

# LW Weekly

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\*See location for complete details



The LW Golf Course has been recently renovated and needs a new name. A contest is underway to find one.

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Celebrate St. Patrick's Day March 17 at the GAF Hospitality Center in Clubhouse 6. Hui O Hula dancers and musicians will be there to entertain you.

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## CORONAVIRUS

(COVID-19)  
Situation Summary

The outbreak of COVID-19 respiratory disease caused by a novel (new) coronavirus that was first detected in China is an emerging, rapidly evolving situation; the GRF will provide updated information from the CDC and other authorities, in addition to the latest guidance and reminders of how residents can protect themselves, in this weekly column.

...

### How the Virus is Spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about six feet).

- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

- It may be possible that a person can get COVID-19 by touching a surface that has the virus on it and then touching their own mouth, nose or possibly their eyes, but this is not thought to be the main way the virus spreads.

...

### Who is at Higher Risk

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes: *Older adults, people who have serious chronic medical conditions like heart disease, diabetes and lung disease.*

The GRF has added a Coronavirus tab on the left side of its homepage at [lwsb.com](http://lwsb.com) to keep residents updated.

Click the icon for access to important information including links to the World Health Organization and OptumCare

VIRUS, page 2

Phishing attacks seeking to exploit public fears about the coronavirus are now being reported by cyber security companies. To find out more, see page 22.



## MINI FARM FORUM



New policies now govern Mini Farm plots. A town hall is tentatively scheduled for March 25 to answer questions and put misconceptions to rest.

### Town hall will explain new guidelines

The Golden Rain Foundation, in conjunction with the Recreation Committee and the Mini Farm Subcommittee, will conduct a town hall meeting tentatively scheduled for 10 a.m. on Wednesday, March 25, in Clubhouse 4.

by **Kathy Thayer**  
assistant recreation manager

At the January GRF board meeting, a new policy was approved ceding control of the Mini Farms at the 1.8 acre site to the Golden Rain Foundation. The policy does not take effect until January 2021, which has caused some confusion as to the status of operations in the interim period.

At the town hall, questions will be answered, and misconceptions put to rest. While the Mini Farmers Club no longer has oversight, directors and officers of the club have agreed to work with the Rec-

reation Department to assist with planning the future of the farms. Planning will continue under the newly formed Mini Farm Subcommittee.

Although the club itself will not be reassigning relinquished plots during this period, it is the Committee's intention to begin doing so in the near future. Due to the condition of a number of neglected plots, a cleanup event is being planned that will be discussed at this meeting.

Mini Farmers who want to keep their plots will need to confirm this at the meeting and must provide identification to demonstrate they are the registered plot holder and the person actually working the farm.

MINI FARM, page 27

### NOCE CLASSES OFF TO BRISK START



The first semester of free classes from the North Orange Continuing Education (NOCE) began last week with full classes reported in ceramics, technology and painting (above). GRF Recreation Chair Leah Perrotti and GRF Physical Property Chair Kathy Rapp who worked to bring classes, sponsored by the Leisure World Library, to LW are pleased with the turnout. Another round of classes will begin next semester.



### Make appointments now for tax prep help

The AARP Tax-Aide Program sponsored by the Golden Age Foundation for the 2019 filing season is underway. Appointments are available for Monday, Tuesday and Wednesday mornings through April 8. Call (562) 596-1987 and leave your name and telephone number on the GAF answering machine. A volunteer will return the call to schedule an appointment.

To participate, you must be a full-time California resident and qualify to file as single or married filing jointly. The following records should be brought to the appointment, if they are applicable to you:

- Social Security card, required
- Driver's license, State issued ID, Passport or Leisure World photo ID
- Copy of 2018 Federal and State returns

- Forms 1099 for interest, dividends, pensions, social security benefits, sales of stocks

- Cost of stocks and bonds that were sold during 2019

- Form 1095-A if you purchased medical insurance through Covered California

- Forms W-2
- For itemized deductions, prepare and total a list of medical expenses, charitable contributions, taxes, interest and other deductions. Bring the list along with the organized receipts

- Copy of a check if you want a refund to be deposited into your checking account

Note that individuals with rental property, a net loss from self-employment or out-of-state tax returns are not in scope for this program.

An Intake/Interview Sheet (Form 13614-C) *must* be completed for each return that is prepared. For your convenience, the form is available in the Leisure World Library. Pick up the form and complete it in advance.

The Tax preparation room is in Clubhouse 6, Room A, on the second floor. The process will take at least an hour to have the documents input, reviewed and the return prepared.

During the first three weeks, counselors e-filed 192 federal and state tax returns.



### CATALINA ISLAND

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CERT leader Phillip Mandeville (l-r) is with Korean interpreters Teresa Hwang, Hui Don Kang and Sonji Friedman, and GRF Safety and Emergency Coordinator Eloy Gomez.

**KOREAN CERT CLASSES**

**Training offered for Korean-speaking residents**

CERT training for Korean-speaking and -reading LW residents will start Wednesday, April 1, from 8 a.m.-noon in Clubhouse 1. Classes will be taught through an interpreter each Wednesday in April. All the materials and hand-outs will be in the Korean language.

Disaster Psychology, Terrorism and Active Shooters.

Students need to attend all 20 hours for a CERT certificate, helmet, backpack and equipment, which are provided to CERT team members.

GRF Safety and Emergency Coordinator Eloy Gomez and CERT Team Leader Phil Mandeville are the instructors. To enroll in the Korean-language CERT training, contact Sonji Friedman at (562) 243-1894.

**RED CROSS**

**Sign up for April 3 blood drive at HCC**

Leisure World is saving lives with an American Cross Blood Drive on Friday, April 3, at the Healthcare Center from 9 a.m.-3 p.m.

One donation can save up to three lives. Call Lisa Love to make reservations at (909) 282 6685.

**Orange County Research Center**

**LIVER DISEASE**

**in Tustin, CA is Looking for Qualified Individuals**

**DO YOU OR A LOVED ON SUFFER FROM LIVER DISEASE OR HAVE LIVER DAMAGE?**

Orange County Research Center in Tustin, CA is looking for individuals to participate in a clinical trial to evaluate the safety and effectiveness of an investigational drug in patients with liver disease.

You may be eligible to participate if you:

- Are 18 to 80 years old
- Have a BMI between 18 and 42
- Have been diagnosed with liver disease or liver damage
- Willing to comply with all study procedures including a 4 night stay at the research center

*\*Qualified participants will receive compensation up to \$1200.00 for their participation, time and travel.*

If you would like more information or would like to participate in this study contact ORANGE COUNTY RESEARCH CENTER at 714-263-7338

\*This study is not intended to treat liver disease

Protocol: VK2809-109

**Going, Going, Gone**



Tanks are being dismantled at the Los Angeles Department of Water and Power's (LADWP) Haynes Plant next to Leisure World. Residents watched as Tank E near Clubhouse 2 was cut away section by section last week and completely removed (below). On Monday, March 16, workers are scheduled to begin dismantling Tank D (above), the one nearest to residents on Canoe Brook Drive. Occasional, brief increases in noise and vibration should be expected in the first couple days as the roof is taken off. LADWP and contractors continue to take daily precautions to keep workers and the community safe by staying within compliance limits. DWP received no calls from LWers as the first tank was dismantled.



**CTAP**

**Special phones make it easier to hear**

Special California Phones are free to eligible Californians. Now, it's easier to hear, dial and make calls. The next free phone events are March 27 and April 24 from 9-11 a.m.

Bring your completed CTAP application with a doctor's signature and get your phone the same day.

CTAP applications can be picked up at the Health Care Center, from the Member Resource Liaison Office in Bldg. 5, first floor, by calling (800) 806-1191 or visiting [www.CaliforniaPhones.org](http://www.CaliforniaPhones.org).

**VIRUS**

from page 1

at the HCC.

If you are at higher risk for serious illness from COVID-19, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

*What to Do to Protect Yourself*

The CDC advises people at higher risk to: Stock up on supplies and take everyday precautions to keep space between yourself and others. When out in public, keep away from others who are sick, limit close contact and wash your hands often. Avoid crowds as much as possible.

*What to Do if You Get Sick*

Stay home and call your doctor. Call your healthcare provider and let him or her know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home. Get medical attention immediately if you have difficulty breathing or shortness of breath, persistent pain or pressure in the chest, confusion or inability to arouse or bluish lips or face.



Golden Age Foundation Board member Anna Derby (l-r) is with Barbershop Singing Club President Bill Frambach, GAF President Carole Damoci and Chuck Burnett of the Barbershop Singing Club.

**BARBERSHOP SINGING CLUB**

**Defunct club donates left-over treasury to GAF**

The now-defunct Barbershop Singing Club has donated its remaining treasury to the Golden Age Foundation. Club President Bill Frambach recently gave a check for \$942.48 to GAF President Carole Damoci in the hopes that it will inspire other clubs to do the same.

When it became clear that the number of barbershop singers was on the decline, the remaining members unanimously voted to dissolve the club and give club proceeds to the GAF.

The late Ken Kline and Zeke Bartels formed the Barbershop Singing Club about 15 years ago, with Ken installed as its first president. Bill Frambach was an early member and was elected vice

president, an office that he held until Ken died and Bill became president.

Barbershop harmony is generally considered to be one of the few uniquely American-born musical styles, alongside jazz, with which it shares origins. The simplest definition of barbershop centers around relatively simple melodies sung in four-part harmony without instruments (a cappella).

In its heyday, the club was featured at Leisure World's 50th Anniversary Celebration and entertained various LW clubs and organizations.

The Golden Age Foundation, a nonprofit 501 (c) (3) charitable organization dedicated to serv-

ing Leisure World shareholders and residents, appreciates the donation.

Through the generosity of LW residents, the GAF is able to provide various programs and projects free to residents.

The GAF is entirely staffed by resident volunteers and its major income source is contributions from shareholders, either individually or through clubs and organizations.

**Master Gardener Class**

A Master Gardener lecture will be held today from 1-3 p.m. at Clubhouse 4. Warm Season Vegetables will be taught by horticulturalist Stephen Williams.



Woman's Club member Eileen Dole presented a check to the LW's Community Emergency Response Team (CERT) to cover the cost of head lamps so people can be hands free during a disaster. Eileen is presenting check to Phil Mandeville, president of the CERT Study Group.

**CTAP**

**Learn how to make your smartphone work better by attending a free class**

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

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

Android training is from 11:30 a.m.-1:30 p.m. on March 27 or April 24 and iPhone training is from 2-4 p.m. on March 27 or April 24. Classes, sponsored by the California Telephone Access Program, are held at the Health Care Center. Space is limited. Register by calling 431- 6586, ext. 317.



**New Year, New You: Daily Skin Care and Common Skin Infections**

Join us for a discussion about our largest organ – skin. From daily routine skin care to common types of skin infections. We'll also discuss skin protection from sun damage and aging, how to treat and maintain healthy skin and when to seek medical care.

**Date:** Friday, March 20, 12:00–12:45 p.m.  
**Location:** Health Care Center Conference Room 1

Light snacks will be provided. **Space is limited**, so call ahead to save your spot for this free event.

**Upcoming events at the HCC:**

- Wed., Apr. 8:** Staying Active – Shoulder
- Wed., Apr. 29:** Staying Active – Knee

Reserve your place for any of these events by calling **1-562-795-6204**.



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# Perspectives

**MEMBER COLUMN**

## Seeing others deeply is first step toward relationship

by **Jim Greer**  
LW contributor

Leisure World is a unique community. Not because it's a retirement community or a gated community, but because it is our community. Sure, there's a lot of complaining about issues large and small. And there's the typical self-deprecating humor about aging. But we have so much here that can make this one of the great societies the world has known.

In a recent address at Brigham Young University, the New York Times columnist David Brooks spoke about seeing each other deeply.

He noted that Americans, in general, do not see one another well. "There is one skill at the center of any healthy family, company, classroom, community, university or nation: the ability to see someone else deeply, to know another person profoundly, to make them feel heard and understood."

Brooks went on to explain that to keep our community intact, we need to be weavers.

Weavers plant themselves in one spot of ground they care about, and get to know the people, and become rooted in that spot. Weavers are daring social explorers. They acknowledge that a good life is a series of daring adventures

from a secure base. They know who they are and have the security to expand.

Our community can be a collection of unique people looking after each other, seeing each other deeply, taking the time to enter into relationships.

We should depend upon one another, hear and support each other's stories, and strengthen each other's behavior. Brooks tells the story of Ruth, a friend who died at a young age in a small Louisiana town.

A beloved local teacher, Ruth, would place a lighted candle on each headstone in the local cemetery during the holidays. Soon after her passing, during another Christmas season, Ruth's brother Rod asked his mother if she would like to place the candles as Ruth once did. She replied, "it would just wreck me. It's just too soon."

As they drove home, passing the cemetery, they noticed that someone else had placed and lit the candles on every gravestone. "This is what happens in a community," David Brooks emphasized, "the behaviors, the norms, and the gifts get replicated and spread around by people who are deeply engaged and deeply seeing one another."

Seeing one another deeply helps us realize the difference between happiness and joy.



Jim Greer

In David Brooks' words, "You can be happy alone.

You win a game, you get a promotion, you feel big about yourself. Happiness is the expansion of self.

But joy is the merger of self. It happens when you forget where you end and something else begins, when you really are seeing deeply into each other."

We are the weavers, the glue that can hold our community together. As a diverse community, we can build a loving, multicultural society.

We only need to give ourselves a little grace.

It will not be easy, but like Ruth's example of the candles, great works get done if we take the time to look into each other's eyes.

## Credits & Kudos

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

Carl and Karen Reggiardo of Mutual 4 appreciate their Mutual 3 Board members who met more than 150 residents on Feb. 29 for lunch and two hours of questions and answers. Within 24 hours, issues put forth by my wife and I (pathway lights out, carport availability, exterior painting) were either resolved or satisfactorily explained. As a resident of five months, I was impressed and want to thank the board for its effort.

## Perspectives Policy

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

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

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

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

## Letters to the Editor Policy

Letters to the Editor should include your name, Mutual number and phone number, and be emailed to [rutho\\_news@lwsb.com](mailto:rutho_news@lwsb.com) or typed and delivered to the LW Weekly office in the Amphitheater Building.

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.

Shareholders may only have one letter published per month.



Katella Senior Living Community's variety of care options and seemingly endless amenities allow you to fill your days with family, friends and activities that mean the most. Tastefully decorated in California casual style, Katella Senior Living Community serves a wide range of lifestyle preferences and care needs including:

- Independent Living
- Assisted Living
- Memory Care
- Respite Care



After a hospitalization, your medical team may want you to continue rehabilitation services as part of your recovery. Alamitos West Health Care Center, a rehabilitation and transitional care community, offers a team approach to support your recovery, including:

- IV therapy
- Wound care
- Cardiac and stroke care
- Physical therapy
- Occupational therapy
- Speech therapy
- Pain management

We'd love to hear from you!

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VOL. 44 NO. 11

# Government

## Mutual election cycle begins; directors needed

The community unity displayed in Leisure World Seal Beach is a direct result of all the unpaid volunteer Mutual and GRF board members duly elected to serve their mutuals and the shareholders over many years. What better way to sustain a community such as Leisure World than by volunteering time toward the governance of the incredible lifestyle shareholders enjoy?

This community was founded on the premise that the Mutual Boards and the elected board directors would set into operation the day-to-day business of each mutual corporation. Directors address the issues of most importance to their electorate, that is, the shareholders. Board directors find solutions to problems, large and small. This is not an easy job. It takes time, effort and a willingness

to unselfishly donate a portion of everyday life to the community.

Leisure World Seal Beach is full of highly qualified shareholders who have so much expertise to offer, such as knowledge of construction, plumbing and accounting. New ideas and perspectives are always needed and that means volunteers are needed. Consider becoming a candidate

for a director's position on your mutual's board of directors.

The schedule below indicates each mutual's annual meeting date and election. Note the deadlines to apply for candidacy.

For more information on becoming a Mutual Board of Directors candidate, contact the Stock Transfer Office at (562) 431-6586, ext. 346.

### Parcel Designations Mutuals 9 and 12

Mutual Nine	
Parcel	Bldgs.
39	206-210
40	211-214
41	215-218
42	219-223
43	224-226
44	227-232
45	233-237

Mutual Twelve	
Parcel	Bldgs.
1	64-69
2	70-73
3	74-78
4	6-11
8	55-63
9	40-47
10	34-39

### 2020 GRF & Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	7	384	193	5	Fri. 2/14	Mon. 3/16	Wed. 4/15	May	5/15	10 a.m.	
	10	276	139	5	Fri. 2/14	Mon. 3/16	Mon. 4/20	May	5/20	10 a.m.	
	14	328	165	7	Fri. 2/14	Mon. 3/16	Tues. 4/21	3 <sup>rd</sup> Thurs.	5/21	10 a.m.	
	9	384	193	7	Fri. 2/14	Mon. 3/16	Wed. 4/22	4 <sup>th</sup> Fri.	5/22	10 a.m.	Parcels in effect
	8	348	175	5	Fri. 2/14	Mon. 3/16	Sun. 4/26	4 <sup>th</sup> Tues.	5/26	10 a.m.	Meeting moved from 4 <sup>th</sup> Mon. to 4 <sup>th</sup> Tues. due to Memorial Day
	4	396	132	3	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 <sup>th</sup> Wed.	5/27	10 a.m.	Staggered terms
	16	60	20	5	Wed. 2/12	Fri. 3/13	Mon. 4/27	4 <sup>th</sup> Wed.	5/27	2 p.m.	Election & Annual Meeting held in Admin. Conf. Room
11	312	157	6	Fri. 2/14	Mon. 3/16	Tues. 4/28	4 <sup>th</sup> Thurs.	5/28	10 a.m.		
JUNE	6	408	136	7	Fri. 2/14	Mon. 3/16	Wed. 5/6	June	6/5	10 a.m.	
	1	844	282	5	Fri. 2/14	Wed. 3/25	Sat. 5/9	2 <sup>nd</sup> Mon.	6/8	10 a.m.	Staggered Terms
	5	492	164	4	Tue. 2/25	Thur. 3/26	Sun. 5/10	2 <sup>nd</sup> Tues.	6/9	10 a.m.	Staggered Terms
	3	432	217	7	Fri. 2/21	Mon. 3/23	Mon. 5/11	2 <sup>nd</sup> Wed.	6/10	10 a.m.	
	12	452	151	7	Thur. 2/27	Sat. 3/28	Tues. 5/12	2 <sup>nd</sup> Thurs.	6/11	10 a.m.	Parcels in effect
	2	864	288	9	Fri. 2/21	Tue. 3/24	Wed. 5/13	2 <sup>nd</sup> Fri.	6/12	10 a.m.	
	15	502	168	7	Fri. 2/28	Tue. 3/31	Wed. 5/20	3 <sup>rd</sup> Fri.	6/19	10 a.m.	
17	126	65	3	Tue. 3/10	Thu. 4/9	Sun. 5/24	4 <sup>th</sup> Tues.	6/23	10 a.m.	Staggered Terms	

### Setting It Straight:

Some of the dates were wrong in the Election and Annual Meeting Schedule in the Feb. 13 issue of the LW Weekly. They were corrected and printed in the Feb. 20 issue and every week since.

## 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 March 19.

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

Eligible seniors must live in Leisure World, be at least 60 years of age and meet income guidelines as follows: up to \$1,354 a month for one person; \$1,832 for a two-person household; and \$2,311 for a three-person household. To sign up, bring a photo ID, and proof of income (Social Security/SSI Statement, letter or bank statement or paycheck stub). People who are unable to apply themselves may send a proxy to act on their behalf with appropriate ID. For more information, call GRF Member Resource Liaison Cindy Tostado at 431-6586, ext. 317.

## CalFresh Benefits

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

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

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

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

Ways to apply:

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

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

### MUTUAL 2

## Fire suppression event is March 18

Dr. Rosa Fabian, chair of Emergency Buddy System of Mutual 2, welcomes LW residents to a fire suppression event at 11 a.m. on the Mutual 2 greenbelt between buildings 21 and 34 on March 18. Bring a chair and an expired fire extinguisher to use (optional) for hands-on training.

GRF Safety and Emergency Coordinator Eloy Gomez will lead the presentation and exercise. Midge Bash, a Community Emergency Response Team instructor, will demonstrate how to use a fire blanket. Contact Dr. Fabian at (562) 240-5212 for further information.

### GRF DROP BOXES

## Drop payments in convenient boxes

Located throughout the community are light tan-colored payment boxes provided as a convenient method of dropping off monthly assessment payments as well as utility payments for Edison, Verizon, Frontier and Spectrum without having to use a postage stamp.

DROP, page 6

### EVEN-NUMBERED MUTUALS

## How to be a GRF Board candidate

The campaign cycle for the GRF Board of Directors (BOD) is now underway. During 2020, the Board seats representing the even-numbered Mutuals are up for election.

Candidacy is subject to all applicable state laws and in accordance to GRF 30-5025-3. All candidates must be members of GRF for at least a year at the time of nomination and cannot have been convicted of a crime that would either prevent GRF from purchasing fidelity bond coverage or terminate existing coverage.

A Mutual BOD may appoint a nominating committee for the purpose of recommending a candidate for election.

All candidates recommended by a Mutual BOD or nominating committee will be given candidate instructions by the Stock Transfer Office.

Candidates must be current in payment of carrying charges. This does not include non-payment of collection charges, late charges, fines cost levied by a third party or if member has paid under protest.

All members have the right to engage in Internal Dispute Resolution (IDR) and/or Alternative Dispute Resolution (ADR) pursuant to Civil Code 5658. A member may contact the Board in writing to initiate an IDR/ADR. If an IDR/ADR is not scheduled and completed prior to the nomination deadline the candidates may be disqualified for non-payment of monthly assessments.

A candidate may be a member who is an officer or director of a Mutual Corporation, a member of any City Council, Board of Supervisors of the County of Orange, Planning Commission for the City of Seal Beach or County of Orange.

In addition, a member of any entity or partnership or an officer or director of any other corporation engaged in supplying material series or labor to GRF is strongly discouraged from running for the Board. Such actions may cause a potential conflict of interest, causing unnecessary liability, including but not limited to breaching fiduciary duties.

Each candidate may submit a statement of 300 words or less in 12-point or larger font, single-sided, to the Stock Transfer Office.

Statements shall be written in compliance with the election rules, e.g., contain the background, qualifications and platform of the candidate, and shall not contain any disparaging or defamatory content.

The statements will be mailed out with ballots.

Candidate Nomination Forms and GRF Directors Handbooks are available in the Stock Transfer Office in the Administration Building beginning Wednesday, March 4, and must be submitted before the deadline, 4:30 p.m., Friday, April 3.

Members are invited to attend a Question-and-Answer Forum with current GRF Directors on Wednesday, March 25, from 1-2 p.m. or Thursday, March 26, from 2-3 p.m., at the Administration Building, Conference Room A.

Candidates must show a photo ID when turning in the Candidate Nomination Form and Statement. Candidates will receive a receipt when turning in their application materials.

Candidates who complete a Candidate Nomination Forms (or who are nominated by a Mutual's nominating committee or Board) will be listed on the Secret Mail-in Ballot.

Three packets containing the Secret Mail-in Ballot, postage-paid envelopes, balloting instructions and deadlines will be mailed to each household in the even-numbered Mutuals on Sunday, May 3.

Nominations from the floor and write-ins are prohibited.

For further information on being a candidate for the GRF Board, call 431-6586, ext. 346, for Stock Transfer, or ext. 303 for the Board of Directors Office.

## Carport Cleaning Schedule 2020

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

### Memorial Day - Monday, May 25

Mutual 10, Carports 117-121, 123-124, will be cleaned on Friday, May 29.

### Independence Day - Saturday, July 4

No carports are affected.

### Labor Day - Monday, Sept. 7

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

### Veterans Day - Wednesday, Nov. 11

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

### Thanksgiving Day - Thursday, Nov. 26

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

### Christmas Day - Friday, Dec. 25

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

## Notary Services Available

Notary services, \$15 per signature, are available by appointment at the Copy & Supply Center in Building 5. For an appointment, call 431-6586, ext. 345.

### GRF Committee Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The Administration Conference Room is upstairs in the Administration Building. The following is a tentative schedule of meetings on the Golden Rain Foundation master calendar, maintained by Administration:

Thurs., March 12	<b>Communications Committee</b> Administration..... 1 p.m.
Fri., March 13	<b>Executive Committee</b> Administration..... 1 p.m.
Mon., March 16	<b>Finance Committee</b> Administration..... 9 a.m.
Tues., March 17	<b>Special Governing Documents Committee</b> Administration..... 10 a.m.
Tues., March 17	<b>Website Ad Hoc Committee</b> Administration..... 1 p.m.
Wed., March 18	<b>Strategic Planning Ad Hoc Committee</b> Administration..... 10 a.m.
Fri., March 20	<b>GRF/Mutual Roundtable</b> Administration..... 1 p.m.
Tues., March 24	<b>GRF Monthly Meeting</b> Clubhouse 4..... 10 a.m.
Thurs., March 26	<b>Management Services Review Ad Hoc</b> Administration..... 1 p.m.
Wed., April 1	<b>Government Document Committee</b> Administration..... 10 a.m.
Wed., April 1	<b>Physical Property Committee</b> Administration..... 1 p.m.
Thurs., April 2	<b>Architecture Design Review Committee</b> Administration..... 1 p.m.
Fri., April 3	<b>GRF Board Executive Session</b> Administration..... 1 p.m.
Mon., April 6	<b>Recreation Committee</b> Conference Room B..... 1 p.m.
Wed., April 8	<b>Security, Bus &amp; Transportation</b> Administration..... 1 p.m.
Thurs. April 9	<b>Communication Committee</b> Administration..... 1 p.m.
Fri., April 10	<b>Executive Committee</b> Administration..... 1 p.m.
Mon., April 13	<b>Mutual Administration Committee</b> Administration..... 1 p.m.
Tues., April 14	<b>Facilities/Amenities Review Ad Hoc</b> Administration..... 1 p.m.
Wed., April 15	<b>Strategic Planning Ad Hoc</b> Administration..... 10 a.m.
Mon., April 20	<b>Finance Committee</b> Administration..... 9 a.m.
Tues., April 21	<b>Website Ad Hoc Committee</b> Administration..... 1 p.m.
Thurs., April 23	<b>Management Services Review Ad Hoc</b> Administration..... 1 p.m.

### GRF SERVICES

#### Passport photos are available at Copy & Supply

Passport photos can be taken at the Copy & Supply Center in Building 5 from 8:30 a.m.- 4 p.m.; two photos, \$10.

For information, call 431-6586, ext. 345.

The center also carries small items, such as batteries, shower heads, fire extinguishers, emergency vests and other items, from the Purchasing Department.

—GRF Purchasing

#### DROP from page 5

GRF has established strict procedures relating to the collection and delivery of payments deposited in these payment boxes.

Payments are collected once daily Monday-Friday from all boxes.

Sealed payments are delivered to the Finance office where they are sorted and mailed in parcels as batches to their respective payment processing centers. Monthly assessment payments are forwarded to the lockbox payment processing center via UPS and contain a tracking number used to confirm the package was delivered.

Be sure to include your name and address on the outside of all payment envelopes deposited in the light tan-colored payment boxes.

Doing so allows staff to add an additional step of tracking and recording your monthly assessment payments before they are forwarded to the lockbox processing center. Failure to place your name and address on your payment envelopes will make it difficult for staff to track your payment once it leaves our office.

Note that you must use postage stamps on all mail deposited in the blue U.S. postal boxes. Further, it is always a good practice to place your return address on all U.S. mail in the event the postmaster is unable to deliver your mail.

—GRF Finance Office

### Schedule of Mutual Meetings

Mutual meetings are listed below. Mutual residents are invited to attend the open meetings of their mutual boards as follows:

Thurs., March 12	<b>Emergency Information Council</b> Conference Room B..... 10 a.m.
Fri., March 13	<b>Mutual 3</b> Administration..... 9 a.m.
Mon., March 16	<b>Mutual 15</b> Administration..... 1 p.m.
Tues., March 17	<b>Mutual 14</b> Conference Room B..... 1 p.m.
Wed., March 18	<b>Mutual 5</b> Conference Room B..... 9 a.m.
Wed., March 18	<b>Mutual 7</b> Administration..... 1 p.m.
Thurs., March 19	<b>Mutual 2</b> Administration..... 9 a.m.
Thurs., March 19	<b>Mutual 11</b> Conference Room B..... 1:30 p.m.
Mon., March 23	<b>Mutual 8</b> Administration..... 9 a.m.
Wed., March 25	<b>Mutual 10</b> Administration..... 9 a.m.
Thurs., March 26	<b>Mutual 1 (open forum precedes meeting)</b> Administration..... 9 a.m.
Fri., March 27	<b>Mutual 6</b> Administration..... 9:30 a.m.
Thurs., April 2	<b>Presidents' Council</b> Clubhouse 4..... 9 a.m.
Tues., April 7	<b>Mutual 16</b> Administration..... 9:30 a.m.
Tues., April 7	<b>Mutual 17</b> Administration..... 1:30 p.m.
Wed., April 8	<b>Mutual 4</b> Administration..... 9 a.m.
Thur., April 9	<b>Mutual 12</b> Administration..... 9 a.m.
Fri., April 10	<b>Mutual 3</b> Administration..... 9 a.m.
Mon., April 13	<b>Mutual 9</b> Administration..... 9 a.m.
Wed., April 15	<b>Mutual 5</b> Conference Room B..... 9 a.m.
Wed., April 15	<b>Mutual 7</b> Administration..... 1 p.m.
Thurs., April 16	<b>Mutual 2</b> Administration..... 9 a.m.
Thurs., April 16	<b>Mutual 11</b> Conference Room B..... 1:30 p.m.
Mon., April 20	<b>Mutual 15</b> Administration..... 9 a.m.
Tues., April 21	<b>Mutual 14</b> Conference Room B..... 1 p.m.
Wed., April 22	<b>Mutual 10</b> Administration..... 9 a.m.
Thurs., April 23	<b>Mutual 1 (open forum precedes meeting)</b> Administration..... 9 a.m.
Fri., April 24	<b>Mutual 6</b> Administration..... 9:30 a.m.
Mon., April 27	<b>Mutual 8</b> Administration..... 9 a.m.

### RESIDENT DECALS

#### Replace expired decals in Bldg. 5

Expiring resident decals are replaced in the satellite Security Office, downstairs in Building 5. Bring a resident ID card, valid driver's license, current car registration and insurance card when applying.

Decals are issued 8 a.m.-4 p.m., Monday-Friday and Saturday, 9 a.m.-1 p.m.

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# Religion

## LW Baptist

The Leisure World Baptist Church congregation invites everyone to join it in Clubhouse 4 on March 15 for a morning of worship and fellowship. Sunday school is from 8:30-9 a.m. People can gather for coffee at the table by the kitchen until 9:45.

All join in singing the call to worship "The Steadfast Love of the Lord Never Ceases"

Soloist Sophia Peng will sing a song of promise written by Bill Gaither, "Because He Lives." The congregational songs include "Christ the Lord is Risen Today," "His Eye is on the Sparrow" and "All for Jesus." Under the direction of Darlene Harris, the choir presents "Until Then." Pianist Yvonne Leon will play for the offertory.

Pastor Rolland Coburn's morning message is titled "Christ's Church God's People" from Romans 15:7-13. "In the Service of the King" will be the closing hymn for this week's service.

The Men's Fellowship group meets on Monday, March 16, in Clubhouse 3, Room 8, at 10 a.m.

Energizers come together for a midweek time of fellowship on Wednesday, March 18, at 3 p.m. in Clubhouse 3, Room 1.

For more information, call 430-2920.



Pastor Rolland Coburn

## Holy Family Catholic Church

Holy Family Catholic Church, 13900 Church Place next to the St. Andrews Gate, will observe The Third Sunday of Lent on Sunday, March 15.

The First Reading is Exodus 17:3-7 and the Second Reading is Romans 5:1-2, 5-8. The Gospel reading will be from John 4:5-42.

### Renew and Refresh Your Faith

Holy Family Parish is presenting Bishop Barron's Catholicism Series this coming Friday, March 13, in the parish rectory, from 10-11:30 a.m. The second episode is titled, "The Teachings of Jesus." Everyone is welcome to join the class.

### Sacrament of the Sick during Mass, March 14, 8:30 a.m.

The Sacrament of the Sick will be administered during Mass on Saturday, March 14, at 8:30 a.m. It can be received by baptized Catholics who are going to have a major surgery, those who are chronically ill and those who are elderly.

### Masses

Holy Family Church celebrates Sunday Mass at 8 a.m., 10 a.m. and noon; the Vigil Mass is at 5 p.m. Saturday; daily Mass is at 8:30 a.m., Monday-Saturday.

Confessions are Saturdays and eves of Holy Days: 4-4:45 p.m. First Fridays start at 9:15 a.m.

## Redeemer Lutheran

Karen Merkel is Redeemer Lutheran's preacher this Sunday, March 15. Karen is celebrating her 52 year as a missionary this month. Join Redeemer Lutheran at 10:30 a.m. for worship and fellowship with refreshments following the service.

In addition to Sundays, Wednesday's have plenty of opportunity for getting connected with Christ and others at Redeemer. At 10:30, come join the weekly Bible study class in the easily accessible first floor conference room right inside the front glass door entrance. The group is currently working on the final chapters of the Book of Proverbs.

The midweek worship service is every Wednesday at 11:30 a.m. and includes prayer, reflection and Communion. Come to Redeemer Lutheran at 4 p.m. for the Soup Supper and Lenten Program in the downstairs Fellowship Hall, which is accessible by ramp or elevator. Enjoy a little study, a little discussion, even a little laughter, and then a light supper as Redeemer Lutheran's congregation journeys together toward Easter Sunday.

## Assembly of God

The third Sunday of each month is "Missions Sunday" at Assembly of God's 10:30 a.m. worship service in Clubhouse 3, Room 2. Pastor Pat Pawlak will inform the congregation of the successes in reaching people who have never heard the Gospel by missionaries that the congregation supports.

Following the opening remarks of praise and prayer by Associate Pastor Dan Ballinger, Denise Smith will lead worship songs and Pastor Sam Pawlak will bring a message titled, "The Greatest Commandment." Diana Mushagian, Marge McDonald and Norma Ballinger will help with service proceedings.

The Hymn Sing is every Sunday at 6 p.m. in the lobby of Clubhouse 3. Those present are given the opportunity to select a hymn which Pastor Dan will lead. Dean and Carolyn Brown will bring special music to sing with his wife. Ruth Olson will lead the youth choruses. Pastor Sam will bring the hour to a close with a devotion. A time of fellowship shared around the tables will follow

The Bible study will continue in the book of Genesis, led by Pastor Sam on Wednesday at 10 a.m. in Clubhouse 3, Room 7. This is open to all and worksheets are provided.

## Buddha Circle

The Buddha Circle regularly scheduled meetings for Mindfulness Meditation sessions of Wednesday, March 11, 18 and 25 have been canceled due to precaution from the Coronavirus.

For more information about the rescheduling, call (714) 234-8735 or email [rebeccagad71954@gmail.com](mailto:rebeccagad71954@gmail.com)

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



Bonnie Freund, and her dog, Snickers, are assisted by the Vet Care staff.

## COMMUNITY CHURCH

### Vet Care Clinic coming March 19

Community Church will host another Vet Care Pet Clinic on Thursday, March 19, from 9-11 a.m. The clinic offers reduced cost physical exams, vaccines, flea and tick control, deworming, nail trimming, etc. Come take advantage of the close and convenient pet service inside the Leisure World gates on the Community Church front patio. Dogs must be on leash and cats in carriers.

Pastor Johan will continue the Lenten Series titled, "Reading the Bible for Action." This series is not a Bible Study, but rather a step in Christian discipleship. Participants will be challenged to apply the Bible precepts to their daily living. All are welcome to attend. The weekly series meets on Tuesday afternoons at 1 p.m.

The weekly Bible study, taught by Joy Reed, titled "Potpourri" meets in the Fireside Room on Sunday afternoons at 5. Everyone is welcome to attend.

On Sunday, March 15, Pastor Johan Dodge will deliver a Scripture-based message reflecting on the Third Sunday in Lent, titled "Water." The Scripture Lesson is from John 4:5-42. Prince Pierson will serve as lay liturgist. Sunday worship services begin at 9:50 a.m. and are followed by coffee and refreshments in Edgar Hall.

## St. Theodore

The Rev. Reese Riley will celebrate and preach at St. Theodore's Episcopal Church Communion Worship Service on Sunday, March 15 at 12:15 p.m. in the sanctuary of Redeemer Lutheran Church, 13564 St. Andrews Dr. Fellowship with refreshments follows in the easily accessible first floor conference room. The combined Lutheran and Episcopal Worship Service with prayer, reflection and Holy Communion is held every Wednesday at 11:30 a.m. in the St. Theodore Sanctuary Chapel.

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First Christian Church

## First Christian Church

March is Missions month at First Christian Church and the congregation considers Leisure World residents a primary mission. First Christian Church believes in the power of prayer to heal the sick and comfort the burdened and that worship hymns bring people into Communion with Jesus.

Service times are Saturday at 5:15 p.m. and Sunday at 10:15 a.m. The hospitality room opens 45 minutes before each service for fellowship and light refreshments. Prayer and verse-by-verse Bible studies during the week are held on Tuesdays and Thursdays with Pastor Bruce Humes, both beginning at 9:30 a.m.

Sunday morning begins with Elder Jack Frost teaching Bible study at 9 a.m. The group is currently in the Book of Luke. The hospitality room opens for fellowship and light refreshments at 9:30 a.m. Carol Speake and Sue Kaminski will host.

Pastor Bruce begins the Sunday worship service at 10:15 a.m. with praise, prayer and Scripture, followed by Margaret Humes leading the congregation in hymns of worship such as "Turn Your Eyes Upon Jesus," "I Love You Lord" and "Thou Art Worthy." The Communion hymn will be "Tell Me The Story of Jesus."

The church choir, under the direction of Margaret Humes, will sing "Shine Jesus Shine."

Elder Larry Massey will present the Communion meditation and service.

For the offertory, Carol Speake and Sue Kaminski will sing, "Any Day." Pat Kogok will sing "The Cross Said It All." Linda Benevento will read Scripture from the Book of James followed by Pastor Bruce's in depth teaching.

Hearing enhancements are available at all church functions. Call the church office at (562) 431-8810 for further information.

E-mail Religion stories to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)

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## Beit HaLev

Beit HaLev, the cyber-synagogue can now be accessed directly from Rabbi Galit Shirah's website, <http://www.galityom-tov.com>. There is an interactive chat that accompanies the livestream video of "Shabbat Shalom LIVE!" livestream Sabbath services. To chat with the rabbi and the congregation, click the "chat" icon on the lower right corner of the page. "Shabbat Shalom LIVE!" is every Friday evening at 6 and Saturday at 10:30 a.m. To tune in, just click any of the buttons at the top of the video screen (Facebook or YouTube) and join the lively services.

In addition to "Shabbat Shalom LIVE!" Rabbi Galit Shirah conducts weekday Ma'ariv (evening) services every Thursday at 4 p.m. for [SimShalom.com](http://SimShalom.com). There is a chat area where viewers can converse interactively with the rabbi and the global congregation.

This Shabbat the congregation will read from the Torah portion, "Kee Tissa" in Exodus 30:11-31:17. This passage concludes the instructions for the construction of the Tabernacle; an interesting Midrash concerning the copper basins that were created using donated mirrors, mirrors used to beautify themselves for their husbands; and the first census taken of "able-bodied" men over the age of 20. Women were not included in the military or in the census.

Rabbi-Cantor Galit teaches leaning (chanting) of Torah and Haftarah, voice lessons and Hebrew lessons. A Modern Hebrew class has just started. Anyone interested in lessons should contact Rabbi-Cantor Galit Shirah at (562) 715-0888 or email her at [duets@icloud.com](mailto:duets@icloud.com).

## SBCSL

The Spiritual Living Center, 500 Marina Drive in Seal Beach, is a loving spiritual sanctuary where everyone is welcome and the abundance of life is celebrated through study, inspiration, gratitude and service. Sunday services are held at 9 and 11 a.m., and inspirational music is included.

There are many ongoing events at the Center including A Course in Miracles discussion group, Living and Thriving Through Life After a Loss support group; and a Native American Drum Circle Meditation.

For more information on classes, workshops and other events, visit the Center's website at [www.sbcsl.org](http://www.sbcsl.org) or call the office at 598-3325.

## Faith Christian Assembly

Faith Christian Assembly has a Celebration Service every Sunday Evening at 5:30. This one-hour service is a more informal time of worship, teaching by Pastor Sheri Leming and fellowship. The church will take some extra time to enjoy the great hymns of the church.

Sadly, many churches have cancelled their Sunday evening services due to a drop-off in attendance. But Faith Christian Assembly is finding more and more people who value this special time for worship. All are invited to join the service. Faith Christian Assembly believes it's a great way to end the weekend, and begin a new week. There is also an opportunity to join the early prayer time at 5 p.m.

Tuesday is Faith Fellowship Time at 11 a.m. in the Garden Room. Midweek Bible study is taught by Pastor Sheri Leming on Wednesdays at 11 a.m. in the Garden Room. GriefShare is on Fridays at 2 p.m.

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



Pastor Sheri Leming

## Sign up for Holy Family's lenten retreat on March 21

The Federation of Filipino Rosary Group is sponsoring a one day retreat at Holy Family Parish on Saturday, March 21, from 9:15 a.m.-4 p.m. The retreat master is Msgr. Mike Heher, pastor at St. Anne's. A light breakfast and lunch will be served.

There is a suggested donation of \$10 requested from the attendees and a table for those interested to sign up. All parishioners and friends are welcome to come to this retreat as a part of Holy Family's lenten observance and to help prepare for the celebration of Holy Week.

## Congregation Sholom

Friday services will take place at 7 p.m. on March 13 in Clubhouse 3, Room 9, with Rabbi Eric Dangott. An Oneg will follow services.

Join Congregation Sholom Saturday, March 14 at 9:30 a.m. in Clubhouse 3, Room 9, for services with Rabbi Dangott. An hour of Torah study in English will begin at 10:15. The service will then continue until about noon and will be followed by a potluck lunch.

The book club will meet on Tuesday, March 17 at 1:30 p.m. The club is reading "The Weight of Ink" by Rachel Kadish. For the address or more information, call Ruth Hermann at 430-3107.

To get or offer a ride to services, contact Jeff Sacks at (714) 642-0122 or Maria Bogart at 594-4362

## The Rock Church

The Rock Church, Seal Beach Campus, welcomes everyone to weekly service for all ages at Marina Community Center, Marina Drive, Seal Beach.

Sunday services are at 9 and 11:15 a.m. in English. Spanish service is at 1:45 p.m.

Anyone can listen to past and present Sunday messages for free by going to [www.gototherock.com](http://www.gototherock.com).

For more information, call (714)526-8233.

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# Arts & Leisure



Marie Barnidge-McIntyre

## GARDEN CLUB

### Rancho Los Cerritos horticulturist will speak on March 16 in CH 2

The Leisure World Garden Club will meet on March 16 at 1:30 pm in Clubhouse 2 with Marie Barnidge-McIntyre as the featured speaker. She will present a program on Rancho Los Cerritos Historic Site in Long Beach.

Barnidge-McIntyre has worked at the Rancho since 1992, when she was hired as the first horticulturist at that site. The job initially encompassed researching, restoring and maintaining the gardens and grounds. Over the years it has broadened in scope to include what she terms "resource management." This includes harvesting products from the garden for unique crafts sold in the Rancho gift shop, capturing rainwater and allowing it to return to the aquifer and developing and training volunteers to lead garden tours. She also works with and teaches interns and students and surveys birds with the Audubon Society.

Self-described as "Curator of Living Collections," Barnidge-McIntyre is involved in far more than the plants that are her primary objective. Understanding how the soil works, all the way up to who is eating what and what is breeding where, adds a dimension of understanding of the site-specific eco-system beyond the gardens and landscapes. If she determines that something is missing from this environment then she tries to incorporate it, organically when possible.

The Rancho gardens were started in the 1840s, and she is the steward of these venerable trees and this space. The landscape she is restoring, designed by Ralph D. Cornell in the 1930s, has matured and changed the environment, yet she tries to stay true to his vision, using materials he had available and maintaining the historic integrity of his intent. One of her great joys is sharing the history, background and stories she has discovered along the way, about the plants and the people associated with them.

The WE CARE table will be in the lobby for donations of non-perishable food items, gift cards and cash.

Coffee, tea and cookies will be served after the meeting.

—Nancy Goldstein

## LB SYMPHONY

### 2020-21 season features 6 classical and 5 POPS! concerts starting Oct. 10

The Long Beach Symphony, under the direction of Maestro Eckart Preu, is pleased to announce its 2020-2021 Concert Series comprising six Classical concerts and five POPS! concerts beginning Oct. 10 and ending June 12, 2021. The season also includes a Family Concert, free for children under the age of 18, in spring 2021.

World-renowned guitarist and special guest Pepe Romero will open the season on Oct. 10 with a performance of his father's (Celedonio Romero's) El Cortijo de Don Sancho, and American composer Michael Zearott's Concerto Mariachi, which was written for Romero.

The evening also celebrates a cadre of 20th Century Latin composers that brought the flavor of their native countries to their music, including Moncayo, Grammy-nominated Miguel del Águila, Brazilian-American Clarice Assad and Arturo Márquez.

On Nov. 14, leading female composers share the spotlight with legendary mythical female characters: the demure "Sleeping Beauty" by Tchaikovsky and the powerful "Firebird" by Stravinsky. Featured composers include Fanny Mendelssohn Hensel, Felix Mendelssohn's sister; Latin Grammy winner Gabriela Lena Frank and Grammy winner Nan Schwartz, who has scored and orchestrated music for "In the Heat of the Night," "Argo" and numerous other television series and films.

On Feb. 6, the Symphony will explore Stories from the Middle East, beginning with Earthwork by Turkish-born Sinem Altan, who explores the intersection of music from her multicultural background. Based on a love song that he heard boatmen sing as he sailed on the Nile, Saint Saëns' Piano Concerto No. 5 has been dubbed the "Egyptian." Its lush sounds will be delivered by pianist Orion Weiss, one of

LBSO, page 22

## COMMUNITY SING

### Carmen Edwards to lead sing-along on March 16

by Ethel Carter  
LW contributor

The Community Sing will meet at 6:30 p.m. on Monday, March 16 in the lobby of Clubhouse 3.

People who want to participate in the 3-minute Opening Acts in the first half hour should sign in by 6:15 to sign with emcee Carmen Edwards; bring music for pianist Rhonda Fischer as needed.

Carmen's half-time guest will be the popular singer/banjo player, Sam Calderon.

On March 2, Leila Claudio was the leader. Opening Acts including Ethel Carter sing "Let Us All Sing," a duet of guitar players Don Horning and Vito Willamor, "The Prayer of St. Francis"; Charlotte

Ryan, "You Made Me Love You"; Don Horning, "Down By the Banks of the Old Ohio" (accompanying himself on guitar and harmonica); Essie Hicks, "Harbor Lights"; Chuck Zeman, "In the Garden" (a cappella); Ellen Brannigan, "This Land Is Your Land"; and Bruce DuPont, "I Don't Know Why I Love You Like I Do." Pianist Rhonda Fischer accompanied five of the opening acts.

At 7:15 Leila introduced her half-time guest Bob Barnum, who sang three numbers, "Story of My Life," "Unchained Melody" and "The Music of the Night" (from "Phantom").

The audience applauded loudly in appreciation of Bob's passionate singing.

After half-time Leila led more



Carmen Edwards

group singing and ended the musical evening with "Kumbaya."

Thanks to pianist Rhonda Fischer.

## LA PHIL

### Bus transport from LW offered

The LA Philharmonic's 2019-2020 concert season continues until May 22.

Join the Long Beach Auxiliary of the LA Phil on its chartered bus to Friday matinee concerts at the Walt Disney Concert Hall.

For \$25 round trip (eight-concert season cost, \$160), people can board the bus at the Leisure World Amphitheater at 8:45 a.m., departing at 9 a.m. for a stop at the Los Altos Target parking lot on Bellflower Boulevard at 9:15 a.m.

Concert tickets (senior rates available) can be purchased from the Philharmonic ticket office by calling (323) 850-2000 or emailing [information@LAPhil.org](mailto:information@LAPhil.org).

The remainder of the schedule is as follows:

- March 20: Piatigorsky International Cello Festival: Haydn Concerto

- April 24: The Planets
- May 22: Dudamel Conducts Norman and Prokofiev

Contact Laurie Gilmore, (949) 584-6267 or [gilmore21@earthlink.net](mailto:gilmore21@earthlink.net) for bus service information and reservations.

## LWSB BOOK CLUB

### 'East of Eden' to be discussed March 19

The LWSB Book Club will meet at 1 p.m., Thursday, March 19, in Clubhouse 3, Room 7, to discuss "East of Eden," by John Steinbeck.

Nobel Prize winner John Steinbeck wrote the book in 1952. Often described as Steinbeck's most ambitious novel, "East of Eden" brings to life the intricate details of two families, the Trasks and the Hamiltons, and their interwoven stories.

The book will be read in two sessions, on March 19 (up to page 300) and April 16 (pages 300 to the end of the book).

All are welcome. There are no dues or fees. Books may often be borrowed from the local library or ordered from [Abebooks.com](http://Abebooks.com) for around \$3.46 plus shipping.

## Hometown Buffet in LW March 23

Hometown Buffet will serve dinner an all-you-can-eat buffet dinner on Monday, March 23, for \$11 all inclusive, starting at 4:30 p.m. in Clubhouse 1. They accept checks, cash and credit cards, and the menus are published in the LW Weekly.

The Leisure World Transportation Department provides regular weekday or weekend bus service to the clubhouse and on-call service for the special needs access bus. For further information on the bus schedule, call 431-6586, ext. 372 or 379. For more information on restaurant services, contact [events@lwsb.com](mailto:events@lwsb.com) or call 431-6586, ext. 326.

### March 23 Menu

Vegetable/Beef Soup  
Broccoli salad  
Traditional Caesar salad

Saute Green Beans  
Steamed Cut Corn  
Steamed Carrots  
Freshly Baked Dinner rolls

Honey Glazed Carved Ham  
Lemon Baked Chicken  
Creamy Mashed Potatoes and Gravy

Bread Pudding  
Chocolate Pudding  
Banana Pudding



## Let the Good Times Roll

The Let the Good Times Roll Club will sponsor a rock 'n' roll dance on Saturday, March 21, in Clubhouse 2. Doors will open at 5:30 p.m. The band will play from 6:30-9:30 p.m.

Sugar Lips, a professional band that performs at other venues in Orange County, will be featured. The band played here about a year ago and is back by popular demand. Lead singer Gianna Spiegel's father is a Leisure World resident.

Guests are welcome to bring their own snacks and refreshments. Dress is casual. There is no admission fee.

The club will resume performances May 16 and it is seeking new volunteers to join members in providing a bi-monthly musical show. Specific needs are a tech team to set up and handle the sound system and KJ function and an advertising team to do newspaper announcements for shows, make posters for LW online advertising, send out e-mail announcements and take photos.

The club also needs people to work on an operations team to decorate, handle donations and assist in the dressing room and people to handle auditions for back-up and lead singers and back-up dancers in special numbers.

To join the club, call Martha Destra at (562) 225-0037 or email her at [mddestra@msn.com](mailto:mddestra@msn.com), or call Frank Destra at (562) 370-6551.

—Martha Destra

## Ad Hoc Sing-Along

The LW Ad Hoc Sing-Along Club meets at 4 p.m. on Tuesdays in the lobby of Clubhouse 3 for one hour to sing the old songs. All are welcome to come and sing songs from movies, Broadway hits and other classic tunes. Helen Uno is the song leader, with pianist Eric Nelson. Song sheets are furnished. Reading music is not required.

For more information, call Chuck Burnett at 493-0176.



Guest artist Dan Kaneyuki

**LOS AL HIGH**

**Spring jazz concert is Saturday at 7**

Los Alamitos High School's Jazz Program will present its spring concert on Saturday, March 14, at 7 p.m. at the school's Performing Arts Center, 3591 W. Cerritos Ave., Los Alamitos. "Spotlight: The Next Generation of Jazz" features student groups and professional performers playing tunes by legends such as Dizzy Gillespie, John Clayton and Count Basie.

This year's guest artists are Dan Kaneyuki on saxophone, Mike Rocha on trumpet and Natalie Mendoza on vocals. Dan Kaneyuki has performed with some of the greats, including Stevie Wonder, Poncho Sanchez, the Brian Setzer Orchestra and Big Bad Voodoo Daddy. Mike Ro-

cha's credits include performing with Christina Aguilera, Gordon Goodwin's Big Phat Band, and Bob Dylan. Rising star Natalie Mendoza performs regularly at Disneyland, local venues, and festivals.

These professional artists share their talent on stage and share their experience with the high school students in master class workshops. "These professionals visit our classroom and give our students a glimpse into the real world of jazz and what it takes to succeed in this highly competitive industry," said Program Director Justin Padilla. "We are grateful for their time, their talent, and their knowledge

**CONCERT, page 27**



Hui O Hula musicians and dancers will entertain at the Clubhouse 6 Hospitality Center on St. Patrick's Day, Tuesday, March 17, starting at 9:30 a.m. The program will include live music, Irish songs, Irish folk dance, Irish line dance, and the Hui O Hula will dance the "Green Rose Hula." GAF Hospitality chair is Martha Goosens, 221-3008.

**GENEALOGY CLUB**

**State of New York is today's subject**

The Genealogy Club offers free workshops every Thursday from 1:30-2:30 p.m. in Clubhouse 3, Room 10. These are open for anyone who is interested in attending.

Come and learn about the club and see all the resources that the Genealogy Library has to offer.

The Genealogy Library is open Monday-Friday from 1-4 p.m. and Sunday from 10 a.m.-1 p.m.

The following workshops are scheduled for March:

- March 12 - The State of New York - Bring in information about your ancestors from New York and research
  - March 19 - Searching for Revolutionary War Ancestors - Bring in the names of your ancestors born between 1730-1760 who were in this country in 1776.
  - March 26 - Ancestry DNA
- Janet Lessin



The Joyful Line Dance Club, taught by Jojo Weingart, meets from 3-4:30 p.m. on Wednesdays in the lobby of Clubhouse 3. Connie Peck (above) of Mutual 5 began attending classes in January and enjoys dancing with friends and neighbors. Everyone is welcome; there are no fees. For more information, call Anna Derby at (562) 301-5339.

**Community Karaoke**

The Community Karaoke Club enjoyed the smooth style of Ric Dizon as entertained the Wednesday night crowd with "Spanish Eyes." Ed Vilensky, the club's oldest member, has practiced and perfected his favorite song, "You Don't Know Me."

Rick Hering and Mike Breen sang some Irish tunes, and Byong Choi did a fine "My Way." Karen Morris had fun "Singing the Blues," and "Send in the Clowns" was nicely done by Vickie Mendoza.

Bob Barnum's threesome enjoyed doing "Michael Row the Boat Ashore," followed by Diane Wasserman, "Bye Bye Love" and another 31 neighbors, who serenaded the crowd with a variety of songs.

The club will celebrate St. Patrick's Day on March 18 with wearin' of the green and enjoying tasty treats. There is a nice selection of Irish tunes in the white "Artist" song book under "Irish."



Ric Dizon

People can practice their songs on Tuesdays in Clubhouse 6 from 1-3 p.m. The Karaoke parties are held in Clubhouse 1 starting at 5:30 p.m. on Wednesdays. Everyone is welcome.

—Margie Thompson

**LW LIBRARY**

**Master Gardener classes under way**

The Leisure World Library will host Master Gardeners from the University of California Division of Agriculture and Natural Resources who will give talks on specific areas of gardening over the next six months.

Guest lecturers will be in Clubhouse 4 to give their expertise on the following subjects:

- March 12: Warm Season Vegetables, Clubhouse 4, 1-3 p.m.
  - April 9: Tomatoes A-Z,
- GARDEN, page 27**

**SBTV-Channel 3**

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

**Thursday, March 12**

- 4 pm Drone Club/Quilting Bees
- 4:20 pm LW's Rollin' Thunder
- 4:30 pm Harmonizing Humanity
- 5 pm Velvetones Concert
- 6 pm 2019 Simbang Gabi
- 7 pm Studio Cafe
- 8 pm On Q—8bit Jazz Heroes
- 9 pm Ocean Perspectives
- 10 pm Vinyl Rock

**Friday, March 13**

- 4 pm LW's Rollin' Thunder
- 4:10 pm Velvetones Concert
- 5 pm St. Patrick's Day-Rob Roy
- 6 pm Mystery at the Theater
- 6:32 pm Sea Inside
- 7 pm Studio Cafe
- 8 pm Life and Times-Virginia Haley
- 9 pm Cerritos Center-Bronx Wanderers

- 10:45 pm Aquarium of the Pacific
- 11 pm Vintage Vehicles

**Saturday, March 14**

- 4 pm Drone Club/Quilting Bees
- 4:20 pm LW's Rollin' Thunder
- 4:30 pm St. Patrick's Day-Rob Roy
- 5 pm McGaugh Patriotic Show
- 6 pm 2019 Simbang Gabi
- 7 pm Studio Cafe
- 8 pm LAUSD
- 10 pm Cerritos Center

**Sunday, March 15**

- 4 pm SB City Council 03-09 Replay
- 5:30 pm Velvetones Concert
- 6:30 pm McGaugh Go West!
- 7:30 pm Life and Times-Virginia Haley
- 8:30 pm St. Patrick's Day-Rob Roy
- 9 pm Bob Cole Conservancy
- 10 pm Cerritos Center Voodoo Daddy

**Monday, March 16**

- 4 pm Mystery at the Theater
- 4:32 pm Aquarium of the Pacific
- 5 pm Vintage Vehicles
- 6 pm Studio Cafe

**SBTV, page 11**



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## LW Dance Classes and Clubs

The following is a partial list of dance classes and clubs available in Leisure World:

•**Ballet Fitness:** A one-hour class is held at 1:30 p.m. on Saturdays in Clubhouse 6, second floor; no experience required.

•**Dancing Feet Club:** Ballroom and line dancing are held in Clubhouse 2 on the fourth Sunday of the month from 6:30-9:30 p.m. Doors open at 6. Admission is free. Guests may bring drinks and snacks. The club holds free line dance lessons and practices in Clubhouse 6 on Thursdays from 7-9 p.m., and on the first, third and fifth Sundays from 4:30-6 p.m. For more information, call Ed Bolos at (551) 998-4223.

•**Dance Fitness:** Move to energetic music and dance steps to improve balance and increase strength and stamina. Classes, \$3, are held upstairs in Clubhouse 6 on Mondays at 5:30 p.m., Wednesdays at 5 p.m. and Thursdays at 8:30 a.m. For more information, contact Jim Blanchard at (714) 487-2446.

•**Flowering Step Line Dance:** Free classes are held at 10 a.m. on Mondays in Clubhouse 2 and the third Monday at 9:30 in Clubhouse 3. Young-ah Koh is the instructor. For more information, call 296-8068.

•**Fun Exercise Line Dance Club:** Intermediate line dance meets from 10:30-11:30 a.m. on Wednesdays in Clubhouse 6, Room C; membership, \$10 a year. For information, call Suzanne Ahn, 810-1614.

•**Grapevine Line Dance:** Free line dance classes Thursdays from 2-5 p.m. at Clubhouse 6, upstairs Room C; 2-3 p.m., advanced; 3-4 p.m., newcomer/beginner; 4-5 p.m., intermediate; 10-minute break between classes. For more information, inquire in class or email [grapevinelinedance@gmail.com](mailto:grapevinelinedance@gmail.com).

•**Hui O Hula:** Beginners meet on Mondays from 10-11:15 a.m., upstairs in Clubhouse 6, followed by an intermediate and advanced class. The Tuesday class starts at 1:15 p.m. upstairs in Clubhouse 6. All levels are welcome. For more information, call 252-9676 or email [jojo@huiohula.com](mailto:jojo@huiohula.com).

•**Joyful Line Dance Club:** Beginning and intermediate easy-to-follow line dance classes are from 3-4:30 p.m., Wednesdays, in the lobby of Clubhouse 3. For more information, call Anna Derby, 301-5339.

•**Leisure Time Dancers:** Texas two-step starts at 2 p.m. and country waltz, at 3, in Clubhouse 6 on Mondays Richard Sharrard is the instructor. Singles and couples are welcome; dancers rotate. Cost is \$6 for one hour; \$10 for two hours.

For more information, call 434-6334.

•**Leisure World Cloggers:** Advanced and intermediate students meet at 8:30 a.m. and beginners at 10:30 a.m., Wednesdays, on the Amphitheater stage. For more information, call 598-9974.

•**Leisure Whirlers Square and Round Dance Club:** Themed dances and a potluck are held on the first Friday of the month at 6:30 p.m. in Clubhouse 4. Singles and couples are welcome. Cost is \$7 per person. For more information, call Lenore Velky at 799-9482.

•**Saturday Morning Dance Club:** Cha cha is taught from 9-10 a.m.; the Argentine tango, from 10-11 a.m., Saturdays, in Clubhouse 1; Candi Davis; instructor; dancers rotate. Sessions are \$5.

•**Suede Sole Dancers:** The group meets at 6 p.m. on Sundays upstairs in Clubhouse 6. Pat Erickson is the instructor.

•**Zumba Club:** Come join the party while dancing and exercising to different rhythms such as salsa, merengue, cha-cha, hip-hop, Bollywood and jazz. Classes, \$3, are held upstairs in Clubhouse 6 at 8:30 a.m. on Tuesdays and Fridays, and at 11 a.m. on Saturdays. For more information, contact Mary Romero at 431-0082.

### HB PERFORMING ARTS ACADEMY

## 'Beauty and the Beast' opens Friday

The Huntington Beach Academy for the Performing Arts (HB APA) will present six showings of "Beauty and the Beast" from March 13-15 and 20-22 in the Historic Huntington Beach Union High School District Auditorium.

Friday and Saturday performances are at 7 p.m., with Sunday matinees at 2 p.m.

Tickets are \$22 for general admission and \$16 for students and seniors at [hbapa.org/see](http://hbapa.org/see).

HB APA's award-winning Musical Theatre department will undertake Disney's beloved smash movie hit "Beauty and the Beast" in March.

Guests of all ages are invited to witness the captivating tale as it's told by high school-level performing arts students, with APA's Technical Theatre and Costume Design departments providing on-stage magic through inventive stagecraft and design.

## South Coast Orchid Society

The South Coast Orchid Society, serving orchid hobbyists in Long Beach since 1950, will host a program by Scott McGregor on "Mediterranean Climate Terrestrial Orchids of Europe and Australia."

The meeting will be held at the Whaley Park Community Center, 5620 E. Atherton St., Long Beach, on Monday, March 23, from 7-9 p.m.

McGregor is well known for his success in growing unusual orchid species outdoors.

A challenge for Southern California gardeners, many of the wild orchids of Southern Europe, as well as some from other areas with a similar climate, such as Australia, can be grown and flowered here, once their life cycle is understood.

The event is free and open to the public.

Many orchids grown by members will be on display.

For more information, contact [southcoastorchidsociety@gmail.com](mailto:southcoastorchidsociety@gmail.com).



The Velvetones Ballroom Orchestra with Marcia Ford and Dennis Bryan will perform in Clubhouse 4 on Sunday, March 15, at 6 p.m. Admission is free, and all are welcome.

### GRF WEEKLY DANCE

## Velvetones big band will play on March 15 at 6

The Velvetones Ballroom Dance Orchestra will play big band swing and jazz standards in Clubhouse 4 at 6 p.m. on Sunday, March 15.

The band plays at LW Clubhouse 4 on the first and third Sundays. Concerts are free; tips are appreciated.

People are asked to adhere to

the following:

- No table saving; doors open at 5:30 p.m.

- People must be out of the clubhouse no later than 10 p.m. to permit adequate time for the custodian prepare the room for the following day.

- No announcements are permitted from the stage, except

by the bands

- Clubhouse lighting and audio visual equipment can only be adjusted by the custodian according to the instructions they have been given

- Be sure to sign in, either as a resident or guest. This is the only way GRF can judge the popularity of your favorite bands.



Square and round dancers help out at class that started March 2.

### LEISURE WHIRLERS

## Club's Spring Flowers party will be April 3 in CH 4

It's not too late to join this year's only beginners' square dance class that covers the 110 square dance

### SBTV from page 10

7 pm	SB Planning Commission, live
8:30 pm	Ocean Perspectives
9 pm	Vinyl Rock
11 pm	Vintage Vehicles
11:30 pm	Bob Cole Conservancy
<b>Tuesday, March 17</b>	
4 pm	Harmonizing Humanity
4:30 pm	LW Rollin' Thunder
4:39 pm	Quilting Bees/Drone Club
5 pm	St. Patrick's Day-Rob Roy
5:30 pm	Life and Times-Virginia Haley
6:30 pm	Sea Inside
7 pm	McGaugh Patriotic Show
8 pm	2019 Simbang Gabi
9 pm	Studio Cafe
<b>Wednesday, March 18</b>	
4 pm	Mystery at the Theater
4:32 pm	2019 Simbang Gabi
5:30 pm	Vintage Vehicles
6 pm	Drone Club/Velvetones
7 pm	Studio Cafe
8 pm	Aquarium of the Pacific
9 pm	Vinyl Rock

steps used all around the world. The class started March 2 and continues until the first Monday of December

Sign up today so you won't miss out on the fun.

Experienced dancers are needed to support the student dancers.

Classes are held on Mondays from 7:30-9:30 p.m. at the Garden Grove Women's Club, 9501 Chapman Ave. in Garden Grove. For more information call Mel Branham at (714) 803-0250.

There is a singles rotation so everyone can dance.

The Leisure Whirlers Square Dance Club will have a Spring Flowers party on April 3 in Clubhouse 4 from 6:30-9:30 p.m. Pre-rounds are from 6:30-7 p.m. Square and round dances will be alternated from 7-9 p.m., when the potluck starts.

Singles and couples are welcome. Cost is \$7 per person. For more information, call Lenore Velky at (562) 799-9482.

—Eleanor Thompson

### PHOTO ARTS

## Cell phone photography is topic today

The Photo Arts Club will meet today, March 12, at 1:30 p.m. in Clubhouse 3, Room 9. Ben Benjamins will present a program on using cell phones to get the most out of photographs. Topics will include transferring photos from cell phones to your computers, getting prints made from cell phone photos, editing photos on cell phones and using Airdrop to send photos to family and friends.

The club also have a vote by the members for the best photos brought to the meeting. The winners will be posted in the hall at Clubhouse 3.

Everyone is welcome.

# Health & Fitness

## OPTUMCARE AT THE HCC

### Making the most of doctor appointments

by Carson Blomquist  
OptumCare/HCC

Whether you've been waiting for a specialist visit for months or you're seeing a nurse practitioner for an urgent same-day appointment, you want to get the most out of your time. And the doctor wants the same.

Alton Smith, who works for SCAN Health Plan, will lead a class on making the most out of these appointments on March 18 from noon-2 p.m. in Conference Room 1 at the Health Care Center.

"Doctors are busy these days," Alton said. "And so are you. There are some ways to make sure you both make the most out of the limited time you have together."

- **Being prepared is vital.** "A few days before your appointment, think about what you want to discuss," he suggested. "Write down questions. Get a list of your current medications and doses, including anything you take that's over-the-counter, like aspirin. If this is a follow-up appointment from an urgent care or emergency room visit, bring along any paperwork you received during that time."

- **Communicate openly and honestly.** "We tend to minimize our experiences," Alton said. "I know some patients who keep a health diary. This way they can track how they really feel. When they see their doctor, they bring it along. The doctor can see what they are experiencing on a regular basis."

- **Ask questions.** "If you aren't understanding the doctor, say so," he recommended. "Ask the doctor to simplify or give you written instructions. Bring along a notepad and take notes. Repeat what you have to your doctor to make sure it's correct. Your doctor is there to help you."

The class will go over additional ways to prepare for a doctor's appointment, as well as things you can do to stay as healthy and independent as possible. Everyone is welcome to attend. To RSVP, call (562) 795-6204 and leave your name, phone number, and the name of the class: Making the Most out of a Doctor's Appointment.

## HEARING LOSS

### Association hosts technology demo at 10:30 Saturday

People who struggle to hear in restaurants or sleep through their alarm clocks are invited to come to the Hearing Assistive Technology (HAT) Demonstration offered by the Hearing Loss Association of America Long Beach/Lakewood Chapter on Saturday, March 14, from 10:30 a.m.-noon at the Weingart Center, 5220 Oliva Ave., Lakewood. No reservations are needed and admission is free. For more information, call (562) 438-0597 or visit [hlaa-lb-lakewood.org](http://hlaa-lb-lakewood.org).

Hearing aids aren't the only solution. Come and try a variety of devices that help enhance the quality of life for the hard of hearing.

The HAT Committee does not demonstrate hearing aids or recommend specific brands. The chapter does not sell any of the devices displayed nor does it profit in any way from this service.

## WELLNESS CLUB

### Dr. Ngo to speak on OTC medicine March 17 in CH 3

The Wellness Club will present Dr. Maureen Ngo, clinical pharmacist, as the guest speaker at 2 p.m., Tuesday, March 17, in Clubhouse 3, Room 2. Dr. Ngo's topic will be "A Guide Through Pharmacy Over-the-Counter Products."

She earned a Doctorate of Pharmacy from Western University in Pomona and her experience includes cardiology, geriatric medicine and diabetes education. She currently works at the Leisure World Health Care Center and is available by appointment for pharmacy consultations, medications, heart failure, COPD and chronic disease management for diabetes. For more information, call Charla Gae at (562) 446-0005 or (310) 892-5606.

—Charla Gae

## WA-RITE CLUB

### Eileen Merritt is top loser for the week

Wa-Rite member Eileen Merritt is the top loser for the week with a four-pound loss.

Eileen, one of the club's newest members, is going strong. When asked how she lost the weight, she said she went to the "Lose It" app and realized she was eating too much, so she cut back. She also cooked food at home instead of eating out.

Fixing meals allows people to use less fats and sodium, roast instead of fry, and more.

For the program, members shared inspirational quotes, encouraging ideas about what works for them or a healthy recipe.

In other club news, about six members went to the Long Beach Memorial Heart and Stroke Seminar. They learned lifestyle changes and how to manage risk factors for heart disease and stroke, such as high cholesterol, glucose levels, high-blood pressure, obesity and smoking. It was very informative.

Quote for the week: "We all have a light within us." (Oprah Winfrey)

Wa-Rite is a support group of women who want to lose 10



Eileen Merritt

pounds or more. Members meet on Fridays in Clubhouse 3, Room 1, from 9-10 a.m. Weighing is from 7:45-8:45 a.m. Annual dues are \$10. Only LW women may join.

For more information, call Dorene Youngs at (707) 301-6943 or Debbie Cobb at (714) 227-6887.

—Margaret Humes

## Health Classes and Clubs

### Fitness Fusion Upper/Lower Body Strength and Yoga

Classes are from 11:15 a.m.-12:15 p.m. on Tuesdays and Thursdays in Clubhouse 6, top floor; \$4 per class by the month or \$5 for occasional drop-ins. For more information, call Marion Higgins at (562) 296-8328.

### Leisure Leggers

The walking and running club meets at 8 a.m., Mondays, in front of Clubhouse 6 for a 30-60-minute walk. For more information, call Tom Pontac, (562) 304-0880.

### Movement for Health and Self-Healing Medical Qigong

Qigong practice sessions are held from 9-10 a.m. on Thursdays in Clubhouse 3, Room 2. QiGong practitioner Dave Heilig instructs.

### Tai Chi Chaun

Tai chi classes increase mobility and balance at 9:20 a.m. on Tuesdays in Clubhouse 3, Room 1. Beginners welcome. For more information, call Joann Mullens at (562) 596-3936.

### LW Yoga Club

Monday - Clubhouse 4, Section C, 5:30-6:30 p.m. (formerly Yoga with Sally)

Tuesday - Clubhouse 4, Section C, 8:30-9:30 a.m. with Travis; 10-11 a.m. with Jenny

Thursday - Clubhouse 3, Room 1, 8:30-9:30 a.m. with Travis; 10-11 a.m. with Jenny. For more information, contact Connie Adkins, (562) 506-5063

## HEARING LOSS ASSOCIATION

### CaptionCall demonstration is today at 6:30 p.m.

Jason Keller, outreach manager of CaptionCall, will demonstrate CaptionCall and explain how people can qualify for free

phones at 6:30 p.m., today, March 12, at a meeting of the Long Beach/Lakewood Chapter of the Hearing Loss Association of

America (HLAA). The meeting will be held at the Weingart Center, 5220 Oliva Ave., in Lakewood.

Hearing Loss can be frustrating. With a captioned phone, people can hear and read what the other person is saying; the phone displays big, easy-to-read text that automatically scrolls during the conversation.

Keller has worked for CaptionCall since January 2017. He serves as outreach manager for Southern California, Oregon and Washington. He has a strong background in customer service from previous work experience in real estate, grocery and restaurant services and a family business.

No reservations are needed, and admission is free. All meet-  
**CAPTIONCALL, page 21**

## Senior Meals

Seal Beach Community Services, in cooperation with Meals on Wheels Orange County, offers a weekly hot meals program at the North Seal Beach Community Center, 3333 St. Cloud Dr. The center is open from 9 a.m.-2 p.m., Monday-Friday. Lunch is served weekdays at 11:15 a.m. Reservations are not needed. Arrive by 11 a.m. to check in at the front desk. Sugar-free desserts are offered on request. One-percent milk is served daily. Suggested donation: \$3 for seniors 60 and older; \$5 for all others. For more information, call (562) 430-6079.

The Rossmoor Senior Shopping Shuttle provides weekday service to Senior Meals from Leisure World.

**Thursday, March 12** — Taco salad with seasoned ground beef, chopped lettuce, cheese, tomatoes, beans, sour cream, tortilla strips, salsa, corn and bean salad orange juice, vanilla ice cream, fresh fruit

**Friday, March 13** — Baked tilapia topped with savory tomato sauce, rice pilaf, peas and carrots, dinner roll with promise, orange juice, custard

**Monday, March 16** — Grilled hamburger on bun with shredded lettuce, sliced tomato, and red onion, baked chips, mandarin oranges

**Tuesday, March 17** — St. Patrick's Day: Corned beef sandwich on rye, split pea soup, coleslaw, fruited lime gelatin

**Wednesday, March 19** — Chicken Cacciatore, egg noodles, creamed spinach, 9 grain bread, slices peaches with raspberries

## Meals on Wheels, Long Beach

Meals on Wheels of Long Beach, Inc., is a nonprofit community service organization that delivers a variety of freshly prepared meals to homebound and active Leisure World shareholders. The discounted daily fee is \$8.25 for a hot dinner and lunch consisting of a large salad or sandwich with a small side salad, dessert and carton of low-fat milk. Meals with a "friendly visit" are delivered weekdays between 10:30 a.m.-12:30 p.m. Start a new client application online at [www.mowlb.org](http://www.mowlb.org) or call Caron Adler at 433-0232. For cancellations call your site manager at (562) 439-5000.

**Thursday, March 12** — Beef stew with potatoes, onions, celery carrots and onions; biscuits, orange, turkey and cheese sandwich with lettuce, tomato and pickle, potato salad

**Friday, March 13** — Chili relleno casserole wit tomatoe sauce, spanish rice, zucchini medley, chocolate chip cookies, chef's salad with turkey, ham, tomato, bacon and blue cheese dressing

**Monday, March 16** — Roasted pork loin adobo, potatoes, broccoli, chocoate pudding, chicken salad sandwich, orzo pasta salad

**Tuesday, March 17** — Corned beef, boiled new potatoes, cabbage, banana, pasta and veggie salad, dressing and crackers

**Wednesday, March 18** — Turkey chili with beans, cornbread, California blended vegetables, baked apple granola, roast beef, cheese sandwich with lettuce, tomato, pickle and carrot and pineapple slaw

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# Community

## AMERICAN LEGION FAMILY

### All clubs meet throughout next week

The American Legion clubs will meet next week. The Post will hold its board meeting on Monday, March 16 in Clubhouse 3, Room 3, at noon. The general meeting will follow at 1:30 p.m. at the same location. All veterans are invited to attend.

The American Legion Auxiliary will hold its board meeting tomorrow in Clubhouse 3, Room 4, at 1 p.m. Final plans for the Fashion Show Luncheon on March 28 will be discussed. The Auxiliary General Meeting will be on Monday, March 16 at 1:30 p.m. in Clubhouse 3, Room 1. The Post and Auxiliary continue to host Community Bingo on Sunday's in Clubhouse 2 at 1 p.m. All are welcome to participate. Buy in is \$3 for 10 games. Light refreshments are served.



### SUNSHINE CLUB

### Getty Villa Trip canceled until further notice

The Sunshine Club's day trip to the Getty Villa in Malibu on March 12 has been canceled due to the Corona virus.

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

**Main Gate  
594-4754**



Campaign manager Alyssa Napuri and Representative Harley Rouda.

### DEMOCRATIC CLUB

### Club looks toward Nov. 3 election

As everyone waits for the final vote count in the California Primary Election, SBLW Democratic Club members are wasting no time in making plans for the General Election on Nov. 3. During the club's meeting on March 18, Rep. Harley Rouda's Campaign Manager Alyssa Napuri will lead a discussion on plans for the congressman's reelection. All LW Democrats and their supporters are welcome to attend the meeting, which will begin at noon in Clubhouse 4.

On Sunday, April 19, all registered Democrats in California will also have the opportunity to vote in post-primary caucuses for delegates to the Democratic National Convention taking place in Milwaukee, WI on July 13-16. Specifically, Leisure World Democrats who choose to do so will vote for their choices among candidates vying for the convention delegate positions allotted to the 48th Congressional District. Voting will be by ballot, with space for each eligible voter to vote for all of the five delegate candidate positions allocated to our District. The location for the caucus will be decided no later than March 30.

For more information about the Convention and other related matters, LW Democrats and their supporters are invited to attend the Club's March 23 Voter Awareness Session. Due to space limitations, reservations are required by email, [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com), or phone at (562) 296-8521.

During this period between elections, club members will also address various issues currently before Congress and/or the California Legislature. Of special interest will be bills in both houses of Congress called the "Women's Health Protection Act" (H.R. 2975 & S.R. 1645). These bills are designed to safeguard abortion access, even if the Supreme Court guts Roe vs. Wade or state governments pass legislation to restrict reproductive freedom. California's Attorney General Xavier Becerra has recently joined attorneys general from 10 other states in urging Congressional leaders to support this legislation which they say, "targets onerous state laws that have been adopted in a concerted strategy to restrict access to abortion." California legislators Dianne Feinstein, Kamala Harris and Harley Rouda are all co-sponsors of this proposed legislation.

On a somewhat related issue, the University of California Board of Regents, who oversees all of the UCs across the state, is currently deciding whether to have a general policy to allow their health systems to affiliate with religious facilities that do not allow the full range of beginning and end of life options. Various groups are organizing in opposition to the plan.

Readers should email [lwsbdemocraticclub@gmail.com](mailto:lwsbdemocraticclub@gmail.com) or go to the newly updated website [sblwdems.wordpress.com](http://sblwdems.wordpress.com) to learn more about the Democratic Club. A calendar of club and related events is available on the website.

### Low cost vet care clinic is at Community church on March 19

Community Church will host a vet care clinic offering low-cost dog and cat vaccinations and other services on March 19 from 9-11 a.m. Rabies vaccines will cost \$12, physical exams, \$25; microchip, \$30. Residents should bring their dogs on leashes and cat should be in crates for their safety.

More than 120 LW pets have been treated at Community Church. For more information, contact Elaine Miller at (925) 997-3412.

## Purchasing Department Price List

PRICES ARE FOR MATERIALS ONLY! ALL TAXES AND PROCESSING FEES INCLUDED.

(LABOR \$42.00 PER HOUR /PER TECHNICIAN)

REVISED 03/02/2020

WHITE COOK TOP.....	\$430.19	KITCHEN SINK-WHITE .....	\$338.27
BLACK COOK TOP.....	\$430.19	KITCHEN SINK- BISCUIT .....	\$452.32
WHITE OVEN.....	\$920.81	KITCHEN SINK-ALMOND.....	\$452.32
BLACK OVEN.....	\$878.14	KITCHEN FAUCET- DELTA.....	\$96.22
STAINLESS OVEN.....	\$807.14	KITCHEN FAUCET SPRAYER-DELTA	\$104.62
WHITE TOP FREEZER		BATHROOM FAUCET-DELTA	\$82.45
REFRIGERATOR.....	\$662.29	BATHROOM WIDESPREAD FAUCET-	
BLACK TOP FREEZER		DELTA .....	\$153.05
REFRIGERATOR .....	\$662.29		
STAINLESS STEEL TOP FREEZER		(TOILETS INCLUDE TANK, BOWL, & TOILET SEAT)	
REFRIGERATOR.....	\$753.64	TOILET- STANDARD -WHITE	\$174.32
28 GALLON WATER HEATER 10YR.	\$548.10	TOILET-STANDARD-BONE	\$197.20
38 GALLON WATER HEATER 10YR.	\$569.79	TOILET- HI BOY-WHITE.....	\$206.78
GARBAGE DISPOSAL.....	\$166.77	TOILET-HI BOY-BONE.....	\$230.29
BATHROOM FAN/HEATER....	\$130.74	ROUND TOILET SEAT: WHITE	\$11.75
		ROUND TOILET SEAT: BONE	\$11.75
BATHROOM SINK WHITE-ROUND		ELONGATED TOILET SEAT: WHITE	\$14.32
.....	\$46.42	ELONGATED TOILET SEAT: BONE	\$14.32
BATHROOM SINK- BONE- ROUND			
.....	\$63.12	PURCHASING DEPARTMENT	
BATHROOM SINK-WHITE- OVAL		PHONE NO. 562-431-6586	
MUT-15- GERBER.....	\$32.66	ROSENDO-STORE KEEPER-EXT. 306	
BATHROOM SINK-ALMOND- OVAL		PURCHASING COORDINATOR EXT. 309	
MUT-15.....	\$87.97	RICKY-PURCHASING ASSIST-EXT 308	
BATHROOM SINK -WHITE CHINA		JULIE-PURCHASING MANAGER-EXT. 307	
BASIN MUT-17.....	\$51.04	STORE HOURS MONDAY- FRIDAY	
		8:00 AM TO 4:30 PM	

**The above pricing is subject to change without notice.  
Please call Purchasing Department for current pricing.**

SERVICE MAINTENANCE CAN BE REACHED AT (562) 431-3548 DURING THE HOURS 8:00 AM TO 4:30 PM.

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Randy Ankeny

**SUNSHINE CLUB**

## Randy Ankeny is this week's guest speaker

GRF Executive Director Randy Ankeny will be the special guest speaker on Friday, March 13 and will talk about the swimming pool, gym expansion and Knowledge and Learning Center projects. The event will be in Clubhouse 3, Room 9, from 10 a.m.-noon.

Randy has a keen sense of customer service and a commitment to enhancing the Leisure World lifestyle in order to protect and increase the property value of the communities under his care. Randy has substantive executive experience in managing service and property operations.

Mr. Ankeny has been in his post since June 2013.

The club has frequent guest speakers from the GRF to help people get familiar with the community system. The Sunshine Club also invites leaders from other clubs to introduce the purpose and activities of their clubs to those in attendance. The club sometimes invites guest speakers from outside walls to speak on various topics.

The Sunshine Club encourages shareholders to attend this meeting and remind them to arrive 10 to 15 minutes early to get a seat since a large attendance is expected. There will be refreshments available before the meeting.

Parking will be tight around Clubhouse 3 on Friday morning, so the Sunshine Club asks everyone to walk, ride a bicycle, carpool or ride minibus.

The Sunshine Club promotes sustainability, and encourages its members to recycle and using a personal mug whenever possible.

The club hosts classes to help with everyday living in Leisure World on Fridays, in Clubhouse 3, Room 2, except the first Friday in Room 9, from 10 a.m.-noon. All shareholders are welcome to attend; no membership required. Refreshments will be served.

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

**RECREATION**

## Honor Banners available for LW Veterans

The GRF Recreation Department will offer veterans honor banners, \$150, that will be displayed throughout Leisure World on trust streets to honor current or former GRF members in good standing.

The name used will be the full legal name, used on the stock certificate of Golden Rain Foundation or deed, in the case of Mutual 17. GRF membership will be verified by the Stock Transfer and Recreation offices.

The banner will also include the mutual and military branch under which they served.

Orders will be filled on a first-come, first-served basis; supplies are limited.

The banners will be displayed for Memorial Day on May 25. People who have previously purchased banners can pick them up from Recreation or donate them and have them redisplayed, subject to space availability. All sales are final, and no refunds will be given. For more information call (562) 431-6586 x324 or email [thomasf@lwsb.com](mailto:thomasf@lwsb.com).

The LW Weekly  
430-0534



Members of the Y Service Club

**Y SERVICE CLUB**

## Helping the LW community and youth in Los Altos

For those new to Leisure World, the Y Service Club is affiliated with the Y's Men International, popularly known as the YMCA or Young Men's Christian Association.

Although members are all still young at heart, its no longer exclusive to men.

Adhering to the Christian principle of "Serving Him by Serving You," the YSC provides services to hundreds of shareholders each year with non-professional household jobs.

Examples include changing light bulbs, cleaning air conditioning/heat pump filters, opening jars, getting items out of storage, taking out trash and many other tasks.

The club also holds fund raising events such as pancake breakfasts, Triviamania, and last Saturday's potato bake. Proceeds from these fundraisers help support youth programs for low-income families with "Kids to Camp" and after school programs

at the Los Altos and Fairfield YMCA locations.

Donations for jobs help to support the club's efforts on behalf of the YMCA as well as projects within the LW community.

The Y Service Club is a fun-loving group who enjoy working together to help others. All shareholders interested in serving their neighbors are welcome. To join the club or to learn more about what the club does, contact Membership Chair Margaret Humes at (562) 296-5834.

**MUSICAL THEATRE WEST**

## "Mame" musical begins March 27

Musical Theatre West (MTW) brings Jerry Herman's musical masterpiece "Mame" to the Carpenter Performing Arts Center March 27-April 12.

Based on the novel, "Auntie Mame," by Patrick Dennis and the play "Auntie Mame," by Jerome Lawrence and Robert E. Lee, "Mame" lavishly delivers one of theater's all-time great heroines in a brassy, tuneful, hilarious and touching fashion. Tickets are available at [www.musical.org](http://www.musical.org), by calling (562) 856-1999 or at the Musical Theatre West Ticket Office. Tickets start at \$20.

The Carpenter Performing Arts Center is located on the campus of California State University, Long Beach, at 6200 E. Atherton St.

Mame Dennis is a well-to-do eccentric living in New York at the height of the Roaring Twenties when she receives a "wonderful present" —her 10-year-old orphan nephew, Patrick. As she teaches him to be a "three dimensional" fellow, Patrick later must rescue his Aunt from the trap of a shallow lifestyle. One of Jerry Herman's most celebrated scores, features the classics "Mame," "Open a New Window," "If He Walked Into My Life," and "We Need a Little Christmas."

MTW's production boasts a cast of Broadway and regional theatre talent, including Cynthia Ferrer as Mame, whose credits include more than 100 national tours, regional musicals, and New York productions; Martin Kildare, as Beaugard, who starred on Broadway in

MTW, page 18

## Golden Age Foundation Board meeting will be held on March 25

The Golden Age Foundation will have its Board meeting on Wednesday, March 25, at 1 p.m., in Conference Room B.

Conference Room B is located in Building 5 behind the Recreation Department Office and GRF Security Decal Office.

All shareholders are welcome to observe the monthly board meeting.

This is a great opportunity to catch up on the latest news and get a preview of coming Golden Age Foundation attractions.



Michelle Steel, chair of the board of supervisors, is running for congress

## GOP Club reschedules the SB Council member panel discussion to April 15

The LW Republican Club will host LeeDell Kasper on March 18 at 7 p.m. in Clubhouse 3, Room 2. The previously scheduled panel discussion has been rescheduled to April 15. The panel will speak about the highly unexpected results of Seal Beach proposition BB, passed in 2018. All five Seal Beach council members have been invited to participate

Even though election results are still coming in, it appears that the Leisure World Republicans have done their job.

As of print date, it looks like Trump received more votes in LW than Sanders and Biden combined.

In the contest for who will challenge Harley Rouda to be the next congressman, the Republican Club's endorsed candidate Michelle Steel soundly trounced Brian Burley in LW, as well as in the district as a whole. In the Republican primary for Assembly, Janet Nguyen, another LW Republican Club endorsed candidate, defeated Tyler Diep by a large margin. Assemblyman Diep had incurred the wrath of conservative Republicans by supporting many bills that nearly all other Republicans opposed, especially AB5.

AB5 requires most independent contractors to become regular company employees, whether they want to or not. This law is expected to cripple small business in California and was strongly opposed by the California Chamber of Commerce which represents most small businesses in California. The law is also expected to increase unemployment among those currently employed as independent contractors.

**GOP**

**From page 15**

Of perhaps more local interest, implementation of Seal Beach Proposition BB shows how voters can be tricked into supporting something they don't believe in. Most voters who approved the new taxes that Proposition BB enacted did so because they were told that the taxes would go toward public safety. The literature and signs promoting BB said that the money would be used to hire more police officers and to pay for some of the cost of providing fire protection.

Proposition BB is expected to bring \$5-6 million per year in additional revenue to the city. Less than \$2 million will be spent. Councilman Tom Moore offered a motion to spend only \$3 million of the money and put the leftover money into the reserve account. According to Robert's rules of order, before a motion can be discussed it must be seconded by another member of the body. The motion was dropped for lack of a second.

The LW Republican club wants to bring this topic to the awareness of the voting public.



The American Latino club had its regular meeting on March 6. The group enjoyed a lunch of green salad, lemonade, vegetarian or turkey lasagna, dessert and coffee or tea.

E-mail **COMMUNITY** stories to [laurieb@lwsb.com](mailto:laurieb@lwsb.com)


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MOMENTS ARE  
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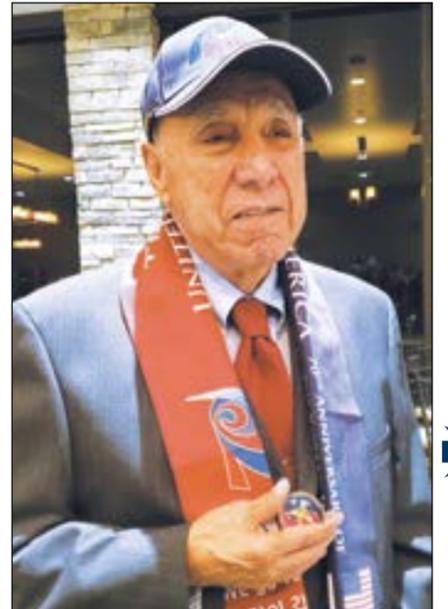
**RELATIVELY SPEAKING**

**Dennis Montoya of Mutual 8 honored at Pendleton's USMC Korean War event**

Dennis C. Montoya of Mutual 8 was among those honored at a Feb. 26 reception for USMC Korean War veterans hosted by the Republic of Korea and its Minister of National Defense, Jeong Kyeongdoo. The reception was held at Camp Pendleton.

Montoya was proudly accompanied by his children, Mary Grace MacDonald and Michelle Montoya, who were further honored to sit with a 30-year USMC veteran who was at the Battle of Iwo Jima during WWII.

The reception included a video acknowledging the 70th anniversary of the start of the Korean War and the ROK's gratitude for the USA's alliance along with 22 other countries. It was a wonderfully heartfelt evening with veterans, said daughter Mary Grace.



Veteran Dennis C. Montoya

**NIKKEI CLUB**

**Meeting to be held in Clubhouse 4**

There will be a change in venue for the second meeting of the Nikkei Club on March 14, starting at 11 a.m. The meeting will be held in Clubhouse 4, Room AB. It has been reserved to accommodate a group of ballroom dancers who will perform after lunch. The dance group is called "Dance Now" and consists of four couples, including club members Richard and Shigemi Yokomi.

The meeting will start with a potluck lunch at 11 a.m. For those who cannot bring a dish, the Nikkei club asks them to bring a donation of \$7 to go toward the purchase of Teriyaki chicken.

The club requests that people bring more main dishes. So far the main dishes that have been mentioned are spare ribs and a Japanese curry dish. The club



prefers to have more main or side dishes, rather than sweet desserts.

Everyone is asked to mention what they plan to contribute by calling a member of the telephone committee. The committee consists of Masae Akiyama, (310) 210-9504; Alberta Karch, (562) 296-5567; Margie Kido, (562) 544-4463; Kazuko Monobe, (562) 280-4916, and Sherie Vanek, (562) 296-8074.

Everyone in LW is welcome. Call the telephone committee to RSVP.

**PAWS, CLAWS AND BEAKS**

**Meeting to demonstrate animal shelter**

The Paws, Claws and Beaks will meet at the northwest corner of the parking lot at Clubhouse 2 on Wednesday, March 18, from 4-6 p.m. to demonstrate how to build an animal shelter. Bring a chair and plan on helping put up the shelter.

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# Obituaries

Space is available for obituaries of residents and former residents.

- An "In Memoriam" column is available free of charge. Limited to name, mutual number and date of death.
- An obituary with or without photo is available free of charge for the first 250 words. Additional words will be charged at the rate of 25 cents per word. Notices written by the news staff will be free and no more than 250 words.
- Notices from mortuaries and non-GRF members will be printed exactly as submitted and charged at the non-member classified advertising rate, \$12 for the first 12 words and 25 cents for each additional word.
- Bordered, decorative obituaries and eulogies are available in any size at the prevailing display advertising rate.
- Obituaries may be published as news articles when the person has been a member of the GRF Board of Directors,

or when, in the opinion of the managing editor, the passing of a person is newsworthy to a sufficiently large number of GRF members.

- A "Card of Thanks" section is available in the classified section of LW Weekly at the member classified advertising rate, \$8 for the first 12 words and 25¢ per word thereafter, for persons wanting to express their thanks for help during bereavement, sickness, etc.

...  
**In Memoriam**

- Jeannette Hjelm 90
  - Sean Tonnesen 48
  - John Davis 92
  - Dominador Yumol 91
  - Constance Bann 71
  - Shana Stansbury 54
  - Sharon Lee Saska 79
  - Mark Hornbuckle 65
  - Anthony Ortega 57
  - Everett Demler 94
  - Dorie Knaub 77
- Families assisted by  
McKenzie Mortuary,  
961-9301  
—paid obituary

**MTW**  
from page 15

"The Lion King" (Scar) and Tracy Lore as Vera Charles, starred in the National Tours of Disney's "The Little Mermaid" (Ursula), and "Peter Pan" starring Cathy Rigby (Mrs. Darling).

## Cirque du Soleil returns to OC

Cirque du Soleil's Big Top returns to Orange County with its first sports-inspired Big Top production, VOLTA, performing under the Big Top at the OC Fair and Event Center in Costa Mesa March 18-April 19. Tickets starting at \$39 are available for purchase by visiting [cirquedusoleil.com/volta](http://cirquedusoleil.com/volta) or calling (877) 924-7783.

VOLTA is propelled by a series of atmospheric, epic and poetic musical landscapes. Orange County music fans can look forward to VOLTA's live band, which is complete with powerful vocalists, violinist, percussion and more. The rich, musical performance is perfectly synced with the acrobatics, helping to fully immerse guests into the world of VOLTA.

VOLTA features a full-blown BMX park mounted on stage in front of the audience's very eyes for the breathtaking BMX finale as riders invade the stage to deliver a jaw-dropping, fast and furious performance of nonstop acrobatics on wheels. The riders go up the jump boxes and perform air tricks before landing and leaping off the ramps again, crisscrossing and spinning their bikes in midair in a spirit of brotherhood.

VOLTA is Cirque du Soleil's 41st original production since 1984, and its 18th show presented under the Big Top. The company has brought wonder and delight to more than 190 million spectators in more than 450 cities on six continents. Cirque du Soleil Entertainment Group has close to 4,000 employees, including 1,400 performing artists from close to 60 different countries.

For more information about Cirque du Soleil, visit [www.cirquedusoleil.com](http://www.cirquedusoleil.com).

**HISTORICAL SOCIETY**

## Learn about the first lawsuit in LW History

Come to the Historical Society Museum to view some early history of Leisure World. The Historical Society will view an interview with the first attorney for the Golden Rain Foundation, William Williams. Williams is the attorney who filed the Golden Rain Foundation vs. the Leisure World Foundation. The lawsuit broke the contracted Management Agreement with the Leisure World Foundation, Ross Cortese's management company, in 1965.

The events leading up to this lawsuit were filled with intrigue, including a federal wiretapping court case where two private investigators were tried and sentenced to jail for bugging a shareholder's unit.

The video was filmed by the Video Producers Club while Williams was speaking to the Historical Society on Nov. 29, 2000. The video is almost an hour of Williams recapping the events leading up to the lawsuit.

The Historical Society will show this video on Thursday, March 26, at the Museum in Clubhouse 1. Because the Museum can only accommodate about 20 people at a time, the viewing will be on a first come basis. There will be three showings at 11 a.m., 12:30 p.m. and 2 p.m.

There will be a short Q & A between showings.

The Leisure World Historical Society is a 501c3 educational non-profit formed to preserve the history of Seal Beach Leisure World. Donations are tax-free. It has archives at the UCI Langson Library and a museum in Clubhouse 1. It is a member of the American Association for State and Local History (AASLH.ORG). Visit the website at [sblwh.org](http://sblwh.org) or [SealBeachLeisureWorldHistory.org](http://SealBeachLeisureWorldHistory.org) for more information.

**KACMA**

## Classes are canceled for the rest of March

The Korean-American Classical Music Academy (KACMA) has decided to cancel all three classical music classes for the month of March, due to concerns about the Coronavirus. The club tentatively plans to resume the activities on Thursday, April 9. However, it depends on if the situation has improved.

The club has also decided to delay introducing a new booklet originally scheduled to be released on March 12. The book contains preview lectures of all 140 works viewed from January 2019 through this month. The material will instead be presented on the second Thursday of April. For more information, contact the club president, Angel Joh at (562) 598-0313 or [johchunja@yahoo.com](mailto:johchunja@yahoo.com), or Kyung Ok Huh at (562) 296-8650 and [hanandkay@gmail.com](mailto:hanandkay@gmail.com).



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<p><b>Complete Cleaning, Exam &amp; X-Rays</b></p> <p><b>\$49</b></p> <p>(includes after care kit)</p> <p><small>New patients only. Includes polishing, exam, x-rays &amp; after care kit. Not valid for deep cleaning. Cannot combine with other offers or prior service. Must present ad at time of service. Expires 03-31-20</small></p>	<p><b>Implant</b></p> <p><b>\$1,995</b></p> <p>(Reg. \$4,000)</p> <p>Includes Implant, Abutment &amp; Crown</p> <p><small>Cannot combine with other offers or prior service. Must mention offer at time of scheduling and present ad at time of service. Expires 03-31-20</small></p>	<p><b>Zirconia Crown</b></p> <p><b>\$850</b></p> <p><small>No insurance billing. Cannot combine with other offers or prior service. Must mention offer at time of scheduling and present ad at time of service. Expires 03-31-20</small></p>
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<p><b>Complimentary Consultation or Second Opinion</b></p> <p><small>New patients only. Must mention offer at time of scheduling and present ad at time of service. Expires 03-31-20</small></p>	<p><b>Los Alamitos</b></p> <p>10900 Los Alamitos Blvd, Suite 122 Los Alamitos, CA 90720</p> <p><b>(562) 596-8888</b></p> <p>Payment Plans Available. Most Insurances Accepted Same Day Emergency Services Extended Evening Hours</p>	<p><b>Complimentary Exam &amp; X-Rays</b></p> <p><small>New patients only. Includes comprehensive exam, x-rays &amp; consultation. Must mention offer at time of scheduling and present ad at time of service. Expires 03-31-20</small></p>
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# Travel



Nine Traveling Tigers members who toured the Philippines islands, Palawan, Cebu, Bohol, Boracay and Luzon have safely returned from a wonderful trip. Travelers pose after riding an outrigger boat from Palawan and a smaller private boat to the Puerto Princesa Subterranean River Park into an exquisite one-mile river cave. President Ed Hickman and trip coordinator Joanna Matos deemed the 14-day tour a success because no one fell or became sick.

## TRAVELING TIGERS

### Recent Philippines trip is topic of March 18 meeting

The Philippines will be the topic of the Traveling Tigers meeting at noon on March 18 in Clubhouse 3, Room 9.

The meeting will begin with a potluck, followed by a short business meeting at 1 p.m. The program starts at 1:15 p.m.

Nine members of the Traveling Tigers were fortunate enough to enjoy a two-week trip to the Philippines in February with a chance to visit five different islands.

They enjoyed the sights of Manila, a full day underground river tour on the island of Palawan, the Chocolate Hills of Bohol and a chance to explore Cebu.

Some were adventurous enough to ride the fast banana boat, a bouncing inflatable raft pulled over the waves by a speedboat off the coast of Boracay.



Traveling Tigers members in the Philippines on a boat tour into a cave via an underground river, one of world's largest, and it is also a World Heritage Site.

They also saw, from a distance, the volcano that had recently erupted near Manila in January, temporarily closing the airport.

Non-members are welcome. Contact Susan Shaver at (562) 795-9151 to reserve a seat.

—Edward Hickman

## RV Club Meeting

The RV Club will meet at 5 p.m. on Tuesday, March 17, in Clubhouse 4 for an Italian-themed potluck and a presentation by RV Adventure-USA. People should bring their favorite dishes to share and their own beverages. The presentation will begin at 6 p.m. All members and residents are welcome to attend. A business meeting will be held after the presentation.

RV Adventure-USA will provide information about how it can help RVers plan their vacations. Services include day-by-day trip planning; a complete RV Trip plan with turn-by-turn directions and maps; roads that are safe for RV travel; sites, attractions and activities everyone will enjoy; and campgrounds that are highly rated, friendly and safe. RV rental assistance is also available. The company is dedicated to helping provide the most enjoyable RV vacation possible by alleviating the stress of planning trips. It offers trip packages to fit every budget.

For more information, contact Barbara Ponegalek at (562) 208-3242.

## Tickets Available For Descanso Gardens

The Leisure World Garden Club is sponsoring a bus tour to Descanso Gardens on Friday, March 20. Tickets are \$28 per person covering bus and Garden admission.

The bus will leave from Clubhouse 4 at 9 a.m. and return at 3:30 p.m.

Upon arrival people are free to stroll the gardens, visit the Boddy House and/or the Sturt Haaga Gallery. To purchase tickets, call Robin at (562) 598-6121.



More than 110 LWers toured the of the L.A. Arboretum Feb. 20.

## LW LIBRARY TOUR

### Guided tour features all the highlights

by Chung Hur

LW contributor

I recently participated in a trip to the Los Angeles Arboretum hosted by the Leisure World Library. Two full buses with 110 residents departed Clubhouse 4 on Feb. 20 and arrived at the arboretum at a little after 9 a.m. The botanical garden encompasses 127 acres nestled into hills near the San Gabriel Mountain in Arcadia.

We were welcomed by docents who each took a dozen residents to guide through the park. Our volunteer, Miriam, led us to different gardens. The plants are grouped by geography with gardens for South American, Mediterranean, South African, Australian and Asiatic-North American plants.

There are many trees so new to me, healthy, tall and beautiful. We had privilege to touch and smell them. The Serpent trail in Australian Garden was interesting, with images of a rainbow and snake that symbolize the art and mythology of Aboriginal Australia.

Our group was photographed in front of a very tall gum tree with an ash white trunk that changed to red by water.

An organic vegetable garden had all kinds of herbs and vegetables making me think of salad for lunch, which we enjoyed at the Peacock Café patio. Beautiful peacocks came and greeted us so gently and proudly. They seemed to love showing off their beauty to anyone taking pictures. After lunch we had free time to stroll around the pond

TRIP, page 21

## On the Go



### Day Trips

**Harrah's Rincon** — Seven days a week, free, Amphitheater, 7:30 a.m., (877) 777-2457 ext. 4704

**Pechanga Casino** — Daily, Amphitheater, 8 a.m., free, \$10 in EZ Play upon arrival, (951) 770-2579

**Valley View Casino** — Sunday-Monday, Amphitheater, 7 a.m., free

**Pala Casino** — Tuesday, Thursday, Saturday and Sunday, Amphitheater 8 a.m. (713) 623-4643

### Overnight Trips

**Dublin and Ireland's Wild Atlantic Way** — March 23-April 1, Dublin, Giant's Causeway, Kylemore Abbey, Belfast, Irish Farm Visit, Sheepdog Demonstration and more, Meridian Guided Travel (714) 871-8520

**Windy City Getaway** — April 26-May 1, Chicago River Cruise, Willis Tower Skydeck, Frank Lloyd Wright's Home & Studio and more, Meridian Guided Travel (714) 871-8520

**Coastal New England** — May 12-19, Boston, Cape Cod, Martha's Vineyard, Mystic Seaport, Plymouth Plantation and more. Meridian Guided Travel (714) 871-8520

**Alaska Cruise** — May 16-30, Roundtrip from San Pedro, Golden Princess amenities included until Feb. 29, Joanna Matos, Traveling Tigers Club, (562) 598-1849

# Sports & Games



Bocce champions

## BOCCE FINALS

### Chandra and Harshad Patel are winter League champs

It was standing room only at the LW Bocce Winter Finals played on Feb. 29 at Mission Park. After winning two tense playoff games, the Winter League champions are Chandra and Harshad Patel.

The couple was also the undefeated champions of Tuesday league. Their victory was special

because Chandra and Harshad had to come from behind in both their matches to win the championship.

Saturday champs Usha Agarwal and Sal LaScala placed second; Sunday champs Estee Edwards and Marsha Stamper placed third and Thursday champs Kathryn Ewell and Scott

Bryan placed fourth.

With the matches completed, more than 100 fans and players took part in the end-of-season pizza party. After much backslapping and congratulations, another season of bocce play went into the books.

The Spring league begins Saturday, March 14, at 9 a.m.

## Bowling League Standings

Pindilicious swept Very Striking and extended its lead to 10 games in Leisure World Bowling League play last week. Gary Wood led Pindilicious with a 196 game and a 548 series, while teammate Sue Holbrook added a 153 game. Dave Silva of Very Striking had a 219 game and 569 series.

Charlie's Angels swept Split Happens as Charlie Guggino finished with a 190 game. Phyl's Guys took three from Strikingly Different even though Fred Garcia, subbing for Strikingly Different opened with a 233 and had a 586 series.

How did Strikingly Different win only one with such a big series by Fred? They were spotting Phyl's Guys 80 pins, and Phylliss Fairchild of Phyl's Guys bowled a little over her average each game.

Mutual Busters swept Elcisme on a day where sweeps were common. Sandy Boardman of Mutual Busters had a 178 in Game No. 3, and John Gaddis opened with a 237 and had the high series of the day with a 587. If John Gaddis was a regular bowler he would lead the league with his 195 average.

—Dave Silva

## LW Pool Club

There were 20 players competing in the monthly eight ball tournament at the LW Pool Club. Since Clubhouse 2 only has four pool tables, two of the 10-two person teams had to sit out until a table became available. Each team played five games, so some teams didn't play each other.

After three rounds, the only undefeated team was Russell Black and Guta Basner. There were four teams with two wins and one loss. Russ and Guta won their fourth game in a row, while Barry Chittem and Connie Adkins won their third game, and Kent Wells and Donna Cooper also won to keep pace with the leaders.

In the fifth and final round, Guta and Russ won their fifth game in a row to clinch first place. Barry Chittem and Connie Adkins, who made some big shots, won their fourth game to take second place.

There was a three-way tie for third place with three wins and two losses. They were Sandy Bird

and Dave Silva, Kent Wells and Donna Cooper, and Sal LaScala and Jerry Wrenn. To break the tie for third place money, Dave, Kent and Sal lagged a ball to the end of the table, with the winner being the one whose ball came closest to coming back to the near end rail. Kent went first and, with great touch, came just two inches from the rail. Dave and Sal couldn't come close to matching Kent's lag.

The next tournament will be on March 16 at 6:15 p.m. in Clubhouse 2, with people playing 369, a variation of nine ball.

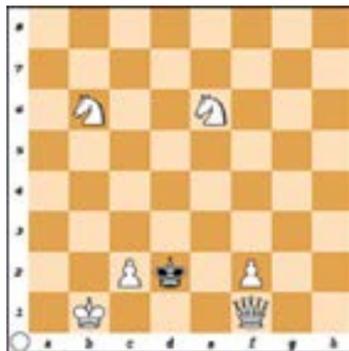
—Dave Silva

## Bridge Clubs of LW

The bridge clubs of Leisure World invite everyone to play bridge and meet others who enjoy being with fun-loving people.

Bridge is played on the first and second Fridays of the month. Players meet in Clubhouse 3, Room 2, on the first Fridays and in Clubhouse 2 on the second

BRIDGE, page 21



## Chess Club Puzzle

**This Week's Puzzle:** White moves first and for any answer by black, the white's next move is checkmate.

The LW Chess Club meets from 1-6:30 p.m. on Fridays in Clubhouse 3, Room 7.

CHESS, page 21

## CRIBBAGE CLUB

### Paula Loucks won first place last week

The Cribbage Club had 53 members in attendance who were treated to sweets and ice cream by the club. Margaret Smith served the ice cream.

In game play, first place went to Paula Loucks with 843. In second place was Gene Smith with 841, followed by Sharon Rutigliano with 830 in third. Fourth place went to Liz Meripol with 823.

The club meets at noon on Tuesday in Clubhouse 1. Partners are not required. Seven games are played, usually finishing by 3:30 p.m.

People who would like to learn to play or could use a brush up should call Patti Smith at (562) 242-4674 and she will arrange for lessons one hour before the games begin. All are welcome.

—Liz Meripol



Samai Nori Korean Group entertained at holiday party.

## LW TABLE TENNIS CLUB

### Potluck planned for April in CH 6

The LW Table Tennis Club wrapped up its 2019 season by hosting a successful holiday party in December. Members enjoyed good food and live entertainment provided by a traditional Samai Nori cultural Korean group.

The club has planned several events for 2020, including a potluck dinner in April. A sign-up sheet will be posted at Clubhouse 6 in a few weeks.

The club will also return to traditional tournaments with Laguna Woods, with the first one set for May 23 in Leisure World. Contact Randy Miller to participate.

Table Tennis Club directors are now collecting membership dues of \$10 for the year. For more information about the club and membership, contact Hanna Rubinstein at (562) 900-4243 or Larry Hicklin, (310) 349-6385.

## Ladies Golf Club

Forty-three members of the Ladies Golf Club played for low gross, low net and Circle Hole No. 6.

Theresa Lim was the only golfer to hit the golf ball from the tee directly inside the circle surrounding hole No. 6.

The flight winners were:

**Flight A**—Low gross: Devora Kim, 26; low net, Janice Turner, 23.

**Flight B**—Low gross: Theresa Lim, 28; low net, Young Yoon, 24.

**Flight C**—Low gross: tie between Sue Elliott and Judy Kim, 32; low net, tie among Liz Meripol, Anne Walshe and Kay Hong, 24.

**Flight D**—Low gross: Donna Cooper, 33; Bertha Berrigan, 22.

The club plays a nine-hole tournament every Tuesday.

Anyone who would like to join the club can contact Margie Thompson, (562) 493-0484.



Congratulations to Jane Song who landed a Hole in One on the No. 6 Feb. 17 during tournament play for the Ladies Golf Club.

Also members who would like to participate in the Guys and Gals Tournament may sign up at the clubhouse or contact Allen Sewell at (562) 324-8558 for more information.

—Dale Quinn

## Cards and Games Scoreboard

### LW Pinochle Club winners

**March 8** — Bev Adams, 11,280; Marilyn Allred, 10,470; Rodell Van Wyke, 10,440; Antonia Zupancich, 10,230.

**Feb. 29** — Bev Adams, 11,120; Jim Dix, 10,300; Charlotte Westcott, 9790; Diana Lambert, 9780.

**Feb. 27** — Bev Adams, 11,400; Gracie Finnegan, 10,850; Howard Bleakley, 10,660; Antonia Zupancich, 10,540.

The club meets from noon-4 p.m. Mondays in Clubhouse 1. For more information, call Joan Taylor at (562)240-5416.

—Bert Sellers

...

### Monday Bridge Club

**March 2** — Gail Barrena, first place; Ben Watada, second; Sheila Hanley, third.

Dick Triggs; second place, Maxine LeFleur; third place, Brent Johansson and Carl Kuller.

**Feb. 24** — Gail Barrena, first place; Emily Moubassaly, second.

Games begin at noon in Clubhouse 1. For more information, call Marion Standish at (562) 493-1236.

—Marion Standish

SCOREBOARD, page 21

**GRF GOLF COURSE**

**Contest to name course is underway**

The GRF Golf Course just had a facelift and a new look deserves a new name. Although casually referred to as the Golden Rain or Leisure World Golf Course, it's time to give it an official title. Fill out the form (see flyer this page, lower right) and submit it to the Recreation Department by April 10 and win a \$250 gift card if you're the winner. No need to be a duffer: Any GRF member is eligible. For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com).

**SCOREBOARD**  
from page 20

**Burning Tree Duplicate Bridge Club Winners:**

**March 7**—N/S: Sue Fardette-Larry Slutsky; Russ Gray-Mark Singer; Bud Parrish-Joan Tschirki; Ellen Kice-Harriet Weiss. E/W: Fred Reker-Marilyn McClintock; Judy Jones-Al Appel; Chie Wickham-Mike Nielsen; Miriam Kelley-Judy Mathias.

**March 6:** Unit Game: N/S: Larry Topper-Lynn Danielson; Al Appel-Joan Tschirki; Jean Kato-Barbara Harris; Betty Jackson-Sharon Beran; Sally Fenton-Judy Percer. E/W: Sue Fardette-Fred Reker (first overall); Jeanette Estill-Marilyn McClintock; Lavonne McQuilkin-Carol Murakoshi; Judy Carter-Johnson-Mark Singer; Rosemary Ford-Julie Mills; Ellen Kice-Russ Gray.

The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join the fun and play, call or text Fred Reker at (615) 898-0669. The next special event is a spring pizza party set for Friday, April 24.

**Feb. 29**—N/S: Ellen Kice-Joan Tschirki; Larry Topper-Lynn Danielson; Sue Fardette-Priscilla Caillouette. E/W: Jeanette Estill-Marilyn McClintock; Joyce Basch-Harriet Weiss.

**Feb. 28**—N/S: Larry Topper-Lynn Danielson; Joan Wieber-Joan Tschirki; George Alemshah-Sylvia Kaprelyan; Joyce Basch-Nancy Lichter. E/W: Ellen Kice-Russ Gray; Sue Fardette-Marilyn McClintock; Lavonne McQuilkin-Carol Murakoshi; Louise Seifert-Stan Johnson; Paul Chen-Cookie Pham.

**Feb. 22** — N/S: Larry Topper-Lyn Danielson; Fred Reker-Joan Tschirki; Mark Singer-Russ Gray. E/W: Jeanette Estill-Marilyn McClintock; Joyce Basch-Dorothy Favre; Kathy Jervic-Sue Boswell.

**Feb. 21** — Club Championship: N/S: Ernie Ross-Roy Tomooka; Jean Kato-Barbara Harris; Sibyl Smith-Diane Schmitz; Judy Carter-Johnson-Mark Singer; Fred Reker-Joan Tschirki; Russ Gray-Ellen Kice. E/W: Ted Cooper-Emma Trepinski; Jeanette Estill-Marilyn McClintock; Thad Mikols-Larry Topper; Paul and Monica Honey; Al Appel-Judy Jones; Kar-Yee Nelson- Sue Boswell; Nancy Lichter-Julie Mills; Sylvia Kaprelyan-Ed Von Leffern.

The club meets Fridays and Saturdays in Clubhouse 1 at 12:15 p.m. For information on how to join, call or text Fred Reker at (615) 898-0669.

—Fred Recker

**BRIDGE**  
from page 20

Fridays. Players meet at 11:45 a.m. and eat at noon, with games ending about 3:30 p.m.

It costs \$5 to join for the year.

At noon there is a catered lunch for \$13, and then play continues for about three hours. Lessons can be arranged for people who want to brush up on skills or learn how to play.

Call Jan Krehbiel at 431-8240 for more information.

**CAPTIONCALL**  
from page 12

ings are Captioned with Communication Access Realtime Translation (CART), the hearing induction loop and Williams Sound System. For more information, call (562) 438-0597 or visit [www.hlaa-lb-lakewood.org](http://www.hlaa-lb-lakewood.org).

The Hearing Loss Association of America, Long Beach/Lakewood Chapter is a volunteer, support group offering education on coping skills and resources to people with hearing loss to help survive in a hearing world.

—Gail Morrison

**CHESS**  
from page 20

**Solution to This Week's Puzzle:** f3; the white Pawn moves from f2 to f3. With any answer by black, the white's next move is check mate.

**MEN'S MONDAY GOLF**

**Feb. 24 scores**

The Men's Monday Golf League played on Feb. 24 at the Meadowlark golf course in Huntington Beach.

**A Flight** — First place, tie between Sam Choi and Fujio Norihiro, at par 70; second, Gary Stivers, one over 71; third, John Meyer, 72; fourth, Bill McKusky, 73; fifth, Larry Hillhouse, 75. Gary had the fewest putts.

**B Flight** — First place, Bob Munn, four over 74; second, Marv Ballard, 75; Bob had the fewest putts.

Fujio and Gary each had a birdie. Closest to the pin on the par three-140 yard hole No. 7 was Fujio and on the par three-150 yard hole No. 16 was Sam.

If interested, contact Bill McKusky at (562) 430-8618

—David LaCascia

**MEN'S FRIDAY GOLF**

**Norihiro and Ballard in first place**

The Men's Friday Golf League played on Friday, Feb. 28 at the par 71-6,000-yard Willowick Golf Course in Santa Ana.

The next Friday round will be at Meadowlark on March 13. Come join us and meet new friends.

**A flight** — First place, Fujio Norihiro, three under 68 and fewest putts; second, Gary Stivers, one under 70; third, Dave LaCascia, 74; fourth, John Meyer, 78; fifth, Paul Cose, 81.

**B flight** — First place, Marv Ballard, three under 67; second, Bill McKusky, one under 70 and fewest putts; third, Bob Munn, 78.

Birdies: Fujio and Dave. Closest to the pin on the par 3-150 yard #4 - Fujio; and on the par 3-140 yard 12 - Gary.

Both the Monday and Friday Golf Leagues play at four local courses, all within 15 - 20 minutes of Leisure World, starting between 7-7:30 a.m., except holidays.

If interested, contact Bill McKusky at (562) 430-8618 or Dave LaCascia at (801) 674-5975.

—David LaCascia

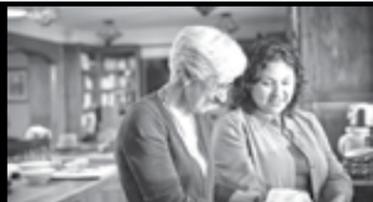
**TRIP**  
from page 19

or other side of garden at our own pace until 2 p.m.

The bus hit the road before traffic hour and got home safely by 2:45 p.m.



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**GOLF COURSE NAMING CONTEST**

**What's in a Name?**

**Contest Rules:**

- Contestant must be a GRF member
- Multiple submissions are accepted when submitted separately
- Drop off form at Recreation Office
- Forms must be submitted by April 10th, 2020 to be eligible
- Winner will be announced in the LW Weekly

- Dismal River
- Useless Bay
- Stoney Links
- The Pit Golf Links
- Petrifying Springs
- Tumbledown Trails
- Trails End
- Teetering Rocks

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**DEADLINE FOR SUBMISSION IS APRIL 10th, 2020**

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Bring this form to the Recreation Office, Building 5, or drop in any white mailbox attn: Recreation.



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## CORONAVIRUS

## Phishing Emails: How to protect against COVID-19 scams

According to digital security company NortonLifeLock, the overwhelming amount of news coverage surrounding the novel coronavirus has created a new danger—phishing attacks seeking to exploit public fears about the virus.

Cybercriminals are sending emails claiming to be from legitimate organizations with information about the coronavirus.

The email messages might ask you to open an attachment to see the latest statistics.

If you click on the attachment or embedded link, you're likely to download malicious software onto your device.

The malicious software—malware, for short—could allow cybercriminals to take control of your computer, log your keystrokes or access your personal information and financial data, which could lead to identity theft.

The coronavirus — or COVID-19, the name of the respiratory disease it causes — has affected the lives of millions of people around the world. It's impossible to predict its long-term impact. But it is possible to take steps to help protect yourself against coronavirus-related scams.

Coronavirus-themed phishing emails can take different forms, including these:

• **CDC Alerts**—Cybercriminals have sent phishing emails designed to look like they're from the U.S. Centers for Disease Control.

The email might falsely claim to link to a list of coronavirus cases in your area. "You are immediately advised to go through the cases above for safety hazard," the text of one phishing email reads.

• **Health Advice Emails**—Phishers have sent emails that offer purported medical advice to help protect you against the coronavirus.

The emails might claim to be from medical experts near Wuhan, China, where the coronavirus outbreak began.

## Phishing: Don't Take the Bait.

## What is Phishing?

Phishing refers to fake email messages that appear to come from a legitimate company. The messages are designed to trick the recipient into giving personal information to fraudsters. Some phishing messages include malware attachments.

## How Can I Tell it's Phishing?

<p>presii_dent3@aol.com</p> <p>Do you recognize the email address? If yes, still be cautious before clicking a link.</p> <p>If no, do not click any links.</p>	<p>Any attachments?</p> <p>Are there any attachments in the email?</p> <p>If so, do not click on the attachment.</p>	<p>"Please reply with your..."</p> <p>Does the email request personal information?</p> <p>If so, do not reply.</p>	<p>spelled @te?</p> <p>Grammatical errors?</p> <p>Does the email contain grammatical errors?</p> <p>If so, be suspicious.</p>	<p>"Dear Valued Shareholders"</p> <p>If you have a relationship with the sender are they addressing you by name?</p> <p>If not, be wary.</p>	<p>www.fake.com/@5</p> <p>Check the link</p> <p>Have you checked the link? Mouse over it and check the URL. Does the link look like it will take you to a suspicious website?</p> <p>If so, do not click on it.</p>
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## Avoiding Scammers and Fake Ads

Scammers have posted ads that claim to offer treatment or cures for the coronavirus. The ads often try to create a sense of urgency — for instance, "Buy now, limited supply."

At least two bad things could happen if you respond to the ads.

One, you might click on an ad and download malware onto your device.

Two, you might buy the product and receive something useless, or nothing at all. Meanwhile, you may have shared personal information such as your name, address, and credit card number.

Bottomline? It's smart to avoid any ads seeking to capitalize on the coronavirus.

## Tips for Recognizing and Avoiding Phishing Emails

Like other types of phishing emails, the email messages usually try to lure you into clicking

on a link or providing personal information that can be used to commit fraud or identity theft. Here's some tips to avoid getting tricked.

• Beware of online requests for personal information. A coronavirus-themed email that seeks personal information like your Social Security number or login information is a phishing scam. Legitimate government agencies won't ask for that information. Never respond to the email with your personal data.

• Check the email address or link. You can inspect a link by hovering your mouse button over the URL to see where it leads. Sometimes, it's obvious the web address is not legitimate. But keep in mind phishers can create links that closely resemble legitimate addresses. Delete the email.

• Watch for spelling and grammatical mistakes. If an email includes spelling, punctuation,

and grammar errors, it's likely a sign you've received a phishing email. Delete it.

• Look for generic greetings. Phishing emails are unlikely to use your name. Greetings like "Dear sir or madam" signal an email is not legitimate.

• Avoid emails that insist you act now. Phishing emails often try to create a sense of urgency or demand immediate action. The goal is to get you to click on a link and provide personal information — right now. Instead, delete the message.

## Where can I find legitimate information about the coronavirus?

It's smart to go directly to reliable sources for information about the coronavirus. That includes government offices and health care agencies, and the GRF website at [lwsb.com](http://lwsb.com), which has links to bonafide agencies handling news about the emerg-

ing situation.

Here are a few of the best places to find answers to your questions about the coronavirus.

• **Centers for Disease Control and Prevention:** The CDC website includes the most current information about the coronavirus. The site covers how the coronavirus spreads, symptoms, and prevention and treatment, travel restrictions, number of cases worldwide, global locations with COVID-19 and more.

• **World Health Organization:** WHO provides a range of information, including how to protect yourself, travel advice, and answers to common questions.

• **National Institutes of Health:** NIH provides updated information and guidance about the coronavirus. It includes information from other government organizations.

—Steve Symanovich, NortonLifeLock

## LBSO from page 9

the most sought-after soloists in his generation of young American musicians.

The program concludes with Rimsky-Korsakov's "Scheherazade" with its hauntingly beautiful violin passages that portray the woman who convinced the Sultan to spare her life by telling him one-thousand-and-one stories of Arabian nights.

The works featured on the March 6 "Strange Love Stories" program were inspired by fairy tales and folklore from Norway, Czechoslovakia and Spain, among them Grieg's beloved musical portrayal of the shiftless rogue Peer Gynt (Suites 1 and 2).

Czech composer Smetana depicts the female warrior Šárka (from "Má Vlast"), a vixen that stops nothing short of murder. Neither rogue nor vixen, Don Quixote by Richard Strauss, based on the novel by Cervantes, is simply confused from reading too many romance novels.

Cécilia Tsan, the Symphony's

principal cellist, will execute the fabulous cello solos depicting the hero.

Audiences will enjoy an evening of rhythm and musical drama on May 1 when Pepe Romero returns to the stage to perform the evocative "Medea" by Manolo Sanlúcar, one of the key figures in the evolution of the flamenco guitar.

The Spanish flavor continues with Ravel's fan-favorite "Boléro," one of the most famously erotic pieces of classical music used in the movie, "10."

Hindemith's Symphonic Metamorphosis of Themes by Carl Maria von Weber exudes spectacular orchestration, wit, and excitement—a dramatic work deserving of more frequent programming.

The June 12 concert features two concertos for two pianos: J.S. Bach's BWV 1060 in C minor and Poulenc's delightfully playful Concerto for 2 pianos.

Both will be interpreted by

the Israeli piano duo of Silver-Garburg.

Given his larger-than-life stature in the world of classical music, the classical season will wrap with two works by Beethoven: his Symphony No. 10, a hypothetical work assembled in 1988 by Barry Cooper from Beethoven's score fragments for the first movement, and his Symphony No. 7 in which harmonic surprises abound.

The POPS! season kicks off Oct. 17, with "Remember When Rock Was Young: The Elton John Tribute," his top hits sung by Craig A. Meyer.

On Dec. 19, the Long Beach Camerata Singers and vocalist Kevin Glavin join Symphony musicians to celebrate the holidays.

Then on Feb. 20, conductor Paul Shaffer, Dave Letterman's longtime sidekick and musical director, will share symphonic renditions of his favorite pop, R&B and jazz tunes together with Motown legend Valerie Simpson (Ain't No Mountain High

Enough, I'm Every Woman).

Fan favorite conductor Michael Krajewski celebrates Hollywood's glorious musical past and present on March 20 with "Hollywood Sings," selections from "The Sound of Music," "The Wizard of Oz," "Singing in the Rain," "Skyfall" and more.

The POPS! season ends with energy on May 8 with "The Musical Legacy of Chicago" by Brass Transit, with Maestro Eckart Preu conducting and audiences dancing the night away to the songbook of Chicago performed by the dynamic brass powerhouse.

The POPS! Series is presented by Farmers & Merchants Bank.

Patrons may choose from subscription options ranging from \$132-\$498 for all six Classical concerts and \$95-\$690 for the five-concert POPS! series.

For more information or to purchase subscriptions visit [www.LongBeachSymphony.org](http://www.LongBeachSymphony.org) or call (562) 436-3203.

—from the LBSO

## Take-Out Food in Leisure World

The GRF Recreation Department sponsors two options a week for takeout dinners that people can order inside Leisure World.

Taco Tuesday, hosted by Koffel's Food Service, offers a wide variety of diner-style selections at reasonable prices.

The truck is in the Clubhouse 6 parking lot at 5 p.m. every Tuesday.

People can take their food to go, or eat inside or on the patio of Clubhouse 6.

Pizza Thursday starts at 4 p.m. in the parking lot of Clubhouse 6.

Dominos Pizza is there until 8 p.m. Special orders can be called in to 493-2212 between 10 a.m.-1 p.m. for pick up at the truck in Leisure World.

Hometown Buffet serves an all you can eat dinner in Clubhouse 1 on the fourth Mondays (see page 9 for more).



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In September, the City of Seal Beach reinstated service after it was dropped because of lack of funding.

The bus takes residents to the Seal Beach Center, where Pavilions grocery store is located on Pacific Coast Highway, and the Seal Beach Pier at the end of Main Street.

People can hop on the free bus in the morning and walk the pier, shop Main Street or take a swim in the ocean and then be picked up and taken home in the afternoon.

Passengers are picked up and dropped off at the Leisure World Main Gate.

Stops are at Pavilions and the pier from 8 a.m.-4:30 p.m. every Thursday. Carry-on restrictions may apply.

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10:00 AM	10:30 AM	10:35 AM
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1:00 PM	1:30 PM	1:35 PM
2:00 PM	2:30 PM	2:35 PM
3:00 PM	3:30 PM	3:35 PM
4:00 PM	4:30 PM	4:45 PM

Service is suspended between 11 a.m.-noon so the driver can break for lunch.

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For more information about the City of Seal Beach Senior Transportation Program, visit the City's website at [www.sealbeachca.gov](http://www.sealbeachca.gov) or call (562) 431-2527.

## Friends of the Library

The Friends of the Leisure World Library raises funds to support the library through the sale of donations at the Friends Bookstore located across the patio. People are welcome to browse for bargains in books, including children's books, cards, puzzles and more.

The Friends group is in need of volunteers. To learn more or pick up an application, go to the bookstore during operating hours from 9:30 a.m.-3:30 p.m., Monday-Friday, and 9:30 a.m.-12:30 p.m. on Saturday.

## GARDEN from page 10

Clubhouse 4, 1-3 p.m.

- May 14: Herbs, Clubhouse 4, 1-3 p.m.
- June 11: Raised Bed Gardening, Clubhouse 4, 1-3 p.m.
- July 9: California Natives, Clubhouse 4, 1-3 p.m.
- Aug. 13 - Cool Season Vegetables, Clubhouse 4, 1-3 p.m.

For more information, contact the LW Library at (562) 598-2431.

## CONCERT from page 10

of the music world. They inspire our students and bring so much energy to our show." The concert will feature solo performances by each of the guest artist as well as the impressive band sounds of the high school's Jazz I, Jazz II, and Jazz III ensembles. In addition, the middle schools and youth jazz bands will have an opportunity to showcase their talents. Tickets are available for purchase at [losaljazz.seatyourself.biz](http://losaljazz.seatyourself.biz) for \$20, \$30 or \$40. For an additional \$25, guests can enjoy a pre-show catered dinner, intermission dessert reception, and a meet and greet with the artists after the show.

For more information about the Los Alamitos High School's jazz program, visit [losalmusic.com](http://losalmusic.com).

## MINI FARM from page 1

The original rules drafted by the club will remain in effect until January 2021. The provisions agreed to by the farmers will not change until that time. If a plot becomes available for reassignment, the new Mini Farmer must agree to abide by the new policy when it is implemented.

Mini Farmers who have neglected their plots will need to bring them into compliance as soon as possible or risk forfeiture. Offenders will receive a warning and reasonable time to clean their area before final action is taken.

Mini Farmers are asked to come prepared for the meeting with questions and GRF identification and expect to be interviewed by a committee member or GRF personnel. We look forward to seeing you there.

For more information, contact [kathyt@lwsb.com](mailto:kathyt@lwsb.com).  
—Kathy Thayer

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We make your **SHOWER/TUB** brand new and/or convert it to a **WALK IN SHOWER** serving L.W. since 1999. Nu Kote 562-833-3911 license #699080. 04/02

## PAINTING

**Bel-Rich Painting** - Free estimates. Apartments, room by room, small jobs, colored walls. Contractor's License #705131. 714-220-9702. 03/12

### 562-596-0559

LW DECOR INC.  
Only premium paints, Ceilings made smooth. New handles-hinges. Crown moulding installed. License #723262. LW DECOR INC 40 years in LW. 562-596-0559. 03/26

Painting - Free estimates. 1 room or entire house & refinish kitchen cabinets. Call Jerry (714) 826-8636. CA State License #675336. 05/14

## FLOOR COVERINGS

### 562-596-0559

LW DECOR INC.  
Laminate, vinyl plank, patio tile and patio carpet. License #723262. 40 years in Leisure World. 03/26  
562-596-0559

### 310-261-0571

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

## CARPET & UPHOLSTERY CLEANING & REPAIR

All Year Carpet Cleaning  
We just cleaned your neighbor's house in Leisre World... Would you like yours cleaned too? Call Tito 562 658 9841. 05/07 Since 1988. State Contractors Lic. #578194.

## SKYLIGHT SERVICES

**SKYLIGHTS**  
CLEAN, REPAIR, REPLACE. Licensed and insured. Dan (562) 841-3787. Seal Beach License #BRA0002. 04/09

## WINDOW COVERINGS

LW DECOR INC.  
Blinds, shutters, shades, 40 years serving Leisure World. Contractor's License #723262. LW DECOR INC. 562-596-0559. 03/26

## LEISURE WORLD HELPING LEISURE WORLD

Y's Service Club of the YMCA will assist residents with small non-professional jobs. We change light bulbs, clean air conditioner filters, hang a small picture or mirror, remove or place items on a high shelf, air bicycle tires, etc. Donations gladly accepted. Call week days between 9 am-5 pm, (562) 596-1741, (562) 493-6291.

Need Help?  
See Classifieds

## Puzzle Answers

Puzzle page 23

### SCRABBLE GRAMS SOLUTION

G. A. L. L. I. U. M.	RACK 1 =	50
R. E. G. A. L. I. A.	RACK 2 =	60
O. U. T. R. A. C. E.	RACK 3 =	59
S. A. T. I. R. I. C.	RACK 4 =	59
S. N. O. W. C. A. P.	RACK 5 =	92
PAR SCORE 250-260	TOTAL	330

## Crossword Answers

MODEM	ACOGG	ERCO	TRAMS
AHOLE	HERA	SHUL	ADMIT
TAHIE	LANDS	TENANT	AHIE
ERRI	TABLES	POONFUL	EER
OEAD	LY	REAPS	BEURRE
APSE	URALS	ETHEL	VAMP
BELTS	TABLES	DHOT	CRIC
LEASE	VEDIC	ARA	TREES
ENGINE	FER	GADID	NAIAN
LENG	NAT	HEROS	ASH
LENG	TH	SURLY	CONTEMPT
ARATE	RAIL	FI	TASS
SOMA	TABLET	ENNIS	AGSTA
SNUB	RAYON	KCCP	BEAR
PHLEBO	APHIL	L	DIESIS
LOIO	TURNT	CT	TABLES
ONTH	ET	TABLE	IMP
PAIES	SAAH	NEUN	FIIFN
SNOQT	ESSE	GREG	LECTS

## Sudoku Answers

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

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

## Jumble Answers

Jumbles: WILLY AMUSE GOVERN INFAMY  
Answer: The barbers liked to eat their meals without all the — TRIMMINGS

# Classifieds

## "ROLLIN THUNDER" GOLF CART CLUB

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

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

## BEAUTY SERVICES

Hair Stylist, 25 years experience. Shampoo and roller set, cut, perm, color, manicure/pedicure. Warm and friendly service. Available for in-house appointments for special occasion, \$100+. Tammy Nguyen, 714-425-4198. Phenix Salon. 05/14

In home hair care, serving the men and women of Leisure World for 36 years. Mel, cell: 562-480-9341. License #KC75538. 03/26

PERMANENT MAKEUP for Eyebrows, eyeliner, lip line. 30 years experience, 15 years in LW with references. Loann: (310) 938-8808. Cosmetology license #KK5976. 06/04

Mavis experience hair stylist. For men women haircut, shampoo set, color, perm. Manicure pedicure. (714) 757-0187. 03/19

## HOME CARE PERSONAL ASSISTANT

**Just Like Your Daughter**  
Personal Assistant/  
**Girl Friday**

Available for: errands, scheduling and transportation for medical appointments, patient advocate, shopping, domestic organization, paperwork, bill pay All with compassion and care.

**Just Like Your Daughter**  
Call Janice, 714-313-4450  
SB Lic. #JUS0006/Bonded 03/19

Caregiving Services  
Lisa Hoffman. (562) 822-2101. Retired RN - \$15/hr.

EXPERIENCED CAREGIVER  
Over 20 years in Leisure World with Excellent References. Hourly or Live-in. Please Call Pampet: 562-371-4895. Seal Beach License PAN0003 3/19

I am an experienced caregiver available to assist with daily care, doctor's appointments, and errands. Available 24/7. 949-899-7770 04/02

Elderly care. Live-in, live-out. 30 years of experience. Cooking, cleaning, medications, companions, doctors. Experience with dementia. Licensed by the state. Gloria 949-371-7425. 05/07

Experienced Caregiver. Leisure World references. Day or night - Licensed. Maria Lopez (562) 257-7631. LOP-0004. 03/12

If you have not received your copy of LW Weekly by 9 a.m., Call (562) 472-1284 before 10 a.m. to have one delivered. Check around thoroughly before calling

CHRISTIAN HOME CARE Referral Agency. Experienced, knowledgeable caregivers, honest, assertive, fluent English. Hourly/full-time, doctor's appointments, errands. Bernadine 562-310-0280. Seal Beach Business License #BCS0002. Bonded/insured. 6/10/20

## HOUSE CLEANING

MOVE-IN, MOVE-OUT WINDOWS, HOUSECLEANING CALL PHIL AT 562-881-2093 Over 30 years Experience! Seal Beach Business License #AB0001. 04/30

GRACIAN'S HOUSECLEANING & WINDOWS. Windows 10% off first cleaning General housecleaning Excellent referrals in LW (562) 307-3861. 20 years experience. Seal Beach Business License gra0006. 04/02

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

Patricia House Cleaning, weekly or monthly. Excellent referrals in Leisure World. 562-397-4659 Seal Beach License LUC0001. 3/20

Maria House Cleaning We'll make your house look as nice as possible! 15 years of experience. We can work with your schedule. Bi-weekly or monthly. Deep cleaning. Call or text 714-496-2885. Bus. Lic #HER0008. 04/23

I have been a housekeeper for 10 years. I do weekly and monthly cleaning. Call 949-899-7770 04/02

## COMPUTERS

FRUSTRATED (562)755-6199 Everything for your computer (PC or Mac), cell phone, TV, stereo, any electronic device. Tina Schaffer. Seal Beach Bus. License #CIP0001 03/05

John's Computer Services 562-733-9193 Virus removal, Repair, Training, Software, Wireless, Internet Security. LW Resident SB License FUH0001. 03/31

LW Weekly  
Accepts Credit Cards for Classified ads. Call (562) 430-0534

Want to place a Classified or renew your existing one? Turn it in by 2:00 p.m. Monday, for Thursday's publication

## ELECTRIC CARTS/SCOOTERS/MOBILE CHAIRS FOR SALE

### ANY KIND OF CAR

Boat, motorcycle, truck - running or not. We are local - call anytime! We pay cash and remove promptly! We do DMV and Release of liability for you! Bonded/Licensed, since 1985! Call us so we can come out and give you a quote. 562-684-0901. 05/07

For sale - Pronto M41 with sure step. Electric wheelchair. Excellent condition. Candy apple red with black upholstery. \$750.00. 562-431-7535. 03/05

Golf Cart, Sales, parts and services. 714-292-9124. 05/14

2008 EZ-Go golf cart lifted w/ oversized tires & wheels. Healthy batteries, great cond. Frances (562) 565-3683. 03/05

For Sale: Large Men's size power lift recliner chair. Purchased at Alpine. Excellent condition. \$700. (562) 596-2557. 03/12

Electric scooter - Pride Victory 10 - 4 wheel, 1 year old. Great condition. Low mileage. Comes with cover \$1,000. (760) 408-6980. 03/19

## TRANSPORTATION

Personal driver. LW Resident. Goes to airports, hospitals, doctors offices, stores. Drives by Gary. 714-658-9457. 03/19

Need a lift? Pam Miller. LW Resident. 310-227-1258. 03/26

Inexpensive shuttle, airports, markets, doctors, etc. 562-881-2093. SB License #ABL0001. 04/30

Rides by Russ, with the personal touch. For over 4 years I have been giving all types of rides to Leisure World residents. Rides to the airports, doctors, cruise ports, shopping and errands I also enjoy helping my neighbors with chores and maintenance around their homes. Russ 714-655-1544. 03/26

A PERSONAL DRIVER IS WITHIN YOUR REACH Conscientious, Dependable, Professional. Providing locals trustworthy affordable transportation. perfect for patients, professionals, and anyone who needs regular or sporadic transportation. CALL 562-537-1298. James. 03/12

## AUTOS/BOATS/RV'S TRAILERS FOR SALE

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

## MOVING, HAULING & STORAGE SERVICES

J&D HAUL AWAY AND CLEAN-UP SERVICE No job too small, fast, reliable, great prices. Seal Beach Business License BRA0002. Dan: 562-841-3787 04/09

A FRIEND AND A TRUCK Your moving service, any size job. Call 310-387-2618. Business License RO263644. 3/25

LW Weekly  
Read the paper online! www.lwsb.com/newspaper

## MISCELLANEOUS FOR SALE

Electric recliner. Great condition. (562) 537-6386. \$300. 03/12

Assorted sport and dress jackets 42 to 44 reg. (562) 537-6386. \$20 each. 03/12

Wilson ultra golf set/w 3 wheel cart. Great condition \$200. (562) 537-6386. 03/12

For Sale: 7 ft Chocolate Brown Sofa Micro-Suede with wood detail. Excellent condition. \$150 or best offer. (562) 594-7421.

For Sale - 2 swivel chair w/ottoman. 562-598-0307.

For sale: queen size fully adjustable bed with remote and mattress. Excellent condition. \$200. (714) 898-4409. 03/12

## FREE ITEMS

Parakeet - free to good home. Sweet blue/green. Comes with cage. 828-256-1265. **Sold**

FREE double futon sofa/bed folds must have transportation out. Call 562-296-5652 or (cell) 562-330-0822. 03/12

Free used folding scooter and wheelchair carrier with loading ramp and tie downs. Folds up against the back of the vehicle when not in use. Fits into a standard trailer hitch. If interested call Christine (281) 639-4060. 03/12

## LOST & FOUND

Found cat! Black & white, no collar, very scared! Call Jackie 714-423-8279 to claim.

## ESTATE/PATIO/ CARPORT SALES

ESTATE SALE, MUTUAL 5, 107i, 13521 WENTWORTH, MARCH 13TH AND 14TH Thursday and Friday from 9 am to 2 pm. Lots of VINTAGE items, side tables, cameras, cassette players, CD players, China, dressers, books, nic nacs, womens clothes and shoes, Full House! Please come by and say Hello!, Kristi Martin, P.O.Box 1351, Seal Beach, 714-655-5473, Seal Beach Business License MAR0016.

Estate Sale - 13330 St. Andrews Dr. #67L, Thurs/Fri. March 12/13. Ethan Allen, lots more!!

Patio Sale - 13881 Thunderbird Dr, 64C, Mutual 1, 8:30-1:30 pm. Collectibles, sofa, accent chair, area rugs, prints, mirror.

## CARPORTS WANTED

Carport wanted for rent. Prefer location in Mutual 2 neal Bldg. 24, storage desired.

Price negotiable \$50-\$75/mo. Michael (949) 833-1410. 03/26

## LW REAL ESTATE FOR SALE

NEW LISTING 1461 Pelham, Bldg 132H, 2 bed/1 bath unit, 3 skylights. Laminate floors/new refrigerator w/large lower freezer. Move in ready. Quick location near "Downtown" \$208,900. Good Homes Real Estate. 714-474-6204. License #01129082. 03/19

No Paper By 9 A.M.? Call (562) 472-1284 Before 10 A.M. State Your Mutual & Apt. Number



**JOYCE REED**  
Resident Broker  
Notary Available  
**596-8656**  
Mutual 15, 1-D  
**\$245,000**



Expanded 2-bedroom, 1-3/4 baths, with small patio.



Close to Main Gate, laundry and carport.



Mut. 9, 232A — CLOSED  
Mut. 7, 152-A — CLOSED  
Mut. 15, 16-R — CLOSED  
Mut. 6, 67-J — CLOSED

Unbelievable Real Estate  
DRE#00460268



**Joanie Korman**  
LW Resident,  
Real Estate Specialist  
BRE#01937786  
(714)  
**308-8034**

"Where Life Just Got Easier"

New Listing  
2 Bedroom 1 Bath  
Fully Expanded  
Kitchen Island,  
Expanded. Master  
M5 114K \$265,000

New Listing  
2 Bedroom 2 Full Bathrooms,  
Fully Expanded Kitchen  
Greenbelt  
M9 226L \$399,000

New Listing  
2 Bedroom 2 Bathrooms Corner  
L Shaped Patio w/ parking  
M4 206G \$180,000

2 Bed 1 Bath Corner,  
W/D Dishwasher,  
Leaf Pumps,  
Upgraded Closets  
M2 57F \$299,000

2 Bed 2 Full Baths Drive  
M1 25F \$225,000

Watch for my New Listings Coming..

2 Bedroom 1 Bath Fully Expanded M6  
Call me to List or Sell your Home! I can List and Sell all Homes in LW. It will be my honor to work with you!



## Erika Shapiro

Resales Specialist • Mutual 17 Resident  
**Traveling Notary**  
**562-208-5223**



**GREAT BUY**  
 Basic 1-bedroom,  
 on nice green, fresh paint.  
**Mutual 3, 7C \$140,000**

**REDUCED MOVE-IN READY**  
 2 BDR/1 1/2 bath,  
 fully expanded corner  
 drive up, washer/ dryer,  
 dishwasher & more  
**Mutual 2, 19F \$319,000**



**COUNTRY COTTAGE**  
 2 BDR, 2 bath, greenbelt.  
 Move-in ready, white kitchen,  
 washer & dryer, close parking.  
**Mutual 10, 246L \$395,000**

### Coming Soon

Basic 2 BDR, 1 bath, fresh paint, new flooring,  
 washer & dryer, skylights, move-in ready,  
 private location.  
**Mutual 9 - 209E**

Atrium, Remodeled 2 BDR/1 Bath,  
 drive-up, Solid Oak flooring, Oak  
 cabinetry, granite counters, New  
 appliances, windows, shutters  
 and more.....



**Mutual 15 - 18D 365,000**

**I SOLD 20 in 2019 I SOLD 36 in 2015**  
**I SOLD 26 in 2018 I SOLD 35 in 2014**  
**I SOLD 34 in 2017 I SOLD 60 in 2013**  
**I SOLD 47 in 2016 I SOLD 42 in 2012**  
**I can sell your's too!**

Service Is My Priority! Call me for a FREE Market Evaluation



## DONNA JEAN

**McIntyre**  
 Broker®/Realtor®

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YOU Invest in your Retirement . . .  
 and WE Invest in YOU ♥

I will help you with EVERY step  
 in **SELLING** or **BUYING** a unit!

- We are very.....
- FRIENDLY and PATIENT**
- We are always
- ACCESSIBLE and AVAILABLE**
- We are honest in
- SHOWING ALL LISTINGS**
- We are incredibly
- HANDS ON** and always.....
- ON TOP OF EVERYTHING!**

[www.RetirementLivingSealBeach.com](http://www.RetirementLivingSealBeach.com)



**Mutual 2 - 59e Merion Way**  
 2B/1B, SW facing L-Shape unit,  
 Very Bright, NEW Laminate Floors,  
 Skylights, White Cabinets NEWLY  
 Painted, NEW Hardware, Enclosed  
 Porch, Carport Space is steps away  
 from your unit! Clean & Beautiful!  
**MOVE IN READY at \$205,000**



**Mutual 6 - 60K Fairfield**  
 2Bd/1Ba, Extended unit w/3 Bdrm.  
 layout, NEW paint, Laminate floor,  
 washer/dryer, tons of Character,  
 pocket door, immaculate, bright.  
**Lowest HOA Dues! \$255,900.**



**Mutual 14 - 20e Sunningdale**  
 2Bd/1Ba Expanded Unit, South  
 Facing on Golf Course. Beautiful,  
 NEW carpet, NEW paint, 5 Skylights,  
 Mirror Closet, Granite in Bathroom,  
 Plantation Shutters, Central Heat/Air.  
**A GEM OF A UNIT at \$337,600**



### OUR BUYERS LOVE US!

M6 2B/1Ba	\$240,000	Sold
M6 2B/2Ba	\$299,500	SOLD
M4 2B/2Ba	\$397,000	Sold
M12 2B/1Ba	\$180,000	SOLD
M12 2B/2Ba	\$343,950	Sold
M11 2B/1Ba	\$426,000	SOLD
M16 1B/1Ba	\$140,000	Sold
M14 2B/1Ba	\$254,900	SOLD
M14 2B/1Ba	\$219,000	Sold
M14 2B/1Ba	\$180,000	SOLD
M4 2B/1Ba	\$224,000	Sold

### COMING SOON



**Mutual 2 Corner Unit**  
 2Bed/1Bath Expanded End Unit in  
 private location. Keep Watching.

### TEAM DONNA JEAN



**Suzanne Ahn**  
 DRE#0110737  
 Realtor®  
[suzanne@teamdonnajean.com](mailto:suzanne@teamdonnajean.com)  
**562-810-1614**  
 Korean Language Spoken

An Independent Brokerage!  
 DRE#01335069



### SELLERS LOVE WHEN WE SELL!

M14 2B/1Ba	\$269,000	Upgraded
M12 2B/1Ba	\$333,000	Corner
M12 2B/2Ba	\$397,000	Remodel
M11 2B/1Ba	\$250,000	Corner
M2 2B/1Ba	\$195,000	Basic Unit
M14 2B/2Ba	\$355,000	Upgraded
M12 2B/1Ba	\$325,000	Corner
M10 1B/2Ba	\$140,000	Upgrades
M14 2B/1Ba	\$211,500	Expanded
M4 2B/2Ba	\$397,000	Remodel
M14 2B/1Ba	\$180,000	Basic Unit
M8 2B/1Ba	\$279,000	Remodel
M14 2B/2Ba	\$498,000	Remodel
M14 2B/1Ba	\$219,000	Basic Unit



The Januszka Group, Inc.  
**Leisure World**  
**ON-SITE**  
 HOME SALES  
**(562) 598-1388**

See All Our Listings, Prices and Photos at Our New Website:  
[www.LeisureWorldHomeSales.com](http://www.LeisureWorldHomeSales.com)

- |              |               |               |                |
|--------------|---------------|---------------|----------------|
| Mutual 1-21A | Mutual 3-23G  | Mutual 6-67I  | Mutual 9-220A  |
| Mutual 1-40G | Mutual 3-2J   | Mutual 7-145G | Mutual 9-222L  |
| Mutual 2-51D | Mutual 5-91L  | Mutual 7-158K | Mutual 11-281A |
| Mutual 2-9L  | Mutual 5-111E | Mutual 8-195A | Mutual 15-29R  |
| Mutual 2-36L | Mutual 5-106E | Mutual 8-178E | Mutual 15-37Q  |
| Mutual 2-62A | Mutual 5-108K | Mutual 8-199I | Mutual 15-23K  |
|              | Mutual 5-71B  | Mutual 9-207K |                |

Every sale we make returns income to the Golden Rain Foundation, and  
 every resident enjoys a reduction in their monthly fees!

**CURRENTLY 20 UNITS IN ESCROW**



Dawn Januszka  
 Broker  
 DRE #02110501



June Stokoe  
 Escrow Officer



Verna Chumley  
 Realtor®



Marsha Gerber  
 Realtor®



John Webster  
 Realtor®



Terri Walters  
 Realtor®



Suzanne Fekjar  
 Realtor®



Elana Altman  
 Realtor®



Maryann Shaddow  
 Realtor®

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**Kathy Gupton**  
Associate Broker  
DRE # 00744676

562 **618-9940**

# Kathy & Gloria Gupton & Hadley

We are **SISTERS**

Specializing in the  
LW Community



**Gloria Hadley**  
Realtor®  
DRE # 01057681

562 **884-3594**

## Buying or selling...

You could go it alone, but why bother when you can count on pros like us. Whatever your circumstances, whatever your needs, we can help.



**PENDING**

**Mutual 2, 48H \$210,000**

This lovely home faces greenbelt, has wrap around patio with newer outdoor carpet and skylight which is a really nice feature.



**Mutual 15, 32K \$239,000**

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



**PENDING**

**Mutual 4, 50A \$249,900**

This a fully expanded 2 bedroom 1 bath home with dual pane windows, bay windows in living room, master bedroom and den/dining room and Central heat and air conditioning.



**PENDING**

**Mutual 7, 176E \$210,000**

This 2 bedroom 1 bath cottage has drive-up, wrap around patio, with storage, living room open, kitchen with white cabinets, built-in appliances.



**PENDING**

**Mutual 14, 23D \$255,000**

Nicely expanded 2 bedroom 1 bath corner unit with patio storage. Spacious living room with bay window, dining area off kitchen. Built-in kitchen appliances. This home has abundant natural light, laminate floors and central heat and AC.



**PENDING**

**Mutual 4, 78B \$148,000**

Charming 1-bedroom, 1-bath cottage with drive up, enclosed patio which adds approximately 200 sq ft of living space.



**M8-189J \$175,000**

Great Location. Basic 2 Bedroom 1 Bathroom with enclosed side patio. Perfect for remodel or updating. Kitchen had built-in original appliances and Skylight that opens. Bathroom has extra large skylight that opens. Use your imagine and make the home your own. Priced to sell! Front open patio. Lovely Area.



**M3-21K \$218,000**

Charming 2 Bedroom 1 Bath Cottage. Kitchen has ceiling fan, built-in stove, oven and refrigerator. Master Bedroom has mirrored wardrobe doors and double pane sliding doors to private patio. Living and bedrooms are carpeted and flooring in kitchen, bathroom and hallway is vinyl. Heat pump/AC and is ready to move in.

### January 2020 Sales

**Mutual 5, 229D**

**Mutual 14, 23F**

**GIVE US  
A CALL**

We can show ALL property in the LW community

Call and let us present our extensive marketing program.  
Members of M.L.S.



**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

Visit Our Website: [www.thesealbeachsisters.com](http://www.thesealbeachsisters.com)  
13926 Seal Beach Blvd., Seal Beach, CA 90740 (Behind Carl's Jr.)



# Robin Gray & Barbara Diette-Dobias

Robin Gray

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

Your Leisure World Sales Team



California Properties



Barbara Diette-Dobias

(562) 754-5628  
barbaradobias@gmail.com  
DRE 00887640



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



**UNDER CONTRACT**

**Mutual 1-38-D \$174,900**  
1- bedroom, 1-bath south facing, fully expanded unit on an amazing greenbelt setting. Close to Medical Center, Amphitheater, pool, golf course and churches. L-shaped living room with huge closet. There is an A/C Heat Pump to keep you cool in the summer and warm in the winter, plus skylights that make this home light and bright.

**Selling or Buying - We are here to help you - We have over 35 years combined Experience and Knowledge of this Unique Community!**



**Mutual 7-157-D \$229,000**

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



**Mutual 8-203-I \$249,900**

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



**Mutual 10-257-G \$327,000**

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



**Mutual 1-40-B \$167,000**

Fully Expanded 1-bedroom on a beautiful, HUGE greenbelt setting. Both the living room and bedroom are expanded with laminate floors. Kitchen has a ceiling fan, a skylight and newer Formica counters. Bathroom cabinets are white with a skylight and a cut-down shower and vinyl floors. Freshly painted Close to carport parking



**Mutual 8-196-H \$219,000**

**NEW LISTING ...** Catch the morning sun! Lovely setting, wide courtyard greenbelt, 2 bed, 1 bath, high side expansion. New paint and new beautiful waterproof vinyl plank floors, central heat/air and a patio to enjoy!

Check out our website [sealbeachleisureworld.com](http://sealbeachleisureworld.com) for more listings and how to purchase in Leisure World Seal Beach



**Jim Duncan**  
714-356-6717  
Broker/Manager



**Susie Allen**  
562-338-3833



**Robin Gray**  
562-209-5605



**Barbara Diette-Dobias**  
562-754-5628



**Kathy Gupton**  
562-338-3833



**Gloria Hadley**  
562-884-3594



**Edwina DiMario**  
562-706-7999



**Vickie Van Ert**  
310-220-1407



**Mary Chittick**  
562-882-2804



**Rosie Wang Davis**  
626-623-9929



**Joanie Korman**  
714-308-8034

**(562) 594-0515**

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



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**(562) 431-2149**

13926 Seal Beach Blvd.  
Seal Beach, CA 90740



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

### Two-Bedrooms

### One-Bedrooms



**Conrad Rodriguez**  
562-746-1960

**Mutual 4 78B \$148,000**  
Enclosed patio, drive up, skylights, lam. flooring

**Mutual 8 189J \$175,000**  
enclosed patio, skylights that open, good location, great price

**Mutual 2 10H \$199,995**  
New windows, 2 large skylights, white bamboo wood floors



**Leah Perrotti**  
310-889-6583

**Mutual 3 21K \$218,000**  
double pane windows, heat pump, skylights that open, cozy

**Mutual 8 196H \$219,000**  
wide courtyard, side expansion, cent. air, fresh paint

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

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

**Mutual 7 153E \$254,900**  
1-1/2 baths, south facing, lam. floors, clean

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

**Mutual 2 44K \$259,000**  
Full expan., skylights, double pane, wood flooring

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

**Mutual 15 21M \$285,000**  
2 baths, enclosed porch, greenbelt, trees, drive-up, nice

**Mutual 1 70F \$299,000**  
Corner, washer/dryer, central & heat, turn key

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

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

**Mutual 1 40B \$167,000**  
Expanded, huge greenbelt, lam. floors, skylights

**Mutual 16 54E \$167,000**  
Full expan., hard wood floors, double insulation, great view

**Mutual 3 11D \$174,000**  
south facing, gourmet kitchen, dual heat pumps

**Mutual 1 38D \$174,900**  
expanded, south facing, great greenbelt



**Linda Patton**  
562-522-3364



**Adrian Villarreal**



**Hanna Rubinstein**  
562-900-4243



**Jay Cho**  
714-944-4998



**Estee Edwards**  
562-208-2540



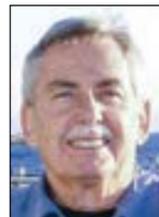
**Philip Bak**  
213-550-9991



**Irv Hart**  
562-296-5619



**Fay Wescott**  
562 242-6162



**Tim Kearns**  
714-293-3950



**Diana Flores**  
949 212-8748



**Chris Kim**  
424-247-4542



**Gail Alonzo**  
562-673-6703



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 REAL ESTATE

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

**For 2020, I have a total of 13 Leisure World pending and closed sales. I have buyers for yours too! Call me today for a free market evaluation!**



**1603 Monterey Road #22L | M2 | \$465,000**  
 New construction: 2 bedroom, 1 ¼ bath. Gourmet kitchen with stainless steel appliances. Wall mounted fireplace, washer/dryer, dual pane windrows. Great location.



**1601 Glenview Rd #64A | M12 | \$348,500**  
 2 bedroom, 1 1/2 bath fully expanded unit on peaceful greenbelt. 4 skylights, walk-in closet, central A/C. Laminate flooring, granite counters, dishwasher, self-cleaning oven, soundproof wall between unit and laundry room, LAUNDRY IS FREE in this mutual..



**1260 Oakmont Rd #53E | M6 | \$165,000**  
 Fully Expanded 1 Bedroom, 1 Bath Surrounded by Greenbelts, Laminate Flooring, A/C Heat Pump, Sliding Glass Door, Two Skylights, Close to Laundry.



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



**13741 Thunderbird Dr., #49L | M1 | \$195,000**  
 Corner 2 bedroom, 1 bath overlooking beautiful greenbelt. Patio with storage unit. 2 Skylights, Dishwasher, New Oven, Ceiling Fan, A/C Heat Pump, Mirrored Closet Doors, Cut Down Shower. Close To Parking and Laundry.



**1562 Golden Rain Rd #44G | M2 | \$225,000**  
 RARE 2 BEDROOM, 2 BATHROOM, basic unit at a GREAT PRICE! New laminate wood flooring, large private patio. Wonderful downtown location. Walk to swimming, golf, exercise room, health care center and other amenities.



**13800 Annandale Drive #39G | M1 | \$279,0500**  
 Corner, Fully Expanded 2 Bedroom, 1 Bath, 2 A/C Heat Pumps, Dual Pane Windows, Plantation Shutters, Remodeled Kitchen, Completely Remodeled Bathroom with Walk-In Shower, 2 Sinks in Bathroom, Stone Countertops. Large Storage Unit on Greenbelt.



**1622 Merion Way #38G | M2 | \$469,000**  
 Completely remodeled 2 bedroom, 1 ½ bath corner unit. Designer kitchen w/ stainless steel appliances, large island, central A/C and heat, washer/dryer, marble tiled bathroom, walk-in closet, expanded master bathroom. HAS EVERYTHING!



**1290 Northwood Rd #161A | M7 | \$310,000**  
 Corner Fully Expanded 2 Bedroom, 1 ½ Baths. Remodeled Master Bathroom With Glass Enclosure, Tile and Corian Countertops. Laminate Flooring, A/C Heat Pump. 2 Skylights, Double Pane Windows. Steps to Parking.



**1502 Golden Rain Rd #46K | M2 | \$254,900**  
 2 Bedroom, 1 Bath Fully Expanded. Double Pane Windows, Central A/C and Heat, Plantation Shutters, Washer/Dryer, Walk-In Closet, Bay Window.



**I have access to the total inventory!**

On March 10th, 2020 a total of 88 units show as active listings on the CRMLS (this is where Realtors list property for sale).

- 9 - 1 bedroom/1 bath** from \$150,000 to \$189,000
- 46 - 2 bedrooms/1 bath** from \$169,000 to \$399,000
- 33 - 2 bedrooms/2 baths** from \$225,000 to \$535,000

Please give me a call for detailed information on any of these properties!

