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See page 27.

GRF BOARD HIGHLIGHTS

Board discusses farm rules; adding cameras to gates

by Ruth Osborn
Communications Director

The GRF Board met Feb. 27 to work through a fairly light agenda that included no capital funding items in an effort to hold the line on spending in an inflationary year that will likely see significant increases in property insurance and city water rates, among other hikes.

"The board is practicing strict discipline in regard to spending, no capital items were funded this month," GRF President Marsha Gerber told the assembled audience.

The capital fund is earmarked for new community assets funded by the payment of a one-time membership/amenity fee by new shareholders moving into LW.

By contrast, the reserve fund is used to pay for the maintenance of existing community assets—80% of this fund comes from trust property user fees and 20% from shareholders' monthly assessments.

Fifteen residents spoke during public comment time on a variety of issues, including the community gardens, budget spending and transparency, the new RFID gate entrance system, coyotes, front gate traffic patterns, hiring practices and complaints about the GRF Board and staff, among other topics.

The board acted on the following.

Fire Alarm Panel Failure

The recent failure of a fire alarm panel in Clubhouse 4 prompted an appeal for emergency funding to address a critical need that could not await regular action through the normal committee process.

The board awarded a contract to All American Fire Systems, the GRF's designated contractor for fire systems, at a



Ruth Osborn

The future site of the community gardens is being graded. Discussions of farm plot policies are ongoing.

cost not to exceed \$4,250 from reserve funding to replace the panel.

A fire alarm panel is the controlling component of a fire alarm system. The panel receives information from devices designed to detect and report fires, monitors their operational integrity, and provides for automatic control of equipment, among other features.

Occasional emergency expenses are anticipated and included in the GRF's Fire Alarm Systems Reserves, according to a staff report.

Addition of Cameras at Entrance Gates

Upon the recommendation of the Operations Committee, the board approved the purchase of nine cameras for

the entry gates at a cost not to exceed \$4,500 from reserve funding.

Since the new RFID gate system was launched Jan. 17, Security has received multiple reports of severe verbal abuse, gate runners breaking barrier arms, and other foul and inappropriate language and behavior.

There will be three cameras each at the North Gate, Main Gate and St. Andrews Gate specifically monitoring gate arms and attendant interactions. Cameras will be used to gather evidence against gate runners damaging GRF property, and record verbal altercations and other misconduct. Current gate cameras are license plate readers only.

BOARD, page 2



The front cover of GRF's 2023 Annual Report.

DOCUMENTS

Annual report available online

GRF's 2023 Annual Report is now available online at www.lwsb.com/publications. A limited number of paper copies are available at the News Office located next to the Amphitheater.

Daylight Savings

In 2024, daylight saving time will begin on Sunday, March 10, at 2 a.m. You will move your clocks forward an hour and lose an hour's worth of sleep. The sun will rise and set an hour later.

Decal Office Closed Today

The Decal Office will close today, March 7, for an all-day Security Department training session. It will reopen with regular hours on Friday, March 8.

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This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. The conclusions and opinions expressed may not be those of the California Department of Aging and the publication may not be based upon or inclusive of all raw data.

GOLDEN AGE FOUNDATION

Protect personal data by shredding documents on March 12



Golden Age Foundation volunteers Linda Johnson (l-r), Geneva Potepan and Ren Villanueva dump boxes of documents into a bin to be shredded.

The next Golden Age Foundation (GAF) shredding service will be held on Tuesday, March 12, in the Clubhouse 2 parking lot from 10 a.m.-noon.

To make sure the shredding service runs smoothly, the GAF asks residents to follow these guidelines:

- Do not arrive earlier than 10 a.m.; no one will be there to guard dropped off documents.
- Place documents to be shredded in paper bags in the passenger seat and stay in the car. A GAF volunteer will get the bags from the car.
- Once the truck arrives, drop off bags and leave. Waiting with documents or forming a line is not allowed.
- The GAF will only accept untied plastic or paper bags; no cardboard boxes.
- Magazines, newspapers, electronic devices and X-rays will not be accepted. Contaminated bags will be turned away.
- Remove staples and paper clips from all documents before the event.

For more information, go to www.GoldenAgeFdn.org, or text President Anna Derby at 562-301-5339.



LWers line up their golf carts for free maintenance at a previous Air & Water Day event.

ROLLIN' THUNDER GOLF CART CLUB

Air & Water Day rescheduled

Due to inclement weather, the Rollin' Thunder Golf Cart Club's quarterly Air & Water Day was rescheduled to Saturday, March 9, from 8:30-10 a.m.

The popular maintenance event will be held in the Clubhouse 4 parking lot. Club member volunteers will check tire pressure and battery levels and fill them as needed.

Many LW residents find these important activities difficult to accomplish. However, ignoring these two maintenance items can lead to blowouts, premature tire wear, steering

accidents and golf carts not starting or stalling in traffic.

There is never a charge for this valuable service, and all LW cart owners are urged to participate. Club membership is not required.

Entrance to the cart line-up will be on the exit/alley roadway that connects North Gate Road on the east side of Clubhouse 3.

Club volunteers and Security staff will post directional signs and help maintain order. For more information, contact Rollin' Thunder Golf Cart Club President Tom Davis at 562-431-6859.

TRAFFIC COLLISION

Man arrested in fatal crash that closed Seal Beach Boulevard

Seal Beach Police arrested a 39-year-old Los Angeles man March 4 on suspicion of driving under the influence after a single car crash at about 2 a.m. A passenger in the car was killed and traffic was snarled at Seal Beach Boulevard near the North Gate, which was closed for hours while police investigated.

The driver, identified as Victor Alfonso Campos Carranza, was transported to a local hospital for treatment, according to the Seal Beach Police Department (SBPD). He was later transported to the Orange County Jail to be booked for felony DUI causing bodily injury and gross vehicular manslaughter while intoxicated.

According to police, the vehicle crashed into a pole on southbound Seal Beach Boulevard, and the female passenger was ejected from the vehicle. She was pronounced dead at the scene.

Members of SBPD's Serious Traffic Accident Response Team responded to investigate the collision. A Sigalert was issued for the closure of all southbound lanes on Seal Beach Boulevard at Old Ranch Parkway, the northbound first and second lanes of Seal Beach Boulevard at Golden Rain Road, and both the I-405 southbound and I-405 northbound off ramp left turn lanes at the Seal Beach exit—all of which caused substantial delays.

All roadways were reopened by 11:30 a.m. the same day.

Anyone with information about the incident should contact traffic investigator office James Dowdell at 562-799-4100, ext. 1627, or jdowdell@sealbeachca.gov.

—Seal Beach Police Department

BOARD
from page 1

From Jan. 17 to March 1, there were 284,900 total entries through the three gates, totalling just over 6,300 entries per day. Over 75,000 guest passes have been issued or scanned, representing nearly 1,700 visitors per day.

A total 26 gates have been damaged, all of which were re-attached and repaired for little to no cost.

Wireless Campus Links

Upon the recommendation of the Operations Committee, the board approved a contract with Alpha Omega in the amount of \$2,950, reserve funding, to perform a site survey and provide a design for replacing wireless links between GRF office buildings.

The GRF currently pays a monthly fee of \$1,875 to FTS to provide and maintain the wireless campus links. There are frequent outages and unreliable communication channels because the equipment is over 8 years old and needs to be securely mounted to the building.

The site survey will provide GRF with detailed design and information to formalize a quote for replacing the wireless links. The new antennas will be affixed to a 50-foot-tall, self-supporting antenna mast and will operate at a different frequency range, which is less susceptible to interference. It will also operate at much higher speeds to fully support GRF technology.

Community Garden Rules

Despite the recommendation of the Member Services Committee, the board voted against amending 70-1747-1, Community Gardens—Rules.

The board questioned fencing specifications, rules stipulating what can be planted in plots and other instructions in the proposed new rules.

The policy does not include information on how the 248—25 handicap accessible—plots will be allocated as that plan is still being finalized. Rather it specifically relates to the operation of plots once they have been assigned.

The board voted down the proposed policy, with directors citing confusion regarding possible overlapping policy iterations and missing first references to important components such as leases. The policy will be sent back to committee for review, which could delay the opening of the garden area, which is still under construction but on schedule for spring planting.

In addition to the policy discussion, a couple of members of the board questioned how the plots will be allocated. GRF Recreation Director Jesse Cripps told the board that the department is canvassing former plot holders and those on a waiting list for the previous mini farm. Staff is culling out people who no longer live in LW or no longer want a garden. He is confident that most people who want a plot will get one. The exact allocation formula is still being decided as is the number of years plots will be leased.



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THE GREAT

LEISURE WORLD

DISCOVERY TOUR

Prepare for tours and more in CH 1

by Kathy Thayer
Recreation Manager

The Great LW Discovery Tour will be held on Saturday, April 6, from 11 a.m.- 2 p.m. Sixty-three clubs have committed to the event that will give residents, especially those who don't typically take advantage of LW's amenities, an opportunity to experience a wide variety of activities. The clubs are busy planning activities for the day.

Let's take a tour of what is planned for Clubhouse 1:

Margie Thompson, president of Community Karaoke that meets every Wednesday night in Clubhouse 1, is extending a special invitation on April 6.

"If you've never tried karaoke, this is your chance. Warm up your vocal cords. Get ready to sing the karaoke way!," Thompson said, adding that the club will hold a free raffle for a \$25 gift card. "Be brave and try it! You're welcome to sing or listen."

The Clubhouse Ambassador will direct "tourists" to each of the activities. Be sure to stop by the Historical Society while you are there. Current President Margaret Gillon asks, "Curious about the history of Leisure World and how we were built?"

Visit the Historical Society and Museum in Clubhouse 1. The society collect treasures, artifacts, pictures, movies and documents about LW's past and make them available at the Museum. Visitors can enter a drawing for a gift bag featuring a rare copy of Judith Trolander's book 'From Sun Cities to The Vilages,' which tells the history of Leisure World."

Stop by the Lobby on your way to the karaoke party and say hello to the Aloha Club. Per Leah Perrotti, the Alohaspirit is what drives this club. Learn about Hawaiian music, food, language, culture and promoting acts of kindness. People can also learn ukulele at the club's Wednesday morning meetings.

A key component of the tour of this clubhouse is LW's state-of-the-art woodshop. Skilled volunteer supervisors, led by Ralph Miller, will demonstrate the extensive equipment available. Need help with a project? This crew is ready and willing to help, six days a week from 8 a.m.-2 p.m.

Paws, Claws, and Beaks will host its pet program in the

adjacent picnic grounds. They'll have prize drawings, K9 contests, a cat expert and a therapy parrot. Want to enter a fur baby? Those riding the tour bus should know that pets need to be leashed and in a carrier.

The Clubhouse Ambassadors will be your guides to each activity and will stamp your passport.

You will get one stamp at each of the six stops the minibuses cover, not a stamp at each club event. Then, at 2 p.m., people can head over to Veterans Plaza for the closing ceremony featuring more raffles and the grand prize drawing.

A completed passport qualifies you for a Golden Ticket for the grand prize. Can't go to every venue? You'll still be eligible for other drawings based on how many stamps you get.

For more information, contact kathyt@lwsb.com. Next week will feature a snapshot of events at Clubhouse 2.



Celtic band Sportive Tricks will perform in Clubhouse 4.

Enjoy celtic music and corned beef at St. Patty's Dinner Dance

GRF's fourth annual St. Patrick's Day Dinner Dance will be held Sunday, March 17.

Clubhouse 4 will fill with the aroma of corned beef and cabbage, baby carrots and roasted red potatoes, a Sonoma salad dressed with a raspberry vinaigrette and brownies, all catered by Country Gardens. Strains of Irish music will be provided by an authentic Celtic band.

This year, GRF is bringing back Sportive Tricks, a Celtic band with a kick. From time-honored sing-alongs and sea chanteys, to covers with a twist and original songs, the seven members of Sportive Tricks each bring their own voices, instrumental talents, experience and energy for a toe-tapping good time. The band received rave reviews after their 2023 performance.

Tickets are available now at the Recreation Office, located in Building 5. Tickets are \$45 or \$325 for a table of eight. Doors open at 5:30 p.m. The band performs from 6-8.

For more information, contact Kathy Thayer at kathyt@lwsb.com or call 562-431-6586, ext. 2326 or 2398.

CITY OF SEAL BEACH

City delays water rate decision to May

The City of Seal Beach has delayed its discussion on water rate increases. At its Feb. 26 meeting, the Seal Beach City Council concluded the public hearing without making a final decision. The City will begin a new noticing period for the protest process and has scheduled a public hearing for May 13.

Full videos of Seal Beach City Council meetings, as well as city commissions, are available online at www.sealbeachca.gov.

Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute (OLLI) at California State University Long Beach has released its spring schedule. People can register for courses beginning Monday, March 11. Classes begin April 2.

Members have access to over 80 classes, including 20 new offerings as well as eight free programs. Topics include computer technology, bowling, politics, nutrition, downsizing and more.

For help registering or for more information, call the OLLI support line 562-985-2398 or email Lee Sianez at Lee.Sianez@csulb.edu.

PHARMACY OPENING



LW's new pharmacy is scheduled to open Friday, March 15. The newly remodeled space will feature an open layout and expanded grocery area.



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PERSPECTIVES

Letters to Editor

Editor:
Thank you for the front page article concerning speeders in LW. This is a major problem and seems to be getting worse.
However, the photo included in your article is not representative of the speed radar signs in LW. The sign pictured is the type of sign I've seen at several locations on Lampson Avenue and Seal Beach Boulevard and in Los Alamitos. The radar signs in LW do not have a posted speed limit. This is a problem. The signs in LW only display the speed your vehicle is traveling.
Anyone can tell that by looking at their speedometer. Why isn't the speed limit of 25 posted above the signs?
I do quite a bit of walking and frequently pass by the radar sign on St. Andrews between Golden Rain and the St. Andrews gate frequently. I'm amazed at the number of vehicles I've seen driving 45 mph and higher. This is almost double the speed limit.
I certainly hope that your front page article will have an effect on at least some drivers.
Please slow down.
Robert Dufney
Mutual 1
Editor's Note: A stock photo was used to best illustrate the story. The LW signs in question do begin flashing as soon as drivers exceed 25 mph.
Editor:
On Feb. 21 about 9 p.m. my wife, Pauline, my dog Marley and I were out for our pre-bedtime walk. At night, I wear a hat with bright lights on it, and I scan our route looking for coyotes. Pauline and Marley walk ahead of me.
As I was scanning, I saw a coyote staring back at me. I yelled to Pauline, and she reached down and grabbed 10-pound Marley and scooped him up. This time, it was me, not Marley, chasing the coyote. He was safe in Pauline's arms leaving me to chase the coyote, which was five times as big as Marley.
On our morning walks, it is just the two of us, and I wear a yellow cap so drivers can see us when we cross streets.
Most drivers stop to let us cross. There are a few that look like they want to run us over. I take a snapshot of their license plates with my cap camera.
Barry Allen
Mutual 10
Editor:
What an astonishingly hate-filled letter from Brian Harmon in the Feb. 22 issue. To liken a generation of young people who are desperately trying to better their future through education to frivolous, fun-seeking swine at the "trough" is absolutely atrocious, in my opinion.
If education had not turned into a for-profit industry, investing in arms and oil and enabling administrators and football coaches to become millionaires, these loans might never have been necessary. But, of course, that would have obviated the

profitable student loan financial enterprises, exemplified by the family of our former Secretary of Education, Betsy DeVos.
More insidious than the attack on the students though is his list of "not-so-useful subjects," which I believe is similar to lists Nazi Germany and Mao may have used in eliminating the intelligentsia, hence potential dissidents, from society. Journalism is on his list, Trump's "enemy of the people." History "not so useful!" Mind boggling! Ethnic and gender studies a la Ron DeSantis' war on woke.
I wonder if he thinks removing books on these subjects from the shelves would make for a more "useful" education? I wonder if ROTC might be near the top of his list of "useful" subjects?
Lee Hoyt
Mutual 11
Editor:
I find it particularly odd that the LW Republican Club has deigned to add "America First" to its name. The phrase is an old, familiar one, dating back to World War II, when a large segment of the American electorate was strongly against participating in the fight against Hitler and his horrible attempt to destroy all the world's Jews.
President Roosevelt felt it was important to support Great Britain and other democratic countries against Hitler but was stymied in these attempts by the Republican Party. It fought every action that Roosevelt tried to apply, saying it was not our fight and that we could not afford it. They prevented him from sending American troops overseas.
FDR managed to support Great Britain by sending ships, planes and munitions to Winston Churchill's military. Doing so made a huge difference and eventually helped them defeat the Nazi scum.
My mother had gone back to Wales to visit her grandmother in 1939. At that time, the War was being fought in Europe. Mam returned to America just as Great Britain was bombed by the Nazis. And so she was there when London, other parts of England, as well as Wales, were bombed. She had a fiancée who was an RAF sergeant pilot who bombed Germany. Sadly, he was killed in September 1939.
"America First" may seem to be a patriotic slogan, but those of us old enough to remember what the GOP tried to do the recognize it as a phrase that does not deserve to be used again. It is a misguided GOP attempt to sound patriotic.
Lynne Burt-Jenkins
Mutual 7
Editor:
I noticed something in a recent letter (Feb. 22) on student loans. I'm not looking for a debate on that topic (and I'm not a "woke" advocate either).
The letter said subjects like history, philosophy, etc., are "fun, not-so-useful subjects." Writing as one who has learned

history in and out of classrooms and used it in workplaces, I have this response. An old proverb says those who learn from history yet repeat it, lose an eye; those who don't learn from history and repeat it, lose both eyes. Those who learn from history and avoid a repeat, keep eyes. Or "those who don't learn from history are doomed to repeat it."
H. Broadbent
Mutual 17
Editor:
Israel has a population of 9 million; the U.S., 340 million. Disregarding the factor of scale:
1. Assume we shared a border with an aggressive neighbor (perhaps valid complaints of aggressive incidents from both sides of the border).
2. Assume that for years our neighbor has vowed to wipe us off the map.
3. Assume our neighbor invades our border and savagely kills 1,200 of our civilian citizens and takes hostage 250 men, women and a few children.
Given the above, what would be your reaction and what response of our government would you demand?
As you determine your personal stance, do not fail to recognize the barbarous details of the Hamas attack (mutilation, rape, murder). War is not a sport subject to a reasonable expectation of adherence to the rules. When *most seriously* aggrieved, will you (and me) not resort to kicking and biting?
Stan Verdi
Mutual 2
Editor:
When I read Brian Harmon's classifications of "useful" vs. "not useful" majors (Feb. 22), I had to ask myself why I found the terms so objectionable in regard to academic majors.
To be sure, universities and colleges were never, for the most part, intended to be trade schools. Those institutions serve a purpose of their own and do it well. For me, the university was a place to learn how to find, weigh and apply knowledge and to evaluate research done by others.
For these purposes, majors and subjects given such short shrift by Mr. Harmon, such as history, philosophy, journalism and anthropology actually were invaluable.
In such a wealthy country as ours, I believe we should give students as much assistance as possible, including the paying off of part of some crippling loans. Educated citizens make all of our lives better.
Betty Buldan
Mutual 15
Editor:
A recent MSNBC analyst (Democrat) summed up Christian nationalism perfectly by stating that "the thing that unites people as Christian nationalists is that they believe that our rights as Americans, as all human beings, don't come from any earthly being. They don't come from Congress. They don't come

from the Supreme Court. They come from God."
Yes. That is exactly what I believe. In the Declaration of Independence, Thomas Jefferson penned: "We hold these truths to be self-evident, that all men are created equal, that they are *endowed by their creator* with certain inalienable rights."
Our Constitution and Bill of Rights do not grant us these rights but affirm rights that are inherent to all of mankind.
In this, America is exceptional, not as Barack Obama asserted when he said, "I believe in American exceptionalism, just as I suspect that the Brits believe in British exceptionalism and the Greeks believe in Greek exceptionalism."
America's exceptionalism is

not because we are great, like other historically great nations, but because our country was founded on the principles of self-determination and limited government, established to serve the "will of the [whole] people."
Conversely, there are non-Christian globalists (Soros, Schwab, Kerry, Legarde, Bergoglio, etc) who see America as an impediment to their quest to rule from Brussels, Washington and Rome.
I strongly believe in the principles established at our founding and will work diligently to defend said principles (and sovereignty) from enemies foreign and domestic, on behalf of my children and grandchildren.
Earwick Ward
Mutual 7

Letters to the Editor

Letters, maximum 250 words, should be typed and delivered to LW Weekly by email (preferred), regular mail or hand-delivered. They 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.

Setting It Straight

Clubhouse 1 is scheduled to reopen on March 10, not Feb. 29 as was incorrectly reported in the Feb. 29 edition of the LW Weekly.



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Deadlines
Editorial: 4 p.m., Thursday, prior to publication week

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Display Advertising
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Mailing Address
P.O. Box 2338
Seal Beach, CA 90740

Delivery Address
LW Weekly Building
13521 St. Andrews Drive
Seal Beach, CA 90740

Online Editions
LWWeekly.com
lwsb.com/newspaper/

Distribution Services
Dan Pomeroy, manager
Eagle Rock Services

VOL 48, NO 10

GOVERNMENT

The 2024 GRF and Mutual Election and Annual Meeting Schedule

	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins* (110-105 days)	Candidate Application Deadline** (80-70 days)	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
MAY	14	328	165	7	1/26	2/26	4/16	3 rd Thu	5/16	10 a.m.	Cumulative Voting
	7	384	193	5	1/26	2/27	4/17	3 rd Fri	5/17	10 a.m.	Cumulative Voting
	10	276	139	5	2/1	3/4	4/18	3 rd Tue	5/21	10 a.m.	Cumulative Voting
	4	396	132	5	2/7	3/13	4/22	4 th Wed	5/22	10 a.m.	Cumulative Voting, Staggered Terms, Bylaws Amend Directly
	16	60	20	5	2/7	3/8	4/22	4 th Wed	5/22	2 p.m.	Cumulative Voting, Staggered Terms, Bylaws Amend Directly
	11	312	104	5 or 7	2/8	3/4	4/23	4 th Thu	5/23	10 a.m.	Cumulative Voting, Par Article 5, of Bylaws will elect 5 or 7 directors, Bylaws Amendments
	9	384	199	7	2/2	3/5	4/24	4 th Fri	5/24	10 a.m.	Voting is per parcel to elect one delegate, Parcels in effect
	8	348	175	5	2/7	3/8	4/25	4 th Mon	5/28	10 a.m.	Cumulative Voting
JUNE	Golden Rain Foundation				Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Ballot Counting Meeting Day	Ballot Counting Meeting Date	Ballot Counting Meeting Time	Notes
	Mutuals 2, 4, 6, 8, 10, 12, 14, & 16				2/20	3/29	5/3	1 st Tue	6/4	10 a.m.	No Cumulative voting, New directors will be installed at GRF Annual Meeting on 6/11 at 2:00 pm.
	Mu.	No. of Units	Quorum	No. of Directors Being Elected	Candidate Application Begins*	Candidate Application Deadline**	Ballots Mailed (30 days before election) ***	Meeting Day	Meeting Date	Meeting Time	Notes
JUNE	6	408	205	7	2/16	3/19	5/8	1 st Fri	6/7	10 a.m.	Cumulative Voting
	1	844	282	5	2/26	3/27	5/10	2 nd Mon	6/10	10 a.m.	Cumulative Voting, Staggered Terms
	5	492	164	4	2/12	4/2	5/10	2 nd Tue	6/11	10 a.m.	No Cumulative Voting, Staggered Terms
	3	432	217	7	2/23	3/18	5/13	2 nd Wed	6/12	10 a.m.	Cumulative Voting
	12	452	151	7	2/29	4/1	5/14	2 nd Thu	6/13	10 a.m.	Cumulative Voting
	2	864	433	9	2/23	3/26	5/15	2 nd Fri	6/14	10 a.m.	Cumulative Voting
	15	502	252	7	3/1	4/2	5/22	3 rd Fri	6/21	10 a.m.	Cumulative Voting
	17	126	64	3	3/12	4/11	5/24	4 th Tue	6/25	10 a.m.	No Cumulative Voting, Staggered Terms
NOTE: * = If the date to apply as a candidate falls on a Saturday or Sunday, applications may be picked up the previous Friday. ** = On deadlines that fall on a Saturday or Sunday, applications will be accepted the following Monday. Candidate applications must be received in Stock Transfer Office by no later than 4:30 p.m., on the deadline day. *** = If the date to mail ballots (30 days before the election) falls on a Friday, Saturday or Sunday, the ballots will be mailed the previous Thursday. **** = The quorum for Bylaws is pursuant to Sections 211 and 102 of the Corporations Code, the proposed Amended and Restated Bylaws must be approved by quorum as stated above. If approved by the shareholders, the Amended and Restated Bylaws will become effective immediately.											

Recap of Board Activity, Feb. 27

Approved consent agenda: MOVED and approved the minutes of the GRF Board of Directors Minutes, Jan. 23, 2023; Accept the Interim Financial Statements for December 2023 for Audit; Accept the Reserve Funds Investment Purchase for December; Approve Transfers of Funds for GRF per Civil Code 5502; Ratify Tentative Vote: Amend 13-5025-3 GRF Election Procedures; Ratify Tentative Vote: Amend 30-5093-2 Authorized Resident (AR) Rules of Conduct, Non-Compliance with Rules of Conduct—Fines and Penalties Rescind CO-VID-19 Emergency Operational Rules; Rescind 40-5580-2, Entry Passes—Fees.

Reserve Funding: Clubhouse Four Replacement of Fire Panel from Reserve Funding: MOVED to award a contract to All American Fire Systems in the amount of \$4,250 reserve funding for the replacement of the Fire Alarm Panel at Clubhouse 4 and authorize the President to sign the contract.

Reserve Funding: Addition of Cameras to Entrance Gates: MOVED to approve the purchase of nine cameras for the entry gates at a cost of \$4,500, Reserve Funding and authorize the President to sign the contract.

Reserve Funding: Site Survey to Design and Replace Wireless Campus Links: MOVED to pay \$2,950 to Alpha Omega to perform a site survey, provide a design for replacing the wireless campus links, and authorize the President to sign the contract.

Governing Documents: Amend 70-1447-1, Community Garden—Rules: FAILED to amend 70-1747-1, Community Gardens—Rules, and renumber it as 37-1747-1.

Governing Documents: Amend 30-1000-3, Member Services Committee Charter: MOVED to amend 30-1000-3, Member Services Committee Charter, changing language throughout.

Governing Documents: Amend 14-5540-1, Contingency Fund: This item has been removed from the agenda.

Ratify Tentative Vote: Adopt 10-1937-3 Community Rules Violation Panel and Appeal: MOVED to ratify 10-1937-3, Community Rules Violation Panel and Appeal Procedure, changing language throughout.

Public Comments at GRF Meetings

California law requires the Board to establish reasonable time limits for members to speak at meetings. (Civ. Code Sec. 4925(b).), and how the Board responds to questions or concerns; most often the Board is unable to respond (Civ. Code Sec. 4930.).

Time limits are four minutes per

COMMENTS, page 11

Mutual election cycle begins; Directors are needed to serve

The community unity of Leisure World Seal Beach is a direct result of volunteer work by Mutual and GRF Board members duly elected to serve their Mutuals and residents.

This community was founded on the premise that the Mutual Boards and the elected Board of Directors work alongside on day-to-day operations of each Mutual Corporation. Directors

address the issues of most importance to their electorate—the shareholders, whereas the Board of Directors finds solutions to existing problems.

Leisure World Seal Beach has many residents with experience in various fields who could make a difference by becoming a candidate for a director's position on their Mutual's Board of Directors. The schedule above indicates each Mutual's annual meeting and election date, and the deadlines to apply for candidacy.

Those who are interested or have any questions about becoming a candidate for election to their Mutual's Board of Directors can call 562-431-6586, ext. 2329.

For questions about GRF elections, call 562-431-6586, ext. 2393.

Call for candidates for the GRF Board of Directors, even-numbered Mutuals only

The election cycle for the Golden Rain Foundation (GRF) Board of Directors representing Mutual 2 (two seats) and Mutuals 4, 6, 8, 10, 12, 14 and 16 (one seat) began in February. A Mutual Board of Directors may appoint a nominating committee for the purpose of recommending a candidate for election, who will be given candidate instructions by the Stock Transfer Office. Candidates may also self-nominate.

A candidate may be a member who is an officer or director of a Mutual Corporation; any City Council; Orange County Board of Supervisors; City of Seal Beach or the County of Orange Planning Commission. A member of any entity or partnership or an officer or director of any corporation engaged in supplying material or labor to GRF is discouraged from running for the Board. This may cause a potential conflict of interest, causing an unnecessary liability including, but not limited to, breaching fiduciary duties.

Candidates cannot be convicted of a crime that would either prevent GRF from securing fidelity bond coverage or terminate GRF's existing coverage. The candidate must be current in the payment of carrying charges excluding non-payment of collection charges, late charges, fines, remove assessments, costs levied by a third party, or if the member has paid regular or special assessments under protest per Civil Code Section 5658, has entered into and is currently on a payment plan, or if the member has not been provided with the opportunity to engage in Internal Dispute Resolution (IDR). Candidates must be members of GRF for at least one year. Renters/lessees of a unit within a Mutual are not eligible.

Each candidate is required to submit a 300-word or (more/less), single-sided statement to the Stock Transfer Office, written in compliance with the election rules and contain the background, qualifications, and platform of the candidate, and shall not contain any disparaging or defamatory content. The statement will be mailed out with ballots.

Candidates should refer to GRF By-laws, Article Six, Section One, and complete an Eligibility Disclaimer. Application for Candidacy forms and GRF Directors Handbooks are available in the Stock Transfer Office in the Administration Building, and should be submitted by Friday, Mar. 29, 4:30 p.m.

GRF Meetings Schedule

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

Thurs., Mar. 7	Operations Committee Meeting Conference Room A/Zoom.....10 a.m.
Tues., Mar. 12	Member Services Committee Meeting Conference Room A/Zoom.....10 a.m.
Thurs., Mar. 14	Administration Committee Meeting Conference Room A/Zoom.....10 a.m.
Tues., Mar. 26	GRF Board Meeting Clubhouse 4/Zoom.....10 a.m.

Mutual Meetings Schedule

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

Fri., Mar. 8	Mutual 3 Conference Room B/Zoom.....9 a.m.
Mon., Mar. 11	Mutual 9 Conference Room B/Zoom.....9 a.m.
Tues., Mar. 12	Mutual 16 Conference Room B/Zoom.....1 p.m.
Wed., Mar. 13	Mutual 4 (open forum 8:30 a.m.) Conference Room B/Zoom.....8:45 a.m.
Thurs., Mar. 14	Mutual 12 Conference Room B/Zoom.....9 a.m.
Mon., Mar. 18	Mutual 15 Conference Room B/Zoom.....1 p.m.
Tues., Mar. 19	Mutual 14 Conference Room B/Zoom.....1 p.m.
Wed., Mar. 20	Mutual 5 Conference Room B/Zoom.....9 a.m.
Wed., Mar. 20	Mutual 7 Conference Room B/Zoom.....1 p.m.
Thurs., Mar. 21	Mutual 2 Conference Room B/Zoom.....9 a.m.
Thurs., Mar. 21	Mutual 11 Conference Room B/Zoom.....1:30 p.m.

Puzzles & Comics

Answers on page 22

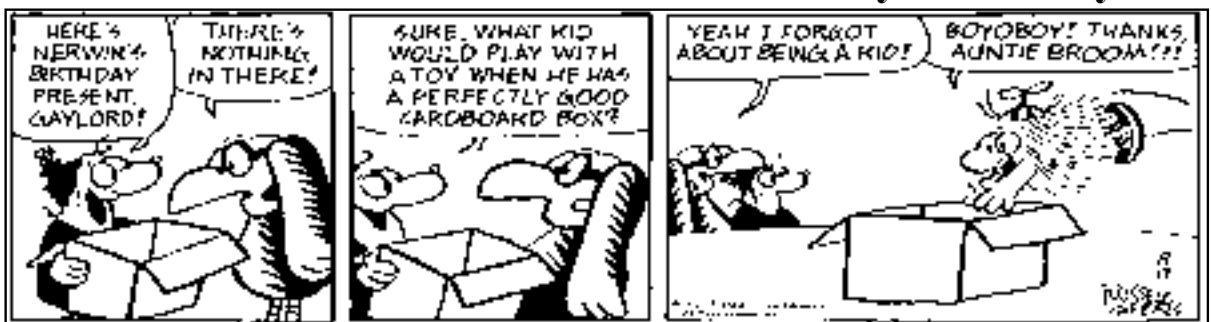
Gasoline Alley

By Jim Scancarelli



Broom-Hilda

By Russell Myers



Middletons

By Ralph Dunagin & Dana Summers



Los Angeles Times Crossword Puzzle

Edited by Patti Varol

"IN TUNE" BY KYLE DOLAN & DYLAN SCHIFF

ACROSS

- 1 Capital known as "The City of Trees"
- 6 HS course for a future poli-sci major
- 11 "How silly of me!"
- 14 Cook brisket, perhaps
- 19 Capital known as "The City of Stairs"
- 20 Quinceañera accessory
- 21 Singer profiled in the 2022 Netflix documentary "Halftime," familiarly
- 22 Ancient Down in the manuscript
- 23 Friends in Low Places?
- 26 Outkast rapper _ 3000
- 27 Org. whose logo features crossed clubs
- 28 Oct. 24 observance
- 29 Chemical in bagel-making
- 30 Cream-filled pastries
- 32 Way off
- 34 Some truffle hunters
- 36 Colorado State's sports team
- 37 Jellicle Ball attendee
- 38 Dust in the Wind?
- 44 Love, in Verona
- 46 Walking tall
- 47 Half-inning trio
- 48 Can opener
- 49 Pixar swimmer
- 50 Lacking proper punctuation, perhaps
- 51 Delight
- 53 School member
- 54 Party in the U.S.A.?
- 58 "Am _ blame?"
- 59 Presto, musically
- 60 20s dispensers
- 61 Capitol Hill fig.
- 62 Amsterdam waterway
- 64 "Just watch me!"
- 66 [Crying emoji]
- 70 Video art pioneer _ June Paik
- 72 Licensed transport
- 73 Train, as a boxer
- 76 Hilton-owned hotel chain
- 77 Dancing in the Street?
- 83 Basic ballet move

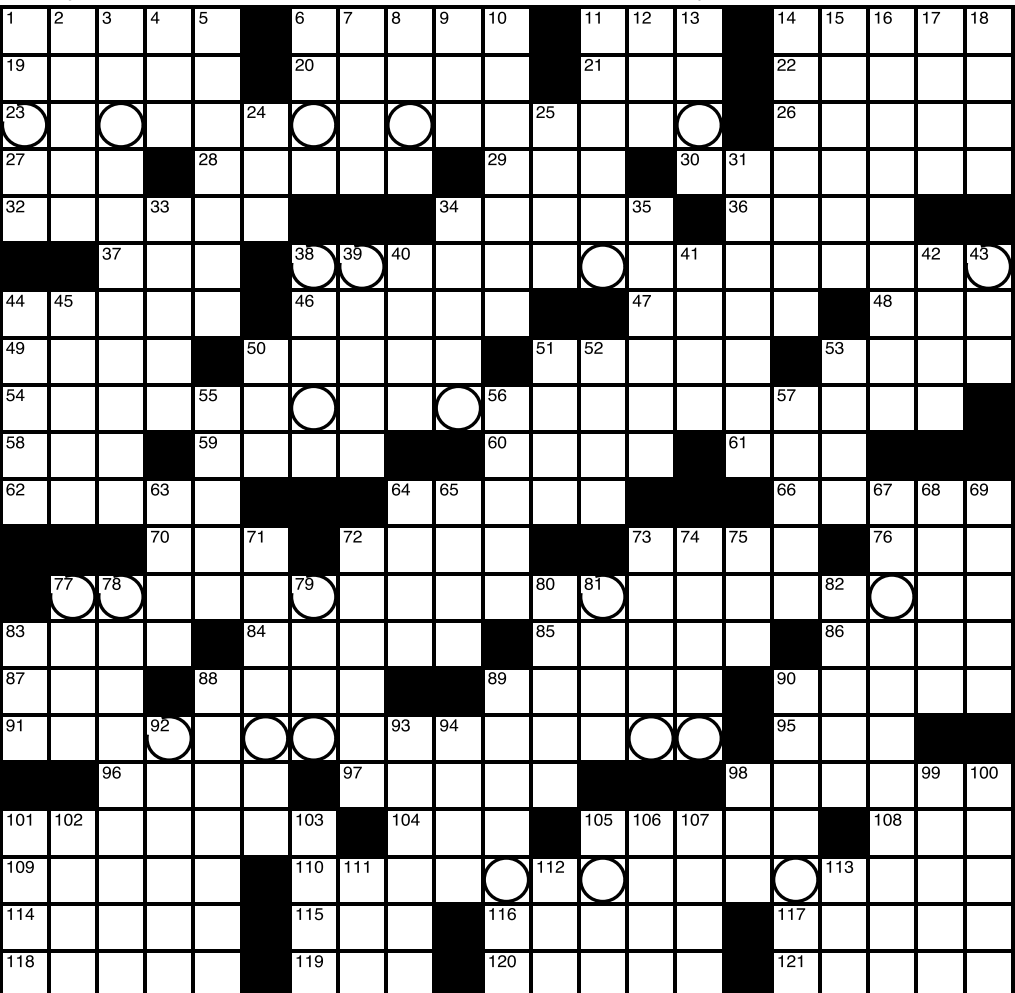
- 84 Antibiotic units
- 85 " _ Kai": Netflix series
- 86 Central Plains tribe
- 87 Organ with a hammer
- 88 Foie _
- 89 Ticket prices?
- 90 Tons and tons
- 91 Crazy in Love?
- 95 DOJ agency
- 96 Bench press targets, for short
- 97 College administrators
- 98 High-end hair dryers
- 101 Flatbread served with dal
- 104 Projectile's path
- 105 Beach balls?
- 108 Noisy fight
- 109 Vessel implant
- 110 Down in the Boondocks?
- 114 Play place?
- 115 To's opposite
- 116 Model/actress Kate
- 117 " _ mañana"
- 118 Less spicy, in a way

- 119 Bros
 - 120 _ profundo: low voice
 - 121 Oyster cracker?
- DOWN
- 1 Unflattering media coverage, briefly
 - 2 Rolex competitor
 - 3 "Seriously!?"
 - 4 Maple syrup base
 - 5 Like a hotel bathroom, often
 - 6 Teeny bit
 - 7 Gyro wrapper
 - 8 "Slow Horses" actor Oldman
 - 9 Deposit for processing
 - 10 Unit for soccer practice carpool, say
 - 11 Video game with a turntable-shaped controller
 - 12 Copa América cry
 - 13 Slip 'N Slide need

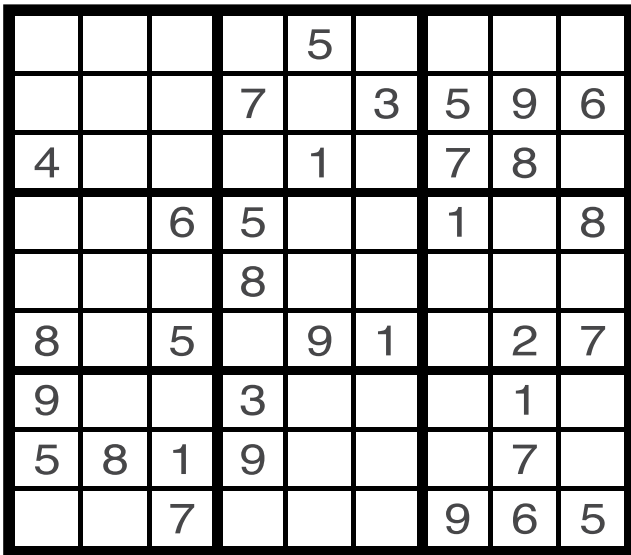
- 14 Quantities such as mass and time
- 15 Address for Hercule Poirot
- 16 "Weird, right?"
- 17 Steve with nine NBA titles as a player and coach
- 18 Old flames
- 24 Finish
- 25 The "C" of the CMYK color model
- 31 Prepare to move, as artwork
- 33 Christmas tune
- 34 Pop star Mars
- 35 Scrubs
- 38 Root veggies
- 39 " _ then again, we could try something else"
- 40 [It's gone!]
- 41 Ardent desire
- 42 "No sweat!"
- 43 "Truthfully," in a text
- 44 Shenanigan
- 45 Conductor Zubin
- 50 Genetic letters

- 51 Many NYC addresses
- 52 Tibetan dumpling
- 53 Festival entry
- 55 Major key of Chopin's "Heroic"
- Polonaise
- 56 Spreading fear
- 57 Bête _
- 63 "The Favorite" queen
- 64 Candy _
- 65 Graph line
- 67 Minnesota's Paul Bunyan, for one
- 68 Item in a quiver
- 69 Bros
- 71 Wild hurry
- 72 Threw out
- 73 Serious
- 74 Coach purchase, perhaps
- 75 _ plancha: Spanish cooking method
- 77 Concrete piece
- 78 Classic travel trailer
- 79 Castle defense
- 80 Sour compounds

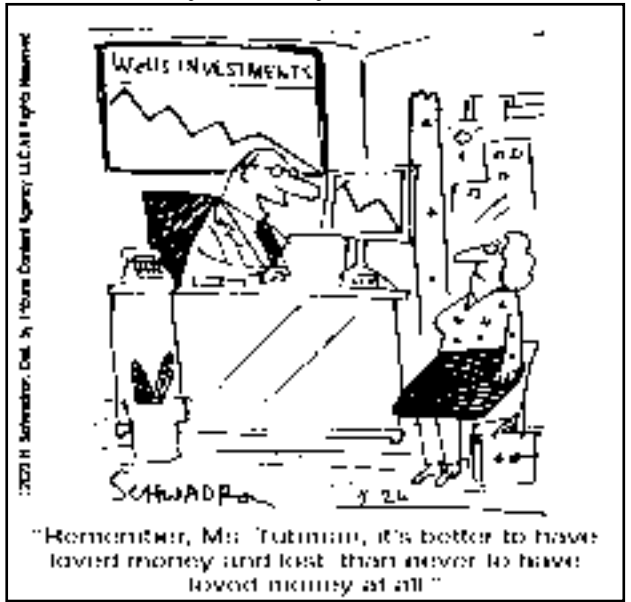
- 81 One-named Irish singer
- 82 Power base?
- 83 Test subject for Gregor Mendel
- 88 Nail polish enhancer
- 89 Devotees
- 90 "Oh, really?"
- 92 Mandarin, e.g.
- 93 "I'll follow you"
- 94 Patio spot
- 98 Green owl in a popular language app
- 99 El _ America, in Mexico
- 100 Necessitate a sleep
- 101 Soft "Over here!"
- 102 " _ boy!"
- 103 Radio toggle
- 105 Oodles
- 106 Sci-fi craft
- 107 Latin dating word
- 111 Anger
- 112 AirNow.gov partner
- 113 Prominent part of a beefeater's uniform



Sudoku I



9 To 5 By Harley Schwadron



I am an actress born on April 13, 1980, in Georgia. I studied theater at the University of Evansville in Indiana. I am best known for my role on the soap opera "All My Children" and for playing a detective on "Law & Order: Special Victims Unit."

Sudoku #2

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

Puzzles & Comics


Answers on page 22

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

CRYPTO FUN

Determine the code to reveal the answer!


Boggle®
BrainBusters!



FOUR OF THE BEST WORD SEARCHERS IN THE WORLD
OFFER UP A CHALLENGE TO YOURSELF AND FRIENDS!
CHALLENGE YOURSELF TO FIND ALL THE WORDS IN THIS
PATTERN. ANSWERING THEM WILL REVEAL YOUR BOGGLE
RATING - HOW GOOD ARE YOU?

BOGGLE POINT SCALE: (3 letters = 1 point) (4 letters = 2 points) (5 letters = 3 points) (6 letters = 4 points) (7 letters = 4 points) (8 letters = 10 points) (9 letters = 15 points)	YOUR BOGGLE RATING: 151+ = Champ 101-150 = Expert 61-100 = Pro 31-60 = Garner 21-30 = Rookie 11-20 = Amateur 0-10 = Fry again!
---	--

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

We put several bird names in words in the puzzle above. Can you find them?

Find AT LEAST SIX SIX-LETTER BIRDS in the grid of letters.

LYME DISEASE WORD SEARCH

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

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

WORDS

BITE
BLACK-LEGGED
BULLSEYE
DEER
DIAGNOSTIC
DOG
FEVER
HOST
ILLNESS
INFECTION
JOINTS
LYME DISEASE
NYMPH
PAIN
PARASITE
PATHOGEN
PREVENTION
RASH
RESPONSE
SPIROCHETE
SPREAD
STIFFNESS
SYMPTOMS
TICK

RELIGION

Join Holy Family Catholic Church's Lenten Fish Fry

Holy Family Catholic Church's Lenten Fish Fry is held on Fridays after the 11 a.m. stations of the cross devotion. With a minimum donation of \$10 per person, people can get the following fish plates:

- March 8: Fish tacos with fruit or a cookie.
- March 15: Fish, fries, coleslaw plus fruit or a cookie.
- March 22: Clam chowder with crackers and fruit.

To join, sign up in the front of the church or parish office or call 562-430-8170.



People enjoyed Community Church's annual Cancer Luncheon on Feb. 21. It was open to all Leisure World residents who have been touched by a cancer diagnosis.

Assembly of God

Sometimes people will do the most extravagant, outlandish things for the sake of love. Romeo learned the hard way that not all grand gestures pay off the way they were expected to. An episode in Jesus' ministry portrays an unanticipated outcome of a quiet expression of extravagant love when a woman anoints Jesus' feet with expensive perfume. By ignoring societal rules of convention, the woman exposed herself to criticism and ostracism. Jesus responded to her accusers with a measured but pointed rebuke, and finishes his recognition of her sacrificial gift by forgiving her sins. Pastor Chuck Franco will preach a sermon titled "Heartfelt Love," from Luke 7:35-50 on Sunday, March 10.

The Wednesday Bible study covers Mark 6:30-8:30 which is session seven of "The Book of Mark," a study by Francis Chan. Jesus miraculously feeds 5,000 on one occasion and 4,000 on another with just a few fish and loaves of bread. His disciples continue to be confounded by his miracles and apparently surprised at his ability to perform them. Jesus walks on water, continues to heal people, raise people from death to life, and is becoming the focus of anger from the Pharisees. The video is followed by interactive discussion, led by Pastor Franco.

LW 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 night of each month at 6 in the Clubhouse 3 Lobby.

More information about the church can be found at www.lwassemblyofgod.com, and on Facebook at the LW Assembly of God Church page, where people can catch up on past sermons. Contact the church office at 562-357-4360, or pastorchuck@lwassemblyofgod.com.

Congregation Sholom

Congregation Sholom will hold hybrid services with Rabbi Karen Isenberg on Friday, March 8, in Clubhouse 3, Room 9, and via Zoom at 6:30 p.m. An Oneg will follow services. Hybrid services continue with Rabbi Mike Mymon on Saturday, March 9, in Clubhouse 3, Room 9, and on Zoom with at 10 a.m. To receive a Zoom invitation, call or text Jeff Sacks at 714-642-0122.

This week's Torah portion is Vayakhel from the book of Exodus. Vayakhel (He Assembled) opens as God commands the Israelites to observe the Sabbath. Moses asks for material donations for the building of the Mishkan (Tabernacle), and the people donate. A group of artisans designated by God begin building the Mishkan and its vessels.

Those who want to become a member of Congregation Sholom should call Howard Brass at 714-396-0121 for a membership packet.

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

Redeemer Lutheran and St. Theodore

On Sunday, March 10, the congregations of Redeemer Lutheran Church and St. Theodore of Canterbury Episcopal Church will celebrate the fourth Sunday of Lent. Bishop Murray Finck will preside. He will focus on the covenants that are found in relationship between the first lesson and the Gospel lesson during the Lenten season.

This Sunday, his sermon is titled "Lift Up Our Eyes, Lift Up Our Hearts." The focus will be the hope and sign of new life in the cross. The 10:30 a.m. worship service gathers at 13564 St. Andrews Drive. All are welcome. Coffee and fellowship is held afterwards in the Fellowship Hall.

As always, people are encouraged to bring donations of canned and boxed food for the hungry.

In preparation for the reception of new members, the sacrament of Baptism, and as an opportunity for any others to have a brief

REDEEMER, page 9

Community Church

This is the fourth week of Lent. As Community Church continues its study in the Gospel of John, it will look at one of the most famous verses in the Bible, John 3.16, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life."

This verse shows up in all kinds of places that perhaps a single verse shouldn't. On signs at football games, bumper stickers, t-shirts etc. But what does this verse mean in context? Community Church will look

at what it means this Sunday as a part of its "Do It Anyway" series. This week the sermon title is "Expect Rejection—Do It Anyways."

Community Church is located inside Leisure World at 14000 Church Place. Sunday worship is at 9:50 a.m., followed by a time fellowship and light refreshment. Come early for a cup of coffee in the Narthex.

Community Church is serious about moving forward in faith and using God-given gifts of reason to challenge the traditions of the church and thought-

fully question the Scriptures.

Those who want to join but are not feeling well are encouraged to stay home and take advantage of the streamed services on Facebook or Zoom. Services are available on Facebook throughout the week, so people can worship at a time that's convenient. People may also join the service live on Zoom. Contact the church office for the Zoom link.

Those who are in need without another way to address it, 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 1:1.

Pastor's Message

This week Pastor Whitlatch will move into chapter three of the pastoral Epistle of 1 Timothy. Verse 15 describes the purpose of this writing from the Apostle Paul to Timothy was, "so that you will know how one ought to conduct himself in the household of God, which is the church of the living God, the pillar and ground of the truth."

The instructions in this chapter included qualifications for the pastors, deacons, and bishops, both men and women, serving the body of Christ because of their common confession in Christ.

This church of the living God is the body of Christ, the members of the local churches. Paul wrote "great is the mystery of godliness." And it is with-

out controversy who was the foundation of the church body. Jesus Christ, God manifested in the flesh. God is a Trinity: God the Father, God the Son and God the Holy Spirit. With this understanding the aforementioned "mystery of godliness" is revealed in Christ, for the benefit of the body of believers throughout all churches that proclaim Jesus as Lord.

Weekend Services

Sunday services, held from 9:30-10:45 a.m., are traditional with hymnal music led by Janet Ray with Sherry Parmenter at the piano. This week, Gregory Black will bring the special musical selection.

Saturday services includes contemporary worship songs led by Black with guitar and vocal accompaniment from 9:30-10:45 a.m.

Midweek Studies

Melli Herrera leads the women's Bible study on Mondays from 10:30-11:30 a.m.

Pastor Whitlatch leads the Tuesday Bible study from 9:30-10:30 a.m.

Pastor Bruce Humes leads the Thursday morning Bible study from 10:30-11:30.



Janet Ray

Pastor Humes also leads prayer and Bible study every Friday from 4-5 p.m.

Scripture of the Week

"God forgives all your offenses, He heals all your diseases, He redeems your life from the pit, he surrounds you with grace and compassion, He contents you with good as long as you live, so that your youth is renewed like eagle's," Psalm 103:3-5.

Contact

For more information about the church, call 562-431-8810 and leave a message.

Read the LW Weekly online at www.lwwweekly.com

HEALTH & FITNESS



Bev Bender

Laughing for the Health of It

Everyone is invited for an hour-long session of laughing for no reason on Wednesday, March 13, at 1:30 p.m. in the HCC Conference Room. Bev Bender is a certified laugh leader who helps people improve their lives through laughter.

Meals on Wheels Orange County

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch

MEALS OC, page 11

Fasting and cooking at home may aid in weight loss

The Wa-Rite Club meets every Friday from 9-10 a.m. in Clubhouse 3, Room 1. Weigh-ins are from 8:15-8:45, and optional for guests. Female LW residents are welcome to visit any of the club's meetings, and should arrive by 8:45.

The club congratulates Lisa Brass who lost 6 pounds the week ending Feb. 16, and Melinda Lee who earned a top loser title the week ending Feb. 23 with a loss of 4.5 pounds. Brass attributed her success to a healthy home-made vegetable soup, intermittent fasting and keeping a food journal. Lee cut back on portion sizes and did not buy foods that would sabotage her goals. Over the two-week period, the entire club lost a total of 48 pounds.

On Feb. 16, Jan Friedland spoke about popular diets, with the focus on the research-based mediterranean diet and its benefits, and provided a handout summarizing the points.

The club members who attended the Long Beach Memorial Hospital annual Women's



Lisa Brass

Heart and Stroke Symposium also discussed heart health, how medications can affect screening results, and the importance of regular check-ups to prevent possible life-threatening conditions. The club invites people to mark their calendars for next year's event on women's health



Melinda Lee

at Long Beach Memorial, which will be held in February 2025.

The last meeting of the month was led by Vice President Bev Bender. The members shared and discussed everything from the benefits of micro-goals to finding joy in daily lives.

—Denise Stabile

The Impaired Vision Support Group

The Impaired Vision Support Group will meet on Wednesday, March 13, at 10 a.m., in Clubhouse 3, Room 9. LW residents with any eyesight issues are welcome to attend. Caregivers are welcome.

—Sandy Esslinger

Free balance classes for LW residents

The County of Orange Office on Aging in cooperation with the City of Seal Beach will offer free balance classes beginning Wednesday, March 13, at the OC Fire Station 48, 3131 North Gate Road. The classes will run for eight weeks and seating is limited. For more information or to register, email Anthony Nguyen at anguyen@sealbeachca.gov.

—John Hlavac

BALLET FITNESS



The Ballet Fitness Club welcomes everyone on Saturdays from 1:30-2:30 p.m., upstairs in Clubhouse 6 Mirror Room. The classes are led by instructor Mel Lockett and provide full body and brain exercise to upbeat music. Everyone is welcome.

LW BICYCLE GROUP



LW Bicycle Group members Jim and Brenda Thomason (l-r), Han Nguyen, Pam McTague, Debra Basler, and Mary Romero rode to the El Dorado Golf Course for breakfast. The group meets at the St. Andrews Gate on Sundays with breakfast, Mondays, Wednesdays and Fridays at 9 a.m. Helmets and safe shoes are required. For more information, call Mary Romero at 562-509-8475 or Lucy Cyza at 818-209-5075.

MEMORY SUPPORT

The Social Connection Adult Day Program coming to LW

Alzheimer's Orange County (AlzOC) is proud to introduce the Social Connection, an innovative Adult Day Program (ADP), and the extension of the Memory Support Team program tailored to LW residents.

The Social Connection program is dedicated to creating a secure and enjoyable environment for residents dealing with cognitive impairment.

The program's mission is to provide a space for socialization

and engagement in memory-supportive activities, and offer valuable downtime for participants' family care partners to attend to their personal needs few hours each week.

SOCIAL, page 11

IMPROVE YOUR POSTURE! INCREASE BALANCE and FLEXIBILITY.
Class Sponsored By City of Seal Beach Recreation Department

Mobility - Strength
Flexibility - Energy
For Men and Women

Essentrics®
Aging
Backwards

► Registration NOW Open ◀
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5 Week Class - 1:30 p.m.
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David Wolfe

Joyful Line Dance Celebrated its 10th anniversary last month.

Joyful Line Dance gathered to celebrate a decade of dancing and fun

On Feb. 29, the Joyful Line Dance Club celebrated its 10th anniversary. Clubhouse 2 was filled with loyal members who are passionate about dancing. Throughout the years, the club's mission has remained the same, to get more people out of their house, dance more, make friends and age well.

The club meets on Thursdays from 10 a.m.-12:30 p.m. in Clubhouse 2. The first half hour is for beginners and intermediate dancers and after a brief break, the students practice more advanced dances.

The classes are led by instructors who take turns teaching, and incorporate the movements from popular dances such as cha cha, rumba, West Coast swing, samba, disco and waltz.

All attendees are asked to sign in with their name, Mutual, and unit numbers, and check in at the front desk before the class. Everyone is welcome with a minimal membership fee. Exercise shoes are recommended.

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

—Anna Derby

MEALS OC

from page 10

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. 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. It returns to the Amphitheater at 11:40 a.m.

Thursday, March 7

Diced chicken with sweet and sour sauce, egg noodles, oriental vegetable blend, whole wheat dinner roll with Smart Balance, sugar-free fruited gelatin, and 1% milk.

Friday, March 8

Baked salmon with mango salsa, rice pilaf, broccoli, 1% milk, yogurt parfait topped with granola or fresh fruit (diet).

Monday, March 11

Chicken torta sandwich (shredded, chicken, pinto beans, lettuce, tomatoes), mayonnaise, telera roll, tropical fruit mix and 1% milk.

Tuesday, March 12

Beef cheeseburger with Swiss cheese, potato salad, shredded lettuce, tomato and red onion, whole grain hamburger bun, mayonnaise, mustard and ketchup, sugar-free gelatin and 1% milk.

Wednesday, March 13

Braised beef with burgundy sauce, sweet potatoes, green beans, whole wheat dinner roll with Smart Balance, fresh fruit and 1% milk.

SOCIAL

from page 10

Beginning this month, the ADP will meet on Wednesdays and Fridays, in Clubhouse 6, Room 2, from 10 a.m.-2 p.m. Attendance on both days is mandatory, offering participants a range of recreational, social, and therapeutic activities, along with lunch. AlzOC is currently accepting applications and people are required to RSVP.

On Friday, March 8, the ADP will have an open house upstairs in Clubhouse 6, from 10-11:30 a.m. Everyone is welcome. Coffee and pastries will be provided.

Financial support for the Social Connection ADP is provided by AlzOC, the Administration for Community Living, Golden Age Foundation, and Brookdale Foundation.

To RSVP or for more information, email Gayle Ehrenberg at gayle.ehrenberg@alzoc.org or call 949-293-7326.

—Robann Arshat

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

Thursday, March 7

Beef stroganoff, egg noodles, green beans, carrots, sugar cookies, roast beef and cheese sandwich with lettuce, tomato, pickle, and creamy coleslaw.

Friday, March 8

Vegetable fritatta, cornbread, carrots, apple sauce, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing and crackers.

Monday, March 11

Rosemary chicken with garlic sauce, rice pilaf, carrots, mixed vegetables, pudding, chicken salad sandwich and marinated beet and onion salad.

Tuesday, March 12

Meatloaf with mushroom gravy, mashed potatoes, spinach, tangerine, Greek chicken salad with tomatoes, olives, cucumber, feta cheese and crackers.

Wednesday, March 13

Roasted chicken with barbecue sauce, sweet potatoes, broccoli, chef's special cake, turkey and cheese sandwich and carrot and raisin salad.

COMMENTS

from page 5

speaker for 15 or fewer speakers; three minutes per speaker for 16-25 speakers; and two minutes per speaker for more than 26 speakers. To address the Board, submit a comment card at the meeting before it is called to order. Members may email correspondence to the executive coordinator at grfboardaction@lwsb.com.

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하늘의 뜻을 땅에 심는 LW 한인 커뮤니티 교회 부흥성회

은혜의 보좌 앞에 나아가자!

LWKCC Revival Worship | 2024.3.15(금) - 17(주일) | 강사: 이용남 목사 (서울 장석교회 원로)

March 15-17, 2024 (Fri-Sun) | Guest Speaker: Rev. Yongnam Lee (Seoul Jangseok Church)

히브리서 Hebrews 4:16

"Let Us Approach God's Throne of Grace"

LWKCC 창립 14주년 감사함을 모아 서울 장석교회 원로목사 이신

이용남 목사님을 모시고 부흥 성회를 개최 하오니

"은혜의 보좌 앞에 나아가자" 은혜의 잔치에 초대합니다.

To express our gratitude for the 14th anniversary of the founding of LWKCC, we are holding a revival crusade with Pastor Lee Yong-nam, senior pastor of Jangseok Church in Seoul. "Let us come before the throne of grace" We invite you to the feast of grace.

3/15(FRI) 6pm, 은혜의 기회

찬양대 여성 중창 (5(FRI) 6pm, Opportunity for Grace, Praise Band, Female Choir.)

3/16(SAT) 6am, 은혜의 관문

팀장부 팀장 (토요조찬) (6(SAT) 6am, Gateway to Grace, Team Leader/You Team Leader (Breakfast))

3/16/6pm, 은혜의 문을 여는 열쇠

(특별출연: LW한인합창단) (6pm, the key that opens the door of grace (Special appearance by LW Korean Choir))

3/17(SUN) 11:50am, 충만한 은혜

(찬양대 남성중창) (중식) (7(SUN) 11:50am, Full of Grace (Chorus, male choir) (Lunch))



Rev. Lee. Senior Pastor Yong

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ARTS & LEISURE

Wednesday Karaoke Nights

It was a raucous karaoke evening at the club's temporary meeting place in Clubhouse 4 on Feb. 28.

Bob Barnum mesmerized the crowd singing "Music of the Night." Flo Lee and Essie Hicks sang a powerful "Take My Breath Away." Walt and Sue Piippo did the Everly Brothers hit "Walk Right Back."

The audience loved first-time karaoke singers Jacci Morrow, Judy Georger and Annie MacDonald.

Kyung Ju beautifully sang the haunting song "Don't Cry for Me Argentina." Ellen Brannigan had people singing along with "One Day at a Time."

"Achy Breaky Heart" by Vito Villamor made the line



A group sings together at Wednesday night karaoke.

dancers happy. Sally Glusser charmed with "Wouldn't It Be Lovely."

It was a birthday celebration and everyone enjoyed Philly cheesesteak sandwich-

es from John's Philly Grille.

The Community Karaoke Club meets Wednesday nights in Clubhouse 1 at 5:30 for music, laughter and fun.

—Margie Thompson

ART LEAGUE

Guest judge is watercolor expert

The LW Art League will meet March 12 in Clubhouse 4 at 7 p.m.

The guest demonstration artist and competition judge will be watercolor painter and author Geri Medway. She was a 16-year exhibitor at the Festival of Arts of Laguna Beach and this summer, she will exhibit her works at the Laguna Art-A-Fair where she will also hold workshops. In 2023, her five workshop dates titled "Watercolor with a Twist" sold out.



Geri Medway

Medway began drawing and painting at an early age in Chicago, Illinois. As a child, she attended scholarship classes at the Art Institute and later the American Academy of Art, after which she worked in the graphic arts field.

After moving to Southern California, she continued her artistic development by painting with watercolors. Her artwork is driven by a lifelong love and sense of awe for the natural world. Her passion is painting light in all its subtleties.

Medway is a signature member of the National Watercolor Society and Watercolor West. She was also the 1998 president of the Mission Viejo Fine Art Society. She has been recognized with awards by numerous art festivals and art associations. A natural teacher, she has authored painting instruction books and taught art workshops in locales such as Limoux, France, and Yosemite National Park. Her work is held in numerous collections in the United States and abroad.

Although Medway's primary medium is watercolor, she also paints with oils and acrylics. Each medium demands different methods which keeps her challenged, fresh, growing and excited to paint.

LW Art League members in good standing are invited to bring their art and enter in the league's competition, which will be judged by Medway. Everyone is invited to watch the demonstration.

The popular vote theme is portrait. The club is collecting 2024 dues renewals. People who have not paid should bring cash or a check at the meeting and pay their membership dues renewal at the reception table. Only paid members will be included in the 2024 membership directory, which will be out in April. The club is also soliciting photos of people's artwork to be used as cover art for the directory. Send the photos to lwsb.artleague@gmail.com.

—Larry Sioson

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Saturday Morning Dance Class

There are two dance classes every Saturday morning in Clubhouse 6 (second floor). For March the classes are: West Coast swing at 9, followed by Rumba at 10. Each class is \$7 per person. The class participants vote on new dance topics every month.

Prior dance experience is not necessary and partners are not required. For more information, contact Howard Small at 516-659-3314.

COIN CLUB

Club holds coin auctions, raffles

The LW Coin Club will meet Wednesday, March 13, in Clubhouse 3, Room 2, at 1:30 p.m.

Members can participate in door prizes, refreshments, coin auctions, coin raffles and group discussions regarding currency and coins.

Refreshments will be provided. Leisure World residents can have coins evaluated at no cost.

Leisure Time Dancers

The Leisure Time Dancers hold classes on Monday afternoons in the dance studio, upstairs in Clubhouse 6. Salsa is at 2, followed by a continuation of The Hustle at 3. Beginners are welcome.

No partner is necessary. The class will rotate so everyone dances. A review of basics is included. The cost is \$8 per person for one class; \$12 per person for two classes in a single day.

For more information, contact Nancy Lyons at nhlyons@icloud.com.



LW resident Carol Lawler displays her nature photography at the 2023 Arts & Crafts Festival.

GRF Spring Arts & Crafts Festival

The second annual GRF Spring Arts & Crafts Festival will be held on Friday, April 12, and Saturday, April 13, in Clubhouse 2 from 9 a.m.-2 p.m.

The Arts & Crafts Festival is held for the purpose of encouraging the creative talents of LW members. In 2023, Recreation added a festival in the spring to augment its traditional Fall Arts & Crafts Festival as demand has increased.

While invited to exhibit their products, participants must adhere to guidelines established in Golden Rain Policy 1481; items for sale at the festival must have been made by the shareholder/member. No manufactured articles may be sold. Each seller must live in Leisure World and must be a GRF member to qualify as an exhibitor of sale items at the festival. People are invited to come and support their fellow residents.

Artisans who want to participate can sign up at Clubhouse 2 on Wednesday, March 20, from 7-9 a.m. A full table is \$10 but may be shared with another participant for \$5.

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Empowering Our Female Community

In honor of **Women’s History Month**, we are offering a Women’s Series within our Connect to Healthy Living Seminars this March.

Join us at one or all of our women-centric seminars while our expert speakers provide educational lectures on women’s health topics. It is our hope to empower our female community members to be more proactive in their health and well-being, and offer appropriate support.

Menopause & Your Pelvic Health

Tuesday, March 12 | 5:30 – 7 p.m.

Learn about menopause and how it affects your entire body, including your pelvic floor.

Connection Between Weight Management & Increased Health Risks

Wednesday, March 20 | 5:30 – 7 p.m.

Learn how genetics, metabolic, environmental, and social factors play a part in weight management, and the role of new weight-loss medications.

RSVP at [memorialcare.org/WomensEvent](https://www.memorialcare.org/WomensEvent) or by scanning the QR code.
Virtual and in-person options available.



All seminars held at:
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Anthony Bernasconi performs as Michael Bublé during the 2023 Amphitheater season.

The Ultimate Michael Bublé Experience

For people who caught his performance last summer at the Amphitheater or recently at the Valentine’s Day Dinner dance, Anthony Bernasconi needs no introduction. He will perform at the La Mirada Theater on April 5 at 8 p.m., and GRF will provide bus transportation for the first 54 residents to grab tickets.

The La Mirada Theater said this about the show: “Feelin’ Good: The Ultimate Michael Bublé Experience is by far the finest Michael Bublé tribute in the United States! Backed by a 17-piece orchestra, Anthony Bernasconi perfectly emulates the velvet-voiced crooner in a high-energy, interactive show that is sure to delight Bublé fans of all ages. Enjoy favorites from the Great American Songbook in classic Bublé style, as well as a selection of Bublé’s greatest original hits like ‘I Just Haven’t Met You Yet.’”

Tickets are available now at the Recreation Office, located in Building 5, for \$62. The box office is open weekdays from 8 a.m.-4 p.m. For more information, contact Kathy Thayer at kathyt@lwsb.com or call 562-431-6586, ext. 2326 or 2398.

Grab ‘n’ Go Food Truck Schedule: March 7-13

Thursday: Domino’s Pizza at Clubhouse 6—Call ahead at 562-493-2212 for special orders, wings and salads. The truck is on site from 3:30-7 p.m. Cash and cards are accepted.

Monday: Kabobaholic Food Truck at Clubhouse 6—Enjoy chicken or meat kabobs, gyros, falafel, and loaded fries. To preorder, visit www.kababaholicft.com or text 949-400-4696 and mention Leisure World. Only cards are accepted. The truck will be on site from 3:30-5:30 p.m.

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

Wednesday: Italian Burger Food Truck at Clubhouse 6—Try burgers, chicken, steak and loaded fries with an Italian accent. See the full menu at www.italianburgergrill.com/munu.



Wraps and gyros from Kabobaholic Food Truck.

italianburgergrill.com/munu. Preorders are accepted online at info@italianburgergrill.com or by texting 424-299-6291. The 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

bus service is available before 4:30; and weekends on-call any time. Call a ride at 562-431-6586, ext. 2379. Vendors are subject to change.

For updates, sign up for LW Live email notifications by visiting www.lwsb.com/lw-live-sign-up/.

See Travel stories on page 27.



Jon Pearlstone will perform with the Legends of Rock Dance Band on March 16.

Let the Good Times Roll Club

The Let the Good Times Roll Club will hold a St. Patrick’s Day Eve party on Saturday, March 16, in Clubhouse 2. Admission is by reservation only and people are encouraged to order their tickets early. Call Martha Destra at 562-225-0037 to get tickets at \$22.50 each or \$160 for a table of eight. By the request of vegan guests, the club can order egg salad on croissant sandwiches in place of corned beef at the same price.

Doors will open at 4:30 p.m. as guests arrive and are seated at their assigned tables. The menu includes stacked corned beef on rye sandwiches with Boar’s Head corned beef. They will be wrapped in foil and heated. The meal will be served with sandwich condiments, creamy coleslaw and chips, as well as green non-alcoholic punch and green ice cream for dessert.

Coffee, with creamers, bottled water, ice and cups will also be available. Guests may bring additional beverages and snacks if they choose.

The Legends of Rock Dance Band will keep the party going with dancing till 9 p.m. Clubhouse 2 will be decked out in green and white with shamrocks, leprechauns and pots of gold. Irish attire and accessories are optional but encouraged.

There is no costume contest, but all the hats, t-shirts, ties and green dresses add to the party spirit. Club Vice President Lu DeSantis will photograph the event and post the pictures on the Let the Good Times Roll Facebook page.

—Martha Destra

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VIDEO PRODUCERS CLUB

Member videos shown on SBTv

It’s free to watch SBTv, the City of Seal Beach’s community television station with internet at home. SBTv streams Leisure World programming and other programming on the internet 24 hours a day. The Video Producers Club contributes content to the channel. To watch SBTv and videos made by the club, go online to <http://sbtv.streamsource.tv>.

—Ivy Kung



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The Legends of Rock Dance Band

PICKLEBALL PLAYERS CLUB

Legends of Rock will perform at monthly hump day dance

The Legends of Rock Dance Band will return to Clubhouse 2 on Wednesday, March 13, from 6-8:30 p.m., performing classic rock dance hits as part of the Pickleball Players Club's monthly hump day dance.

Like last month, Mick Jagger tribute artist David Anthony will join the Legends of Rock for some Rolling Stones tunes and a special set during the break. This dance is free, but donations are greatly appreciated.

The Legends of Rock Dance Band plays the best of the best dance songs from artists including the Beatles, Rolling Stones, Springsteen, Elvis, Doobie Brothers and many more.

The band features Leisure World residents Jon Pearlstone, Laura Gardner, Tony Burris, John Sanchez, Andre Du Somme and Ziggy Romano. Bass player and singer Bob Groncki will return in April.

Everyone is welcome to attend.

Restaurant Review: Hof's Hut

Leisure World residents are welcome to submit reviews of their favorite restaurants. Reviews should include the writer's full name, contact information and a Mutual number. Make sure the restaurant's name, telephone number, address and operating hours are included in the review, which are subject to editing and will be run as space allows. Email them to emmad@lwsb.com.

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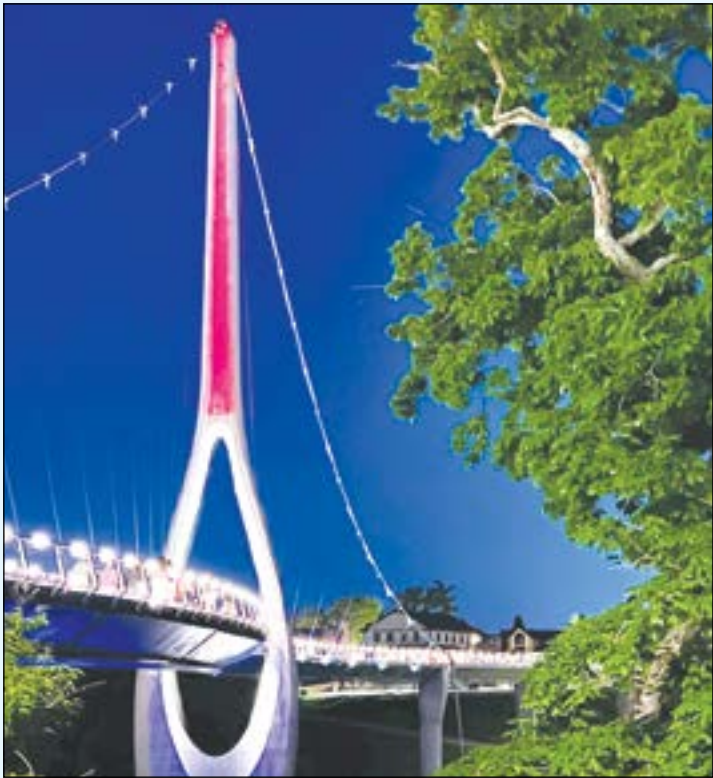
by **Barry Allen**
LW contributor

Pauline and I had dinner at Hof's Hut on Feb. 19 for a fundraiser. We met many of our friends there.

Pauline had chicken piccata (\$18.99) and I had shrimp scam-pi pasta (\$18.75) and a slice of apple pie (\$4.75).

Pauline and I drive past it almost every day and I had never been there. The place is large, well-staffed, and has a comprehensive menu with lots of free parking.

If you are like me and have never dined there it is time you tried it.



Regine Schumacher

A footbridge in Dublin, Ohio.

Photo Arts Club

The Photo Arts Club will meet Thursday, March 14, at 1:30 p.m. in Clubhouse 3, Room 9. The assignment is to take night photos with a camera or iPhone.

People should email their best three photos to Ben Ben-jamins at benbenjamins@hotmail.com before March 11. The photos will be shown at the meeting.

A Facebook page has been created for all LW residents interested in photography. On Facebook, look for "Photographic Arts Club of Leisure World." This is a private page to avoid outside ads or comments. To join, hit the "join" button, and LW residents will be approved. People can feel free to 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 photos of their choice to be displayed and to be commented on. People who have hangers at home and are not using them should return them to the club.

Individuals with technical or other question 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.

—Regine Schumacher



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Opera Club

Everyone is invited to attend the showing of John Adams' 1987 opera "Nixon in China," on Tuesday, March 19, at 2:30 p.m. in the Learning Center.

Composer Danielle O'Hallisey will introduce the opera, keeping the discussion brief and focusing mostly on historical context and a brief discussion of minimalism.

This opera by composer John Adams and the librettist Alice Goodman is a probing musical look at East-West tensions from a political/diplomatic event that occurred 15 years prior in 1972.

Act 1, set in 1972, depicts the arrival of Air Force 1 in Beijing where Richard and Pat Nixon greet Chou En-lai with respective diplomatic niceties. Next is a scene in Mao Tse-tung's study where Pat Nixon expresses her feelings about humanitarian activities.

Act 2 reveals Pat Nixon's tour of a commune and their arrival at the Summer Palace where they discuss politics with Mao Tse-tung and his wife Chiang Ch'ing, along with the appearance of Henry Kissinger followed by a Chinese ballet.

The final scene, set in 1987, depicts Richard and Pat Nixon, along with Mao Tse-tung and his wife Chiang Ch'ing, and Chou En-Lai singing about their differing memories and perspectives.

Adams conducts this 2011 performance at the Metropolitan Opera. The production is in English with English subtitles. People are welcome to wear masks indoors. No dues or fees are collected.

For more information, contact Margaret Gillon at MargaretGi@yahoo.com or 562-370-3844.



A shot of the opera "Nixon in China," composed by John Adams.

COMMUNITY

SENIORS FOR PEACE

How to make the most of retirement

The Seniors for Peace Club will meet today, March 7, at 2 p.m. in Clubhouse 3, Room 9. The featured speaker will be Dave Silva. He will talk about the concept of retirement, how it evolved and how to make it productive and fulfilling. Retirees should always keep learning, being involved in the world around them, and doing new things.

Silva has lived in Leisure World for the past 24 years. During that time he has been president of the Democratic Club, run for the State Assembly in 2004, and served on the executive board of the Orange County Democratic Party. He has also been president of the Pool Club and Bowling Club, and for the past six years has served as president of the Humanist Association, presenting programs on building a better society. He is the author of "Searching for Utopia," which explores humanity's search for that better life.

Prior to moving to Leisure World, Silva's background ranges from science fiction fandom to being a tournament chess player, teaching a college



Dave Silva

course called "A Brief History of Science Fiction" and teaching chess to third and fourth graders.

All residents and guests are invited to attend. Call Pat Kruger at 562-357-4040 for more information.

Learn how to communicate in an emergency March 22

The LW Community Emergency Response Team (LW CERT) will meet on Friday, March. 22, at 9 a.m. in Clubhouse 3, Room 9, for a class on how to communicate in an emergency. LW CERT's free monthly safety classes are 45 minutes long and all residents are welcome to join.

Each month CERT gives a valuable gift to an attendee. During February's class, Michelle Potter won the drawing for an assortment of safety straps to secure heavy furniture, safety cabinet locks and museum putty for small objects. All are available at any local big box store.

At the February LW CERT safety class, President Catherine O'Brien distributed a FEMA "Be Prepared for an Earthquake" handout and gave a presentation on how residents can make their homes safer before, during and



LWCERT Instructor Farah McCartney (l) with Michelle Potter

after an earthquake. Tips included removing objects above the bed, having a bag with clothes, shoes and flashlight secured to the bed frame and strapping heavy furniture to a wall stud.

If you are in bed when the earthquake strikes, stay put. Lie on your stomach and place a pillow over your head and neck, keeping your hands behind your

LW CERT, page 18



Hye-Won (Grace) Shin

Sunshine Club

Dr. Hye-Won (Grace) Shin, will speak to the Sunshine Club about Alzheimer's prevention research, brain health and the power of music on Friday, March 8, in Clubhouse 3, Room 2, at 10 a.m.

Shin is a biomedical engineer with a foundation in chemical engineering and extensive experience in clinical translational research. Currently holding the position of director of Asian American community outreach at the UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND), she is dedicated to developing scientifically grounded community education programs.

Shin leads research endeavors in both English and Korean, focusing on biomedical and social interventions to tackle and mitigate racial and ethnic disparities in medical research. Her objective is to improve

SUNSHINE, page 18



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In November, GAF volunteers collected nearly 700 pounds of used batteries.

Recycle batteries on March 19 in CH 2

The Golden Age Foundation's (GAF) battery recycling service returns on Tuesday, March 19, in the Clubhouse 2 parking lot from 10 a.m.-noon. GRF ID is required.

GAF will collect approved batteries including alkaline,

carbon zinc, nickel cadmium, nickel metal-hydride, lithium ion, lithium metal, silver oxide, button cell batteries and all other dry cell batteries.

People are asked to place each lithium battery in a separate bag in accordance to recycling requirements.

cling requirements.

It is important to recycle batteries instead of throwing them in the dumpster to keep LW waste fees low and keep the planet clean.

For more information, call Carl Kennedy at 661-810-9410.

LW CERT from page 17

head to secure the pillow. After an earthquake, exam yourself for injuries. Check for leaks and learn how to turn off your water, if necessary, and once you're safe, check on your neighbors.

The LW CERT will hold a training on March 12. Classes are held from 6-8 p.m. on Tuesdays and Thursdays for six weeks. During the training, residents are taught to:

- Plan for emergencies, power outages, and earthquakes.
- Protect themselves and others by learning skills such as basic first aid, using a fire extinguisher, and reacting in an emergency.
- Recover and get back on their feet after a disaster.

For more information, contact Eloy Gomez at 562-431-6586, ext. 2356, or email eloyg@lwsb.com.

—Karen Olson

Vietnamese American Club

The Vietnamese American Club recently celebrated Tet, a traditional New Year event, with traditional dances, music and friendship among members and guests. The club received positive responses from LW residents, with RSVP requests exceeding the club's capacity.

For more information, email andtruong22@gmail.com.



The American Latino Club had a colorful hat contest at its February meeting. Lucy Koch (l) and Karen Olivares were the winners.

American Latino Club

The American Latino Club will meet on Thursday, March 14, in Clubhouse 3, Room 2, from 11:30 a.m.-2:30 p.m. Lunch will be provided by the Loft Hawaiian Grill in Cypress. GRF Safety Manager Eloy Gomez from the LW Community Response Team (LW CERT) will speak.

The three lunch choices are a grilled chicken teriyaki plate, grilled beef teriyaki plate and a Kahlua pork plate. Each plate comes with rice, ramen cabbage and macaroni salad. The cost is \$15 per member and \$17 per guest. Dessert, beverages, coffee and tea will be included. Members and guests who bring their own lunch will be asked to pay \$5 but must inform Treasurer Myriam Klotz in advance by calling 714-746-9626. Beverages and dessert are included in the \$5 charge.

Payments must be sent to Klotz, either by U.S. mail or by dropping it off in her mailbox at 13940 Thunderbird Drive, 6-G. Checks can be made payable to the American Latino Club. The deadline for payment is Monday, March 11. Members will receive either a phone call or email with the details. Unless the annual membership of \$10 has been paid, people will be considered a guest.

There will also be a 50/50 raffle at the event, and video featuring a Latin American country at each meeting. This month, the club will learn about the territory of Puerto Rico.

The American Latino Club will be on hiatus in April and therefore will not meet.

SUNSHINE from page 17

the representation of underserved and underrepresented Asian American and Pacific Islanders in Alzheimer's disease and other dementia research.

All shareholders are welcome to join this meeting. Sunshine Club requires no membership fees, but donations are welcome. Refreshment will be served.

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

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GOLDEN AGE FOUNDATION

Help is here to file your taxes

IRS-certified volunteers are preparing and e-filing tax returns for full-year California residents. This free AARP program is sponsored by the Golden Age Foundation (GAF) and is available every Monday, Tuesday and Wednesday morning in The Knowledge and Learning Center in Clubhouse 3.

Appointments are required. Call 562-596-1987 and leave a name and telephone number. A volunteer will call back to schedule an appointment. The intake/interview sheet required for every appointment can be picked up at the Leisure World Library and completed prior to the appointment.

People should bring the following documents to appointment, if applicable:

- Social Security Card or 1099-SSA form for everyone on the return.
- Government issued or Leisure World ID.
- 1099 forms for interest, dividends, social security benefits, pensions and IRA distributions.
- 1099-B form and the cost of stocks and bonds that were sold in 2023.
- W-2 forms.
- 1095-A form if medical coverage was purchased through Covered California.
- For itemized deductions, prepare and total a list of medical expenses, charitable contributions, taxes, mortgage interest, and other deductions. The total should exceed \$5,363 for single filing or \$10,726 married joint filing.
- Copy of a check for those who want their tax refund to be directly deposited into their bank account.
- Copy of 2022 federal and state returns

Residents must be a full-year California resident and qualify to file as single or married filing jointly. The program cannot prepare returns that are out-of-scope. It cannot prepare returns with rental properties, a net loss from self-employment, or a sale of anything other than a California home, stocks, bonds, or mutual fund.

OSHER LIFELONG LEARNING INSTITUTE

Join the free cyber security lecture

There will be a free lecture on cyber security by the Osher Lifelong Learning Institute (OLLI) at California State University, Long Beach on March 19 at 2 p.m. The program will be held at the Alpert Jewish Community Center located at 3801 E. Willow Street in Long Beach.

The lecture will be presented by Dave Babcock and Chris Hodek, of the LA County District Attorney Cyber Investigation Response Team, the US Secret Service Cyber Task Force, and the LA Sheriff's Identity Theft Task Force. Their presentation will provide attendees with immediate actionable techniques to better defend against cyber criminals.

Those interested in attending should RSVP by March 15 to barbaraonthehill@verizon.net.

The LW Weekly: 562-430-0534

SENIOR PEACE CLUB



Stevin Cohen

The Senior Peace Club held a demonstration in support of an Israel-Hamas ceasefire Feb. 14 at the Main Gate. LW members turned out in force to promote peace and the response by passersby was overwhelmingly supportive.

LW BIRTHDAY



Leisure World residents Oralía Osuna (second from left), Bill Holden (third from left) and Dori Campbell (third from right) celebrated their birthdays with a triple birthday breakfast party at Primrose Restaurant in Seal Beach on Feb. 16, hosted by Debbi Fudge.

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Cynthia Stone

Democratic Club members Ray Olsowka with his dog Oscar (l-r), Rachel Lemberg, Jane Brittingham, Debby Wrathall, Danette McCloud and Club President Bill Bruce enjoy the warmth of the sun at Clubhouse 6 outside the club's booth.

Democratic Club

by Mary Larson
LW contributor

The Democratic Club will meet on Wednesday, March 20, in Clubhouse 3, Room 2, at 1:30 p.m. In order to have time to socialize with one another before the meeting begins, members are invited to bring their own bag lunch and arrive as early as 12:45 for the 1:30 meeting. Coffee, water and individually wrapped snacks will be available.

LW Democrats and supporters who are not yet club members are welcome to attend the upcoming meeting as visitors.

LW Democrats and supporters are also invited to attend the club's ongoing Voter Education Series.. This session will address the issue of immigration. People can learn about ways in which the U.S. immigration system

should and could be improved, as well as what can be done about it. Space is limited in Room 3 so advance registrations are encouraged but not required; email Beverleybender@gmail.com.

An audio edition of an important book by Nadine Strossen dealing with the topic of free speech is now available for pre-order. A hard copy of the book is already available on Amazon. Titled "Free Speech: What Everyone Needs to Know," the book includes strong arguments both for and against protecting the most controversial speech, such as hate speech and disinformation.

As of Jan. 29, Democrats reportedly outnumbered Republicans in Orange County by roughly 74,000 voters. That count breaks down to 686,390 registered Democrats compared

to 612,535 registered Republicans. Independent voters continue to be a big block in the county with more than 416,000 No Party Preference voters.

The Leisure World Democratic Club believes health care is a right, diversity is a strength, the economy should work for everyone, and that facts and truth matter.

Everything appearing in the weekly articles and our semi-monthly electronic newsletters has been fact checked to the fullest extent possible.

Democrats and supporters are invited to subscribe to the club's newsletter by emailing mlarson.telfords@gmail.com or calling editor Mary Larson at 562-296-8521. People are asked to include their complete contact information, including name, address, phone number and email.

RSVP for 11th annual CatPAWS bowling fundraiser on March 23

Dust off those bowling shoes and join the party on Saturday, March 23, for the 11th annual CatPAWS Bowling Fundraiser. The event takes place from 2–5:30 p.m. at Westminster Lanes in Westminster.

Bowling skills are not required—but a sense of humor is. The friendly competition is open to all ages and expertise, whether you're a gutter-ball queen or ten-pin king. Prizes will be awarded for highest and lowest scores for both men and women.

A \$45 donation includes two hours of bowling plus shoes, hearty appetizers or personal pizza, a soft drink and ticket for the opportunity drawing.

Separately, there will be an exciting opportunity drawing for two round-trip tickets to anywhere in the world JetBlue flies, courtesy of JetBlue Airlines.

Don't want to bowl? A \$20 donation includes appetizers or pizza, soft drink and an opportunity drawing ticket.

Helen Sanders CatPAWS is a Seal Beach-based 501(c)(3) feline rescue organization. Proceeds from the bowling event will directly benefit CatPAWS' life-saving work in the local community.

Those who are unable to attend, consider a donation of \$45 to sponsor a ticket for a hard-working foster or volunteer.

It takes a dedicated behind-the-scenes team to ensure rescued cats and kittens are vaccinated, microchipped, spayed/neutered, socialized and more before their journey to CatPAWS' Adoption Center at PetSmart in Rossmoor Center, where they will find their loving forever home.

Westminster Lanes is located at 6471 Westminster Blvd. The deadline to sign-up is March 19. For more information or alternative ways to register or get involved, call 562-619-8820.

To purchase a ticket, visit HelenSandersCatPAWS.com.

— Debbie Fawcett,
CatPAWS outreach coordinator



EIC President Jackie Dunagan and EIC Secretary Marty Williams scan vital documents for resident Heather McKinney.

Emergency Information Council

The Emergency Information Council (EIC) held its first vital document scanning event on Feb. 22. Residents brought stock and membership certificates, Medical Power of Attorney documents and other important papers to be scanned onto a free thumb drive. Driver's licenses and credit cards were copied and then scanned as well. There were plenty of thumb drives left at the end of the event and a repeat of the event is being planned for the near future.

The EIC also had waterproof canisters to store the drives and a fireproof bags to help residents keep their original documents safe.

For more information about the Emergency Information Council and its events, go to www.eiclwsb.org.

AMERICAN LEGION

RSVP now for dinner and a live band on March 10

The Sons of the American Legion will host a dinner and a live band on Sunday, March 10, at 3252 Florista St., Los Alamitos. Tickets are \$30 for the night or \$15 to get in the door to dance.

Dinner will be from 5:30–6:30 and dancing will go until 9 p.m. Larry Fresch and the Fresch Experience will be the night's performers.

For more information or to RSVP, call or text 562-824-2200.

OBITUARY

James Albert Kaspar
1924-2023

James (Jim) Kaspar was a dedicated husband, father, grandfather, great-grandfather, WWII combat veteran, and a lifelong believer in the Catholic faith.



Jim had been a resident of Leisure World, Seal Beach, for more than 30 years. He passed away peacefully in his sleep in Long Beach, California, on Oct. 3, 2023. The family had been looking forward to having his 100th birthday celebration in March 2024.

In honor of his amazing life, the family has decided to celebrate his life at multiple events during the weekend of March 9–11 in Seal Beach and Long Beach.

James is survived by his wife of 67 years, Margaret L. Kaspar and his four children Margaret (Peggy) Kaspar, James William Kaspar, Michael Joseph Kaspar, David Patrick Kaspar. All who knew him had their lives blessed by him and will

miss him dearly.

With Jim's passing, as well as the recent passing of his youngest brother Frank X. Kaspar, the world is saying farewell to the Greatest Generation that has ever lived. Jim and his four brothers all served this country with honor and distinction in WWII and Korean Wars. They all loved and honored their respective families.

If we have to explain to you what a wonderful man Jim was, you clearly didn't know him.

Daddy, Rest In Peace.

...

The obituaries deadline is Friday at 4 p.m., prior to the desired Thursday publication date.

Obituaries that are received later than Friday will go in the following week's issue.

Email obituary notices to laurieb@lwsb.com with photos attached as jpg files.

The first 250 words, plus one picture, are free to publish in the newspaper; each additional word is 25 cents.

For more information, call (562) 430-0534, ext. 2801, or email laurieb@lwsb.com.

Mutual 12 Luncheon

Mutual 12 will hold its annual luncheon on Friday, April 26, at noon in Clubhouse 2. Door prizes and opportunity drawings will be featured at the event.

The luncheon will have barbecue chicken, baked beans, macaroni salad, tangy coleslaw, cornbread muffins, fresh seasonal fruit platter, and dessert.

Tickets for the event will be available on April 1. Residents can see any building captain or director to purchase tickets for \$10 per resident or \$20 per guest or caregiver.

The luncheon committee is looking for volunteer to help on the day of the luncheon starting at 9 a.m. To volunteer, call 562-596-3133 and leave a voicemail.

Security:
562-594-4754

Read the LW Weekly online at
www.lweekly.com

SPORTS & GAMES



The February tournament winners are Susan Dodson (l-r), Dave Silva, Linda Patton, Gary Monahan, Connie Adkins and John Barth.

LW POOL LEAGUE

Dodson and Silva win monthly pool tournament

In the Wednesday pool league, No Miscueses beat SCAM 9-4 to knock them out of first place. Zelma Berkenkamp had six wins for No Miscueses and teammate Dave Mackinder had five wins and finished the night with a long winning shot on the eight ball. Despite losing to The Favorites 7-6, the Anglers moved into first place by one game. Dave Silva of The Favorites won five games including both of his singles matches. The Sharks edged the Rack Runners 7-6. Paul Snennelberger won five games for the Sharks, including both singles matches. In the Monday night league, the Renegades won 11-2 over the Snipers to extend their league lead to six games. Ren Villeneuve led the Renegades with six wins while teammates Ken Harpham and Brian Tivnan each won five. The other two matches were close. The Rail Runners edged the Cue Crew 7-6. Frank Albilar won both his singles matches and George Gordon won four games for the Rail Runners. The Side Shooters won seven and the Rustlers won six. Guta Basner won five games for the Side Shooters and they won the final eight ball game to break the tie. In the monthly pool tournament, 12 two-person teams competed in 369 nine ball. The three ball counts as one point, the six ball is two points and the nine ball is three. Partners are picked randomly, but one good player is put on every team. After six rounds in a seven round tournament, Gary Monahan and Linda Patton lead with 26 points. In the final round, Susan Dodson and Dave Silva scored their second consecutive 369 to finish with 29 points. Monahan and Patton could only score three points in their final round to tie Dodson and Silva at 29. Connie Adkins and John Barth finished with 25 points to take third place. A playoff was needed to break the first place tie. There were two playoff games that ended in a 3-3 tie and it was decided that whoever made two of the money balls—the three, six or nine—would be the winner. Dodson made the three ball and Silva had a long shot on the six in the corner pocket. He missed, but the six ball came all the way down the table and crept into the opposite corner to win the match. In 369 one doesn't have to call the pocket the ball goes into.

—Dave Silva

TOURNAMENT POKER CLUB

Covington is the Player of the Year

The Tournament Poker Club will hold a fun and friendly game of Texas Hold 'Em on Saturday, March 9, for a \$5 buy-in. Regular tournaments are on the first three Saturdays of every month in the lobby of Clubhouse 6. Registration begins at 10 a.m., along with treats and coffee. Cards are in the air at 10:30. There is no late seating.

On Feb. 24, a special tournament was held to honor all the members of the club who won a final table in 2023. After registering and enjoying a continental breakfast, three tables of seven players got down to business.

The game was No Limit Texas Hold 'Em and there was plenty of action. As players were eliminated, others were moved to fill vacancies until one table of nine remained. After a short break, players were randomly assigned seats at the final table—where prize money was waiting—and play resumed.

The final standings were: Brent Covington, first place, Player of the Year; Donna Hernandez, second; Wendy Wu, third; Tony Canfora, fourth; Joe Wierzbeiki, fifth; Roger Montero, sixth; Guta Basner, seventh; Barry Brideau, eighth; Cheryl Enge, ninth.

The club congratulates all the winners. It was an exciting tournament and a lot of fun.

—Debbie Barner



Player of the Year Brent Covington.



New member Stephanie Reagan (l) and veteran member Jack O'Brien confer at the recent all-member monthly meeting of the Shuffleboard Club.

SHUFFLEBOARD CLUB

Club makes plans for the future

Thirty-five Shuffleboard Club members spent two hours Feb. 22 at the all-member monthly meeting discussing the club's organizational structure, how their talents could best be utilized for the benefit of the club, breaking down big jobs that ensure the club runs smoothly into smaller more manageable tasks, and identifying potential new committees and leaders. Ably guided by President Kay Mount through exercises that everyone participated in, there was a great deal of self-reflection on what the club means to members and engagement in planning its future. The nominating committee was announced at the meeting and will consist of three seasoned members: Donna Gorman, Doris Morton and Rod Osgood. The next all-members meeting will be Thursday, March 14, at 10 a.m. in Clubhouse 1.

Open play on Monday and Wednesday mornings at 10 have resumed this week, as well as full league play, with five teams competing on Tuesday evenings and four teams playing on Friday mornings. There was much excitement and shouts of joy when members returned to the court building and set eyes on the newly painted courts. The club plans to share and show off the new quarters with all of Leisure World by participating in the upcoming Great LW Discovery Tour event on April 6.

For more information, contact Membership Coordinator Patty Peterson at 562-714-7072.

—Barbara Gardner

Duplicate Bridge Club

The Leisure World Duplicate Bridge Club meets on Mondays and Fridays in Clubhouse 4 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.

Feb. 20 winners (eight and a half tables): Melanie Smith and Lavonne McQuilkin, and Sue Fardette and Bill Brooks, north/south; Jane Reid and Jerry Reid, and Miranda Reddy and Anthony Reddy, east/west.

Feb. 23 (six tables): Fred Reker and Howard Smith, and Larry Topper and Lynn Danielson, north/south; Thad Mikols and Sue Fardette, and Ellen Kice and Russ Gray, 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.

For more information contact Howard Smith at 562-598-6121 or howardnrobin@gmail.com.

—Sue Fardette



Feb. 24 winners are Kari Urzt (l-r), Doris Dack, Mary Holder and JoAnn Barsanian, most buncos; Lois True and Bobbie Straley (not pictured), most babies; Sandy Weisenstein, most wins; Rita Fueyo, most losses; Laura Grier, door prize.

Saturday Bunco Club

The Saturday Social Bunco Club meets on the second and fourth Saturdays of the month in the Clubhouse 3 lobby. Sign-in begins at 1 p.m. and is \$5. Play begins at 1:30. The next meeting will be March 9.

For more information, con-

tact Susan Hopewell at 562-754-5059 or Kathy Rapp at 562-230-8972.

—Kathleen Rapp

The LW Weekly: 562-430-0534

MEN'S GOLF LEAGUE

Lankford eagles No. 15 at Riverview course

The Leisure World Men's Golf League played the Santa Ana Riverview Golf Course on Feb. 26. Twelve daring golfers confronted a dry course with a overcast morning.

Riverview is a 5,800-yard par-71 course that had to be turned into a significantly shortened nine hole course—which the golfers played twice for a 18-hole par-60 round. Eleven of the 12 rounds were under net par. It also contributed to a rare eagle (2 under par) by Chris Lankford on the shortened 240-yard par-4 15th hole. His drive ended up 6 feet from the cup.

Closest to the pins on the 160-yard par-3 third hole was Sam Choi, and on the 90-yard par-3 ninth hole was Gary Stivers. Dave LaCascia and Lankford tied for fewest putts in the A flight, and Bob Munn had fewest in the B. Two birdies were carded by LaCascia, and one each by Stivers, Choi, and Clay Fischer. A special greenie prize was held on the difficult

125-yard par-3 16th hole, which was won by Stivers and Fischer.

A flight winners (handicaps of 0-19): LaCascia, 6 under 54, first place; Stivers, 5 under 55, second; tie between Choi and Fischer, 2 under 58, third; tie between Lankford, Jim Goltra and Norihiro, 1 under 59, fourth.

B flight winners (handicaps over 19): Daniel Mahoney, 7 under 53, first place; Lowell Goltra, 6 under 54, second; Munn, 3 under 57, third; Steve Miller, 1 under 59, fourth; Bill McKusky, fifth.

The league played Willowick Golf Club in Santa Ana on Feb. 23. Nine fearless golfers teed off onto a better maintained course on a sunny morning.

Willowick is a 6,000-yard par-71 course, which is the longest the league plays.

Closest to the pin on the always tough 155-yard par-3 fourth hole was league director Gary Stivers and Jim Goltra was closest on the uphill 140-yard

par-3 12th hole. Dave LaCascia had fewest putts for the A flight and Bob Munn had fewest in the B. Two birdies were carded by Dave LaCascia and Goltra had one.

A flight winners (handicaps of 0-19): Stivers, 3 under 68, first place; tie between LaCascia, Goltra and Sam Choi, 2 under 69, second; tie between Clay Fischer and Fujio Norihiro, third.

B flight winners (handicaps over 19): Lowell Goltra, 2 under 69, first place; Bob Munn, second; Bill McKusky, third.

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

Those interested in playing can contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia



Leisure World ladies arrive at the golf course in many ways. Pictured is Ann Tran pulling her golf cart on her electric bike.

LW Women's Golf Club

The sun finally came out last Tuesday and 30 eager women participated in the Feb. 27 tournament of the Women's Golf Club. Play for the day was low gross, low net and chip ins.

A flight winners: Low gross: tie between Jessica Choi and Veronica Choi, 29; low net: Lisa Kim, 26; chip in: Sue Choi, No. 4.

B flight winners: Low gross: Sang An, 31; low net: Karen Ford, 23.

C flight winners: Low gross: tie between Nancy Tye and Joann Lim, 33; low net: Keiko Sekino, 24; chip ins: Nancy Tye, No. 2 and 9, Keiko Sekino, No. 3.

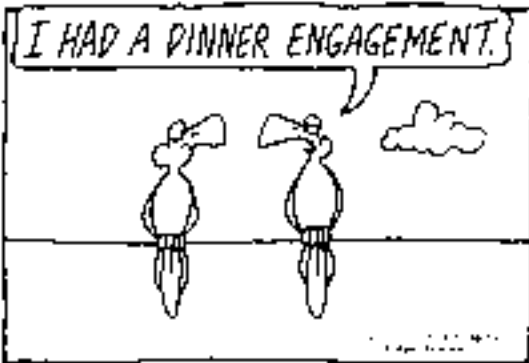
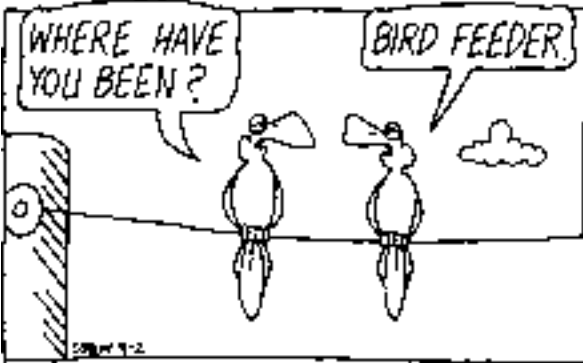
D flight winners: Low gross: Mary Devlin, 37; low net: Sue Elliott, 24.

The club plays a weekly nine hole tournament on Tuesday mornings at 7:30 at the Turtle Lake Golf Course. For more information stop in at the starter shack or call 562-431-1257.

—Linda Herman

Puzzle Answers

Puzzle pages 6-7



SCRABBLE G R A M S SOLUTION												
M	A	N	H	U	N	T	RACK 1 =	<u>62</u>				
H	O	S	T	I	L	E	RACK 2 =	<u>68</u>				
D	I	S	T	I	L	L	RACK 3 =	<u>58</u>				
F	O	L	I	A	G	E	RACK 4 =	<u>72</u>				
C	O	U	R	A	G	E	RACK 5 =	<u>60</u>				
PAR SCORE 250-270								TOTAL <u>320</u>				

Crossword Answers

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

Sudoku 1 Answers

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

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

Jumble Answers

FAULL BLUHT PEANUT PALAOL
The bird that didn't fly away in the face of danger was — UNFLAPPABLE

Sudoku 2 Answers

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

Guess Who?

Kelli Giddish

Crypto Fun Answers

A. vector B. illness C. blood D. bacteria

Boggle BrainBusters Answers

WASHE TOLAN PATNOT FOWDER FALCON TURNO

Word-Find Answers

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

LW Men’s Golf Club

The second Leisure World Men’s Golf Club tournament of the month was held on Feb. 28 at the Turtle Lake Golf Course. Fifty-nine variously skilled golfers in three flights vied for best net score, plus four circle holes (shots within a 5-foot circle rewarded) and two closest to the pin challenges.

The greens were wet but receptive, so it was notable that only 19 of the 59 rounds were net at or under par, yet there were 50 birdies, and nine circle hole winners.

The low gross competition was won by Bill Lyons, followed by Bob Barnum and John Kolthoff. Best net score was a 47 by Jae H. Lee, followed by Bruce Bowles, Steve Kang and Hyon Shin at 48. Closest to the pin on the seventh hole was Seon Kim at 4 feet 6 inches and Mike Mayfield at 5 feet on the 16th.

A flight winners (handicaps of 0-6): Lyons, 3 under 51, first

Note to all Golfers
Men’s Club dues for 2024 are now payable. See Dave LaCascia at club tournaments. If dues have not been paid by the March 6 meeting, golfers will not be eligible to enter into the rewards part of the tournaments. Meeting dates have changed to the first Wednesday of January, March, June, September and November.

place; second: Tom Owens, 1 under 53, second; tie between Barnum and club president Ron Steele, even par 54, third; tie between Kolthoff and Rolando Rameriz, fourth; tie between Don Newhall and Mayfield, fifth.

B flight winners (handicaps of 7-13): Jae H. Lee, 7 under 47, first place; tie between Kang, Shin and Bowles, 6 under 48 second; James Farr, 3 under 51, third; tie between Mark Tall and Gene Archambault, 1 under 53,

fourth; tie between Joon Sup Yoon, Won Song, Richard Yokomi and Gary Newhall, even par 54, fifth; tie between Paul Shellenberger and Bill Long, sixth.

C flight winners (handicaps of 14-18): Mike Carlson, 4 under 50, first place; Dave Winn, 3 under 51, second; Darry Holten, 1 under 53, third; James Choi, fourth; tie between Marv Jones and Kevin Lindstedt, fifth.

The next men’s tournament will be on March 13 and every second and fourth Wednesday of each month. The Guys and Gals tournaments will be on the third and fifth Wednesday—if there is one—of each month.

Those who had planned to play and cannot should contact Scott Tuchfarber at 909-684-0426 or Alan Sewell at 541-324-8558 as soon as possible. Arrive 15 minutes prior to scheduled tee time and be ready to play.

—Dave LaCascia

Monday Bunco Club

The Monday Bunco Club meets the second and fourth Mondays of each month in Clubhouse 3, Room 1, at 6 p.m. The next meeting is March 11.

Feb. 26 winners: Katie Carmagnola, most buncos; Mimi Durino, most wins; Lillian Munoz, most babies; Miche Kimura, Leena Shulman, most losses; Kari Urzt, door prize winner.

For more information, call Katie Carmagnola at 925-413-7583.

Pinochle Club

The Pinochle Club meets on Mondays, Thursdays and Saturdays in Clubhouse 1 from noon-4 p.m.

Feb. 16 winners: Gene Smith, 12,577, first place; Don Walton, 11,130, second; Diana Lambert, 10,760, third; Don Krammer, 10,270, fourth.

Feb. 19 winners: Lynne Sorum, 12,850, first place; Suzanne Parks, 11,340, second; Irene Perkins, 9,830, third; Mary Luongo, 9,710, fourth.

Feb. 23 winners: Kathie Ho, 12,670, first place; Curtis Rogers, 11,660, second; Diana Lambert, 10,550, third; Ruth Bonnema, 10,460, fourth.

Play games with the Woman’s Club March 15

Residents who enjoy board and card games are invited to the Woman’s Club Tabletop Games on Friday, March 15, from noon-4 p.m. in Clubhouse 2. Tabletop games are played every third Friday of the month. Everyone is welcome to bring or join any game they enjoy. Everyone is asked to donate \$1 to help support the Woman’s Club philanthropies. Refreshments are served, including sweet treats

as well as coffee and hot water for tea and hot cocoa. Some of the players like to bring their lunch. Cribbage, Canasta, Yahtzee, dominos and mahjong are some of the many games that are played. Those who don’t have a group can come and start their own table or join one looking for players. It’s a great way to make new friends and have fun at the same time. There have been studies that suggest games

can be beneficial for improving cognitive functions such as memory, problem-solving and multitasking. Thus, games can help people stay mentally sharp, increase their creativity, and even reduce stress. Think of them as brain-gym workouts that are fun, engaging, while offering various cognitive benefits.

For more information, call Jan Krehbiel at 562-431-8240.

—Beth Greeley

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Easter Sunday is a significant day on the Christian calendar. Easter Sunday will be celebrated on March 31, and many of those celebrations will feature notable traditions. Some traditions are undoubtedly familiar to practicing Christians, while others might come as a surprise. As Easter approaches, Christians and others intrigued by the holiday can consider these traditions from around the globe.

Easter witches

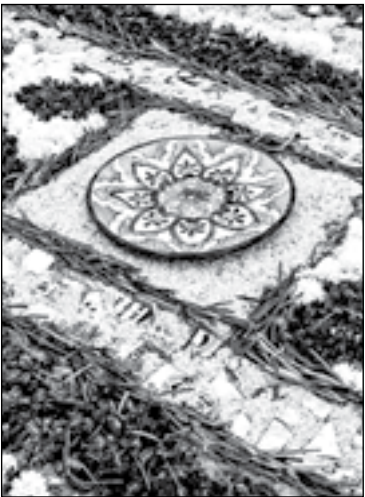
Witches are typically associated with Halloween, but they play a role in celebrating Easter in Finland. According to the Finland Promotion Board (FPB), Easter traditions in the northern European nation feature a mixture of religious references with customs related to the arrival of spring. It’s not unheard of for young Finnish children, particularly girls, to dress up as Easter witches the Sunday before Easter and go from door to door requesting treats in exchange for offerings designed to drive away evil spirits. The FPB notes that it’s even common for children in western Finland to don their witch outfits and roam on Easter Sunday.

Fireworks in Florence

The folk tradition of Scoppio del Carro (“Explosion of the Cart”) takes place in Florence, Italy. The Uffizi Gallery reports that this tradition can be traced to the First Crusade in 1099. During the first Easter in Jerusalem, Crusaders gave the blessed fire to the people as a symbol of purification. That custom has endured in Florence, where each Easter Sunday morning around 10 a.m. a candle is lit in the church of Santi Apostoli. That same candle is then used to light an antique cart loaded with fireworks, marking the beginning of a display that lasts around 20 minutes.

The Carpets of Semana Santa

Carpets might not be the first thing most Easter celebrants think of when pondering the holiday, but that might be the case for anyone who’s ever spent the holiday in Antigua, Guatemala. Guatemala’s Semana Santa (“Easter Festival”) features detailed carpets of colored sawdust adorning a Good Friday processional route. Preparation for the colorful and stunning display begins months in advance as the intricate carpets require ample time to produce.



A detail of a handmade carpet of sawdust, flowers & ceramic as part of a Semana Santa celebration.

Whips in the Czech Republic

Among the more unique Easter traditions takes place each Easter Monday in the Czech Republic. In adherence to this tradition, known locally as pomlázka, boys, and sometimes men, gather willow branches and braid them together into whips. The whips are then decorated with ribbons before boys visit girls (or men visit women) who they know and lightly tap them with the whips. The tradition is believed to bring women luck, vitality and fertility.

These are just some of the unique traditions many Christians adhere to as part of their Easter celebrations.

—MetroCreativeConnection

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Defensive drivers employ techniques that can reduce accident risk. These techniques promote alertness, a recognition among drivers of the significance of controlling what they can, and a commitment to always expect the unexpected. The crux of defensive driving is realizing not everyone else drives well. Aggressive drivers are hazards, as are those who are distracted behind the wheel. Driving defensively serves to mitigate some of these hazards.

All good kids like milk?

There are various defensive driving techniques, and various driving schools or organizations may promote their own. Harold L. Smith was a World War II veteran who founded the Smith System® driving school in 1952. Smith felt that driving schools only taught how to mechanically operate vehicles, not how to drive safely to avoid



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Whether traveling on vacation or around town, defensive driving is to everyone’s benefit.

accidents. Smith’s system uses the mnemonic “all good kids like milk,” which refers to:

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Take a defensive driving course

You can follow the Smith method outlined above or enroll in a defensive driving course to further hone your skills behind the wheel. Also, it may be worth it to check with your insurance provider to see if taking a defensive driving course will qualify you for a discount on your automotive policy.

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Road. Mutual-9/Apartment-
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M7-168C \$369,000

Charming describes this lovely expanded two-bedroom one-bathroom Leisure World cottage. This home is light, bright, warm, and cozy. A washer dryer will be added at seller's expense. A Beautiful leaded glass door leads into a spacious open floor plan. The living room has a heat pump and air conditioning unit. The kitchen has an extra-large skylight, white cabinets with granite countertops, built in Leisure World appliances including stove, oven, refrigerator, an added built-in microwave oven, and a mirrored backsplash. The master bedroom has mirrored wardrobe doors. The bathroom has a skylight and cut down shower for walk-in convenience. The second bedroom has a mirrored wardrobe door. The side edition may be used as a dining area, office, den, sitting area or bonus area of your choice. There is laminate flooring throughout and a private patio with a walk-in storage area. This lovely home is a must see.



M11-273L \$338,000

Quaint and beautiful 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, and an added dish washer, ceiling fan and skylight. Living room, bedrooms and kitchen have laminate flooring 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. Located in Leisure World a Resort-like 55+ community in charming Seal Beach. Leisure World offers over 200 clubs organizations and activities including a 9-hole 3 par golf course, swimming pool, jacuzzi, gym, lawn bowling, bocci ball, shuffleboard, billiards room, woodworking shops, arts, crafts, sewing room, amphitheater, library, healthcare center, a variety of cards and exercise groups, and so much more. This home is light, bright and a must see.

SOLD 2023

- Mutual 2-29E
- Mutual 4-51L
- Mutual 4-76L
- Mutual 4-77E
- Mutual 10-254H
- Mutual 14-17B
- Mutual 5-91C
- Mutual 3-29K
- Mutual 14-5B
- Mutual 8-185K
- Mutual 11-273L
- Mutual 1-25I
- Mutual 2-26C
- Mutual 1-26B
- Mutual 8-188C
- Mutual 1-30K
- Mutual 5-91J
- Mutual 11-267C
- Mutual 1-26L
- Mutual 11-268F
- Mutual 4-50F
- Mutual 9-212C
- Mutual 6-143A
- Mutual 9-225C
- Mutual 9-230D
- Mutual 11-283D
- Mutual 4-51D
- Mutual 8-189D

SOLD 2022

- 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 6-135I
- 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
- Mutual 11-286B
- Mutual 12-61A
- Mutual 11-286I
- 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



Mutual 15-37R \$315,000

This lovely corner two bedroom one-and three-quarter bathroom home is light, bright, and ready to move in. The spacious living room overlooks an enclosed patio sunroom and a lovely Greenbelt view. The kitchen has built-in appliances including a stove top, oven, refrigerator, microwave, and dishwasher. It provides a tremendous amount of cupboard space and has a solar tube for brightness. The main corner bedroom has a separate closet dressing area, and the windows overlook a beautiful Greenbelt with an abundance of trees. The main bath has tile flooring, a bathtub with shower, and a solar tube. The second bedroom features a large wardrobe closet, lots of extra storage space, and a view of the beautiful greenbelt. The second bathroom has a stall shower and solar tube for brightness. This terrific floor plan has central heating and air conditioning, laminate flooring in the living room, bedrooms, and hallway, and has recently been painted throughout.

Be sure to stop by and see this terrific home that is located in the Resort-Like Community of Seal Beach.



M14-28A \$450,000

This elegant fully expanded corner two-bedroom one bathroom home features a spacious living room and formal dining room. The living room has Bay windows, recessed lighting and is adjacent to a formal dining room with a beveled-mirrored wall. The custom kitchen has newer cabinets and built-in appliances including a refrigerator, stove, oven, microwave, and dishwasher. The kitchen also has an extra-large skylight and an added pantry. The main bedroom has a large walk-in closet and Bay window. The bathroom has a skylight and walk-in shower. The second bedroom has a built-in wall unit with desk and sliding doors to a private side patio addition. This charming home has been painted throughout and has newly installed deluxe vinyl plank flooring with tile flooring in the bathroom. Additional features include double pane windows, central heating and air conditioning, entry closet, leaded glass entry door, an outside storage closet, and convenient drive-up parking. Don't miss out on this beautiful home located in the resort-like community of Leisure World Seal Beach. This senior community offers over 200 clubs, activities, and organizations including a nine-hole three-par golf course, gym, swimming pool, jacuzzi, arts, crafts, amphitheatre, library, health care center and so much more. Enjoy the ocean breezes that the city of Seal Beach has to offer.

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OUR TEAM!

For 2024, We have a total of 28 pending and closed sales.



Price Reduction!

1642 Merion Way #40G | M2 | \$399,000
Corner drive-up location 2bed/1bath partially expanded with sunroom/patio. Washer/dryer. Skylights in kitchen and bathroom. Added dishwasher with newer refrigerator. Dual pane windows with shutters throughout and lots of storage space!



In Escrow

13540 Medinac Ln #104K | M5 | \$239,000
1Bed/1bath interior location with patio. Laminate floors throughout, scraped ceilings with crown molding. Skylights in kitchen and bathroom. Custom front door and added kitchen peninsula.



Price Reduction!

1080 Brookline Rd #213A | M9 | \$585,000
Corner 2bed/1.5bath on greenbelt with added patio and custom stone work! Skylights throughout, hardwood floors, double pane windows and slider. Walk-in closet with formal yet open spaces!



13265 Del Monte Dr #35i | M12 | \$429,000
Interior 2bed/1bath fully expanded home on greenbelt location. Light and bright kitchen with dual pane windows, carpeting. Skylights in kitchen and bath. Walk-in closet with lots of storage and brick patio!



In Escrow

13860 St Andrews Dr #61E | M1 | \$235,000
Charming greenbelt location with mature trees 1 bedroom 1 bathroom with full patio! Wood and laminate floors, dual pane windows, granite countertops throughout, patio skylight and cut down shower.



New Listing!

1871 Golden Rain Rd #26E | M14 | \$429,000
Partial expanded drive-up corner 2bed/1 bath unit w/patio. Central AC, double pane windows, skylights in bathroom/ kitchen. Movable kitchen peninsula. Large Outdoor storage closet and "peek-a-boo" view of golf course!

On March 4th, 2024 a total of 46 units show as active listings on the CRMLS
(this is where Realtors list property for sale)

8 - 1 bedroom/1 bath units
from \$169,000 to \$335,000


24 - 2 bedrooms/1 bath units
from \$298,000 to \$525,000

14 - 2 bedrooms/2 baths units
from \$450,000 to \$670,000

Please note that we offer virtual tours for anyone you know that needs a video of the interior of listings on the market! Please contact us to get access to any and all inventory.

3/04/2024 - Year To Date MLS Activity

■ For Sale ■ In Escrow ■ Closed Sale



Month	For Sale	In Escrow	Closed Sale
Jan	40	48	25
Feb	50	45	25
Mar	45	45	25
Apr	45	45	25
May	45	45	25
Jun	45	45	25
Jul	45	45	25
Aug	45	45	25
Sept	45	45	25
Oct	45	45	25
Nov	45	45	25
Dec	45	45	25

ENTER TO WIN

St. Patrick's Day RAFFLE

FEELING LUCKY?! ST PATRICK'S DAY GIFT BASKET AND A \$50 PRIMROSE GIFT CERTIFICATE!

ST PATRICK'S DAY DRAWING WILL BE ANNOUNCED MARCH 14TH. DEADLINE TO SUBMIT MARCH 11TH!

CUT OUT AND MAIL IN OR DROP OFF:
Gaspar Monteer Realty Group
1900 St Andrews Drive #B,
Seal Beach, CA 90740

NAME: _____

PHONE: _____

EMAIL: _____

☐ I want to receive information about the market in Leisure World



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March Selling Madness has begun! If you are ready to find or list your dream home in Leisure World, the On-Site Home Sales team is ready and eager to help you! Come by anytime to get all of your questions answered! We are open 7 days a week!



Mutual 15 26C \$670,000
RARE and GORGEOUS
2 Bedroom 2 bath Loft



Mutual 12 38L \$379,000
Partially expanded 2 bedroom 1 bath
with Heatpump



Mutual 2 29H \$638,000
Stunning 2 bedroom 2 Bath unit
in NEW building 29!!



M1 - 53A \$349,000
Beautiful Corner with Washer/Dryer



M3 - 6G \$355,000
Adorable 2 Bedroom 1 bath Corner



M1 - 9L \$325,000
Gorgeous 2 Bedroom 1 Bath corner
unit on a Greenbelt



M15 - 24 \$489,000
A Stunning Downstairs Unit with
Beautiful Built-Ins and
Greenbelt views



M3 - 9G \$549,000
Fully Expanded 2 Bedroom 1.5 Bath
with Bay windows!



M17 - 109B \$470,000
2 Bedroom 2 Bath Condo
with Great Views!



M2 - 50D \$229,000
Adorable 1 Bedroom with
Laminate Flooring



M3 - 15G \$525,000
Gorgeous 2 Bedroom 2 Bath
Remodel on a green



M1 - 44K \$240,000
Expanded 1 Bedroom on a Green
walking distance to Downtown



M15 - 44B \$399,999
Spacious 2 Bedroom 1
Bath Atrium Unit



M2 55J \$308,000
Basic 2 Bedroom 1 Bath
with Heatpump



M15 - 10H \$509,000
Gorgeous Downstairs
2 bedroom 2 bath



M12 - 34D \$420,000
Fully Expanded Beautiful
2 Bedroom 1 Bath



Dawn Januszka
Broker
DRE #02110501



Ginni Houck
Escrow Officer



Verna Chumley
Realtor®



John Webster
Realtor®



Mike Varipapa
Realtor®



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Maryann Shaddow
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