



One Step at a Time

FROM THE MANAGING EDITOR  
Serving up a slice of Leisure World life

by Ruth Osborn  
rutho\_news@lwsb.com

There are many faces familiar to me in Leisure World— friends and contributors, readers and writers—who have made working for the LW Weekly, formerly the LW News, a delight for more than 32 years.

Leisure World is a special time-in-a-bottle place where people can thrive in Act 3 of their lives.



Just look around at your neighbors and friends. Even in the time of COVID, a positive can-do community spirit permeates this place.

Since 1988, I have worked as a section editor for LW's own little conduit of community unity.

I work with a team of stellar professionals to serve you up a slice of LW life every week.

It's been so much fun profiling the compelling people who live here, and collaborating to produce Spotlight, the Community Guide and other publications to help each and every one of you navigate your best life here.

As of Aug. 24, I was promoted to managing editor of the LW Weekly, a dream come true.

I pledge to do my utmost to continue the paper's tradition as a familiar, reliable, totally customized source of information for our amazing readers.

As I begin my 33rd year, the news team is looking forward to making the paper more of what you want and need.

My (virtual) door is open, and I welcome feedback and suggestions because we do it all for you.

EARLY HOLIDAY DEADLINE  
Submissions are due Sept. 2 for the Sept. 10 issue

In observance of Labor Day, all Golden Rain Foundation offices except Security will be closed Monday, Sept. 7.

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

The editorial deadline for the Sept. 10 issue will be Wednesday, Sept. 2, at noon.

The classified ad deadline is Friday, Sept. 4, at 10 a.m.

OPENING UP

GRF Board weighs next steps  
Special meeting is set for Aug. 31



Exercise classes like this ballet fitness session taught by Jojo Weingart (in blue) held in June might be allowed again in the near future. The GRF Board of Directors will hold a special meeting Aug. 31 to consider reopening some amenities if all goes well and COVID-19 cases remain under the state's threshold of eight percent. On Sunday, Orange County was removed from the state's watch list of counties hit hard by the coronavirus pandemic, after weeks of improvement from a surge in COVID-19 cases and hospitalizations in July, according to the Orange County Health Care Agency.

New emergency procedures pave the way to reopen amenities

by Kathy Thayer  
assistant recreation manager

On Aug. 18, the newly formed COVID-19 Ad Hoc Committee reviewed and approved Emergency Operational Procedures that will lead to opening some outdoor amenities while under the pandemic restrictions.

The Golden Rain Foundation Board will hold a special meeting on Aug. 31 at 1 p.m. in Clubhouse 4 to consider how to safely reopen amenities in keeping with new state guidelines and policies. Under review will be opening Veterans Plaza for exercisers, Mission Park pickleball and bocce ball courts and the Amphitheater for religious services. The Golf Course is already open under some restrictions.

Key areas of COVID-19 Ad Hoc Committee deliberations were:

- the number of Seal Beach COVID-19 cases as reported by the Orange County Health authority to date.
  - the number of COVID-19 deaths
  - A majority of the over 9,000 community members are clearly in the "at risk" category, due to age or preexisting medical conditions
  - that rules must also take into consideration caregivers and shareholders/members' guests
  - GRF as an employer has the obligation to establish rules to project the health and safety of its employees
  - Proposed actions *must* represent the mutual benefit of a majority of the shareholder/members
- These policies were passed to pave the way for approval to open the amenities in phases.
- The golf course has already reopened,

and its rules were published in the Aug. 6 issue of the LW Weekly.

While some of the rules may seem restrictive in these policies, they are subject to modification as the pandemic abates. Not all venues included here are expected to open at the same time, but the Recreation Department will keep the community posted as opening dates are determined. In the meantime, see below for the new rules that will govern the amenities and contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com) for more information.

**Veterans Plaza—Phase 1**

**Emergency Operational Procedures**

Due to government restrictions and recommendations brought about by the pandemic, this policy is enacted to allow for reopening the Veterans Plaza under emergency operational procedures.

- The Recreation Department will make

**PLAZA, page 13**

Take Your Best Shot for the 2021 LW Calendar



The LW Weekly will produce a 2021 wall calendar featuring the work of Leisure World photographers in time for the holidays.

The deadline is Sept. 30. Potential contributors should submit large, high-resolution, 300 dpi images in landscape format of places and spaces in and around Leisure World and Seal Beach. Photos of people are not eligible.

Cell phone photos should be emailed in the "actual size" format. Email entries to [stephenb\\_news@lwsb.com](mailto:stephenb_news@lwsb.com) with name, address, phone number and a brief description of the photo. For information on technical requirements, call 431-6586, ext. 392.

The calendar will be delivered to every unit for free. Additional copies may be purchased for \$1.50.



Anna Derby

John Hlavac shows Mutual 8 shareholder Swana White how to operate the walker she’s borrowing before having her sign the paperwork. The Mobility Aids program has been helping LWers get around for more than 35 years.

GOLDEN AGE FOUNDATION

How to borrow mobility aids during the pandemic

by John Hlavac  
Mobility Aids Program chair

The Golden Age Foundation offers a mobility aids program to help residents in time of need. COVID-19 has changed the way the program operations but the free loan of walkers, wheelchairs and other transport aids is still available for LW residents.

With clubhouses closed and social distancing in effect, the only way to secure a GAF mobility aid is to call (562) 431-9589 and leave your contact information. A GAF phone volunteer will return your call.

When calling GAF, speak slowly and clearly leaving your name, address, including Mutual and apartment numbers, and a phone number. Also, indicate your need, a wheelchair or walker.

Dedicated volunteers work Monday-Friday checking the phone mailbox for messages twice a day so the process is efficient. Equipment can either be picked up or delivered. Unnecessary contact is minimized by organizing the loan over the telephone.

In the event of an urgent need—for example, if you are released from the hospital on a

weekend or late at night—residents can call the Leisure World Security Department at (562) 594-4754. Security staff has access to the storeroom.

The GAF offers two types of walkers and two types of chairs.

The walkers include a foldable lightweight aluminum model (commonly called a tennis ball walker) and the heavier model, called a rollator, which comes with brakes and a foldable seat. The chairs offered are the well-known wheelchair and its cousin, the transport chair, which requires a healthy person to push the chair around.

The GAF has currently 1,300 rollators, 50 walkers, 150 wheelchairs and 150 transport chairs on loan to the community.

The Golden Age Foundation’s free Mobility Aids lending program benefits to shareholders by making it easier to get to doctors appointments and frequent local destinations. Only one item can be lent at a time to give more shareholders the opportunity to take advantage of the program.

GAF Mobility Aids asks that shareholders who are not using their walkers or wheelchairs return them so they can benefit

others. Call (562) 431-9589 and GAF Mobility Aids volunteers will pick them up at the shareholders patio.

The GAF is a nonprofit, charitable organization dedicated to serving Seal Beach Leisure World shareholders.

SBPD REPORT

Suspects arrested in 7-Eleven hold-up

On Saturday, Aug. 22, 2020 at about 9:36 p.m., the Seal Beach Police Department received a call of a robbery in progress at the 7-Eleven convenience store located at 1200 Pacific Coast Highway. The investigation revealed that as the robbery was occurring, two passersby saw one of the suspects pointing a handgun at the clerk. They ran across the street and telephoned the Seal Beach Police Department. The suspects who fled the store on foot were seen running toward a residential neighborhood across the street from the 7-Eleven. Mutual aid assistance was requested and officers from the Los Alamitos Police Department as well as a police canine from the Cypress Police Department responded. Seal Beach police officers ultimately located the suspects hiding under bushes in the 400 block of Marble Cove Way. The suspects were positively identified and taken into custody without incident. A loaded .40 caliber Glock 27 handgun was found nearby. Elijah Jimenez, 19, of Los Alamitos was charged with robbery, conspiracy to commit robbery and felony weapons-related charges, and booked into Orange County Jail. A 15-year-old juvenile was booked at the Orange County Juvenile Hall for robbery and conspiracy to commit robbery.

Anyone with information about this ongoing investigation is asked to contact Detective Jeff Gibson at (562) 799-4100 ext. 1109 or [jgibson@sealbeachca.gov](mailto:jgibson@sealbeachca.gov).  
—from the SBPD

Alzheimer’s Family Center Free Services

The Alzheimer’s Family Center is offering free services to help seniors cope while sheltering in place. People can take advantage of these services from the safety of their own homes via the phone or a Zoom teleconference on a computer or tablet.

To schedule your free appointment, call (714) 330-9277

FREE MEMORY CHECKUPS

As seniors are urged to shelter in place during the coronavirus pandemic, the risks of social isolation are becoming more of a concern. They include loneliness and depression, which increase the risk of dementia. Now is the time to determine your risk, especially if you have :

- Trouble remembering important dates or events,
- Problems misplacing or losing items,
- Greater difficulty performing basic tasks.

If any of these conditions describe you, consider having a free memory checkup done in your home with a healthcare professional by phone or via Zoom, the secure online platform. Zoom is a program and app that can be run on your desktop computer, laptop, tablet, or smartphone.

Your evaluation will be done remotely at a time most convenient for you. Within 20 minutes, you will learn if your memory falls within normal ranges, or whether you have a memory concern that needs further evaluation.

The center recommends that everyone age 50 and older get a yearly “check up from the neck up.”

Results and information will be kept completely confidential.

CAREGIVER COUNSELING

- Do you feel overwhelmed, sad, hopeless or frustrated with the demands of caregiving?
- Do you feel like you’ve lost your loved one to dementia?
- Are you experiencing conflict with your loved one or other family members?
- Have you withdrawn from normal activities because of caregiving?
- Do you feel like you are in a constant state of crisis?
- Are you or your loved one having a difficult time adjusting to a personal loss or diagnosis of dementia?

Alzheimer’s Family Center staff understands the struggles that come with caring for a loved one with dementia, especially during a pandemic. Its qualified family counselors specialize in helping caregivers manage the demands and emotional aspects of caregiving.

Alzheimer’s Family Center has received generous grant funding from Archstone Foundation to provide free counseling services for caregivers caring for an adult with a cognitive impairment.

The grant covers eight one-on-one therapy sessions, each lasting 50 minutes.

The organization follows all Health Insurance Portability and Accountability Act (HIPAA) requirements regarding medical records and confidentiality

The Alzheimer’s Family Center is located at 9451 Indianapolis Ave., Huntington Beach, CA, 92646. For more information, visit [www.afscenter.org](http://www.afscenter.org).

Calling All Volunteers

For the last five months, a team of compassionate, service-minded volunteers have been assisting Leisure World Seal Beach residents who are unable to shop for themselves.

People are needed to replace those who have returned to work, are at capacity or have otherwise dropped out.

If you have time to spare and would like to help your neighbors, contact Recreation at (562) 431-6586, ext. 398, or email [kathyt@lwsb.com](mailto:kathyt@lwsb.com). Let us know where you live, when you are available and if there are limitations on which stores you shop at and include a phone number.

The procedure is simply to put volunteers in touch with the person or persons who have asked for help. The two parties will work out the details.

The Recreation Office recommends no contact whenever possible. That can be accomplished by taking shopping lists over the phone, calling back with a total cost, and the recipient can leave an envelope with the payment outside his or her door.

Shoppers can get payment and leave groceries on door steps, so there is not contact. If both parties choose to meet face to face, masks and social distancing are required. This is not a GRF-sanctioned activity; Recreation is only acting as a conduit for information for GRF members requesting help.

405 Freeway Update

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:

Fairview Road Bridge Girder Placement

Crews are scheduled to install precast concrete girders for the new Fairview Road bridge over I-405 in Costa Mesa.

This work will require full freeway, ramp and lane closures.

**Southbound I-405 Loop Off-Ramp to Westminster Boulevard Closure is POSTPONED**



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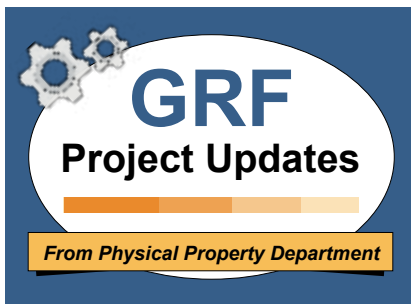
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A water line failed in Mutual 10, causing flooding; repairs had begun as of Monday.

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



### LW POOL

Electrical repairs are in progress for the new LW Pool and Spa. The gas meter relocation is on hold pending SoCal Gas availability. Engineering permitting by the City of Seal Beach and the Orange County Health Department are underway. The pandemic has slowed the project amid virus lockdowns and employee reductions stalling the permitting process, which is slowly moving forward.

The finished facility will include a five-lane pool, a 30-by-30-foot activity area with a volleyball net, a 9-by-25-foot spa, new locker rooms and a lounge area in a reconfigured space to maximize its potential.

### MUTUAL 10 WATER LINE REPAIRS UNDERWAY

A main potable water line failed Aug. 20, flooding parts of Carport 122 in Mutual 10. Physical Property and Service Maintenance staff were on scene to provide temporary water to the residents of the affected buildings. A Seal Beach City crew began work Aug. 21 to repair the pipe; groundwater hindered excavation. Workers spent Aug. 21 dewatering the area, meaning they drained groundwater by pumping.

### PAVING PROJECT

The 2020 Trust Street Paving project will run through September. The schedule began Aug. 18 to grind and overlay pavement on Church Place.

Similar grind and overlay projects will be on Oakmond Road through Sept. 3; Northwood Road from Del Monte to St. Andrews, Sept. 3-14; and the Clubhouse 2 parking lot, Sept. 3-14. The parking lot at Clubhouses 3 and 4 will be slurry sealed and cracks will be filled from Sept. 14-22.

Drivers are asked to obey construction zone signs, speed limits and flagmen during construction.

### FITNESS CENTER

The flooring has been completely installed at the 10,000-square foot Fitness Center in Clubhouse 6, which is undergoing a complete overhaul and expansion. New audio visual equipment and glass door installations are in the works. New fitness equipment will be installed soon.

### THE LEARNING CENTER KITCHEN

Work is underway on the new Learning Center demonstration kitchen in Clubhouse 3. Cabinet installation is scheduled for this week.

The project is tentatively scheduled for completion at the end of September.

The GRF Board approved improvements to Rooms 9 and 10 of Clubhouse 3, which are now being refurbished from the floor up to accommodate “smart” classrooms that will include computer stations, state-of-the-art audio-visual equipment and assistive listening devices, a “smart” board and two 80-inch monitors, to augment lecture sessions.

The demonstration kitchen will host cooking classes, chef-inspired dining experiences and provide a dining space where residents can cook for themselves and host parties.

### 405 from page 2

The SB I-405 loop off-ramp to Westminster is postponed.

The 405 Community Outreach Team will provide an update when the closure is rescheduled. **Southbound I-405 Loop Off-Ramp to Beach Boulevard is PERMANENTLY CLOSED**

The SB I-405 loop off-ramp to NB Beach Boulevard is permanently closed. Motorists will

use the Beach Boulevard/Center Avenue off-ramp from now on to access NB and SB Beach Boulevard.

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

## WNV Update

The Orange County Mosquito and Vector Control District (OC-MVCD) is reporting an increase of West Nile Virus-positive mosquitoes in areas of the county. Escalated WNV responses such as residential truck-mounted adult mosquito control is triggered when surveillance data continues to identify significant WNV positive mosquitoes in an area.

The high number WNV-positive mosquitoes in the cities of Fullerton and Buena Park has resulted in the season's first residential truck-mounted adult mosquito control treatment. Laboratory test results show continued WNV positive mosquito samples in the area between the Beach Boulevard to Euclid Street and the 91 Freeway to Rosecrans Avenue. The presence of WNV positive mosquito samples combined with a high abundance of mosquitoes increases the risk of residents getting bit by a mosquito capable of transmitting WNV.

In an effort to reduce the number of mosquitoes, interrupt virus transmission and protect the public from mosquito-borne diseases, the OCMVCD will conduct truck-mounted ultra-low volume (ULV) applications in neighborhoods where the mosquitoes were trapped. The treatments were applied from August 25 to today between 10 p.m.-5 a.m.

OCMVCD will continue to track WNV positive mosquito samples throughout the county and may add additional treatment areas and dates throughout the remainder of the WNV season. Treatments will be conducted between the hours of 10 p.m.-5 a.m. in areas determined to be high-risk for WNV transmission to residents. Residents can sign up for alerts regarding treatment in their area on the district's website or check the spray schedule and determine whether their homes are located within the treatment area at <https://www.ocvector.org/residential-truck-mounted-treatments>.

Residents in treatment areas will be notified prior to the treatment date with signs posted in their neighborhoods or a flyer left at the door. All control products used by OCMVCD are registered by the federal and state Environmental Protection Agency for the purpose of controlling mosquitoes and to safeguard public health. The products are applied according to the label rate (less than 1 fluid oz. per acre) and are not harmful to people or pets, **WNV, page 4**

## Security Report

### Stopping Thefts Inside the Community

by Victor Rocha  
Security Services director



Victor Rocha

Overall, our community is fortunate to have a low volume of crime considering nearly 10,000 people live inside Leisure World Seal Beach.

However, we have been experiencing some thefts in the community and by working together we can minimize this issue.

Some of the thefts that have occurred have been “crimes of opportunity”—someone has observed a car door unlocked or property unsecured in a carport and took advantage of the opportunity.

There are many ways to minimize thefts, including:

- Do not leave valuables visible inside your vehicle.
- Close your vehicle windows and lock vehicle doors every time you get out.
- Close and lock all doors to your residence when you leave, even for a short period of time.
- Carport may not be used for storage. Secure all approved policy items in your carport, including ladders, bicycles, etc., under the cabinet.

We are working closely with the Seal Beach Police Department to curtail thefts inside the community.

To assist us, if you see something and sense that something is wrong, it probably is. Call Seal Beach Police Department at (562) 594-7232 if you observe any suspicious activity, such as someone loitering in the carport areas or looking into residence windows. You may remain anonymous.

## Stretch Your Food Budget with CalFresh

CalFresh (formerly known as food stamps) can help qualifying Leisure World residents stretch their food budgets. Recipients receive a card that works like a debit card with money loaded every month to shop for more fruit, vegetables, protein and other healthy foods. CalFresh is a program funded by the USDA to help improve health and nutrition of families with low incomes.

CalFresh is an entitlement program, which means that all who apply and qualify will receive benefits and will not “take someone else's place.”

The USDA sets aside funds for the program, and because there is currently underparticipation in the program millions of dollars in benefits are being left unused.

Upon application, income and many other factors are taken into account to determine eligibility. By calling 2-1-1 Orange County, people can be prescreened for major eligibility criteria, helping them understand if they are eligible to receive CalFresh and to feel more prepared before beginning the application process.

CalFresh benefits can be used almost anywhere food is sold, such as supermarkets, convenience stores, pharmacies, stores like Target and Costco, some ethnic markets and some farmer's markets.

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

People who are over 55 and a resident or citizen might qualify for CalFresh if you meet the gross monthly income limit: (gross monthly income must be less than the amounts listed): One-person household, \$2082, gross monthly income; two-person household, \$2,818, gross monthly income.

During the COVID-19 Pandemic CalFresh provided an increase in benefits from March-August. The amount received depends on income, expenses and family size. Maximum benefit allotments range from \$194 for a single person to \$1,169 for a household of eight.

Have access to the following documents in order to apply:

- ID
- Green Card or Citizenship Certificate
- Social Security Card

**CALFRESH, page 12**



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# Perspectives

## Letters to the Editor

Editor:

Since the pandemic, I don't drive much, and my poor car gathers dirt in the carport. I am using the LW car washing station since I am leery of the human contact involved in going to a professional carwash. Whoever put together the car wash station seems unaware that it would be used exclusively by *old* people. It is located by Clubhouse 2 and consists of a concrete area with marked spaces and several old, stiff hoses wrapped around holders on the fence. The water comes out of the hoses full force, and there is nowhere for it to go, so it collects in puddles and splashes all over.

It is difficult to direct the water at your car, while navigating deep water at your feet. There are drains in the slab but the water pools there. Maybe they are plugged with something.

There are also spaces in which to park your car and dry it off, but I just turn the water off, try to wind the stiff black hose over the holder and drive my car back to my area where I park and then wipe the water off the car with rags, not a pleasant experience, especially for a creaky old woman.

With all the hundreds of thousands of dollars spent on upgrading the swimming pool and the golf course, I wonder why a little of our money could not be spent in upgrading the car wash area to make it more user friendly.

Joan Rose  
Mutual 12

Editor:

Gloria Beech (Letters, July 30) asked, "Who are these traffic people at the front gate?" As a former traffic officer, I can answer that question.

Currently, there are three different types of employees working for Security: full time GRF employees, part time GRF employees, and temp workers. The temps are provided by Off Duty Officers Inc., which has been providing temps for Security since September 2019. In spite of the company's name, the temps are not off duty police officers. You can spot the temps because they wear black uniforms, which are intended to look like police uniforms.

Learning to be a traffic officer is not something you can learn in a classroom or by reading a textbook. You have to learn it while working on the job. Although I had some excellent trainers, I made a lot of mistakes when I first started.

The problem with relying on temps is that the constant turnover results in a workforce with a wide range of experience and skills. When you encounter an ODO temp at the Main Gate, it is important to remember that the temp could have been working as a traffic officer for a couple of weeks or a couple of hours.

Signe Merrifield  
Mutual 16

## Covid Chronicles

Leisure World residents are living in historic times as the COVID-19 pandemic unfolds around the world.

Residents are welcome to share their experiences, observations and opinions with their friends and neighbors in the LW Weekly. The deadline is Thursday for the following week's publication. Submissions are subject to editing for clarity and brevity. Submit your stories by emailing [rutho\\_news@lwsb.com](mailto:rutho_news@lwsb.com). For more information, call (562) 472-1277

## WNV from page 3

even if they are present during the application. The application will also not harm the finishes on cars or homes. Residents do not have to turn off air-conditioning units during the application.

Residents should take the following precautions to help reduce the chances of getting bit by mosquitoes:

- Dump and drain any containers filled with water at least once a week.
- Clean and scrub bird baths and pet water bowls weekly.
- Dump water from potted plant saucers.
- Do not transport or share plant stems rooted in water.
- Drill a hole or puncture containers to eliminate standing water. To prevent mosquito bites, the District offers the following tips:
- Apply mosquito repellent to exposed skin before going outdoors; reapply as recommended.
- Wear repellent containing DEET, Picaridin, IR3535 or oil of lemon eucalyptus.
- Close all unscreened doors and windows to prevent mosquitoes from entering your home or space; repair broken or damaged screens
- Wear long-sleeved shirts and long pants, and opt for lighter-colored clothing

Mosquito Control is a shared responsibility. Orange County residents are urged to inspect their property for possible mosquito breeding sources and to educate their neighbors to help keep their neighborhoods mosquito-free.

Visit [ocvector.org](http://ocvector.org) to learn more about what you can do to prevent mosquito breeding in and around your property.

—Orange County Mosquito and Vector Control District

## Scam Alert

A Mutual 6 resident called to report that a friend almost fell for the so-called "90# Telephone Scam," a legacy phone scam using the 90# buttons on business land-line telephones. It is still around, targeting phones served by a private branch exchange (PBX) or private automatic branch exchange (PABX).

According to the Federal Communications Commission, someone calls claiming to be a telephone company employee investigating technical problems with your line or checking up on calls supposedly placed to other states or countries from your line.

The caller asks you to aid the investigation by either dialing 90# or by transferring the call to an outside line before hanging up. By doing this, you may be enabling the caller to place calls that are billed to your telephone number.

Telephone company employees checking for technical and other types of telephone service or billing problems would not call and ask a subscriber to dial a specific series of numbers before hanging up.

Telephone company employ-

## Street Sweeping Reminder

GRF trust streets are swept on the fourth Thursday of the month. Parked vehicles must be removed from trust streets before midnight the night before. Contact Mutual directors to find out when your mutual carports are scheduled for sweeping.

## 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.



ees would not request subscribers to connect the caller to an outside line.

These types of calls are used to trick subscribers into taking actions that will enable the caller to place fraudulent calls.

If your place of business uses either a PBX or a PABX, your company telecommunications manager should contact the

equipment manufacturer and the telephone companies that provide you with local and long distance service and ask for information about security systems available to protect your telephone system from toll fraud.

You should also consider asking about any monitoring services that help detect unusual telephone system usage.

## Credits & Kudos

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


Hazel Eileen Dohn of Mutual 11 got fast service from her Mutual 11 Board. She writes: "I put a note in the Administration mail slot to the Mutual 11 Board at 7 a.m. on Aug. 14. It concerned a sprinkler head at my unit. Later that morning, Leslie Martin Juchna came to my unit to see what my concern was. Now that is fast service. Mutual 11 Director Brenda Hemry called later to see how things were going. Both gals were concerned the the new palm plant wasn't getting enough water. I was so impressed. Thank you. They are on top of things.

About a year ago, the copper pipes were installed in my unit. After the installation I heard a loud noise around 8 p.m. and ended up calling Brenda Hemry to ask what to do. Brenda came to my unit right away and turned off the water because there was a leak. She took care of it. I never thanked her, so here is a delayed thank you from me to Brenda.

## Setting It Straight


A letter to the editor (Aug. 20) incorrectly stated "history reveals, however, there were unwilling Africans who were exploited much earlier in America, in the fourteenth century." The Fourteenth century ran from 1300-1399. America was discovered after 1492.

According to Wikipedia, the first 19 or so Africans to reach the colonies England was struggling to establish arrived in Point Comfort, Virginia, near Jamestown, in 1619, brought by British privateers who had seized them from a captured Portuguese slave ship.



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<b>VOL. 44 NO. 31</b>	



# Government

Mutual Meetings

See page 14 for the weekly schedule.

## Recap of GRF Board Activity Aug. 25

### Approved Consent Agenda

MOVED and duly approved to adopt the Consent Agenda, as amended: the minutes of the August 4, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) Special meeting (Organization), as presented; the minutes of the August 7, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) Special meeting and accepted the financial statements, as of July 31, 2020, for audit.

### Approval of Minutes

MOVED and duly approved to accept the minutes of the July 28, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) regular meeting, as amended; and the minutes of the August 4, 2020 Golden Rain Foundation (GRF) Board of Directors (BOD) Special meeting (Elections), as presented.

### General – Emergency Addition to Agenda

MOVED and duly approved the addition of an Orange County Registrar, Onsite Ballot Drop Off Box agenda item to the August 24, 2020 GRF Board agenda, under provisions of Civil Code (§4390(d).

### General – Immediate Action Request, Orange County Registrar, Onsite Ballot Drop Off Box

MOVED and duly approved the use of Trust Property, identified as approximately 10 square feet, adjacent to the US Post Box location at the Amphitheater parking lot, exit at St. Andrews/Tam O’Shanter, for the hosting of an Orange County Registrar of Voters Ballot Drop Off Box and authorize the President to sign the agreement.

### COVID-19 Ad hoc Committee -TENTATIVE VOTE: Adopt 70-1448-3A – Veterans’ Plaza – Emergency Operational Procedures

MOVED and duly approved emergency action policy 70-1448-3A – Veterans’ Plaza – Emergency Operational Procedures, for Trust property identified as Veterans’ Plaza, under the provisions of civil code (§4360(d), as presented.

### COVID-19 Ad hoc Committee - TENTATIVE VOTE: Adopt 70-1448-3B – Mission Park, Phase One (Multi-use Court) – Emergency Operational Procedures

MOVED and duly approved emergency action policy 70-1448-3B – Mission Park (Multi-Use Court) – Emergency Operational Procedures, for Trust property identified as Mission Park, under the provisions of civil code (§4360(d), as amended.

### COVID-19 Ad hoc Committee - TENTATIVE VOTE: Adopt 70-1448-3C – Mission Park, Phase Two (Bocce Ball) – Emergency Operational Procedures

MOVED and duly approved emergency action policy 70-1448-3C – Mission Park, Phase Two (Bocce Ball) – Emergency Operational Procedures, for Trust property identified as Mission Park, under the provisions of civil code ((§4360(d), as presented.

### COVID-19 Ad hoc Committee - TENTATIVE VOTE: Adopt 70-1448-3D – Amphitheater (Religious Services)– Emergency Operational Procedures

MOVED and duly approved to return 70-1448-3D to the COVID-19 Ad hoc Committee for review.  
COVID-19 Ad hoc Committee - TENTATIVE VOTE: Adopt 70-1448-3 – Golf Course – Emergency Operational Procedures  
MOVED and duly approved to remove 70-1448-3, Golf Course – Emergency Operational Procedures from the agenda.

## Bathroom Accessibility Grant

The City of Seal Beach Bathroom Accessibility Program has been approved for another cycle of funding. This means that from July 2020-June 2021, the City can spend \$145,000 on grants to Leisure World residents to continue the Bathroom Accessibility Program. For over 14 years, the City of Seal Beach has offered the Seal Beach Bathroom Accessibility Program to help residents in Leisure World modify their bathrooms for safer access.

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

Due to the threats of COVID-19, CivicStone, the administration of the program, will be changing the way it operates. It will not hold a workshop in any

clubhouse for Leisure World residents this year. Instead, individual appointments can be made via phone, FaceTime, Zoom or Google Hangouts to ask questions and get individualized advice on how to complete applications. Simply email [monique@civicstone.com](mailto:monique@civicstone.com) for an appointment. Residents can also call (909) 364-9000, but email is preferred. All information is kept strictly confidential.

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

The Leisure World Bathroom Accessibility Grant converts the tub/shower combination into a shower-only unit for safer access.

The fiberglass is refinished to look like new, and a new glass shower door enclosure is installed.

Toilets can be replaced with

GRF Board

Executive Session

1 p.m., Aug. 28

Virtual Meeting in accordance with applicable codes

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

A. Call to Order – Susan Hopewell, President

B. Roll Call

C. Legal

D. Contracts

E. Personnel

F. 10

Adjournment

This agenda is subject to change.

### CITY OF SEAL BEACH

## Feedback sought on ADA survey

The City of Seal Beach is undertaking a survey of accessibility needs for people with disabilities to collect vital feedback that will shape the city’s transition to greater accessibility for all.

The city is developing an American with Disabilities Act (ADA) Transition Plan to make programs, services, facilities and public right-of-way more accessible to persons with disabilities. Gathering feedback from the community is an important part of this process.

### How To Provide Your Input:

The development of the ADA Self-Evaluation and Transition Plan is currently underway, and the city would like to hear your comments and concerns regarding accessibility to assist in the plan development. Help with this process by listing your concerns regarding accessibility of the public facilities within the City of Seal Beach.

The city is looking for input from:

- Individuals with disabilities.
- Senior citizens.
- Individuals and members of groups that encounter barriers related to transportation, such as parents of children with disabilities.

• People with experience and

ADA, page 6

AGENDA

SPECIAL GOLDEN RAIN FOUNDATION

BOARD OF DIRECTORS MEETING

Clubhouse 4 and Live Stream

Monday, Aug. 31, 1 p.m.

View the meeting livestream:

- Navigate to [www.lwsb.com](http://www.lwsb.com)
- Click on the Watch BOD Meeting Live tab
- The live streaming uses YouTube live and terminates at the close of the meeting

1. Call to Order/Pledge of Allegiance
2. Roll Call
3. Announcements
4. Shareholder/Member Comments

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

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

5. New Business
  - a. Re-opening of Trust Property Amenities under Emergency Operational Procedures
    - i. Veterans’ Plaza, 70-1448-3A
    - ii. Mission Park (Pickleball), 70-1448-3B
    - iii. Mission Park (Bocce Ball), 70-1448-3C
    - iv. Amphitheater (Religious Services), 70-1448-3D
6. Board Member Comments

## GRF Committee Meetings

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

Fri., Aug. 28	GRF BOD Executive Session virtual ..... 1 p.m.
Mon., Aug. 31	Special GRF Board Meeting Clubhouse 4 ..... 1 p.m.
Wed., Sept. 2	Physical Property Committee Clubouse 4 ..... 1 p.m.
Thurs., Sept. 3	COVID-19 Ad Hoc Committee Virtual..... 1 p.m.
Fri., Sept. 4	GRF Board Executive Session Virtual..... 1 p.m.
Tues., Sept. 8	Recreation Committee Clubhouse 4 ..... 1 p.m.
Wed., Sept. 9	Security, Bus & Transportation Clubhouse 4 ..... 1 p.m.
Thurs., Sept. 10	Communications/IT Committee Clubhouse 4 ..... 1 p.m.

## Carport Cleaning Schedule 2020

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

### Labor Day - Monday, Sept. 7

Mutual 1, Carports 1-6, 9-10, and Mutual 17, Building 3, will be cleaned Monday, Aug. 31.

### Veterans Day - Wednesday, Nov. 11

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

### Thanksgiving Day - Thursday, Nov. 26

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

### Christmas Day - Friday, Dec. 25

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

## Free Food Distribution

Free food is available in Leisure World to eligible residents who are 60 years or older through Community Action Partnership of Orange County (CAPOC), which has a monthly distribution site by Clubhouse 4. The next food distribution will be Sept. 17.

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

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. People who are unable to apply themselves or pick up the box of food may send a proxy to act on their behalf with appropriate ID. People who need help arranging a proxy can call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

## E-Bike Safety

An electric bicycle also known as an e-bike is a bicycle with an integrated electric motor that can be used for propulsion. Many kinds of e-bikes are available worldwide, from e-bikes that only have a small motor to assist the rider's pedal-power (i.e. pedelecs) to more powerful e-bikes that are closer to mopeds. All retain the ability to be pedaled by the rider and are therefore not electric motorcycles.

E-bikes use rechargeable batteries and the lighter ones can travel 16-20 mph, depending on local laws, while the more high-powered models can reach speeds of 28 mph.

According to a 2018 bicycle industry analysis, e-bikes sales increased 83 percent between May of 2017 and May of 2018, and e-bikes made up 10 percent of overall bikes sales in the U.S. for that time period.

The California DMV defines the e-bike as a bicycle equipped with fully operable pedals and an electric motor of less than 750 watts. Three classes of electric bicycles have been established:

- Class 1: A low speed pedal-assisted electric bicycle equipped with a motor that provides assistance only when the rider is pedaling and ceases to provide assistance when a speed of 20 mph is reached.
- Class 2: A low speed throttle-assisted electric bicycle equipped with a motor used exclusively to propel the bicycle and *not* capable of providing assistance when a speed of 20 mph is reached.
- Class 3: A low-speed, pedal-assisted electric bicycle equipped with a speedometer and a motor that provides assistance only when the rider is pedaling and ceases to provide assistance when a speed of 28 mph is reached.

The operator of a Class 3 electric bicycle:

- Must be 16 years old or older.
- Must wear a bicycle safety helmet.
- Must not transport passengers.
- May ride an electric bicycle in a bicycle lane if authorized by local authority or ordinance. They are allowed in Leisure World.

All electric bicycle classes are exempt from the motor vehicle financial responsibility, DL, and license plate requirements.

### E-bike Safety

Electric bikes are more popular than ever, with older riders—Baby Boomers, especially—driving much of the demand. Proponents have touted e-bikes as a way to make cycling more accessible to the elderly, people with disabilities, and anyone who might hesitate to hop on a conventional bike.

Yet as this new technology spreads, so has a new crop of safety concerns, according to a study of e-bikes published in December in “Injury Prevention” from researchers at New York University’s School of Medicine. The study looked at a national database of emergency room visits for information about accidents related to riding a standard bicycle, motorized scooter or an e-bike from 2000-2017.

It found that more than nine million men, women and children showed up in an emergency room after being hurt while riding a standard bike during those 17 years. Another 140,000 injured themselves on scooters, and about 3,000 on e-bikes, and in general, the e-bike injuries were the most severe and likely to require hospitalization.

Why e-bikers tended to hurt themselves more seriously than other riders is not clear from the injury data, but e-bikes can go faster and increased speed often results in more-severe injuries, experts say.

E-bike injuries were also more than three times as likely to involve a collision with a pedestrian than either scooter or traditional bike injuries, according to the “Injury Prevention” report.

In California, E-bikes are regulated like bicycles. The same rules of the road apply to both e-bikes and human-powered bicycles, so the same safety rules apply: Go slow if necessary, yield to pedestrians and check cross streets and driveways.

Electric bicycles are designed to be as safe as traditional bicycles, do not compromise consumer safety, and benefit bicyclists who may be discouraged from riding a traditional bicycle due to limited physical fitness, age, disability or convenience. But their potential for speed requires following the rules of the road and heightened awareness of surroundings, for example, pedestrians and people emerging from parked cars.

## GAF Battery Recycling

The Golden Age Foundation sponsors a battery recycling program in Leisure World that used to have various drop-off locations.

Since COVID-19 shut-downs in March, LWers have been unable to access those locations, which included the Clubhouse 6 Hospitality Center and GRF News office.

After the GAF shredding service on July 9, it became clear that a new central location was necessary to help people recycle spent batteries.

With the cooperation of GRF Recreation Department and GAF sponsors, shareholders can now bring household batteries to the back door of Building 5’s Copy and Supply Center, which is in the alley outside (not inside the hallway). No ink cartridges or

printer toners can be accepted.

The GAF asks shareholders to hold following items until offices are open to the public again: Fluorescent/LED bulbs, computers and monitors, televisions, microwave ovens, hair dryers, telephones and other electronic waste.

Ordinarily, the GAF would ask shareholders to drop off recyclables at the Maintenance Yard or a collection truck outside of Maintenance Yard, but due to COVID-19, these services have been suspended. Furniture, mattresses and other large items may be disposed of at bins located at the northwest corner of L.W Go North on Oak Hills Drive. Turn right into the Mini Farms and use the resident recycling containers. Make sure items are placed in the



A lone biker rides on down St. Andrews Drive. The community has a mix of pedestrians, ebikers, cart riders and bicyclists using the same streets and byways. To be safe, experts say go slow, be aware and wear protective gear.

### SHARING THE ROAD

## Right-of-way rules are imperative for safety

Leisure World has miles of sidewalks that are shared by pedestrians, cyclists and cart riders. It can make for a dangerous mix if people don't follow right-of-way rules and proceed with caution.

Several Leisure World residents have reported near collisions between speeding bikers and pedestrians walking dogs or just out for exercise. According to the California Office of Traffic Safety (OTS), pedestrian fatalities are on the rise. While every pedestrian is at risk, older adults and children have a higher likelihood of being injured or killed while traveling by foot, wheelchair, or stroller.

Sidewalks are built for pedestrians. In many places, it is illegal for bikers to ride on sidewalks. Riding bikes on sidewalks has its own set of dangers that many people never think about—getting right hooked, cars pulling out of carports, hitting pedestrians, etc.

### Five Rules for Bike Riders on Sidewalks

• **Go Slow**—This is the chief of all rules for riding on the sidewalk. All the other rules fall under this one. You should never ride faster than a relaxed jog. The sidewalk is built for pedestrians, so you should not be going faster than them. Pedaling fast down the sidewalk is a perfect way to get hurt or hurt someone else.

• **Yield to Pedestrians**—If you

come up behind people walking, be polite and wait for a good time to ask them to let you pass. Never come up behind them yelling, ringing a bell or anything else that could startle or scare them. You are trespassing on their terrain so be courteous.

• **Check Every Cross Street and Driveway**—Drivers are used to pulling all the way up to the road before coming to a stop and turning onto the street. Make sure when coming up to a driveway or cross street that you slow down and check to make sure a car isn't coming. They aren't looking for fast moving vehicles to be coming off the sidewalk, so you have to be watching for them.

• **Only Cross the Street at Crosswalks**—A good way to get hit by a car is to come darting off the sidewalk into the street randomly. If you need to cross the street, wait until you get to a cross walk and do it there.

• **Be Willing to Walk Your Bike**—If you regularly ride on the sidewalk, there are going to be lots of times where the best decision is to get off your bike and walk for a bit. This is usually due to congestion. When there are just too many people around that you risk hitting one of them, it's time to walk. Constantly keep it in your mind that you can get off your bike and walk if things seem chaotic.

### Tips For All Road Users

• **Same Road, Same Rules, Same Rights:** The California Vehicle Code grants motorists and bicyclists the same rights and responsibilities on public streets—both are responsible for obeying the laws and rules of the road.

• **Red Means Stop at Traffic Signals and Stop Signs**

Motorists and bicyclists must stop at red lights and stop signs, and yield at stop signs to those

who arrive first.

### • Stay Focused and Avoid Distractions

Whether you drive a car or ride a bike, it's illegal to talk or text on a cell phone. Wearing headphones that cover both ears is also illegal. If wearing earbuds, leave one ear free to listen for other vehicles, including emergency responders.

### • Beware of the “Door Zone”

Motorists should take extra precaution when opening car doors into traffic to avoid collisions with oncoming bicyclists. Also, bicyclists should allow at least five feet of clearance while riding alongside parked cars to avoid the “Door Zone.” Pro-tip: After parking your car, use your right hand to open your door to help you spot bicyclists.

### Tips For People Driving

• **Give Bicyclists Three Feet or More When Passing**

The faster a car's speed, the greater the distance a motorist needs to pass safely due to vehicle wind shear. On narrower streets, pass bicyclists slowly and only pass leaving three feet of space or more. If there is not adequate space to pass, change lanes or wait until you can pass safely.

### • Take Care at Driveways and Intersections

Most crashes occur at intersections and driveways. So when pulling out of driveways or alleyways, look both ways for bicyclists and pedestrians and take extra care when turning right at intersections.

### • Use Your Horn to Warn, Not Scold

Nobody likes angry honking and sudden loud noises may startle and distract bicyclists. In fact, it's against the law to use your horn for non-emergency warnings.

—from *CampfireCycling.com*, *California Bicycle Coalition*, *OCTA.net*

## Dial-A-Ride

Dial-A-Ride service is available for shopping rides to any location within the City of Seal Beach. Service is available at no cost Monday-Friday, 7:30 a.m.-2:30 p.m. Advance reservations are required by calling (877) 224-8294. Cindy Tostado, GRF member resources and assistance liaison, is available to help people register for the Senior Transportation Service by appointment. To make an appointment, call 431-6586, ext. 317.

## ADA

from page 5

knowledge of ADA planning and requirements, or serves disabled populations.

• Any interested Seal Beach resident and/or business owner.

### Time Frame

The survey is now available online at the City of Seal Beach's website [www.sealbeachca.gov](http://www.sealbeachca.gov). It will be open through Sept. 30; click on the “ADA Public Input Questionnaire” button. In addition to the online form, a hard copy can be made available by contacting Iris Lee at (562) 431-2527, ext. 1322 ([ilee@sealbeachca.gov](mailto:ilee@sealbeachca.gov)), or Denice Bailey, (562) 431-2527, ext. 1328 ([dbailey@sealbeachca.gov](mailto:dbailey@sealbeachca.gov)).

# Religion

## Redeemer Lutheran & St. Theodore's

By Lisa Rotchford  
Reverend

If you've driven by our church recently you may have seen our newly landscaped front yard in full bloom. Planted just a few months ago as the pandemic began, the small plants have taken root and are gorgeously bringing colors of deep reds and bright yellows in the bright Seal Beach sun. Even though they face the harshest heat of the year, they are planted well, tended with just the right amount of water, love and care. These mighty little plants are brilliantly responding and thriving.

On our newly revitalized sign, we've also posted a saying that encourages us living through harsh, heated times, "May Your Faith be Louder than Your Fear."

Think of your faith as those small plants that are now thriving. When we live by our faith, we are strong. When our faith is fed and watered, and we know we are cared for by our almighty creator God, we too can thrive.

The subject of faith has been written about by the Scripture writers and theologians throughout the centuries. And all those centuries have had multiple pandemics like the one we are living through. The meaning of faith really comes through when we are faced by hardship, or when we face things that make us fearful.

As the Gospel of John reminds us, we can face the hot desert sun of life, yet "whoever believes in Christ will be like rivers of living water that will flow from within them" (7:38). By faith, we are refreshed.

In Mark 5:36, Jesus overhears the disciples fearing the death of Jarius' daughter. Overhearing what they said, Jesus told him, "Don't be afraid; just believe." They then watch the young girl literally come back to life.

Our faith gives us life, "For we walk by faith, not by sight." (2 Corinthians 5:7). "And whatever you ask in prayer, you will receive, if you have faith" (Matthew 21:22).

So, like the mighty little plants that are thriving in the hottest part of the year, "Be on guard. Stand firm in the faith. Be courageous. Be strong" (1 Cor 16:13). Bloom wherever God has planted you. Believe. Thrive. Let your faith be stronger than your fear!

## LW Baptist

By Rolland Coburn  
Pastor

Christians lamenting the "change and decay in all around we see," pray, "O Thou who changest not abide with me."

Our Lord, responding to this longing of our hearts made an astounding statement in Matthew 24:35, "Heaven and earth will pass away, but my words will not pass away." He elaborated with a story and equally striking promise in Matthew 7:24-29.

"Everyone who hears these words of mine and does them, will be like the wise man who built his house upon the rock. When the rain came down and the waters rose, and the winds blew and beat against that house, it did not collapse because it had been founded on the rock. But everyone who hears these words of mine and does not do them, will be like the foolish man who built his house on the sand. When the rain came down and the waters rose, and the winds blew and beat against that house, it collapsed—and great was its fall!"

A Gaither song paraphrased expresses the thought: "Through the storms of life, through the doubt and the fear, when the way seems dark, when no one seems to hear, you can call on him, you can trust in his plan, for you've made your choice, on the rock you will stand."

"You'll not depend on your thoughts, not the way that you feel. You'll trust in his word, on the things that are real. You will live for him, follow what he has planned. You'll not build your life on sinking sand. A foundation sure, held in place by his hand, on Christ the solid rock you will stand."

## Faith Christian Assembly

There have been studies on the pervasiveness of loneliness in our culture, "New research analyzing previous studies suggest people who fall into the loneliness trap are 50 percent more likely to suffer an early death than those who remain socially connected. Previous studies have found that as many as a third of Americans are lonely, and that 18 percent of adults felt lonely "always" or "often." Faith Christian Assembly wants its members to know that they don't have to be lonely. Anyone can attend the Sunday services at 10:30 a.m., and 5:30 p.m.

Those cannot attend the live Sunday or Wednesday services can call in to the conference call at 10:50 a.m. To participate in communion on the call, dial (425) 436-6371, access code: 576671#.

Out of an abundance of caution, all who attend must have their temperature taken at the door, wear a mask especially before and after service and sit socially distant from others. The conference calls will start at 5:45 p.m. on Sunday and Wednesdays at 11 a.m. for the Bible study.

To receive a free newsletter and for more information on the church, call (562) 598-9010 or visit [www.FCAchurch.net](http://www.FCAchurch.net).

## Beit HaLev

Beit HaLev is now conducting services on Zoom. Anyone interested in joining the Beit HaLev Zoom community for services and Hebrew lessons, contact the rabbi at (562) 715-0888 for access and instructions on how to use Zoom.

Beit HaLev is continuing to livestream on Facebook and YouTube as well. To attend, go to Rabbi Galit Shirah's website at [galityomtov.com](http://galityomtov.com), [Facebook.com/galityomtov](https://www.facebook.com/galityomtov) or [YouTube.com/galityomtov](https://www.youtube.com/galityomtov) (Shabbat Shalom LIVE! channel). Evening services begin at 6 and morning services begin at 10:30. A link to the PDF version of each prayerbook is provided at each service.

"Kee Teitzei," (When You Take) is the reading from Deuteronomy 21:10-23:7. Moses addresses Israelite warriors, instructing them in the laws regarding marriage to a prisoner of war; the dissertation continues with laws of sexual misconduct (unchastity, adultery, rape, restrictions on marrying family members). The Parashah concludes with a charge to remember Amalek and his attack against the most vulnerable following the redemptional the Red Sea.

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 and hear a spiritual message, go to [SimShalom.com](http://SimShalom.com).

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

A schedule of the days and times of the services for the High Holy Days will be included in this column for the next several weeks.

## Community Church

By Johan Dodge  
Reverend

I have heard from many of you during this strange and different time that we are living through. There is a common thread of thought throughout these conversations. Some of the themes I'm hearing about are loneliness, isolation, mild depression, health worries and confusion over national events.

So, what can you do?

You know the answer. Turn to God. I can offer some thoughts and suggestions to get you started, but its important to take this situation into your own hands.

Take a composition book, a diary or whatever you have on hand. Write the date, your favorite Bible verse then list 10 things you are grateful for every day. Each listed item of gratitude can just be a word to two (family, eternal life, healing sleep, good friends). By the time you get to the end your spirit will be lifted. For the rest of the page list some names you want to pray for. I like to circle the answers to prayers in red at a later date.

Having a low day? Pick up the notebook and look at your blessings and answers to prayer. God speaks of his love for us in 1 Thesalonians 5:18, "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

This practice will increase your awareness of what God is doing in your life every day, which always raises gratitude and puts us in a closer relationship with our savior. This is worship.

Sunday morning worship is at 9:50 on Facebook live, [@communitychurchleisureworld](https://www.facebook.com/communitychurchleisureworld). If you want to join, call the church office or email [leisurewccsue@yahoo.com](mailto:leisurewccsue@yahoo.com). Those who don't have a computer or Facebook can call in to our phone system at (562) 431-2503 and listen to the weekly message beginning Sunday evening.

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

## Church of Jesus Christ of Latter Day Saints

by Jim Greer  
LW Contributor

In a BYU devotional given Nov. 14, 2017, Elder M. Russell Ballard of the Quorum of the Twelve Apostles spoke of a time when the Prophet Joseph Smith answered 20 questions. The answers to those questions were published in the church's newspaper, the Elders' Journal, in July 1838.

One important question asked of the prophet was, "What are your religion's fundamental principles?" The Prophet Joseph replied, "The fundamental principles of our religion are the testimony of the apostles and prophets concerning Jesus Christ, that he died, was buried, and rose again the third day, and ascended up into heaven; and all other things are only appendages to these, which pertain to our religion."

Before his address, Elder Ballard received 767 questions from BYU students, a few of which he answered during his speech. As a prelude, he emphasized that "it is important to remember that I am a general authority, but that does not make me an authority in general! The Lord called the apostles and prophets to invite others to come unto Christ—not to obtain advanced degrees that may be useful in answering all the questions we may have about scriptures, history, and the church. Our primary duty is to build up the church, teach the doctrine of Christ, and help those in need of help."

Elder Ballard echoed the Lord's counsel to those asking questions in D&C 88:118, "Seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith."

Ballard then offered suggestions for all who seek answers to Gospel

LDS, page 8

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## Congregation Sholom

Rabbi Rachel Axelrad will stream Friday night services at 6:30 on Aug. 28 on the Congregation Sholom of Leisure World Facebook page. To join, select the “Rooms” tab, then click on “Jewish Activities” and “Join to Restart.” Rabbi Dangott will also be on Facebook for Saturday morning services at 9:30 on Aug. 29.

On Sunday, Aug. 30, Congregation Sholom will host an online Bingo game run by Sandy Gefner at 4 p.m. on Zoom. To play, email Jeff Sacks [atjfsacks@gmail.com](mailto:atjfsacks@gmail.com).

Anyone who wants to participate in Congregation Sholom’s games, book club or services that are live streamed on the Congregation Sholom of Leisure World Group Facebook page, can call Susan Michlin at (805) 501-5268 to be added to the rooms.

Electric Shabbat candles are available for \$8. This will help people light candles on Friday night and leave them to burn until after Havdalah on Saturday night without a risk of fire. People can contact Carol Levine if they want a set. The candles have been obtained by Rachel Berkowitz of Chabad.

Tallit are available. Call Ruth Hermann at (562) 430-310. Selichot services will take place on Sept. 12 at 7 p.m. If you would like a prayer book, contact Carol Levine at 505-3622.

The High Holidays will be here soon. More information will be coming next week.

Anyone who wants to become a member so they can participate in the live stream services on the Congregation Sholom of Leisure World Group Facebook page can call Ron Yaffee at (562) 430-7040.

## Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The 22nd Sunday in Ordinary Time on Sunday, Aug. 30.

The First Reading is Jeremiah 20:7-9 and the Second Reading is Romans 12:1-2. The Gospel reading will be from Matthew 16:21-27

**Feast Day, Aug. 27**

“She had smiles for the neighbors, though her husband found her religion and the charity it inspired annoying. She made tearful prayers in private for a son, outwardly self-assured but, as his mother knew, inwardly restless, and whose girlfriend of a dozen years had borne his child out of wedlock. Though not the first or last such mother and son, Monica and Augustine are the Church’s most famous, so we keep their feast days back to back, with Monica’s, fittingly, first. To Rome she followed Augustine, then to Milan, where years of prayer—and nagging—finally bore fruit in his conversion by Saint Ambrose. For six months, mother and son enjoyed the blessing of rediscovering each other. Just in time! On the way home to North Africa, Monica took sick and died near Rome. No child who has mourned a parent can read, unmoved, Augustine’s tender account, in his confessions, of Monica’s last days. At this time of the year, when parents watch apprehensively as children leave for school, may Monica’s perseverance and Augustine’s long-prayed-for conversion ease anxiety and kindle hope.”

—Peter Scagnelli

### Masses

Saturday (Virgil Mass) at 5 p.m. in the back of the church and Sunday Mass will be at 8 a.m. and 10 a.m. in the front of the church. There will not be noon Mass.

Those who attend must wear a mask or face shield and remain socially distanced. Holy Family asks attendees to bring their own seat if possible.

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## First Christian

**By Bruce Humes**  
*Pastor*

Many U.S. Presidents have made proclamations calling for a day of national prayer. On July 20, 1775, the Continental Congress issued a proclamation calling for a day of public fasting and prayer. In 1795, George Washington proclaimed a day of public thanksgiving and prayer. On May 9, 1798, John Adams declared the day as a day of solemn humility, fasting and prayer.

I am sharing with you excerpts of one that was offered up by President Abraham Lincoln during the civil war. It resonated with me concerning the need for not only personal repentance, but national repentance as well.

“Whereas it is the duty of nations as well as me, to own their dependence upon the overruling power of God, to confess their sins and transgressions, in humble sorrow, yet with assured hope that genuine repentance will lead to mercy and pardon; and to recognize the sublime truth, announced in the Holy Scriptures as proven by all history, that those nations only are blessed whose God is the Lord.

“We have been the recipients of the choicest bounties of Heaven. We have been preserved, these many years, in peace and prosperity. We have grown in numbers, wealth and power, as no other nation has grown. But we have forgotten God. We have forgotten the gracious hand which preserved us in peace, and multiplied and enriched and strengthened us; and we have vainly imagined, in the deceitfulness of our hearts, that all these blessings were produced by some superior wisdom and virtue of our own. Intoxicated with unbroken success, we have become too self-sufficient to feel the necessity of redeeming and preserving grace, too proud to pray to the God that made us. It behooves us then, to humble ourselves before the offended Power, to confess our national sins, and to pray for clemency and forgiveness.

“All this being done, in sincerity and truth, let us rest humbly in the hope authorized by Divine teachings, that the United cry of the Nation will be heard on High, and answered with blessings, no less than the pardon of our National sins, and the restoration of our now divided and suffering Country, to its former happy condition of unity and peace.”

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

## LW Korean Community Church

Mutual 1 resident Rev. Sung W. Lee has published her autobiography, “My God.” In three weeks the book will be available for purchase on Amazon, Barnes and Noble and other retailers. It will also be available as an eBook.

Lee has given 200 books to LWKCC, and members may purchase the book now for \$10 (discounted from the original \$15). The funds will be used for mission work.

Lee served as the director of International Student Education and as department chair of the English Language Studies Program at Biola University in California. She received her Ph.D in Christian Education at Talbot School of Theology; her MLS at the University of Southern California; and her Bachelor’s at Yonsei University, Korea. She specializes in Christian education, administration, and leadership training. She also served as a short-term missionary/educator for the last 30 years in various countries with Grace Ministry International. Lee also taught Christian education for the last 25 years at Grace Mission University, and is an ordained pastor with the United Presbytery at Grace Korean Church.

Due to COVID-19, LWKCC (Nesting Church of the Community Church, 14000 Church Place, Seal Beach) has Sunday worship online on YouTube every Sunday at 10 a.m.



Sung W. Lee

## Assembly of God

**By Norma Ballinger**  
*LW Contributor*

Pastor Sam Pawlak continues to bring short, scripture-based devotions each Sunday at 10 a.m. on Facebook. This provides a meaningful way for the congregation and friends to stay connected.

A Chinese Proverb I read that has stayed in my mind:

“Life is an echo, what you send out comes back.

What you sow, you reap.

What you give, you get.

What you see in others, exists in you.

Do not judge so you won’t be judged.

Radiate and give love and love will come back to you.”

An echo is a repeated or reverberating sound after the original sound has stopped. No better example of how we can live our Christian lives so that others can learn and hopefully gain from us.

1st John 4:11-12 helps clarify, “Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God, but if we love one another, God lives in us and his love is made complete in us.” John is warning the followers of Jesus that there are dangerous false teachings that Jesus was not the Son of God. He is encouraging the Christians to keep their faith in Christ strong and to continue loving one another. Whatever we say or do speaks volumes about who we are and what we believe.

The words of Jesus in the Beatitudes, Matthew 7:1, from the Message (contemporary language) certainly fits here with Life Is An Echo, “Don’t pick on people, jump on their failures, criticize their faults unless, of course, you want the same treatment. That critical spirit has a way of boomeranging.”

Be encouraged by these words and encourage those whom you meet and with and speak to!

## LDS

**From page 7**

questions. He counseled that while searching, studying, and praying for answers, we should be living right to get the answers we seek.

The apostle reminds us to take time to “be still, and know that I am God,” as nearly all of our concerns are answered by the spirit in those quiet times of thinking, praying, and reaching out to deity. The Lord’s guidance, peace, and joy come to us readily as we strive to fully live the gospel.

In his closing statement and testimony, Elder Ballard pronounced a blessing of peace and an increased love of the gospel. He promised that as we honor our heavenly father and strive to keep his commandments, we would find it easier to repent and find the answers to the personal questions we place upon his altar.



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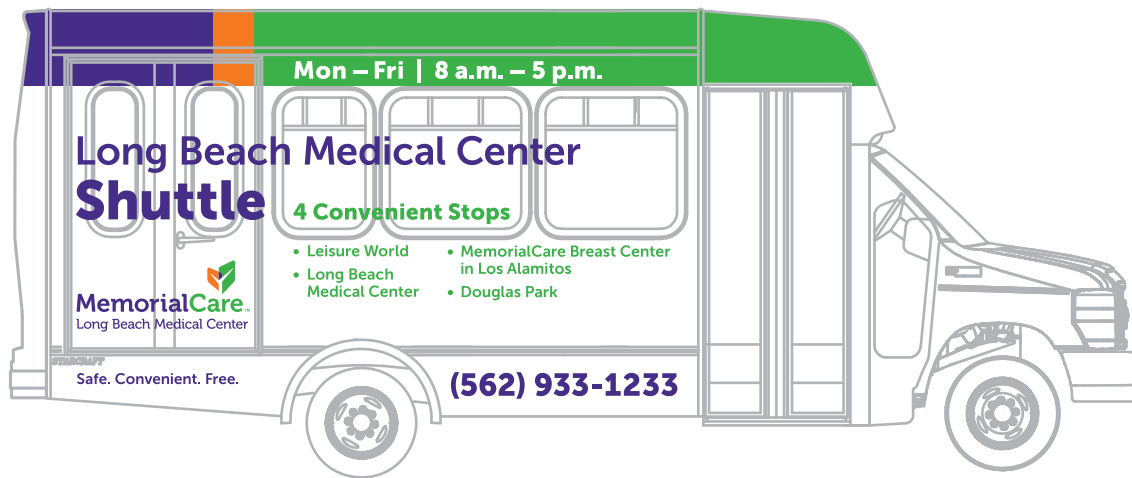
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# Long Beach Medical Center Shuttle Coming to You



**MemorialCare Long Beach Medical Center is bringing a new complimentary shuttle service to Leisure World residents beginning Thursday, Sept. 17.**

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# Community

LW BIRTHDAYS



Maryemma Hargrave celebrated her 90th birthday on Aug. 13 with balloons, cake and songs.



Lynda Walker from Mutual 1 celebrated her birthday on July 11. Friends and neighbors serenaded her and gave her a balloon bouquet, cards, pink party glasses and 30 Snickers mini-bars. Those celebrating were Shawn Lee (l-r), Taylor White, Joann Mullins, Debbi Fudge, Pauline Fitzsimmons, Lynda Walker, Marylee Thomsen and Jodie Dyer.



Patricia Bateman of Mutual 9 will retire on Aug. 28 after 27 years working for the Lakewood Sheriffs and seven other sheriffs stations as needed. She received the Chiefs Award from the Sheriffs and The BRAVO award from the City of Bellflower for her excellent work. In April, she retired from H&R Block after 27 years of preparing taxes. Her plans are to enjoy family and friends, and walks around Leisure World. She is pictured here with Lakewood Sheriffs Capt. Dave Sprengel.

SBTV Listings

- SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at [sbtv3.org/schedule](http://sbtv3.org/schedule). Have Roku? Go to <http://roku.streamsource.tv/add/sbtv>. The playback schedule is available at [Sbtv3.org](http://Sbtv3.org).
- Thursday, August 27**
- 4 pm Sailing, Sailing, Sails Aweigh
  - 4:18 pm LW Eric part 1 & 2
  - 5 pm LW Entertainment
  - 5:23 pm Suede Soul Dancers
  - 7 pm Back to Bourbon Steet
  - 7:40 pm Betty Price Chimes Soloist
  - 8:30 pm Cerritos Center- Matt Mauser
  - 10:30 pm Bob Cole Conservancy
- Friday, August 28**
- 4 pm LW- Eric and Sandy
  - 4:30 pm Anna Derby 71st Birthday
  - 5:30 pm History of Las Vegas Part 1
  - 6:40 pm History of Las Vegas Part 2
  - 8 pm Seal Beach City Limits: Seal Beach Police Department
  - 9 pm Cerritos Center- Golden Dragon Acrobats
  - 10:30 pm Cerritos Center- The Four Tenors
- Saturday, August 29**
- 4 pm Vinyl Rock Valentine Concert
  - 6:15 pm LW Hula Dance Club
  - 6:30 pm Harmonn Islanders
  - 7 pm Beginning of Leisure World
  - 7:15 pm Back to Bourbon Street
  - 8 pm LAUSD
  - 12 am Cerritos Center- Matt Mauser
- Sunday, August 30**
- 4 pm Seal Beach Planning Comm. Meeting 8/17 Replay
  - 5:30 pm Betty Price Chimes Solist
  - 6:30 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 Eric and Sandy-LW
  - 9 pm Betty Price Chimes Soloist
  - 10 pm Abilene Ampitheater
  - 11:35 pm Bob Cole Conservancy
- Monday, August 31**
- 4 pm LW Entertainment
  - 4:30 pm LW Hula Dance Club
  - 4:45 pm LW Special Olympics
  - 5 pm Sailing, Sailing, Sails Aweigh
  - 5:18 pm LW- Eric Part 1 & 2
  - 6 pm History of Seal Beach
  - 6:30 pm Spirit of Seal Beach
  - 7 pm Life and Times Virginia Haley 100
  - 8 pm World's Fair Newsreel
  - 8:15 pm Beginning of LW
  - 8:30 pm Suede Soul Dancers
  - 9:05 pm LW Entertainment
  - 9:30 pm Vinyl Rock Valentine Concert
  - 11:40 pm National Parks/Drone Club
- Tuesday, September 1**
- 4 pm Queen Kong-LW
  - 4:32 pm LW Entertainment
  - 5 pm Tommy Williams Entertainment
  - 5:30 pm Suede Soul Dancers
  - 6:05 pm Rolling Thunder
  - 7:15 pm Archie and Edith Get Rescued
  - 7:40 pm Betty Price Chimes Soloist
  - 8:30 pm Cerritos Center: Matt Mauser
  - 10:30 pm Bob Cole Conservancy
- Wednesday, September 2**
- 4 pm SBACC with bloopers/outtakes
  - 4:30 pm LW- Anna Derby's 71st Birthday
  - 5:30 pm History of Las Vegas Part 1
  - 6:30 pm History of Las Vegas Part 2
  - 8 pm Seal Beach City Limits: Seal Beach Police department
  - 9 pm Cerritos Center: Golden Dragon Acrobatics
  - 10:30 pm Cerritos Center- The Four Tenors
  - 11:30 pm Bob Cole Conservancy
- \*All programming is subject to change.*

Sunshine Club

The next Sunshine Club Zoom meeting will be with Dr. Steven Becker, who will speak on the topic of colon cancer, Colon cancer is something most people don't want to think about, much less talk about. Although it may be an uncomfortable topic, learning how to prevent this type of cancer may also help to save your life. Join Dr. Steven Becker with Memorial Care Greater Newport Physicians will give an informative lecture on colon cancer and cover the best ways to prevent the disease.



Dr. Stephen Becker

Dr. Becker is a board-certified physician of internal medicine with a focus in diabetes and hypertension. He received his doctorate in Osteopathic Medicine from Ohio University College of Osteopathic Medicine, after graduating from Wright State University with a Bachelor of Science degree in Biology. Dr. Becker completed his medical internship and residency at Pacific Hospital, where he received the Chief Resident Award and specialized in internal medicine. He is the former clinical teaching supervisor and director of inpatient care for the residency program and the Internal Medicine Program Director of Pacific Hospital. Dr. Becker is a clinical partner of The Katella Wellness Center and a long-standing member of both the American Osteopathic Association and the American College of Osteopathic Internists. When not in the office, Dr. Becker enjoys running, biking and spending time with his family. Learn more about colon cancer prevention by joining the Zoom meeting at <https://us02web.zoom.us/j/88355201570>. The Meeting ID is 883 5520 1570. Those who would like to recieve the Zoom link via email can text their email address to (562) 301-5339. The Sunshine Club is designed to help all people get along in the community and get the best out of living in Leisure World by learning how to use available information. The Sunshine Club often has LW leaders come to meetings to introduce their organizations to the group. It also invites a wide variety of specialists from outside to share their experiences and ideas with club members. The club is especially welcomes newcommers. For more information, contact Anna Derby at (562) 301-5339.

Low Cost Vet Clinic

LW Community Church is hosting another low cost vet clinic on Sept. 17 from 9-11 a.m. at Community Church, 14000 Church Place, The low cost clinic wants to ensure the health and safety of all Leisure World Resident's cats and dogs. People must wear masks and stay six feet apart . Contact Elaine Miller for more information at (925) 997-3412.



Paurvi Trivedi (r) is the candidate for the Los Alamitos Unified School District Board Area 2, the Democratic Club has signs that club members can put in their front yard to show their support of Trivedi and other Democratic candidates.

Democratic Club

By Mary Larson  
LW Contributor

The Democratic Club's first membership meeting by Zoom took place on Aug. 19. During the meeting, participants were introduced for the first time to Paurvi Trivedi who is running for election to the Los Alamitos Unified School District Board. Members will remember

# Republican Club

By Brian Harmon  
LW contributor

The LW Republican Club and Seal Beach City Councilman Thomas Moore are asking all LWers to join them in supporting the local police.

“The police are the thin blue line between the criminals and their victims and potential victims,” Moore said. “This is an issue that transcends political parties or partisanship,” he said.

Councilman Moore represents the 2nd District, which includes most of Leisure World east of Saint Andrews Drive.

Every Saturday at noon, supporters of the local police gather, some with signs, at the base of the Seal Beach pier.

Seal Beach resident and businessman Pete Amunson said, “We are doing what we can to recognize the contribution our police officers make to our community and our society.” Pete does social media publicity to help promote the event. He emphasized that people of all parties and no party are warmly welcome to participate.

Seal Beach resident Bibi Mesmer, who spearheaded the event said, “I am happy to be a part of this wonderful movement,” she said. “Those police officers deserve all the support we can give.”

Although Bibi is president of the Seal Beach Republican Women Federated, she emphasized that everyone is invited.

Bibi was quoted in the OC Breeze as saying, “It was a beautiful Saturday in Seal Beach with much to do (and) ...believe in.”

Elsa Gildner, treasurer of the LW Republican Club, was enthusiastic in her support of the rallies.

“I want to do everything I can to support those police officers out there risking their lives so that we can be safe. They protect everyone, us and our children” she said. “They are like guardian angels on our shoulders. They are in our prayers every day.”

She said, “Rather than defunding the police, we should be paying them more. Get rid of the bad apples, but don’t throw out the whole basket.”

Michelle Steel, chairwoman of the OC Board of Supervisors and candidate for Congress, also voiced her support, “Police protection is the one of the most vital functions of government,” she said. “This should be the last thing to be defunded.”

...

The GOP club continues to see increasing support at its booth each Monday. The club is giving away face masks, t-shirts and signs donated by Michelle Steel, as well as political flags, lapel pins, buttons, and scarves. LWs can also register to vote, donate to the club, join or just enjoy great conversation.



Thomas Moore

# Community Strong

Dianna Harrison is continuing to gather homemade fabric masks to collect for the community. Those who are interested in volunteering can call Sharon Koln at (562) 596-1969.

Dianna wants to thank all volunteers for their work and donations that help keep the Leisure World Community safe from COVID-19.

# HHUG

Hearts and Hand United in Giving (HHUG), a local non-profit, donates clean used towels and washcloths, new disposable razors, toothbrushes, travel size shampoos, lotions, bath soaps and toothpaste to the Long Beach Multi-Service Center that provides a variety of services to homeless men, women and families in the community.

HHUG makes two deliveries every month.

If you have any of these items to donate, call Susan Hopewell at 430-6044 or Linda Neer at 430-3214 for pick up or leave on porch, Mutual 6, 1320 Mayfield Road, 62-A or Mutual 2, 1503 Merion Way, 48-A.

# Animal Control

Long Beach Animal Care Services provides animal control services to Seal Beach. To report coyote activities or other animal control services, call the 24-hour animal services line, (562) 570-7387 or online at [www.longbeach.gov/acs/wildlife/coyote-report](http://www.longbeach.gov/acs/wildlife/coyote-report).

# DEMOCRATIC

From page 10

that the school district recently replaced at-large voting with a trustee-area system. Areas 2, 4 and 5 will hold elections this November. Leisure World voters are included in all three of these areas. Paurvi is running in Area 2. This School District Area 2 should not be confused with Seal Beach City Council District 2, which will also be on the November General Election ballot. Candidates in that City Council election are Thomas Moore and Carole Damoci. Carole, who lives in Leisure World, also made a presentation during the club’s Aug. 19 meeting.

Paurvi is active as a volunteer supporting the high school jazz band, PTA, AYSO, and many other community activities. On a professional level, she is a business leader with expertise in finance and was recently appointed to the UCI Customer Experience Program Advisory Board. She brings a fresh, relevant perspective to the board as an engaged parent who currently has a child in the district.

Professionally, Paurvi is a senior project manager and believes practical thinking and data should drive decision making—especially in education. Voters can learn more about Paurvi and her passions and convictions on her website at [www.paurvitivedi.com](http://www.paurvitivedi.com)

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Window signs supporting the following candidates are now available by calling (562) 596-0450 or (562) 298-8521:

- Joe Biden/Kamala Harris, candidates for president and vice-president
- 48th District Congressman Harley Rouda, candidate up for reelection to the House of Representatives
- Garden Grove Councilwoman Diedre Nguyen, candidate for CA Assembly District 72
- Paurvi Trivedi, candidate for Los Alamitos Unified School District Board Area 2

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The Democratic Club is not planning to open a voter registration booth outside Clubhouse 6 in the foreseeable future because of the risk of spreading COVID-19. In its place, a team of volunteers stands ready to assist LW residents who want to register for the first time, change address or re-register to a different party. Call (562) 596-0450, (562) 412-0898 or (562) 298-8521 for an appointment.

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If you are a Democrat or a supporter and want to be more informed about what is happening between now and Nov. 3, you can subscribe to the club’s electronic newsletter at no cost by sending me an email at [mlarson.telfords@gmail.com](mailto:mlarson.telfords@gmail.com) or by calling (562) 296-8521 with your contact information.

Club members who are interested in being considered for nomination to the 2021-2022 board of directors should email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com). A member of the nominating committee will contract you with a list and description of open positions.

The COMMUNITY deadline is 4 p.m.,  
Thursday, prior to the desired publication.

Email any Community news to  
[laurieb@lwsb.com](mailto:laurieb@lwsb.com)

HCC 24-Hour Nurse 795-6216

# Obituaries

Joyce Elaine Pfingston  
1951-2020

Joyce Elaine Pfingston from Mutual 3, passed away peacefully at the age of 68 at her sister’s home on Tuesday, July 21, 2020, while surrounded by her family.



Joyce Pfingston was born Dec. 11, 1951, in Torrance, California. She was a native Californian and stayed in California most of her life except for a short time living with her family in Hawaii, Kwajalein, and then a year in Virginia after marrying Michael Lynn Pfingston in 1969. She graduated from Phineas Banning High School in 1970 where she was an Honor Roll Student, active on the football drill team and developed lifelong friendships. She moved to Leisure World in November 2010 and loved living there.

Joyce had a full life and

enjoyed traveling. She had the chance to visit several countries in Europe and multiple states in the United States, including New York and Alaska. She often traveled with her friends Judi and Cheryl and also loved traveling to Jamaica with her son, Tim and her granddaughter, Brodie.

Since moving to Leisure World, she enjoyed many activities such as attending shows at the Amphitheater, playing cribbage with the Leisure World Cribbage Club, Shuffle Board, Bingo, Pickle Ball and loved hearing Abilene play at Clubhouse 2. She also delivered the Leisure World paper on Wednesdays and enjoyed talking with customers as much as they enjoyed talking to her. She had a lovely group of friends from her Mutual and church that she enjoyed monthly dinners and birthday celebrations with. She had lovely neighbors who miss her very much but she left everyone with great memories.

Joyce is preceded in death by her ex-husband Michael Lynn Pf-

ingston, mother Charlotte Louise Crader and father Willard Roscoe Crader and many other family members. She had a large group to meet her when she passed.

Joyce is survived by her sons, Michael and Tim; her granddaughter, Brodie; grandson, Mason; her sister, Sharon; her niece, Christina, and her husband, Jim; and their two children, Jimmy and Ruby; and Joyce’s wonderful boyfriend, Bob, who also has a very large extended family whom she loved very much.

Her family and friends will all miss her very much and are so thankful for all the wonderful memories she left them with.

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# In Memoriam

John Webster 96  
Donna Koehler 65  
Christina Diaz 63  
David Johnson 36  
Kimberly Laspada 42  
Donald Vansickle 84  
Alejandro Velasco Sr 92  
Juan Rayo Padiilla 51

David Iv 75  
Dorothy Morris 99  
Laura Negrette 75  
Linda Barisoff 77  
Steven Jacobs 75  
Families assisted by  
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....

Space is available for obituaries of residents and former residents. • An “In Memoriam” column is available free of charge. Limited to name, mutual number and date of death.

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

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

additional word.

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

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

Email  
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to  
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with photos  
attached as  
jpg files.

# Arts & Leisure



## Grab n Go Meals

**Aug. 27-Sept. 2**  
**Clubhouse 6 Parking Lot**

- **Thursday:** Domino's Pizza – Call ahead for special orders; wings and salads offered; 3-7 p.m., cash/cards, (562) 493-2212; Mandi's Candies Ice Cream Truck, 4-7 p.m.
- **Friday:** Katella Deli; extensive menu—deli favorites from appetizers, salads, hot entrees, 3:30-5:30 p.m. Call ahead at (562) 594-8611 or order online [www.katellabakery.com](http://www.katellabakery.com), specials of the day available onsite, cash/cards.
- **Saturday:** Lucille's Smokehouse, barbecue, salads, sandwiches; no pre-orders, just show up between 4-6 p.m.
- **Sunday:** Berg Catering—Freshly prepared meals with a healthy gourmet touch, 3:30-5:30 p.m., pre-order at (562) 663-2038 or online at [www.bergcatering.com](http://www.bergcatering.com) (LW Menu) or buy onsite, PayPal, checks, cash, cards.
- **Monday:** Kabobaholic Food Truck – Chicken or meat kabobs, Gyros, Falafel, loaded fries, 4-6 p.m., [www.kabobaholiceft.com](http://www.kabobaholiceft.com) or text (949) 400-4696 for preorders or buy onsite. Mention LWSB, cash/cards.
- **Tuesday:** Taco Tuesday—Mexican favorites plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no pre-orders.
- **Wednesday:** Gourmet Renee—American cuisine, homemade soups and desserts, 4-6 p.m., pre-order by calling (323) 833-1213; cash/cards

...

*All Grab 'n' Go events will take place, rain or shine. If it rains or is too hot, people line up inside Clubhouse 6. **People should keep a six-foot distance and masks are required.** 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/>.**

## OC Fair Food Drive-Thru

OC Fair fans won't have to miss out on their food fix this year after all. Starting Aug. 28, the Fair Food Drive-Thru will offer summer treats from four food vendors bringing a taste of the OC Fair to go.

Guests longing for their favorite delightful indulgences can head to the fairgrounds in Costa Mesa and choose from special menus from one or all of the following:

- Cathy's Cookies
- Dippin' Dots
- Hawaiian Chicken Bowl
- Hot Dog on a Stick

Menu items include turkey legs, teriyaki chicken bowls, hot dog and cheese dog on a stick, and chocolate chip cookies. To take a look at the map and full menu, visit [ocfair.com/drivethru](http://ocfair.com/drivethru).

Guests will enter through Gate 1 off Fair Drive, and will be

directed toward the order lane or passing lane.

Guests will be required to stay in their vehicles and wear a mask while ordering from the vendor. Credit card payment is preferred. No walkups will be allowed, and no parking will be available.

The Fair Food Drive-Thru starts Aug. 28 and will be held Friday and Saturday from noon-8 p.m., and Sundays, noon-6 p.m. For more information, visit [ocfair.com](http://ocfair.com). Also coming to the fairgrounds.

- **Drive-in Concert**  
Autosonic Concerts presents Dead Man's Party in a drive-in concert at OC Fair & Event Center on Sept. 27. The Oingo Boingo tribute band will perform live while guests enjoy the concert from the comfort of their vehicles. Tickets are on sale now at [autosonicconcerts.com](http://autosonicconcerts.com).
- **Drive-thru Halloween Haunt**  
Urban Legends of Southern California has come to save Halloween. The drive-thru Halloween haunt will run from Oct. 1-Nov. 1. Tickets are on sale now at [urbanlegendshaunt.com](http://urbanlegendshaunt.com).
- **Farmers Market**  
Every Thursday from 9 a.m. -1 p.m., local farmers and merchants sell fresh produce, food items, home goods and more. Parking and admission are free. See safety

**OC FAIR, page 13**

## Golf League Results

**Monday Golf League**

The Men's Monday Golf League played on Aug. 17 at Riverview Golf Course in Santa Ana. Ten men challenged the par 70, 5800-yard 18-hole course. Located in central Santa Ana this course runs through and over the Santa Ana River, which, this time of year, is basically dry. A lovely start to the morning became a scorcher of a day with high humidity.

With long par 5's and many elevation changes this course tests everyone.

Even so, the majority of the scores were at or below par including four birdies.

Masks are required at the Pro and Coffee Shop, plus while waiting to tee off.

No masks are required on the putting greens or driving range nor on the course itself.

The golfers are all respectful of each other's personal space and social distancing is observed. There are no shoe or golf ball cleaners and the flags cannot be moved.

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

**A Flight Winners:**  
First Place: Sam Choi, 4 under 66 with a birdie and closest to the pin on the tricky – over water – 100-yard par 3 ninth hole; second: Bill McKusky, 3 under 67 with a birdie; third: Ron Jackson, 2 under 68 with 2 birdies and fewest putts; fourth: Dave LaCascia, 1 under 69; fifth: Fujio Norihiro.

**B Flight Winners:**  
First Place: Tom Ross, 1 under 69 and fewest putts; second, tie between John Meyer and Bob Munn—John also had closest to the pin on the 150-yard—over a gully—par 3 second hole; third: Bill Zurn; fourth: Lowell Goltra.

**Friday Golf League**

The Men's Friday Golf played at David L. Baker Executive Golf Course in Fountain Valley on Aug. 21. Seven men and one woman contested the picturesque par 62, 4,000-yard course.

The weather was briefly overcast, but then the sun came out it got hot and humid quickly.

The course has many water hazards and tree-lined fairways. With the par 4 tree-lined fairways being narrow, and the demanding par 3's it was not surprising that there were only a few birdies, but every round was under par.

This was due to the grounds being in particularly good condition with receptive greens.

Masks are required at the Pro and Coffee Shop, plus while waiting to tee off.

No masks are required on the putting greens or driving range nor on the course itself. The golfers are all respectful of each other's personal space and social distancing is observed. There are no shoe or golf ball cleaners and the flags are secured and cannot be moved.

All scores are net (actual score minus handicap).

**GOLF, page 13**



The Friends of the Library Bookstore is located adjacent to the LW Library. It has been closed since mid-March.

**FRIENDS OF LW LIBRARY**

## Donations are suspended due to lack of capacity at bookstore

The Friends of the Library Bookstore has been closed since mid-March. It has suspended donations as the bookstore is at capacity and there is no more space to hold donations.

Residents are asked to hold onto their donations until the Bookstore reopens.

People can call (714) 350-7682 and request a bag of books. Just give a genre or author and volunteers will do their best to fill a bag per your request for \$5.

## Balance Class on Zoom

A Landmark Balance & Stability class is offered on Saturdays from 11 a.m.-1 p.m. on Zoom.

Instructor Adrienne Rosenfeld teaches the free 40-minute class that focuses on balance, shifting weight and cognizant activities.

The class broadcast from around 4:20-4:40 p.m. every day on the Spectrum Cable Channel 1390, right after the Queen Kong interview and is available on [youtube.com](https://www.youtube.com).

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

To join email her at [arosenfeld1@verizon.net](mailto:arosenfeld1@verizon.net) and she will send you the link to join to group.

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

## Radio Club Drills

Calling all Family Radio Service Users in Leisure World—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, [rjrxn@yahoo.com](mailto:rjrxn@yahoo.com), or call (562) 431-6586, ext. 409, to leave a message.

## Friday Tech Talk

Join Bob Cohen in a one-hour Zoom class on a technology topic every Friday at 10 a.m.

- Friday, Sept. 4—Learning the Calendar App and Settings for iPhone Users
- Friday, Sept. 11—What are Keywords on Google?
- Friday, Sept. 18—Web Browser Basics, Safari, Chrome and Microsoft Edge
- Friday, Sept. 25—How To Organize Photos in the iPhone Photos App

Registration information is sent out every Wednesday morning for the following Friday Tech Talk by Bob Cohen. To be added to his email list contact [bob@bobology.com](mailto:bob@bobology.com).

—Bob Cohen

## LW Bicyclists

Join the Leisure Bicyclists Monday, Wednesday, Friday and Sunday at 9 a.m. at the St. Andrews Gate (the North Gate is closed due to 405 Freeway construction) for a ride to Long Beach, Huntington Beach, El Dorado Park or Seal Beach Pier. Call (562) 810-4266 for information.

PLAZA  
from page 1

Veterans Plaza available for exercise and dance clubs, in good standing.

- All reservations must be made through the Recreation Department by email or telephone
- Reservations are limited to 90 minutes, no more than once a week, from 7 a.m.-7 p.m.
- Reservations may be pre-empted by GRF for special events.
- In case of multiple similar clubs requesting a reservation, remaining time slots will be awarded by lottery.
- The Recreation Department determines by its discretion if a particular activity is appropriate for this venue.
- No unscheduled event will be allowed at any time.

Participation is solely at participants' risk.

- Masks and six-foot distancing are required at all times. No physical contact between participants is allowed.
- Group sizes may be required to be reduced to meet social distancing guidelines. Only GRF members may participate; no guests are permitted.
- No sign-in sheets are required, but GRF reserves the right to reinstitute them at any time.

- Staff may request to see participant's GRF ID at any time.
- All classes are self-managed and must provide their own equipment.
- No tables, chairs or equipment are provided by GRF.
- Clubhouse 3 restrooms will be available through the lobby and no more than two people are permitted in either restroom at a time.

**Mission Park, Phase 1, Emergency Operational Procedures**  
**PICKLEBALL COURT**

The following procedure has been expanded pursuant to regulations recommended by the USA Pickleball Association and incorporates guidelines for at risk senior communities in particular.

- Play at the pickleball court, when opened, must be booked through the Recreation Department by email only. No unscheduled games will be allowed.
- Requests are accepted at <http://www.lwsb.com/reserve/> Monday through Sunday before 4 p.m. for play the following day.
- Staff may request a player's GRF ID at any time.
- Hours of operation are 8:30 a.m.-7 p.m. daily. They are posted on the court and the website.
- Scheduling will be adjusted by management as needed to satisfy safety requirements and conform to Staff hours.
- GRF may completely close the facility without notice.
- No after-game congregation/socializing is permitted in Mission Park, the parking lot or the immediate surrounding area.

After matches, players must promptly leave the Mission Park/Clubhouse Two area.

- To eliminate touch points, benches, score tenders, and all tables and chairs will be removed.
- Face coverings must be worn in all areas until playing begins on the court. Face coverings also must be worn after play is completed.
- Social distancing as defined by the CDC (maintaining six feet



Bocce Ball Court may be reopened in near future.

of distance) must be maintained at all times.

- Participants should wash their hands with soap and water (for 20 seconds or longer) or use a hand sanitizer before and after each match.
- A disinfecting/sanitizing bucket will be on site, between Bocce and pickleball courts for players to use to clean balls and paddles.
- The Clubhouse 2 restrooms will be made available; however, no more than two players per restroom will be permitted at a time.
- Pickleball games are limited to one hour of play.
- Playing doubles, which could lead to incidental contact and unwanted proximity, is prohibited.
- Pickleball players must provide their own paddles, balls and gloves.
- Players must wear gloves when handling the ball and not touch other players' equipment.
- Should a ball identified with another player wind up on your side of the court, do not touch the ball with your hands.

Use your paddle or feet to advance the ball to the other side of the court.

**Mission Park, Phase 2 Emergency Operational Procedures**  
**BOCCE BALL**

- Bocce Ball must be reserved through the Recreation Department. Requests are accepted at <http://www.lwsb.com/reserve/> daily before 4 p.m. for play the following day.
- The reservation schedule will be provided to the Clubhouse 2 custodian. Players must check in with staff to verify their reservations.
- Staff may request a GRF ID at any time.
- Hours of play will be between 8:30 a.m.-5 p.m. daily; hours may be changed at the discretion of GRF.
- No unscheduled games will be allowed.
- Only two players per one-hour session.

- No spectators are permitted.
- Bocce Ball players must provide gloves and they must always be worn when handling the balls.
- Face coverings must be worn in all areas. Social distancing, as defined by the CDC of maintaining six feet of distance, must be observed at all times.
- A sanitizing bucket will be provided between the bocce and pickleball courts for cleaning equipment.
- Players should wash their hands with soap and water (for 20 seconds or longer) or use a hand sanitizer before and after play.
- To eliminate touch points, benches, score tenders, and all tables and chairs will be removed.
- No gathering will be permitted before or after games.
- The Clubhouse 2 restrooms will be made available.

No more than two players will be permitted at any time.

**DR. ANBERRY BASKETBALL HOOP**

- The Clubhouse custodian will provide a basketball for play.
- Only one player at a time.
- Face coverings must be worn in all areas at all times.
- Use of the hoop will be on a first-come, first-served basis.
- Play will be restricted to one hour unless no one is waiting.
- No loitering is permitted.
- Hours of play will be between 8:30 a.m.-7 p.m. daily.

**GENERAL OUTDOOR USE/BBQ AREA**

This area will remain closed until further notice. All furniture and equipment have been removed to discourage loitering.

**AMPHITHEATER-PHASE 1, RELIGIOUS SERVICES**

This policy permits faith-based organizations, registered as clubs with the Recreation Department, to use the Amphitheater to conduct services while access to GRF clubhouses is not available (by and herein referred to as clubs).

- This accommodation is for religious services only; religious study clubs are not eligible.

GOLF  
from page 12

A Flight handicaps range from 0-20; B flight higher, than 20.

*A Flight Winners:*

First Place: Dave LaCascia, 7 under 55 with 2 birdies and fewest putts; second: Sam Choi, 3 under 59 with closest to the pin on the devious 110-yard par 3, 15th hole; third: tie between Bill McKusky and Fujio Norihiro, even par 62; fourth: Gene Vesely. Additionally, Fujio was closest to the pin on the 120-yard, over water, par 3 third hole. Sam and Bill each had a greenie on a special challenge for hitting the up-hill 130-yard par 3 twelfth hole.

*B Flight Winners:*

First Place: Keiko Sekino, 6 under 56 plus a greenie on the special challenge 12th hole; second: Bob Munn, 3 under 59 plus fewest putts; third: John Meyer, 1 under 61.

Friends, ladies, spouses and family are welcome to play and/or join.

Both the Monday and Friday Golf leagues play at four local courses, all within 15 minutes of Leisure World, starting between 7-7:30 a.m., except holidays.

The courses are David L. Baker in Fountain Valley, Meadowlark in Huntington Beach, Riverview in Santa Ana and Willowick in Garden Grove.

LW Men's Club membership is not required.

There is a prize pool for each round that players are not obligated to enter.

Prizes are awarded for low gross in each flight; two prizes for closest to the pin on par threes; and a prize for the lowest number of putts in each flight. Holes-in-One, although infrequent, are generously rewarded. If interested, contact, Bill McKusky (562) 430-8618 or Dave LaCascia (801) 674-5975.

• Reservations must be made through the Recreation Office by emailing [recreationoffice@lwsb.com](mailto:recreationoffice@lwsb.com).

• Services are limited to one hour with no more than 100 congregants.

• Time slots will be by lottery whenever multiple clubs seek to book the same time.

• Amphitheater seating will be taped off and staggered to mark social distancing.

• Members of the same household, including caregivers may sit together.

• Face coverings will be required, except for the officiant when speaking or conducting worship from the stage.

• Singing will be permitted as long as face coverings are worn.

• Passing of communion trays will not be permitted.

• No collection(s) will be taken onsite.

• Congregants must supply their own prayer books, hymnals or other worship items.

• The GRF will provide a podium and portable sound system with a hands-free microphone on the stage.

• A custodian will be assigned to sanitize equipment, touch surfaces and seating between services, at the expense of the religious organization.

For more information, contact Recreation at [kathyt@lwsb.com](mailto:kathyt@lwsb.com).

OC FAIR  
from page 12

guidelines and more info at [ocfair.com/events](http://ocfair.com/events).

OC Fair & Event Center, 88 Fair Drive, in Costa Mesa is home to the annual OC Fair and Imaginology. Year-round attractions include Centennial Farm, Table of Dignity, Heroes Hall and Pacific Amphitheatre.

Video Producers Club

The Video Producers Club offers free weekly Zoom classes at 10 a.m. 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](mailto:joosuna29a@gmail.com).

• Monday, 2 p.m., Zoom class for iPad and Mac users hosted by Fred Carpenter. For an invite to his class, email [sail1942@gmail.com](mailto:sail1942@gmail.com).

• Wednesday, 10 a.m., beginners Zoom class Windows and Android users with host Joe Osuna. For an invite to his class, email [joosuna29a@gmail.com](mailto:joosuna29a@gmail.com).

• Thursday, 10 a.m., beginner's Zoom class for Windows and Android users and for beginning Video Producers with host Joseph Valentinetti. For an invite to his class, email [0501042@gmail.com](mailto:0501042@gmail.com).

• Friday, 10 a.m., guest lecturer Bob Cohen hosts Friday Morning Tech Talk on a variety of topics. Email [bob@bobology.com](mailto:bob@bobology.com) for an invite.

• Saturdays, 5 p.m., Zoom Party Social, hour open to all residents, hosted by Joseph Valentinetti. For an invite to the party, email [0501042@gmail.com](mailto:0501042@gmail.com).

Why is There a National Coin Shortage?

A national coin shortage has affected businesses, including self-service laundries that cannot get enough quarters. Banks are rationing their supplies too. Some Leisure World residents have reported a shortage of quarters needed to operate some washers and dryers in mutual laundry rooms.

**Why is the U.S. Facing a Coin Shortage?**

Business and bank closures associated with the COVID-19 pandemic have significantly disrupted the supply chain and normal circulation patterns for U.S. coins. While there is an adequate overall amount of coins in the economy, the slowed pace of circulation has reduced available inventories in some areas of the country. The Federal Reserve is working with the U.S. Mint and others in the industry on solutions. Since mid-June, the U.S. Mint has been operating at full production capacity, minting almost 1.6 billion coins in June and is on track to mint 1.65 billion coins per month for the remainder of the year.

—from the Federal Reserve

Schedule of Mutual Meetings

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

Thurs., Aug. 27	Mutual 1 virtual.....	9 a.m.
Fri., Aug. 28	Mutual 6 virtual.....	9:30 a.m.
Tues., Sept. 1	Mutual 16 virtual.....	9:30 a.m.
Tues., Sept. 1	Mutual 17 virtual.....	1:30 p.m.
Wed., Sept. 9	Mutual 4 virtual.....	9:30 a.m.
Thurs., Sept. 10	Mutual 12 virtual.....	9 a.m.
Fri., Sept. 11	Mutual 3 virtual.....	9 a.m.
Mon., Sept. 14	Mutual 9 virtual.....	9 a.m.
Tues., Sept. 15	Mutual 14 virtual.....	1 p.m.
Wed., Sept. 16	Mutual 5 virtual.....	9 a.m.
Wed., Sept. 16	Mutual 7 virtual.....	1 p.m.
Thurs., Sept. 17	Mutual 2 virtual.....	9 a.m.
Thurs., Sept. 17	Mutual 11 virtual.....	1:30 p.m.
Mon., Sept. 21	Mutual 15 virtual.....	1 p.m.
Wed., Sept. 23	Mutual 10 virtual.....	9 a.m.
Thurs., Sept. 24	Mutual 1 virtual.....	9 a.m.

RANCHO LOS CERRITOS  
Courtyard is open

Rancho Los Cerritos is slowly and safely reopening all of its outdoor spaces. As of Aug. 26, people will be able to visit the courtyard.

All of the adobe rooms that are visible from the courtyard will have their doors and windows open to view from a distance. Take a stroll in the courtyard, listen to the relaxing sounds of the pond and connect to local history.

As a precautionary measure, only three households are allowed inside the courtyard at a time.

The 175-year-old adobe home and historic gardens

Walk-ups admitted on a space-available basis. Contact information must be provided when visiting so the health department can contact you if necessary.

Summer hours are Wednesday-Friday from 1-5 p.m. Rancho Los Cerritos or Casa de los Cerritos, in Long Beach was “the largest and most impressive adobe residence erected in southern California during the Mexican period,” according to Wikipedia

It’s located at 4600 Virginia Road, Long Beach, in the Virginia Country Club area.

TECHNOLOGY CLASSES  
10 a.m. classes have moved to 2 p.m.

Miriam Fernandez’s technology classes usually taught on Tuesdays at 10 a.m. have moved to 2 p.m., effective Aug. 18. The schedule is as follows:

- Tuesday, Sept. 1, at 2 p.m., How to Search on YouTube
- Tuesday, Sept. 15, at 2 p.m., iPhone Accessibilities

For an invitation, email Miryam at [mzzmimm@gmail.com](mailto:mzzmimm@gmail.com).

If you need help setting up your Zoom microphone and/or video or have other connectivity issues, call Bonnie Cooper at (562) 822-6358 before class begins.

**Important Reminder**

Apple, Microsoft, IRS, Social Security, etc., will never contact you by phone, text or email. If there’s ever a problem with your account, they will shut you down until you contact them. If you get a call from them, it’s a scam.

—Miryam Fernandez

Connecting with the LW Weekly

The Leisure World Weekly office is closed to the public in an effort to slow the spread of COVID-19 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](mailto: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.

SCRABBLE
GRAMS
SOLUTION

T <sub>1</sub>	E <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>61</u>
S <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	N <sub>1</sub>	RACK 2 =	<u>72</u>
A <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	W <sub>4</sub>	O <sub>1</sub>	R <sub>1</sub>	K <sub>5</sub>	RACK 3 =	<u>64</u>
T <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	O <sub>1</sub>	U <sub>1</sub>	S <sub>1</sub>	RACK 4 =	<u>62</u>
T <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 5 =	<u>59</u>
PAR SCORE 255-265								TOTAL 318

Crossword Answers

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

Puzzle Answers



Sudoku 2 Answers

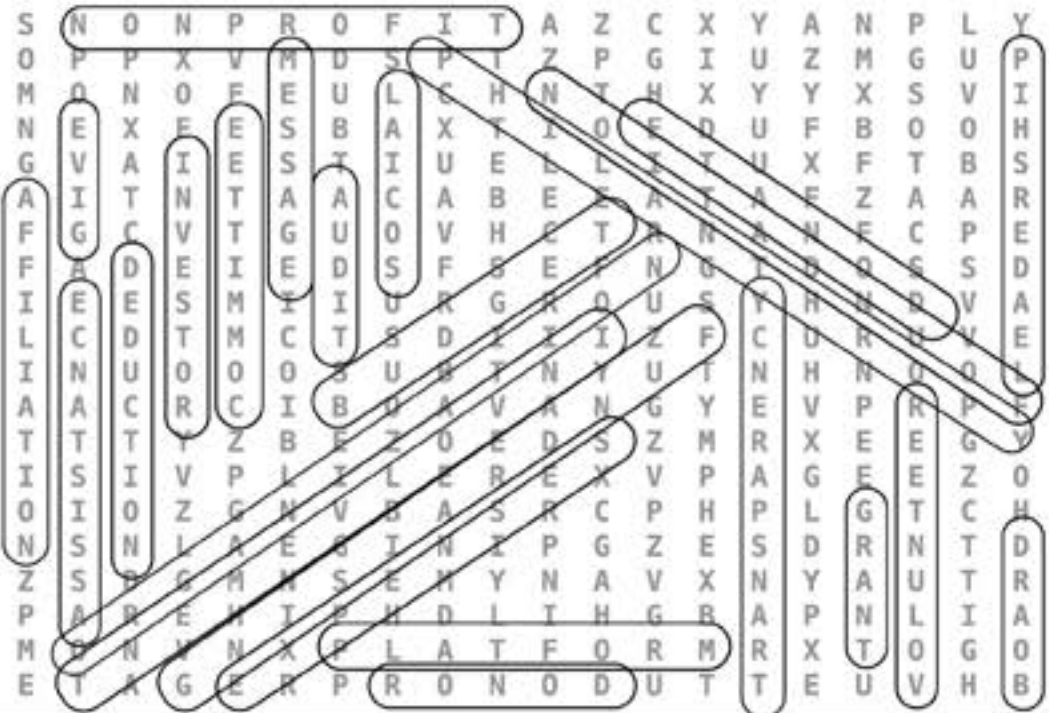
7	8	4	9	3	1	2	5	6
9	5	1	4	2	6	7	3	8
2	6	3	7	8	5	1	9	4
4	2	9	3	5	7	8	6	1
5	1	7	8	6	9	4	2	3
6	3	8	2	1	4	5	7	9
1	9	6	5	4	2	3	8	7
8	4	2	6	7	3	9	1	5
3	7	5	1	9	8	6	4	2

Guess Who?  
Cara Delevingne

Crypto Fun Answers  
A. customer B. menu C. recipe D. reservation

Boggle BrainBusters Answers  
RED TAN GRAY TEAL PINK GREEN WHITE CREAM

Word-Find Answers



Sudoku 1 Answers

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

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

OCTET HILLY PICKLE STICKY  
In 1908, George Smith, claiming he invented the modern-style lollipop, sold them — LICKETY-SPLIT

# Health & Fitness

## Meals on Wheels, Long Beach

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

**Thursday, Aug. 27:** Polish sausage with sauteed peppers and onions, whole grain dinner roll, baked beans, maple baked pears, tuna salad sandwich with lettuce and tomato, creamy coleslaw.

**Friday, Aug 28:** Chicken enchilada with red sauce, black beans, cauliflower, sugar cookie, entree turkey and ham cobb salad with egg, tomato, bacon, blue cheese dressing, crackers.

**Monday, Aug. 31:** Herb roasted chicken leg and thigh, creamy noodles, California blended vegetables, peaches, chicken salad sandwich with spinach and tomato, marinated beet salad.

**Tuesday, Sept 1:** Herb rubbed pork roast with honey mustard sauce, au gratin potatoes, zucchini medley, yogurt with pineapple and mango, chicken salad sandwich with spinach and tomato, pineapple and carrot salad.

## LIONS CLUB

## Free reading glasses available

The Lions Club of Seal Beach has been distributing free reading glasses in Leisure World for the past several weeks. Over 200 pairs of glasses have been handed out to 50 plus residents so far.

There are still readers available with various strengths and an eye chart available in the Leisure World Health Care Center.

The Lions Club also has a collections box in the Health Care Center for any old/used prescription glasses that are no longer needed. The Lions Club recycles these and they are given to folks in need at the Vision Screenings in Southern California and Mexico.

Deliveries are still available by emailing Frank Brown, [cbcdmo-town@yahoo.com](mailto:cbcdmo-town@yahoo.com) or Steve Hollen, [commodoresteve@gmail.com](mailto:commodoresteve@gmail.com).

## Flexibility excersises that you can do at home

Maintaining and improving your flexibility helps you feel better and can reduce your muscle aches and pains. Routines that improve your flexibility can also make engaging in other exercises and activities easier and more enjoyable. Stretching increases your range of motion, improves posture, relieves arthritis, back pain and joint aches and pains.

It's recommended that you perform stretches and flexibility exercises at least 2-3 times per week. However, if you're experiencing soreness after an injury or surgery, then you may want to stretch up to three times a day. (Just be sure to check with your doctor first).

When you begin a stretching routine, warm up slowly. Start with gentle stretches first to help prevent pulling muscles.

Try to stretch all of your muscle groups from head to toe. As you do your stretches, make sure that you're not bouncing, holding your breath, or locking your joints. And if a stretch or flexibility exercise is ever painful, then you may be stretching too hard or far. In that case, ease off a little until the pain goes away.

If you're ready to start some flexibility training, then check out the following stretches:

### 1. Shoulder and upper back stretch

- Get into a seated position on

a chair. Ensure that both feet are planted firmly on the floor.

- Bring the palms of your hands together in front of your chest—as if you're praying—and take in a deep breath through your nose at the same time.
- Draw your breath in all the way down to your abdomen.
- As you slowly exhale, bring your arms out to your sides—with your palms facing out—and then raise your arms over your head.
- Begin to inhale as you bring your arms back down and go back into your original position with your palms together in front of your chest again.

Repeat the stretch at least 10 times.

Over time, you can increase the intensity of the stretch by putting on light wrist weights.

### 2. Back stretch

- Sit on a sturdy chair with armrests.
- Position yourself toward the front of the chair and make sure that your feet are flat on the floor about shoulder width apart.
- Keep your spine and neck as straight as possible.
- Place your left hand on the left arm of the chair.
- Place your right hand on the top of your right thigh.
- Keeping your hips firmly planted on the chair, slowly start to

twist to the left from your waist and turn your head to the left.

- Twist as far as you comfortably can without lifting your hips. Hold that position for 10 to 30 seconds.
- Slowly return to a forward-facing position and repeat the above steps on the right side.

Repeat the entire stretch routine three to five times.

### 3. Back of thigh stretch

- Lie flat on your back on the floor.
- Bend your left knee so that your left foot is flat on the floor.
- Raise your right leg into the air while keeping your knees slightly bent and your head and shoulders flat on the floor.
- Hold on to your right leg with both of your hands. You can hold your leg behind your thigh, knee, or calf depending on which position is the most comfortable for you.
- Slowly pull your right leg toward your body until you feel a stretch in the back of your leg. If it hurts, then ease off a little.
- Hold that position for 10 to 30 seconds and then lower your right leg back to the floor.

Repeat at least three to five times and then do the same steps and repetitions with your left leg.

-From [greatseniorliving.com](http://greatseniorliving.com)

The LW Weekly  
430-0534

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Puzzles & Comics

Answers on page 14

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



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

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**ANY KIND OF CAR**

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Golf Cars BUY SELL TRADE and REPAIRS. Call: 714-292-9124. 05/13/21

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Rides by Russ, With the personal touch. For over 5 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 make & sell face shields for \$6. Russ 714-655-1544. 09/17



Want to **Place** an ad or **Renew** your current ad? Call **(562) 430-0534** or send an e-mail to **katyal@lwsb.com**

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**ELECTRIC CAR PADS**

Installed at your residence. Call Frank 562-743-3832. State Contractor’s License #779462. 09/03

2010 Dodge Caravan. Converted, hydraulic, ramp for wheelchair access. 66K miles. \$8,000 OBO. 562-318-7373. 08/27

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**MISCELLANEOUS FOR SALE**

Tricycle, brand new, Schwinn Meridian. \$275. Wood round table \$250, good condition. (949) 735-6811 after 5:30 p.m. 08/27

For Sale - Five foot tall wall clock (pendulum & weights) \$100 if you take it off the wall. Has not run for the last five years. Also old steamer trunk. Plus many figurines. (435) 216-6310. 08/27

Excellent 7 ft light brown couch from the Leather Factory. \$50 OBO. 562-431-8200. 08/27

Antique dining table with leaf & 4 chairs. \$50. 562-430-0345. 08/27

Inversion table, blue flex pain relieving system. 562-596-1415. 08/27

Moving Sale - Furniture, everything goes. Best decent price. Includes oval glass table 5'4" x 3'4" x 1/2" thick. Wear mask, bring cash. Mutual 15. 562-493-0677. 08/27

**MISCELLANEOUS WANTED**

Wanted stationary exercise bike 562-706-0025. 08/27

**CARPORTS WANTED**

Seeking carport in Mutual 2 by Monterey Rd or Merion Way. Barbara (661) 496-7708. 08/27



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


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**Mutual-5 98L**  
  
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 Beautiful Corner, Many Features  
 1½ Bedrooms, Two Baths, AC,  
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 Call Carl or Gina  
 Beautiful, move in ready 2 bedroom unit in Mutual 7. Lower \$220s.  
 2 Bed, 2 Bath, M15 -29J \$329,000  
 2 Bed, 1 Bath, M7-159I \$239,000  
 One bedroom unit, drive-up, tiled patio, AC, heat pump, laminate floor, walk-in shower  
 M7 - 160B, \$179,000  
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 Mutual 1 Fully expanded One Bedroom unit, AC/ washer & dryer, walk-in shower  
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**M15 34L \$368,000**  
**Beautiful Remodel**  
 Two Bedrooms  
 Two Full Bathrooms  
 Fully Expanded  
 Large Greenbelt  
**M9 226L \$385,000**  
**2 Bedrooms 1 Bath**  
 Fully Expanded Light and Bright, Morning Sun  
**M6 64C \$235,000**  
**2 Bedrooms 1 Bath**  
 Centrally Located  
 Fully Expanded  
 Kitchen Island  
**M5 114K \$265,000**  
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**New Listing**  
 2 Bedrooms / 2 Full Baths  
 Expanded corner, small patio, great kitchen, washer/dryer, and much more...  
**Mutual 11 - 263G \$499,000**  
  
**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 \$249,000**  
  
**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**  
  
**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 \$239,000**  
  
**Reduced Move-In Ready**  
 2 BDR/1 1/2 bath  
 Fully expanded corner unit, washer/dryer, dishwasher & more  
**Mutual 2, 19F \$309,000**  
**IN ESCROW**  
 1 BDR, 1 Bath  
 Laminate flooring, beautiful green belt location,  
**Mutual 1 - 29H \$175,000**  
**Sold in 1 Day**  
 1 BDR, 1 Bath  
 Laminate flooring, skylights, A/C heat pump  
**Mutual 1 - 63B \$167,500**  
**Sold in 1 Day**  
 Condo for Sale  
 Third floor, Greenbelt, 2 BDR/2 Ba  
**Mutual 17-42E \$375,000**  
**IN ESCROW**  
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**DID YOU KNOW?**  
 It was in the late 1950s when Ross Cortese, a building developer, first saw the 541 acres of undeveloped fields as an ideal location for his next project. He had dreamed that one day he would transform these fields into a Leisure World where people 52 and over could enjoy life with comfort, security and dignity. An early sales brochure describes Leisure World as the “country club city for happy people 52 years of age and older”. Prospective buyers were informed that Seal Beach Leisure World would free them from landscaping maintenance. Their new apartments had all-electric appliances, as well as extra-wide halls, sit-down showers, individually temperature controlled rooms, electric sockets 24 inches above the baseboards and private patios and gardens. For over 50 years, the “country club city for happy people”, governed by its residents, has continued to run smoothly.  
 (Taken from Leisure World Historical Society brochure 2002)

**Our Most Recent Listings**

  
**M1-17H**  
  
**M7-161L**  
  
**M12-38D**  
  
**M7-150J**  
**Sold in 5 Days**  
  
**M2-32F**  
**Sold in 3 Days**

  
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## Buying or selling...

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



**Mutual 9-222I**  
**\$257,000**

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



**Mutual 2-19L**  
**\$349,900**

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 12-9D**  
**\$299,000**

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 over-looks open green belt.



**Mutual 2-13F**  
**\$339,000**

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



**Mutual 6-127L**  
**\$339,500**

Beautifully expanded 2 bedroom, 1 bath home. Spacious living room has bay windows, window seat, and adjoining dining area. The kitchen has white cupboards, built-in stove, oven, dishwasher, refrigerator, Corian counters, breakfast bar with added storage and large skylight that opens. Master bedroom has walk-in closet, bay windows and ceiling fan. Second Bedroom, mirrored wardrobe closet doors and ceiling fan. Bathroom has cultured marble counters, cut down shower, large skylight that opens and tile floors. The living room and bedrooms have newly installed carpeting. This lovely home also features plantation shutters, central heat and air, smooth ceilings and is in move-in condition. Drive up side parking



**Mutual 7-172K**  
**\$279,000**

This two-bedroom, one-bath home, a greenbelt gem mere steps from Central Park, almost lets you live in a garden. And you'll love the home's details: covered tiled patio, sliding doors for extra light, entry with shuttered conversation nook, large room. And the interior is painted in light tones, new hardware, and premium oak-laminate flooring throughout magnify the visual space. A new climate system provides frugal comfort controls in three areas. The bathroom's dimmable Hollywood lights over a large mirror reflect the resurfaced white counter and cut-down shower. And what reflects the outside? Why, that's a walk in the park!



**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 decorative metal enclosures. First bath has tiled full shower, stone counter, linen closet, skylight and washer/dryer. Second bedroom with walk-in closet, attached patio. Other features include dual pane windows, bay windows in living room, new carpet in living area and bedrooms, 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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*Members of M.L.S.*

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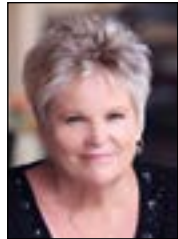
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Seal Beach, CA 90740  
BRE 00338699



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HomeServices  
California Properties

### Two-Bedrooms

**Mutual 1 30L** \$198,000  
move-in condition, great location, new paint, new flooring

**Mutual 8 195C** \$214,000  
remod. potential, enclosed patio, central air and heat

**Mutual 3 28L** \$219,000  
corner unit, enclosed patio, plantation shutters, side parking, tub

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

**Mutual 1 25L** \$225,000  
Fixer, great for remodel, good location, great price

**Mutual 6 64C** \$235,000  
full expan., faces so./east, skylights, gorgeous lam. floors

**Mutual 7 155G** \$244,000  
expanded, granite counters, skylights, heat pump

**Mutual 3 20D** \$247,000  
turn key, move in ready, a must see

**Mutual 6 64K** \$255,000  
full expan., 2 large skylights, 2 heat pumps, btl. greenbelt

**Mutual 9 222I** \$257,000  
great unit, many amenities, you need to see this

**Mutual 10 257D** \$265,000  
adorable cottage, remod. kit., remod. bath, dual pane, smooth ceiling

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

**Mutual 5 70C** \$269,000  
cent.air, 3 skylights, lam. floors, partial expan.

**Mutual 12 9D** \$299,900  
washer/dryer, cent. air, double pane, trees, nice

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

**Mutual 6 127L** \$339,500  
btl. corner, bay windows, smooth ceiling, cent. air, nice

**Mutual 2 19L** \$349,900  
full expan., 1 1/2 baths, cent.air, smooth ceilings, greenbelt

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

**Mutual 9 226L** \$385,000  
Remod. corner, 2 full baths, washer/dryer, private

**Mutual 11 262I** \$439,000  
2 baths, cent. air, washer/dryer, really nice

### One-Bedrooms

**Mutual 4 78K** \$165,000  
patio, 2 skylights, shows well

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



**Claudette "CC" Cooley**  
310-484-9600



**Linda Patton**  
562-522-3364



**Adrian Villarreal**



**Jay Cho**  
714-944-4998



**Estee Edwards**  
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**Chris Kim**  
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## Robin Gray & Barbara Diette-Dobias

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Together WE Have

Over 30 Years of LW Experience

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**Robin Gray**

**(562) 209-5605**

rvgraysales@verizon.net

DRE 01027333

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



**Barbara Diette-Dobias**

**(562) 754-5628**

barbaradobias@gmail.com

DRE 00887640



### Mutual 10-257-D



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



**\$265,000**

**NEW LISTING**



**Pending**

### 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.



**LET OUR Community Experience & Knowledge Make Your Move a Pleasant Event**

### Mutual 3-33-E

**\$182,000**

ADORABLE BEACH COTTAGE on a Beautiful Green with Shade Trees! You will absolutely love the view and this home with gorgeous laminate floors, white kitchen, bath and patio skylight, heat-pump, dual pane windows, washer, glass inlaid front door and a STACKABLE-WASHER DRYER!! walking distance to Clubhouse #2, drive-up, and lots of guest parking! Ready to look - CALL US TO SEE!!



**NEW LISTING**

**Sold in One Day!**

Pretty courtyard view of small green from patio. Charming basic w/2 bed, 1 bath, heat-pump, washer/dryer

**Mutual 12-78-D \$229,000**



**NEW LISTING**

**Sold in One Day! Mutual 6-56-C**

LOCATION - LOCATION on a FOREVER GREEN!!! Darling beach cottage - 2 bed, 1 bath, expanded master bed w/a bay window and wall-in closet, central heat/air, washer dryer, dual pane windows, patio to enjoy the view and breeze ...

See more at [www.sealbeachleisureworld.com](http://www.sealbeachleisureworld.com)



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REALTOR  
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Seal Beach, CA 90740

For 2020, I have a total of 62 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 | \$465,000**  
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!



**1562 Golden Rain Rd., #44G, M2, \$225,000**  
Centrally Located, Basic 2 Bedroom, 2 Bath. Walk to All Amenities. Lrg. Private Patio Surrounded by Greenery, 2 Skylights, Expanded Bedroom to Include Desk Nook. New Golden Oak Flooring.



**13922 El Dorado Dr., #58D | M2 | \$243,000**  
Drive Up Location. 2 Bedroom, 1 Bath Unit. Partially Enclosed Patio with Extra Storage, Large Skylight on Patio, Kitchen and Bathroom. Wood Flooring, Expanded Master Bedroom, WASHER/DRYER.



**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.



**1382 El Dorado Dr #10A | M3 | \$289,900**  
Fully Expanded 2 Master Bdrms, 1 Bth. Additional room added and could be used as a Third Bdrm or Office. Brand New Vinyl Flooring Throughout, Freshly Painted, New Baseboards. Greenbelt Location.



**13840 Canoe Brook #6L | M3 | \$210,000**  
Corner Location! 2 Bedroom, 2 Bath, New Carpet in Bedroom, Laminate and Ceramic Tile Flooring. Close to Laundry and Parking.



**1520 Northwood #244J | M10 | \$229,500**  
Drive Up Location. 2 Bedroom, 1 Bath. Both Bedrooms have been expanded. Extra Large Walk-In/Storage Closet. Vinyl Flooring, 4 Skylights.



On August 25th, 2020 a total of 64 units show as active listings on the CRMLS (this is where Realtors list property for sale).

8-1 bedroom/1 bath  
from \$165,000 to \$194,900

35 - 2 bedrooms/1 bath  
from \$189,000 to \$379,000

21- 2 bedrooms/2 baths  
from \$225,000 to \$549,000

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

"Carol is the absolute best! She knows Leisure World, the market, and how to help sellers get their units sold. From the very beginning Carol impressed us with her preparation, attention to detail, superb customer service, and follow-up. Anyone wanting the best should call Carol. Thank you Carol for helping us and doing such a great job from beginning to end."

-Rod & Brian

