BECAUSE YOUR HEARING MATTERS. August 3, 2023 We Offer You a **75** Day Money-Back Weekly Guarantee SONUS, hearing care (562) 608-1003 2999 Westminster Ave. Suite 104, Seal Beach **GRF APPLIANCE ON-SITE** NEW EXPRESS AND FIXTURE LANES COMING PHARMACY **DISPLAY MOVED TO I-405 UPDATE**

See page 3.

VECTOR CONTROL



TO PURCHASING

See page 2.

Mosquitoes test positive for West Nile virus in OC

Mosquitoes collected in Fullerton have tested positive for West Nile virus (WNV), according to the Orange County Mosquito and Vector Control District (OCMVCD).

These are the first samples to test positive in the county this year, according to OCMVCD.

WNV is primarily transmitted to humans through the bite of infected mosquitoes, which acquire the virus when feeding on infected birds. As of publication, Orange County has not reported any human cases of West Nile

WEST NILE, page 3

AMPHITHEATER MOVIES



Rock out with 'Rocket Man' tribute

AMPHITHEATER CONCERT

Kenny Metcalf as Elton John Aug. 3 | 7:30 p.m. **Amphitheater Stage**

Sponsors: MemorialCare, Gasper Monteer Real Estate

Kenny Metcalf as Elton John has mastered the wildly popular music, costumes and antics of the great British pianist, singer and composer who has sold 300 million records worldwide.

Metcalf has the voice and appearance of Elton John when he was young. From rhinestones to sequins, every detail has been meticulously recreated. Iconic costumes finish the illusion, including the infamous Los Angeles Dodgers uniform designed by Bob Mackie and glasses (created for Elton himself) by Ray Winston.

Elton John has been a powerful name in music for more than 40 years. His hits include "Bennie and the Jets," "Rocket Man," "Your Song" and "Tiny Dancer." This concert will recapture the original album sounds in live concert settings, delivering a complete audio/ visual experience.

See page 8 for a full list of Amphitheater rules.

Kenny Metcalf will hit the stage at Elton John today, Aug. 3, at the Amphitheater.

MEETING RECAP

GRF Board discusses traffic, streets, policies and pianos

by Ruth Osborn rutho news@lwsb.com

The GRF Board met July 25 to disnse with a full agenda of business with topics ranging from traffic studies, radar speed signs, street paving, policies and pianos.

the new structure saved 54 hours of staff time, from 70 hours to cover 11 meetings down to 16 hours in four meetings.

GRF committees were reorganized to align with the recent restructuring of

piano.

- In other highlights, the board took the following action.
 - SCE Easement

See page 4.



Jurassic World: Dominion

This Friday, Aug. 4, the movie "Jurassic World: Dominion" will be shown at the gigantic screen at the Amphitheater starting at 8:30 p.m.

In this PG-13 action adventure, it's four years after the destruction of Isla Nublar and Biosyn operatives attempt to track down Maisie Lockwood, while Dr. Ellie Sattler investigates a genetically engineered swarm of giant insects. The movie is 2.5 hours long.

Bring friends and family for this free movie night. The Minibus has "on call" service to movies beginning at 7:15 p.m. Call 431-6586, ext. 379, and a bus will arrive within 10 minutes. A bus is available to take residents home after the movie.

Residents are welcome to comment during the allotted time as long as they submit a request in advance. Comment cards are located on a table in the lobby of Clubhouse 4, where the once-a-month board meetings are held.

GRF President Marsha Gerber welcomed new GRF directors Dan Weber representing Mutual 1; Maureen Habel, Mutual 3; Patricia Vienna, Mutual 7; and Marla Hamblin, Mutual 15.

Gerberalso praised the new GRF fourcommittee structure, which launched this month. "I'm happy to report that it went very well," she said, adding that the streamlined approach yielded significant benefit.

According to numbers supplied by GRF Vice President William Thompson, GRF departments into four divisions to broaden resident access to staff expertise and foster teamwork among departments. Senior directors now manage those four divisions, which are Human Resources, Internal Operations, Facilities and Member Services.

The GRF committees are Facilities, Operations, Member Services and Administration.

The four-committee structure will be reconsidered after a 90-day trial period.

During the public comment time, six people spoke for up to three minutes, each on wide ranging issues. Topics included the new committee structure, the transparency of financial documents, golf ball retrieval and Valentine's dance income figures, policy numbering and ease of accessing GRF policy, the lack of a pharmacy at the HCC, gate access concerns and the acquisition of a grand

The board authorized that an easement be given to Southern California Edison across Trust property for an electrical vehicle (EV) charging system being installed in Mutual 4. SCE's Charge Ready Program has approved Mutual 4 to provide EV charging stations. SCE will use the right-of-way to install an electric distribution system at El Dorado Drive and Knollwood Road and will restore the street surface to as near as its current condition as possible once construction is complete.

On-Site Sales Office Sign

The board voted to award a contract to MJ Jurado for the installation of a concrete real estate sign visible from both sides of Seal Beach Boulevard at the entrance of Leisure World. The estimated cost is \$8,500, plus a contingency of \$1,000.

The sign is expected to increase vis GRF BOARD, page 13

THE OFFICIAL PUBLICATION OF THE GOLDEN RAIN FOUNDATION, LEISURE WORLD, SEAL BEACH, CA I WWW.LWSB.COM WWW.LWWEEKLY.COM



Standard appliances (above) and other inventory like toilets and fixtures (below) were previously displayed in the Copy and Supply Center in Building 5.

Appliance and fixture display moved to Purchasing



Leisure World's standard appliances and fixtures that were on display at the Copy and Supply Center in Building 5 will be moved to Purchasing, which is located to the rear of the GRF Service Maintenance Yard at the west end of Golden Rain Road. The move will make way for a remodel of the copy center.

In addition to appliances, other merchandise is available at Purchasing.

Inventory includes fluorescent tubes and other bulbs; filters for range hoods and other appliance parts; toilet seats and shower hoses, plus other plumbing items; and hardware such as towel and grab bars.

The purchase of all standard appliances and supplies will be exclusively handled by the Purchasing Department, effective immediately.

For more information on merchandise and pricing, call 562-431-6586, ext. 309.



Full-capture catch basin inserts have been installed throughout Leisure World.

Storm drains have been installed

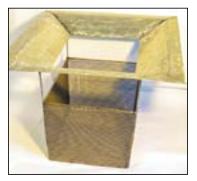
Over 100 inlets and storm drains throughout Leisure World have been covered with full-capture catch basin inserts thanks to a recent OCTA Environmental Cleanup Project that allowed the City of Seal Beach to partner with the Golden Rain Foundation.

The full-capture catch basin inserts will substantially reduce the amount of litter and debris flowing into waterways and onto beaches

The devices are retractable. In the event of a storm, water pressure will push grates open, so water won't back up on streets.

The GRF will cover 20% of the project cost, and the city paid the remaining 80%.

Last June, the City of Seal Beach submitted an application in response to a call by the Orange County Transportation Authority (OCTA) for environ-



Metal catch basin inserts reduce the amount of litter and debris that flows into waterways.

mental cleanup projects within Leisure World. In November, OCTA awarded the city funding in the amount of \$396,000 for the storm drain project.

The GRF Board agreed to operate and maintain the drains and committed about \$99,000 in matching funds toward the project, to be reimbursed upon project completion.

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Community Guide White Pages

Residents' names and phone numbers are not automatically placed in the LW Community Guide's White Pages. To be included, shareholders may submit their information to the LW Weekly by filling out the form placed in the most recent Community Guide on page 47, and returning it to the LW Weekly office or by emailing *debbiek@lwsb.com*.

Resident names are deleted from the White Pages by request or after LW Weekly receives a report of sale and escrow closing from the Stock Transfer Office. Anyone who moves within LW may be deleted unless a form with the new address is submitted to the LW Weekly.





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WEST NILE from page 1

"Mosquitoes testing positive for West Nile virus is an indication that the virus is circulating in the community. Fullerton is historically a high-risk area for West Nile virus activity. Conditions across the region are favorable for sustained virus activity during the warm summer months," said Amber Semrow, director of Scientific and Technical Services for the vector control district.

District staff will continue to conduct surveillance, inspections and control measures for mosquitoes in the area to prevent additional mosquito breeding.

OCMVCD will also post West Nile virus advisory signs alerting residents of virus activity in the affected area.

"Proactive involvement from the community in this effort is essential. Simple steps like checking for standing water around your property can help," said Heather Hyland, director of communications for the vector control district. "The best way to protect yourself is using EPA-registered repellent, wearing long-sleeved clothing, and spreading the word to friends and family."

According to the Centers for Disease Control and Prevention, about four in five people infected with West Nile virus do not develop any symptoms.

However, one in five who are infected develop a fever with other symptoms, such as headache, body aches, joint pains, vomiting, diarrhea or rash.

Most people with febrile illness due to West Nile recover completely, according to the CDC, but fatigue and weakness can last for weeks or months.

People are encouraged to take the following steps to prevent mosquito bites:

• Dump and drain containers filled with water at least once a week.

• Clean and scrub bird baths and pet water bowls weekly.

• Dump water from potted plant saucers.

• Wear repellent containing DEET[®], Picaridin, IR3535 or oil of lemon eucalyptus.

• Close all unscreened doors and windows to prevent mosquitoes from entering your home or space; repair broken or damaged screens. For more information about prevention, visit *www.ocvector. org.*

I-405 Improvement Project is 95% complete; new express lanes coming

On July 24, the Orange County Transportation Authority Board of Directors approved the toll policy for the 405 Express Lanes, which is being built as part of the I-405 Improvement Project.

TRANSPORTATION

OCTA broke ground on the I-405 Improvement Project in 2018 to improve travel times along one of the busiest highways in the nation. The 405 Express Lanes, and all other improvements being made as part of the project, are scheduled to open to traffic in late 2023.

The 405 Express Lanes—between SR-73 in Costa Mesa and I-605 at the Orange County Line —will give options to carpoolers to travel for free and solo drivers the choice to speed up their commute for a toll. Drivers on average will pay about \$3 to travel the entire 14-mile lane; the maximum toll rate will be \$9.95 from 3-5 p.m. on Fridays if traveling from SR-73 north to the county line.

Vehicles with three or more



people, along with motorcycles and vehicles with designated veterans license plates or disabled person license plates, will always get to travel on the 405 Express Lanes for free.

Solo drivers—and twoperson carpools during peak hours—will have the option to pay a toll to use the express lanes.

All vehicles will be required to have a switchable FasTrak transponder, which can be used on any toll facility in California.

Tolls will vary by hour, day of the week, direction of travel and distance traveled, and will be adjusted regularly to ensure a free-flowing commute. Drivers can enter or exit the facility from I-405, SR-73, SR-22 and I-605, as well as at Magnolia Street/Warner Avenue and Bolsa Avenue/ Goldenwest Street.

For more information about tolls or the 405 Express Lanes, visit 405ExpressLanes.com.

The \$2.1 billion I-405 Improvement Project, now 95% complete, helps to fulfill promises made to voters of Measure M—Orange County's half-cent sales tax for transportation improvements.

The I-405 in northwest Orange County is used by more than 370,000 vehicles a day. Drivers routinely face severe congestion in both the regular lanes and the carpool lanes.

In addition to the 405 Express Lanes, the I-405 Improvement Project will add one regular lane in each direction of I-405 between Euclid Street in Fountain Valley and I-605 in Seal Beach.

The project also includes improvements to local streets and freeway on- and off-ramps, as well as new sidewalks and bike lanes throughout the nine cities adjacent to the project.

The I-405 Improvement Project is financed with a combination of local, state and federal funds, with the majority of funding from Measure M.

The express lanes portion of the project is being funded by a federal Transportation Infrastructure and Innovation Act loan. The loan will be repaid solely by drivers who choose to pay a toll.

For more information about the I-405 Improvement Project, visit *octa.net*/405*improvement*.

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8/11/2023, 4:00 PM Leisure World Seal Beach HCC 1661 Golden Rain Road

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8/29/2023, 1:00 PM Leisure World Seal Beach HCC 1661 Golden Rain Road Seal Beach, CA 90740 **9/7/2023, 10:00 AM** Leisure World Seal Beach HCC 1661 Golden Rain Road Seal Beach, CA 90740

Spotlight On Entertainment

The 2023 Spotlight On Entertainment is residents' go-to guide for summer fun in Leisure World including Amphitheater concerts, movies and GRF trips. A copy was delivered to each resident's home. Extra copies are available in the News Office, located near the Amphitheater. **9/20/2023, 11:00 AM** Leisure World Seal Beach HCC 1661 Golden Rain Road Seal Beach, CA 90740 9/28/2023, 5:00 PM

Leisure World Seal Beach HCC 1661 Golden Rain Road Seal Beach, CA 90740

10/12/2023, 2:00 PM

Leisure World Seal Beach HCC 1661 Golden Rain Road Seal Beach, CA 90740

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PERSPECTIVES

GRF Director's Column Optum is committed to finding an on-site pharmacy

by Janet Isom *GRF director*

The GRF Health Care Advisory Board met July 25 for an update from Optum on the Health Care Center.

Two members of Optum's management team, consisting of Director of Group Operations Victoria Batistelli and Site Administrator Jayna Kling, along with three GRF board members, discussed what has been accomplished since the last Health Care Advisory Board meeting last fall.

The board members representing GRF were President Marsha Gerber, Treasurer Camille Thompson and myself, Mutual 16 representative Janet Isom.

The topics ranged from the status of the pharmacy and physical therapy program to free classes, new primary care physicians and specialists, onsite testing options and the fall Flu Clinic.

Optum is excited about renewing its five-year lease with GRF, which would begin Oct. 1, 2023, for another five-year term.

GRF Board members sought additional details regarding negotiations for a new pharmacy vendor, while also eliciting answers to some of the questions and concerns being raised.

There are a number of rumors flying around our community about the Health Care Center and pharmacy that need to be dispelled.

Now is the time for facts.

• **Rumor**: There will not be a pharmacy available again on-site.

False: Now for a little history to provide a clear picture of the issues impacting the pharmacy's re-opening:

Optum was given three weeks notice by the sub-lessee of 18 years, Good Neighbor, when the owners decided to close their physical location on-site and transfer the patient database of prescriptions to CVS. The Optum's management team, so it expanded the search for a new pharmacy provider upon that newsflash.

A pharmacy operated for 10-plus years by MedCare at the Optum Harbor Boulevard site in Santa Ana has expressed interest in partnering with Optum to re-open the pharmacy here.

MedCare has the experience and management team to make this a reality.

It is already established as a preferred vendor with SCAN and has created a delivery system at its current location that could be modified to suit our community's needs.

Keep checking the LW Weekly, as there will be more news available once formal contracts are in place for the sublease from Optum, which will commence no earlier than Oct. 1, 2023.

In the meantime, Leisure World residents (who are not Kaiser or VA patients) have a variety of options to have prescriptions delivered to their door. Signatures are only required if a carrier delivers medication requiring refrigeration or other special handling requirements.

Optum Genoa, Torrance, 424-282-2035: Optum delivers prescriptions very promptly from its Torrance site. A human answers the phone during business hours.

MedCare Medical Pharmacy, Harbor Boulevard, Santa Ana, 714-557-2982.

• Optum RX Mail Order Service, 800-356-3477.

• CVS Seal Beach Boulevard, 562-596-4533

• **Rumor**: *There is no physical therapy department anymore.*

False: The physical therapy department continues to provide services to new and existing patients in the same location at the Health Care Center.

While Seniors Choice Physical Therapy is no longer at the HCC, the same employees are there.



Janet Isom, GRF director

Optum has added additional services as well, including its gait and balance program.

• **Rumor**: Optum does not have any Korean-speaking doctors or support staff.

False: There are currently two primary care physicians and one scheduling specialist who speak Korean.

They will be happy to help any potential or existing patient seeking assistance.

In future articles, detailed information will be shared regarding Optum's primary care physicians, specialty care and providers, on-site testing options, new and existing free classes, medication management classes, chronic care management and more.

During Medicare Open Enrollment, make note that Optum accepts all commercial medical insurance plans, with the exception of Kaiser and VA, including TriCare.

Call the Health Care Center if you would like more information about Optum's staff and services at 562-493-9581.

Janet Isom is on the GRF Board of Directors representing Mutual 16, a member of the GRF Health Care Advisory Board for two years and a Optum HCC patient for two-and-a-half years.

Letters to the Editors

Editor:

I assisted in teaching a class titled "A Matter of Balance," sponsored by the County of Orange at our Heath Care Center in February and March. We taught a series of slow range-of-motion exercises designed to improve balance.

Since wrapping up the class, I've continued to do the exercises. Lately, I've noticed a considerable improvement in my sense of balance. So what is important to realize is that if you take a balance class, any balance class, the benefits may be slow in coming, in my case six months.

John Hlavac Mutual 12

Editor:

As members organized for an event at Clubhouse 4 on Jan. 29, it came to their attention that the Vietnamese American Club (VAC) banner used for decoration has gone missing.

We believe it might have been misplaced. Members have thoroughly searched the venue and contacted GRF staff, but unfortunately, the banner has not turned up.

If you come across any leads or clues, please do not hesitate to inform me.

Your support in this matter is highly valued, and we are grateful for any help your can provide. Together, we can hopefully locate the missing banner and bring it back where it belongs.

If you have any questions, need additional information or have found the banner, please contact me at 626-242-4758.

Thank you.

Loc Ton Mutual 12

Editor's Note: The two-by-eight-foot banner has a white background with large blue lettering that reads "Vietnamese American Club Leisure World" on one line and "Seal Beach, CA, 90740" on a second line underneath. Above the lettering is a round symbol, which is the club's logo superimposed over a map of Vietnam.



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Ruth Osborn Communications Director 562-431-6586, ext. 388 *rutho@lwsb.com*

Perspectives

Emma DiMaggio Communications Manager 562-431-6586, ext. 387 emmad@lwsb.com Page One, General News, Arts & Leisure

Katya Lukina, Editor, Graphic Design, Production 562-431-6586, ext. 266 *katyal@lwsb.com* Government, Health & Fitness Ashley Salas, Social Media Ashleys@lwsb.com

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pharmacy leased and operated by Good Neighbor then closed its doors on Feb. 23, 2023.

Unfortunately, Good Neighbor refused to end its lease with Optum early, so it runs through Sept. 30, 2023.

Optum immediately began negotiations with Optum Genoa in Torrance to provide prescription service to our community. Optum management recently learned that Optum Genoa was not a preferred vendor with SCAN.

That key fact meant that SCAN patients who chose to fill their prescriptions at the on-site pharmacy would be forced to pay higher co-pays for the medications if Optum Genoa subleased the space from Optum.

This was unacceptable to

Perspectives Policy

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

Letters to the Editor: Letters, maximum 200 words, should be typed and delivered to LW Weekly by email (preferred), regular mail 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 Golden Rain 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 is given to first-time or less frequent writers.

Some names will be left out to protect privacy.

Setting It Straight

A photo caption was incorrect in the July 27 edition. The FALW Bingo photo caption reversed the names of the two winners. Diane Seeger was at left and Sandy McMullen was on the right. Laurie Bullock, Editor 562-431-6586, ext. 801 *laurieb@lwsb.com* Community, Religion, Obituaries

Paul Kryczko, Editor Graphic Design, Production 562-431-6586, ext. 389 *paulk@lwsb.com* Sports & Games

Stephen Bannon Production Editor 562-431-6586, ext. 392 stephenb_news@lwsb.com Online/Vision Impaired Editions, IT, Pre-press

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GRF BOARD

Recap of Board Activity, July 25

Approved consent agenda: MOVED and approved the minutes of the GRF Board of Directors Minutes, May 23, 2023; Election Minutes, June 6, 2023; Organization and Ratification Minutes, June 13, 2023; Accept the Interim Financial Statements April 2023 for Audit and Transfer of Funds for GRF per Civil Code 5502.

Approve Southern California Edison Easement on Trust Property: MOVED to authorize the President to sign the Grant of Easement across Trust Property for the Electrical Vehicle Charging System being installed in Mutual Four.

Capital Funding—Real Estate Sales Office Sign: MOVED to award a contract to MJ Jurado for the installation of a concrete sign visible from both sides of Seal Beach Boulevard for the On-Site Sales Office at the entrance of Leisure World, at a cost of \$8,500, Capital Funding, adding \$1,000 contingency for a cost not to exceed \$9,500 and authorize the President to sign the contract.

Capital Funding—Engineering EV Stations (Maintenance Yard)

MOVED to award a contract to Control Engineering for field engineering to evaluate sources of power to charge electric vehicles in the Service Maintenance Yard at a cost not to exceed \$4,000 Capital Funding and authorize the President to sign the contract.

Capital Funding—Radar Speed Signs: MOVED to authorize purchasing three radar speed signs. Location to be chosen by the Security Department and installed by Service Maintenance, for a total cost not to exceed \$15,000 Capital Funding and authorize the President sign the contract.

Capital Funding—Main Entry Traffic Flow: MOVED to award the proposal from Urban Crossroads to complete a traffic study and provide solutions to the Main Gate entry at a cost not to exceed \$14,400, Capital Funding and authorize the President sign the contract.

Reserve Funding—HVAC Unit in News Office: MOVED to award a contract to Greenwood Heating and Air for the replacement of the HVAC unit in the News Office at a cost not to exceed \$22,800 Reserve Funding and authorize the President to sign the contract.

Reserve Funding-2023 Paving Project: MOVED to aprove award a contract to MJ Jurado for the grind and repaving of Interlachen, Glenview, Fairfield South, Mayfield, Twin Hills, and Main Gate entry. Crack Fill and Slurry Seal is required at Fresh Meadows, Knollwood, Kenwood and St. Andrews (outside gate) using the same cost as presented in MJ Jurado 2022 bid and not to exceed \$580,000, Reserves Funding and authorize the President to sign the contract.

Reserve Funding—Clubhouse 4 Digital Piano: MOVED to approve purchasing a Roland GP9 5-foot digital piano in polished ebony at a cost not to exceed \$11,000, Reserve Funding, and authorize the President to sign the contract.

Governing Document: Amend 30-1021-1, Posting Signs on Trust Property: MOVED to amend 30-1021-1, Posting Signs on Trust Property updating verbiage throughout, and assigning the number 13-1021-1, as presented.

Governing Document: Amend 40-2230-3, Authorized Signatories: MOVED to amend 40-2230-3, Authorized Signatories adding Electronic Signing requirements for financial transfers up to \$150,000, changing the document's title to Authorized Signatories and Electronic Check Signing and designating it 14-2230-3.

Governing Document: Amend 80-5580-1, Entry Passes-Rules: MOVED to amend 80-5580-1, Entry Passes-Rules updating language throughout and assigning it the number 48-

Public Comments at GRF Meetings

The Open Meeting Act allows boards of directors to establish reasonable time limits for the open forum and for speakers to address the board. (Civ. Code §4925(b).) Time limits are four minutes per speaker for 15 or fewer speakers; three minutes per speaker for 16-25 speakers; and two minutes per speaker, more than 26 speakers.

To address the GRF Board of Directors, submit a request to the GRF Board Office, P.O. Box 2069, Seal Beach, CA 90740, Attention: Executive Coordinator, no later than 4:30 p.m. on the Friday prior to the meeting.

You may also drop off your question/comment at the Stock Transfer Office. Attention: Executive Coordinator, or email your question/comment to grfboardaction@lwsb.com.

Family Radio Service Users

The Radio Club provides an opportunity for a Family Radio Service (FRS) practice drill every Wednesday morning. Anyone who has an FRS radio is invited to participate. The call-in time is from 9:30-9:45 a.m. on Channel 13/0.

Be sure to wait until the radio is clear, then press the side button before stating your first name, last name initial and Mutual number. Release when finished.

For more information or instruction on the use of the FRS radio, contact Leisure World Radio Club President Rich Erickson at rjerxn@yahoo.com,or call 562-431-6586, ext. 409, to leave a message.

Expanded Hours at the Gates

Hours of operation were extended at the St. Andrews and North Gates starting last month.

The gates now open at 5:45 m. and close at 10:45 p.m. The

GRF Meetings

Golden Rain Foundation committee and board meetings are open to Leisure World residents. The following is a tentative schedule.

Thurs., Aug. 3	Operations Committee Meeting
-	Conference Room A/virtual 10 a.m.
Tues., Aug. 8	Member Services Committee Meeting
-	Conference Room A/virtual 10 a.m.
Thurs., Aug. 10	Administration Committee Meeting
-	Conference Room A/virtual 10 a.m.
Tues., Aug. 22	GRF Board Meeting
-	Clubhouse 4/virtual 10 a.m.
Thurs., Aug. 24	GRF Board Executive Session
C C	Conference Room A1 p.m.

A quorum or more of the directors may be present, only to listen and observe, and no formal board action will be taken at committee meetings. Attendees will be provided an opportunity to address the committee.

Mutual Meetings Schedule

Mutual residents are invited to attend the open meetings of *their Mutual boards. The following is a tentative schedule.*

Tues., Aug. 8	Mutual 16
C	Conference Room B/Zoom1 p.m.
Wed., Aug. 9	Mutual 4 (open forum, 8:30 a.m.)
. 0	Conference Room B/Zoom8:45 a.m.
Thurs., Aug. 10	Mutual 12
	Conference Room B/Zoom9 a.m.
Fri., Aug. 11	Mutual 3
C	Conference Room B/Zoom9 a.m.
Mon., Aug. 14	Mutual 9
C	Conference Room B/Zoom
Tues., Aug. 15	Mutual 14
-	Conference Room B/Zoom1 p.m.
Wed., Aug. 16	Mutual 5
	Conference Room B/Zoom9 a.m.
Wed., Aug. 16	Mutual 7
-	Conference Room B/Zoom1 p.m.
Thurs., Aug. 17	Mutual 2
-	Conference Room B/Zoom9 a.m.
Thurs., Aug. 17	Mutual 11
0	Conference Room B/Zoom1:30 p.m.
Mon., Aug. 21	Mutual 15
-	Conference Room B/Zoom1 p.m.
Wed., Aug. 23	Mutual 10
-	Conference Room B/Zoom9 a.m.
Thurs., Aug. 24	Mutual 1
C	Conference Room B/Zoom9 a.m.

Meeting Information

Golden Rain Foundation committee and board meetings are open to Leisure World residents.

Mutual residents are invited to attend the open meetings of their Mutual boards. The meetings listed are tentative.

CITY OF SEAL BEACH

Senior Transportation Shuttle

5580-1, as presented.

Cost Recovery: TENTATIVE VOTE: Adopt Section 2.4, RFID Transmitters, Within 10-2000-2, Consolidated Fee Schedule: MOVED to adopt 10-2000-2 Consolidated Fee Schedule and section 2.4 of the rule, approving fees for multiple RFID tags, pending a 28-day notification to the members, and a final decision by the GRF Board of Directors on August 22, 2023, as amended.

Cost Recovery: Adopt Section 1.1., Temporary Visitor RV Parking, Within 10-2000-2, Consolidated Fee Schedule: MOVED to adopt Section 1.1. of Rule 10-2000-2, Consolidated Fee Schedule, approving fees for temporary Recreational Vehicle parking for visitors.

Cost Recovery: TENTATIVE VOTE: Adopt Section 1.2., Temporary Member RV Parking, Within 10-2000-2, Consolidated Fee Schedule: MOVED to adopt section 1.2. of Rule 10-2000-2, Consolidated Fee Schedule, approving fees for temporary Recreational Vehicle parking for Members, pending a 28-day notification to the members, and a final decision by the GRF Board of Directors on August 22, 2023.

Cost Recovery: Optum Lease Renewal: FAILED to extend Optum's five-year lease renewal beginning October 1, 2023, at a rate of \$65,000.00 per month for 60 months.

MOVED to place Optum's lease on the next meeting agenda.

extra 15 minutes in the morning is especially appreciated by early birds leaving for work or the gym, and the extra 45 minutes at night allow residents to quickly access the community while easing traffic at the front gate.

News Deadlines

The editorial deadline is 4 p.m. on Thursday for the following Thursday's edition. People may email articles or drop them into the letter slot at the front of the News Building, located on the east side of the Amphitheater.

See page 4 of any edition for a list of section editors and their email addresses.

The Senior Shuttle Service is a free 20-passenger shuttle that runs on a fixed route throughout major city stops, including Seal Beach Pier/Old Town area, Leisure World, and Rossmoor Shopping Center/North Seal Beach Community Center. This shuttle can accommodate wheelchairs and scooters, and hold two bikes.

To register, submit the following to the City of Seal Beach recreation coordinator Anthony Nguyen by email or in-person/mail:

• An application that can be requested from Nguyen or found on www.sealbeachca.gov/Departments/Community-Services-Recreation/Senior-Services.

• Photo ID showing proof of Seal Beach residency and date of birth (CA driver's license or a Golden Rain Foundation ID card for Leisure World residents).

To use this free shuttle, people must be:

- A Seal Beach resident.
- 60 years or older.
- Pre-registered with the City of Seal Beach.

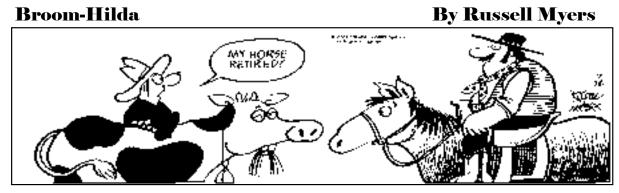
• Have their SMP ID Number available for the driver. (This number is assigned upon registration with a turnaround time of three business days after submittal of application).

For more information or further assistance with the registration, call Robann Arshat, member resources liaison at 562-431-6586, ext. 317, or email robertaa@lwsb.com.

Puzzles & Comics







Middletons

By Ralph Dunagin & Dana Summers

Answers on page 22



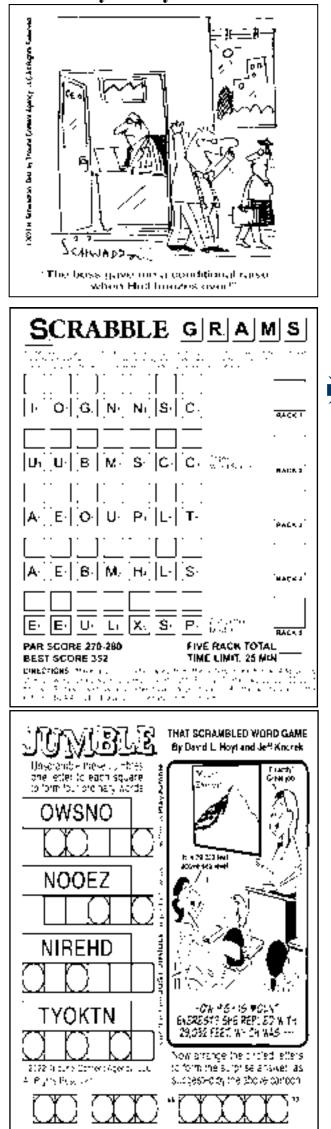
Los Angeles Times Crossword Puzzle Edited by Patti Varol and Joyce Nichols Lewis

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9 To 5 By Harley Schwadron



CAPITALS in the grid of letters

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I am a singer born in Canada on September 9, 1975. As a young man I prayed to become a famous singer. Since then, I have become a Grammy Award-winning jazz singer who has sold over 50 million records internationally.

Sudoku #2

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Puzzles & Comics Answers on page 22

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COVER LETTER EMPLOYMENT EXPERIENCE FOLLOW-UP INTERVIEW JOB KEYWORDS LISTING MATCH NEGOTIATE OFFER RECRUIT RESUME SALARY SEEK SKILLS

S & LEISUR



Susan Onodera made a necklace to send to a sick friend in Japan.

Lapidary Club

The Lapidary Club offers a wide variety of arts and crafts activities for Leisure World residents. The club is a fun and rewarding place to learn new skills or cultivate skills that people may already have. Shannon Brennan is a supervisor on Monday mornings who has done many kinds of crafts for the past 50 years. She described members of the club as "engaging, like-minded people who are always willing to share their skills and interests to help you make a project."

Whether people want to work with beads to create jewelry, repair old jewelry or transform an existing piece into something new, the club has everything a person might need-including thousands of beads available for a small cost and equipment for shaping, grinding and polishing stones. Creating jewelry is fun, and a great way to make gifts for birthdays and holidays.

The club offers different classes, instructions and activities to make sure that everyone can participate in something they find both rewarding and challenging. The club has the latest equipment and knowledgeable instructors who assist in teaching silversmithing, lapidary, faceting, metalsmithing, glass fusion and jewelry-making.

People can learn how to work with silver, glass, stones and other materials to create jewelry or other kinds of decorative pieces.

In addition to working on projects, the club holds potlucks, picnic barbecues and a holiday party. The club is open six days a week with supervisors helping everyone both morning and afternoons.

The club meets in the Lapidary Room in Clubhouse 4, Mondays-Fridays from 9 a.m.-3 p.m. and Saturdays from 9 a.m.-noon. -Jan Friedland

Pickleball Club Dance

On Wednesday, Aug. 9, thanks to a Pickleball Club sponsorship, the Legends of Rock will perform at Clubhouse 2 for the club's monthly Hump Day Dance Party from 5:30-8 p.m. Based on resident requests, the band is adding more funk and disco tunes to its repertoire. The dance is free and BYO-everything. Prior to the Pickleball Club-sponsored dance, the Legends of Rock will play what may be its final show at Glory Days Beachside Grill on Sunday, Aug. 6, from 3-6 p.m. The restaurant is changing ownership mid-August and the new owners will decide whether to continue offering the band's "Sunday Funday" dance. The band is adding another Leisure World resident to the band—popular drummer Tony Blair will join fellow LW residents Bob Gronck and Jon Pearlstone.



Erika Greenwood

Community Karaoke

Erika Greenwood was happy to sing "Crazy," a Patsy Cline favorite, at the request of her friends. Before the night was over, 62 songs were sung by the club's many vocalists. After a long break, the club welcomed back Tino Tupas and his smooth, mellow voice.

Dorothy Ferrington sang a heartfelt "Heart Aches." Richard Yokomi gave the audience a warm "Just Once" from James Ingram. John McArthur enjoyed the performers before taking the stage singing "Unforgettable."

Kyung Ju and Bob Barnum sang the trendy "I Got You Babe." The audience always enjoys the lively tunes that are frequent choices of Karen Morris, Eric Voge, Shannon Harrison, Pete Tupas and Ellen Brannigan. Tony Tupas sang the popular "California Dreamin." Always cheerful, Helen Schultz did the timeless song, "Only You."

Everyone enjoyed ice cream drumsticks as they tapped their feet and swayed to the variety of music. Karaoke is a bright night in the week for club performers. It's an opportunity to perform and make new friends. It's always a busy, social atmosphere each Wednesday night in Clubhouse 1 beginning at 5:30 p.m. *—Margie Thompson*

ROLLIN' THUNDER GOLF CART CLUB



The Rollin' Thunder Cart Club said goodbye to longtime members Mike and Gail Levitt at the club's July picnic. They are moving to a senior community in Beaumont, California. The club wishes them happy trails, much happiness and a garage.

Leisure Time Dancers

The Leisure Time Dancers hold dance classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6. Salsa is at 2 p.m., followed by nightclub two step at 3 p.m.

No partner is necessary; class will rotate so everyone dances. Beginners are welcome; a review of basics will be included. The cost is \$7 per person for one class, \$11 per person for two classes in a single day. For more information, contact Leisure Time Dancers President Jackie Theis at 310-743-9373.

Summer at the Show: Amphitheater Rules

The GRF, along with show sponsors, are proud to present the 2023 Amphitheater season. To ensure an enjoyable season, showgoers are asked to adhere to the following rules:

• There is no video- or audiotaping of performers.

 Do not save seats. Amphitheater seating is first-come, firstserved.

• Do not sing along with performers unless asked to do so by the performer on stage.

- No one is allowed to sit or stand in the aisles.
- No smoking is permitted in the Amphitheater area.

• Flags on scooters should be lowered, so everyone can see the stage (see LW Security for assistance with this).

• Leave walkers in the aisle.

• Handicap seating is at street level at the handrails in the middle of the Amphitheater.

Pets are not allowed.

• The audience is not permitted to enter the Amphitheater earlier than 1-1/2 hours before the program begins as requested by performers, who will be doing sound checks.

• Dancing is allowed only on the two side wing patios flanking the Amphitheater stage.

- No flash photography.
- No climbing over seats.

Amphitheater Movie Schedule

Movies will be shown on the gigantic screen at the Amphitheater on Friday nights starting at 8:30 p.m. LW residents are invited to

Vinyl Rock will perform this Saturday in CH4



Vinyl Rock will return this Saturday, Aug. 5, at 7 p.m. in Clubhouse 4. All are welcome but guests must be accompanied by a resident.

Vinyl Rock is an Orange County-based band consisting of eight members who passionately perform classic rock, pop and motown hits from the '60s, '70s and '80s.

Vinyl Rock is sponsored by the Cabaret Entertainers and is free to GRF members and their guests (over 18).

People should sign in when they arrive; it's the only way the Recreation Department can track bands' popularity.

All concerts are free, but tips are always appreciated. For more information, contact kathyt@lwsb.com.

bring friends and family for a free movie night. The Minibus has "on call" service to movies beginning at 7:15 p.m. Call 562-431-6586, ext. 379, and a bus will arrive within 10 minutes. A bus is available to take residents home after the movie.

• Aug. 4-Jurassic World Dominion: Four years after the destruction of Isla Nublar, Biosyn operatives attempt to track down Maisie Lockwood, while Dr. Ellie Sattler investigates a genetically engineered swarm of giant insects that threatens the world's food supply.

PG-13 | 2h 27min | action, adventure

• Aug. 18—The Fabelmans: Growing up in post-World War II-era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence. But soon he discovers a shattering family secret, which motivates him to explore how the power of films can help him see the truth.

PG-13 | *2h 31min* | *drama*

• Aug. 25—Black Panther: Wakanda Forever: The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.

PG-13 | 2h 41min | action, adventure, drama

• Sept. 8—Elvis: The life of music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager.

PG-13 | *2h 39min* | *biography, drama, music*



An example of a photo showing a pattern.

Photo Arts Club

The Photo Arts Club will meet Thursday, Aug. 10, at 1:30 p.m. in Clubhouse 3, Room 9.

The assignment is to photograph an interesting pattern. Use the editing features in your software or iPhone. Photos must be very sharp. Members can send only three recent photos to benbenjamins@hotmail.com to be shown at the meeting. Send the photos at least two days in advance.

A Facebook page has been created for all LW residents interested in photography, named "Photographic Arts Club of Leisure World." To join, hit the "join" button and LW residents will be approved. People can post their favorite photos. In the "comments" section, people can ask questions about cameras, iPhones or photography in general. A quick response will be provided.

People can bring additional photos to be displayed and to be commented on.

Individuals with technical or other questions will be paired with someone who can help them for individual discussion after the meeting. Everyone is welcome.

For information about the club, call Regine Schumacher at 562-430-7978.



Library Manager Taylor Greene and Joyce Brannon

LW Bookstore

The Leisure World Friends of the Library (FOTL) donated \$5,000 to the Leisure World Library. In a statement, FOTL President Joyce Brannon said, "These funds are generated from book, media, and boutique items donated by residents and are then cycled back into the community through small dollar purchases. The Friends would like to thank all those who donate items and patronize the book store."



FOL Wednesday volunteers Ron Waller and Danuta Lambert

Friends of the Library

The generosity of the patrons of "the Friends" helps the Leisure World community in so many ways. Residents donated a huge number of DVDs, which may have eased their crowded bookshelves and temporarily crunched the FOTL's limited space. But residents' enthusiastic support for the sale-priced DVDs has quickly dispersed supplies. Soon, FOTL will return to it's regular price of one disc for \$1. CDs will remain at five for \$1.

This month, in spite of two closures for repairs, the Friends was able to donate \$5,000 to the main library, which saves money -Regine Schumacher for the community and enhances the library's services.

Grab 'n' Go Menu Aug. 3-9

Thursday: Domino's Pizza at Clubhouse 6-Call ahead at 562-492-2212 for special orders, wings and salads. Food will be available from 3:30-7 p.m. Cash and cards are accepted.

Thursday at the Amphitheater: Koffel's Taco Tuesday Truck and Mandi's Candies—People can dine al fresco before Amphitheater shows each Thursday from 5-7 p.m.

Monday: Kabobaholic Food Truck at Clubhouse 6: People can enjoy chicken or meat kabobs, gyros, falafel, loaded fries and more. Preorders available online by visiting www.kabobaholicft. com or texting 949-400-4696; mention LWSB. People can also buy onsite from 3:30-5:30 p.m. Cash and cards are accepted.

Tuesday: Taco Tuesday at Clubhouse 6-Enjoy Mexican favorites plus hot dogs, burgers and fries from 5-7 p.m. No preorders are allowed. Cash and cards are accepted.

Wednesday: Burning Buns Food Truck at Clubhouse 6-Visit burningbuns.com/menu for the full menu. Truck will be on site from 4-6 p.m. Cash and cards are accepted.

On-call bus service is available from 4:30 p.m. on; regular service before 4:30 p.m.; weekends on-call any time. Call 562-431-6586, ext. 379, for a ride.

For more information, email *kathyt@lwsb.com*.

Genealogy Club

All Leisure World residents are invited to attend the popular Theme Thursday workshops in Clubhouse 3, in the Genealogy Library adjacent to the lobby area. Upcoming workshops include:

- Aug. 3: Ancestry.com
- Aug. 10: Colonial Research
- Aug. 17: City Directories
- Aug. 24: Newspapers.com, Fold 3 and FamilySearch
- Aug. 31: Open Chat (open to any topics or questions) For more information, contact Janet Lessin at 316-640-8509.

Coin Club

The Coin Club will meet Aug. 9 in Clubhouse 3, Room 2, at 1:30 p.m. Members can participate in door prizes, coin auctions, coin raffles, and group discussions regarding currency and coins. Refreshments are provided. LW residents can have coins evaluated at no cost. Meetings are held monthly.

CDs for Seniors Club

The CDs for Seniors Club meets on the third Thursdays of every month. The club will meet Aug. 17 in Clubhouse 3, Room 3 at 1 p.m. Everyone is invited to attend. Free CDs are available, plus lots of fun and snacks. For more information, call Barbara McFall at 361-537-0040.

Updating Club Information

Club officers should check LWSB.com and the LW Weekly Club Meeting Schedule to confirm that their club meeting time and location is up-to-date.

Up-to-date club information should be emailed to emmad@lwsb.com. The updated information will be reflected in the next published Club Meeting Schedule and will typically be updated online the same day.



We would like our patients to meet our new associate Dr. Taylor J. Sant

For those who do not have dental insurance, we offer new patients a \$35⁰⁰ exam, x-ray & cleaning special



Mon. - Fri. 7:00 am - 6:00 pm • Sat. 7:00 am - 2:00 pm **CLOSED SUNDAYS**

3400 Cerritos Ave., Los Alamitos 562-799-1777 · www.coastlineautocare.com

(Reg. \$292) In the absence of gum disease

Because one of our goals is to discover small dental problems before they become big ones. The American Dental Hygienists' Association estimates that for every dollar spent on preventive care, ^{\$8} to ^{\$50} is saved in restorative and emergency procedures.

Philip P. Nguyen Ella I. Chen D.D.S. D.D.S. ADA, CDA, OCDS ADA, CDA Over 10 years experience

Taylor J. Sant D.M.D Over 4 years experience

Crowns & Bridges Dentures Implants Cosmetic Bonding & Veneers

• Periodontics (Gum Disease)

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COMMUNITY

SENIORS FOR PEACE

Watch 'An Inconvenient Truth' today

The Seniors For Peace Club's will meet today, Aug. 3, at 2 p.m. in Clubhouse 3, Room 9. Former vice president Al Gore's 2006 remarkable film, "An Inconvenient Truth," will be shown.

This Academy Awardwinning film presents an illustrated talk on climate by Al Gore, aimed at alerting the public to an increasing planetary emergency due to global warming. In 2006 the movie made headlines around the world, raising awareness of global warming and its predicted dire consequences for the planet and



Paramount Pictures

society, and 17 years later the film has proved to be very prescient. Record-breaking weather conditions are now being experienced all around the world. The truth is now even more inconvenient. All are welcome to attend. Call Pat Kruger at 562-357-4040 for more information.



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Leisure World Special

AMERICAN LATINO CLUB

RSVP for casino trip by Aug. 8

The American Latino Club will host a trip to the Pechanga Resort and Casino on Tuesday, Aug. 15, from 8 a.m.-5 p.m. Pick up and drop off will be at the Amphitheater.

The cost is \$20 for members and \$25 for guests. Members will have priority to RSVP by Aug. 8. Guests will only be able to sign up from Aug. 9-14. Guests' payments are due no later than Aug. 14.

Payments must be made promptly to club Treasurer Carmen Edwards by mail or dropping it off at 1240 Oakmont Road, Unit 52-K, Seal Beach, CA, 90740. Checks can be made out to American Latino Club. Snacks and water will be provided on the bus.

For more information, call Edwards at 562-431-4257. There will be no meeting in LW on Aug. 10.

— Miryam Fernandez

Humanist Association

The LW Humanist Association will meet on Sunday, Aug. 6, in Clubhouse 3, Room 1, starting at 10:20 a.m. The presentation on organ, eye and

Shortly after retiring in 2017, she trained to become a OneLegacy Ambassador, so she

could help to spread the important message of organ donation, a cause that is very important to her.

Hamfeldt's presentation will begin with an overview of donation, its impact on others and why it's an important act to consider. She will also go over ways that people can participate in donation as a living donor and/or as a deceased donor. Many myths have been passed around regarding organ and tissue donation, and Hamfeldt will spend some time addressing these fallacies.

After the presentation, there will be time for questions, and people will be able to register to be a donor if they choose.

KOREAN VETERANS ASSOCIATION Liberation Day celebration on Aug. 15

The Korean Veterans Association invites Korean veterans and residents to attend its Liberation Day Celebration Performance on Aug. 15 in Clubhouse 4 at 3 p.m. The event will honor the 78th annual Korean Liberation Day with a dinner, snacks, music and a K-Pop dance performance.

For more information about the event, contact Paul Lee at 310-710-3114.



Meredith Burke

Sunshine Club

Meredith Burke, a retired Federal Bureau of Investigation (FBI) agent, will speak to the Sunshine Club about countering active threats on Friday, Aug. 4, in Clubhouse 3, Room 2, at 10 a.m.

Burke joined the Secure Community Network (SCN) in 2022 as community security director for Jewish Long Beach in California. In this role, she administers a security program that provides consultations, building and organizational assessments, training and drills, and threat mitigation to synagogues, schools, day care centers, camps, assisted living facilities and other Jewish organizations.

Before joining SCN, Burke served as a special agent for the FBI for 21 years. She retired as the senior supervisory resident agent for the FBI's Long Beach office, supervising a squad that focused on public corruption, healthcare fraud and complex financial crimes. She previously served as chief of the Internal Investigations Unit and a senior team leader on the Evidence Response Team.

All residents are welcome to join this meeting. The Sunshine Club requires no membership fees, but donations are welcome. Arrive promptly so as not to disturb the speaker's presentation. Those who arrive late are asked to use the back door quietly.

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



Bobbie Hamfeldt

guest speaker will be Bobbie Hamfeldt, who will give a

> tissue donation. 2010, Hamfeldt's only child was killed in a tragic accident. Her grief journey has led her to take new paths in life to honor her son Erik and support causes that were important to him. In

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LW Republican Club changes name

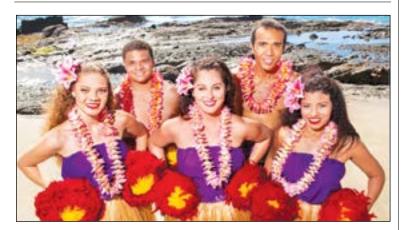
by Sheryl Du Somme

LW contributor

The LW Republican Club has officially changed its name to the LW America First Republican Club. The club's meetings are held on the third Wednesday of each month at 5 p.m. in Clubhouse 3.

In the coming months, the club will host guest speakers covering a range of topics and issues important to the community as it approaches the 2024 primary election.

The LW America First Republican Club booth is set up outside Clubhouse 6 on the first Mondays of the month from 10 a.m.-noon. Information about meeting topics, upcoming club activities and voter registration will be available.



Mahana Dance Troupe

FALW

RSVP for luau on Sept. 2

The Filipino Association of Leisure World reminds residents to RSVP for its annual luau dinner/dance that will be held on Saturday, Sept. 2, at 5 p.m. in Clubhouse 2.

There will be a special performance from the Mahana Dance Troupe at the luau. These young, beautiful dancers will perform dances from Hawaii, Tahiti, New Zealand and other Marquesas Islands. David Noferi and his Second Wind Band will provide music for dancing.

FALW will serve Pacific Island cuisine, with a whole roasted pig LUAU, page 12

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LW Democratic Club

by Mary Larson

LW contributor

The Democratic Club will continue to focus on raising awareness about the importance of voting in the March 5 primary election. Beginning in September, volunteers will contact neighbors in their Mutuals to talk about the importance of the vote, especially in local races.

The club continues to schedule potential Democratic candidates as speakers at future club meetings held on the fourth Wednesday of every month. These meetings are open to all Leisure World registered Democrats and potential supporters, regardless of membership. The Voter Education program on the third Wednesdays of the month are also open to current and potential Democratic voters.

The California Secretary of State and the Orange County Registrar of Voters will begin mailing information guides for the primary election to all registered voters on Jan. 25. The Orange County election officials will begin distributing vote-by-mail ballots on Feb. 5. Early voting sites will be opened the same day.

The club's information and Registration booth will be open on the first Tuesday of every month from 10:30 a.m.-12:30 p.m. in the Clubhouse 6 parking lot. Democrats and potential supporters are invited to stop by the booth to get more information about the club or to register to vote.

All LW Democrats are invited to subscribe to the club's free electronic newsletter. This semi-monthly publication covers more in-depth reporting on issues and candidates. There is no need to be a club member to subscribe. Email *mlarson. telfords@gmail.com* or call 562-296-8521 to subscribe. People are asked to include their full contact information, as well as party affiliation in the email.

Changes coming to the SB Animal Care Center

The Seal Beach Animal Care Center (SBACC) was founded in 1986 by a group of kind, concerned citizens who wanted a local shelter for cats and dogs. It is located at 1700 Adolfo Lopez Drive, next to the Seal Beach Police Station. It is a no-kill, nonprofit, private charity group and the only animal shelter in Seal Beach.

From 2004-2023, the shelter received a small contract (\$10,000 per year) from the City of Seal Beach to take care of the city's stray dogs and cats. During this time, the City of Long Beach Animal Care Services provided animal control services for the City of Seal Beach.

Last year, the City of Seal Beach made the decision to assume animal control responsibilities so it could provide better service to the city's residents and save on costs. To this end, the City of Seal Beach issued a bid request. One bid was received from Westminster Adoption Group Services (WAGS), and they were chosen effective July 1.

The SBACC was approached early on to continue providing animal care under its existing small contract, but the sticking point was caring for domestic exotic pets. Seal Beach's animal control contract needs to cover all animals, not just dogs and cats. The SBACC shelter does not have the expertise nor the SBACC, page 12

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LWWeekly

LW BIRTHDAY



LW resident Christine Bird (third from left) celebrated an early birthday with family at the Rancho Las Cruses in La Paz, Mexico, the capital of the Mexican state of Baja California Sur.

PAWS, CLAWS AND BEAKS CLUB

Join the picnic on Aug. 10

All Leisure World pet owners are welcome to the Paws, Claws and Beaks Club's monthly potluck picnic in the Clubhouse 1 picnic area on Thursday, Aug. 10, at noon. Pets must be on leash. People are asked to bring a main dish to share. Members should call club President Bonnie Kaplan to let her know what they are bringing.

The meeting will feature

Mary Williams from Leisure World's Boots on the Ground, speaking about being prepared for a disaster in Leisure World and how the Paws, Claws and Beaks Club would be involved in caring for the community's pets.

Contact Kaplan for more information by calling 714-930-5324 or emailing *craft.kaplan029@gmail.com*.

GAF & RALPHS COMMUNITY REWARDS PROGRAM



Beth Greeley (I) assisted LW resident Michael Cenecal with signing up for the Ralphs Community Reward program. People can visit Clubhouse 6 on Wednesdays between 9-11 a.m. to receive help from Golden Age Foundation (GAF) volunteers in signing up for the Ralphs Community Rewards program. GAF will ask for a resident's full name, email and phone number connected to their Ralphs Rewards membership to complete the transactions. The information will be shredded after signing up. For more information, text 562-301-5339.



Second Wind will perform for the Filipino Association of Leisure World's annual luau on Sept. 2 in Clubhouse 2. It is an acoustical band, composed of LW resident Dave Noferi, husband and wife duo Marc and Pattie Davidson, and Tom Gallo. The band is known for its diverse instrumentation and musical repertoire. Their playlist includes American songbook jazz, Latin, pop standards, folk, bluegrass, country, and unique '30s and '40s French standards. The band performed in LW multiple times and has played events and venues in Southern California and other parts of the United States. Second Wind has been a frequent performer for the Santa Barbara French Festival, Make Music Long Beach, as well as entertaining international guests at Le Cosy Montparnasse in Paris and other community venues in France. For more information, visit *www.secondwindplaysforyou.com*.

OBITUARIES

Maureen McCabe Homan 1929-2023

M a u r e e n McCabe Homan was born in Dublin, Ireland, on Aug. 29, 1929. She passed away peacefully on May 23, 2023.

Maureen enjoyed life and, had a fun spirit and a great sense of humor. She passed away while Louise, one of her favorite people, was reading to her using silly voices. She waited until Louise stepped away for a few minutes, then she peacefully slipped into the arms of God, giving her family one final surprise.

Maureen was an only child and was so loved and wanted by her parents. Her life started out with great difficulty, but once she hit her 20s, it blossomed and was filled with love, great adventures and exciting twists and turns. Maureen was adopted by her parents when she was 2, completing their family. Sadly, her father passed away a couple of years later, so she and her mom, Agnes McCabe, struggled for many years.

In an interesting twist, Maureen was reunited with her birth family in Swords, Ireland, when she was 70! What a blessing to discover her Murray roots! Mom had five siblings, although two had passed before she had a chance to meet them. She enjoyed spending time with her new family whenever possible. Maureen met John (Sean) Homan, the love of her life, while dancing at the Crystal Ballroom in Dublin. They married a few years later in 1953. In 1959, with two young children in tow, they emigrated to America and settled in Long Beach, California. A few years after arriving in California, Maureen's mother moved to California to live with them. Maureen and her husband loved the California lifestyle and worked hard, taking advantage of the opportunities of that golden era. When not working, the family spent a lot of time exploring their new state

and enjoying the beaches.

Maureen did an excellent job of teaching her kids how to play and enjoy life. She also taught us how to work hard and with great efficiency. Maureen was an organizational goddess and she loved gardening and tending to her "plant babies." Dancing and music brought Maureen great joy. You could often find her dancing around the living room to Elvis or singing along with Dean Martin. She was an avid reader and preferred biographies and non-fiction. Maureen also knew a lot about health and was amazing at diagnosing issues long before the Internet.

Maureen and John were adventurers who loved traveling and cruising while visiting many countries. Maureen loved Hawaii and visited the islands over 20 times. They were a card playing family, and Maureen and John met some lifelong friends while playing cards on cruise ships.

After retiring, they moved to Leisure World and enjoyed being part of the community. Maureen was involved in the Britannia and Hawaiian Hula Clubs.

Maureen was blessed with an amazing life and great health for most of it. She was almost 94 when she passed. She lost her loving adventure partner, John, just a year and a half before. Maureen loved her family and was incredibly proud of her children, Barry and Anne Homan and Gerri and Gary Mansdorfer; three grandchildren, Barry Homan, Lisa Homan, Tori (Mansdorfer) Overby and Matt Overby; two great-grandchildren, Tyler Homan and Grace Homan; and her great-great-granddaughter, Karsyn Homan, who was born just a month before Maureen passed. Mom, we will miss your laughter, your silliness, your pranks, your stories and your love. Say hi to Dad and enjoy dancing with him again. We will see you again in Heaven. *— Gerri Mansdorfer*

••• In Memoriam Valerie Schwait

V a l e r i e Schwait who made a large impact as a Congregation Sholom member, passed away. Valerie



lived in Leisure World for 12 years, where she also enjoyed participating in the Ballet Fitness Club.

She was born in Philadelphia, Pennsylvania, and graduated from Penn State University. Before moving to Leisure World, she lived in Long Beach, California, where she ran a successful retirement planning agency called Senior Resource Advisors.

Last month, 65 people attended in person and over Zoom Valerie's Celebration of Life. Valerie was a lifetime fan of the Grateful Dead and all things Philadelphia. A big thank you to all of Valerie's friends and relatives who donated in her name to be included on the Congregation Sholom Memorial Board.

Walter Cieslak 1920-2023

Walter Cieslakwasborn



SBACC from page 11

space to do that, as it is strictly a dog and cat rescue center.

All stray animals found in the city will be picked up and transported by the police department's new animal control services at WAGS, located at 6621 Westminster Blvd. in the city of Westminster. Email *wagspetadoption.org* for more information. To contact the Seal Beach Police Department's Animal Control Services to report a stray, call 562-594-7232.

The SBACC will continue to remain open by receiving, caring for and adopting out dogs and cats that come from other shelters, rescue organizations and owner-relinquished or returned animals.

LUAU from page 11

cooked to perfection as the main dish.

There are a limited number of tickets available for sale. Tickets are \$40 per person or \$280 for a table of eight. Members who have unsold tickets must return them to the treasurer on or before Aug. 13, or will be financially responsible for all the unsold tickets in their possession. in Chicago, Illinois. After serving in WWII in the 829th Signal Core, he was married and



than moved to Delavan, Wisconsin. There, he raised three children. He worked for Sta-Rite industry was later transferred to California for his job.

He moved into Leisure World in 1985 and was involved with starting Radio Club alongside others and was very involved in the Computer Club for many years.

Walt was blessed with many great neighbors and friends in Leisure World.

Our dad will be laid to rest at Southern Wisconsin Veterans Cemetery in Union Grove with full military honors.

GRF BOARD from page 1

ibility—and therefore sales—for the On-Site Home Sales office, which is the only real estate office endorsed by the GRF.

"These people contribute greatly to our general income in Leisure World. (It's) quite a bit of money," said GRF Treasurer Camille Thompson from Mutual 8.

"It's in our interest to back On-Site Sales," agreed GRF Director Carole Damoci, representing 12. "No other real estate (agency) gives us a nickel, and On-Site knows the rules in here and for every Mutual."

GRF Director Nick Massetti from Mutual 17 pointed out that the minimum rent paid by On-Site Sales is \$10,000 a month.

Indeed, every transaction handled by the agency benefits residents as the office annually returns a portion of proceeds to the GRF. In 2022, it gave back about \$700,000; last year, the figure was slightly less because of fewer home sales.

EV Station Engineering

Upon the recommendation of the Facilities Committee, the board voted to award a contract to Control Engineering to evaluate potential locations to charge electric vehicles in the Service Maintenance Yard at a cost not to exceed \$4,000.

The work is needed to see if adding another meter can be avoided at the Service Maintenance Yard, which already has two meters. The evaluation will determine if there is enough power to supply 35 stations.

Radar Speed Signs

Upon the recommendation of the Facilities Committee, the board authorized the purchase of three radar speed signs. The Security Department will locate the signs, and Service Maintenance will install them. The total cost will not exceed \$15,000. It is hoped the signs will calm traffic speeds.

Main Entry Traffic Flow

The board approved a traffic study at the Main Gate by Urban Crossroads at a cost not to exceed \$14,400.

The purpose of the study is to assess vehicular traffic movements, provide circulation recommendations and a conceptual alternative at the entry/exit Main Gate at Golden Rain Road, including Del Monte Drive and the intersection of Golden Rain Road at Burning Tree Lane.

News Office HVAC

Upon the recommendation of the Facilities Committee, the board voted to award a contract to Greenwood Heating and Air to replace the news office's heating, ventilation and air conditioning (HVAC) unit at a cost not to exceed \$22,800.

The news office unit is beyond its useful life. The cost will be covered through the GRF HVAC component reserve fund, which includes approximately \$42,000. Routine maintenance will be conducted by GRF staff.

2023 Paving Project

Upon the recommendation of the Facilities Committee, the board voted to award a contract to MJ Jurado at a cost not to exceed \$580,000 for Phase 6 of the community's paving project.

GRF Director Janet Isom representing Mutual 16 pointed out that "Jurado's willingness to honor its 2022 per-unit price is to our benefit because when you consider inflation and all the corresponding increases in material and labor costs, this is actually going to save us money on a huge project."

The Phase 6 Paving Project entails the grinding and repaving of Interlachen, Glenview, Fairfield South, Mayfield, Twin Hills, and the Main Gate; as well as crack fill and slurry seal on Fresh Meadow Lane, Knollwood, Kenwood and St. Andrews (outside the gate).

Twelve years ago, engineers did a survey of all LW streets, and the current paving schedule was set in place at that time. The GRF is at the end of that schedule, and a new engineering survey is on the near horizon.

CH 4 Digital Piano

At the recommendation of the Member Services Committee, the board voted to approve the purchase of a Roland GP9 5-foot digital piano at a cost not

to exceed \$11,000.

The Clubhouse 4 acoustic grand piano sustained serious damage when it fell off the stage several years ago. It is playable but not at the elevated levels needed by serious musicians.

There is great demand for a piano in LW. Many clubs, groups and churches use a piano, and there are skilled musicians who host free piano concerts in Clubhouse 4 who have found the current piano less than satisfactory.

The Roland GP9 is a digital instrument more adapted to the demands of a piano serving a community like Leisure World. It is not as sensitive to temperature and humidity extremes, is lighter and more portable, and stays in tune without visits from a piano technician. While it is electronic, this Roland model has touch-sensitive keys and mimics the response and sound of a traditional grand piano.

GRF Governing Docs

The board is amending a variety of governing documents, which are under a 28-day notification period, pending resident comment. Up for changes and amendments are policies on the posting of signs on Trust property, authorized signatories, entry pass rules, and temporary visitor and member RV parking.

Optum Lease

the purchase of a Roland GP9Despite the recommenda-5-foot digital piano at a cost nottion of the Administration

Committee, the board rejected the renewal of Optum's lease for the Leisure World Health Care facility. The lease terms are \$65,000 per month for 60 months, starting Oct. 1. That's a \$3.9 million contract over the course of five years.

"I see (Optum) as a great benefit to the community," said Janet Isom, and most of the directors agreed, but a majority of them also expressed concern about the delay in getting a new pharmacy on-site.

"I'd really hate to sign this now and find out that I'm not going to get a pharmacy," said GRF Director Damoci.

Susan Hopewell pointed out that the current Optum contract is good through September and suggested that the board not approve a new one until the pharmacy status was clarified.

To that end, 10 board members voted no on a motion to approve the new lease. The board then went on to pass a motion to put the contract renewal on the August agenda for board review.

It is hoped that there will be more information on the status of the on-site pharmacy by then.

There will be continuing updates on the status of an on-site pharmacy, according to GRF President Gerber: "Optum is hard at work lining up a new pharmacy and the new pharmacy may even be open on weekends!"



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There are many opportunities to fall into fear and worry. But did there is an antidote available. The Bible has much to say about fear and worry, and what people should do when these feelings attempt to overtake their thoughts. 2 Timothy 1:7 assures believers that "God has not given us a spirit of fear, but of power and love and a sound mind."

What is the prescription when fear and worry threaten to disrupt peace? Matthew 6:31-33 has the answer: "So don't worry about these things, saying, 'What will we eat?' 'What will we drink?' 'What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

Start seeking the kingdom of God life by reading the Bible daily and fellowship with others who are also seeking the same. People are welcome to join Faith Christian Assembly, where the teaching is Bible-based, with caring, praying and friendly people.

Sunday service times are held at 10:30 a.m. and 5:30 p.m., with pre-service prayer beginning at 5 p.m. The midweek Bible study is held each Wednesday at 11 a.m. Grief Share meets every Thursday at 6 p.m. in the Garden Room. The church is located outside Leisure World on the corner of St. Andrews Drive and Seal Beach Boulevard.

To receive more information about the church or receive the free monthly newsletter, call 562-598-9010, email *contact@fcachurch. net* or visit *www.FCAchurch.net*.

Church of Jesus Christ of Latter-day Saints

Meetings for the Atherton Ward are held at 6500 E. Atherton St., in Long Beach. The sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, Relief Society and Elders Quorum on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour. Members who are unable to attend Sacrament services in person can request a link from Bishop Mike Gravley at 562-212-8641.

The reading source for this year is the New Testament. The reading assignment for the week of Aug. 7-13 is Romans 1-6. The devotional "Come, Follow Me" says, "By the time Paul wrote his epistle to Roman Church members, who were a diverse group of Jews and Gentiles, the church had grown far beyond a small band of believers from Galilee. About 20 years after the savior's resurrection, there were congregations of Christians almost everywhere the apostles could reasonably travel—including Rome, the capital of a powerful empire. Still, compared to the vastness of the Roman empire, the church was small and often the object of persecution. In such conditions, some might feel ashamed of the gospel of Christ, but, not Paul. He testified that true power, 'the power of God unto salvation, is found in the gospel of Jesus Christ' (Romans 1:16)."

Assembly of God

On Sunday, Aug. 6, at 10:30 a.m., missionary John Bean will share an encouraging update about the ministry he and his wife, Daralena, are performing in Slovakia. They have a unique opportunity to work among the Romani people, baptizing over 200 new believers out of the Roma mother church, which reaches nine settlements, with other settlements asking for the Gospel to be brought to them. Sometimes one knows exactly what God's plan is; sometimes one is surprised and only discovers what God has in mind as steps are taken in faith. Leisure World Assembly of God supports the Beans and looks forward to sharing in the joy of their report and ministry.



Congregation Sholom

Congregation Sholom will hold services via Zoom with Rabbi Eric Dangott on Friday, Aug. 4, at 6:30 p.m. Rabbi Dangott will also lead the hybird service on Saturday, Aug. 5, in Clubhouse 3, Room 9, and via Zoom at 10 a.m.

Saturday's Torah reading will be Eikev from the book of Deuteronomy. In Eikev (As a Result), Moses recounts events that happened in the desert, including the manna, the golden calf and Aaron's death. Moses describes the blessings God will bestow upon the Israelites if they follow God's law and the punishments they will encounter if they disobey.

To receive a Zoom invitation contact Jeff Sacks at 714-642-0122.

Congregation Sholom has served Leisure World since 1962. It offers a traditional Jewish service in person and online.

Those who want to become a member of Congregation Sholom should call Howard Bass at 714-396-0121.

Community Church

Community Church will welcome Rev. Lynn Francis to lead worship on Sunday, Aug. 8 at 9:50 a.m. Pastor Johan Dodge is away on a long-anticipated vacation with his family. Pastor Dodge, together with Rev. Lynn, extend an open invitation to anyone who desires to engage with this active church family. Rev. Lynn will offer the sermon titled; "Together for Joy," focused on a passage in John 15:5-11. All are welcome to attend. Worship is followed by a time of food and fellowship. People may also watch the service live on Facebook at @CommunitvChurchLeisureWorld and via Zoom. People can contact the church office to receive the Zoom link. Those who are in need, without another way to address that need, may call 562-431-2503 and leave a message.

First Christian Church

First Christian Church of Leisure World teaches from God's word, the Holy Bible, verse by verse.

It is a friendly church that welcomes all visitors to join in worship and explore God's word together "that we may be mutually encouraged by each other's faith, both yours and mine" Romans 1:12. **Pastor's Message**

Genesis 18 begins with a reminder that nothing is too difficult the Lord. Abraham saw three men standing opposite him. He

for the Lord. Abraham saw three men standing opposite him. He recognized the guests as being of great importance. He hurriedly goes to his wife, Sarah, and tells her to quickly prepare bread and then prepare a customary meal to honor to guests of importance.

The guests asked Abraham where his wife was. He replied, "In the tent." Then the visitor said, "I will return to you at this time next year and Sarah your wife will have a son." Sarah was listening at the tent door and laughed, because she had already passed childbearing age. And the Lord said to Abraham, "Why did Sarah laugh, saying, 'Shall I indeed bear a child when I am so old?' Is anything too difficult for the Lord? At the appointed time I will return to you, and Sarah will have a son." This announcement reaffirmed the promise God had made in Genesis 17:12. Sarah doubted that God could do something so miraculous.

The Bible is filled with promises of God. Many of them have been fulfilled, and many will be done in future days. There have been countless doubters through the centuries, but the Bible shows that God's promises are fulfilled.

Weekend Services

Sunday services are traditional from 9:30-10:45 a.m. with hymnal music led by Janet Ray and Pat Kogak at the piano. Kogak will also present the special music this week.

Saturday services includes contemporary songs of worship, led by Gregory Black with guitar and vocal accompaniment. Saturday service 9:30-10:45

Saturday services are more contemporary with Gregory Black leading worship with guitar accompaniment. The service is held from 9:30-10:45 a.m.

Midweek Studies

The women's Bible study, led by Melli Herrera is held on Mondays from 10:30-11:30 a.m.

Pastor Gary Whitlatch leads the Tuesday Bible study group

The Wednesday Bible study continues in "Job," with an insightful, brief video by Francis Chan, followed by interactive discussion, moderated by Pastor Chuck Franco. The message of Job is one of hope, redemption and restoration after suffering devastating loss.

Leisure World Assembly of God meets Sundays at 10:30 a.m. in Clubhouse 3, Room 2. The Wednesday Bible study is at 10 a.m. in Clubhouse 3, Room 2. The Hymn Sing is held on the fourth Sunday of the month at 6 p.m.

More information can be found at *www.lwassemblyofgod.com*, and on Facebook at the Leisure World Assembly of God Church page. Contact the church office at 562-357-4360 or *pastorchuck@lwassemblyofgod.com*.

LW Baptist

Jesus, who gave the church the Great Commission to go into all the world and make disciples in his name, also personally exemplified bringing people to faith, such as the 12 apostles, the woman at the well and the conversion of Saul of Tarsus.

LW Baptist's worship service on Sunday, Aug. 6, at 10 a.m. in Clubhouse 4 looks at the eternal rewards of bringing people to Christ. The church will celebrate the day people of every tongue will join together around the throne in praising the Lamb.

For more information, call 562-430-8598.

from 9:30-10:30 a.m.

The Thursday Bible study group, led by Pastor Bruce Humes, meets from 10:30-11:30 a.m.

Pastor Humes also leads the prayer and Bible study group on Fridays from 6-7 p.m.

All Leisure World residents are welcome to attend the above services and Bible studies.

Scripture of the Week

"Then a cloud formed, overshadowing them, and a voice came out of the cloud, 'This is my beloved son, listen to him!"

Contact

For more information, call the church message line at 562-431-8810.

Buddha Circle

Buddha Circle will meet on Saturday, Aug. 5, in Clubhouse 3, Room 1, with Ven. Kusala from 9:30-11 a.m.

Ven. Kusala is well known in the Buddhist community. He presents Buddhism in simple ways and teaches people how to suffer less and become happier. Buddha Circle is an interaction-based group, and those who attend are encouraged to ask questions. Donations are welcome and will support Ven. Kusala in his teachings. For more information, call 714-468-6887.

HEALTH & FITNESS

Home Safety 101

Join the Memory Support

Team on Monday, Aug. 14, from

10-11 a.m. in Clubhouse 4 and

learn how to keep the home

safe and free of common and

the Administartion for Com-

munity Living (ACL) and Al-

This event is sponsored by

HOME, page 16

accidental hazards.

zheimer's OC.



LW Bicycle Group members Christina Underwood (I-r), Chan To, Chris Agoura, Bev Larson, Al Basler, Bruce Vricks, Mary Romero, Martha Valenzuela and Carl Kennedy climbed the Mark Bixby Memorial Bridge in Long Beach. The group meets on Sundays for breakfast, Mondays, Wednesdays and Fridays at the North Gate at 9 a.m. Bicycle helmets and safe shoes are required. Everyone is welcome. For more information, call Mary Romero at 562-810-4266 or Lucy Cyza at 818-209-5075.

Katya Lukina

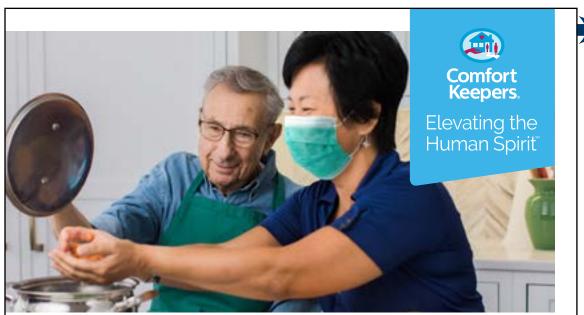
Joyful Line Dance has moved to Clubhouse 2 to accommodate more members.

Joyful Line Dance

Starting today, Aug. 3, the Joyful Line Dance Club has moved from Clubhouse 6 to Clubhouse 2 to accommodate more people who want to dance and have fun. The classes are held on Thursdays from 10:30 a.m.-12:30 p.m.

The Joyful Line Dance Club strives to improve the emotional and physical well-being of its members so they can live healthy and happy lives, and encourages men to come out and put on their dancing shoes. Currently, the club has more than four men who participate regularly, and nine class leaders who take turns teaching. They are Albert Comia, Chung Cha Lewis, George Pinada, Carmel Atkinson, Sunny Kim, Ginna Paik, Elizabeth and Nak Soo Kim, and Anna Derby.

Everyone is welcome. Membership fees apply. For more information about the club, text Anna Derby at 562-301-5339.



When uplifting stay-at-home care is needed most

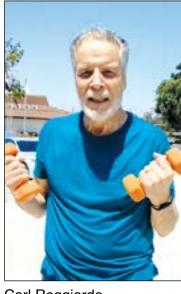
In-Home Senior Care Services

Fitness Fusion

Fitness Fusion Club members thank Carl Reggiardo for volunteering as the coordinator during Saturday classes.

Each class incorporates 18 exercises for core, strength, cardio, flexibility and balance. Older adults can benefit from strength training to stay mobile for daily activities and to retain motor function.

The club meets on Tuesdays at 10:30 a.m. in Clubhouse 6 and on Thursdays and Saturdays at 10:30 a.m. in Veterans Plaza. People can bring their own weights to Veterans Plaza for additional resistance. Everyone is welcome.



Carl Reggiardo

Differentiating between grievances and appeals for Medicare enrollees

Under Medicare law, Medicare Advantage plans and stand-alone Part D plans must follow certain rules when enrollees disagree with plan healthcare coverage determinations. There are two distinct MEDICARE, page 16





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LWWeekly



Monica Cousins

Cathy Patton Meet Optum's 24-hour nurses

The Optum HealthCare Center 24-hour nurse line has been a big help to many LW residents. Registered nurses Monica Cousins and Cathy Patton are here to help 24 hours a day, 365 days a week.

Monica Cousins, RN, was born and raised in San Antonio, Texas, and moved to Long Beach at the age 14. She graduated from California State University, Long Beach.

"Growing up, I loved studying biology and tutoring younger students, and helping others. I felt that nursing was a career that could perfectly blend those interests and talents," Cousins said. She listens to her patients without preconceived ideas and judgement, and encourages them to take lead in their own health.

Texas born, Cousins stays true to her roots and enjoys country line dancing, live music and traveling in her free time. She is fluent in English and has a limited knowledge of Spanish.

Cathy Patton, RN, had an international childhood, growing up in Santiago, Chile and Irvine. She went to school at National University in San Diego.

Her life experiences brought her to nursing. She became responsible for her grandmother's healthcare decisions, and seeing the value and impact nurses provide to patients inspired her. "I'm here to advise, educate, provide care and collaborate with patients," said Patton, who treats her patients with compassion and respect. When she's not caring for patients, Patton stays active by playing pickleball and swimming at the beach. She is fluent in English and Spanish.

All residents are welcome to call the 24-hour nurse line at 562-493-6216 for telephonic advice and help finding nearby care. Optum patients are also offered in-home assessments.

Meals on Wheels Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for \$10.50 per day Monday-Friday, between 10:30 a.m.-12:30 p.m.

Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet.

Contact Client Manager Caron Adler at 562-439-5000, ext. 1, or visit www.mowlb.org to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, Aug. 3

Stuffed bell peppers, garlic and chive mashed potatoes, peas with onions, kiwi, turkey, ham and cheese sandwich with lettuce, tomato and pickle, and a three bean salad.

Friday, Aug. 4

Beef Picado, Spanish rice, black beans, Mexicali corn, mandarin oranges, turkey and ham Cobb salad with egg, tomato, bacon, blue cheese dressing, and crackers.

Monday, Aug. 7

Baked turkey ziti, whole grain roll, mixed vegetables, cantaloupe, tuna salad sandwich with spinach and tomato, and a homemade potato salad.



Over 90 LW residents met July 24 to learn more about brain health and exercises to keep the memory sharp.

Brain Boot Camp: memory training techniques to improve the brain health in older adults

by Katya Lukina

LW staff writer katyal@lwsb.com

On July 24, over 90 residents gathered in Clubhouse 4 for the second class of a two-week Brain Boot Camp series presented by the Memory Support Team and Alzheimer's OC.

Social worker Traci Bell discussed strategies for improving the memory by paying attention, practicing active observation, and using categorization.

Bell performed a brain exercise by describing a picture with different objects and then followed up with the questions to jog people's memory.

She advised using a categorization and organization technique to recall information.

For example, the objects shown were categorized into office supplies, animals, and items to take to the beach, which made it easier for people to remember.

Bell also went over the techniques to memorize faces and names by forming an association with the person's name or appearance.

For example, identifying facial features (hair, teeth, eyes,

MEDICARE from page 16

methods for raising issues when enrollees are dissatisfied with their Medicare determinations or actions-grievances and appeals. Knowing the difference between grievances and appeals is essential to safeguarding the enrollee's Medicare rights.

nose, freckles, scars), prominent features (size and attractiveness), and visualizing images associated with those observations can help people remember names.

To recall the name, people can work backward by looking closely at a person's face, and recalling the facial feature, which is associated with the name.

Other tips to remember new names can include people's occupations, objects, places or slogans with a similar name (black or Smith-Blacksmith; Bookheimer: books); thinking of a familiar person with the same name(Julia–JuliaRobertsorJulia Child), or a word that sounds similar to the name (Traci Bell: Trace the Bell; Linda Ecoli: E. Coli Bacteria).

Bell ended her presentation with key techniques and strategies for improving the memory: • Doing something new.

- Making information meaningful and relevant.
- Improving encoding (paying attention, using imagery, making associations).
- Getting creative (visualizing, creating a story, associating faces and names).
- Making written reminders in

during appointments. • The way the doctor or

- other staff behaved.
- Not being able to reach someone by phone or get information needed.
- The cleanliness or condition of the doctor's office or pharmacy. Appeals

An appeal is a complaint made by the member if they disagree with the plan sponsor's decision to deny a request for coverage of health care services or prescription drugs or payment for services or drugs they already received. The member can also make an appeal if they disagree with the plan sponsor's decision to stop services they are receiving.

lists, calendars, appointment books, diary, emails (medications, things to do, special events for the month).

- Setting auditory reminders on alarm clocks, kitchen timers, watch alarms (for cooking time or phone calls).
- Leaving a message on their own answering machine.
- Using smart devices (Siri, Alexa or Google).
- Preparing in advance (names of people attending a function or a party; medical history for an appointment; questions to ask at a Committee meeting).
- Developing memory habits (reviewing information before going to bed, distributing practice, adding meaning, using multiple modalities, and learning in sets).
- Deciding what's important. At the end of a presentation, LWers were encouraged to fill out

a survey in exchange for cookies. The Memory Support Team will give a presentation called Keeping the Home Safe 101 on Monday, Aug. 14, from 10-11 a.m. in Clubhouse 3, Room 1.

See page 15 for more information on that class.

be covered.

- The plan or plan provider refuses to provide a service the member believes should be covered.
- The plan or plan provider reduces or cuts back on services or benefits the member has been receiving.
- The plan is stopping cov-

Tuesday, Aug. 8

Chicken breast with mole sauce, pinto beans, seasoned broccoli, fresh orange, taco salad with shredded chicken, diced tomato, corn, black beans, cheese, cilantro, salsa dressing, and crackers.

Wednesday, Aug. 9

Pork loin with honey mustard sauce, rice pilaf, peas and onions, seasoned carrots, applesauce, roast beef and cheese sandwich with lettuce, tomato, and pickle, and a creamy coleslaw.

File of Life at Copy Center

In emergencies, readily available medical and contact information can make a life and death difference when paramedics arrive on the scene. Readily available updated File of Life forms can provide peace of mind for individuals and their families.

The File of Life sleeve and the medical information forms are available for purchase at Copy and Supply Center in Building 5 from 8 a.m.-4 p.m. at the cost of 91 cents, plus 10 cents for the medical information form, and should be updated as needed.

For more information, call 562-431-6586, ext. 345 or ext. 307.

The deadline for editorial for LW Weekly is 4 p.m. Thursday on the Thursday prior to the desired publication date.

Grievances

A grievance is any communication verbal or written, from a member expressing dissatisfaction with any aspect of the Medicare Advantage Plan or any contracted provider's activities or behavior regardless of whether any remedial action is requested.

Reasons a member might file a grievance may include:

- Quality of care.
- Wait times for scheduling appointments or time spent in the waiting room

For example, a member can file an appeal when:

• The plan refuses to cover or pay for services the member believes should

erage of a service or benefit, and the member believes it is too soon to do so.

- The plan refuses to reimburse the member for drugs paid for out-ofpocket.
- The plan has miscalculated the member's true out-of-pocket amount.

For more information, contact the Medicare Insurance Broker Sandra Teel at 657-204-4224 (office) or 909-856-9379 (cell).

Leisure Leggers

The Leisure Leggers, a running and walking club in Leisure World, meets every Monday at Clubhouse 6 at 8 a.m. for a brisk trot around the neighbor-

hood, followed by coffee and camaraderie. Dues are 99 cents per year. For more information, call club president Tom Pontac at 562-304-0880.

HOME from page 15

Pre-registration is not required.

For more information, email learn@alzoc.org or call 1-844-373-4400.

Wa-Rite

The Wa-Rite Club congratulates member Karen Green who was a top loser at the July 21 meeting. Green lost 3.5 pounds since last week's meeting, bringing her total weight loss since April to 16 pounds. Green said that if her stomach growls, she pretends it is the sound of her body eating the fat. The total weekly weight loss for all members participating in the weigh-ins was 17 pounds. Member Shirley LaBrecque

gave a presentation on living with type 2 diabetes. A diabetic herself, she brought personal insight in addition to facts about the disease.

LaBrecque also spoke about lifestyle and dietary changes to control diabetes without the need for insulin. Other members also shared their knowledge and experience with this disease. Diabetes affects approximately 37 million Americans. About 40% of those are over the age of 65.

Wa-Rite meets every Friday in Clubhouse 3, Room 1. Weigh-



Karen Green

ins are from 8:15-8:45 a.m. Each meeting runs from 9-10 a.m. Annual membership fee is \$10. Weekly dues are ten cents.

Women interested in better health, more energy and some light-hearted camaraderie are welcome to visit up to three meetings before deciding to join.

-Judy Chambers



Bev Bender

Laughing for the Health of It

Everyone is invited for an hour-long session of laughing for no reason with Bev Bender on Aug. 9 at 10:30 p.m. at the Optum HCC Conference Room.

Bev Bender is a certified laugh leader who helps people improve their lives through laughter. Participants will leave with smiles on their faces and a song in their hearts. Best of all, it's fun, free and non-fattening.

Meals on Wheels Orange County

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch Cafe at the North Seal Beach Center, 3333 St. Cloud Dr., Seal Beach, Monday-Friday, from 11 a.m.-noon. It is open to anyone 60 or older. Suggested contribution is \$3, but everyone is welcome.

Guests under 60 can enjoy lunch for \$5. Arrive 10 minutes before the start time as meals are served on a first-come, first-served basis.

LW Minibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, with a drop off at the Community Center. The Minibus returns to the Amphitheater at 11:40 a.m.

Thursday, Aug. 3

Diced chicken with a-la-king sauce, egg noodles, squash medley, whole wheat dinner roll with Smart Balance, and a sugar-free fruited gelatin.

Friday, Aug. 4

Baked zitti with Italian sauce, California vegetable blend, threeway salad with ranch dressing, whole wheat dinner roll with Smart Balance, and a sugar-free ambrosia.

Monday, Aug. 7

Cheese ravioli with savory tomato sauce, broccoli, Italian vegetable blend, whole wheat dinner roll with Smart Balance, Parmesan cheese, and a tropical fruit mix.

Tuesday, Aug. 8

Cheeseburger beef patty with Swiss cheese, shredded lettuce, tomato and red onion, mayonnaise, mustard and ketchup on a whole wheat hamburger bun, potato salad, and a sugar-free fruited gelatin.

Wednesday, Aug. 9

Breakfast omelet, chicken apple sausage, baked red potatoes, sliced carrots, whole wheat blueberry muffin, and a sugar-free pear crisp.



Optum HCC Events, Aug. 8-15

SCAN Medicare 101

Join Alton Smith to learn about SCAN benefits. No RSVP required.

When: Tuesday, Aug. 8 Where: Large Conference Room Time: 10-11 a.m.

Laughing for the Health of It Join your friends and neighbors for an hour of giggles and stories that would delight anyone's senses.

When: Wednesday, Aug. 9 Where: Large Conference Room Time: 10:30-11:30 a.m.

iPhone Tips and Tricks with Sherry Vandervoort Sherry Vandervoort from the United Healthcare is back to give the updates on the latest iPhone

tips and instructions for use. To RSVP, call 949-702-9488. When: Friday, Aug. 11 Where: Large Conference Room Time: 4 p.m.-5 p.m.

Healthcare 101 with Diane Scott Join Diane Scott and learn more about healthcare as she breaks it all down. She can give you details to help benefit your pocketbook. No RSVP required. When: Monday, Aug. 14 Where: Large Conference Room Time: 10 a.m.-noon

Learn More About Parkinson's Disease

Learn more about Parkinson's disease, its side effects, and support community. To save a seat, call 562-493-9581. When: Tuesday, Aug. 15 Where: Small Conference Room (Boardwalk) Time: 2 p.m.

> Need help? 24-Hour Nurse: 562-795-6216

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SPORTS & GAMES



Leisure World Pool Club

Leisure World Pool Club (LWPC) members had to surrender the new traveling trophy to Laguna Woods Billiards Club (LWBC) at the clubs' biannual tournament on July 22. The pocket billiards battle was close and fierce, but LWBC prevailed in the end with a 25-23 victory.

Sign-ups for LWPC's weekly fall league began this week. League play begins on Monday, Sept. 11, at 6 p.m. in Clubhouse 2. Authorized Leisure World residents interested in playing in the fall pool league can call or text 562-879-1954 for more information.

Pickleball Players Club

The Pickleball Players Club will offer a free beginners lesson on Tuesday, Aug. 8, at 10:30 a.m. at the pickleball courts behind Clubhouse 2. The club will loan paddles and balls to the players. The free classes are held on the second Tuesday of each month. For more information, contact Linda Evenson at 561-577-3283 or email lwsbpickleball@gmail.com.



Shuffleboard Club looks forward to its 61st year

With the beginning of its 61st year, the Shuffleboard Club's highest priority is new member recruitment and training. The club cordially invites all who have tried the game of shuffleboard before to join in for the training clinics being offered Wednesday, Aug. 16, and Saturday, Aug. 19, from 9-11 a.m. The clinics are designed to prepare people to join a league team for the nine week fall season, which finishes before Christmas. The

clinics are free. The Shuffleboard Club dues are \$5 for the year.

There will be a sign-up sheet starting Aug. 16 at the courts building for everyone interested in joining a team. Members are welcome to join either or both of the two available leagues: Tuesday evenings from 5:30-8 and Friday mornings from 8:30-11.

For more information, call or text Kay Mount at 775-527-0426.

-Kay Mount

Tournament Poker Club

The LW Tournament Poker Club extends will hold a fun and friendly game of Texas Hold 'Em on Saturday, Aug. 5. **Registration starts** at 10 a.m. and includes a meet-and-

greet with coffee and muffins. All players must be in their seat and ready to play at 10:30. No late seating is allowed.

Regular tournaments are held on the first three Saturdays of every month in the lobby of Clubhouse 6. Memberships are

Duplicate Bridge Club

The Duplicate Bridge Club meets on Mondays, Thursdays, and Fridays in Clubhouse 1 at 12:30 p.m. Reservations can be made at any game using the sign-up sheets. Players can also call Linda Nye at 562-453-6678 or email her at yuelingnye@ *yahoo.com* no later than 10 a.m. on game day. Arrive by 12:15 to confirm reservations.

July 17 winners (seven tables): Sibyl Smith and Diane Schmitz, and Nancy Toussaint and Lynn Danielson, north/ south; Shmuel Fisher and Thad Mikols, and Fred Reker and Mark Singer, east/west.

July 20 winners (four tables): Sibyl Smith and Al Appel, and Dan Frank and Larry Slutsky, north/south; Russ Gray and Fred Reker, and Howard Small and John Hagman, east/ west.

tables): Larry Topper and Lynn Danielson, and Carol Murakoshi and Lavonne Mc-Quilkin, north/south; Marcia Lane and John Berg, and Thad Mikols and Kar Yee Nelson, east/west.

The club congratulates the winners and thanks all the players who participate and support the club.

For complete results, including a list of all players and scores, go to the Long Beach Bridge Center results page at www.acblunit557.org and click on Leisure World Results.

There is a break in the lessons and supervised play offered on Friday mornings. They will resume in a few weeks.

LWWeekly

\$10 per year, and the weekly buy-in is \$5. Residents who are LW club members are TOURNAMENT welcome to invite and accompany POKER CLUB

a guest, who can enter the tournament for \$3. Guests can win the table stakes but are not eli-

gible to play at the final table.

Every week there are prizes for the top two winning hands, and for the player who wins a hand with the promotional combination.

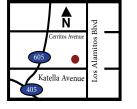
—Deborah Barner

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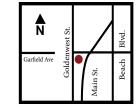


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July 21 winners (eight

Yahtzee Club

The objective of Yahtzee is to score points by rolling five dice to make certain combinations. The Yahtzee Club will meet Aug. 4 in Clubhouse 3, Room 6, at 1 p.m. There will be a halftime social. The club meets the first, third and fifth Fridays of each month.

For more information, contact John Markovich at 562-661-0502 or by email at *cdrjjm*@ yahoo.com.

—John Markovich

July 21 winners: Sue Ann Gass and Mary Milhone, most Yahtzee's; Julie Milburn, high score; Nancy Mora, low score; Diane Seeger, door prize.

For more information, contact Diane Seeger at 562-533-5997.

-Diane Seeger

See more Sports & Games on page 22



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행사 와 사업 안내(Event and business overview)

(1) 3 번의 분기회와 년말총회등등 년 4 회의 모임으로 친교하며 년 4 회의 이사회를 통하여 한인회의 진로를 결정하고 임원 들의 충성 봉사로 건전하게 운영되고 있습니다.(We are operating soundly to decide the career path with 4 General meetings and 4 board meetings of directors, including 3 quarterly general.)

- (2) 매년 8/9 월에 야외극장에서 Korean Night 행사를 개최하며 (A Korean night is held at amphitheater every August/September)
- (3) 매년 2/3 월에 무료 세금 보고 봉사 진행 중이고 (We offer a freeTax reporting service on 2/3 every year.)
- (4) 상담실(매주 목요일) 을 통하여 각종 써비스를 제공 하고 (Providing various services through the counseling room.) (5) 매월 1 일자로 유익한 정보를 수집 소식지를 보내고
- (We collect useful information as of the 1st of every month and Send newsletter by mail.)
- (6) 격년제로 한인 전화번호부를 제작 배부 하고 있습니다. (Editing and distributing Korean phone directory every other year.)
- (7) LWSB 한인회는 비영리 단체로 설립 등록하였습니다 (The LWSB Korean Association was established and registered. as a non-profit organization.) Inquiries : LWSB KAA (유원식) 630 697-5377

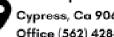


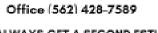
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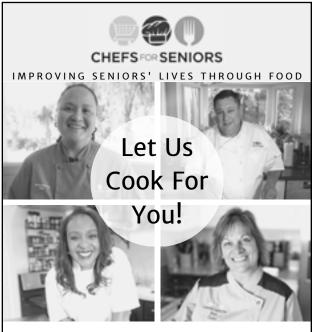
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Scrabble Club meets every Wednesday in CH3

The Leisure World Scrabble Club met on all four Wednesdays in July.

There were 81 scores above 300 and 44 bingos (the use of all seven tiles in one move).

Club President Larry Edgar led with 11 scores above 300. He had three bingos and a high game of 395. Bob Ruderrman and Diane Seegar each topped 300 nine times. Ruderman had 16 bingos and a top score of 447. Seegar had three bingos and a best score of 404.

Wanda Bemben and Zoe Pickell each bettered 300 seven times. Their best scores were 339 and 354, respectively. Marilyn Moody had six totals above 300. Her top score was 324.

JimSchneidermantopped 300 five times. He had three



Sylvia Makus had four totals scores above 300, the highest above 300, the best of which was 313.

Three members each bettered 300 three times: Sue Ann Gass, whose best Room 5, from 1-4 p.m. New was 352; Maria Gigerich, members, including begin-344; and Donna Perkins, bingos and a best score of 353. 316. Dave Crandall had two

being 333, along with four bingos.

The club meets every Wednesday in Clubhouse 3, ning players, are welcome. *—Larry* Edgar

Cribbage Club

Cribbage is a card game, the objective of which is to be the first player to get 121 points.

During last week's Cribbage Club meeting Irvene Bernstein and Marilyn Chelsvig provided refreshments of cake and ice cream in celebration of their July birthdays. Chelsvig and Margaret Smith began serving 46 members of the club at noon.

Hoppy Hopkins came as close to a perfect score as possible with total points of 846 out of 847 over seven games and took first place; Chelsvig, 828, second; Candy Meyers, 827, third; Alma Zamzow, 825, fourth. Donna Gorman and Minda Burkschab each won six out of the seven games played.

. The club plays each Tuesday in Clubhouse 1. A dollar is collected from each member before play begins. Members who arrive by 12:15 p.m. are assured a place at the table. Announcements are shared at 12:25. Seven games are played beginning at 12:30.

For more information, call Terry Thrift at 714-394-5885. Yearly dues are \$5.

Monday Night Bunco Club

Bunco is an easy dice game and a lot of fun. The Monday Night Bunco Club meets the second and fourth Mondays of every month in Clubhouse 3, Room 1. Play begins at 6 p.m. sharp. The next meeting will be Aug. 14. All Leisure World residents and their guests are welcome. There is a halftime

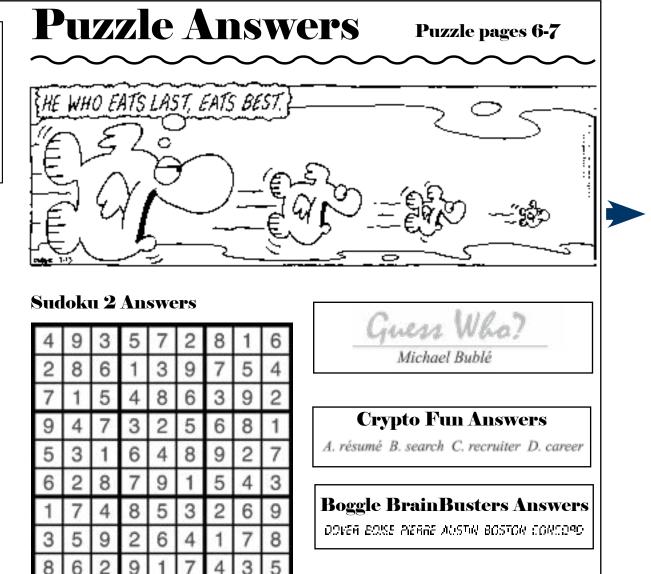
social for all attending. For more information, call Gail Levitt at 562-596-1346.

July 24 winners: Rita Guego, most buncos; Katie Carmagnola, most wins; Johanna Rogers and Jean Hayes, most babies; Kay Butterfield and Judy Georger, most losses; Joann Lester, door prize.

SCRABBLE G R A M S SOLL	TION
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O([U(]]T; [L; [E(]]A; [P)] RACK3 •	59
SI H. A. MIBILIE RACK .	64
	74
PAR SCORE 270-280 TOTAL	352

Crossword Answers

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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 SI 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 num-

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t a game of Sudoku, some blocks will be pre-lined to some ----e of the game. nust contain all of the numbers 1 through 9 and no two numbers in the same column of a

Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Su 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

SWOON OZONE. HINDLR KNOTTY How high is Mount Everest? She replied with 29,032 feet, which was - ON THE "KNOWS"

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Men's Golf

On July 21, 11 golfers competed at the 4,000-yard par-62 David L. Baker Executive Golf Course in Fountain Valley. This course has been in fair condition for quite a while and continues to improve as time goes on. Weather was cool and initially overcast. The sun showed up mid-round and it became a lovely morning.

League Results

Scores were excellent. With good course conditions plus decent weather there were eight birdies, two each by Tim Looney and Chris Lankford. There was one each by Fujio Norihiro, Sam Choi, Gary Stivers and Bob Munn. Looney and Lankford tied for fewest putts for the 'A' flight and Daniel Mahoney had fewest for the 'B'. Stivers was closest to the pin on the par-3 third hole and Munn was closest on the par-3 ninth.

A flight winners: Looney, 10 under 52, first place; tie between Lankford and Norihiro, 6 under 56, second; Stivers, 4 under 58, third; Clay Fischer, 3 under 59, fourth; tie between Sam Choi and Bill McKusky, fifth.

B flight winners: Mahoney, 11 under 51, first place; Munn, 7 under 55, second; Gene Vesely, 3 under 59, third; Ron Jackson, 2 under 60, fourth.

On July 24, 11 golfers competed at the 6,000-yard par-70 Willowick Golf Course in Santa Ana. This is a long course with no water hazards, but lots of sand traps and a tricky rough. The course favors the long hitters due to long par 3's and several over-500-yard par 5's.

Weather was hot, sunny, and humid. Scores were higher than usual and there were no birdies, both reflecting the course difficulty and sultry weather. Fujio Norihiro had the fewest putts for "A" flight, and Gene Vesely the fewest for the "B". Sam Choi was closest to the pin on the par-3 fourth hole, and Chris Lankford was closest on the par-3 twelfth.

A flight winners: Tie between Clay Fischer and Lankford, 3 under 67, first place; Gary Stivers, second; tie between Norihiro and Choi, third; Bill McKusky, fourth.

B flight winners: Digna Vesely, even par 70, first place; tie between Vesely and Bill Zurn,

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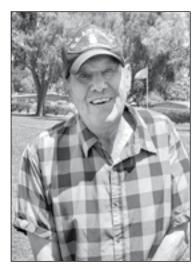


Bob Turner, Mutual 8, Hole No. 3, July 1



Allison Kim, Mutual 12, Hole No. 8, July 18

Donald Roberson, Mutual 3, Hole No. 1, July 7



Manny Miranda, Mutual 14, Hole No. 8, July 19

LW Women's Golf Club

Forty-two women participated in the Leisure World Women's Golf Club's weekly tournament. The women played for low gross, low net and "chip-ins", which means the player gets the ball in the hole from off the green.

A flight winners: Low gross: Soo Choi, 27, with a chip-in on No. 7; low net: Lisa Kim, 23; Susie Kim had a chip-in on No. 8.

B flight winners: Low gross: Margie Thompson, 29; low net: Eullia Kim, 22, with a chip-in on No. 2. Marilyn Hewitt, Sun Lee and Sue Yokomi each had a chip-in.

C flight winners: Low gross: Keiko Sekino, 32 ,with a chip-in on No. 6; low net: Mary Devlin, 23.

D flight winners: Low gross: Elizabeth Butterfield, 37, with a chip-in on No. 4; low net: Patti Smith, 26. Sue Elliott had a chip-in on No. 8.

Liz Meripol offers a special thanks to Maryann Moore and Dale Quinn for filling in while she was away.

Anyone interested in joining the Women's Golf Club can obtain an application from the golf course starter or contact club treasurer Margie Thompson at 562-493-0484 for more information.

—Liz Meripol

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Guys and Gals Golf Tournament

The Guys and Gals Tournament was held on July 19 on the Turtle Lake Golf Course. The golfers competed under mostly sunny skies and warm temperatures. It was nice to be playing in summer conditions instead of the June gloom.

The Turtle Lake Golf Course is a 1,658-yard, 18-hole par-54 course that tests all who play. A total of 29 teams (58 players) teed off and played 18 holes. Fairways and tee boxes are in good condition and the greens improve each week.

Teams of various skilled golfers of one man and one woman vied for best net scores (gross score minus handicap), plus two circle holes (shots within a 5-foot radius are rewarded), and two closest-to-the-pin challenges.

All scores below are net: gross score minus handicap.

A flight winners (handicaps of 0-10): Tie between Glenn Barry and Karen Menden, and Bruce Bowles and Linda Herman, 10 under 44, first place; Bill Lyons and Yasmin Merali, 9 under 45, second; tie between Young and Hae Lee, Dong and Devora Kim, and Bob Barnum and Sue Sloan, 7 under 47, third.

B flight winners (handicaps of 11-12): Fujio Norihiro and Keiko Sekino, 9 under 45, first place; Jae and Hae Lee, 8 under 46, second; tie between Dennis McMonigle and Bert Thompson, Walt Bier and Margie Thompson, and Rolando Ramirez and Mary Ann Moore, 7 under 47, third.

Cflight winners (handicaps of 12-18): John Kolthoff and Elizabeth Butterfield, 9 under 45, first place; Dale Williamson and Mary Greig, 8 under 46, second; tie between Marv Jones and Marilyn Hewitt, and Brian Tivnan and Patty Littrell, 6 under 48, third.

Closest to the pin on the second hole was Bill Lyons and Sang An. On the 11th hole it was Chang Ho Choi and Yasmin Merali. The lowest net score was a tie recorded by Glenn Barry and Karen Mendon, and Bruce Bowles and Linda Herman at 10 under 44. Bill Lyons and Yasmin Merali had the lowest gross score at 3 under 51. Two other teams had net scores of 45 (9 under par). With the great weather and course conditions, 28 teams had net scores at or under par. There were seven circle hole winners with 42 birdies.

The next Guys and Gals Tournament will be on Aug. 16. The Mens Tournament is played every second and fourth Wednesday of each month. Those who had planned to play in any tournament and cannot should contact Alan Sewell at 541-324-8558, Scott Tuchfarber at 909-684-0426, or Dave LaCascia at 801-674-5975 as soon as possible. Arrive 10-15 minutes prior to scheduled tee time and be ready to play.

-Dave LaCascia



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second; Tom Ross, third; Bob Munn, fourth.

The Monday and Friday Golf Leagues play at four local courses, all within 15-20 minutes of Leisure World. The courses the group plays are always quite full, so advance league reservations are required with a sign-up sheet available at each round.

There is a prize pool for each round. Players are not obligated to enter. Rewards are given for low net in each flight, birdies, closest-to-the-pin on two par threes, and for the fewest number of putts in each flight. Holes-in-one and eagles (2 under par), although infrequent, are generously rewarded. For more information, contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975. —Dave LaCascia

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26 inch Girls Bike. 21-Speed with back racks & mirror, \$40. 925-308-3639.

Two/Bar-Stools.Backless,saddletype, brown. Please leave name & number at 562-493-2831.

Coins, Comics, First Day Cover Stamps, Misc. Appointments Monday-Friday. Call 562-594-3975. Exp 8/30

LEISURE WORLD **APARTMENT** FOR LEASE







PERSONAL ASSISTANT

Experienced Caregiver available to assist with/Daily-Care/ Doctor-Appointments/Errands/ Available 24/7.949-899-7770.SB Business License HEL0006. Exp 9/27

CHRISTIAN HOME CARE

Experienced, knowledgeable caregivers. Honest/Assertive/ Fluent-English.Hourly/Full-Time, doctor-appointments, errands. Bernadine/562-310-0280.Bonded/ Insured. SB Business License BCS0002. Exp 1/31/2024

MOST AFFORDABLE RATES with/optimum service, 30-years LW experience. Licensed, Reliable, Honest Caregivers. 24-hours/ Part-Time/Doctor-Appointments. References, Fluent English. Ann /714-624-1911 and 562-277-3650 /Heidi. SB Business License HYC0001. Exp 10/25

Exp 9/20

AUTOS WANTED

ANY KIND OF CAR

Cars/Motorcycle/Truck, runningor-not. We are local, call anytime! We pay cash and remove promptly! We do DMV and Release-of-Liability for you! Bonded/License, since 1985! Call us 562-684-0901, we can come out and give you a quote. CABusiness License 046854. Exp 9/27

AUTOS/BOATS/RV'S TRAILERS FOR SALE

ELECTRIC CAR PADS Installed at your residence. Call Frank 562-743-3832. #779642 State Contractor License. Exp 8/30

Need Classified Help? debbiek@lwsb.com

Condo available for Lease in Mutual-17. Call/562-810-3166. Exp 8/16

LEISURE WORLD CARPORT STORAGE FOR RENT

Carport-Storage ONLY available for Rent. \$40/Month (phone# incorrect in the last issue) call 562-799-0643.

LEISURE WORLD CARPORT WANTED

Need to rent carport space in Mutual-1 for week of 8/11-8/18. Would consider entire month.Call/ Text Mitch/310-722-6634.

FREE ITEMS

Double-bed with matching end tables. 562-430-2148, Mutual-12. U-Pick-Up.

L Shaped Patio New Paint, **New Flooring** Skylights, **Dishwasher and** more!!! M4 Call Joanie for Preview Coming in September 2 Bedroom Corner **Expanded** with **Front Porch** M5 Call Joanie for Preview

13926 Seal Beach Blvd. Seal Beach, CA 90740

🖤 DRE#02111452 🖤 "I Have Your Best Interest at Heart



Beautiful 2 bedroom 1-1/2 bath corner unit with side patio, move-in ready.

2022 Escrows

ونم ا		ivina Re	ealee
6-130K	\$300,000	17-110B	\$475,000
2-62C	\$225,000	2-39A	\$310,000
8-195B	\$480,000	12-55E	\$295,000
7-170K	\$342,000	15-11Q	\$350,000
5-70F	\$520,000	6-64A	\$272,000
	\$582,000		\$560,000

LWWeekly





Joanie Korman (714) 308-8034



(562) 431-2149 13926 Seal Beach Blvd. Seal Beach, CA 90740







BERKSHIRE HATHAWAY HomeServices

California Properties

Mutual 1-30K \$219,000 Quaint unit with potential



Mike Varipapa 562-235-7413



Mutual 11-273L \$349,900 Spacious corner in private location

(562) **594-0515**

1900 St. Andrews Dr. , Suite C

Seal Beach, CA 90740

BRE 00338699

Mutual 14-24H \$360,000 Faces west with great neighbors

Two-Bedrooms

Mutual 12-39E \$365.000 East facing unit, completely remodeled

Mutual 1-10G \$425,000 Corner unit in a desirable location



Bill Berman 714-606-5258





Jay Cho 714-944-4998





949-212-8748







Adrian Villarreal 714-694-3291



Specializing in the LW Community 562 618-9940 562 884-3594 Yes we are SISTERS



Kathy Gupton Associate Broker DRE # 00744676

Sean Wood Realtor®

DRE# 02186926

Mutual 11-267C

This fabulous expanded one bedroom 1 bathroom home has a dramatic Greenbelt view. A lovely leaded glass entry door that opens into this charming home that features a spacious living room with a large added skylight. The remodeled kitchen has upgraded cupboards including upper cabinets with lovel glass / Corian counters, a built-in stove, oven, and refrigerator. rge skylight that provides a kitchen that is lig panded with a walk-in **B**e ge closet providing lots of st and sliding glass doors to a guaint patio. The full bathroom has a bathtub added with a shower fixture over the tub, an extra-large skylight and custom countertop. Also included in this amazing home is hardwood floors, carpeted bedroom, central heating and air conditioning, window coverings that are elegant sheer covered blinds, and large windows in the living room and bedroom that maximizes the amazing Greenbelt view. The cozy patio offers the opportunity to sit back, relax, and enjoy the expansive Greenbelt view and the refreshing ocean breezes Seal Beach has to offer. This home is a definite must see. Don't miss out.

Mutual 5-91J

This Charming beach cottage features 2 Bedrooms, 1 3/4 Bathrooms plus a den. This lovely flexible floor plan has 2 master bedroc k-in closets. Living is De light and bright with a lead has an added skylight and heat pump with air co as pullt-in Leisure World appliances with added ceiling fan and kyligm. Main Bedroom is expanded with a walk-in closet, bay window and sliding door to patio. Main Bathroom has a bath tub and shower over tub and a skylight. The extra large second bedroom has skylight and sliding doors to patio. The den has a walk-in closet added and a 3/4 Bathroom with walk-in shower, .



\$399,000

562 **514-6613**

\$229,500



Mutual 1-30K

Great location for this one bedroom one bath unit which is close to downtown Leisure World and the shopping center. The living room is carpeted and has Vertical Blinds. The kitchen has tile flooring, built in Leisure World appliance induding a stove, oven, refrigerator, and has an added ceiling fap and om has tile flooring, cut down shower for wa droom is carpeted J, ate patio is screened has a side view of a and has a wardrobe clos Th pretty Greenbelt. You can walk to downtown Leisure World, the gym, golf course, pool, jacuzzi, amphitheater, health care center and shopping center. Located in the resort-like community of Leisure World Seal Beach which features over 200 clubs organizations and activities. Enjoy Seal Beach and it's wonderful ocean breezes.

Mutual 1-26L

A must see corner 2 bedroom 1 bath cottage newly redecorated. This charming home is light and bright and ready to move i uxe vinyl flooring though out and has been abinets and fea-tures built-in appliances i Loner and extra- large skylight. The bathroom has a large syligm and cut down shower for walk-in convenience. The private patio has new indoor/outdoor carpeting and walk-in storage closet.

\$219,000



\$318,000





Gloria Hadley Realtor DRE # 01057681

PENDING

Mutual 1-26B Mutual4-77E Mutual2-29E Mutual 4-76L

Mutul 11-268F Mutual 4-50F Mutual9-212C Mutual6-143A Mutual 9-225C Mutual 9-230D Mutual11-283D Mutual 4-51D Mutual 8-189D

Mutual 14-17B Mutual 8-188H Mutual 8-189B Mutual 2-40J Mutual 2-49B Mutual 2-17G Mutual 9-59G Mutual 6- 117L Mutual 15-39A Mutual 10-258H Mutual 6-1351 Mutual 10-258B Mutual 1-31E Mutual 5- 117L Mutual 12-61C Mutual 2-63H Mutual 3-4F Mutual 4-88G Mutual 2-3B Mutual 2-8C Mutual 10 -250J Mutual11-286B Mutual12-61A Mutual 11-2861 Mutual 5-117G Mutual 2-46H Mutual 1-67E Mutual 4-49G Mutual 8-183G Mutual 11-285D Mutual 9-216H Mutual 7-164L Mutual 2-6G Mutual 11-285A Mutual 11-263A Mutual 4-49B Mutual 8-201L Mutual 2-6L Mutual 7-165E

Mutual11-273L

\$349,900

Quaint tree-lined private location. Spacious corner 2 bedroom 1 bathroom home with a large wrap-around enclosed patio room. The living room has a large skylight, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate throughout. Bathroom has skylight and cut down shower for walk-in convenience. Large versatile L-shaped patio room is fully enclosed and has a walk-in storage closet, skylight and indoor/outdoor carpeting.



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CAROL GASPER, Resident Realtor & NICK MONTEER, Broker Lic# 01276484, 01927606

562.716.1547 213.880.8220 gcarol1966@gmail.com nicholasmonteer@gmail.com

Gasper Monteer - REALTY GROUP

www.sealbeach-retirementcommunity.info 1900 St. Andrews Dr. Suite B Seal Beach, CA 90740

For 2023, We have a total of 55 pending and closed sales. Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!

Coming Soon

13461 Alderwood Ln #35F | M3 | \$399,000 Fully expanded drive-up 2bed/1bath corner unit with side greenbelt. Recessed lighting, skylights with dishwasher. Bathroom with tub and master bedroom with built-in vanity and walk-in closet. A blank canvas to make your own!



1601 Glen View Rd #64H | M12 | \$399,000 2Bed/1bath drive-up location with golf cart pad, patio and large storage closet! Heat pump, light and bright remodeled custom kitchen with skylight and newer appliances. Wood floors, dual pane windows, skylights throughout with jetted shower/tub.



13700 El Dorado Dr 32H | M3 | \$569,000 Reimagined 2bed/2bath home on greenbelt location, chef's kitchen, tiled showers, quartz countertops, stainless appliances, central AC, washer/dryer, no detail spared!



1201 Oakmont Rd #196H | M8 | \$344,000 Gorgeous greenbelt 2bed/1bath with partial expansion and exterior storage. Immaculate home with laminate floors throughout. Central HVAC. skylight, shutters on all windows.



13180 St Andrews Dr #238J | M10 | \$285,000 Refreshed 2bed/1bath interior location full patio with storage closet, new laminate floors and freshly painted throughout. AC heat pump in living room with skylight in kitchen.





1571 Golden Rain Rd #118K | M5 | \$349,000 Adorable 2 bed/1 bath with newer laminate floors throughout. Central AC, washer/dryer with tiled patio. Updated kitchen, newer appliances, dishwasher with skylights and shutters throughout.

On August 1st, 2023 a total of 42



Come by our office anytime to speak with one of our expert Realtors®!



M15 - 14Q \$345,000 Fully Expanded 2 Bed 2 Bath Upstairs Unit with Vaulted Ceiling



M15 - 28A \$520,000 Beautiful and Spacious Atrium with Greenbelt Views



M15 - 37L \$349,000 Large 2 bedroom 2 Bath Upstairs unit





M2 - 24J \$379,000 Clean Expanded 2 Bedroom 1 Bath



M2 - 1A \$425,000 Private 2 Bedroom Corner Unit"



M11 - 283J \$253,000 Beautiful expanded 1 bedroom on a Green Belt



M1 - 1D - \$290,000 Beautiful expanded one bedroom on a greenbelt

M14-32H - \$445,000 Two Bedrooms,1 Bath, Fully Expanded



Broker





Escrow Officer



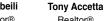
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Giving Back to the Community on Every Real Estate Transaction!

