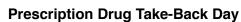


reopening, and COVID-19

Page 3

procedures are relaxing.



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Guarantee[®]

BECAUSE YOUR HEARING MATTERS. We Offer You a **75** Day Money-Back

Seal Beach Police and GRF staff were at the Main Gate last weekend. About 175 people safely disposed of 570 pounds of surplus prescription medicines. That filled 33 boxes, according to Seal Beach police.







Send in your stories

In celebration of Mother's Day on May 9, the LW Weekly will print a collection of "I Remember Mama" memories to honor inspirational mothers. Leisure World residents are welcome to submit one or two paragraphs paying tribute to the women who mothered them. The stories will be featured in the May 6 edition. Email submissions to rutho_news@ lwsb.com by May 3. High resolution jpgs will be accepted. For more information, call Ruth Osborn, (562) 472-127



EMERGENCY ALERT

Dial 911 first in any emergency

by Victor Rocha

GRF Security Services director

Due to a variety of issues and concerns, residents may require a police and/or medical emergency services response to their residence.

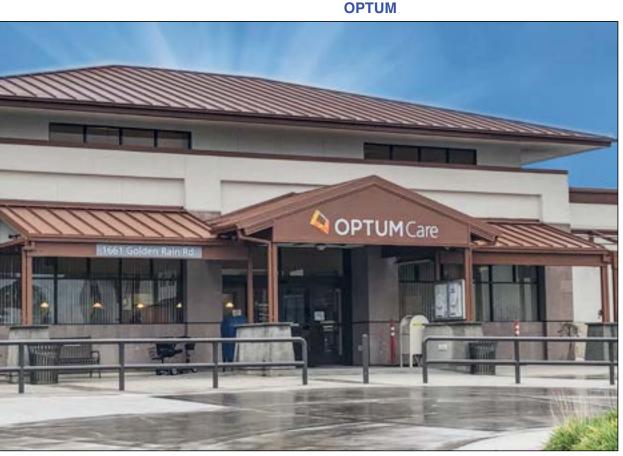
During these emergencies, some residents have contacted the Security Department before calling 911.

In any type of emergency, call 911 first! Don't hesitate.

Whenever possible, call 911 from a landline phone; 911 calls received from a landline automatically display your address on the computer monitor of the emergency operator.

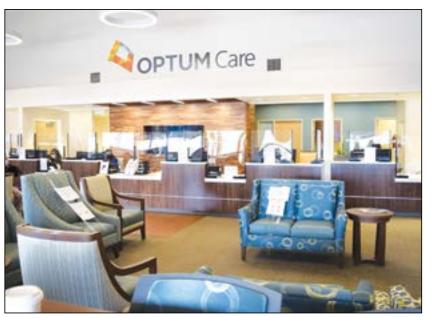
This is a tremendous help because if you are unable to give the operator your exact address, he or she will have your address on their computer screen and

911, page 16



OptumCare has completely remodeled the Health Care Center. Optum offers members a full range of primary and specialty care. But it's not just for members. There is a Wellness Center where anyone can get a massage for a nominal fee, a 24-hour nurse to provide residents with professional advice for free and plenty of educational classes open to all. Take a tour today.

All-new HCC is beautifully accessible



Nearly 5,000 people have directly benefited from Optum's presence in Leisure World this year alone. That's because the health care provider, along with the GRF, vaccinated 4,914 people against COVID-19 in LW clinics from January to April.

In addition to its shot clinics, the Optum Health Care Center (HCC) has a whole new look to go with the whole new array of services that it brought into LW in 2018. That's the year it took over management as part of the Monarch HealthCare network.

Primary care and specialty services expanded, and some things stayed the same, like access to a nurse 24 hours a day, seven days a week, for all residents, members or not.

It's a great service. If you're not feeling well, you can call the emergency nurse for free and get a professional opinion about what to do next. If you need a visit, it costs just \$40, a bargain for peace of mind and personal

OPTUM, page 2

OFFICIAL VACCINATION RECORD

Protect COVID-19 cards but lamination may not be the best way



For many, it felt like winning a lottery on the day they received the second dose. And they each received an official COVID-19 Vaccination Record Card to prove it.

The Centers for Disease Control (CDC) advises keeping the card, which bears the recipient's name, date of birth, vaccine type and vaccination date, in a safe place. People should also take a photo of the card as a backup.

The American Public Health Association counsels against laminating vaccination records, according to news reports. That's chiefly because that card has blank spaces to record future shots, whether the second dose of a two-dose regimen or a booster shot should one become necessary. Sealing the card in plastic would prevent the vaccine provider from adding such information to the original card. And the heat from the laminating machine can damage the ink.

People can protect the card by recording a digital picture on their mobile phones, and then putting the actual card in a safe place in their homes, maybe with their passports and yellow international vaccine cards used for foreign travel.

People who want to keep the card in a more handy spot can

CDC, page 17

2 April 29, 2021 | www.lwsb.com

Coyote Alert

Many cities around Orange County are seeing higher numbers of coyotes this spring. Most coyotes within the urban setting are the offspring of generations of coyotes that have lived and flourished in Orange County's urban areas.

Coyote populations seem to flucuate year by year.

But this year, it seems to be booming. There is a lot of anecdotal information about this on Nextdoor and Facebook. Dozens of LW residents are posting sightings and tracking coyote movement from Mutual to Mutual. And at least one case, a resident called out risky behavior when dealing with the predators. Late last week Jan Goodwyn of Mutual 7 reported that she saw a woman throw a sandwich to a coyote. "I saw a coyote in Mutual 7 on St. Andrews heading toward Mutual 6," she posted. "A woman driving a small gray car south on St. Andrews threw a sandwich to the coyote.

"It came back up the street and ate it right on my front walk. My little dog Lucy is out front most days," she added, pleading with residents to not feed the coyotes.

The coyote ended up lingering all day, as they tend to stay wherever there is food.

Here are tips to keep you and your pets safe:

- Never get friendly with coyotes.
- Never feed coyotes.
- If followed by a coyote, make loud noises. If this fails, throw small rocks in the animal's direction.
 - Do not leave small children or pets outside unattended.
 - Do not allow cats outdoors to roam (day or night).
- Do not use a retractable leash—a leash should be no more than 6 feet. This allows you to be in control of your pet and ensures it is close to you at all times.
- Trim ground-level shrubbery and clear brush near your home to reduce places where coyotes live and hide.
 - Make sure covers are tight on all trash containers.
 - Never leave water or pet food outside.
- Eliminate potential food and water sources, such as fallen fruit and standing water.
- Never attempt to touch, pet or capture wildlife. These animals will bite to protect themselves.

Animal control will only respond if the coyote is sick or injured or if it is threatening or attacking a person. There have been no reports of threatening coyote behavior in LW. But there have been prolific sightings, so coyotes are in the area in abundance.

For more information, contact Seal Beach's contracted provider, Long Beach Animal Care Services, at (562) 570-7387. It is a violation of state law to feed wildlife because it alternatural behaviors.

—Ruth Osborn, managing editor

CAP 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 May 20.

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

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

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

People who are unable to apply themselves or pick up the food may send a proxy to act on their behalf with appropriate ID.

GRF ID Renewals

GRF members are required to have GRF photo identification cards for access to amenities, all transfers (membership, removing/adding someone to a title, replacing lost certificates, etc.) and to be a candidate for GRF and Mutual board representation.

The Stock Transfer Office issues IDs, which expire every five years, in a rotating schedule. In 2020, Mutuals 2, 10, 16 and 17 were up for ID renewals, but only 915 out of 1,326 residents did so.

In a year of unprecedented pandemic, which shut down amenities and GRF departments, and isolated people at home, it's understandable that some did not get their IDs renewed.

The Stock Transfer Office is still issuing new IDs to those in Mutuals 2, 10, 16 and 17 who need them, as well as reminding residents in Mutuals 3, 4 and 5 that they need to renew IDs in 2021.

No appointment is needed.

People can stop at the Stock Transfer Office on the ground floor of the Administration Building during business hours. The office is open Monday, Tuesday, Thursday and Friday from 9 a.m.-4 p.m. by window-service only.

The office is closed to the public.

Residents will need to bring their expired ID cards. Expiration dates are located on the right side of ID cards.

Lost or stolen cards can be replaced by completing a Certificate of Lost ID form in the Stock Transfer Office.

There is a \$20 replacement fee, which can be waived if there is a police report that can be verified by the Stock Transfer Office.



Dr. Nora M. Oakley, DC, offers chiropractic services to all LWers, Optum members or not, in the all-new Wellness Retreat.

CENTER from page 1

attention in a time of distress.

Personalized and compassionate care is not just a motto at Optum. From its carefully crafted remodel to its expanded services, the health provider has done a lot to accommodate this special community.

As part of the Monarch 5 p.m.

HealthCare network, people have access to more than 2,500 doctors and specialists, 23 hospitals, and 70 urgent care centers. Members can also visit Los Alamitos Medical Center and MemorialCare Long Beach. Primary care hours are Monday-Friday from 8 a.m.-5 p.m.

hallways and opened up spaces.

It even added a Wellness Retreat center with chiropractic and massage services. For a nominal fee, any resident, member or not, can book a massage and relax under the care of licensed chiropractors.

A new state-of-the-art X-ray machine with DEXA screening is now available. DEXA, which

stands for dual-energy X-ray absorptiometry, screens for osteoporosis. Seniors Choice Physical Therapy and the LW Pharmacy are part

In keeping with residents'

unique needs, Optum remodeled

its clinic with ease and comfort in

mind. It enlarged the exam rooms,

lowered exam chairs, widened

of the comprehensive package at the HCC complex.

At the Optum clinic itself, there are centers and specialists

there are centers and specialists for almost every health care need: vision, diabetes, heart, lungs, mental health, skin and social work.

And people can get their labs done, all under one roof. Lab-Corp offers on-site labwork for all residents who have a referral from their doctor. Hours are from 6 a.m.-2 p.m., Monday-Friday.

The HCC isn't just for health care. It's a place for the entire community. It has meeting rooms where people can get together with friends and neighbors to enjoy activities, attend lectures and participate in support groups.

There are educational seminars and classes. And everyone can take a tour of the newly remodeled facility. In-person tours are offered twice a month. Registration is required.

People can also visit virtually to tour the facility, meet providers and staff, and learn about the lastest developments at the HCC. To RSVP for a tour, email RSVPOptumHCC@mhealth.com or call (949)923-3334

Senior Ambassador Grecia Nunoz is there as a resource for people who want to learn more about making the HCC their health care center. Visit optumcare.com/bettercare to learn more or email gnunez@mhealth.com for more information.

—Ruth Osborn, managing editor



Optum Senior Ambassador Grecia Nunez points to artwork by LW residents that graces the corridors at the HCC.



Optum has completely remodeled the HCC to make it more easily accessible, including widening the hallways.

CERT Classes to Resume

A new cycle of Community Emergency Response Team (CERT) classes will be scheduled once LW clubhouses are reopened for meetings. This session will include a session taught in Korean. Interested residents are asked to sign up now by calling Sonji Friedman at (562) 243-1894 and leave their names, addresses, phone number and email.

Class dates and times have not been set, but organizers are asking for Wednesdays from 8 a.m.-noon. The course is held one day a week for five weeks. CERT provides each trainee with a backpack containing a helmet, goggles, gloves, hammer tool, tourniquets and other life-saving equipment.

The CERT training is limited to the first 25 people registered. The next series will be held in October. A Korean translation of this information follows.

지역공동체 비상대응팀(CERT) 프로그램은 지역사회에 영향을 끼칠 수 있는 위험에 대한 재난대비 태세를 가르치는 것으로써 구성원들이 화재 안전, 가벼운 수색 및 구조, 팀 조직, 재난의료 운영 등의 기본적 긴급 재난대응 기술을 연수합니다. 강의 및 훈련을 통해 습득한 내용을 사용하여 CERT 요원들은 긴급 구조대가 즉각 지원할 수 없는 비상사태 시 이웃 또는 직장에서 다른 사람을 도울 수 있습니다. CERT 요원들은 또한 그들의 지역사회에서 비상대비 행사 활동에 보다 적극 참여하여 비상대응 기관을 후원하는 것이 권장됩니다.

레져 월드 클럽하우스가 이번 봄 다시 문을 열고 여러분께 한국어로 지역 공동체 비상 대응팀 (CERT) 수업이 제공됩니다. 참가하시는 분들께 헬멧, 고글, 장갑, 망치 공구, 투니케트 및 기타 구명 장비가 들어있는 백팩을 선물로 드립니다. 수업 과정은 5 주에 걸쳐 매주 수요일 오전 8 시 부터 12 시까지인데 시작 날짜가 아직 확정되지 않았읍니다.

1 차 등록은 25 명으로 제한되어 있고 다음 수업은 10 월에 있을 것입니다.

질문이나 관심있으신 분들은 한국어 구사자 소니아씨에게 전화 (562) 243-1894, 또는 이메일 sonjifriedman@gmail.com 주세요.

Caregiver Registration

Caregivers and the services they provide are vital to shareholders in need of assistance with daily living. Hiring a caregiver is a private matter between the shareholder and the caregiver agency or individual of your choice.

The Mutual Corporations passed Policy 7557 to set guidelines by which a caregiver can obtain a pass to enter the community. Compliance with this policy's provisions is mandatory.

To obtain a caregiver pass, the shareholder or caregiver may pick up an application in Stock Transfer.

General requirements include:

CAREGIVER, page 17

GRF BOARD UPDATE

Facilities are reopening, procedures adjusted

by Kathy Thayer

assistant recreation manager

Things are moving at warp speed in the GRF Recreation Department, with several changes underway.

On April 27, the GRF Board of Directors voted to approve four action requests submitted by the COVID-19 Ad Hoc Committee.

They include rescinding the Emergency Operational Procedures for both the Golf Course and the Fitness Center.

In addition, the board voted to reopen the table tennis and Clubhouse 1 picnic areas under certain restrictions.

As of today, April 29, Turtle Lake Golf Course will no longer require reservations.

Restrictions on walk-ins will be lifted, but golfers will have to wait their turn to play 18 holes. Tournaments, which have already been reinstated, will add the Guys and Dolls tournament in May.

The Women's, Men's, and Guys and Dolls can all start at 7:40 a.m. Masks are no longer required during strokes but are required at all other times.

Congregating on the patio will not be allowed until Orange County lifts all restrictions, which is expected on June 15.

As of today, April 29, the Fitness Center will no longer require reservations but will limit occupancy to 35, confined to the equipment area.

The dance and group exercise classes are expected to resume

once indoor restrictions are lifted, likely later in June. Per Orange still required while exercising, Extra disinfection measures will

remain in place.

Table tennis on the first floor County guidelines, masks are of Clubhouse 6 will be limited to four tables, and no guests are

REOPEN, page 17

GRF Amenity Status Chart

Below is the status of various trust property amenities as of April 28. Items with an asterisk denote a projected reopening date, which is subject to change. The GRF Board continues to review and recommend the reopening of other amenities per CDC and OCHCA guidelines under the Emergency Operational Procedures, which can be located under Governing Documents at Emergency Operational Procedures—Leisure World Seal Beach (lwsb.com). No other amenities are open at this time. Requests for reopening and reevaluating emergency procedures are being sent to the GRF Board. Reopening of clubhouses for reservations, subject to the Governor's plan to reopen in mid-June, is under consideration. NO ADVANCE RESERVATIONS CAN BE CONSIDERED AT THIS TIME.

AMENITY	POLICY OR RULE NUMBER	STATUS
		OPEN-RELIGIOUS
AMPHITHEATER	70-1448-3D (PHASE 1)	SERVICES
ART STUDIO	70-1448-3M	OPEN
CERAMICS STUDIO	70-1448-3N	OPEN
CLUBHOUSE ONE	N/A	CLOSED
CLUBHOUSE 1		OPEN FOR
PICNIC	N/A	RESERVATIONS
CLUBHOUSE TWO	N/A	CLOSED
CLUBHOUSE THREE	N/A	CLOSED
CLUBHOUSE FOUR	N/A	GRF MEETINGS
CLUBHOUSE SIX	N/A	TABLE TENNIS ONLY
FITNESS CENTER	70-1448-3F	OPEN
FRIENDS OF		
LIBRARY	70-1448-3G	OPENS IN MAY
GOLF COURSE	INTERIM EOP	OPEN
HITTING CAGE	N/A	RELOCATING SOON
LAPIDARY STUDIO	70-1448-30	OPEN
LIBRARY	70-1448-3H	OPEN
MISSION PARK	70-1448-3C (PHASE 2)	OPEN
POOL AND SPA	70-1448-3E	POLICY APPROVED
POOLROOMS	70-1448-3J	CLOSED
SEWING ROOM	70-1448-3L	CLOSED
VETERANS PLAZA	70-1448-3P (PHASE 2)	OPEN PHASE 2
		OPEN SUBJECT TO
		AVAILABILITY OF
WOODSHOPS	70-1448-3K	SUPERVISORS

LEASE-DRIVEN AMENITIES AND OPEN TO LEASEHOLDERS ONLY:							
MORATORIUM ON NEW							
MINIFARM	PLOTS	OPEN TO LESSEES					
RV LOT	70-1487-1	OPEN TO LESSEES					



Your Health Care Center, your way

The Health Care Center (HCC) has been a fixture of the Leisure World community for more than 30 years. We're proud to continually provide care that's focused on your overall wellness. Our recently renovated facility offers you access to additional primary care and specialty services.



Diabetes



Lab



Optometry



Podiatry



Ultrasound



Wound care

To schedule an appointment, please call 1-562-493-9581, TTY 711, Mon.-Fri., 8 a.m.-5 p.m.

To learn more or to view our video tour, visit optumcare.com/bettercare.

Monarch HealthCare is the HMO network for Optum.

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Perspectives

Letters to the Editor

LW Republican Club members and others were surprised to see a letter by Donald Hodel of Mutual 6 (April 8) indicating that Republicans should have been prohibited from speaking out against racism at a public rally sponsored by the Korean American Association and strongly supported by the GRF leadership, including Executive Director Randy Ankeny.

The GOP club supports everything that the GRF and its leadership are doing to combat racism, especially in attacking the venomous and threatening letter sent to the recently widowed wife of a Korean-American member of the LW community

Unlike many in this country today, the GOP club supports free speech for everyone, as well as a free press.

It has, however, long been the policy of the LW Weekly not to publish letters that disparage others, including GRF staff, leaders and shareholders. The club has consistently opposed racism of any sort and is united in the belief that racism should be rejected by all of us.

The Republican Club leadership team asks all LWers to join it in the fight to make the dream of Martin Luther King Jr. and millions of others a reality.

Racism is not welcome here. Brian Harmon LW Republican Club

Editor:

by Joan Rose

LW contributor

immune! Hooray!

groups.

We want to thank the band Abilene for a fun event last Saturday afternoon.

The musicians and singers were great.

The crowd was on a high, attending the first event since

In our fight against CO-

VID-19, I've bravely had my two

shots. After each shot, I waited the

required 30 minutes, and thank-

fully, I had *no* reaction to them.

So it's been a few weeks since the

last shot, and now I suppose I am

we be very cautious and continue

to wear our masks outside because

the virus is still rampaging across

the world, and now the variants

are something to worry about,

down, but at least we get to see

our grandkids and small family

big family gathering, but now I

must regroup and remember that

I catch a simple cold easily, and it

So we are still kind of locked

How I would love to have a

But it has been suggested that

everyone got vaccinated.

There were shouts and smiles, laughter and dancing, and warm greetings all around.

Hearing old, favorite songs sung so well was a treat.

The lovely outdoor space provided by Mutual 11 was just right.

We look forward to a full Clubhouse 2 again, but this was a wonderfully satisfying first event of the year.

Fred and Linda Fenton Mutual 12

Editor:

In response to a letter to the editor by Marjorie Dodero (April 22), it is with due respect to the many Mutual directors who serve with the best of intentions, I believe that Marjorie has painted directors with a broad brush of being perfect in all they do.

I have lived in Mutual 9 since August 2010.

In this time, I have seen directors come and go. In my view, many of my directors proved ineffectual and resistant to community requests to obtain help from them to get our concerns addressed.

But look at the incentives to be a director. Would any one of us go out and face daily problematical work issues without being paid?

A few years ago, I was told by a representative within Leisure World governance that some of the directors want to have the power and authority that never was theirs before Leisure World directorship.

This does not bode well for confidence in every single director functioning in the manner that Marjorie has described.

> Marsha Chase Mutual 9 LETTERS, page 17

National Day of Prayer Event is May 6

by Jim Greer

Interfaith Council

Sooner or later, everyone offers a foxhole prayer. Whether you believe in God or not, when push comes to shove, when you've lost control of everything, you hope beyond hope that there is a God and that he is listening.

I've been a believer all my life and have offered countless prayers when things are going great and even more when I've felt all is lost.

But my most desperate prayer came as I felt my chest crushed by a heart attack.

At first, I didn't know what was happening. Then, with the second wave of pain, I realized what it was.

This was my foxhole—with death standing on my chest. "Father, please don't take me now; I have so much more I need to do!" I'm sure the Lord hears thousands of prayers like this every day. But I was adamant that he listened to this one.

Throughout the pandemic, millions of foxhole prayers have been desperately offered and continue as surges arise worldwide.

We hope that God does exist and that he is merciful to us in our foxhole moments. But when all is well, is prayer even necessary? Tecumseh, the great Shawnee chief and warrior, stated: "When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself."

Gratitude for the joy of living in health and safety is just as valid a reason to pray as when death slaps you in the face. Why not set a day and time to express that gratitude?

Just such an opportunity is

coming on May 6.

The Leisure World Interfaith Council's National Day of Prayer observance will begin at 9:30 a.m. at Veterans Plaza. At the outdoor venue, the wearing of masks and social distancing will make this a safe event for all to attend.

President Harry S. Truman officially established the National Day of Prayer in 1952. But the colonies observed such days even before the Declaration of Independence.

Following Virginia's first day of fasting and prayer on June 1, 1774, Thomas Jefferson recorded, "The effect of the day through the whole colony was like a shock of electricity," moving Virginians to choose delegates to establish self-rule.

The separation of church and state prohibits establishing a

national religion, but the framers' faith in Divine Providence encourages each citizen to worship as their conscience dictates. Once formally established, the National Day of Prayer encouraged citizens "to turn to God in prayer and meditation."

Religious freedom is even more significant when we realize that its placement in the Bill of Rights shares the same paragraph with the freedoms of speech and the press, the right to assemble peacefully, and petition for the redress of grievances—all core values of American identity.

Let's hope that May 6 will not be your foxhole prayer day.

Why not make it a day to express gratitude for blessings while praying for those who seek to overcome hatred, violence and COVID-19?

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 or 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 subject to terms and conditions in the policy unless otherwise noted.

Political: Submissions concerning political issues outside of Leisure World and the City of Seal Beach will not be published.



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Ruth Osborn, Managing Editor 431-6586, ext. 388 rutho news@lwsb.com Page One, General News, Perspectives

Katya Lukina, Customer Service, Classified Advertising Sales 431-6586, ext. 266 katyal@lwsb.com Graphic Designer, Digital Media, Classified Advertising

Laurie Bullock, Section Editor 431-6586, ext. 801 Reception/General Information 431-6586, ext. 383 laurieb@lwsb.com Religion, Community News, Obituaries

Patty Marsters, Section Editor 431-6586, ext. 387 pattym@lwsb.com Arts and Leisure, Government, Health and Fitness

Stephen Bannon, Production Editor 431-6586, ext. 392 stephenb news@lwsb.com Online/Vision Impaired Editions, IT, Pre-press, Puzzles & Games

Sylvia King, Advertising Sales 472-1274, sylviak@lwsb.com

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COVID Chronicles—Caution Prevails in Taxing Times perhaps there will be a summer get-together, when no one in the family has a cold, and we can all gather together. I can only hope. In the meantime, I've become

bored and a little ambitious again.

I was looking in my old ricky filing cabinet the other day, and as I filed away my 2020 tax return, I realized that I had a great number of tax returns saved in my cabinet. I wondered how long we were supposed to keep them, and after a quick check on Google, I found that you only need to keep tax returns for two or three years, or as long as seven years if you've done a special filing.

Sadly, I looked in the filing cabinet drawer and realized my tax returns go back at least 20 years. I am nothing if not prudent!

Since I hadn't requested an audience with the Queen of England that day, I had nothing to do, so I pulled half the files out of the drawer and put them on the floor. Then I got out my trusty shredder, plugged it in, sat in my chair and opened the first file, dated 1992. I found lots of memos to and from my tax man that were interesting. Then I looked at the copies of the tax returns and realized with a

shock that all these returns listed my Social Security number on every page. Not only that, but my signature was on both federal and state returns.

Being very aware of identity theft, I wasn't happy with just shredding these files. No, I had to make the trashing of these files very complicated (but permanent) because I began to use a black marking pen to ink out all of these identifying items, page by page. Then I shredded each page.

As you can imagine, all this work took lots of time, but after three days of it, I had had enough. I had filled five huge garbage bags with the shredded files and thrown them out. Then I looked in the file drawer and realized I had only done half of them.

I sighed and shut the drawer. Time to move on to other things because I was definitely through shredding files. When I shuffle off this mortal coil, my daughter will be the lucky recipient of all these files. She can do whatever she wants with them because happily, I will no longer care about identity theft or anything else.

CHRONICLE, page 15

invariably leads to pneumonia. I have so many grands and greatgrandkids that one or more of them almost always has a cold or a runny nose. So I am back to my No. 1 rule: If your child has a cold, stay home!

Ah, but I miss them, and

Government

GRF Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule. Public health and safety measures will be in place to protect membership and staff, with limited in-person seating at Clubhouse 4. Physical distancing and wearing a face mask are required.

Mon., May 3	Recreation Committee
	Clubhouse 41 p.m.
Wed., May 5	Physical Property Committee
	Clubhouse 41 p.m.
Thurs., May 6	COVID-19 Ad Hoc Committee
	Clubhouse 4 1 p.m.
Fri., May 7	GRF Board Executive Session
	virtual1 p.m.
Mon., May 10	Mutual Administration Committee
	Clubhouse 4 1 p.m.
Wed., May 12	Security, Bus & Traffic Committee
	Clubhouse 4 1 p.m.
Thurs., May 13	Communications/IT Committee
	Clubhouse 4 1 p.m.
Fri., May 14	Executive Committee
	Clubhouse 4 1 p.m.
Mon., May 17	Finance Committee
	Clubhouse 4 10 a.m.
Tues., May 18	Website Ad Hoc Committee
	Clubhouse 41 p.m.

Notice to all Mutual 3 Shareholders

There are two elections and two ballots. Please vote on both. GRF Board of Directors representative ballots will be mailed on April 30. And Mutual 3 election ballots will be mailed on May 10.

Your votes are important, as a quorum requirement must be met to have a valid election. Mutual 3 shareholders should watch their mailboxes and remember to cast both ballots.

Carport Cleaning Schedule 2021

Since most of the holidays in 2021 fall on workdays for LWSB's cleaning contractor, all carports will be cleaned this year on the actual holiday, with the exception of Thanksgiving (Nov. 25). The following carports will be cleaned the morning of Nov. 30:

Mutual 11: Carports 130 -131 **Mutual 15:** Carports 7-8, 10 and 13

Mutual 16: Carport 9

The following carports will be cleaned that afternoon: **Mutual 15:** Carports 3, 6, 11-12

Submissions for the LW Weekly

The editorial deadline is 4 p.m. on Thursday for the following Thursday's edition. People may email articles or drop them into the letter slot at the front of the News Building, located on the east side of the Amphitheater. See page 4 of any edition for a list of section editors and their email addresses.

2021 GRF and Mutual Election and Annual Meeting Schedule

	Mu.	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time
	10	4/19	3 rd Wed	5/19	10 a.m.
	14	4/20	3 rd Thu	5/20	10 a.m.
MAY	7	4/21	3 rd Fri	5/21	10 a.m.
⊢	8	4/22	4 th Mon	5/24	10 a.m.
È	4	4/26	4 th Wed	5/26	10 a.m.
	16	4/26	4 th Wed	5/26	2 p.m.
	11	4/27	4 th Thu	5/27	10 a.m.
	9	4/28	4 th Fri	5/28	10 a.m.
JUNE	Golden Rain Foundation	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time
7	Mutuals 1, 3, 5, 7, 9, 11, 15, & 17	Fri. 4/30	1 st Tues.	6/1	10 a.m.
	Mu.	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time
	6	5/5	1 st Fri	6/4	10 a.m.
	5	5/6	2 nd Tue	6/8	10 a.m.
ш	3	5/10	2 nd Wed	6/9	10 a.m.
JUNE	12	5/11	2 nd Thu	6/10	10 a.m.
\exists	2	5/12	2 nd Fri	6/11	10 a.m.
	1	5/13	2 nd Mon.	6/14	10 a.m.
	15	5/19	3 rd Fri	6/18	10 a.m.
	17	5/20	4 th Tue	6/22	10 a.m.

NOTE:

*** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday.

Recap of GRF Board Activity, April 27

Approved Consent Agenda

MOVED and duly approved the Committee/Board meeting minutes for the month of March—the March 1 Recreation Committee Board meeting; the March 3 Physical Property Committee Board meeting; the March 11 Communications/IT Committee Board meeting; the March 12 Executive Committee Board meeting; the GRF Board of Directors meeting, dated March 23; the Special GRF Board of Directors meeting, dated April 5; the Special GRF Board of Directors meeting, dated April 13—as well as the GRF Board Report, dated April 27, and the acceptance of the Financial Statements, March, for Audit.

AB 3182 Ad Hoc Committee

FINAL VOTE: Amend 70-1400-1, Use of GRF (Trust) Facilities: MOVED to amend 70-1400-1, Use of GRF (Trust) Facilities, as presented.

Consent Agenda: Communications/IT Committee

MOVED to adopt 20-5585-3, Advertising Procedures; amend 20-5585-1, Advertising Policy; amend 20-5585-2, Advertising Policy—Fees; amend 20-2806-1, Community Publications; rescind 20-2806-2, Community Publication—Fees; rescind 20-2850-3, Advertising Commissions; rescind 20-2860-1, Establishing Advertising Rates; rescind 20-2861-1, Advertising for Estate and Patio Sales; rescind 20-2866-1, Bilingual Advertising; rescind 20-5581-1, Communications Department Advertising; and rescind 20-5583-3, Minibus Advertising. The consent calendar was adopted, as presented.

COVID-19 Ad hoc Committee
Approve Reopening Table
Tennis, Clubhouse 6: MOVED
to approve the limited reopening of Trust Property known as
Clubhouse 6, Table Tennis, area
operations under state and county
guidelines, with oversight by the

Recreation Department.

Approve Reopening Picnic
Area, Clubhouse 1: MOVED
to approve the limited reopening of Trust Property known as Clubhouse 1, Picnic Area, operations under state and county guidelines, with oversight by the Recreation Department.

Rescind 70-1448-3, Golf Course—Emergency Opera-

tional Procedure: MOVED to rescind the Emergency Operational Procedure 70-1448-3 of Trust Property known as the Turtle Lake Golf Course and to continue

operations under state and county

guidelines, with oversight by the

Recreation Department.

Rescind 70-1448-3F, Fitness
Center—Emergency Operational Procedure: MOVED to rescind the Emergency Operational Procedure 70-1448-3F

tional Procedure 70-1448-3F of Trust Property known as the Fitness Center and to continue operations under state and county guidelines, with oversight by the

Executive Committee

Recreation Department.

Amend 50-1610-3, GRF Membership Eligibility Criteria: MOVED to amend 50-1610-3, GRF Membership Eligibility Criteria, accepting revisions suggested by corporate counsel, as presented.

Capital & Reserve Funding Requests—Administration Office and Workstation Improvements, Phase Two: MOVED to approve Phase Two, Administration Offices, ergonomic process improvements and the addition of a training/flex workstation, in an amount not to exceed \$6,700; funding sources: Reserves \$3,800, Capital \$2,150 and non-budgeted operations \$600.

Finance Committee

Approve Release of Spreadsheet of Services Provided to the Mutual Corporations: MOVED to approve the release of the list created by Management Services Review Ad Hoc Committee and cover letter to all Mutual boards and authorize the president to sign the letters.

Operating Funds Request—Prepaid Dynamic Support Hours: MOVED to approve the purchase of a prepaid block of 100 support hours from Boyer & Associates, in the amount of \$9,750, from operating funds.

Mutual Administration Amend 50-1023-1, GRF Pet

Ownership Rules: MOVED to amend 50-1023-1, GRF Pet Ownership Rules, updating document language and the area pets are not allowed, as presented.

Amend 50-5165-3, Mutual Administration&ServiceMaintenance Charter: MOVED to amend 50-5165-3, Mutual

Administration & Service Maintenance Charter, updating the committee's name, as presented. **Physical Property Committee**

Emergency Action: Replacement of HVAC Unit Four, Clubhouse 6: MOVED to ratify the executive director's emergency action to award a contract to Greenwood Heating and Air to replace the heat pump, Clubhouse 6, unit 4, for a cost not to exceed \$9,500, Reserve funding.

Approve Cancellation of Contract—Storage Closet, Clubhouse 3: MOVED to cancel the contract with BA construction for the Storage Closet, Clubhouse 3 project.

Capital Funding Request— Fireplace Renovation, Clubhouse 3: MOVED to authorize the executive director to issue work orders to the Service Maintenance Department for the following tasks, not to exceed \$10,00, including \$1,000 in contingency funds: remove the fireplace surround; add an 18-inch-tall block wall at steel columns; add LED lighting to illuminate the new planter area; patch the flooring with suitable flooring; and face the new surround and existing brick with ADRC-approved stacked stone.

Reserve Funding Request—Contract for Elevator Service, Building 5: MOVED to award a contract to Elite Elevator Service for a modernization upgrade to the elevator located at Building 5, for a cost of \$47,097 and adding \$3,000 contingency funding, for a total cost not to exceed \$50,097, Reserve funding, and authorize the president to sign the contracts.

Recreation Committee

Approve Non-Scheduled Amphitheater Events (Movies and Shows), Summer 2021: MOVED to approve four Amphitheater shows and six movies with funds approved by the Finance Committee, in an amount not to exceed \$46,000, with the following stipulations: Public Health and Safety Orders would allow for reasonable occupancy within the Amphitheater to justify the expense associated with the event.

MOVED to authorize the Recreation Director be given the authority to make any necessary revisions for occupancy and scheduling of the events, as Public Health and Safety Orders may change.

Street Sweeping

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

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

Community Guide

If there are any changes to your information for the White Pages from 2019, or if you weren't included in 2019 but want to be in 2021, contact pattym@lwsb.com with your name and address and/ or phone number.

Mutual Meetings

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

Tues., May 4	Mutual 16
•	virtual9:30 a.m.
Tues., May 4	Mutual 17 virtual1:30 p.m.
Thurs., May 6	Presidents' Council
Wod May 12	virtual9 a.m. Mutual 4 (open forum, 9:15 a.m.)
Wed., May 12	virtual
Thurs., May 13	Mutual 12
	virtual9 a.m.
Fri., May 14	Mutual 3
	virtual9 a.m.
Mon., May 17	Mutual 15
	virtual 1 p.m.

Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Raph Dunagin & Dana Summers



Toppers



Edited by Linda and Charles Preston

ACROSS

- 1 Twitch Toil mightily
- Alcutian isle
- 13 Parlor pieces 18 Shebat follower
- 20 Eleve's school 21 Cut short
- 22 Bring to bear 23 Headgear
- 26 Eleanor Roosevelt's column
- 27 N Atlantic sea
- 28 Major work 29 Fathered
- 30 Tropical soapberry tree
- "Exodus" author Jim Nabors's Pyle
- 32 33 Disgruntled
- 36 Actor's seek him
- 38 Estrange
- 41 Designer Calvin Safari head protectors 42
- 44 Offspring
- 45 Swenson of "Benson" 46 Miss Lee of "Blood and
- Sand
- 47 Slacken 48 Political district
- 49 ____--jongg 50 More headgear
- 54 Ezra Pound unit
- 55 "The ___ Land"
- 57 Work the wok 58 Burn residue
- 60 Corrodes 61 Actress Debra
- 62 Memorable Eddie
- Ltg. source
- 65 Resort city below Tampa
- 68 Value quality
- 69 Scottish cap 72 Lap dog, for short
- 73 Lion speak
- 74 Flying prefix75 Cattail, for one
- 76 Action word 77 Picturesque motel
- 78 Type of hat 82 Reagan Attorney General
- 83 Parts of 77 Across
- 85 Kind of space 86 Morality watchdog
- 87 "Book of _ illuminated text
- 88 Fit of temper
- 89 Crow's-nest pole support 90 "Love Story" writer
- 91 Take cover
- 92 Put out on the lea 96 Subject of discussion
- 97 Headgear showplace
- 100 "Once upon.
- 101 Feels poorly
- 102 Floria, of opera 103 Daredevil Knievel

- 104 Sat 105 Warp's partner
- 106 Animal's track 107 One kind of wind
- DOWN
 - 1 Keep ____ on: watch
 - Bright thought
 - Singer Vicki
- 4 Abate 5 Have. on: be infatuated
- with
- 6 Sonny or Chastity
- On in years
- 8 Improve a photo
- 9 Add to one's collection
- 10 Tie up
- 11 Nursery "piggy" 12 Prosperous times
- 13 Meanings of morphemes
- 14 Word with mask or tent 15 Hats
- 16 Smell.
- ..: suspect duplicity
- 17 Porker's place

- 19 Trappings of royalty
- 24 Captured 25 TV's Winfrey

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- 29 Small cabaret
- 32 Sharon of "Cagney & Lacey"
 33 Cut out the frills
- 34 Armbone-related
- 35 Toppers 36 Friction-proofed
- 37 Brief effort
- 38 Last of a Latin trio 39 Rich cake
- 40 Biblical witch's home 42 Cheapskate: sl.
- 43 Welsh onions 46 Perennial also-ran
- 48 Loses intensity 50 Turn full circle
- 51 Eye: Prefix52 Roll call features
- 53 One way to keep score 54 Groucho prop
- 56 Bishop's headgear
- 58 Gave a hoot 60 Cut the lawn again 61 Londoner's dad 62 Arawak, for one

- 63 United 65 Show scorn
- 66 Upper body
- 67 Traffic light color _ of Endearment'
- 70 Parseghian namesakes71 Comic Johnson
- 74 Coral reef
- 76 Take a chance 78 Comforted
- 79 Most angular 80 Ramée's pen name
- 81 Bears witness
- 82 Hostess Perle
- 84 Planned diet 86 Mr. Milquetoast
- 88 Has been's perch? 89 Peregrinating Polo
- 90 "And ____ bed" 92 Peon's pittance
- 93 Shankar with the sitar
- 94 Henry James' biographer
- 95 Farmer's place 96 Faucet
- 97 Playing marble
- 98 Make tracks 99 Go one better

Sudoku 1

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

9 To 5 By Harley Schwadron



"Siri, who is the fairest of them all?"



A1 | E1 | O1 | G2 | B3 | R1 | M3 PAR SCORE 265-275

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Slanks" used as any letter have no point value. All the words are in the Official SCRABBUE® Players Dictionary, 5th Edition.

MBL

Unscramble these four Jumbles,

BEST SCORE 340

The Observer Crossword

one letter to each square, to form four ordinary words. OUNNI



EREPEK

RACGLI

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

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

RACK 4

Now, you need to extend your paw and tail to show TO HELP THE YOUNG HUNTING DOG LEARN, THE EXPERIENCED

HUNTING DOG Now arrange the circled letters

to form the surprise answer, as

suggested by the above cartoon.

Guess Who?

I am an actor born in Florida on January 6, 1969. I worked as a painter, photographer and video artist before making my film debut in 1997. These days you'll find me battling the undead on a cult TV show.

Sudoku #2

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

Level: Advanced

○* 首份◆~●の◇*☆×申十※申▲ A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Solve the code to discover words related to burgers. Each number corresponds to a letter. (Hint: 24 = 0)

13 10 16

Clue: Meat sandwich

24 17 17 20 25

Clue: Burger addition

10 16 25

Clue: Type of bread

19 24 24 D.

Clue: Sustenance



By David L. Hoyt and Jeff Knurek



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

BOGGLE POINT SCALE

3 letters = 1 point 4 letters = 2 points 5 letters = 3 points 6 letters = 4 points 7 letters = 6 points 8 letters = 10 points

9+ letters = 15 points

YOUR BOGGLE

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

Boggle BrainBusters Bonus We put special brain-busting words into the puzzle grid. Can you find them? Find AT LEAST SIX THREE-SYLLABLE COUNTRIES in the grid of letters.

Puzzles & Comics Answers on page 16

т S G В Ι S Ι 0 Ε D Υ Ι U В Ε v D Z М Ρ М S В Υ R Т U Ε Υ S L N Α N N Н Н Ε C G Т C Ι G G Ρ Ι κ Α Α D 0 W R 0 W Ε Т Υ В ۷ ٧ N 0 L Ν Ι Е Ρ K P Н U Α Α Α F Т R Υ Ε Κ R т Ι J Ν N В Н Ν ٧ κ Α N F Ε Υ N S U R т Υ Ρ Ε 0 В Ε J ν Α Α L L Z F L S Υ F R Υ Ε Т В N W Κ ۷ K R 0 Z т Z Ε Ι Ι F Ε s Е F s Ι C J Н G М Α Z C F Z 0 Т Т т Т 0 G 0 W L Α 0 N Ν Ι G G s ٧ J Z S С R R 0 G Н P 0 G С G Υ z S 0 L L K В ۷ Ε z 0 Α R U Н D Ι Α Н P S Ε т Υ D U В Ι L D G L 0 D L Н U U L C Ε Т R G G C Ε Ε P U R Ν ν Α R L N Ι F s Т С ν J Ι М Ι W 0 J J Ν R Н R D L Н R D Ι Ε R Ε Υ S Ι Е В Ι ٧ Α N ۷ Α

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

WORDS

BEEF

BISON

BUN BURGER CHEESE DINER DINNER FAST FOOD FLAT TOP FRENCH FRIES GRILL JUICY KETCHUP LETTUCE LUNCH MOUTH WATERING ONION RINGS ONIONS PATTY R0LL SALMON SEAR SIZZLE VEGGIE

8 April 29, 2021 | www.lwsb.com

<u>Religion</u>



Vera Broyles (I) delivered the Interfaith Council of Leisure World's collected contribution of \$622.01 to Trudy Wilson of Orange County Food Bank. The funds were collected at the Passover/Good Friday event at the LW Amphitheater on April 2. The generous donations doubled the previous year's contribution.

LW INTERFAITH COUNCIL

National Day of Prayer is May 6

The Leisure World Interfaith Council would like to thank everyone who supported the organization that helps many throughout Orange County with food insecurity.

The Interfaith Council is sponsoring a National Day of Prayer Service in Veterans Plaza on May 6 at 9:30 a.m. This event provides LWers a chance to come together in prayer for the community, nation and world.

Redeemer Lutheran Church

Redeemer Lutheran continues with its 9:30 a.m. outdoor service in the chapel courtyard on Sunday, May 2. Redeemer will also hold a 10:30 a.m. Communion service in the sanctuary, which will include the prayerful installation of the church council members and officers: President Carl Keene, Vice President Jerry Brady, Secretary Nancy Anderson and Treasurer Phyllis Mackey.

LW Baptist

LW Baptist Church invites everyone to come to its weekly service on Sunday, May 2, at 9:30 a.m. in the Amphitheater.

Pastor Rolland Coburn will continue leading the congregation in study of Luke's Gospel.

This week's Sunday message is from Luke 8:4-25. The theme for the service comes from the words of Jesus: "Where is your faith?"

The questions for discussion this week are:

• Why does Jesus tell stories of a sower and a lamp?

- When Jesus' family arrives during his teaching, how does he respond?
- Later, what happens when Jesus falls asleep crossing the lake?

 BAPTIST, page 9

Congregation Sholom

Rabbi Eric Dangott will livestream services on Friday, April 30, at 6:30 p.m. and Saturday, May 1, at 9:30 a.m. via Zoom.

New members who want to watch the livestream should contact Jeff Sacks to receive a Zoom invitation. Text Jeff at (714) 642-0122, or email him at <code>jfsacks@gmail.com</code>. The link will have the meeting ID and password embedded. Those who want more details or need to practice can call Jeff ahead of time. The phone number to call for those who do not have Internet service is (669) 900-9128.

To join the Zoom meeting, go to https://us02web.zoom.us/j/375 2519429?pwd=UDREWTA1N2 1jaXVUZUhyQmY1U01JQT09. The meeting ID is 375 251 9429, and the passcode is 8ZYy69.

The are only two Zoom Scattergories games left. The next game is Sunday, May 2, at 4 p.m. Sandy Geffner will host. Jeff Sacks will set up the Zoom meeting. Those who want to play need to email Jeff *ahead* of time to notify him so he can send a Zoom link. Sandy will give the game rules starting at 4 p.m. It will be helpful to have a pencil and a piece of paper ready.

On May 6, the Interfaith Council will hold a Shavuot/Day of Prayer service at 9:30 a.m. in Veterans Plaza.

Congregation Sholom has silk-screened, reusable Congregation Sholom of Leisure World masks for sale for \$5 each or four masks for \$18, shipping included. Those interested in purchasing a reusable mask should email Murray Pollack at murrjet@yahoo.com or call (562) 331-3949. All proceeds will go to the general fund.

If you know of someone who needs to be added or removed from the misheberach list, let the rabbi know by Wednesday.

Those who want to participate in the games, book club or other Congregation Sholom services that are livestreamed should contact Jeff to receive an invitation.

Anyone who wants to participate in Congregation Sholom's services on Zoom should call Howard Brass at (562) 764-9090.

The LW Weekly 430-0534



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Martin James Flores, LPL Financial Planner 13001 SB Blvd. Suite 240 SB, CA 90740



Beit HaLev's Zoomagogue community is growing, and Rabbi Galit Shirah invites all Leisure Worlders to join Beit HaLev for its Coffee Chavurah on Friday. April 30, at 5:30 p.m., preceding the Shabbat Ma'ariv services that begin at 6. Beit HaLev members are from across the country and even around the world, and they would be delighted to welcome LWers to the weekly livestream.

Shabbat Shacharit (morning) services begin at 10:30 a.m. on Saturday, May 1. The Shabbat Morning Coffee Chavurah will follow around 11:45.

To join the Zoomagogue community, go to https://us02web.zoom. us/j/9152434704?pwd=THJGTE1OUXI5VXFDTWtuZHF4K3Vx UT09. The meeting ID is 915 243 4704, and the passcode is RavGalit,

To worship on Facebook, go to https://www.facebook.com/galityo-mtov. To view the service on YouTube, go to https://www.youtube.com and search for "Shabbat Shalom LIVE!"

Beit HaLev's Festival prayerbooks, "Lev L'Lev," are shared onscreen on Zoom, Facebook and YouTube.

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.

COMMUNITY CHURCH

Beit HaLev

Low Cost Vet Clinic returns May 6

This is week five of the seven Sundays of Easter. Community Church continues its soft opening this week, with the goal of being open for people who are vaccinated on Pentecost, which is Sunday, May 23. It plans to be fully open beginning in July, in line with national guidance. This week, Pastor Johan Dodge will lead worship and will look at John 15:1-8 for the message.

Community Church is open for limited in-person worship following CDC guidelines for those who have been vaccinated. Worship and fellowship is also available via Zoom and Facebook.

COMMUNITY, page 9

Faith Christian Assembly

Faith Christian Assembly will take Holy Communion Sunday, May 2 at 10:30 a.m. People do not have to be a member to take the Communion, as long as they have accepted Christ as their savior.

Out of an abundance of caution, all who attend services or events at Faith Christian Assembly will have their temperature taken at the door, be required to wear a mask before and after service, and sit socially distant from others. Those who are ill should remain at home.

For more information on the church, call (562) 598-9010, visit the website at www.FCAchurch.net or email contact@fcachurch.net.

Religion Directory

Assembly of God

Sunday service, 11 a.m. LW Amphitheather (562) 357-4360

LW Baptist Church

Sunday service, 9:30 a.m. Amphitheater (562) 430-2920

Beit HaLev

Friday, 6 p.m.
Saturday, 10:30 a.m.
Coffee Chavurah, Friday,
5:30 p.m.; Saturday, after
service
Ma'ariv service, MondayThursday
Livestream on Zoom,
YouTube, Facebook and
simshalom.com

LW Community Church

Sunday worship, 9:50 a.m. Call-in Sunday message, after 5:30 p.m. Livestream available on Facebook 14000 Church Place, (562) 431-2503

Congregation Sholom

Friday service, 7 p.m. Saturday service, 9:30 a.m. Livesteam and Zoom

Faith Christian Assembly Sunday service, 10:30 a.m.,

5 p.m. Midweek Bible Study, Wednesday, 11 a.m. Griefshare, Wednesdays, 5:30 p.m. 13820 Seal Beach Blvd., (562) 598-9010

First Christian Church

Friday Prayer Meeting, 6 p.m. Saturday Service, 9:30 a.m. Sunday Service, 9:30 a.m. Chapel on Northwood Road, (562) 431-8810

Holy Family Catholic Church

Mass, Mon.-Sat., 8:30 a.m. Saturday, 5 p.m. Sunday, 8 a.m., 10 a.m., noon 13900 Church Place, (562) 430-8170

Redeemer Lutheran

Outside service, Sunday, 9:30 a.m.
Sanctuary service,
Sunday, 10:30 a.m.
13564 St. Andrews Drive,
(562) 430-8619

St. Theodore's Episcopal

Sunday service, 12:15 p.m. 13564 St. Andrews Drive

The Message

Pastor Bruce Humes will wrap up the study of the "Judgements of God." He will present what Christ calls the "Great White Throne Judgement." As the thousandyear reign of Christ comes to an end, Satan will be released from his prison and broker one last rebellion against God. It will be short lived, he will be thrown into the lake of fire to join the anti-Christ, false prophet and fallen angels who joined him in his rebellions. Christ will sit on his throne, open books and make judgement on the content of those books. After this, believers will enter the eternal state.

Scripture of the Week

This week's Scripture was submitted by Melli Herrera:

"For the Lord is good; His mercy is everlasting, And His truth endures to all generations" (Psalm100:5).

It can be hard to be assured of many things in the world today. But God's goodness, mercy and truth are unchanging yesterday, today, and tomorrow. That is absolute.

Services

Saturday and Sunday services have the same message. Sunday is a traditional service, with hymnal music provided by Pat Kogok at the piano. Pat will also provide a special musical number for the congregation. Sunday service times are from 9:30-10:45 a.m. (note that this is a different service time than before the pandemic).

Saturday services are more contemporary, with Gregory Black leading worship with guitar accompaniment. Saturday service time is 9:30-10:45 a.m. (also a new time).

The Friday evening prayer meeting is from 6-7.

Announcements

First Christian Church is concerned about the health and safety of all attending the worship services. It asks that those who are experiencing any coronavirus, flu or common cold symptoms stay home. If you have been in contact with anyone testing positive for the virus within the last 14 days,

For more information, call (562) 431-8810 and leave a message.

BAPTIST from page 8

A youth's public decision to trust Christ and obey his word inspired the song "Trust and Obey," which will be among Sunday's featured music, with Yvonne Leon at the grand piano.

The church will resume midweek Bible studies and adult Sunday school class when Clubhouse 4 reopens.

Call (562) 430-2920 for more information.

> Main Gate 594-4754

In December 2019, a runner in the CAT 10K Thailand Championship fell to the ground, exhausted, just a few meters from the finish line. Unable to regain his feet, he sat helplessly as other runners passed him and recorded their times. Unexpectedly, one of the runners stopped just short of the finish line, turned around and returned to the man on the ground. Realizing his colleague was incapable of standing, he picked him up and carried him across the finish line, selflessly wasting his chance to record an enviable finish time. Even though his race time wouldn't reflect it, he finished well.

Pastor Chuck Franco will share the fourth installment of the "New Beginnings" series with a message titled "Finish Well," from 2 Timothy 4:6-8. Races can be won or lost in the final sprint. Assembly of God will look together at Paul's instructions on how believers are to run life's course.

Join Assembly of God on Sunday, May 2, at 11 a.m. in the Amphitheater for worship. For further information on the church, to receive prayer, or to say hello, call the church's new phone number at (562) 357-4360.

St. Theodore's Episcopal

St. Theodore's Episcopal Church will have a service of Holy Communion on Sunday, May 2, at 12:15 p.m. in Redeemer Lutheran's sanctuary at 13564 StAndrews Drive. The Rev. Valerie Hart will preach and preside.

Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place, next to the St. Andrews Gate, will observe the Fifth Sunday of Easter on May 2. The Mother's Day Novena of Masses will be from Sunday, May 9 to Monday, May 17.

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

Church of Jesus Christ of Latter-day Saints

Years ago, Elder Marvin J. Ashton made the following statement, "We need not feel that we must forever be what we presently are. There is a tendency to think of change as the enemy. When change is thought through carefully, it can produce the most rewarding and profound experiences in life. The changes we make must fit the Lord's purposes and patterns."

With the resumption of in-person Sacrament meeting services and the formation of a Cambodian branch, the Atherton ward will be making some changes in the coming weeks. Starting Sunday, May 2, the Sacrament meeting service will begin at 9 a.m. instead of 10. This time change is to accommodate the Woodruff Ward, which will permanently move into the Atherton building. The Atherton ward members welcome and pray for the Woodruff ward members as they face changes not just in meeting times, but also a new location.

Atherton ward Sacrament meetings will continue to be live $streamed \, at \, http://mywebcast.churchofjesuschrist.org/Events/lbestake.$

All auxiliary organizations will continue to be conducted virtually $through \, Zoom, with \, each \, organization \, providing \, links \, to \, their \, streams.$

For more information on how to view auxiliary Zoom meetings, contact the leadership of the respective organization.

COMMUNITY

from page 8

Those who don't have a computer or Facebook can call the phone system and listen to the weekly message beginning Sunday evening

The Vet Care Pet Clinic is returning to Community Church on Thursday, May 6, from 9-11 a.m. The clinic offers vet services to residents at a discount. It will be held on the patio in front of the church. Dogs must be on leash and cats crated. Masks must be worn to abide by COVID-19 protocols.

Contact the church office at (562) 431-2503 or email leisurewccsue@yahoo.com.

stryker

Take the next step

Attend a free virtual joint pain seminar

Andrew Wassef, MD | Thursday, May 13, 2021, 6:00 pm Christopher Woodson, MD | Tuesday, May 18, 2021, 5:30 pm Perry Secor, MD | Thursday, May 27, 2021, 12:00 pm Justin Millard, MD | Thursday, June 3, 2021, 12:00 pm Raymond Klug, MD | Thursday, June 24, 2021, 12:00 pm

Register by calling 1-844-510-7718

Is joint pain keeping you from activities you love? Then take the first step towards recovery. Attend one of the following educational events with

Andrew Wassef, MD, Christopher Woodson, MD, Perry Secor, MD, Justin Millard, MD or Raymond Klug, MD.

They will answer your questions and discuss:

- •new technologies in hip and knee replacement
- SmartRobotics[™]
- •the latest joint replacement treatment options

To learn more or register, call 1-844-510-7718.

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MKOSYM-PM-12 21443



April 29, 2021 | www.lwsb.com

Community

Resident's quick thinking saves a building and residents from a fire

Thanks to the quick-thinking of Maria Gomez of Mutual 2, a potentially dangerous fire was averted from Building 33.

While walking her dog in the morning on Sunday, April 18, Gomez heard a smoke alarm ringing and went to check it out. When she arrived she saw smoke but no fire coming from the apartment. She found a shareholder, who had fallen down on the cement patio and could not move. Gomez immediately went into the unit, turned off the stove and opened the windows. Gomez then rushed to the Mutual director's unit and



Maria Gomez

Paramedics and the Orange County Fire Authority were called to the scene and arrived quickly.

The shareholder and the building were saved thanks to Maria Gomez.



A Mutual 2 resident (name removed due to candidate blackout) led the charge in sprucing up the green belt in his Mutual.

Mutual 2 greenbelt gets a makeover

Editor's note: Due to a blackout of Mutual candidates' names during *election season, the contributor's name was removed from this story.*

New to Leisure World, a Mutual 2 shareholder was concerned by the amount of invasive weeds in the greenbelt in front of his unit. He took it upon himself to see what it would take to have the weeds removed and try something different.

His plan for a drought-tolerant park in the greenbelt area was well-received by the Mutual 2 Board of Directors when presented last year, and the board encouraged him to come up with details and estimated costs. It took a while for his ambitious plan to come together, but it is now a beautiful, low-maintenance common area for everyone to enjoy.

With a scale drawing in hand, plants and materials were researched. J & J Landscaping assisted with estimating the costs, and in October, the Mutual 2 board approved it.

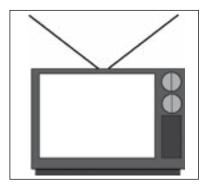
Jose Anguiano, owner of J & J, designed the layout and suggested the types of plants that would thrive, including cacti, succulents and other California-native, drought-tolerant, flowering plants. On March 27, the crew from J & J went to work at 9 a.m. and removed more than 10 tons of weed-infested sod from the site.

Soil amendment was added, a 75-foot French drain was trenchedin to help alleviate a chronic drainage issue, and unceremoniously the first plant was installed-an 8-foot, 40-year-old Sego Palm. This is a species that has been on Earth since the dinosaurs.

Next came a 200-foot, meandering path through the length of the park, which will support walkers and scooters; then a drip irrigation system, plus approximately 4,000 square feet of weed block to keep the crab grass away, followed by sand, contrasting gravel, rocks and boulders. And finally, 120 assorted drought-tolerant plants were added. On April 11, the project was officially completed.

Yet to come, for added artistic elements, is a dry creek bed that will flow under a low bridge joining the two ends of the pathway, it

GREENBELT, page 11



SBTV-3 Listings

SBTV-3 airs on TWC-Spectrum Channel 3, Frontier Fios Channel 37 and online streaming at sbtv3.org/ schedule. Have Roku? Go to http://roku. streamsource.tv/add/sbtv. The playback schedule is available at SBTV3.org.

Thursday, April 29 MCC Summer Evening 4 pm 5:20 pm National Parks 2021 5:30 pm Thoughts About You 5:50 pm Rollin' Thunder March 2021 6 pm McGaugh Fouth Grade Show Life and Times in SB: 7 pm Virgina Haley

TO & Abilene Ranch Hand Roundup 9:40 pm Sea Inside

Shakespeare in the Park: Cymbeline

Friday, April 30

Thoughts About You 4 pm 4:20 pm Rollin' Thunder March 2021 4:30 pm Oceanscapes #2

McGaugh Third Grade Show 5:50 pm Nova Scotia Road Trip Los Al Jazz Band 2018

6:35 pm Sea Inside Cerritos Center-Golden Acrobats

8:37 pm Sea Inside Shakespeare in the Park:

Othello 10:30 pm Big Bad Voodoo Daddy

Saturday, May 1 TO & Abilene Ranch

Hand Roundup 5:40 pm MCC Summer Evening Festival

7 pm McGaugh First Grade Show 8 pm LAUSD **Bob Cole Conservancy** 11 pm

Sunday, May 2 Seal Beach City Council 4 pm

Meeting Replay 4/26 4:30 pm Town Hall Pandemic Recovery 4/21

5:30 pm Porsche Club 5:40 pm Thoughts About You

6 pm Life and Times in SB Virgina Haley Live at the Ford: 7 pm

Lady Jazz 8:30 pm McGaugh Pageant of the Arts Cerritos Center-

Monday, May 3

10 pm

McGaugh First Grade Concert

Matt Mauser

4:45 pm National Parks 2021 Life and Times in SB: 5 pm Lawhead Brothers 6 pm Ocean Perspectives 7 pm LW Solidarity Rally

8 pm Rollin' Thunder March 2021 8:08 pm Nova Scotia Road Trip 8:15 pm A Tribute to Ole' Blue Eyes

9:30 pm Oceanscapes #2 10 pm Shakespeare in the Park: Taming of the Shrew

Tuesday, May 4

4 pm Oceanscapes #2 4:30 pm A Tribute to Ole' Blue Eyes 5:40 pm Thoughts About You Life and Times in SB: Lawhead Brothers

SBTV, page 11

SUNSHINE CLUB

Look out for these Social Security scams

Retired SBPD Rick Paap will speak to the Sunshine Club about the rise of Social Security Scams on Friday, April 30, at 10 a.m. via Zoom.

Paap is a retired, 26-year veteran of the Seal Beach Police Department. He currently works in the fraud department with Talon Executive Protection, which is based out of Orange County and owned by retired Secret Service Agent Ron Williams.

Papp speaks to the Sunshine Club each year, and the club looks forward to his appearance. He provides beneficial information to protect seniors from falling victim to scams.



Rick Paap

All shareholders are welcome to join this Zoom meeting at https:// us02web.zoom.us/j/84982089743?pwd=UGR3RlZRaUJmWmlSNE 9KdTdNMUh3QT09. The meeting ID is 849 8208 9743, and the passcode is 508742.

Those who want the Zoom link by email need to text their name, Mutual number and email address to (562) 301-5339 no later than today, April 29, at 5 p.m; text message only, no phone messages.

The Sunshine Club brings LW leaders to meetings to introduce their organizations to the group. It also invites specialists from outside Leisure World to share their experiences and ideas with club members. For more information, contact Anna Derby at (562) 301-5339.

WATCH YOUR STEP

Look out for purchase confirmation scams

by Laurie Bullock

laurieb@lwsb.com

A resident avoided a scam regarding an Amazon order by remaining calm, calling a family member and double-checking a claim with a trusted source.

The resident said that she received three emails one morning, two from a man named Javier K and one from Amazon within minutes of one another, thanking her for her order which totaled \$6,120. She noticed a number in the email to call the Fraud Protection Team, but instead called her son, who suggested she call her credit card company to check to see if the amount had been processed. The credit card company did not find a charge of that amount on either of her cards and advised her not to click on any link or reply to the email she had received.

If you receive a similar email that suggests you have made a large purchase on your credit card, here are some things you should look for to make sure you don't fall victim to a scam:

- 1. Look for poor grammar, spelling mistakes or incorrect in**formation**. If any part of the email is sloppy or incorrect, it is highly unlikely to be from a large, professional company such as Amazon.
- **2. Confirmation email lacks specific information.** If the email doesn't list the purchased items or doesn't have the exact information about the shipping address, it is another sign that the email is a scam.
- 3. The sender is asking you to act fast or give up valuable inforation. If the sender asks you to call a number to cancel or refute an order, it could be a scam. Amazon does provide the opportunity to cancel a purchase, but it is always going to be linked directly to your account. If you're suspicious, avoid clicking or the calling the customer service information listed in the email and call your bank or credit card holder to see if any purchase has been made on your card, then cancel through the trusted company.

SCE

Receive up to 30 percent off electric bills through CARE program

Southern California Edison (SCE) customers have the opportunity to lower their electric bills by around 30 percent each month by meeting the income requirements and applying for the California Alternate Rates for Energy (CARE) program.

To qualify for the CARE discount, the maxium household income for 1-2 persons must be \$34,3480, or \$43,440 for a household income with three persons.

Many SCE customers received information about the CARE program in the mail and can fill out the application that was enclosed in the letter. People can also apply by filling out a form on sce.com/ care or by calling 1 (800) 352-8580. Make sure to have your account number ready, which can be found at the top of your latest bill.

REPUBLICAN CLUB

Next Zoom meeting will be May 19

by Brian Harmor

LW contributor

The Republican Club's meeting on April 21 focused mainly on reasons for supporting the recall of Gov. Gavin Newsom. Other topics included the following:

- The case for regulation of big tech.
- The problem with unlimited immigration.
- Election integrity.
- Future speakers for club meetings.
- Derek Chauvin's guilty verdict.
- World Net Daily magazines are available by contacting the club.

•••

The GOP Club does not charge membership dues or impose any other financial obligation on its members. The club raises money primarily through donations and selling political campaign memorabilia during election season. Roughly \$8,000 was raised in the past year. The club endorses candidates for partisan and non-partisan races. The funds raised are used to support its endorsed candidates, pay for speakers at club meetings and cover miscellaneous expenses.

The club is looking forward to meeting in person soon, but for now its regular club meetings are held the third Wednesday at 7 p.m. via Zoom.

Anyone who wants to be added to the club membership roster, or wants more information about the club, can send an email to *dharlow50@aol.com* or call (714) 928-1950. Members will also be sent via email the agenda and minutes for each meeting and other necessary information by the club president.

GAF

Shop with Amazon Smile on your phone

The Golden Age Foundation (GAF) wants to thank shareholders who have participated in the Ralphs Rewards or Amazon Smile programs. Participation in these two programs generates funds to help support GAF programs such as the shredding service, Mobility Aids program, tax preparation program and many other services throughout the year. These programs were especially critical during the pandemic, which limited GAF's normal fundraising.

Both Ralphs and Amazon Smile donate a portion of their sales to nonprofits at no additional cost to their customers.

GAF supporters can now use the Amazon shopping app on their mobile phone to sign up for Amazon Smile and select "Golden Age Foundation Inc." as their favorite charity.

Want to help make a difference while shopping with the Amazon app at no extra cost? Simply follow the instructions below to select the GAF as the charity for Amazon Smile to send donations from your purchases.

- 1. Open the Amazon app on your phone.
- 2. Select the main menu and click on the Amazon Smile tab within Programs and Features.
 - 3. Select "Golden Age Foundation Inc" as your charity.
- 4. Follow the on-screen instructions to activate Amazon Smile in the mobile app.

The GAF is a 501(c)(3) charitable organization since 1973. It has a small board of directors, and every person in the organization is a volunteer. Its mission is to make the Leisure World community a better place to live. GAF's funding is dependent on contributions.

For more information about GAF and its programs, go to www. GoldenAgeFdn.org.

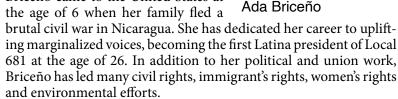
DEMOCRATIC CLUB

Club booth now open every Tuesday

by Mary Larson *LW contributor*

The Democratic Club will welcome Ada Briceño as the featured speaker at its next monthly meeting on Wednesday, May 19. Briceño, the chair of the Orange County Democratic Party, will report on the 2021 State Party Convention as well as bring updates relating to the upcoming recall election.

The first immigrant to lead the Orange County Democratic Party, Briceño came to the United States at the age of 6 when her family fled a



All Leisure World Democrats and supporters are welcome to attend the meeting on Wednesday, May 19, at noon via Zoom. Login information for the computer or telephone will be included in the club's electronic newsletter. Those not already subscribed to the newsletter should call (562) 412-0898 with their contact information and party affiliation in order to receive the login information.

The club's previous membership meeting on April 21 featured a presentation by Peter Hardin, who is a candidate for Orange County District Attorney in the June 2022 primary election. Hardin is a former judge advocate in the U.S. Marine Corps as well as a former Orange County deputy district attorney and special assistant United States Attorney. During the meeting, he outlined actions he feels are needed in addressing issues such as mental illness, sexual harassment, the practice of prosecuting children as adults, bail bonds, and the use of the death penalty. He was enthusiastically received and invited to return.

10.00

The Democratic Club booth located in the parking lot outside Clubhouse 6 will now be open every Tuesday from 10:30 a.m.-12:30 p.m. Voter registration material, yard and window signs, club brochures, membership forms, and information about upcoming elections will be available.

Club members and supporters interested in receiving in-depth information about issues of concern to Democrats should visit the resource section of the club's website at *sblwdems.wordpress.com*.

To subscribe to the club's electronic newsletter, email *democraticclubsblw@gmail.com* or call (562) 296-8521; remember to include your full contact information. This newsletter is available only to club members and supporters, although back issues are published on the club's website.

For Democratic Club membership information or to check your renewal status, call (562) 431-7275.

SBTV

from page 10

7 pm Life and Times in SB: Virgina Haley 8 pm Ocean Perspectives

8:30 pm Ford Theater:

Matt Mauser

Wednesday, May 5 4 pm National Parks 2021 4:15 pm A Tribute to Ole' Blue Eyes 5:30 pm TO & Abilene Ranch Hand Roundup

7:10 pm Sea Inside

n Shakespeare in the Park: Merry Wives of Windsor

om Cerritos Center-

The Four Tenors *All programming is subject to change.

LW BIRTHDAY



Donald Kibrizis (center) of Mutual 2 celebrated his centennial birthday on April 9 with close friends and

family on his patio. Visitors were either vaccinated or masked the entire time, with the exception of posing for

a quick picture. Kibrizis' birthday was on March 25, but he waited to celebrate until it was safe to do so.

GREENBELT from page 10

will also support better drainage. Two Mexican-inspired tiled Talavera benches will soon be arriving from Arizona. And thanks to generous LW residents, additional donated plants will be installed.

Because of the nearly 5,000 square feet of turf removal, the Mutual has applied and been approved for a rebate from the Municipal Water District of Orange County (MWDOC) for as much as \$7,964. In this greenbelt area alone, LW will save approximately 83,000 plus gallons of water a year.

All Leisure World residents are encouraged to come by and walk this amazing area. It is located between Buildings 15 and 16, at the corner of Thunderbird Drive and Monterey Road.

Mobility Aid volunteers needed

by John Hlavac

LW contributor

The Mobility Aids program of the Golden Age Foundation (GAF) is looking for a few people to volunteer once a week to help residents get mobility aids.

The job requires sitting in the storeroom from 12:30-2:30 p.m. During that time, the volunteer will help LWers who need assistance in selecting the most appropriate mobility aid, fiting the aid to the resident and completing the paperwork.

Volunteers must enjoy meeting a wide variety of people while being patient with those who need assistance. The ability to write clearly is a plus because the Mobility Aids program uses a paper-based system. Reliability is important because people are depending on the volunteer to show up on time and assist them properly. Being a good listener is a strong asset because people sometimes come in with an idea of what they want, and a good volunteer will know when something else is maybe more appropriate. Having a good sense of humor helps a lot, especially when a number of people show up at the same time.

Finally, having used a mobility aid yourself in the past is a natural advantage.

Those who are interested in volunteering should call the GAF voicemail at (562) 431-9589 and leave their contact information.

The GAF is the nonprofit, charitable organization dedicated to serving the special needs of Leisure World shareholders, including mobility aids free of charge to residents.

OBITUARIES

Memorial Service Ock Sang Im

A memorial service for Ock Sang Im will be held on May 5 at the Korean Martyrs Catholic Center at 11 a.m. The address is 7655 Trask Ave. in Westminster. The family requests that donations to the church be made in the place of flowers.

In Memoriam

Patricia Woolums 78 David Farley 64 Arath Alvarez 80 Martha Benedict 73 Thelma Parks 84 Michael Watts 72 Sally Moore 74 Tim Foley 76 Majorie Leffler 99 Christopher Harden 68 Michael Watts 72 James Ceston 85 Isaako Moevao 70 Thela Parks 84 Genevieve Jenkins 99 Families assisted by McKenzie Mortuary, 961-9301

—Paid obituary

•••

Send obituaries and photos in the form of jpegs to *laurieb@lwsb.com*.

April 29, 2021 | www.lwsb.com LW Weekly

Arts & Leisure



Photos courtesy of South Coast Repertory

York Walker (clockwise from top left), Charlie Oh, Christine Quintana, Shayan Lotfi, Julianne Wick Davis and Dan Collins are part of this year's Pacific Playwrights Festival

SOUTH COAST REPERTORY

Annual Pacific Playwrights Festival goes digital

by Patty Marsters pattym@lwsb.com

This year's Pacific Playwrights Festival will be offered in a digital format over three months to accommodate COVID-19 restrictions. South Coast Repertory's (SCR) showcase for new plays, which launched in 1998, usually takes place over three days, drawing theater professionals from across the country to play readings and staged productions. Many previously featured plays have gone on to premiere at SCR, to Broadway or win major awards. "The festival comes with 'you-saw-it-first' bragging rights!" says SCR's PR director, Tania Thompson.

The readings will be filmed on the Segerstrom Stage and smaller Julianne Argyros Stage after roughly three days of rehearsals, livestreamed to ticketholders anywhere in the U.S. and beyond. The high-quality, professional video production will employ a with a multi-camera setup to best capture the nuances of a traditional, in-person play reading.

In addition to the five scheduled readings, each of which is available for about a week, there's a video series featuring the five playwrights, as well as one composer, plus a series of excerpts from commissions-in-process.

The plays chosen for the 2021 festival are:

"Covenant": York Walker's story focuses on Georgia blues guitarist Johnny "Honeycomb" James, who may have sold his soul to the devil to attain his musical genius. Directed by Tamilla Woodard, with SCR Associate Artistic Director John Glore as dramaturg, it streams through May 2.

"Coleman '72": In this work by Charlie Oh, Korean parents and their American kids find they hold conflicting ideas while on an all-American road-trip. SCR Literary Manager Andy Knight serves as dramaturg for this David Ivers-directed read, which is available May 10-16.

"Park-e Laleh": Knight is also dramaturg for Shayan Lotfi's tale of an Iranian man seeking asylum in the U.K. Haunted by what he's left behind, Amir tries to find a feeling of home in something or someone. Directed by Mike Donahue, it streams May 24-30.

"Clean": A Mexican resort worker and a guest discover what they have in common—and what cultural borders separate them in this Christine Quintana play, with translations by Paula Zelaya Cervantes. Lisa Portes directs,

with SCR Artistic Coordinator Anna Jennings as dramaturg; it's streaming May 31-June 6.

"Harold & Lillian": This musical, based on the documentary film by Daniel Raim, examines the marriage of Hollywood storyboard artist Harold Michelson and film researcher Lillian Michelson. The book and lyrics are by Dan Collins, with music by Julianne Wick Davis; the reading is directed by Michael Greif, with SCR Resident Dramaturg Jerry Patch. It's available for viewing June 21-27.

The "#PPFPlaywrights" series features the above authors and composer in interviews, each of which will stream shortly before the release of the reading with which it's associated.

Festival ticketholders will also receive "Samples from the Lab" exclusive video excerpts from works-in-process by Jane Bruce, Caroline V. McGraw and Jessica Moss—that will be released on May 6 and 20 and June 10.

A package to see all five digital readings is \$80, and single reading tickets are \$19. For more information, or to purchase tickets, go to www.scr.org or call the SCR box office at (714) 708-5555 on Mondays, from noon-5 p.m., and Tuesdays-Fridays, from 10 a.m.-5 p.m.

Club News

Is your club resuming its activities? Want to get the word out to current and potential members? Send your club news to *pattym@ lwsb.com* by the Thursday prior to publication. We will publish meeting/class times, news, photos and more.

Grab 'n' Go Meals

April 29-May 5 **Clubhouse 6 Parking Lot**

- Thursday: Domino's Pizza—call ahead for special orders, wings and salads offered, 3:30-7 p.m., cash/cards, (562) 493-2212.
- Friday: Katella Deli—deli favorites, appetizers, salads, hot entrées; specials of the day available onsite, 3:30-5:30 p.m., cash/cards. Call ahead at (562) 594-8611, or order online at www.katellabakery.com.
- **Saturday:** Naples Rib Co.—barbecue, salads, sandwiches; 3-5 p.m., cash/cards, (562) 439-RIBS. Order ahead at www. ribcompany.com/LW for faster service.
 - **Sunday:** TBD. Check LW Live for updates.
- Monday: Kabobaholic Food Truck—chicken or meat kabobs, gyros, falafel, loaded fries, 3:30-5:30 p.m., cash/cards. To preorder, go to www.kabobaholicft.com or text (949) 400-4696; mention LWSB when ordering.
- Tuesday: Taco Tuesday—Mexican favorites, plus hot dogs, burgers and fries, 5-7 p.m., cash/cards, no preorders.
- Wednesday: Salt 'n' Pepper—hoagies, hot dogs, melts and loaded fries, 3:30-5:30 p.m., cash/cards. For a full menu, go to www.saltandpeppertruck.com/menu. Call in orders at (949) 899-0719.

All Grab 'n' Go events take place rain or shine. Masks and **6-foot social distancing required.** For more information or to offer feedback, call (562) 431-6586, ext. 398.

On-call bus service is available weekdays from 4:30 p.m., when regular service ends; weekends are on-call at any time. Call (562) 431-6586, ext. 379.

Watch for LW Live alerts for daily menus. Vendors are subject to change. Sign up for LW Live at http://www.lwsb. com/lw-live-sign-up/.

Friends of the Library Bookstore Reopens

The Friends of the Leisure World Library Bookstore will reopen on Wednesday, May 5. It will be open Wednesdays, Thursdays and Fridays from noon-3 p.m. and Saturdays from 9:30 a.m.-12:30 p.m.

For now, the bookstore will be open by appointment only; no walk-ins. Appointments are for 30 minutes, with a limit of three visitors at any time. To schedule an appointment, call (562) 596-7735 on Mondays between noon-3 p.m.

The Bag of Books delivery service will be discontinued as of April 30. The Friends of the Library thank everyone who participated, especially the volunteers who filled and delivered orders.



Led by Jojo Weingart, members of the Joyful Line Dance class learn fun moves to a mix of popular songs, both old and new. All shareholders are welcome to join them at Veterans Plaza every Wednesday at 2 p.m., except for the fourth Wednesday, when it starts at 3 p.m. Participants are required to wear face masks, follow the rules of social distancing, and wear exercise shoes—no flip-flops or sandals. For more information, contact Anna Derby at (562) 301-5339.

Write Your Life Story

You are unique; no one has lived a life like yours. Writing the story of your life can be a life-affirming gift you give to not only yourself, but also those you love. Join like-minded people to learn the skills and techniques that will enable you to put your life into words under the tutelage of instructor/LW resident Antonia Zupancich.

Huntington Beach Adult School offers the Write Your Life Story class via Zoom from 10 a.m.-noon every Wednesday, from May 19 through July 14. To register, go to *hbas.edu*. The class can be found in the Community Classes section. The fee is \$99. If you have difficulty registering, Anne Moore will be happy to assist you at (714) 842-4227.

For more information on the Write Your Story class, contact Zupancich at (760) 427-2713.

www.lwsb.com | April 29, 2021



May birthdays includes Cynthia Saxon (facing camera) celebrates her birthday this May. Her passion for flowers, hula and fine wine keeps her youthful and happy in her retirement years.

HUI O HULA

Hula club brings aloha to Sunrise

Mahalo/thanks to Martha Goosens for the introduction, LW's Hawaiian dance club Hui O Hula will entertain the residents of the nearby Sunrise of Seal Beach assisted living center on Saturday, May 1, which is also May Day/Lei Day in Hawai'i.

In Hawai'i, Lei Day is a statewide celebration of lei-making and the giving of them. Though its origins are largely unknown, the tradition of giving lei is believed to have started with Hawaiians presenting lei of nuts, seeds, shells, leaves and flowers as offerings to their gods. The first Lei Day was celebrated in 1928.

This Saturday at 10:30 a.m., Hui O Hula will bring aloha through music, dance and a canned-food drive to the residents, staff, and their family and friends of Sunrise in the parking lot off Lampson Avenue.

The hula program will include two well-known songs about lei: "Blue Lei," composed by instructor Jojo Weingart's hula family Milton Beamer, and "My Orchid Lei," composed by Weingart's Waikiki friend Victor Rittenband. There will also be audience participation dances, including "The Hukilau Song," "My Little Grass Shack" and "Tiny Bubbles." All are welcome.

On May 7, dancers and musicians will be at the triangle greenbelt between buildings 278 and 279 in Mutual 11 with a hula program in honor of the upcoming Mother's Day. Hui O Hula expresses mahalo to Lori Chamberlin for inviting the club back for the gathering.

During the pandemic, all hula festivities have been outdoors. Anyone inclined to be entertained by hula dancers and musicians should call Kaye Huff at (562) 431-2242.

Free lessons are offered at Veterans Plaza every Thursday at 1:30 p.m., as well as near Building 42 in Mutual 4 on Tuesdays at 2:30 p.m. until further notice. Call Huff or email jojo@huiohula. *com* for detailed information.

RESTAURANT REVIEW

Crazy Fish Grill satisfies cravings

Crazy Fish Grill, 12420 Seal Beach Blvd., Seal Beach (562) 489-9411

www.crazyfish.com/location/ seal-beach/

Open Monday-Saturday, 11 a.m.-9 p.m.; Sunday, 11:30 a.m.-8:30 p.m.

Crazy Fish Grill, a.k.a. CFG, is exactly what we have wanted since our 2002 LW move-in! We enjoyed our first lunch there on April 16 and were not disappointed! Grilled shrimp, sweet potato fries and coleslaw with pops of mango satisfied our cravings.

The self-service ordering and paper plates were no surprise, as this is a fast food eatery. It's sparkling clean inside and out, with refreshing, peoplepleasing service.

There's plentiful parking nearby. Expect it to be very busy at peak dining times (3:30 p.m. worked well for us). We're look-



ing forward to becoming frequent diners at CFG.

—Joyce Vlaic, Mutual 12

Leisure World residents are welcome to submit reviews of their favorite eateries, including the restaurant's full name, telephone number, address and operating hours. Takeout menus and high-resolution photos (saved as a jpg) may also be submitted with the information. People should also include their name, plus Mutual and telephone numbers. Reviews are subject to editing and will run as space allows. Email them to pattym@lwsb.com.

Master Gardener Zoom Workshops

The GRF Mini Farm's Master Gardeners give monthly workshops on Thursdays at 10 a.m. Zoom links can be found on the mini farm website at www.lwsb.com/mini-farm/ on the morning of each workshop. All are welcome to attend, but current and prospective mini farmers are especially encouraged to join.

The next topic is:

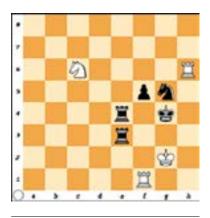
May 13: Terrific Tomatoes

Chess Club

The Chess Club publishes weekly puzzles to keep the love of the game alive until its members meet to play in person again.

This week's puzzle is checkmate in three moves. White moves first. Any answer by Black, and White's third move is checkmate.

The solution to this week's puzzle's first move is: Nc5. The White Knight moves from c6 to e5. Black R takes N. White R takes f4.



Ladies Golf Club

The Ladies Golf Club had great participation in April 20's tournament play. A total of 58 members competed for low gross, low net and fewest putts. Two golfers tied for a total of 11 putts each.

Flight A Winners: Low gross: Devora Kim, 27; low net: Myung Kim, 24; fewest putts: Devora Kim, 11.

Flight B Winners: Low gross: Sandy Derouin, 30; low net: tie between Sang An and Yvonne Yim, 24; fewest putts: Yvonne Yim, 11.

Flight C Winners: Low gross: Alison Kim, 34; low net: tie between Melinda Lee and Kay Hong, 25; fewest putts: tie between Judy Kim and Sue Elliot, 12.

Flight D Winners: Low gross: Donna Cooper, 36; low net: Angela Song, 24; fewest putts: Donna Cooper, 14.

The Ladies Golf Club plays a nine-hole tournament every Tuesday. Anyone interested in joining the club can contact Margie Thompson at (562) 403-0484.

—Dale Quinn

OC Fair tickets go on sale May 1

Tickets for the 2021 OC Fair go on sale Saturday, May 1. Advancepurchase tickets are required for this year's event, which will run July 16-Aug. 15. Admission for seniors aged 60 and up is \$7; general admission is \$12-\$14, and tickets for youth aged 6-12 is \$7. Sales are currently limited to California residents.

Themed "Time for Fun," the fair will be limited to 45,000 visitors per day, with indoor capacity limits enforced. Officials have reduced the number of attractions and reconfigured locations to accommodate distancing guidelines. Some concerts are scheduled for the Pacific Amphitheatre and the Hangar, but there are no shows slated for the Action Sports Arena. Face coverings will be required, and hand-sanitizing stations have been added. For more information, visit ocfair.com.

Men's Golf League Results

On April 19, eight golfers of the Men's League played at Meadowlark Golf Course in Huntington Beach. The cool morning warmed up nicely with bright sun. The greens and fairways of the par-70 course are in great condition, though the scores did not reflect it with only two below par. Meadowlark's front nine is fairly flat, with several water hazards and yawning sand traps; the back nine has significant elevation changes, with little water and numerous slanting greens. At 5,800 yards, the par 5s are long enough to be a challenge to a golfer whose average drive is 160-200 yards, and the par 3s are just long enough to be an issue for the shorter hitter.

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

A Flight Winners: First place: newcomer Sean Carriveau, 3 under 67; second: Larry Hillhouse, even par 70; third: Bill McKusky, 2 over 72; fourth: Sam Choi; fifth: Fujio Norihiro. Carriveau had a birdie; was closest to the pin on the 140-yard, par-3 seventh; and tied for fewest putts with McKusky. Hillhouse and Choi also had birdies. Norihiro was closest to the pin on the 150 yard, par-3 16th hole.

B Flight Winners: First place: Bill Zurn, 1 under 69, plus fewest putts; second place: Bob Munn; third: Gene Vesely.

It was an overcast morning on April 23, when the Willowick Golf Club in Santa Ana welcomed eight men and one woman. The round was played under cloudy skies and was cool throughout the round.

Willowick is a par-71, 6,000yard fairly flat course, with strategically placed sand traps, but no water hazards. The fairways were not in great shape, and the greens were sticky and bumpy following aeration some weeks back. The players accepted these challenges, and surprisingly five of the nine rounds were under par including three birdies.

A Flight Winners: First place: Jim Goltra, 6 under 65, plus two birdies and closest to the pin on the 150-yard, par-3 12th hole; second: Tim Looney, 5 under 66, plus closest to the pin on the 150-yard, par-3 fourth hole; third: Dave LaCascia, 1 under 69, plus a birdie and fewest putts; fourth: Norihiro, even par 71. Jim Goltra and Looney each carded a "greenie" on the difficult 140-yard, par-3 seventh hole with a severely elevated, large, undulating green.

B Flight Winners: First place: tie between Liz Meripol and Munn, 2 under 69; second: Marv Ballard; even par 71; third, Lowell Goltra, 2 over 73; fourth: Vesely, 3 over 74. Munn also had a "greenie" and fewest putts.

LW Men's Club membership is not required, and friends, ladies, spouses and family are all welcome to play and/or join. There is a prize pool for each round that players are not obligated to enter.

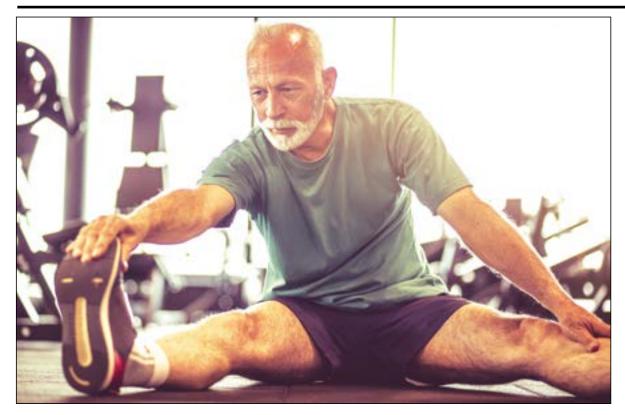
—Dave LaCascia



On April 23, 12 LW Bicycle Club riders drove to Ventura with their bikes in tow and met in the downtown area. They then rode "up hill" to Ojai and visited some vendors and enjoyed lunch in town—32 miles roundtrip. Join the club for a more local outing on Sundays, Mondays, Wednesdays and Fridays at 9 a.m. at the North Gate. Sunday's ride often includes breakfast and a 2-mile nature hike. Helmets, safe shoes and masks are a must. Call Mary Romero at (562) 810-4266 for more details.

April 29, 2021 | www.lwsb.com LW Weekly

Health & Fitness



How to retrain your body after lockdown

by Patty Marsters pattym@lwsb.com

than expected.

As amenities both inside and outside Leisure World begin reopening, some people are resuming old habits: eating out, going to the movies, exercising in public places. But if you haven't done that last one in, say, a year, the learning curve may be steeper

Abandoning workout patterns for any length of time causes a detraining in your body. Just two weeks of detraining can lead to a significant decline in cardio fitness, according to the American College of Sports Medicine. And not exercising for eight months or more leads to declines in muscle strength.

But all is not lost. Though it will take some time to regain the fitness level you were at prepandemic, you can get there with patience and motivation.

Check in with your doctor: Even if you were a steady gymgoer before the Fitness Center was shut down, you should reach out to your primary care physician before getting back into a workout habit. Your body may have changed, and it's important to take note of any issues before potentially injuring yourself. Take stock of your current fitness: Robert Linkul, a trainer in Sacramento, suggested to AARP magazine that seniors test their range of movement before starting a new routine. How is your posture? Can you raise your arms above your head comfortably? Are you able to pick up an object such as a towel from the floor without rounding your back? Can you walk about 10 feet briskly in one direction, turn around and head back without getting dizzy or needing a rest?

Set appointments with your**self:** Mark time for exercise on a calendar or set alarms on your cellphone, tablet or other device. You're more likely to hold yourself accountable if you treat the time as though it's set aside for a doctor's appointment or a haircut. According to the CDC, adults of all ages and abilities should

practice at least 2 hours and 30 minutes per week of moderateintensity aerobic activity.

Start slowly: Ease back into a routine, giving your body time to adapt. If you used to walk 5 miles a day, start up with 2 miles, then add distance as the exercise becomes easier.

Remember to stretch: Don't forget to stretch your muscles before and after physical activity. Stretching before a workout helps your body to become more pliable, which decreases your risk for injury. And post-workout stretches help your body to move excess lactic acid out of your muscles, which can help you avoid soreness.

Whether your workout pause has been four months or 13 months, you can get back into a routine and regain a prior level of fitness. According to a 2009 study published in the European Journal of Social Psychology, it takes an average of 66 days for a new behavior to become automatic. So if you start today, after just two months, you won't even need those reminders.

Meals on Wheels, Long Beach

Meals on Wheels of Long Beach Inc. delivers freshly cooked meals for \$8.25 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet. Contact Caron Adler at (562) 439-5000, ext. 2, or visit www.mowlb.org to complete an online application. To cancel a meal for the following day, you must contact Adler before 9 a.m. the prior business day. *Menu is subject to change without notice.*

Thursday, April 29: Turkey chili, cornbread and green beans with pimentos; apple sauce; roast beef-and-cheese sandwich with spinach, tomato and pickle, plus cucumber, red onion and dill salad.

Friday, April 30: Baked salmon with caper-and-garlic cream sauce, barley pilaf, and peas and carrots; fresh banana; entrée turkey-and-ham Cobb salad with egg, tomato, bacon and blue cheese dressing, plus crackers.

Monday, May 3: Roast beef with mushroom gravy, au gratin potatoes, and peas with onions; Waldorf salad; chicken salad sandwich, with spinach and tomato, plus marinated beet-andonion salad.

Tuesday, May 4: Oven-baked herbed chicken breast with cream gravy, brown and wild rice, and Brussels sprouts; fruit cocktail; chicken Caesar salad, with lettuce, cheese, croutons and Caesar dressing, plus crackers.

Wednesday, May 5: Homemade meatloaf with brown gravy, mac and cheese, green beans with pimentos, and cantaloupe; chef's special cake; turkey, ham and cheese sandwich, with lettuce, tomato and pickle, plus German potato salad.



What to do during allergy season

by CJ Blomquist

OptumCare

Springtime means fresh flowers, warmer days and seasonal allergies. These may be a nuisance—or they might have a serious impact on your health. Here are some ways you can stay healthy:

Every day: Check the weather report daily. Pay attention to the to avoid outdoor activities.

On the go: Keep allergy medications on hand. If you have an inhaler, bring it with you. A face mask or covering can also help protect you, so keep wearing one.

At home: Keep doors and windows closed on windy days. If you have air filters, use them when you're home. Change your clothes if you have been outside, as pollen can stick to your clothing until

they are washed. Likewise, if you have pets that go outside, pollen can stick to their fur, so brush or wash them regularly to remove pollen and dust.

Managing symptoms

Here are some easy-to-use medications you can buy at the nearby pharmacy:

Antihistamines: These help treat sneezing, runny noses pollen counts; if they're high, try and itchy eyes. Common brand names include Allegra, Claritin and Zyrtec.

Decongestants: These help treat a stuffy nose. But they can increase your blood pressure and heart rate, so check with your doctor first.

If your allergies are still pretty bad, or if you develop a cough or fever, you may want to call your primary care doctor, who can help you consider other treatments.

COVID-19 vaccines still available for adults in OC

by Patty Marsters pattym@lwsb.com

To achieve herd immunity in Orange County, it's important to get at least 75 percent of the population fully vaccinated. Anyone 16 and older who has not yet been vaccinated is able to schedule an appointment through several channels, including the Orange County Health Care Agency's partner othena.com and California's myturn.ca.gov, as well as many local pharmacies, hospitals and clinics. To help people find locations where they can make appointments, there is also the CDC's vaccinefinder.org; appointments cannot be made through this site, but it will redirect you to locations that have vaccines in stock.

The COVID-19 vaccinations are free, but sites may ask for people's health insurance information. They may also ask for proof of residency, such as a



driver's license or utility bill.

The county currently has several Point of Distribution (POD) sites: at the Anaheim Convention Center, Soka University, OC Fair & Events Center, and Santa Ana College. Appointments can be made for these sites by people who have registered with *othena.com*.

People who want to register with the state's myturn.ca.gov site can also call (833) 422-4255 for assistance.

Some pharmacies will list

which vaccines are in stock. You can check for vaccine availability at www.cvs.com/immunizations/ covid-19-vaccine, www.riteaid. com/pharmacy/covid-qualifier, www.walgreens.com/topic/ promotion/covid-vaccine.jsp, www.walmart.com/cp/1228302 and www.costco.com/covidvaccine.html. The state suggests people also check with their health care providers, who may have vaccines available in their facilities.

It is recommended you wait 14 days after any vaccination before getting another one. For example, people who have been inoculated against such illnesses as shingles or whooping cough should wait until 14 days have passed before getting the COVID-19 vaccine, and vice versa. According to the CDC, people are considered fully vaccinated 14 days after receiving the second dose of the Pfizer of Moderna vaccines or the single dose of the Johnson & Johnson vaccine.

Online Classes from the HCC

Stability and Balance. Balance is important for everyone, especially as we get older. Strengthen your balance and stability with these online classes taught by a certified instructor every Tuesday from 10-11 a.m. at us02web.zoom.us/j/84982522530.

Let's De-stress. Connect with others and learn tips to better manage the stress in your life. Sessions end with a gratitude meditation and are the fourth Wednesday of every month from 10-11 a.m. via scanhealthplan.zoom.us/j/95741470401.

If you have any questions, contact Grecia Nunez, the HCC's senior ambassador, via email at gnunez@mhealth.com.

www.lwsb.com | April 29, 2021

LW resident Jack Nelson was lucky enough to procure a branch of this tree in Mutual 5 when it was being pruned several years ago.

Member Column

by Jack Nelson

LW contributor

Some years ago, I had the good fortune to walk past just as the gardeners were trimming this tree. I took a straight branch, thinking of a walking stick for an upcoming trip in the Sierras.

The green bark peeled easily after some hammering to split and

The wood was light yet quite sturdy after drying it for a few days. The long stick was a great help on the backpacking journey, easing every step up or down, reaching farther, like an extra leg, and light enough to carry comfortably on the striding flat.

I don't know the walking stick tree's real name. There are many of them in Leisure World, among the tremendous variety of trees that flourish on our commons.

I would wish for a map or catalog of all the different trees here, to greet them by name as I walk through our fascinating gardens. The buildings themselves are boring, plain and uniform. But the personal expressions in each patio and garden tell about our wonderfully diverse community.

A tree catalog keyed to building numbers could encourage more of us to stroll the greenswards, visiting our remarkable trees and finding greetings across the community.

I would even suppose that the catalog already exists in the landscape contractors' wonky spreadsheets, just waiting for a creative communications expert to make them user-friendly with ink or app.

Editor's Note: A tree inventory was prepared for the Golden Rain Foundation in 2015 by James Komen of Class One Aboriculture Inc. The 361-page document contains individual observations, including pictures, of trees on GRF Trust property.

The GRF has about 56 species of trees, with the most common being junipers and Italian Cypress.

It has changed over the years; for example, the ficus trees in the median of St. Andrews Drive are now gone. But it proves that LW does have an amazing array of trees.

LETTERS:

from page 4

Editor:

What a happy surprise to find that the statue of the "older couple" has been relocated to the entry of our wonderful LW Library. It looks great. I applaud the administration for having the courage to relocate it amidst so much early criticism and ingratitude. The fact that the couple is sharing a book makes it all the more appropriate that it be placed here. Bravo!

Now may I suggest that the empty cement base where it had been previously located be used to erect a monument to the diversity of Leisure World?

Let's use the creative minds of our own residents to devise, fund and manufacture a piece of art that appeals to the overwhelming majority of our residents who welcome the full spectrum of humankind.

After the despicable incident of the poison pen letter, I believe we need to completely and vociferously reject the hidden, hairy hand of hatred that was laid at our doorstep.

The bitter person who lashed out at the wounds of a new widow should not have the final word.

Jim Schneiderman Mutual 3

Member Column

by Jaetaik Yoo

LW contributor

Drought devastates nature.

All life—people, animals, fish and trees—need water to survive. We basically get the water from the sky. So the rain is quite important to people as well as nature.

But rain is irregular.

Sometimes it floods, and sometimes there is drought for a long time.

Wild grasses in the field or mountains can sprout only when the there is enough water. The fields and mountains need the wild grasses and trees. The grasses and trees feed animals and sometimes serve as shelters and nests.

Livestock can also live on grasses. And people live on livestock. So the chain of water, grass and trees, animals and humankind makes a complete cycle.

Drought can devastate nature. Grasses and trees can hardly survive in a long drought. Furthermore drought leads to destructive wildfires that burn thousands of acres of trees and property.

Drought can even turn fertile land into a desert.

Severe drought should remind us of how important water is for nature and to extinguish wildfires. It should prompt us to use water sparingly.

When we have enough rain, we have good opportunities to

enjoy the spring awakening of beautiful nature with its thick grasses, trees and beautiful flowers on the field.

However, this spring it has not have rained sufficiently for wildflowers to blossom.

I went to Walker Canyon and Lake Elsinore to view wildflowers a few weeks ago, but the trip

Viewing beautiful nature helps our minds be happy and warms our hearts.

In that sense, we are unlucky this spring because of COVID-19 as well as a long drought.

A bad environment could devastate not only nature, but also people.

405 Freeway Improvement 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:

SR-22 On-Ramp from Old Ranch Parkway Closure

The Old Ranch Parkway on-ramp to the westbound SR-22 is now closed for about eight months to accommodate freeway widening.

Activities include demolition, excavation, grading, drainage and electrical system installation, concrete pours, and asphalt paving.

Work hours are from 7 a.m.-4 p.m. Crews may mobilize equipment as early as 6 a.m.

Nighttime work hours are 9 p.m.-6 a.m.

Partial Lane Closures on Seal Beach Boulevard

Crews will begin traffic signal construction at the intersection of Seal Beach Boulevard and Lampson Avenue and the intersection of Seal Beach Boulevard and the NB I-405 freeway ramps.

Activities include the installation of temporary wooden poles, traffic signal heads and electrical work. Seal Beach Boulevard and Lampson Avenue will be intermittently reduced to two lanes at the intersection for the duration of the job.

Nighttime work hours are 9 p.m.-6 a.m.

Bolsa Chica Road Sidewalk Closure

Crews closed the sidewalk at the intersection of Old Bolsa Chica Road and Bolsa Chica Road for sidewalk, curb, pedestrian ramp and traffic signal construction. The job is expected to last approximately

405, page 16



The Golden Rain Foundation currently has an LW Live service that allows it to send e-mail alerts to the community. LW Live has been a useful communication tool between the GRF and shareholders who are registered.

The GRF is now considering implementing a community text alert system. Please note that texts would only be sent in the event of an emergency (examples: fire, missing resident, car theft, etc.). Carriers message and data rates may apply.

Please fill out the survey, so the GRF can determine the community's interest in a text alert system. Drop off completed surveys at the LW Weekly Office (use the mail slot in the staff door) by May 5. If the community supports a text alert system, a second survey asking for cell numbers will be issued.

Fields marked with an * are required

First Name *			Last	Last Name *						
Email *					_ Mutual *					
	Mutual 1 Mutual 2 Mutual 3 Mutual 4		Mutual 7		Mutual 9 Mutual 10 Mutual 11 Mutual 12		Mutual 14 Mutual 15 Mutual 16 Mutual 17			
l aı	m interested in	receiv	ing emergend	cy text al	lerts *					
	Yes		No							
Со	mments (if app	licable	!)							

COVID-19 Updates

• Don't get a COVID-19 vaccine at the same time as other vaccines.

People are advised to wait at least 14 days after getting a CO-VID-19 vaccine before getting any other vaccine, including a flu or shingles vaccine. Or if you have recently received any other vaccine first, wait at least 14 days before getting your COVID-19 vaccine.

However, those who do get a COVID-19 vaccine within 14 days of another vaccine do not need to be revaccinated with either vaccine. They should still complete both vaccine series on schedule.

When there is more data on the safety and effectiveness of COVID-19 vaccines given at the same time as other vaccines, CDC may update this recommendation.

• COVID-19 vaccines are effective at protecting people from getting sick.

Based on what experts know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

Studies are still determining how vaccines will affect the spread of COVID-19. After people have been fully vaccinated against COVID-19, they should continue taking precautions—like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces—in public places until we know more.

These recommendations can help people make decisions about daily activities after they are fully vaccinated. They are not intended for healthcare settings.

People are considered fully vaccinated:

- two weeks after their second dose in a two-dose series, such as the Pfizer or Moderna vaccines, or
- two weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

People who don't meet these requirements are *not* fully vaccinated.

WELLNESS TIP

When you are sick, it's important to drink plenty of water so your body has what it needs to fight off an illness like COVID-19 or the flu.

405
from page 15
g two months

two months. Activities include k-rail placement, demolition and restriping on Old Bolsa Chica Road.

SB I-405 Off-Ramp to Bolsa Chica Road Closed

Crews closed the southbound I-405 off-ramp to Bolsa Chica on Oct. 27 for approximately one year to advance construction on the Bolsa Chica bridge.

Almond Avenue Update

Demolition and reconstruction of the sound walls along Almond Avenue in College Park East are anticipated to start soon. Crews will install a temporary sound barrier prior to demolition.

I-405 near Bolsa

Crews will remove a portion of the I-405 bridge over the railroad, along the northbound and southbound I-405 between Bolsa Avenue and McFadden Avenue. Activities include demolition, excavation and hauling materials. The NB 1-405 work was completed last week and SB I-405 work was to be completed this week. Daytime work hours are 7 a.m.-4 p.m. Nighttime work hours are 9 p.m.-6 a.m. Crews may mobilize equipment as early as 6 a.m. This work may be loud.

Crews will continue working on the foundation of the wall along southbound southbound I-405, south of Bolsa Avenue.

Bolsa Chica Road

Continuation of pile driving for the Bolsa Chica bridge over I-405 along the center median and southbound I-405 at Bolsa Chica bridge. The work is ongoing 7 a.m. to 4 p.m. on weekdays for approximately two months.

Crews may mobilize equipment as early as 6 a.m., and some activities may occur from 9 p.m.-5 a.m. as needed.

The I-405 Improvement Project automated call and text alerts will now start coming to subscribers from the I-405 Project Helpline number at 888-400-8994.

This will allow people to leave messages if they have questions or concerns about the project.

—from OCTA

911

from page 1

and immediately send assistance your way.

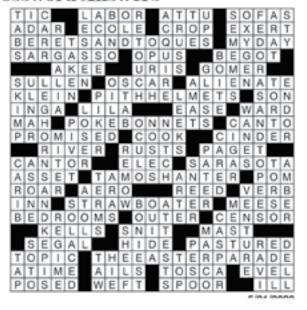
Many residents have medical alert systems that are operated by a number of different companies. Always instruct a medical alert system operator to contact 911 first, not the Security Department. Having the Security Department contacted first can cause a significant delay in sending the assistance you need.

Some residents delay in calling 911 because they fear what is happening may not turn out to be a "real" emergency. Something that seems inconsequential at first can quickly become a major issue. Chest pains, shortness of breath or any head injury, for example, should always be considered serious, and 911 should be called immediately.

For more information, contact Security Services Director Victor Rocha at (562) 431-6586, ext. 371.

SCRABBLE G R A M S SOLUTION 67 R₁ Εı D₂ RACK 2 = E₁ Sı Sı RACK 3 = 58 Εı 86 R 65 TOTAL 340 PAR SCORE 265-275

Crossword Answers



Sudoku I Answers

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

- The Basic Rules of Sudoku:
- The Basic Bules of Sudoku:

 * There is only one valid solution to each Sudoku puzzle. The only way the puzzle can be considered solved recreedly is when all 51 boxes contain numbers and the other Sudoku rules have been followed.

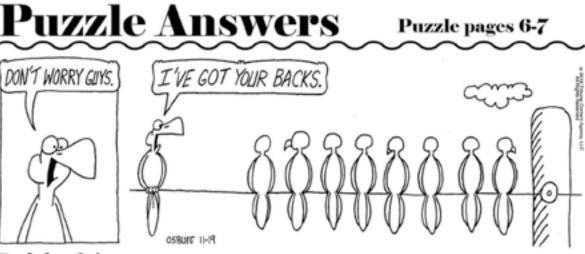
 * When you start a game of Sudoku, some blocks will be pre-filled for you. You cannot change these numbers in the corner of the content of the pre-filled for you. You cannot change these numbers in the corner of the sun.
- correction is sufficient to game of Sudoka, some blocks will be pre-tures on you.

 When you start a game of Sudoka, some blocks will be pre-tures on you.

 Each column must contain all of the numbers I through 9 and no two numbers in the same column of a Sudoka coverle can be the same.
- Each row must contain all of the numbers I through 9 and no two numbers in the same row of a Sudoku puzzle can be the same.
- putties can be the same. • Each block must contain all of the numbers I through 9 and no two numbers in the same block of a Sadd-liv secrete can be the same.

Jumble Answers

UNION VISTA KEEPER GARLIC To help the young hunting dog learn, the experienced hunting dog — GAVE POINTERS



Sudoku 2 Answers

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

Guess Who?

Norman Reedus

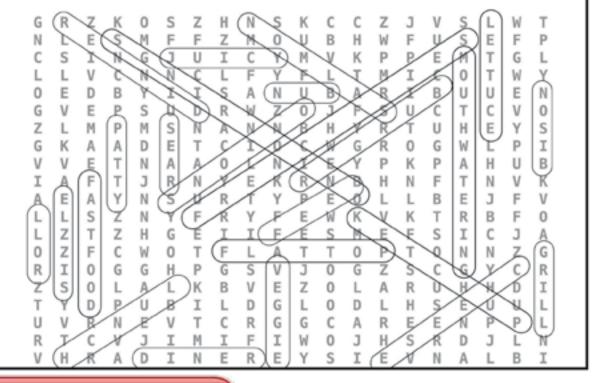
Crypto Fun Answers

A. hamburger B. topping C. bun D. food

Boggle BrainBusters Answers

INDIA ITALY LATVIA ANGOLA PANAMA GERMANY

Word-Find Answers



CHRONICLE

from page 4

I will say that going through those tax return files as I did was like sitting in a time machine. It was so great to relive the moments when I bought my first house.

I was working in an office and making fairly good money, but Uncle Sam was taking more of it than I would have liked, so I asked my tax lady what to do.

She said, "Buy a house and live in it. Then you will have a deduction!" So that's what I did, and I learned a lot about buying a house.

In the 1980s, I got a commission from a local construction company, and I painted a mural on two of their office walls.

They paid me \$800 for the job, which, at the time, I thought was

The mural was a huge job, and took me a month. I should have

asked for twice the amount, but who knew? It was a learning experience, and of course, I listed it on my tax

return as income. It was fun to think of it again. I strolled down memory lane as I shredded each file.

The rest of the files in my old filing cabinet pertain to the selling of my mom's house after she died (which was 20 years ago) and other

files that I can't bear to throw out. My daughter will have the joy of throwing all these files into a dumpster when the time comes. I am glad I won't be around to protest.

CAREGIVER

from page 3

• Shareholders must provide a doctor's note stating that a caregiver is needed for assistance with daily living.

The note must be issued on medical office letterhead. Notes are valid for one year and are maintained on file.

- Some Mutual Corporations require caregivers to provide a City of Seal Beach Business License on an annual basis. Check with Stock Transfer or your Mutual Board of Directors to determine requirements.
- Family members providing assistance are required to register as caregivers, but are exempt from the City of Seal Beach Business License requirement.
 - Caregiver passes expire June 30 and Dec. 31 each year.
- Caregivers must have their photos taken by a Stock Transfer employee.
 - Caregivers must register for each shareholder they work for.
 - Guest passes will be confiscated if found in caregiver's possession.
- Caregivers are not allowed to park in the resident's carport space without prior Mutual President approval.

For more information about caregiver registration, stop by the Stock Transfer Office or call (562) 431-6586, ext. 339, 347 or 348.

REOPEN from page 3

allowed. These restrictions may also be lifted in keeping with county guidelines and the GRF Board recommendations.

The Clubhouse 1 Picnic Area is now open for reservations, not including the kitchen, but limited to residents only until OCHCA and GRF agree to modify these restrictions, most likely later in June. Masks are required in all areas until that mandate is lifted.

If you haven't experienced the newly remodeled Fitness Center, be sure to check out *http://www*. lwsb.com/fitness-center-tutorials/ to learn how to use the new equipment through a series of tutorial videos.

You will be able to access complete instructions for all machines from your smartphone. The attendant will show you how to link the machine's video presentation with your phone, or you'll be able to check out an iPad to learn while you work out.

Dance and exercise classes continue at Veterans Plaza on their previous schedule until clubhouse reservations are rebooked.

Contact the Recreation Department if you are interested in particular activities or contact information for the clubs and their instructors.

Reservations are now available for vocal clubs and smaller religious services at Veterans Plaza as well, with Community Karaoke currently taking advantage of the al fresco setting on Thursdays at 4 p.m. Contact kathyt@lwsb.com to ask about availability.

Mission Park is now in Phase 2, where doubles are allowed on multipurpose courts and bocce ball is being played. Restrictions on spectators are expected to be lifted in June.

The Recreation Department plans to begin renewing clubs in May in anticipation of reopening once Gov. Newsom and the OCHCA agree it is safe, probably after June 15.

Some booking space has been repurposed, which will affect the number of reservations a club can have and recurring reservations, which will not be allowed for holiday events to make it equitable for all. Clubs should wait to be contacted for an appointment rather than contacting Reservations.

Status updates for all amenities will be published in the LW Weekly as well sent out via LW Live as they become available. For more information, contact kathyt@lwsb.com.

CDC

from page 1

put it in a plastic sleeve, which will protect it from stains and keep it safe and stain-free in a plastic sleeve — like the ones used for ID

A set of five plastic sleeves is available for \$4.99 on Amazon.

According to AARP, it's unwise to post vaccine cards on social media because the contain sensitive information. Instead, treat the card like a Social Security card. It's important, private and uniquely personal.

People who have already laminated their cards should not panic. Staples and some other big-box stores have been offering free lamination of COVID-19 vaccine cards, so many people have laminated cards in an effort to protect them.

Should a COVID-19 booster be needed in the future, they can ask for another paper record to prove it.

People who have lost their vaccine cards or never received them in the first place can contact the site where they got their first shot. Those who are unable to reach original vaccine providers can try the California Department of Health's Immunization Information System (IIS).

Vaccine providers are required to report all COVID vaccinations

The CDC has contact information for the IIS in your state.

LW Live

Sign up for the GRF's one-way, real-time community notification system at www.lwsb.com and click the "LW Live" icon to the right. Don't be left in the dark; sign up today for LW Live.

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Yard sale - 1421 Golden Rain Rd., 87G. Mutual 4. Thursday, April 29, 8:30 a.m. - 4:00 p.m. Lots of items. Wear a mask. 04/29

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Great Location and Greenbelts surround this lovely 1 This Beautifully expanded 2 Bedroom 2 Bath home fea- Elegantly Expanded 2 Bedroom, 2 Bath home with many

bed om also has Berber carpeting. Enjoy your private patio in this lovely location.

Bedroom, 1 Bath home. The living room is carpeted tures a spacious living room with Double Pane French lovely upgrades including a large spacious corner living properties a spacious living room with Double Pane French living room is carpeted tures a spacious living room with Double Pane French living room is carpeted tures a spacious living room with Double Pane French living application in the living room with a Bay window and plantation shutters. Beautiful leaded glass entry door leads the way into the Formal dining room. The fully remodeled kitchen has custom cabinets, granting. Friend with a Bay window and plantation shutters. Beautiful leaded glass entry door leads the way into the Formal dining room. The fully remodeled kitchen has custom cabinets, granting. Friend with a Bay window and plantation shutters. Beautiful leaded glass entry door leads the way into the Formal dining room. The fully remodeled kitchen has custom cabinets, granting. Friend with a Bay window and plantation shutters. Beautiful leaded glass entry door leads the way into the Formal dining room. The fully remodeled kitchen has custom cabinets, granting. Friend with a Bay window and plantation shutters. Beautiful leaded glass entry door leads the way into the Formal dining room. The fully remodeled kitchen has custom cabinets, granting and a large skylight. With the story of the plantation shutters.

condition and has charming curb appeal. It is a must see.



bedroom has walk -in closet, size of om with sky-upgraded stainless-steel appliances including free standand ceiling ing range, dishwasher, microwave and refrigerator. Mas-lioor, can down shower ter bedroom has walk-in clos and skylic. Second bedroom is carpeted and has dou- Master bath as tile flow of the counters, ble pane sliding glass doors to patio. This lovely home added line and a private tiled patio bedroom as exercise, walk-in closet and 34 bath. that has walk-in storage and overlooks charming green This special home features Central A/C, thermo Bay winbelt. This special home is in a great location, in move-in dows with Plantation shutters, crown molding, wood floors, ceiling fans and brick entry porch. This is a Must See!



Mutual 10-240B

Buying or selling...

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GIVE US A CALL

Mutual 2-13F Mutual 2-51J Mutual 1-35J Mutual 11-285H

Mutual 2-19L Mutual 2-24D Mutual 1-30D Mutual 1-37F

Mutual 12-41G Mutual 2-46D Mutual 10-248D

Mutual 11-277A

Mutual 2-40L Mutual 8-203G Mutual 2-22J Mutual 1-27F



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Robin Gray (562) 209-5605 rwgraysales@verizon.net DRE 01027333

LISTINGS WANTED!

My Listings are Selling. I can SELL Yours too!! And... Please know, I have implemented ALL Covid-19Guidelines to keep everyone as safe as possible! Call me for details!



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



Mutual 3-11-H \$174,900

Drive up to this one bedroom with plenty of street parking for your quests! New paint, new laminate floors, dual pane windows, heat-pump, skylights and patio storage! This is a lovely unit - make it your own!!





The beach cottage you have been waiting for in one of the most sought after Mutual! Two bedrooms, one bath high side expansion with convenient drive-up parking, an open view of the green and the surrounding neighborhood. An open concept floor plan, cut-down shower, heat/pump, skylights, and a wonderful patio with storage. This unit has such an awesome feel you will definitely want for your new home!!



Great location near the St Andrews Gate! South facing One Bedroom, one Bath on an open green! Beautiful wood-look laminate floors, cut down shower, skylights, newer heat/pump and a covered patio - perfect for relaxing and soaking up the view! Street parking and laundry close by.







Located on a fabulous green with views from every window is the fully expanded 2 Bedroom - One Bath with a covered porch to sit and relax and soak up the views and catch the breeze! Both bedrooms are oversized with the master having a walk-in closet. The kitchen is open concept and the living room and formal dining are quite large. Also included is a walk-in soaking tub, washer/dryer, central heat/air, added storage in the carport area, skylights and large windows that bring in an abundance of natural light! Call me to see!

www.sealbeachleisureworld.com



Jim Duncan 714-356-6717 Broker/Manager



Mike Varipapa Robin Gray 562 235-7413



562-209-5605



562-754-5628 562-618-9940



Barbara Diette-Dobias Kathy Gupton



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Gloria Hadley Edwina DiMario 562-706-7999



Vickie Van Ert 310-220-1407





Mary Chittick Rosie Wang Davis 626-623-9929



Joanie Korman

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Two-Bedrooms

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Claudette "CC" Cooley 310-484-9600



Conrad Rodriquez 562-746-1960

Leah Perrotti

310-889-6583

\$254,000 Mutual 7 145L lush greenery, dual pane, lam. floors, heat pump, drive up, nice

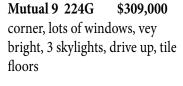
\$275,000 Mutual 15 13L 2 bath, very clean, double pane, enclosed patio, lam. floors



Hanna Rubinstein Jay Cho 562-900-4243 714-944-4998



Estee Edwards 562-208-2540



Mutual 7 168A \$309,890 large greenbelt, fully expanded, new wood lam., skylights



Philip Bak 213-550-9991



562-296-5619

Mutual 11 265 J \$339,000 great view, full expan., washer/ dryer, upgraded bath

Mutual 10 241C \$385,000 expanded, remodeled kitchen, washer/dryer, very nice

562 242-6162



Tim Kearns 714-293-3950





One-Bedrooms

good for remodel, shade, close to

south facing, lam floors., skylights,

Mutual 5 126D

Mutual 142C

very nice

parking

Linda Marmion 562 619-2261



\$174,000

\$171,500

Chris Kim 424-247-4542



Linda Patton

562-522-3364

714-606-5258



562-673-6703





CAROL GASPER
REALTOR
Lic# 01276484





562.716.1547
gcarol1966@gmail.com
http://www.sealbeach-retirementcommunity.info

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

For 2021, I have a total of <u>35</u> Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!



13721 Alderwood Ln #28K | M3 | \$174,000 Bright 1 Bedroom, 1 Bath with Enclosed Patio. Brand New Indoor/Outdoor Carpet On the Patio, Brand New A/C Heat Pump, Three Skylights, Freshly Painted Throughout.



13720 St Andrews Dr. #46G | M1 | \$464,900 Recently Remodeled 2 Bedroom, 2 Bath. Dual Pane Windows, Central A/C and Heat, Washer/Dryer, Stainless Steel Kitchen Appliances, Walk-In Closets. Close to Parking



13860 Canoe Brook Dr. #5E | M3 | \$179,500 Drive-Up 1 Bedroom, 1 Bath. Freshly Painted, Skylight, Ceiling Fan, Tile Floors, Expanded Bedroom to Include Extra Den/Office with Large Storage Unit.



13721 Alderwood Lane #28D | M3 | \$180,000 CLEAN 1 Bedroom, 1 Bath. Dual Pane Windows, Laminate Flooring, A/C Heat Pump, Custom Front Door. Great Drive-Up Location!



1700 Tam O'Shanter #2J | M14 | \$430,000 Fully Remodeled. 2 Bedroom, 2 Full Bath. Wood Flooring, Central AC/Heat, Full Size Washer/Dryer. Stainless Steel Appliances. Granite Countertops. Custom Cherry Wood Cabinets.



1740 Interlachen Rd., #39A | M12 | \$320,000 Corner 2 Bedroom, 1 Bath. Great Drive-Up Location. High side Expansion, Double Door Entry, A/C Heat Pump, New Laminate Floors, Freshly Painted and WASHER/DRYER.



1671 Interlachen Rd., #285i | M11 | \$370,000 One Of a Kind, Completely Remodeled 2 Bedroom, 1 1/2 Bath. New Vinyl Flooring, Quartz Countertops, Central A/C Heat, Washer/Dryer, Dual Pane Windows, Smooth Ceilings, Cam Lights. Parking Spot Close by.



1900 McKinney Way #22E | M15 | \$180,000 Unique 1 Bedroom, 1 Bath Upper Unit. Large Unit with Enclosed Patio, Plantation Shutters, Mirrored Closet Doors.

On April 27th, 2021 a total of 37 units show as active listings on the CRMLS (this is where Realtors list property for sale).

13 -1 bedroom/1 bath from \$160,000 to \$225,000

11 - 2 bedrooms/1 bath from \$219,000 to \$429,000

13- 2 bedrooms/2 baths from \$275,000 to \$539,000

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



"My place had been on the market nearly six months with another company. Nothing was happening. I canceled the listing and listed the property with Carol. She priced the property correctly, staged the place (beautifully, I might add). She even tidied up the patio, etc. as I had moved out of state. We had an offer in no time. She was very energetic and worked hard to find a buyer for my property. She saw to it that escrow ran smoothly and she was on top of the paperwork at all times. I highly recommend Carol."

-Ella M. Stern