumbled and fell. Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident. One thing I have desired of the Lord, that which I will seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in his tabernacle; I will sing, yes, I will sing praises to the Lord.”

Just as David gave this prayer in his time of trouble, we should also give this prayer in our time of troubles.

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

COMMUNITY

From page 6
love as the foundation upon which we see the world around us. Equity for all of God people and all of God’s creation. The opportunity is before us.

With the move to online worship and fewer ministries taking place in the facility, the church has continued its mission by moving into homes — worship is on Facebook and fellowship will soon be on Zoom, but it is from our homes that the work of the church is currently taking place. The building is still closed and members are waiting to celebrate the reopening in a grand fashion, but until then, the church was never closed and if anything, it has only become closer and more active.

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

I invite you to tune into worship Sunday morning at 9:50 on Facebook live, @community-churchleisureworld. If you don’t have a computer or Facebook, you can still call in to our phone system — (562) 431-2503 — and listen to the weekly message beginning Sunday evening.

Holy Family Catholic Church

by Juan Caboboy
Reverend

The Diocese of Orange announced that public celebration of Mass can begin in Orange County on the Solemnity of Corpus Christi, Sunday, June 14 (including the Saturday, June 13, Vigil Mass). Everyone will still need to observe the guidelines on social distancing to protect everyone. Bishop Kevin Vann extends a dispensation from the obligation to attend Mass on Sundays and Holy Days of Obligation until such time as it is deemed safe to have large gatherings at Mass.

There will be a limited number of parishioners allowed in the church at each Mass and the maximum number of attendees is 100. The same schedule is the same for weekday and weekend masses (www.holyfamilysb.com). I am looking forward to welcoming you all.

For the safety of everyone who comes to church we need to observe the following:

- Follow strict guidelines for social distancing and sanitization.
- Those with underlying health conditions are encouraged to consider not returning to Mass yet.
- Anyone showing symptoms of illness, or anyone who has a household member who is sick or showing symptoms of illness, should not come to church.
- The church will be sanitized/cleaned after each service. Holy water fonts will remain empty.
- All local safety orders specifically relating to proper face coverings or masks will be followed.
- Parishioners will be instructed to not engage in any physical touch, such as greeting one another. The sign of peace at mass will be suspended.
- Ushers will lead you to your seats when you come in at the front door. I encourage one household to sit together in the front pews.
- When you come up for Holy Communion you need to remove your face mask and observe the six-foot distance to the person in front of you in the line. The usher will give you a sign when to come to the center isle to join the line for Holy Communion.
- The ushers will have the offertory baskets at the door as you exit after mass and you can pick up a copy of the parish bulletin at the door. We will be using side doors near the altar for exists at the end of the mass.

When the church is vacated, people who are interested can help the ushers in wiping or sanitizing the pews.

Feeling down? Have a need for prayer? Maybe a desire for a spiritual guide at this time? Or maybe just want to pray with someone? Call the Spiritual Guidance and Prayer Helpline to talk and pray with a religious, priest, deacon or other lay spiritual guides. Call (844) 279-0105, press 3 for English; 4 for Spanish and 5 for Vietnamese.

PEACE

From page 6
Our Scriptures remind us in multiple ways, nothing is impossible with God. Called to spend more “quiet” time at home, perhaps we are also called to pray for more peace and less strife. Pray for more hope and less despair. Seek more time to sit with the Lord, read the Holy Scriptures and listen for God’s presence in your life and worry less. Let our lives reflect peace in all that we pray, in all that we say, in all that we do.

Email Religion Stories to
laurieb@lwsb.com
with photos attached as jpg files.

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Arts & Leisure



The pickleball courts at Mission Park will reopen soon although a specific date has not been set.

AMENITIES

from page 1

those changes).

- All rounds will be booked through the Golf Starter by email only at events@lwsb.com. The hours of play will be from 8:15 a.m. to 4:30 p.m.
- All Golfers will be limited to one round per week; however, once bookings have closed for the day, if tee times are available, a request for a second round that week may be accepted at the sole discretion of the Starter by calling on the day of play.
- A round is nine holes. At the discretion of the Starter, a second round during a tee time may be allowed if the schedule permits.
- No tournament play will be allowed at this time.
- Golfers will be required to book the day before their actual tee dates and times by email only.
- The email address is events@lwsb.com and must be received by 4 p.m. the day prior to play
- All tee times for Saturday, Sunday and Monday must be emailed by 4 p.m. on Fridays.
- Only rounds of one or up to three golfers will be permitted and the names of all golfers must be submitted at the time of booking with Mutual and apartment number.
- Golfers must state three tee times, in order of preference, in case their first choice is not available.
- Golfers may not arrive sooner than 10 minutes before their tee times and all tee times will be spread 15 minutes apart.
- Masks and six-foot distancing will always be required.
- No gathering will be permitted before or after rounds have been played.
- No golfer may touch any other golfer's equipment, including golf balls.
- The Starter Shack will be closed to all gatherings and will only be available for restroom use.
- The Starter can only be addressed through the protective window area.
- The putting green area will also be open with all required restrictions. The hitting cage remains closed.

- The Golf Starter will have the final say in all matters.
- The following are additional restrictions on the course:
 - No score cards will be provided.
 - No posting of scores.
 - Ball washers will be removed from the court.
 - Shoe cleaning station will be off limits due to touch surfaces.
 - Flag sticks to remain in the hole and a suitable method to fill the cups so that golf balls are readily accessible.
 - No food or beverage services allowed.
 - Patio chairs and benches will be removed to prevent gathering of groups and to maintain social distancing.

Veterans Plaza

The Recreation Department has begun reserving Veterans Plaza for certain dance and exercise clubs, in good standing, where physical contact is not involved. Clubs may book the space, now sporting shade cover, for 1-½ hour sessions, once a week. Group sizes may have to be reduced to meet the social distancing guidelines.

- All classes will be booked through the Reservations Office in the Recreation Department by email.
- No unscheduled event will be allowed at any time.
- Masks and six-foot distancing will always be required.
- All classes are self-managed and must provide their own equipment.
- No tables or chairs can be provided.

RV Lot

- RV Lot office be open for service Monday-Friday from 8:30 a.m.-noon.
- Masks are required in the office, and only one lessee is permitted at a time.

The Golden Rain Foundation is working to open facilities for shareholder use as soon as possible and still meet all local and state guidelines. If the following guidelines are not followed, the GRF may find it necessary to reimpose further restrictions to gain compliance. Direct any inquiries to events@lwsb.com.

—Kathy Thayer,
assistant recreation manager

Family Radio Service Drills

The Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. Use the following guidelines:

- Call-in time is from 9:30-9:45 a.m.
- Use Channel 13/0.
- Be sure to wait until the radio is clear and call in stating your first name, last name initial, and mutual: example John S., Mutual 13, checking in. Remember to press the side button to speak and release when finished.

If you are not sure how to call in and would like additional instruction on use of the FRS radio, contact Leisure World Radio Club President Rich Erickson, rjexn@yahoo.com, or call (562) 431-6586, ext. 409, to leave a message.

—Kathy Almeida, Emergency Information Council Chairperson

405

from page 2

available on the project's website at www.octa.net/405improvement and on the project's mobile app.

The \$1.9 billion I-405 Improvement Project will add one regular lane in each direction between Euclid Street and I-605. The project also includes a second lane in each direction in the center of the freeway from SR-73 to I-605 that will combine with the existing carpool lanes to form the 405 Express Lanes.

This segment of I-405 is one of the most heavily traveled stretches of highway in the nation, and drivers routinely face severe congestion in both the regular lanes and carpool lanes.

—City of Seal Beach and the OC Transportation Authority



Mary Casdorff

The Garden Club has awarded garden-of-the-month honors for June to Sandra Hoyt, 13081 Del Monte Road, 278-G, in Mutual 11

Meals At-A-Glance

Grab 'n' Go Schedule Clubhouse 6 Parking Lot

- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, www.kabobaholicft.com or text (949) 400-4696 for preorders or buy onsite. Mention LWSB.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., no pre-orders
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-7 p.m., pre-order by calling (323) 833-1213
- **Thursday:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3:30-7 p.m., (562) 493-2212
- **Friday:** Koffel's Food Service –special Friday menus weekly, cash, cards accepted, 5-7 p.m.
- **Saturday:** Naples Rib—barbecue, salads, sandwiches, www.Ribcompany.com/LW; call (562) 439-RIBS to pre-order or buy onsite, 4-6 p.m.
- **Sunday:** Katella, extensive menu from appetizers to salads to hot entrees, 4-6 p.m. Call ahead at (562) 594-8611 or order online www.katellabakery.com; specials of the day available onsite.

...

All Grab 'n' Go events will take place, rain or shine. If it rains or too hot, people will line up in Clubhouse 6. People are asked to keep a six-foot distance and wear a mask. For information, call (562) 431-6586, ext. 398.

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

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

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

Kabobaholic Coming to LW

The Kabobaholic Food Truck started serving in Leisure World on June 8 and will be at the Clubhouse 6 parking lot from 4-6 p.m. on Mondays as part of the onsite food grab and go program.

Preorders accepted online at www.Kabobaholicft.com or text (949) 400-4696. Make sure you say you are ordering for Leisure World. Onsite orders are accepted too.

The menu offers entrees of rice bowls, wraps and solos as follows:

Solo

1 Skewer grilled beef and lamb kabob served with grilled tomatoes, \$7

50/50 w Rice

1 Skewer of grilled beef and lamb kabob served with grilled tomatoes and rice, \$11

Wrap

1 skewer of grilled beef and lamb kabob served with grilled tomatoes served in a wrap, \$9.

Sides

Falafel, \$2

Humus Bowl, \$5

Humus, \$3

Rice, \$4

Fries

Loaded Fries, crispy french fries topped with lamb/beef gyro meet, fresh onions, tomatoes, pickles, parsley and house tzatziki sauce, \$9

Regular Fries, crispy french fries served simple and original, \$5

Drinks, \$3; Water, \$2



The Varian Edge™ precisely targets tumors with sub-millimeter accuracy, minimizing exposure to healthy tissues.

The Future of Cancer Care is Here

We're here with faster, more precise cancer treatments.

The MemorialCare Todd Cancer Institute at Long Beach Medical Center offers advanced technologies and innovative treatments led by nationally recognized oncologists and surgeons in a warm and caring environment. We now offer the latest in cancer innovation – the Varian Edge™ radiosurgery system. Using 3D imaging, the Varian Edge targets hard-to-reach tumors by administering high doses of radiation resulting in the fastest and most precise treatment available. Through accuracy checks every 10 milliseconds, there is minimal impact on surrounding healthy tissue. Why travel long distances when the future of cancer care is here?



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800-MEMORIAL (636-6742) | [memorialcare.org/Cancer](https://www.memorialcare.org/Cancer)



ACTIVELY OUTDOORS

The GRF Board of Directors is reopening outdoor facilities a few at a time under certain restrictions and LW residents have wasted no time getting active outdoors. Despite the required COVID-19 guidelines of social distancing and mask wearing, LW venues are filling up as soon as they become available. The Golf Course and putting green are open with reservations (photo middle right); Veterans Plaza is the site of exercise classes such as Ballet Fitness, Zumba (photo below) and Hui O Hula (photo bottom). Group fitness aside, some residents are going solo, cycling for health on two-wheelers (right) and recumbent bikes (middle left). Last week, a group of recumbent cyclists practiced going up and down the ramp at the Amphitheater building strength for the open road. As the weeks go by, more amenities will reopen. All participants will be required to wear masks, and in some cases gloves, as well as maintain social distancing until further notice to prevent the spread of COVID-19.





Video Producer Owen Hughes interviews Joy Kolesky, LW resident and Special Olympics coordinator. The two discussed last year's 50th Anniversary of the Special Olympics at California State University, Long Beach. You can view the segment on June 15 at 9 p.m. or June 17 at 4 p.m. on SBTv Channel 3 (Spectrum), Ch 37 (Frontier). For more dates and times, see the SBTv schedule in the LW Weekly on page 13 or sbtv3.org.

LW Weekly Deadlines

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 in the community. Staff is working on-site and remotely to produce the LW Weekly. Editors can be reached by phone and 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 hard copy into the letter slot at the front of the News Building. The deadline is Thursday for the following Thursday's edition. For more information, call (562) 472-1277.

All classified and display advertising will be accepted by telephone at (562) 430-0534. The Weekly can accept credit or debit payments over the phone or people can put checks through the mail slot in the door of the News Office near the Amphitheater.

MUTUAL 15

Residents can call to receive free mask

The LW Sewing Brigade is giving masks to LW mutuals to distribute to residents who still need one.

Mutual 15 has received 150 masks to give away to its shareholders.

If you live in Mutual 15 and need a free cotton face mask, call (562) 804-5585, ext. 5, to request a packet; two masks per unit, first come, first served.

Learn to Zoom

The Video Producers Club is offering free Zoom classes at 10 a.m., Monday-Friday, and a Zoom Party Social on Saturday at 5 p.m. Classes are as follows:

- Monday, 10 a.m., intermediate Zoom class for Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.

- Monday, 2 p.m., Zoom class for iPad and Mac users with Fred Carpenter, host. For an invite to his class, email sail1042@gmail.com.

- Wednesday, 10 a.m., beginners Zoom class Windows and Android users with Joe Osuna, host. For an invite to his class, email joosuna29a@gmail.com.

- Thursday, 10 a.m., beginners Zoom class for Windows and Android users and for beginning VideoProducers with Joseph Valentinetti, host. For an invite to his class, email 0501041@gmail.com.

- Friday, 10 a.m., guest lecturer Bob Cohen in Friday Morning Tech Talk; learn more about technology each week. Email bob@bobology.com for an invite or visit the calendar at www.bobology.com.

- Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email 0501041@gmail.com.

—Joe Osuna

ROLLIN' THUNDER

Safety first marks successful Air & Water Day

by Mike Levitt
LW contributor

In an attempt to return a touch of normalcy to Leisure World — and continue to provide a vital service to this community — the Rollin' Thunder Golf Cart Club held its first Air&Water cart maintenance event since COVID-19 locked up "our town" tighter than a clam at high tide.

When the last cart had hummed its way out of the maintenance area, a new high had been set for the number of carts serviced.

The June 6 event had been relocated to the Clubhouse 4 parking lot where sufficient space existed to maintain safe distancing. Eighteen Club members — all in masks and shields—volunteered to work, adjusting tire pressure, filling batteries with distilled water and checking for safety issues.

LW Security provided two staff members to help ensure traffic and pedestrian safety.

To the amazement of all, the usual number of carts, 60-70, was quickly surpassed. In just two



More than 90 LW carts got full service June 6 from 18 masked club volunteers.

hours, more than 90 carts and scooters had been serviced.

"I want to thank all of the folks who drove their carts to our event," Club President Tom Davis said. "They all wore masks,

and followed our rules on safe distancing. This protected our club volunteers as well as the cart owners. And Security did a spectacular job helping to protect

CARTS, page 20



STAY ACTIVE. STAY SAFE. STAY ENGAGED.

How we do things may look a little different these days, but our ultimate goal of ensuring our Community Members are thriving at every season of life hasn't changed. If you've been considering a move to a senior community, Rowntree Gardens would be honored to help in your journey.

While this season of COVID-19 has brought some changes to senior living communities, we have embraced a new way of doing things to continue to provide a safe and enriching environment. Here at Rowntree Gardens, we have worked together to modify activities to ensure social distancing guidelines are maintained while also honoring the need for community interaction. A wide variety of chef-prepared meals and snacks are personally delivered to each apartment throughout the day. To maintain the safety of our community, our dedicated nurses are providing daily health checks to all Community Members and staff. And, finally, we are providing socially distanced outdoor activities, so that the beauty of our gardens can renew and rejuvenate spirits.

LET'S HAVE A CONVERSATION ABOUT HOW ROWNTREE GARDENS CAN BE THERE FOR YOU DURING THIS SEASON OF LIFE. WE ARE HERE AND READY WHEN YOU ARE.



RowntreeGardens.org
12151 Dale Street Stanton, CA 90680 / 714-477-7974
RCFE# 300600816 DHS# 060000159 COA# 267 HCO# 304700164

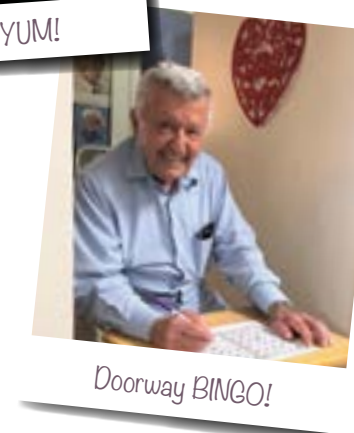
Rowntree GARDENS A Life Care Community
Where devotion meets compassion.



Special delivery - YUM!



Health checks



Doorway BINGO!

Community



REPUBLICAN CLUB

Flag Day is Sunday, June 14

The Leisure World Republican club suggests that those who missed the anniversary of D-Day on June 6 should consider observing Flag Day on June 14 by flying the stars and stripes and learning about its origin.

National Flag Day was officially proclaimed by Woodrow Wilson in 1916. Although people in Hartford, Connecticut, started celebrating Flag Day as early as 1861, the idea of a national Flag Day came from a small-town Wisconsin teacher named Bernard Cigrand in 1885 and was celebrated on June 14 unofficially for the next 31 years. The date June 14 was chosen because the American flag was first adopted on that date in 1777 by the Second Continental Congress.

The U.S. Army also celebrates its birthday on this date. In 1775, Congress adopted what they called “the American continental army” on June 14. Coincidentally, this is the same date as the approval of the California Republic bear flag revolt in California in 1846.

GOP, page 13



Traveling Tigers Club president Edward Hickman on the island of Bohol.

TRAVELING TIGERS

Club members hope to have travel adventures once again

Edward Hickman, president of the Traveling Tigers club, wants members to stay tuned to the LW News for the latest official return date to our Clubhouses. Susan Shaver, vice president of programming, has a plan in motion for when the club resumes its meeting.

Edward was one of the nine members who recently toured five of the 7,642 islands of the Philippines that has been recapped in previous issues of LW Weekly. He is pictured on the island of Bohol, with the Chocolate Hills, consisting of at least 1268 haystack hills. The dome shaped grass-covered limestone hills dry up and turn brown during the summer, thus giving it the name Chocolate Hills.

Edward climbed 214 steps to a platform to view one of nature’s wonders. Bohol is also home to the world’s smallest monkey.

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

Relive past memories of **TRAVEL**
by sending an email to
Laurieb@lwsb.com

ONLINE EVENTS

LIT UP Book Event on Friday

Just in time for summer reading enjoyment, the Southern California News Group (SCNG) is launching “Lit Up,” a new virtual series exploring books and the literary life in Southern California, hosted by NPR commentator, author and performer Sandra Tsing Loh.

For eight episodes, Loh takes you through the summer with a wide-ranging conversation on books, ideas and the literary life highlighting local authors in addition to well-known personalities. The premier program includes guests Garrison Keillor and T.C. Boyle.

To attend the event go to https://scng.zoom.us/webinar/register/6815910409704/WN_Ca8WhMuHSPeGhv8p4BJ4iQ to register and be a part of this special free event hosted by SCNG, exclusively for people who love reading. Space is limited, so register today.

HOME COOKING

Calling for submissions

Since most people are not eating out right now, many people have used the opportunity to sharpen their home cooking skills.

Do you have a favorite recipe that is requested at every party or event? Have you finally mastered a once-intimidating recipe during quarantine? Or are you needing some inspiration to start cooking new meals for you and your household?

Share your favorite recipe with your neighbors by emailing laurieb@lwsb.com with photos attached as jpeg files.

COMMUNITY STRONG

Opportunities to sew are still available

Diana Harrison wanted to thank the Golden Age Foundation and everyone else who has helped make masks for the community through either monetary, material, or time donations. There is still opportunities for those who want to sew masks for those in the community who still need one, Diana said.

Shareholders who need masks or are willing to sew, should contact Sharon Kohnat (562) 596-1969.



GAF volunteers will watch over the dropped off documents to make sure they are shredded.

GAF

Shredding service rescheduled to July 9

The Golden Age (GAF) Shredding service is scheduled to be in the Clubhouse 2 parking lot on Thursday, July 9, from 10 a.m.–noon. Due to COVID-19 restrictions, the event will be drop and go only. Social distancing will be strictly enforced and shareholders must wear a mask when they drop off the materials they would like to be shredded.

GAF would like to remind LWR’s of following rules:

- All shareholders are asked to drop off their papers and go.
- No cardboard boxes allowed
- Only plastic or Brown recycle bag will be accepted,
- There will be no chairs to sit in and no line will be allowed to form.
- GAF volunteers will guard the bags until the truck arrives to pick them up.

LWR’s should also remember:

- To remove staples and paper clips.
- No electronic devices will be accepted.
- Contaminated bags will be turned away.

The Golden Age Foundation also sponsors consumer small battery disposal. Bring any consumer used batteries to the shredding event for disposal.

The Golden Age Foundation is an independent nonprofit, 501(c)3 charitable organization dedicated to serving the residents of Seal Beach Leisure World. Its purpose is to make our community a better and happier place in which to live. The Foundation was established in 1973 and is not affiliated with the Golden Rain Foundation.

All Golden Age programs are provided free to Leisure World shareholders. The Foundation is entirely staffed by volunteers, so all contributions go directly to meeting community needs. The generous support of shareholders, residents, clubs organizations and businesses is the main source of income. The Foundation’s programs and projects are made possible by the volunteer efforts of so many.

Contact Anna Derby for any questions at (562) 301-5339.



Some residents of Leisure World continue to meet to meet virtually. Koeng Ho Chong and his friends have a “Zoom Club,” that started in April with just a few people and has now grown to include 16 homes. The Zoom Club members talk about COVID-19, the unrest from the death of George Floyd, health issues and local news. It is a casual conversation format where everyone is free to speak as they wish. Some people like to initiate and speak more directly, while the other would rather stay quiet. The group hopes to make the subject of the next conversation different kinds of art such as music and painting.

The LW Weekly: 430-0534



Miki Oh has been staying with her dad, Michael Oh from Mutual 1, during six weeks of rehab after recovering from a bike accident. On Memorial Day, they were invited to have a socially distant dinner on the patio at Anna Derby’s Mutual 5 home. Anna decorated her sidewalk with flags to honor veterans who fought to save many lives. She puts the flags out for neighbors enjoy twice a year on Memorial Day and Veterans Day.

Obituaries

...
James Duke Harris
Feb.1930 - June 2020

James Duke Harris was born Feb. 18, 1930, in Big Spring, Texas. He graduated in 1948 from Dumas High School and then joined the Navy after some college. While he was still in the Navy out in Long Beach, California, he met his future wife, Alice M. Kachelmeyer. On their way back to Texas, they got married in Quartzite, Arizona, in January of 1953, and they then lived in Big Spring, Texas, for over a year where their first child, Diana K. Harris (Hudson), was born in the same hospital as James (then known as ‘Jim’), in 1954.

They returned to Long Beach, California, where their son, Michael D. Harris, was born in 1956. They then purchased their first home in Lakewood, California, where the second daughter, Toni J. Harris(Olson), was born in 1958. Following that, their third daughter, Janice M. Harris(Scott) was born in 1960. Throughout James’ life, he always loved racing. He first raced cars, then go-karts for 10 years, mostly at Adams Kart Track in Riverside, where the whole family also raced. From go-karts, he went to dirt bikes (motocross) and was in the class for those over 40 (Oldtimers). James always lived in the Lakewood, Long Beach and Seal Beach area since he came out to California. He enjoyed free-diving in Seal Beach in the 1950s, when seals actually sunbathed there.

When he moved to Leisure World, about eight years ago, he was already active in the Western Swing dancing, and even served as club president for one year. He loved dancing and even gave lessons. He played tennis doubles until his knee went out (while downhill skiing racing in his fifties!) and then took up pickleball after a knee replacement, where he won a championship in his age group. He was an avid physical fitness guy. James,

known as “Duke” in his later years, was always friendly and kept a positive outlook. He lived a simple and humble life, and was surrounded by pictures of his grandchildren when he passed in his sleep in the early morning of May 24, 2020. We all thought he would make 100, as a given, so it was a big surprise that he left us at 90! He was loved so very much, and he will be missed by many.

He is survived by his four children mentioned, 10 grandchildren, Hazel, Steve, James, Deanna, Cody, Travis, Chelsea, Victoria, Kari, and Laura, and seven great grandchildren, nieces and nephews. He also was preceded in death by a sibling who died in infancy, two grandchildren, David, who was also a champion in the Special Olympics, and Katrina, who died in infancy.

He also leaves many cousins in the great state of Texas and beyond, that were like siblings, as he was an only child due to the RH factor.

—paid obituary

- ...
In Memoriam
Paul Wheeler 99
Waunita Maxwell 94
William Kitts 92
Penelope Doherty 84
Richard Hemphill 75
Dolores Valle 86
Jesus Ortega Macias 69
Kathleen Woodward 64
Timothy Summers 63
Ariel Brea 74
Lloyd Grizzell 93
Hugh McIntyre 90
Daniel Garcia 82
Hilda Lemke 70
Margie Romero 55
Russell Lafaye 56
Thomas Earhart 65
Families assisted by
McKenzie Mortuary,
961-9301

—paid obituary

Obituary Notices: laurieb@lwsb.com

SBTV Listing

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

- Thursday, June 11**
4 pm K9 Corner
5 pm Life and Times: Lawhead Brothers
6:30 pm The History of Seal Beach
7 pm The Spirit of Seal Beach
7:30 pm World’s Fair Newsreel
7:45 pm Wally Schirra
8 pm On Q—8bit Jazz Heroes
9 pm Americana Awards
Friday, June 12
4 pm Beginning of Leisure World
4:15 pm World’s Fair Newsreel 1964
4:30 pm Lyon Air Museum
4:45 pm Wally Schirra
5 pm Beginning of Leisure World
5:15 pm Shelter at Home Entertainment
6 pm LW Mystery at the Theater
6:40 pm Abilene Ampitheater
8 pm Life and Times- Lawhead Brothers
9 pm Cerritos Center- Golden Dragon Acrobats
10:37 pm Cerritos Center- The Four Tenors
Saturday, June 13
4 pm Wally Schirra
4:15 pm Lyon Air Museum
4:30 pm K9 Corner
5 pm McGaugh Patriotic Show
5:45 pm McGaugh 1st Grade Weather Show
6:30 pm McGaugh Go West!
7:15 pm Shelter at Home Entertainment
7:30 pm Ocean Perspectives
8 pm LAUSD
10 pm Cerritos Center-Matt Mauser
Sunday, June 14
4 pm SB City Council Meeting replay 6-8
6 pm Aquarium of the Pacific
7 pm Spirit of Seal Beach
7:30 pm History of Seal Beach
8 pm Wally Shirra/Newsreel 1964
8:30 pm Riders in the Sky-Cerritos Center
10:15 pm Abilene Ampitheater
11:35 Bob Cole Conservancy
Monday, June 15
4 pm Harmonize Humanity
4:30 pm Aquarium of the Pacific
5 pm Vintage Vehicles
6 pm McGaugh’s 3rd Grade Show
7 pm SB City Committee Meeting LIVE
8:30 pm Beginning of LW
8:45 pm World’s Fair Newsreel 1964
9 pm LW Special Olympics
9:15 pm Aquarium of the Pacific
9:30 pm Cerritos Center- In the Mood
11:40 pm National Parks/Drone Club
Tuesday, June 16
4 pm Harmonizing Humanity
4:30 pm Beginning of Leisure World
4:45 pm World’s Fair Newsreel 1964
5 pm Shelter at Home Entertainment
5:15 pm McGaugh - Go West!
7 pm Abilene Amphitheater
8:30 pm Cerritos Center-Matt Mauser
10:30 pm Bob Cole Conservancy
Wednesday, June 17
4 pm LW’s Special Olympics
4:15 pm Beginning of Leisure World
4:30 pm World’s Fair Newsreel
4:45 pm McGaugh’s 1st Grade Show
5 pm National Parks/Drone Club
5:30 pm Aquarium of the Pacific
6 pm History of Seal Beach
6:30 pm Spirit of Seal Beach
7 pm Seal Beach City Limits- Richard Hastings
8 pm Cerritos Center- Golden Dragon Acrobatics
9:37 pm Cerritos Center-



Anna Derby’s collection of carrots harvested from her mini-farm plot.

MINIFARM

Enjoying the results of hard work

Anna Derby, from Mutual 5 finds enjoyment even in working in her plot at the Minifarm. She says it helps her forget about all the anxiety and uncertainty surrounding the COVID-19 crisis.

Anna planted carrots seeds on the last day of February, thinking it would take few months to grow, but a month later, it showing signs of being fully grown and ready to be harvested. She decided to wait a little bit longer and the results were huge! She says that there’s nothing like eating vegetables she grew right out of the farm and it has been wonderful to have a plot. She can’t wait to harvest the zucchini, brussels sprouts, tomatoes and Korean yul mu this summer.

Democratic Club

The Democratic Club wanted to address the past week’s unrest and how to continue to move forward in dismantling racism. Club member Geneva Potepan shared a post that had been forwarded to her by a member of her extended family. Her parents were also members of the Democratic Club in the 1990s and had been once named Democrats of the Year.

The following is printed verbatim from the post, titled “Dismantling Racism.”

“For my friends who are not sure what to do to make progress in dismantling racism, here is what I am doing in addition to specifically praying for guidance on how to proceed:

1. I am white. If I want to be in active solidarity with people of color, I have to listen to them. I am willing to be led in the movements for racial equality.

2. I must be willing to have the self-examination of my own privilege and remnants of racism wherever I might spot them in my own self. It is really hard to see one’s own biases and habits.

3. I have conversations about white privilege every day. These are tough conversations. Do not be put off by off-handed dismissals of “political correctness.” That is code for “I refuse to do the homework.” Have the conversations with the children in your life.

4. In particular, the legacy of chattel slavery is the continued economic and social oppression of black Americans, which is why we must not be afraid to say Black Lives Matter. I say it as often as possible because it is specifically the black lives in America that are being systematically treated as if they don’t matter.

5. I’m getting faster at writing to legislators with my opinions and ideas for legislative relief. If you don’t know who your legislators are, ask Google who they are for your address.

6. Within my purview as a Jesus follower and a pastor, I call out racist comments when I hear them. Yes, I get it that it bothers some of you, but it’s a matter of life and death, and my baptismal covenant demands fidelity. This includes racist actions. See #5 above; writing legislators and media pundits who say racist things is also good.

7. I am unafraid to hear someone’s rage without trying to “fix it” and say “It will be ok.” It’s really hard but it’s a skill that can be developed. This is not my moment to rage, but to act, so that’s what I am trying to do. This is my plan of action, maybe yours will be different, but know that unless we all take some steps to mitigate racial injustice, nothing will change. We can do this, but only if we are willing to do so. I am.”

GOP from page 12

Flying the flag does not mean that a person believes in everything the United States does, but it does show support for the values that America stands for. It also shows respect for those who worked hard and sacrificed so much to protect our nation and defend our freedom.

Rich Carson, president of the LW American Legion, suggests that those wanting to help homeless veterans, can support the Orange County Rescue Mission. Its number is (800) 663-3074.

Main Gate: 594-4754

405 Freeway Improvements

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:

Bolsa Chica Road Bridge Traffic Shift

Crews will shift traffic to the new side of the Bolsa Chica Road bridge on the night of Friday, June 12. The work will begin the second phase of construction of the new bridge.

Demolition of the old portion of the bridge will occur over two nights in late June.

NB I-405 Loop On-ramp from Goldenwest Street to close

The NB I-405 loop on-ramp from Goldenwest Street is set to close for about three months. The ramp will be reconstructed as part of the freeway widening.

Goldenwest Street/Bolsa Avenue intersection to close

The Goldenwest/Bolsa intersection is set to close for about three days over a weekend in mid-June. The closure will support the

Goldenwest/Bolsa bridge widening and future demolition and reconstruction of the Edwards Street bridge.

SB I-405 Goldenwest Street on- and off-ramps are closed

The SB I-405 off-ramp to Goldenwest and the SB I-405 loop on-ramp from Goldenwest are closed. The ramps are scheduled to reopen Tuesday, June 23.

NB I-405 loop off-ramp to Westminster Boulevard closed

Crews closed the NB I-405 loop off-ramp to Westminster Boulevard. The ramp will be closed for approximately 12 months to allow construction of new walls and ramps at this location in one stage, eliminating multiple traffic shifts and confusion for motorists.

NB I-405 off-ramp to Seal Beach Boulevard to close

The northbound I-405 off-ramp to Seal Beach Boulevard is scheduled to close for approximately one month this summer. The ramp will be reconstructed as part of the freeway widening.

The duration of this work may change depending on site conditions. Be advised that this work may be loud. Dates and

times are subject to change due to unforeseen operational factors or inclement weather.

Seal Beach Boulevard

Crews are installing piles for the foundation of a wall adjacent to the northbound Seal Beach Boulevard on- and off-ramps.

The work will be ongoing from 7 a.m. to 4 p.m. for approximately one more week.

For more information, email 405project@octa.net or call (888) 400-8994. There's a mobile app to help residents and commuters navigate construction on the I-405.

The I-405 Improvement Project app includes quick access to current traffic conditions, closures and detours, along with project updates and links to contact the project team. The app is available for download on the Apple Store or Google Play!

BUS from page 2

of the registration sign-ups. For more information on how to get to Vets Plaza via Minibus, contact Grant Winford at 431-6586, ext.372, or grantw@lwsb.com.

SBPD Official Information Resources

During this time of uncertainty throughout the country, the Seal Beach Police Department understands that there are multiple sources of conflicting information that are being passed on to Seal Beach residents and businesses. The City of Seal Beach is dedicated to transparent communication and keeping Seal Beach residents up to date with changes and new information. To ensure that official, accurate, and timely information is available to those in Seal Beach, the public is encouraged to:

- Follow the Seal Beach Police Department on Social Media
 - Facebook: <https://www.facebook.com/SealBeachPoliceDepartment>
 - Instagram: <https://www.instagram.com/sealbeachpolice/>
 - Twitter: <https://twitter.com/sealbeachpolice>
 - Sign up for Nixle Alerts
 - Simply text your zip code to 888777 to receive text message alerts on your phone with city updates.
 - Visit the City of Seal Beach website often at www.sealbeachca.gov. Contact the Seal Beach Police Department at (562) 594-7232 to request non-emergency assistance.
- For life or death emergencies, dial 9-1-1.

—from the City of Seal Beach

MUTUAL 12 from page 5

By Mail - Mail your completed secret ballot to the Inspector of Elections - Accurate Voting Services P.O. Box 6117, Laguna Niguel, California, 92607-9921.

The ballot must be received no later than 5 p.m. on Aug. 12.

In Person - You may hand deliver your completed secret ballot to the Inspector of Elections at 18 Technology Drive, Suite 142 Irvine, California, 92618, no later than noon on Aug. 12, residents may also take their ballots to the annual meeting on Aug. 13 at Clubhouse 4 no later than 10 a.m.

SCRABBLE G R A M S SOLUTION

D ₂	I ₁	S ₁	T ₁	A ₁	I ₁	N ₁	RACK 1 =	58
V ₄	A ₁	M ₃	O ₁	O ₁	S ₁	E ₁	RACK 2 =	62
U ₁	N ₁	F ₄	A ₁	Z ₁₀	E ₁	D ₂	RACK 3 =	110
D ₂	I ₁	A ₁	M ₃	O ₁	N ₁	D ₂	RACK 4 =	63
D ₂	E ₁	X ₈	T ₁	R ₁	A ₁	L ₁	RACK 5 =	65
PAR SCORE 260-270								TOTAL 358

Crossword Answers

CLAMP	FLED	LABEL
BOATER	LAVE	TALES OF
SINCERE	AMOS	INTREPID
POSES	COMPETITION	PEI
ENID	MEDES	ROLES
LDS	NODES	CUTER
LITTERER	PACAS	SIEGES
HAND	CANTS	STOL
SNEERS	SITOS	FIELDPEA
MOROS	THREE	TELE HANS
EVIL	TRACK	FIELD
LACY	RILE	KILLS
TEAMMATE	PANES	ASKING
PACE	PRYER	ROUE
MALICE	OREAD	SORRYFOR
ALIAS	BRUSK	ROUTE
BAND	SAENS	SALSA
EME	TABLET	ENNIS
LOUGANIS	INEE	ESTATES
SPONDEE	MOLE	ARETES
STOSS	ELLS	USTED

Sudoku 1 Answers

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

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

Jumble Answers

SWIFT SHIFT ADVENT BRAZEN
He lost after going "all in" and had to give his wife the — FIRST-HAND NEWS

Puzzle Answers

Puzzle page 18-19



Sudoku 2 Answers

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

Guess Who?

Answer: Ariana Grande

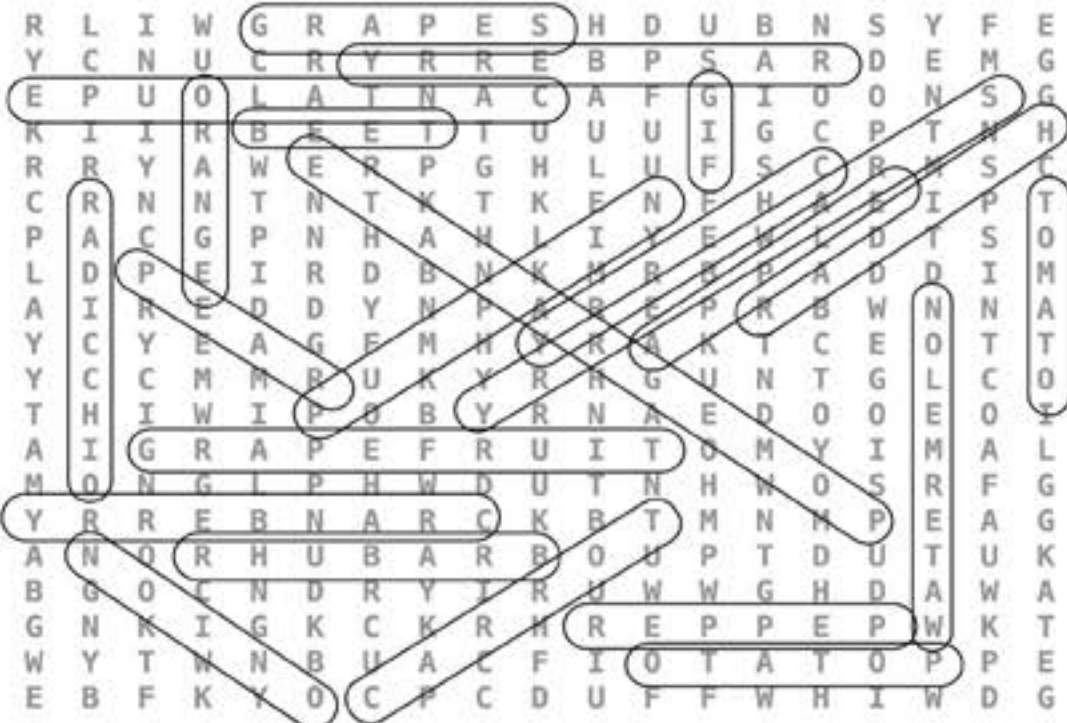
Crypto Fun Answers

A. prune B. weeds C. fertilize D. variety

Boggle BrainBusters Answers

HAITI CHINA INDIA KENYA CHILE LIBYA ITALY NEPAL

Word-Find Answers



Health & Fitness

OPTUM CARE AT HCC

Creating a healthy sleep routine

It's 3:03 in the morning, and you're awake. You've been watching the minutes pass by for some time now. You don't know if you will be able to fall back asleep.

Sleep problems affect everyone. But if you're often having trouble sleeping, it becomes something more than frustrating. Sleep problems can increase your risk for chronic conditions, like depression, diabetes, and heart disease. Poor sleep has also been linked to memory problems and falls.

Here are some tips to create a healthy sleep routine:

- **Make a routine.** Go to bed at the same time every night. Get up at the same time every morning. Even if you can't sleep or are groggy when you wake up, stick to your routine. And that includes weekends.
- **Relax first.** Help your body and mind get ready for bed. At least 30 minutes before your bedtime, do something to relax by reading a book, meditating, listening to calm music. Avoid watching TV or using your phone or tablet, though. The light from those screens can make it harder to sleep.
- **Naps are great, but...** An afternoon or evening nap might feel good at the time, but it can throw your sleep schedule off. Feeling a little tired during the day? Go for a walk or do something physical. If you do need to rest, try to keep your nap to just 20 minutes.
- **Avoid sleep medications if possible.** Sleeping medications, like Ambien or Lunesta, can put you at greater risk for falls and confusion. If you're having trouble sleeping, talk to your primary care doctor. There may be safer alternatives you can try.

If you find yourself awake in the middle of the night, and you can't fall back asleep, get up. Fold laundry, read, meditate – do something that doesn't require much energy. When you feel tired, go back to bed.

Getting into a sleep habit takes time, but keep at it. A healthy night's sleep can make for a healthy day. If you're still having a difficult time falling or staying asleep, bring it up at the next appointment with your primary care doctor.

One more tip: turn that alarm clock around. Falling back to sleep is a challenge, but watching the minutes tick by can make it harder.

- Carson Blomquist

How to set a fitness goal

Many people find that having a firm goal in mind motivates them to accomplish their fitness goal. It's important to review your goals regularly as you make progress or your priorities change.

Write Down Your Short-Term Fitness Goals

Short-term goals will help you make physical activity a regular part of your daily life. For these goals, think about the things you'll need to get or do in order to be physically active. For example, you may need to buy walking shoes or download an activity tracker. Write down a goal you can start today, do tomorrow, and accomplish by the end of the week.

Write Down Your Long-Term Goals

For long-term goals, focus on where you want to be in six months, a year, or two years from now. These goals also should be realistic, personal, and important to you. Here are a few examples:

By this time next year, I will swim one mile three times a week.

Next summer, I will be able to play pitch and catch with my grandchildren.

In six months, I will have my blood pressure under control by increasing my physical activity and following my doctor's advice.

-National Institute of Aging

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Thursday, June 11: Chili relleno casserole with tomato sauce, spanish rice, zucchini medley, fresh banana, ham and cheese sandwich with lettuce, tomato and pickle, german potato salad.

Friday, June 12: Roast beef with mushroom gravy, au gratin potatoes, seasoned broccoli, ambrosia salad, chicken taco salad, tomato, corn, black beans, cheese, cilantro, salsa dressing and crackers

Monday, June 15: Roast turkey with sage gravy, cornbread stuffing, brussel sprouts, cantaloupe, egg salad sandwich with spinach and tomato, Asian coleslaw.

Tuesday, June 16: Lemon pepper chicken, brown and wild rice, green beans with pimentos, mandarin orange, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing and crackers.

Wednesday, June 17: Spaghetti with meatballs in marinara sauce, whole grain roll, seasoned broccoli, baked maple pears, turkey and cheese sandwich with lettuce, tomato and pickle, creamy coleslaw.

Email **Health & Fitness** articles to
laurieb@lwsb.com
with photos attached as jpg files.

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A black and white portrait of John Mercurio, a man with dark hair and a mustache, wearing a light-colored shirt. The photo is framed with a thin black border.



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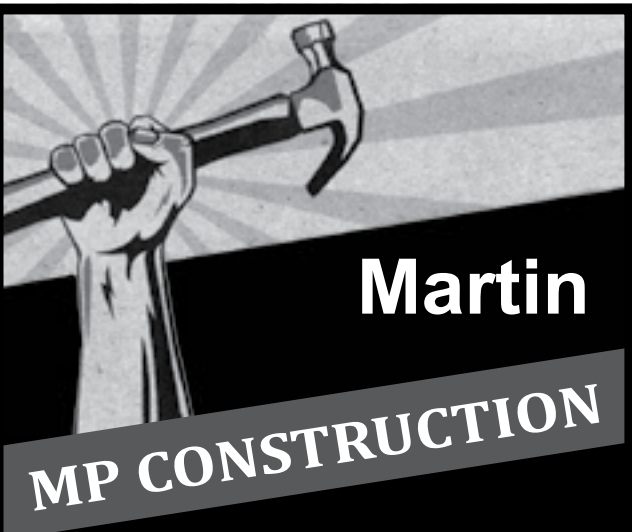
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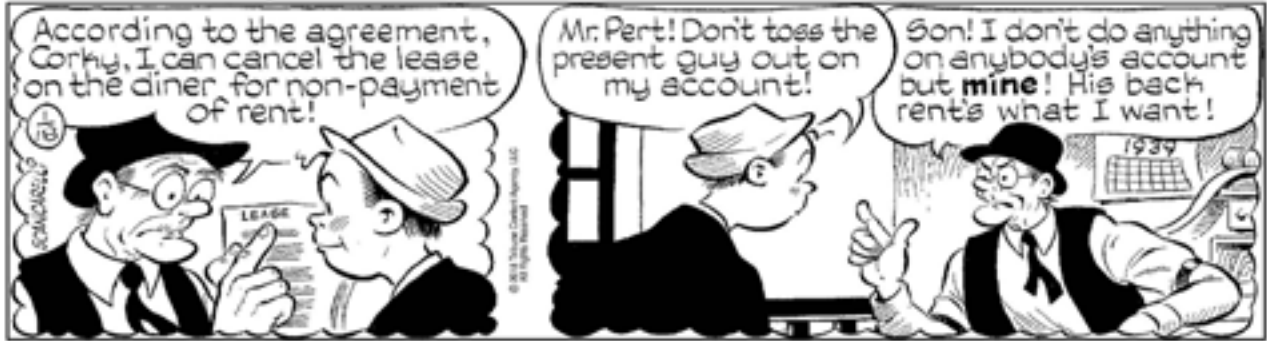
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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Sudoku 1

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

9 To 5 By Harley Schwadron

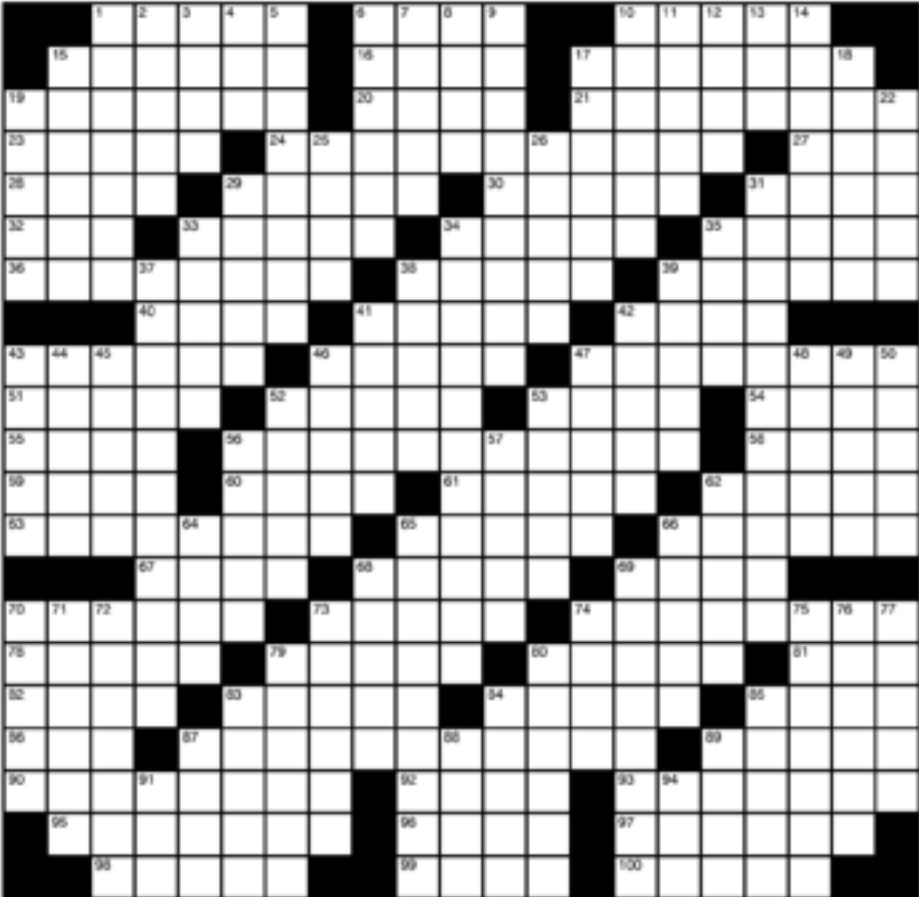


Athletic

Edited by Linda and Charles Preston

ACROSS

- 1 Woodworker's device
6 Departed in a hurry
10 Identifier
15 Straw hat
16 Bathe
17 "The ____ Hoffmann": Offenbach
19 Unaffected
20 Author Oz
21 Daring
23 Postures
24 Purpose of 37 Down
27 Architect I.M. ____
28 Geriant's spouse
29 Natives of ancient Persia
30 Cameos, for example
31 Steadfast
32 Mormon rel. body
33 Vertices
34 More adorable
35 Football's Lombardi
36 Roadside despoiler
38 Nocturnal rodents
39 Attacks
40 ____ -me-down
41 Angles
42 Aircraft for small flds.
43 Scoeful sounds
46 Grain, in Greece
47 Common legume
51 Philippine tribesmen
52 "Little pigs" number
53 Before meter or gram
54 ____ Christian Andersen
55 Wicked
56 Olympic event
58 Church calendar
59 Like a fine fabric
60 Upset
61 Rules out
62 Implement
63 Fellow player
65 Window units
66 Interrogating
67 Rate of progress
68 Curious character
69 Debauchee
70 Spite
73 Mountain nymph
74 Feel ____: sympathize
78 Nom de plume
79 Abrupt
80 Way to go
81 Labor inits.
82 Wedding ____
83 French composer
84 Latin-American dance
85 Leaf angle
86 Scottish uncle
87 New Olympic event
89 Work hard
90 American who dove for gold
92 Arrow poison
93 Worldly goods



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6/14/20

- 95 Musical foot
96 Internal spy
97 Mountain spurs
98 Facing a glacier's movement
99 Building extentions
100 You, in Madrid

DOWN

- 1 ____ of: comprise
2 Tied an oxford
3 Sweetsop
4 Sea, to Simone
5 Led
6 Sweethearts
7 Bringers of light
8 Reveler's cry of yore
9 Obliterates
10 American poet Sidney
11 Choir members
12 Capital on the Aar
13 Language suffix
14 Cutting
15 American who swam for gold

- 17 Duke and duchess
18 Intimidating
19 Relieve
22 Marching coins?
25 River to the Baltic
26 Minuscule amounts
29 Early times of day, to poets
31 Olympic event
33 Approaches
34 Olympic event
35 String instrument
37 Theme of this puzzle
38 ____ Philippe watch
39 Spirited equine
41 "Odyssey" sorceress
42 Soprano Beverly
43 Small marine fish
44 Variable bright stars
45 Writer Jong
46 Fissile rock
47 Senses
48 Segment of a serial
49 Back to back
50 "____ To Remember"
52 Unoriginal
53 Masonic doorkeeper

- 56 Vestige
57 Penalized
62 ____ thing: guaranteed
64 Lead-ins for Scots names
65 Newspaper deadline
66 Primary artery
68 One-time plum
69 Author of "Emile"
70 Singer Mercer
71 Los ____
72 Rosters
73 Threatening dictum
74 Songs for one singer
75 Mesmerized
76 Martini feature often
77 Breathing sounds
79 New citizens?
80 Hindu queens
83 Beaches
84 Angler's leader knot
85 Winglike
87 Pueblo community
88 Organic compound
89 Let stand
91 Obtained
94 Grad. class members

The Observer Crossword Puzzle

SCRABBLE G R A M S

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SCRABBLE G R A M S

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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FIVE RACK TOTAL
TIME LIMIT: 25 MIN

JUMBLE

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

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

WTISF

STFIH

VATDEN

ZARNBE

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

I thought you were going to play poker.

I did. I had a pair of kings and bet everything right away and lost.

That was quick.

HE LOST AFTER GOING "ALL IN" AND HAD TO GIVE HIS WIFE THE ____

Guess Who?

I am a singer born in Florida on June 26, 1993. I started my music career as a soloist in symphonies and later branched into acting. I was on two popular Nickelodeon series before launching a very successful solo pop career.

Sudoku #2

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

Level: Beginner

Puzzles & Comics
Answers on page 14

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to gardening.
Each number corresponds to a letter.
(Hint: 8 = e)

- A. 15 12 1 3 8
Clue: Cut back
- B. 13 8 8 4 20
Clue: Uninvited plants
- C. 11 8 12 22 6 19 6 17 8
Clue: Feed plants
- D. 16 21 12 6 8 22 14
Clue: Different options

Boggle BrainBusters!

By David L. Hoyt and Jeff Knurek

Y	A	L	I	T
T	B	D	A	I
A	I	N	P	H
L	H	E	N	A
Y	E	C	K	Y

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

BOGGLE POINT SCALE

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

YOUR BOGGLE RATING

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

Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?
Find AT LEAST EIGHT FIVE-LETTER COUNTRIES in the grid of letters.

Answers to Last Sunday's Boggle BrainBusters:
LEMURANDA HORSE HYENA MOOSE CAMEL SLOTH MOUSE

PRODUCE WORD SEARCH

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

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

WORDS

- APPLE
- BEET
- CANTALOUPE
- CARROT
- CHERRY
- CRANBERRY
- FIG
- GRAPEFRUIT
- GRAPES
- KIWI
- ONION
- ORANGE
- PEAR
- PEPPER
- POMEGRANATE
- POTATO
- PUMPKIN
- RADICCHIO
- RADISH
- RASPBERRY
- RHUBARB
- STRAWBERRY
- TOMATO
- WATERMELON

FOOD
from page 2

sundry items.
Grab n’ go Onsite Food Options
There is onsite food service available daily at the Clubhouse 6 parking lot at a Grab n’ Go event. In case of long lines or warm weather, lines will form inside Clubhouse 6. Vehicles should be parked; golf carts will not be permitted in line. Mobility aids are allowed:

- **Kabobaholic Food Truck** has joined the Monday lineup from 4-6 p.m. with Mediterranean cuisine. Chicken or meat kabobs, Gyros, Falafel, loaded fries, preorder at www.kabobaholicft.com or text (949) 400-4696 or buy onsite, mention LWSB.
- **Koffel’s Taco Tuesday Truck**, 5-7 p.m., Tuesday and Friday; check menus via LW Live alerts (no pre-orders)
- **Gourmet Renee’s** American cuisine, 4-6 p.m., Wednesdays. Pre-order and save time by calling or texting (323) 833-1213.
- **Domino’s Pizza**, 3:30-7 p.m., Thursdays. Call ahead, (562) 493-2212, to have special orders delivered to the parking lot. **Mandi’s Candies Ice Cream truck** has now joined the Thursday lineup, just in time for the warm weather
- **Naples Rib Company** barbecue, sandwiches and salads, 4-6 p.m., second and fourth Saturdays in June; online pre-orders only at ribcompany.com/LW.
- **Lucille’s Smokehouse**, 4-6 p.m., first and third Saturdays in June (no pre-ordering)
- **Katella Deli**, 4-6 p.m., pre-order at (562) 594-8611 or order online www.katellabakery.com or buy weekly specials onsite. All information is subject to change. Information will be posted daily on the electronic marquee at the corner of Golden Rain Road and St. Andrews Drive.

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

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time.

Volunteers Available
A number of volunteers have offered to assist residents with their shopping and errand needs. Contact Recreation to be matched to a volunteer shopper or for more information on food options by emailing events@lwsb.com or calling (562) 431-6586, ext. 398.

CARTS
from page 11

Wishing to make this A&W Day even more special, Alpine Home Medical, located in the Leisure World Shopping Center, donated 50 masks for cart owners’ protection.
The next Air&Water Day is scheduled for Saturday, Sept. 5, if weather and safety guidelines permit.
The location of this quarterly event will be announced in the Aug. 27 edition of the LW Weekly.

Classifieds

GENERAL

AVON

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

Looking for someone with \$25,000 hid under their mattress. I have 2 hot new plastic products scheduled to go on national T. V. within the next 60 days. The high speed plastic injection molds are finished and in production. The patents are granted. The money is basically needed for product production, packaging and improved art work and shipping. You can have fun and make a lot of money in a hurry. They are talking about selling over 15 million to start. Your investment will be returned. You can become involved in the project if you have the time. I'm a senior and naval veteran (destroyers). Call Bob Hopson for more details: (562) 305-8034. 06/11 or visit: <https://www.youtube.com/watch?v=TuPlgnrJ7z8>

GARDENING

FRANK’S GARDENING SERVICE

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

HANDYMAN SERVICES

Additions & Remodeling, Kitchen & Bath Remodeling, Windows, Tile & Stonework. State Contractor's License #393071. OGAN CONSTRUCTION, INC. (562) 596-7757. 03/31/22

562-596-0559

LW DECOR INC.
Remodeling/Renovations
New triple pane windows, laminate flooring, carpet patio tile/carpet. Painting ceilings made smooth, ceiling lights. Exterior windows, refaced kitchen cabinets, refaced granite quartz countertops. Lic. #723262. 07/02
LW DECOR INC.
562-596-0559

JR HOME REPAIRS. Quality work. Perfectionist, honest & reliable. Call JR 562-519-2764. SB Business License #JRH0001. 07/02



MP CONSTRUCTION
General Contractor
Specializing in remodeling, Additions, Reconstruction, Window replacement and more!
Call for a free estimate.
562-746-5400.
License #954725. 04/22/21

BATHROOM REMODELING

We make your **SHOWER/TUB** brand new and/or convert it to a **WALK IN SHOWER** serving L.W. since 1999. Nu Kote 562-833-3911 License #699080. 06/25

LWWeekly
accepts Credit Cards
for Classified ads.
Call (562) 430-0534

PAINTING

Bel-Rich Painting - Free estimates, Apartments, room by room, small jobs, colored walls. Contractor’s License #705131. 714-220-9702. 06/04

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call Jerry (714) 826-8636. CA State License #675336. 08/06

562-596-0559

LW DECOR INC.
Only premium paints, Ceilings made smooth. New handles-hindges Cown moulding installed. License #723262. LW DECOR INC 40 years in LW. 562-596-0559. 07/02

FLOOR COVERINGS

562-596-0559
LW Decor Inc.
Laminate, Vinyl, Plank, Patio tile and Patio carpet. License #723262. 40 years in Leisure World. 562-596-0559. 07/02

310-261-0571
Interior Flooring Solutions
Hardwood floors, carpet, laminate, vinyl planks. 25 years experience. Contractor License 1043763. 12/24

CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning
We just cleaned your neighbor’s house in Leisure World... Would you like yours cleaned too? Call Tito (562) 658 - 9841. Since 1988. State Contractors Lic. #578194. 07/30

SKYLIGHT SERVICES

SKYLIGHTS
CLEAN, REPAIR, REPLACE.
Licensed and insured. Dan (562) 841-3787. Seal Beach License #BRA0002. 07/02

WINDOW COVERINGS

LW DECOR INC.
Blinds, shutters, shades, 40 years serving Leisure World. Contractor’s License #723262. **LW DECOR INC.** 562-596-0559. 07/02

WINDOW WASHING

WANT CLEAN WINDOWS?
Clean Outside Only and Save \$\$\$.
(562) 600-0014. LW Resident, Rich Livitsky. Seal Beach Business License #LIV0004. 06/25

LEISURE WORLD HELPING LEISURE WORLD

Y’s Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call weekdays between 9 am-5 pm, (562) 596-9906.

"ROLLIN THUNDER" GOLF CART CLUB
Offers FREE advice on buying and selling of your golf cart. 562-431-6859.

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

HOME CARE PERSONAL ASSISTANT

Just Like Your Daughter
Personal Assistant/
Girl Friday
Available for:
errands, scheduling and transportation for medical appointments, patient advocate, shopping, domestic organization, paperwork, bill pay
All with compassion and care.
Just Like Your Daughter
Call Janice, 714-313-4450
SB Lic. #JUS0006/Bonded. 06/11

CHRISTIAN HOME CARE

Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor’s appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 12/10/20

EXPERIENCED CAREGIVER

Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please **Call Pampet: 562-371-4895**. Seal Beach License PAN0003 09/24

PET SERVICES

Nail cutting, Bathing, in home for cats and small dogs. Call or message 562-544-9555 SB License #Jen0006. 06/11

BEAUTY SERVICES

Tammy Nguyen Phenix Salon Suite - Service in private suite. One customer, one hairstylist. Safe & professional. Haircut for men & women, shampoo, set, color, highlights, perm, nails & toenails. In-house service for extra fee. Tammy Nguyen. 13944 Seal Beach Blvd, Ste. 116. (714) 425-4198. 06/11

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

HOUSE CLEANING

MOVE-IN, MOVE-OUT
WINDOWS,
HOUSECLEANING
CALL PHIL AT
562-881-2093
Over 30 years Experience!
Seal Beach Business License #AB0001. 07/02

GRACIAN'S HOUSECLEANING & WINDOWS.

Windows 10% off first cleaning
General housecleaning
Excellent referrals in LW
(562) 307-3861.
20 years experience.
Seal Beach Business License gra0006. 06/25

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

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

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

COMPUTERS

FRUSTRATED (562)755-6199

Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 08/20

AUTOS WANTED

ANY KIND OF CAR

Cars, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 07/30

ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

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

4-Wheel Zip'r Roo mobility scooter, 250 capacity, blue. \$325. Tina (562) 760-5066. 06/11

TRANSPORTATION

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001. 07/02

Need a lift? Pam Miller. LW Resident. 310-227-1258. 06/25

Rides by Russ,
With the personal touch.
For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes. Russ 714-655-1544. 06/18

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS

Installed at your residence. Call Frank 562-743-3832. State Contractor's License #779462. 07/09

2008 Chrysler Town & Country Touring Handicapped Equipped, Excellent Condition. 63000 miles. New tires, new battery. \$21,500 or BO. For more information: 951-347-8137. 06/11

MOVING, HAULING & STORAGE SERVICES

J&D HAUL AWAY AND CLEAN-UP SERVICE

No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 07/02

A FRIEND AND A TRUCK

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

AUTO REPAIR SERVICES

Semi-retired mechanic doing small jobs - oil change, alternators, water pumps, starters & maintenance. Will not recommend work that is not needed. CA BAR #0262439. After 9:00 a.m. Local. (562) 306-2686. 07/02

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

Classifieds

MISCELLANEOUS FOR SALE

Moving Sale - New leather lift chair (blue) \$450, new inversion table \$99, large dining room table (pecan) & 6 chairs \$850 and much more. (336) 425-7313. 06/11

Ticket gate, excellent condition. 33 1/4" wide by 36" high. \$110. (562) 799-6079. 06/11

Electric bed & dressers for sale, sofa, sleeper bed. (714) 943-1818. Glinda Davis. 06/11

Queen size sofa bed & kitchen table (light wood) with 4 chairs. (562) 706-0025. 06/11

MEDICAL SUPPLIES twin hospital bed extra long, 3 sets of sheets, 2 bed guards, disposable & washable bed pads, wheelchair, transfer chair, walkers, canes, bath & shower chair with back, adult diapers (pullups & tabs - all sizes), no rinse shampoo, bar stools, cedar chest, mirrors, vases, coffee pot, tea kettle. Call (562) 843-6963. 06/11

MISCELLANEOUS WANTED

Wanted women's tricycle & men's bike. Good condition. Sue or Walter (562) 412-3716. 06/11

FREE ITEMS

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

Free moving boxes - 3 small & 3 medium. (310) 429-6736. 06/11

CARPORTS WANTED

I would like to rent a carport & storage space in Mutual 8. (949) 735-0273. 06/11

LW REAL ESTATE FOR LEASE

Condo for Lease - Mutual 17, 2 bedroom/2 bath. Top floor with AC. 1,160 SF. Full kitchen. Parking. Sliding doors to Balcony/Deck. Available Now. \$2,200/month. Call (562) 714-4790. 06/18

LW REAL ESTATE LISTINGS WANTED

Leisure Living "open" now taking LW Listings. Discounted commission. Erika: (562) 208-5223 Hank: (562) 743-8473 Young Ro: (714) 504-2541 L.L.R. (562) 493-6601.

LW REAL ESTATE FOR SALE

NEW GORGEOUS LISTING*** Mutual 5, 98L. Asking \$487,000 expanded corner with many custom upgrades. Bay window, AC/ Fireplace, 2 bed/2ba. Large green. Call Hank by apt. only. (562) 743-8473. 06/11

NOTARY SERVICE

Super "NOTARY" service 24/7. UR home or in Office. Hank (562) 743-8473. 06/11

No Paper by 9:00 A.M.? Call LW Weekly (562) 472-1284 by 10 a.m. State your Mutual and Apt. Number



Mutual 15-7L 13300 Del Monte

Enjoy the ocean breeze from this light and bright 2 BR 2 BATH upper level CORNER unit! Southeastern exposure, central heat/air, upgraded kitchen & baths, dual pane windows, crown molding, open air balcony, 3 ceiling fans and a great location near entry gate and just steps from carport and guest parking.

Offered by Estee at \$349,500



Estee Edwards
Senior Real Estate Specialist

562.208.2540
estee.edwards@mac.com
DRE # 01870445



Erika Shapiro
BRE # 01448494

Resales Specialist
Mut. 17 Resident
Traveling Notary
562-208-5223

2 BDR/2 Bath Mut 15

West Facing Upstairs Corner, Fully expanded with Lots of upgrades. New Kitchen, Laminate flooring, Central A/C Heat And more.
Mutual 15 - 29J \$329,000

New Listing



New Listing: 2 BDR, 1 Bath,

Partially Expanded, Greenbelt View, Newer kitchen, granite counter top. Smooth ceilings, double pane windows, 3 skylights, shower over a real Bath tub, fresh paint, and more.....
Mutual 7 - 159i \$259,000



Drive-up Corner, Side Expansion

Fresh Paint, new hi-end laminate flooring, 2 A/C Heat Pumps
Mutual 5 - 106F \$255,000

Reduced Move-In Ready 2 BDR/1 1/2 bath

Fully expanded corner drive up, washer/ dryer, dishwasher & more
Mutual 2, 19F \$309,000

Country Cottage

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



Greenbelt Location

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

Condo for Lease 2 BDR/2 Ba

First floor, laminate flooring Fully equipped kitchen & more
Mutual 17 \$2,200 mo

Coming Soon:

2 BDR/1 Bath Basic
New Paint, new flooring A/C heat pump

Service Is My Priority!
Call me for a free market evaluation

Leisure Living Resales



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Leisure World
ON-SITE
HOME SALES

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www.LeisureWorldHomeSales.com

SECURITY

One of the top reasons buyers chose to move to Leisure World Seal Beach is SECURITY. Now, more than ever, this is important to all of us. Our gates are secure and protected by security personnel. Some people say it is easier to get into "Fort Knox" than Leisure World Seal Beach. Let's just say if you don't have a pass or a shareholder has not called you in, you probably will not be admitted into the community. This is comforting to those who live in our community.

We currently have 30 active units listed with our On Site Realtors and 11 in pending. If you are a buyer who is ready to make the move to a safer, more secure environment, come see the experts!
We only sell in Leisure World Seal Beach.



Dawn Januszka
Broker
DRE #02110501



June Stokoe
Escrow Officer



Verna Chumley
Realtor®



Realtor®



John Webster
Realtor®



Terri Walters
Realtor®



Realtor®



Elana Altman
Realtor®



Maryann Shaddow
Realtor®



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Kathy Gupton
Associate Broker
DRE # 00744676

562 **618-9940**

Kathy & Gloria Gupton & Hadley

We are **SISTERS**
Specializing in the
LW Community



Gloria Hadley
Realtor®
DRE # 01057681

562 **884-3594**

Buying or selling...

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



Mutual 11-277A
\$282,000

Nicely expanded 2 bedroom 1 bath home on greenbelt with convenient drive-up, patio out front, tiled entry into unit. Once inside there is a large entry leading to a spacious living area and separate dining room with chandelier. Kitchen has white cabinets, newer counter, built-in electric appliances including cooktop, wall oven, microwave, dishwasher, refrigerator, ceiling fan and plenty of room for table and chairs. Master bedroom is expanded with mirrored closet doors and also has extra storage closet, second bedroom also spacious with built-in shelving. Bathroom with large skylight that opens and cut-down shower. Other features include, newer carpet in living room and bedrooms, laminate in kitchen, bathroom, entry and dining area, white blinds throughout unit and central heat and air conditioning. This home is move-in ready, has lots of natural light, so come take look!



Mutual 12-9D
\$339,000

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



Mutual 2-19L
\$339,000

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.



Mutual 15-32K
\$239,000

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



Mutual 4-85G
\$459,000

This lovely fully expanded 2 bedroom, 2 full bath home has so many great features, stacked stone trim with side drive-up, stone patio with outside storage, leaded glass entry door with sidelite, patio off second bedroom with glass entry door, both patios with decorative metal enclosures. Built in white appliances including range with microwave, dishwasher, side by side refrigerator and pantry. Expanded master bedroom with built-in shelves and granite insert that may be used as media center or desk. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio, second bath with tiled full shower and stone counter. Other features include dual pane windows, bay windows in living room and bedrooms, tile flooring in kitchen and bathrooms, new carpet in living area and bedrooms, recessed lighting with smooth ceilings and crown molding throughout, plenty of extra storage, central heat and air conditioning. If you are looking for a home that is move in ready and has everything you could possibly need then this is a must see!



Mutual 1-47D
\$175,000

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

**GIVE US
A CALL**



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California Properties

We can show ALL property in the LW community

Call and let us present our extensive marketing program.

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

Robin Gray & Barbara Diette-Dobias

Robin Gray

(562) 209-5605

rwgraysales@verizon.net
DRE 01027333

Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

(562) 754-5628

barbaradobias@gmail.com
DRE 00887640

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

THIS IS A MUST SEE - CALL US TODAY!

Mutual 10-257-G \$318,000

Charming two bedroom 1 bath Spacious living room and dining room, built in china cabinet, granite counters, dishwasher, microwave, skylights, central heat/air, drive-up parking and close carport and laundry.



Mutual 6-136-C \$339,000

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

See more at www.sealbeachleisureworld.com



Mutual 15-9-D \$529,000

This GORGEOUS ATRIUM has it all with 1600 sq. ft. of living space, a pretty setting on a green, plus close parking,



Mutual 1-40-B \$159,000

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



Mutual 7-157-D \$229,000

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



Mutual 8-203-I \$249,900

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

Check out our website sealbeachleisureworld.com for more listings and how to purchase in Leisure World Seal Beach



Jim Duncan
714-356-6717
Broker/Manager



Susie Allen
562-338-3833



Robin Gray
562-209-5605



Barbara Diette-Dobias
562-754-5628



Kathy Gupton
562-338-3833



Gloria Hadley
562-884-3594



Edwina DiMario
562-706-7999



Vickie Van Ert
310-220-1407



Mary Chittick
562-882-2804



Rosie Wang Davis
626-623-9929

(562) 594-0515

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BRE 00338699

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13926 Seal Beach Blvd.
Seal Beach, CA 90740



Joanie Korman
714-308-8034



Conrad Rodriguez
562-746-1960



Leah Perrotti
310-889-6583

Mutual 8 195C \$195,000
remod. potential, enclosed patio, central air and heat

Mutual 7 175H \$220,000
btl. area, new lam. floors, 3 skylights, private

Mutual 1 25L \$225,000
corner, greenbelt, double pane, lam. floors, nice unit

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

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

Mutual 15 32K \$239,000
1-3/4 baths, open balcony, skylights, double/triple pane windows

Mutual 8 203I \$249,900
washer/dryer, cent. air, dual pane, move-in-ready

Mutual 6 64C \$250,000
full expan., faces so./east, skylights, gorgeous lam. floors

Mutual 7 155G \$254,000
expanded, granite counters, skylights, heat pump

Mutual 6 65K \$255,000
full expan., 2 large skylights, 2 heat pumps, dual pane

Mutual 9 208L \$259,000
Fantastic greenbelt, turnkey, expanded, dual pane, fresh paint

Mutual 1 16A \$259,500
btl. greenbelt, new paint, new lam. flooring, lovely patio

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

Mutual 15 44A \$279,999
atrium, fresh paint, wood lam, floors, new carpeting

Mutual 15 21M \$269,000
2 baths, enclosed porch, greenbelt, trees, drive-up, nice

Mutual 6 65A \$315,000
bright corner, washer/dryer, new lam. floors, fresh paint

Mutual 10 - 257G \$318,000
corner, full expan., cent. air, great condition, drive up

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

Mutual 2 19L \$339,000
pretty greenbelt, 1 1/2 baths, cent. air, full expan., dual pane

Mutual 6 136C \$339,000
full expansion, remod. kit. and bath, large skylight, washer and dryer, forced air, scraped ceiling

Mutual 15 7L \$349,500
2 bath, cent. air, large open patio, dual pane, upgraded kit.

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

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

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

Mutual 4 85G \$459,000
full expan., granite, large skylight, washer/dryer, 2 bath, super

One-Bedrooms

Mutual 1 40B \$159,000
fully expanded, lam. floors, light and bright, fresh paint

Mutual 1 147D \$175,000
black pearl counters, new paint, large skylight, lam. floors

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

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



Claudette "CC" Cooley
310-484-9600



Linda Patton
562-522-3364



Adrian Villarreal



Hanna Rubinstein
562-900-4243



Jay Cho
714-944-4998



Estee Edwards
562-208-2540



Philip Bak
213-550-9991



Irv Hart
562-296-5619



Fay Wescott
562 242-6162



Tim Kearns
714-293-3950



Diana Flores
949-212-8748



Chris Kim
424-247-4542



Gail Alonzo
562-673-6703



CAROL GASPER
REALTOR
Lic# 01276484
562.716.1547
carol@carolgknutson.com
www.sealbeach.retirementcommunity.info



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REAL ESTATE

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

For 2020, I have a total of 38 Leisure World pending and closed sales.
I have buyers for yours too! Call me today for a free market evaluation!



13962 El Dorado Dr., #60G | M2 | \$470,000
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!



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



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



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



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



13481 Fairfield Lane, #59H | M6 | \$255,000
2 Bd/1 Bth, New Appliances, Luxury Vinyl Flooring, LED Lighting Throughout, Quartz Countertops in Kitchen and Bath, Tiled Backsplash, New Sinks, Faucets and Fixtures. PARADISE AWAITS YOU!



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



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



1351 Oakmont Rd #148H | M7 | \$449,000
MAGNIFICENT VIEWS from every room of this 2 Bedroom, 2 Bath completely remodeled unit. Central A/C Heat, Stainless Steel Appliances, Washer/Dryer, Island Kitchen, Dual Pane Windows, Luxury Vinyl Flooring, 3 Large Skylights, Custom Tile and so much more!



1590 Homewood Rd #116J | M5 | \$249,900
BEAUTIFUL Remodeled 2 Bedroom, 1 Bath Located Close to All Amenities. Dual Pane Windows, Custom Cabinets in Kitchen and Patio, Washer/Dryer, Fireplace, Stone Flooring on Patio, Skylights. MOVE RIGHT IN!



On June 9th, 2020 a total of 105 units show as active listings on the CRMLS (this is where Realtors list property for sale).

12 - 1 bedroom/1 bath
from \$149,500 to \$185,000

55 - 2 bedrooms/1 bath
from \$169,000 to \$389,000

40- 2 bedrooms/2 baths
from \$219,000 to \$499,900

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