May 11, 2023

Bicycle Safety Month

May is National Bicycle Safety Month. The Seal Beach Police Department and California Office of Traffic Safety (OTS) want to remind motorists and bicyclists alike to be courteous and share the road safely. Although bicycle safety is something that should be observed every day of the year, the month of May is dedicated to encouraging drivers and bicyclists to do their part to help reduce deaths and injuries on California’s roads.

“We all have places to be and not everyone gets there by car,” Chief Michelle Henderson said. “Bicyclists and drivers and bicyclists to do their part of May is dedicated to encouraging drivers and bicyclists to do their part to help reduce deaths and injuries on California’s roads.

“The development of the MST was greatly influenced by the thoughtful and persistent advocacy of the Golden Age Foundation.

MST programs and services, many of which are planned to begin this June, will include:
- Brain health classes
- Memory and cognitive screenings
- Memory training programs
- Early memory loss workshops
- Individual and family dementia care consultation and care options counseling
- Medication reviews and reconciliations
- Home safety evaluations and dementia-related safety screenings

MEMORY SUPPORT, page 3

No one quite like her

Tributes to the mothers of LW

To Rosie Otte, Mutual 6

Rosie Otte is an amazing woman who has dedicated her life to supporting her family. As a mother, grandmother, and great-grandmother, Rosie has undoubtedly played a vital role in shaping the lives of the people she loves. Her love, guidance, and support have undoubtedly helped her children, grandchildren, and great-grandchildren to achieve their dreams and become the people they are today. On this Mother’s Day, it’s important to acknowledge the incredible impact that Rosie has had on her family. She has been the glue that has held them together, providing a sense of stability and continuity in a world that is constantly changing.

So, let us take a moment to honor Rosie Otte and all the other amazing mothers out there who have dedicated their lives to their families. They are the unsung heroes of our world, and they deserve our deepest gratitude and respect.

—Cathy Otte

To Mable Schriver

When I was a little girl, my grandmother, Mable Schriver, moved into DW. It was brand new then and it was fun to come every week for lunch and see the big world globe in the water front. Grandma was the center of our whole family. Over 100 of us have been here to visit her and get some of her wonderful hugs and love. Years later, grandma needed help, so my aunt Bernice Sabo moved in to assist her. She was very active in various clubs here in LW, including the swim club.

After my aunt’s passing, my cousins, Roger and Mitch Brouns moved in and a few years later my husband and I moved into another home here in LW and have been here for over 16 years. ‘And the beat goes on!’

—John and Debbie Shields, Mutual 5

To Helen Lockyer

My mom, Helen Lockyer is an encouraging, strong and positive woman. She cheered for me in the stands while I played softball, drove me to the beach to surf, and took me with her to to play golf. She inspired me to follow my dreams and never give up. My mom is beautiful inside and out. Happy Mother’s Day mom! I love you.

—Pam Krug, Mutual 6

To Emily Rosina

My mum, Emily Rosina, was born a city girl on Christmas Day in Norwich, England, in 1912 to Percy, a policeman in the city, and Emily, a housewife. She loved city life, so it was a difficult adjustment to move into village life after she married my dad in 1935. Her character grew no doubt in leaps and bounds as she pumped water in order to flush the toilet or fill the copper for washing the clothes. In 1939, she became a mother to Jackie, then John and later to me. We were all born during the Second World War.

—Isobel Riley

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—Pam Krug, Mutual 6

CALLING ALL CRAFTERS: Recreation Department seeking vendors for Fourth of July event. See page 19.
SBPD involved in vehicle pursuit

Seal Beach Police Department was involved in a vehicle pursuit last weekend, which resulted in the arrest of a 38-year-old Long Beach resident suspected of driving a stolen vehicle.

On May 6 at around 7:10 a.m., SBPD officers were dispatched to the area of First Street and Pacific Coast Highway in Seal Beach after an automated license plate reader detected a possible stolen vehicle. Officers located the vehicle on PCH and Second Street in Long Beach.

A 10-minute vehicle pursuit ensued. The pursuit ended after an officer utilized a maneuver meant to intervene in vehicle pursuits. The officer conducted the maneuver near the northbound 405 Freeway transition to the 710 South Freeway, forcing the vehicle into an embankment.

The male driver was taken into custody without incident. His male passenger fled on foot and could not be located.

The driver complained of minor pain and was medically cleared at a local hospital. No officers or members of the public were injured during this incident.

California Highway Patrol is investigating the traffic collision. The suspect was identified as Anthony Ramirez of Long Beach. He was transported to Orange County Jail to be booked for felony possession of a stolen vehicle and felony evading. He was transported to Orange County Jail to be booked for felony possession of a stolen vehicle and felony evading.

This is an ongoing investigation. Anyone with information regarding the incident should contact Sergeant Garcia at 562-799-4100, ext. 1649, or jfgarcia@sealbeachca.gov.

Maricachi Zapopan perform for a crowd of residents for Cinco de Mayo.

LWers celebrate Cinco de Mayo

LWers packed Clubhouse 6 on May 5 for Cinco de Mayo—an annual celebration of Mexico’s victory over the French Empire at the Battle of Puebla in 1862. It’s one of GRF’s most popular events of the year, featuring Koffel’s Mexican food truck, virgin margaritas and a variety of Mexican and American food.
BIKE SAFETY

From page 1

Pedestrians have the same rights to the road, but face even more risk without the protections that vehicles have. We should all be looking out for one another. To help keep pedestrians safe, SBPD will conduct traffic safety operations throughout the month focused on the most dangerous driver behaviors. Here are some steps people can take to greatly reduce the risk of getting injured or in a crash:

- **Pedestrians**
  - Be predictable. Use crosswalks, when available.
  - Take notice of approaching vehicles and practice due care.
  - Do not walk or run into the path of a vehicle. At 30 mph, a driver needs at least 90 feet to stop.
  - Be visible. Make it easy for drivers to see you—wear light colors, reflective material and carry a flashlight, particularly at dawn, dusk or at night.

- **Drivers**
  - Follow the speed limit and slow down at intersections. Be prepared to stop for pedestrians at marked and unmarked crosswalks.
  - Avoid blocking crosswalks while waiting to make a right-hand turn.
  - Never drive impaired.

- **Bicyclists**
  - Obey traffic laws, use hand signals, use lights at night (front white light and rear red reflector), and wear a helmet.
  - Bicyclists must travel in the same direction of traffic and have the same requirements as any slow-moving vehicle.
  - Avoid the door zone: do not ride too closely to parked cars.
  - If there’s a bike lane, use it, unless making a left turn, passing, or approaching a place where a right turn is allowed.
  - Yield to pedestrians. Bicyclists must yield the right-of-way to pedestrians within marked crosswalks or within unmarked crosswalks at intersections.

Catherine O’Brien scores personality questionnaire.

Community Emergency Response Team

At the April 28 CERT meeting about 20 people filled out a personality type questionnaire to clarify their strengths and weaknesses, especially during an emergency.

After scoring the questionnaires, CERT President Catherine O’Brien gave a very entertaining presentation of personality types and how they function in different circumstances and with each other.

During an emergency, “idealists” are good at caring for people and inspiring others. “Rationalists” are best at making strategic plans while “artisans” seek quick action and are rarely discouraged. Those who identify as “guardians” value rules, authority and stability and are excellent scribes in an emergency.

Knowing what you are best suited for and why others act as they do can help, not just in emergency situations. The next CERT meeting is Friday, May 26, at 10 a.m. in Clubhouse 3, Room 9.

The topic will be “Dealing with a Power Outage.” All LW residents are invited.

Memory Support

From page 1

- Dementia education, interventions and resource linkages
- Advance care planning
- Caregiver well being
- Behavioral management support
- Respite care programming
- Personalized dementia care management services
- Memory support outreach and engagement

Many of the above services will be accessed via phone or virtually (Zoom), at the LWSB Social Services Office, events, LW clubhouses and in the homes of individuals and families living with memory loss. Enrollment for in-home services will require a no-fee clinical assessment provided by the clinicians of the MST.

All the above services with the exception of respite care programming will be provided at no cost. Respite care programming is expected to begin in January 2024, and more information about that service will be forthcoming.

The LWSB MST is funded in part by a federal grant from the Administration for Community Living, including additional financial support from the Golden Age Foundation and AlzOC. MST services are based on a model of personal care management designed to address the unmet needs of persons living with dementia and provide support for their care partners. Services will be offered in English as well as Korean.

Support for this program has also come from the Golden Rain Foundation, SoMang Society, Pathways Volunteer Hospice, CSULB Center for Successful Aging, LWSB Community Church, Meals on Wheels Long Beach and Orange County, LWSB OPTUM Care Health Center and AlzOC.

Individuals interested in participating in the Memory Support Team can call the AlzOC Helpline at 844-373-4400, weekdays from 8:30 a.m. to 4:30 p.m. or send an email to info@alzoc.org.

OrthopedicCare.

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Providing Minimally Invasive Orthopedic Treatment to the North Orange County/Greater Long Beach Area

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Letters to the Editor

In response to W.H. Smith’s letter (May 4) about opening a restaurant, the requirements to open a restaurant are many and complex. It isn’t as simple as “hiring a chef or two.” It requires:

- A city business license and tax ID
- The business must be registered with the Secretary of State
- Certificate of occupancy
- Food handlers permit
- Sellers permit
- Health permit
- Catering business license
- Passing a Food Safety Manager Certification exam

Also included in start-up costs are overhead items such as:

- Insurance (liability/property/worker’s comp)
- Monthly rental/site fee
- Payroll
- Equipment/supplies
- Purchase of food

This list is incomplete but gives a basic idea that opening a restaurant is not that simple or cheap.

Outside restaurants have already determined it was not feasible to open a restaurant in Leisure World.

I suggest that those people who want a restaurant in Leisure World prepare a pro forma to present to the GRF Board that includes a business plan with costs and realistic location of the facility.

As part of my work as District 5 councilman for Seal Beach, I have been given tours and presentations around Seal Beach.

I’ve met with every department head in city hall. I have toured the Seal Beach Naval Weapons Station, Boeing, the OC Sanitation plant in Huntington Beach, the ground water recovery system and other interesting places I never knew about in our town.

My experience visiting our 911 call center at the Seal Beach Police Department was especially memorable. Those people are real pros and do a great thing for our city and for Leisure World.

The 911 center is called West Cities Police Communications or “WestComm.” The agency was formed by a joint powers agreement to serve Seal Beach, Cypress, Los Alamitos and the Orange County Park Rangers.

The dispatchers are very impressive, highly trained with many years of experience handling all kinds of difficult high-stress situations, including medical emergencies. Even in the most high-stress situations, they excel.

Here’s how it works. When someone calls 911, their location is instantly mapped on the monitor right in front of the dispatcher. It could be a call for an ambulance from someone who needs directions from the dispatcher to apply immediate first aid. It could be a call for a fire with kids in the house. It could be a call from a person whose house is being broken into where they are hiding. There are literally thousands of scenarios the dispatcher may encounter.

Setting It Straight

The telephone number to sign up for training classes for the new CINC Systems account management tool was incorrect in the May 4 issue of the LW Weekly. The correct number is 562-431-6586, ext. 326.

There was also an incorrect time for the training sessions. Sessions are scheduled for May 15-17. Note that the May 16 session is from 10 a.m. to noon (not 2-4 p.m.) Leisure World residents who have direct debit do not need to take any action.

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Contact Paul and Travis Ivanoff for a free no-obligation comparison quote.

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### Mutual Meeting Schedule

<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
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<tbody>
<tr>
<td>Thu., May 11</td>
<td>9 a.m.</td>
<td>Mutual 12 Admin/Zoom</td>
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<td>10 a.m.</td>
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<td>Mutual 9 Admin/Zoom</td>
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<td>10 a.m.</td>
<td>Mutual 14 Clubhouse 4 Zoom</td>
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<td>Mon., May 22</td>
<td>10 a.m.</td>
<td>Mutual 8 Clubhouse 4 Zoom</td>
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<tr>
<td>Tues., May 25</td>
<td>10 a.m.</td>
<td>Mutual 10 Admin/Zoom</td>
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<tr>
<td>Fri., May 26</td>
<td>10 a.m.</td>
<td>Mutual 6 Admin/Zoom</td>
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### Common Questions and Their Answers

**FAQS, page 27**

**Frequently Asked Questions About Elections**

**By Ripy Barua**

**election specialist**

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<table>
<thead>
<tr>
<th>Mutually</th>
<th>No. of Units</th>
<th>Quorum</th>
<th>No. of Directors Being Elected</th>
<th>Ballots Mailed</th>
<th>Ballots Counted</th>
<th>Annual Shareholders Meeting</th>
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<tr>
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<td>May 16 10 a.m.</td>
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<td>May 6</td>
<td>Jun. 8 10 a.m.</td>
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</tbody>
</table>

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**GRF Meetings**

**Golden Rain Foundation**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
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<tr>
<td>Wed., May 17</td>
<td>1 p.m.</td>
<td>Strategic Planning Committee</td>
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<tr>
<td>Thurs., May 18</td>
<td>10 a.m.</td>
<td>GRF Administration Committee</td>
</tr>
<tr>
<td>Tues., May 23</td>
<td>10 a.m.</td>
<td>GRF Board Meeting Clubhouse 4</td>
</tr>
</tbody>
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**Presidents’ Council Meeting Recap**

**THE PRESIDENTS’ COUNCIL**

**Clubhouse 4 and Zoom Tele-Video Conference**

The regular monthly meeting of the Presidents’ Council of Leisure World Seal Beach was convened on 9 a.m. by President Jeri Dolch on May 4 in Clubhouse 4. It was also available via Zoom teleconference.

---

**Meet the-Candidates Events.**

**Everyone will receive two ballots due to the GRF bylaw amendments.**

**How often are elections conducted?**

- Mutual ballots were mailed.
- Ballots due to the GRF bylaw amendments.
- Ballots counted.
- Annual Shareholders Meeting.

**What is an annual meeting?**

- Annual meetings are held on the same day.
- The ballot counting for your mutual's election will be conducted at the annual meeting.

**How many ballots will I receive?**

- Each mutual will mail two ballots due to the GRF bylaw amendments.
- Ballots are mailed.
- Ballots are counted.
- Annual Shareholders Meeting.

---

**I was alarmed at what our 911 dispatchers do every day!**

**They are well trained and some of them have been serving our community for years.**

---

**Do I have to separate the voting portion of the ballot from the other?**

- All envelopes must be signed by the shareholder member connected to that household.
- Are write-in candidates permitted?  
  - There is a space on most Mutual ballots for write-in candidates. However, for the vote to be properly cast for the write-in candidate, that candidate must be nominated at the annual meeting (called "nominated from the floor") and must be present to accept the nomination.

---

**What is an annual meeting and how is it different from a regular board meeting?**

- The Mutual corporations and the GRF are required to have annual meetings in order to report to the membership their activities during the past year.
- Directors read reports concerning finances, infrastructure, accomplishments and goals for the future. An annual meeting is similar to a state of the union speech, as directors are limited to presenting reports whereas business is conducted at board meetings.

---

**Who can attend annual meetings?**

- Shareholders/owners are encouraged to attend their annual meeting (see schedule at right).
- Are the elections and annual meetings held on the same day?
  - The ballot counting for your mutuals election will be conducted at the annual meeting.
- How often are elections conducted?
  - Mutual boards of directors are elected annually.
- How many ballots will I receive?
  - Everyone will receive two ballots due to the GRF bylaw amendments.
- Should I separate the voting portion of the ballot from the other?
  - No, return the full legal-sized ballot in envelopes provided.
- Has my ballot been mailed?
  - Check the election schedule (upper right) to see when the mutual ballots were mailed.
- There are three people who voted for me to be re-elected. Am I re-elected?
  - As a shareholder, if you have a member connection to a household, you are eligible to vote. Do we all receive a ballot?
  - One ballot is mailed to each unit. On the unit. It includes the address.

---

**Every vote counts!**

**The fever-pitch of activity in your Mutuals continues to energize a large number of volunteers to run for a seat on the board.**

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First Christian Church

First Christian Church of Leisure World honors all mothers, regardless of an individual’s religion or the roles they have played in someone’s life. A mother can be anyone who has given birth to a child or fulfilled the role of mother in someone’s life.

This week’s sermon: “The Book of Acts” by Louie Giglio, will bring fresh insight to familiar passages of Scripture. As students delve deeper into the study of the early church, they discover new ways Scripture applies to their lives today. The early church turned the then-known world upside-down. It is time for today’s church to help turn the world right-side up.

Contact: Mary and Steve Martinez (mother and son) of the 2022 Mother’s Day Tea.

Assembly of God

Service/Gathering Times: Sunday morning at 10:30 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 fourth Sunday of the month in the Clubhouse 3 Lobby by 6 p.m.

Beit HaLeV

Beit HaLeV and Rabbi Galit-Shirah conduct online livestream Shabbat services every Friday evening and Saturday services every Saturday. It is time for today’s church to help turn the world right-side up.

Community Christian Fun and Fellowship Club

The Community Christian Fun and Fellowship Club will meet on Tuesday, May 31, at 6 p.m., in Clubhouse 3. All are welcome to come and enjoy an evening of worship, friendship, and sharing food, as well as entertainment.

People are encouraged to bring a friend or neighbor for a great evening.

For more information, contact Connie Postma by calling 562-794-9313 or emailing cpostma@yahoo.com.

LWer receives Catholic honor

Mutual 14 resident Gretchen Dinger recently received an honor through the Catholic Charities Auxiliary of Orange County.

Dinger is a St. Anne’s Honoree at the 2023 St. Anne’s Catholic Inspirational Women Banquet. She is currently the president of the Women’s Service and Assistance Committee. Dinger’s responsibilities include the Extraordinary Minister of Holy Communion who visits the homebound, and the RCIA Catechist. In identifying her reason for serving, Dinger, said: “I want to be a saint and bring Jesus to everyone, every day.”

“We are blessed to have Gretchen at St. Anne’s and are inspired by her generous and faithful service to Christ and His Church,” said Vikki Lyons of St. Anne’s Seal Beach.

Faith Christian Assembly

“Sheryl and Chuck Franco go from grief to joy. Bible Study: “The Book of Acts,” by Louie Giglio, will bring fresh insight to familiar passages of Scripture. As students delve deeper into the study of the early church, they discover new ways Scripture applies to their lives today. The early church turned the then-known world upside-down. It is time for today’s church to help turn the world right-side up.

Contact: More information about the church can be found at www.faithchuch.org.

Those who would like prayer, personal contact from a pastor or a DVD of the Sunday morning service can contact pastors Chuck and Sheryl Franco by calling 562-357-4360 or emailing pastorchuck@faithchuch.org.

Carolyn van Aalst is also available at 562-334-8424.

Pastor Chuck’s sermons can be accessed online under “Leisure World Assembly of God,” where people can also give online.

Christie and Fellowship Club

The Community Church Missions Team will host another drive through food service on Thursday, May 18, from 10 a.m.-noon in the park. The church is in need of fresh produce and non-perishable food items for the event. On the day of the event, a Missions Team member will greet the motorists and their vehicles to receive food donations.

People may also drop off items at the church office during business hours.

Before it was highly commercialized, Mother’s Day began as a celebration created by Anna Jarvis to honor her own mother back in 1908 at a Methodist Church in West Virginia. The tradition was to give a carnation and a handwritten letter to celebrate mothers. This Sunday, May 14, following service, the Community Church will honor mothers and mother figures in the Fellowship Hall.

Pastor Johan Dodge was away this past weekend but is back and will give a sermon titled “Do Not Fear What They Fear.” Those who have felt fear controlling their life recently are encouraged to come and listen to the sermon.

As always, the word Gospel means “good news” and those who are among need of some good news are welcome to join the service in person or online on Zoom and on Facebook @Community-ChurchLeisureWorld. People can contact the church office to receive the Zoom link. The in-person Sunday service is followed by food and fellowship.

Those who are in need without another way to address it can call the church office and leave a message at 562-431-2503.

First Christian Church of Leisure World honors all mothers, regardless of an individual’s religion or the roles they have played in someone’s life. A mother can be anyone who has given birth to a child or fulfilled the role of mother in someone’s life.

This week’s sermon: “The Book of Acts” by Louie Giglio, will bring fresh insight to familiar passages of Scripture. As students delve deeper into the study of the early church, they discover new ways Scripture applies to their lives today. The early church turned the then-known world upside-down. It is time for today’s church to help turn the world right-side up.

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Church of Jesus Christ of Latter-day Saints
Meetings for the Atherton Ward are held at 6:00 E. Atherton St., in Long Beach. The sacrament service is held every Sunday at 10:30 a.m., followed in the second hour by Sunday School on the first and third Sundays, Relief Society and Elders Quorum on the second and fourth Sundays. Primary classes for children are held every Sunday during the second hour.

Members who are unable to attend Sacrament services in person can request a link from Bishop Mike Gravley at 562-212-8641.

The reading assignment for the week of May 15-21 is Matthew 21–23, can request a link from Bishop Mike Gravley at 562-212-8641.

Second and fourth Sundays. Primary classes for children are held every Sunday during the second hour.

The devotional, “Come, Follow Me” says “The Savior was hungry after traveling from Bethany to Jerusalem, and a fig tree in the distance looked like a source of food. But as Jesus approached the tree, he found that it bore no fruit.

In a way, the fig tree was like the hypocritical religious leaders in Jerusalem: their empty teachings and outward demonstration of holiness gave no spiritual nourishment. The Pharisees and the scribes appeared to keep many commandments, yet missed the two greatest: to love God and to love thy neighbor as thyself.”

Redeemer Lutheran & St. Theodore's
A Mother's Day thought and reflection from the Bible: ‘Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.’ 1 Corinthians 13:4-7.

“Abiding in God’s Love” is the theme for Redeemer Lutheran and St. Theodore’s Church’s worship service on Sunday, May 14, at 10:30 a.m. LWers are invited to join the community and share the word and Communion in the sanctuary at 13564 St. Andrews Drive, across from the Administration building where ample parking is provided. Dee Sessa and Teresa Smith are this week’s greeters and Sharon Heck will play the organ and accompany the choir. The church thanks those who have contributed to the continuous food drive. People can bring non-perishable food items to the church any time to be distributed to those in need in the broader community.

The outdoor chapel that reflects God’s light is available 24/7 for prayer and contemplation. Feel free to come alongside the church (on the north side, near the golf course) to pause, sit on the bench, rest and pray.

For more information about the church or its services, call 562-598-8697.

Buddha Circle
Buddha Circle will meet with Ven. Kusala on Saturday, June 3, in Clubhouse 3, Room 1, from 9:30-11 a.m. Ven. Kusala is well known in the Buddhist community and presents Buddhism in a simple way. The group is interactive and those who attend are encouraged to ask questions. Donations are welcome and will support Ven. Kusala in his teachings.

For more information, call 562-431-7275.

Christian Women's Fellowship Group
Christian Women’s Fellowship and Bible Study Group will meet on Monday, May 22, in Clubhouse 3, Room 6, at 10 a.m.  For more information, call Jean Davidson, 562-431-0597; or Margie Singleton, 562-594-8100.

The LW Weekly 562-430-0534

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May 18, 2024 - Los Angeles, CA
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All are welcome for weekly rides

Join the LW Bicycle Club for fun and healthy bicycle rides on Sundays with breakfast at El Dorado Golf Course in Long Beach and on Mondays, Wednesdays and Fridays.

The group meets at the North Gate at 9 a.m. Bicycle helmets and safe shoes are required. Members also enjoy happy hours, dining out, ballkicking, ping pong and various table games. For more information, call Mary Romero at 562-810-4266 or Lucy Cyza at 818-209-3075.

UCI MIND

Brain health and aging is topic May 26

The UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI Mind), which is internationally recognized for its research accomplishments in age-related brain disorders, will give a presentation on brain health and aging.

The meeting will be at 11 a.m. on Friday, May 26, in the large MIND, page 9

Calfresh

Food program is available in LW

Calfresh, also known as the food stamp program or federally known as the Supplemental Nutrition Assistance Program (SNAP), provides monthly food benefits to individuals with low-income. It is the largest food program in California. This program issues monthly benefits on an Electronic Benefit Transfer (EBT) card (i.e., debit card). Food may be purchased at any grocery store or farmers market that accepts EBT card.

The amount of benefits depends on household size and income.

The income guideline is one person household can have a maximum gross monthly income of $2,148; and a two-person household, $2,904.

For more information, visit www.getcalfresh.org and click on “Apply for Cali-

nia Food Stamps Online.”

The first meeting and class will be held June 6 at 10 a.m. in the Veterans Plaza, which focuses on core strengthening, strength training and cardio exercises.

Jerome and Nicole Kluever

Meals on Wheels of Long Beach

Meals on Wheels of Long Beach, Inc., delivers freshly cooked meals for $9.75 per day Monday-Friday, between 10:30 a.m.-12:30 p.m. Deliveries include an 8-ounce carton of 1 percent milk. An alternate dessert is available for those on a diabetic diet. Contact Client Manager Caron Adler at 562-459-5000, ext. 1, or visit www.mowlb.org to complete an online application or cancel a meal for the following day, before 9 a.m. the prior business day.

Thursday, May 11

Oven roasted turkey with sage gravy, cornbread stuffing, Brussels sprouts, banana, ham and cheese sandwich with lettuce, tomato and pickle, carrot and raisin salad.

Friday, May 12

Chicken breast milano, barley pilaf, seasoned broccoli, white cake, spinach salad with chicken, mandarin oranges, dried cranberries, feta cheese, vinaigrette dressing and crackers.

Monday, May 15

Baked teriyaki brown rice, oriental vegetables, seasoned corn, tomatillo, applesauce with cinnamon, tuna salad sandwich with spinach and tomato, homemade macaroni salad.

Tuesday, May 16

Oven baked chicken leg and thigh, mashed sweet potatoes, seasoned cauliflower, chocolate pudding, Chinese chicken salad with mandarin oranges, cabbage, carrots, onion, Asian dressing, crackers.

Wednesday, May 17

Stuffed bell peppers, garlic and chive mashed potatoes, mixed vegetables, kiwi, ham and cheese sandwich with lettuce, tomato and pickle, tricolor pasta salad.

Balance and Stability Club

Leisure World residents who have a fear of falling or trouble with balance are invited to check out the new Balance and Stability Club.

The first meeting and class will be held June 6 at 10 a.m. in Clubhouse 3, Room 1. Subsequent classes will be held the first and third Tuesdays of each month in the same location.

Adrienne Rosenfeld, a certified balance and stability instructor and an exercise aging institute consultant, will be the instructor.

She has taught this class in various locations.

Bring water and a smile.

For more information, call Chris Russell, president, at 562-794-9334 or Adrienne Rosenfeld at 562-397-1519.

Did You Know?

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The above pricing is subject to change without notice.

Please call Purchasing Department for current pricing.

SERVICE MAINTENANCE CAN BE REACHED AT (562) 300-0000 DURING THE HOURS 8:00 AM TO 4:30 PM.

REVISED 05/02/2023
MIND Club lost a total of nearly 8 pounds

The Wa-Rite meets every Friday in Clubhouse 3, Room 1, to provide a supportive environment as members work toward a shared goal of being as healthy and fit as possible. Weigh-ins are from 9:15-9:45 a.m., and meeting, from 10-11 a.m. The first three visits are free; annual membership fee is $10; and weekly dues are 10 cents.

At the April 28 meeting, Wa-Rite members recognized the accomplishment of member Kathy Moran, who earned a Wa-Rite Doctoral Degree. The degree is a celebration of Kathy entering her third year maintaining a 25-pound weight loss. Kathy says the best things about her weight loss are her increased mobility and energy. This week, members lost a total of 7.5 pounds. The meeting’s Top Loser was Marshia Larson who lost 2 pounds. Marshia has been a member for the last three years, and has been a regular participant in the program. She credits her success to the support and encouragement she receives from the Wa-Rite members.

Joyful Line Dance instructor Albert Comia leads a class featuring new songs and old favorites. Joyful Line Dance takes place every Thursday from 10:30 a.m.-12:30 p.m. in the Amphitheatre. Alzheimer’s Association member Kathy Moran, a registered dietitian, provides tips on how to incorporate exercise into daily life and ways to reduce the risk for memory problems later in life.

MIND from page 8

Conference room at optum health care center.

All are welcome.

Topics include the healthy brain, Alzheimer’s disease, the importance of research participation, the history of Alzheimer’s disease, prevalence, risk reducing factors and current research findings.

The team from UCI Mind will also discuss how to implement healthy lifestyle practices to protect the brain as people age and reduce the risk for memory problems later in life.

UCI Mind is a research center designated by the national institutes of Health with the goal of advancing the treatment, prevention, diagnosis and care for Alzheimer’s. For more than 30 years, it has been at the forefront of Alzheimer’s disease research.

The faculty is specifically seeking to understand the causes leading to neurological disorders such as Alzheimer’s disease, frontotemporal dementia, Lewy body dementia and Huntington’s disease.

For more information, visit mind.uci.edu.

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(Across from Seal Beach Tennis and Pickleball Center)

Meals on Wheels OC

Meals on Wheels Orange County in partnership with the city of Seal Beach is hosting The Lunch Cafe at the North Seal Beach Center, 3337 St. Cloud Drive, Seal Beach, Monday-Friday, from 11 a.m.-noon. It is open to anyone 60 or older. Suggested contribution is $3, but everyone is welcome. Guests under 60 can enjoy lunch for $5. Arive 10 minutes before the start time. Meals are served on a first-come, first-served basis. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. LW MInibus service is available for a pick up at 10:25 a.m. at the Amphitheater bus stop on St. Andrews Drive, with a driver off the Community Center. The Minibus returns to the Amphitheater at 11:40 a.m.

Thursday, May 11

Breaded baked fish, tartar sauce, quinoa pilaf, broccoli, Hawaiian roll, Ambrosia

Friday, May 12

Mother’s Day Celebration — Chicken cordon bleu, rice pilaf, chef’s cut vegetables, dinner roll, assorted cake, fresh fruit.

Monday, May 15

Cheese tortellini with marinara sauce, capri vegetable blend, dinner roll, fruit gelatin.

Tuesday, May 16

Tortilla soup with chips, chicken tinga taco, cilantro lime slaw, tropical fruit mix

Wednesday, May 17

Turkey shepherd’s pie, green beans, zucchini medley, dinner roll, sugar-free cereal.

Joyful Line Dance instructor Albert Comia leads a class featuring new songs and old favorites.

JOYFUL LINE DANCE

Classes are first come, first served

Joyful Line Dance takes place every Thursday from 10:30 a.m.-12:30 p.m. in the Amphitheater. Alzheimer’s Association member Kathy Moran, a registered dietitian, provides tips on how to incorporate exercise into daily life and ways to reduce the risk for memory problems later in life.

Leaders are Albert Comia, Gladys Comia, Jojo Weingart, David Powell, Carmel Atkinson, Anna Derby, Chung Cha Lewis, George Pinada, Gina Baik, Inna Yoon and Sunny Kim.

New dances are continually introduced and danced along with oldies but goodies such as Chil Chil Cha Cha, Come Dance With me and Summer Night Cha Cha.

Classes are on a first-come, first-served basis, limit 35. Face masks and exercise shoes are recommended. There are no membership fees. Donations are welcome.

For more information, text 562-301-5339.

FRESH
from page 8

CalFresh also offers a Restaurant Meal Program that allows elderly, disabled and homeless CalFresh recipients to use CalFresh benefits to purchase prepared meals at participating restaurants by using their Golden State Advantage (GSA) card. To find participating restaurants, log on to http://ssaa.ocgov.com/cash-calfresh/calfresh/rmp-locations.

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Chicken Enchiladas
Spanish Rice

Seasonal Fruit
Mixed Berries
Seasonal Fruit
Mixed Berries
Seasonal Fruit
Shrimp

DINNER

Pesto Chicken
Asparagus & Red Tomatoes

Basa Filet
Basil & Tomato Sauce

Beef Stroganoff
Wide Egg Noodles

Chicken Teriyaki
Broccoli & Carrots

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Asparagus & Pasta

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To ensure high quality, some items may be substituted.
The winning teams in the nine-ball tournament were Bruce Pettys (l-r), Shery Wells, Dave Silva, Susan Dotson, Gary Monahan and Dave Mackinder.

**9-ball tournament netted winners cash prizes**

The LW Pool Club held a 9-ball tournament on April 29 with 12 two-person teams that played seven rounds of 3,6,9 nine-ball.

Cash prizes went to the top three teams that scored the most points after seven games.

One point was awarded for making the three ball, two for the six and three points for the nine. Players alternated shots.

After five rounds, Bruce Pettys and Shery Wells led with 20 points. Susan Dotson and Dave Silva were in second place with 19 points.

In round six, Susan and Dave made the 3, 6 and 9 for six points and in the seventh and last round pocketed the 6 and 9 to finish in first place with 30 points.

Shery and Bruce took second place with 27 points. Gary Monahan and Dave Mackinder made the 3, 6 and 9 in the last round to take third place with 26 points.

At the Monday Pool League, the race for first place tightened as the Renegades beat In The Money by 8-5.

In the Money still has a four-point lead with two weeks left in the regular season. Susan Dotson and Steve Mitchell both scored four points for the Renegades.

Right on Cue scored nine points against the Railrunners. Right on Cue won all six of their singles matches and all three players scored four points.

Pj beat the Cue Crew 9-4 and is in second place, behind In The Money.

John Barth won six of his games, losing only a single nine ball match.

On May 3, The Favorites took the Wednesday league lead by beating Milly’s Boys 10-3.

Dave Silva won all seven of his games for The Favorites, and teammates Dave Mackinder and Connie Atkins each won five.

That puts The Favorites two games ahead of The Ruffians, who lost to Triple Threat by a 9-4 score. It was a team effort by Triple Threat with Steve Edrich, Connie Adkins each won five games.

Bank It edged out U3 7-6 by winning the final eight ball game, where all three players competed. Zelma Berkenkamp led Bank It with five wins.

There is only one more week to see which three teams in each league make the playoffs.

—Dave Silva

**yahtzee club**

Come play on May 5 in CH 3

The Yahtzee Club meets on the first, third and fifth Fridays in Clubhouse 3, Room 6, at 1 p.m., with the next meeting on May 19.

There will be a halftime social.

On April 21, Gail Levitt and Lyn Doyle won for most threes. High score went to Julie Milburn, and low score, to Joyce Ingram. Pat Herman won the door prize. For more information, contact Diane Seeger at 562-533-5997.

**pinochle club**

The Pinochle Club meets in Clubhouse 1 on Mondays and Thursdays between 11-11:30 a.m. and Saturdays at 11 a.m.

**April 26 winners:** Curt Rogers, first place, 13,940; Peggy Kaspar, second, 13,800; Nancy Wheeler, third, 12,340; Irene Perkins, 12,030.

There will be a sign-up list over the next few weeks to see gauge attendance and collect money for lunch. Members should be sure to sign up with their league coordinator.

A Bocce Ball Clinic will begin on Wednesdays at 10 a.m. for new players or anyone who wants to improve his or her skills. Newcomers who are interested in learning how to play can stop by the bocce court, which is located behind Clubhouse 2 next to the pickleball courts.

Bocce ball is a fun game that anyone can learn to play. The club is always recruiting new players and substitutes.

—Rhonda Cox

**cribbage club**

Grace Holdaway won all 7 games

The Cribbage Club meets on Tuesdays from noon-4 p.m. in Clubhouse 1. New members are always welcome.

Total scores were higher than usual May 2. Grace Holdaway earned her first star, winning all seven games played scoring a perfect total of 847. Wanda Bemben was a close second with 846, followed by Hoppy Hopkins, third with 843; and Bea Lissow, fourth with 837.

Members celebrated the birthday of Patti Smith, who provided cake and ice cream. Margaret Smith assisted her in serving 52 members of the Club.

Members welcomed new member Jim Schneiderman. New members are always welcome. Call and leave a message with Terry Thrift at 714-394-5885 to how to play cribbage, brush up on the game or learn more about the club; 2023 dues are $5. To join, see any of the officers at the check-in desk before play begins.

—Terry Thrift

**Duplicate Bridge Club**

The Duplicate Bridge Club plays games on Monday, Thursday, Friday and Saturday in Clubhouse 1 beginning at 12:30 p.m. Reservations can be made at any game using the sign up sheets. Also, people can call Linda Nye at 562-453-6678 or email her at yuelingnye@yahoo.com no later than 10 a.m. on game day. Players should arrive by 12:15 to confirm reservations.

The club offers lessons and supervised play on Friday mornings at 9:30 a.m. Supervised play is an informal game in which novice players can ask questions of experienced players questions about bidding and card play. It’s a great way to learn how to play duplicate bridge.

For more information or to join the club, contact John Markovich at 562-661-0502 or by email at cdrjmj@yahoo.com.

**Duplicate Bridge Club Winners:**

• April 24: Seven tables: Sheryl Smith and Diane Schmitz, north-south; Judith Jones and Al Appel, east-west.

• April 28: Six tables: Carol Murakoshi and Lavonne McQuillkin, north-south; Bill Brooks and April Berg, east-west.

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

—John Markovich

**Bocce Ball Club**

The Bocce Ball Club is about halfway through its spring season with only a few more weeks to go. The Bocce Spring Finals Party is planned for Saturday, June 10, starting at 11 a.m.

There will be a sign-up list over the next few weeks to see gauge attendance and collect money for lunch. Members should be sure to sign up with their league coordinator.

A Bocce Ball Clinic will begin on Wednesdays at 11 a.m. for new players or anyone who wants to improve his or her skills. Newcomers who are interested in learning how to play can stop by the bocce court, which is located behind Clubhouse 2 next to the pickleball courts.

Bocce ball is a fun game that anyone can learn to play. The club is always recruiting new players and substitutes.

—Rhonda Cox
Playing Sports Reaps Rewards

Election of officers is today at 10

SHUFFLEBOARD CLUB

Nine teams of six players of various skills played in the LW Men’s Golf Club-sponsored Scramble-Shotgun tournament on May 3. Each team teed off at a different hole at 7:30 a.m. on a warm, sunny day. Following special rules, the teams competed for the lowest score after 18 holes.

The Turtle Lake Golf Course was set up with men’s and women’s tees at the markers and the flags in the center of the greens. To further challenge the teams, each player was required to use his or her tee shot three times during the round. After that it was a matter of choosing the best ball to play and continuing until the ball went in the hole. This required some interesting course play and management.

Winners

The team starting at hole No. 1 came in first with a spectacular 13 under par 41: Gene Archambault, Stan Johnson, Dale Williamson, Nina DeRosa, Sam Williamson and Patty Littrell. In second place with a terrific 11 under par 41 was the team starting at hole No. 6: Mike Mayfield, Devora Kim, Grace Choi, Ron Jackson, Daniel Mahoney and Bert Thompson.

In third with an excellent 9 under par 45 was the team starting at hole No. 5: Bill Lynox, Jassica Choi, Jane Song, Mary Ann Moore, Mary Jones and Jon Russell.

Special thanks to Tournament Director Steve Moody and Dave LaCascia for assigning teams and filling in empty slots with substitute players as required.

After the tournament, Bruce Bowles and Mike Mayfield sponsored a get-together of the golfers on the course patio with drinks from Bruce and Mike and snacks brought by players.

Appreciation also to Liz Meripol for getting up super early to make the coffee and Joe Kim for acting as the starter. Additional thanks to the Recreation Department for pushing through approval of the tournament in record time.

With the tremendous participation and enjoyment expressed by the golfers, it is anticipated that this event will be repeated several times a year. This will require volunteers to help sign up players, collect fees and assign teams as well as the numerous other tasks required to make the tournament a success. Contact Alan Sewell, 541-324-8558, for more information and to volunteer to help.

MEN’S GOLF

Golfers brave cold and damp but emerge victorious

Friday Golf

On April 28, eight golfers visited the 6,000-yard, par 71 Willowick Golf Course in Santa Ana. The weather was overcast, misty, and cold at the 7 a.m. tee time. The course fairways had not been mowed lately causing some issues. The recent aeration and sanding was still evident but not a significant problem.

The players wrestled with the poor course conditions, but scoring was slightly above average. There was one birdie by Chris Lankford, plus Gary Stivers and Bill McKusky tied for fewest putts.

A Flight Winners

Lankford, first with a sensational 5 under 66; Bob Munn, second with a well-played 3 under 68; Jim Goltra, third with a nice 2 under 69; Sam Choi, fourth with a hard-earned 1 under 70; and Stivers, Bill McKusky and Tom Ross tied for fifth.

Monday Golf

On May 1, 12 golfers contested the 4,000-yard, par 62 Willowick Golf Course in Fountain Valley. Fairways were slightly recovering from the heavy rain, but the greens are still in great shape and have remained so all year. The weather was overcast, cold, and damp, but scoring was above average.

Gary Stivers and Jim Goltra tied for fewest putts in the A flight. Bob Munn and Fujio Norhiro tied for fewest in the B flight. Lowell Goltra was closest to the pin on the par 3 third hole, and Stivers was closest on the par 3 twelfth hole. Birdies were carded by Sam Choi, Chris Lankford, Stivers and Clay Fischer.

A Flight Winners

Sam Choi, first, with a terrific 7 under par 55; Chris Lankford, second with a well-played 5 under 57; Jim Goltra, third with a nice 4 under 58; Larry Hillhouse, fourth at a sweet 3 under 58; Fischer, fifth with a good 2 under 60; and Tim Looney, sixth.

B Flight Winners

Bob Munn, first with an excellent 8 under 62; Norhiro, second with a first-rate 7 under 65; Lowell Goltra, third with a very nice 6 under 56; Rin Jackson, fourth with a terrific 5 under 57; and Gene Vesely, fifth with a fine 3 under 58.

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

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

Rewards are given for low net in each flight, birdies, closest to the pin on the par two holes, and for the lowest number of putts in each flight. Holes-in-one and Eagles (2 under par) are played for, although infrequent, are generously rewarded.

If interested, contact Gary Stivers at 714-313-3697 or Dave LaCascia at 801-674-5975.

—Dave LaCascia

Regular players pause for a break from the Spring Madness League, which is at the midpoint of the five-week season. Short league seasons help players learn shuffleboard and LW traditions and league rules.
SUNSHINE CLUB

Learn more about Meals on Wheels OC

Darla Olson, vice president of advancement at Meals On Wheels Orange County, will speak at the Sunshine Club’s meeting on Friday, May 12, in Clubhouse 3, Room 2, at 10 a.m. Olson is responsible for fundraising development, corporate and community relations, marketing, branding, as well as overseeing the communications for the organization.

Meals on Wheels Orange County’s mission is to nourish the wellness, purpose, and dignity of older adults and their families in the community. The organization is the largest nonprofit provider of nutrition and supportive services for at-risk older adults.

Meals On Wheels Orange County is committed to erasing hunger and loneliness for at-risk older adults through nutritious meals, friendly visits and safety checks, and keeping families together through day services. Through its critical services, the organization delivers one million meals to more than 15,000 at-risk older adults each year throughout 20 Orange County cities.

Olson brings a commitment to excellence and a passion for Meals on Wheels Orange County. She cares deeply about older adults and believes that educating the community and raising awareness and resources can help elderly neighbors live with independence in the homes and communities they love.

Olson will give a presentation to the Sunshine Club about how Meals on Wheels Orange County provides so much more than what it is known for by addressing the issues of hunger and isolation in older adults. She will explain the services and qualifications for Meals On Wheels Orange County’s home delivered meals and case management programs such as Meals on Wheels, Senior Lunch Café, Friendly Visitor, Adult Day Health Care and Adult Day Services programs.

All Leisure World residents are welcome to join this meeting. The Sunshine Club does not require membership fees, although donations are welcome. Refreshments will be served at the meeting.

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

Mary Greytak celebrates 101st birthday with family

Mary Greytak of Mutual 6 is sort of the energizer bunny. She celebrated her 101st birthday at her home with family and friends. Mary’s daughter Dee and son-in-law Brian from Leisure World. She was a mutual director and active in the GAF’s 50th anniversary celebration.

Mary Greytak of Mutual 12 hosted the luncheon celebration for the family. Two of her three granddaughters were able to attend along with her daughter-in-law and three were able to attend along with friends, “Dee said.

Mary has lived in numerous Mutuals during her 23 years in Leisure World. She was a mutual director and active in the Clubhouse 6 to assist residents in signing up for the program or to answer any questions.

The Sunshine Club does not require membership fees, although donations are welcome. Refreshments will be served at the meeting.

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

Benefits trafficking and financial abuse workshop is on May 22

Those interested in learning how to protect themselves and your ones are invited to attend the Benefits Trafficking and Financial Abuse Workshop on Monday, May 22, from 7:30 p.m. at St. Ireneus Parish Hall, 5201 Evergreen Ave., Cypress.

Benefits trafficking is the financial exploitation of Social Security benefits, disability benefits (SSI), veteran’s benefits, Medicare, food stamps, etc. St. Ireneus Bridge of Light: Human Trafficking to Human Triumph Ministry is sponsoring this free event to raise community awareness of benefits trafficking, human trafficking, and scams, such as identity theft, romance scams and healthcare fraud that can wipe out your life savings.

Financial exploitation is the fastest growing area of victimization of older adults according to the Association of Adult Protective Services. Financial losses are estimated at $1.7 billion nationwide. Seniors are especially targeted by abusers. One in ten older Americans (five million) experience abuse each year according to the U.S. Government Accountability Office. However, only one in 25 cases is ever reported.

Experienced law enforcement professionals will present information about various scams, provide helpful resources, and give tips on how to prevent becoming a victim. Risk factors for financial abuse and red flags will be discussed. The speakers will also talk about the role of law enforcement in the prevention and prosecution of these crimes.

All are invited to this community event. Refreshments will be offered. Bring questions and concerns. “An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.” Proverbs 18:15.

Contact Monica Kovach at 310-340-6113 for more information.

SB WOMAN’S CLUB

Get tickets for the fashion show on May 20

The Woman’s Club of Seal Beach will host a fashion show and luncheon fundraiser on Saturday, May 20, at the Marina Community Center at 151 Marina Drive, Seal Beach, from 11:30 a.m. to 2 p.m.

A lunch will be served that includes a choice of chicken salad, roast beef or a vegetarian sandwich.

The fashion show will display apparel from local Seal Beach boutiques. There will be raffle baskets along with a silent auction.

All proceeds are used to support local charities including the Seal Beach Animal Care Center, the arts and media departments at local schools and the Youth Center. A complete list of recipients is available on womanclubofsealbeach.org.

Tickets are $50 and can be purchased by calling Judy O’Neill at 562-706-5721.

Mary Greytak (left, sitting) and her family

Mary Greytak celebrates 101st birthday with family

Mary Greytak and her family enjoying the Seal Beach Animal Care Center, the arts and media departments at local schools and the Youth Center.

Mary Greytak is a resident of Leisure World. She was a mutual director and active in the GAF’s 50th anniversary celebration.

Karen Flag from Mutual 5 was happy to receive an ice cream from Sandi’s Candies & Ice Cream Trucks after attending the GAF’s 50th anniversary celebration.
When seconds count, B.E. F.A.S.T.

A stroke is a medical emergency.

Experts at the MemorialCare Neuroscience Institutes remind you to recognize the signs of stroke:

- **B** Balance Lost
  Sudden loss of balance or coordination

- **E** Eyes Blur
  Sudden trouble seeing or blurred vision in one or both eyes

- **F** Facial Drooping
  One side of the face droops or is numb

- **A** Arm Weakness
  Sudden weakness or numbness of an arm or leg, especially on one side of the body

- **S** Speech Difficulty
  Sudden confusion, trouble speaking or understanding speech

- **T** Time to Call 911
  Call 911 immediately (note the time the symptoms started)

memorialcare.org/stroke
The Filipino Association of Leisure World (FALW) announced its annual Veterans Picnic on July 1 at the Clubhouse 1 picnic area. The event is open for all U.S. veterans residing in Leisure World and their guests. It is a way for the FALW to express its gratitude to veterans’ for selfless service to a great nation.

The Golden Age Foundation (GAF) donated $3,500 to the service to a great nation.

The FALW will hold annual Veterans Picnic on July 1

The Golden Age Foundation (GAF) donated $3,500 to the FALW for the event. The FALW is grateful for the assistance.

The FALW started the event 11 years ago, but due to COVID-19, it was cancelled for two years. The event came back last year, stronger and bigger than ever.

Last year, close to 250 veterans and their guests attended the picnic. Guests enjoyed delicious food, desserts, fresh-cut fruit and sodas, and sang all the military branch songs to uplift spirits. "Taps" was played for departed comrades.

The Hui O Hula Club and the Hawaiian Band will entertain during the picnic this year.

Registration is required to attend the event. To register, call Ren Villanueva, 323-854-6209; Ric Dixon, 714-225-3597; Ed Bolos, 551-998-4223 or Harry Varnas, 323-791-1141, and state your name, phone number, branch of service and number of guests. A gift will be distributed to first 100 veterans who registered for the event.

Registration is open to veterans until June 25.

The event is open for all U.S. veterans residing in Leisure World—regardless of branch of service and number of guests. A gift will be distributed to first 100 veterans who registered for the event.

Hui O Hula Club and the Hawaiian Band will entertain during the picnic this year.

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Saturday, May 20, 2023
8PM | Long Beach Arena
Indoor Picnicking Starts at 6:30PM

**Bring a Picnic, Libations, and your Dancing Shoes!**

**DANCE PARTY**

Susie Seiter, conductor

**Dance and Rock And Roll All Night to the Classics of the 70’s and 80’s**
Led Zeppelin, U2, Starship, Pat Benatar, Scorpions, Lynyrd Skynyrd and more!

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Saturday, June 3, 2023
8PM | Terrace Theater

**An American in Paris**

Eckart Preu, conductor | Michelle Cann, piano

**Pulse** (Brian Nabors) | **Harlem** (Ellington)
**Romanza** (Nan Schwartz) | **Piano Concerto in One Movement** (Florence Price)
**An American in Paris** (Gershwin)

**Tickets at** LongBeachSymphony.org | (562) 436-3203, ext. 1
April Security Incident Report

The following is the security incident report for the month of April. It has been edited for clarity and brevity.

**FIRE:**
- April 4, 10:02 p.m., Mutual 1
- Orange County Fire Authority arrived on scene on scene to a false alarm; no fire or smoke.
- April 15, 10:04 a.m., Mutual 8
- OCTA arrived on scene on scene to a false alarm; no fire or smoke.
- April 21, 7:49 a.m., Mutual 9
- Burnt toast triggered a smoke alarm. There was no fire or damage to the property.

**COYOTE SIGHTINGS:**
- April 9, 6:40 a.m., North Gate
- Coyote exited community.
- April 18, 2:05 a.m., Clubhouse 4 Parking Lot
- Two coyotes observed.
- April 23, 8:15 p.m., Mutual 14
- Coyote reported near unit 17G.

**THEFT:**
- April 4, 8:20 a.m., Clubhouse 4 parking lot
- Five catalytic converters were removed from three GRF buses.
- April 9, 9 p.m., Mutual 10
- An unknown person removed a catalytic converter from a resident’s vehicle. Resident had not started the vehicle in three weeks, so it is unknown when the catalytic converter was removed.
- April 10, 3:22 p.m., Mutual 8
- An unknown person removed a grill and propane tank from a resident’s carport area.
- April 20, 6:08 p.m., Mutual 2
- An unknown person removed plants from a resident’s front yard area.
- April 26, 9:54 a.m., Clubhouse 4
- An unknown person removed an aluminum ladder belonging to GRF.
- April 27, 2:20 p.m., Mutual 6
- A resident took property belonging to a GRF employee. Seal Beach Police were called but did not make an arrest. The GRF employee did not want to prosecute.
- April 29, 8:35 p.m., Mutual 2
- An unknown person removed a delivery box from a resident’s porch.

**VANDALISM:**
- April 16, 9:53 a.m., Mutual 8
- A resident stated an unknown person damaged the corner of her window screen.

**PET COMPLAINTS:**
- April 6, 2 p.m., Mutual 12
- A dog bit a resident after it was left off leash.
- April 16, 7:15 p.m., Mutual 10
- A dog owner was advised that barking was causing a disturbance.
- April 17, 3:18 p.m., Mutual 7
- Residents were involved in a verbal dispute over a barking dog.
- April 26, 8:30 a.m., Mutual 3
- A resident reported a barking dog. No noise detected.
- April 27, 3:30 p.m., Mutual 3
- A resident complained of another resident’s dog reliving themselves near their unit.

**TRAFFIC INCIDENTS:**
- April 1, 9:12 a.m., North Gate
- A vehicle struck a metal pole with exiting the community.
- April 6, 5:40 p.m., 1650 Interlachen Road
- A vehicle struck another vehicle and fled the scene.
- April 15, 4:30 p.m., Golden Rain Road
- A resident stated another vehicle drove through a stop sign and almost collided with their golf cart. No collision or injuries occurred.

**NOISE COMPLAINTS:**
- April 1, 9:15 a.m., Mutual 3
- Ongoing dispute regarding noise.
- April 3, 10:00 p.m., Mutual 3
- Ongoing neighbor dispute regarding noise.
- April 13, 5:45 p.m., Mutual 7
- A resident complained of noise from neighboring unit.

**INJURIES:**
- April 12, 12:02 p.m., Mutual 15
- A resident fell while walking and was taken to the hospital.
- April 15, 3:55 p.m., Mutual 14
- A resident fell while walking and was taken to the hospital.
- April 17, 8:25 a.m., Mutual 10
- A resident fell in a crosswalk, but did not need hospital transportation.
- April 10, 11:27 a.m., Mutual 11
- A resident fell while walking and was taken to the hospital.
- April 10, 7:30 p.m., Mutual 5
- A resident fell while walking and was taken to the hospital.
- April 12, 1:35 p.m., Mutual 15
- A resident injured his finger in a car door.
- April 13, 4:25 p.m., Mutual 12
- A resident fell while walking but did not need transportation to the hospital.
- April 13, 6:37 p.m., Mutual 9
- A resident fell off a bicycle and was transported to the hospital.
- April 14, 12:32 p.m., Mutual 4
- A resident fell while walking but did not require transportation to the hospital.
- April 26, 2:35 p.m., Mutual 12
- A resident fell while walking but did not require transportation to the hospital.

**SECURITY, page 17**

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**NOW ON SALE**

- Carpet • Hardwood • Tile • Vinyl/Waterproof

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**Alpine Heating & Air Conditioning**

**Specializing in Serving Leisure World Residents**

Free Installation Estimates • Sales • Repair • Installation

**Lowest Prices In Town • All Work Guaranteed**

#1 in Customer Service

**714-901-0552**

Cal. St. Lic. # 719734
How to Place an Obituary

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. 801, or email laurieb@lwsb.com.

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

OBITUARIES

Frank Douglas Destra Memorial Service

A memorial reception for Frank Destra will be held on Saturday, May 20, at 3:30 p.m. in Clubhouse 2. All of Frank’s friends and fans are welcome.

People can RSVP to Martha at marthad11442@icloud.com or by calling 562-225-0037.

Danny (Dan) Lee Ballinger 1936-2023

Danny (Dan) Lee Ballinger was a resident of LW since 1994, where his wife, Norma, still resides.

Dan was born on Sept. 7, 1936, and passed away at home on April 21, 2023. He is also survived by three children, four grandsons, nine great-grandchildren and one brother.

A graveside service was held on April 30 at Forest Lawn in Long Beach with all survivors except two great-grandchildren present.

Dan was an ordained Christian Church minister, graduated from Redlands High School in 1956, received a bachelor’s degree from Pacific Christian College/Hope International University, along with Norma, in 1958 and a master’s degree in theology from Eastern New Mexico University in 1966. He was accredited by the American Association of Pastoral Counselors in 1984.

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MOTHERS’ TRIBUTE from page 1

To Carol Chambers, Mutual 5
Mom,
Happy Mother’s Day. Your whole family loves you so much. Thank you for all that you have done for us. You have been the best Mom and Nana anyone could ask for. Can’t wait to spoil you on your day. You have been the rock of this family. Thank you for all the fun times that we have shared, can’t wait to make many more with you. We love you so much.

—Melody and Brent Lizarraga, and Cassie, Melvin, Bella and Michael Mendez

To Shirlene Wallis, Mutual 7
Mother’s Day is a wonderful day to remember one of the most important women in my life. I am Shirlene Wallis’ only child, so she gave me all of her love and attention while growing up. My introduction to Christianity and taught me the value of perseverance, courage, importance in education and that through hard work you can achieve anything.

Evelyn is amazing, the best mom that God could have given us, she is always there when we need her with open arms and honest support. As of today, she is making sure my sister and I (both in our late 40s) are okay when she is no longer around. We love you Mom, we see you, hear you and feel the love you have for us. Happy Mother’s Day, today and everyday.

—Ally Phillipsen and Carmen Garcia

To Isobel Riley
She raised 10 children and was an amazing mom to all of us. Miss her everyday!

—Mary Ellen Fuller, Mutual 2

To Irene Bernstein, Mutual 15
This is easy—the biggest compliment I can get is some-one telling me I’m just like my mother or that I sound like my mother I sing like my mother: off key, knowing all the words and loudly!

—Sue Brackett, Mutual 15

To Everilda Garcia, Mutual 9
My sister and I struck gold when God gave us our Mom. Everilda Garcia, known by her friends as “Evelyn,” has lived in LW for five years now. Forty years ago, my mom left a third world country with nothing more than a suitcase and very minimal money gifted by her friends and family. She, along with two young daughters (my sister Carmen 1), embarked on a new path. Through Mom’s hard work and struggle, she has taught us the value of perseverance, courage, importance in education and that through hard work you can achieve anything.

Mom is a simple woman, who gave everything and anything to those in need. She will walk to the houses of those who are ill and bring them a homemade meal, will ensure she has room for those that need a place and will always be there for those in need. She has taught us that what you give you get in return, and her kindness has certainly been returned by those that know her.

Evelyn is amazing, the best mom that God could have given us, she is always there if we need her with open arms and honest support. As of today, she is making sure my sister and I (both in our late 40s) are okay when she is no longer around. We love you Mom, we see you, hear you and feel the love you have for us. Happy Mother’s Day, today and everyday.

—Ethel Carter, Mutual 2

To Essie Mildred Bohannon Carter
My mother was born on the Fourth of July in the year 1909. She grew up in Huntsville and Fayetteville, Arkansas. She had a younger brother. Her folks came to Fullerton, California, in 1928, after Essie finished her freshman year at the Arkansas university.

She met, and later married (in 1934) my father, John Cecil Carter, an Oklahoma man who came with his parents to Fullerton in the 1920s. He attended Fullerton High School and played football there. They had many adventures together. After having three children, including myself, they took many trips, especially to Yosemite National Park. They both had a great sense of humor and loved playing pranks on family members. Cecil worked long hours at the Pacific Telephone Company, so my mother would often be alone with just the three of us. I was still a toddler, sitting in a high chair, while my older brother and sister would quarrel about something.

All my mother had to do was look at the kitchen door window and start to get up the table where we were eating. Then all three of us kids would stop what we were doing and get under the table, too.

I needed a little help from my sister to get out of the high chair. We weren’t in any real danger, but for the rest of that night there was peace and quiet, which my mother really needed! Ha!

—Ethel Carter, Mutual 2

To Kelley B. Song, Mutual 14
God gave us the best, most dedicated and supportive mother we could ever wish for: Kelley B. Song. Mom has always been there for us, and our dearly departed dad, Keith K. Song, as the matriarch to an immigrant family, from life in America

Carmen Garcia, Everilda Garcia and Ally Phillipsen

We salute and appreciate so much our dear mother Kelley B. Song and love our beautiful mother too much to mention, for everything she has sacrificed and done for us! We love you, Umma, until the next time! Kelley B. Song, the greatest mother on Earth…ever, we love you so much!

—Jina Asia Batista, Mutual 14

To Thuy Do, Mutual 14
To Mom,
You are the rock of our family. Your strength through guidance is to be admired and emulated. An amazing mother and grandmother, you have taught us all what it means to love and live. Though there is only one day dedicated to celebrating and remembering mothers, we celebrate you everyday in our hearts.

You continue to thrive and flourish as you improve every one around you. You shine so brightly to the world in your art and your commitment to serve others as you teach us to do. We are your children, but we do not have the energy to keep up with you. We love every bit of you and want to spend this Mother’s Day celebrating your love for us.

—Stephanie T. Do, Mutual 14

To Patricia Rhoades, Mutual 9
Our mom is our hero. From Eric: My dad died unexpectedly when I was 3 years old. In response to what had to be the most traumatic experience of her life, my mom, Patricia Rhoades, worked full time and put me in a good school through nursing school to provide the best life for me and my baby sister Becky.

You don’t always see the whole picture when you are a kid, but looking back through memories I realize you are the woman who sacrificed everything for her children, who made us her No. 1 priority…always! Even when I was a moody jerk of a teenager! Because of my mom I grew up to be a good man and a good father. I’m not without my flaws, but I didn’t get those from my mom. My mom is my hero.

From Becky: I second everything my brother wrote above. Mom put herself through nursing school and worked hard every day of her life to give my brother and I a good, happy, secure life.

She also loved us unconditionally, something that shouldn’t be possible. All the best things about me come from her and the example she set for us. It is truly a joy to visit her, to travel with her and talk to her, and be her daughter. My mom is an incredible woman and my hero.

We make sure to love, cherish, appreciate, and spoil our mom at every opportunity. Happy Mother’s Day!

—Eric and Rebecca Rhoades
**ARTS & LEISURE**

**Seal Beach Guitar Ensemble**

The Seal Beach Guitar Ensemble will perform on July 29 at 10 a.m. in the Clubhouse 3 Lobby.

The ensemble had its first concert of the year in on April 27 in Clubhouse 3, Room 6, at 10 a.m.

The group performed a new list of "Moderato Cantabile," "Do Re Mi" and three other ensemble pieces. Each member also played solo.

The ensemble has a new member: Titus Kim, who has played and taught an auto harp class before in LW.

The ensemble will perform its new repertoire in this year: "Minuet in G" and "Medley of Christmas Carols" for the second annual concert. Ensemble members gather every Thursday in Clubhouse 3, Room 6, from 9 a.m.-noon, to learn classic guitar techniques and skills.

Anyone who is interested in learning classic guitar or joining the group is welcome.

For more information, contact president Mimi Lee via text at 914-843-1696.

**Hula dancers perform for Mutual 12 luncheon**

Hula dancers perform for Mutual 12 luncheon on Saturday, July 29.

Hui O Hula had a lot of fun entertaining the LW crowd at the GAF 50th celebration on April 22. Around 30 dancers and musical band KAPAKAHI showed up to dance and sing.

After the first song, "God Bless America," hula program continued with both the hula kahiko (traditional chant) and hula auwana (modern dance styles). Implements such as na 'ulu 'ulu (feather gourds) and pu'ili (bamboo sticks) and na kahiko (traditional chant) and hula auwana (modern dance styles).  Implements such as na 'ulu 'ulu (feather gourds) and pu'ili (bamboo sticks) and na kahiko (traditional chant) as well as hula auwana (modern dance styles). Implements such as na 'ulu 'ulu (feather gourds) and pu'ili (bamboo sticks) and na kahiko (traditional chant) as well as hula auwana (modern dance styles).

Next, dancers went on to entertain the LW crowd at Mutual 12's annual luncheon. Hula instructor Jojo Weingart lives in Mutual 12, and LW medical staff had lots of fun dancing together. The club thanks Sarah Young, who is the patient relations liaison for the HCC.

The hula dancers and the club members gather every Thursday in Clubhouse 3, Room 6, from 9 a.m.-noon, to learn classic guitar techniques and skills.

Anyone who is interested in learning classic guitar or joining the group is welcome.

For more information, contact president Mimi Lee via text at 914-843-1696.

**LWers invited to sell their crafts at July 4 event**

LWers invited to sell their crafts at July 4 event.

Recreation will host its annual Fourth of July Classic Car Show & BBQ and is calling on all artisan clubs to showcase and sell their crafts.

This is Recreation’s largest event of the year, and club’s are invited to take advantage of this opportunity to engage with both Leisure Worlders and guests while enjoying food truck fare, live music and classic cars courtesy of the Silver Fox Classic Car Club.

Artisans are an integral part of this event, as spectators enjoy one-of-a-kind crafts and talents right inside of the walls.

To participate in the event, contact Recreation at 562-431-2242. A special class for absolute beginners will be offered twice a week. All are welcome. The current hula subject is "Kaulana," composed by Frank Kawaaia'valu Hewett. For more information, call 562-431-2242.

On the morning of April 27, Hui O Hula entertained at the LW Health Care Center on its "Celebrate Hawaiian Culture Day." The hula dancers and the LW medical staff had lots of fun dancing together. The club thanks Sarah Young, who is the patient relations liaison for the HCC.

Next, dancers went on to perform at Mutual 12’s annual luncheon. Hula instructor Jojo Weingart lives in Mutual 12, and it was said to be able to share her aloha in hula with her neighbors and friends there.

Hula dance lessons are offered twice a week. All are welcome. The current hula subject is "Kaulana," composed by Frank Kawaaia'valu Hewett. For more information, call 562-431-2242.

A special class for absolute beginners will be offered in June. This class will last six weeks; beginners will be offered in June.

To participate in the event, contact Recreation at 562-431-2242. A special class for absolute beginners will be offered twice a week. All are welcome. The current hula subject is "Kaulana," composed by Frank Kawaaia'valu Hewett. For more information, call 562-431-2242.

The Traveling Tigers will meet Wednesday, May 17, at 1:30 p.m. in Clubhouse 3, Room 9.

The assignment is to submit photos taken on the club’s field trip to the Rancho Los Alamitos on April 13 by submitting them to Ben Benjamin at benjaminjfs@hotmail.com to be shared at the meeting.

People should also bring photos of their choice to be displayed and to be commented on at the meeting.

Hooks and labels will be available for members to use to hang framed photos in the hall of Clubhouse 3.

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

Everyone is welcome. For information about the club, call Regina Schunacher at 562-430-7978.

—Regina Schunacher

**Travel Diary: Taiwan**

Travel Diary: Taiwan by Ivy Kung

I visited Taiwan, also called "Formosa," from March to April this year.

I lived in Jiaoxi Township, Yilan County, Taiwan, a scenic spot famous for its natural hot springs. One of the eye-catching ancient mountainous areas I visited was called the "Horse Paving Trail," and it is now called the "Jiaoxi Historical Trail." It is a section of Danlan Ancient Trail South Road in Yilan County. It is the transportation from Tamsui Office (Taipei) to Kavalan (Yilan).

The road was formed during the Xianfeng and Tongzhi years of the Qing Dynasty with immigrants to reclaim the inland of Pinglin, along the Xindian River and Jingmei River to Shen-keng, after crossing Shiding and Pinglin, to Shipai, Toucheng to Jiaoxi and Beiyi. There are many overlapping sections of the highway, also known as "Beiyi Ancient Road." Roads were built during the Japanese colonial period, and the ancient roads were abandoned. Only the section from Shipai to Jiaoxi well preserved. It was restored by the Jiaoxi Township Office and named "Horse Paving Ancient Road."

The Pao Ma Ancient Road has been named many times, and each name represents a period of history—the earliest was a path for transporting timber. The track was laid with round logs, smeared with black oil to reduce resistance, and wooden horses were used to carry the timber, hence the name "Wooden Horse Road." The ancestors walked with blue threads, and wooden horses weighing thousands. Now on the gentle and wide gravel road, hikers walk briskly and enjoy the clear streams of the mountains, unprecedented lightness and affinity.

Ivy Kung in Taiwan.
Recreation Amenity Update
by Kathy Thayer

Excessive club setup poli- cies pulled for further study

The GRF board decided to pull two reservations policies of the April agenda at the last minute for review. These amended policies would allow GRF to charge clubs for excessive setups that is requiring more than a total of one hour setup, teardown, cleanup, and AV assistance provided by one custodian. The board sent the policies back to the Recreation Committee. After discussion at the meeting, it was decided to send this to a work study once the new committee structure is implemented in July.

The discussion included the possibility of exempting 501(c)(3) organizations that raise money for Leisure World residents. It was also recommended that new clubs and existing ones at the time of renewal need to work with staff on the setup they would like, which may or may not be approved depending upon how elaborate it is. That procedure was approved and is now being implemented. Another director suggested allowing only one hour for setup and teardown and any time required for one custo- dian beyond that would come off of their reservation time.

Recreation did reach out numerous times to offer clubs a consultation on their current setup; only four clubs took us up on it.

Amenity questionnaire results

Results of the New Ame- nities Questionnaire were published in the LW Weekly on May 4. They may also be viewed on lwwb.com. Over 1,900 residents responded. Overall, we did not see much enthusiasm for new amenities and virtually all ideas would only be supported if they did not raise assessments. This is valuable information for the committees that plan for the future. The survey was conducted using Survey Monkey, which program GRF owns, at virtually no cost to shareholders. The digital ver- sion includes comments that could not be calculated.

Big events coming up

We are busy preparing for the Amphitheater season, special events, running bus trips, and acclimating to the new GRF structure. The June 4 Classic Car Show, BBQ and Craft Fair is coming soon. If you are a member of a craft club, ask your leadership if they have signed up for the biggest event of the year. See page 19 for more information.

New food trucks

Finally, we are in negotia- tion with several food trucks to be added to a monthly rota- tion. Of all the requests on the survey, more food options were No. 1. If the community supports these businesses, we can count on them com- ing back and if not, they will require that we guarantee a certain level of sales to return. If you have a favorite truck, we are open to more suggestions. We welcome your respect- ful input and inquiries on all things Recreation. Please let us know what is on your mind.

For further information, contact kathyt@lwwb.com.

LW Weekly
562-430-0534

LW Weekly
Author will discuss Vietnam War

The LW Weekly invites resi- dents to its second AuthorSpeak event of 2023 on Friday, June 2, at 11 a.m. next to the Library at Veterans Plaza.

Veteran, artist and mem- ber of Robert Richert will take listeners through his time in the Vietnam War as a drafted civilian and through struggles, both mental and physical, that he endured while in Vietnam. He'll also discuss his healing process in the years afterward with his book "Open Wounds." Arrive as early as 10:30 a.m. to enjoy refreshments provided by the library. The discussion begins at 11 a.m.

RV Club Annual Picnic

The RV Club will meet Tuesday, May 16, at 5 p.m. in the Club- house 2 patio. The group will have a barbecue dinner for the club's annual May barbecue and potluck picnic. The club will provide tri-tip and chicken entrees and beverages.

Members may bring a side dish such as a salad, potato dish or dessert. Happy hour starts at 4 p.m. Members who want chicken for their entree must RSVP.

Volunteers are needed. To volunteer, come by the picnic area at 4 p.m. This is the RV Club's last meeting until September. RSVP to bwrcvb@gmail.com or text Bob Konier at 562-314-8468.

GRF Excursion Recap

by Mayoka Bassell

Recreation Department

When I saw the International City Theater's ad for "Under the Skin" by Michael Hollinger, I immediately knew it was a comedy I wanted our residents to enjoy. And so we did on April 30 as Cold Coast Bus 6042 took us along Ocean Boulevard to see the play with residents beaming in their excitement. The excursion was wonderful from start to finish, and "Under the Skin" was impres- sively clever. The play offered a mix of laughter, confusion, and tears—both of joy and frustra- tion—as Reina neurotically decided whether her father or not.

Lou seemed like the guy who always was who he was no mat- ter what it cost others. So, we all fell for Reina as we watched her inner girl lose it while she car- ried all the pain from her past. And understandably so. At the end of the play, her love for her father allowed her to donate a kidney as a match, although Lou, as it turned out, was not her biological father!

I want to encourage our resi- dents to not shy away from the new experiences GRF is hosting for our community.

Recreation still has tickets to the Angels game on June 9 and will soon be selling excursion tickets to the Getty Villa on July 2, as well as Pageant of the Masters on August 30.

For more information about upcoming excursions, contact Mayoka at 562-431-6586 ext. 476 or email mayokab@lwwb.com.

Quilting Bee luncheon tickets on sale

The Leisure World Quilt Bee Annual Spring Luncheon Fundra- iser is May 17 in Clubhouse 2 at 11:30 a.m. Tickets are $20.

This is a popular event with wonderful door prizes. There is limited seating so those interested should contact Lisa at 949- 584-2884 as soon as possible to purchase tickets.
Advertise here for $60 per week
10 consecutive weeks, minimum
Call 562-430-0534

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23 YEARS' EXPERIENCE
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Puzzles & Comics

Gasoline Alley
By Jim Scancarelli

My glasses fell off when I bent down to pick up an item on the bottom shelf.
Do you remember where you were when it happened?
They should be easy to find.

Broom-Hilda
By Russell Myers

We’re having cutbacks at the office. We’re going to have to travel on our own.

Middletons
By Ralph Dunagin & Dana Summers

9 To 5
By Harley Schwadron

Los Angeles Times Crossword Puzzle
Edited by Rich Norris and Joyce Nichols Lewis

Sudoku 1

Answers on page 26

Gasoline Alley

The Next Year They’re Going To Be On TV

Middletons

We’re Having Cutbacks At The Office. We’re Going To Have To Travel On Our Own.

Broom-Hilda

Good Thing I Don’t Wear Pants

Gasoline Alley

The Next Year They’re Going To Be On TV

Middletons

We’re Having Cutbacks At The Office. We’re Going To Have To Travel On Our Own.

Broom-Hilda

Good Thing I Don’t Wear Pants

Los Angeles Times Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis
Guess Who?

I am an actor born in California on January 7, 1971. I was nominated for an Academy Award for Best Actor for a role as a military sergeant. Later, I went on to play a key role in Marvel’s Avengers movies.

**Sudoku #2**

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<td>2</td>
<td>8</td>
<td>3</td>
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**Puzzles & Comics**

Answers on page 26

**BLOOD DONATION WORD SEARCH**

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A L R N C L U K E G N I R Y S O C S B B
Y K K N A B O T H E R A P Y E L D A E
U C I S M I P S P E T R Y K L D O N N D
P A K U G R T I M E T S R L M R I G M D
B U D M E D O S A G E O S C G L R O S U
A I L A I L E H T O D N E E U A C I S P
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P H D T A S Z E I G S T M N N K R D L
H L U M P H K D P D I S E A S E Y C Z B
```

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

**WORDS**

- ADSORPTION
- ALLELE
- ANTIBODY
- ANTIGEN
- ANTIGLOBULIN
- BANK
- BLOOD
- CALIBRATION
- CELLS
- CODOMINANT
- CROSSMATCH
- DISEASE
- DONATION
- DONOR
- DOSAGE
- ENDOThelial
- ENZYMES
- GENETIC
- GROUP
- HEALTH
- STEM
- SYRINGE
- THERAPY
- TYPE
Opera Club

The Opera Club will screen "Fire Shut Up in My Bones" on Monday, May 16, at 1:30 p.m. in the Learning Center of Clubhouse 3.

Frieda Davis, the club’s knowledgeable music source, will introduce this contemporary opera by composer Terence Blanchard.

The opera is based on the New York Times’ bestselling "Fire Shut Up in My Bones" by Charles M. Blow. It is a memoir about the author’s early-life exposure to pedophilia, illustrating the negative psychological and emotional effects caused by that incident.

In Act 1, he falls in love with Greta, but when he learns she is seeing someone else and breaks off with him, he calls home in his loneliness, only to find out that Chester is again visiting. He packs a gun and sets off for his childhood home leaving destiny and the audience to discover the outcome of his decision.

The production is in English with English subtitles. Attendees are invited to wear masks indoors, if desired. No dues or fees are collected. For more information contact Opera Club President Margaret Gillon at MargaretG@email.com or call her at 562-370-3844.

Genealogy Club

The Genealogy Club Workshop, which meets in the east end of Clubhouse 3, welcomes visitors and new members.

The club provides computers with Ancestry.com, newspapers and military subscriptions for member use. It also has a large selection of research books and periodicals.

The Genealogy room is open Monday through Thursday from 1-4 p.m. and weekends from 11 a.m.-2 p.m. Each Thursday afternoon at 1:30 p.m., the club has a short class on a variety of subjects.

The schedule is as follows:

• May 4: Ancestry.com
• May 11: The Brazilian Connection
• May 18: Land Records
• May 25: DAR (Daughters of the American Revolution)

Crossword Answers

| 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 |
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |

Word-Find Answers

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Puzzle Answers

Sudoku 1 Answers

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

Sudoku 2 Answers

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

Jumble Answers

Singe Flank Blotch Flaut

He told them that he grew great coffee, but he was FULL OF BEANS.
AUTOS WANTED (continued)

GOLF CART TIRE

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MISCELLANEOUS
BUYING - 15 years experience. Exp 5/20

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Mutual 5 - 91F
$445,000
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Mutual 16 - 54A
$299,000
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One-Bedrooms

Mutual 1-40D
$229,500
Great greenbelt, enclosed patio, skylights, very nice

Mutual 1-26L
$318,000
corner unit with extra large skylight

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

Two-Bedrooms

Mutual 15-46P
$367,000
A/C, washer/dryer and dishwasher

Mutual 4-50F
$369,000
comfortable & cozy with double pane windows.

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

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Mutual 4-50F $369,000

Comfortable and cozy describes this fully expanded corner 2 bedroom, 2 Bath- room home with a spacious Living Room. The dining area has double pane wind- ows. The Kitchen has built-in Leisure World appliances including a stove, oven, and refrigerator, upgraded counter top and ceiling fan. The main bedroom has been expanded and has a wardrobe closet with a sitting area and a second closet in the expansion. The bathroom has a cut down shower for walk-in convenience. The second bedroom has been expanded and has a wardrobe closet. The Liv- ing room, Dining room and bedrooms have carpeting. Kitchen, Bath and hall- way have vinyl flooring. This lovely home has a heat pump and drive up parking.

Mutual 1-26L $318,000

A must see corner 2 bedroom 1 bath cottage newly redecorated. This charming home is light and bright and ready to move in. It has new deluxe vinyl flooring though out and has been newly painted. The Kitchen has white cabinets and fea- tures built-in appliances including a built-in dishwasher and extra- large skylight. The private patio has new indoor/outdoor carpeting and walk-in storage closet.

M4-77E $249,900

Charming upgrade and recently remodeled 1 bedroom, 1 bathroom home. This delightful home has many upgrades. Spacious living room is light and bright and features leaded glass entry door, double pane windows with plantation shut- ters and deluxe vinyl plank flooring. Kitchen has new built-in appliances includ- ing Bosch stove and oven, LG double door refrigerator with lower freezer, new sink, and costume counter tops and new ceiling fan. Bedroom has deluxe vinyl plank flooring and double pane sliding glass doors to patio. Bathroom has new counter tops, sink, high boy toilet and cut down shower for walk-in convenience. Private patio has indoor/outdoor carpeting with patio storage and gated entry

M11-273L $349,900

Quaint tree-lined private location. Spacious corner 2 bedroom 1 bathroom house with a large wrap-around enclosed patio room. The living room has a large sky- light, newer heat pump/air conditioning unit and vertical blinds. Kitchen has a Leisure World refrigerator, stove, oven, an added dish washer, ceiling fan and sky- light. Living room, bedrooms and kitchen have laminate throughout. Bath- room has skylight and cut down shower for walk-in convenience. Large versa- tile 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. This home is light, bright and a must see.

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M6 - 142C $225,000
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M5 - 71L $405,000
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M9 - 220C - $315,000
Basic 2 bedroom one bath

M7 - 176F - $459,000
Beautiful 2 bedroom 1 bath unit!

M14 - 32H - $445,000
Fully expd. two-bedroom corner home; The Beverly Hills of LW

M9 - 208D - $369,000
Fully Expanded 2 bedroom 1 bath

M2 - 58H $395,000
Expanded 2 Bedroom 1 Bath

M11 - 275B $319,000
Cute 2 bedroom 1 bath

M10 - 238H $325,000
Lovely Drive up 2 Bedroom 1 Bath

M3 - 34F - $320,000
Two-bedroom Upgraded unit; Washer/Dryer

M9 - 220B - $305,000
Basic two-bedroom unit; Easy access; Faces the breeze

M11 - 283J $258,000
Fully expanded one bedroom, one bath on a greenbelt

M11 - 264H $529,000
Gorgeous 2 Bedroom 2 Bath with Washer/Dryer

M1 - 45B $215,000
Basic East facing One Bedroom

M4 - 84F - $399,000
Corner 2 Bedroom 1 Bath with enclosed Patio on Greenbelt

M3 - 16C - $395,000
Two-bedroom full expansion!

M10 - 253D $310,000
Basic 2 Bedroom 1 Bath

M12 - 62A $459,000
Gorgeous Expanded Corner with added Bathroom

M1 - 44D - $259,000
Gorgeous 1 Bedroom Close to Amenities

M3 - 9C - $235,000
Partially expanded one-bedroom unit; Expd. bedroom; Tiled patio!

M4 - 81E - $247,000
Very nice one-bedroom unit; Enclosed patio; On lovely green

Giving Back to the Community on Every Real Estate Transaction!
For 2023, We have a total of 39 pending and closed sales. Buyers are anxiously awaiting the perfect floor plan for their needs! It may be yours!

1201 Oakmont Rd #196H | M8 | $348,000
Gorgeous greenbelt 2bed/2bath with partial expansion and exterior storage. Immaculate home with laminate floors throughout, Central HVAC, skylight, shutters on all windows.

13660 Annandale Dr #21F | M3 | $379,000
Corner patio with garden walk up looking out onto the golf course! 2bed/2bath, heat pump, light and bright kitchen with skylight and newer appliances. Bamboo floors, dual pane windows, washer/dryer, meticulously maintained!

1200 Del Monte Dr #23P | N15 | $329,000
Upper unit 2bed/2bath with window patio enclosure. Galley kitchen with newer oven and refrigerator. Blank canvas ready for your interpretation!

In Escrow

13800 El Dorado Dr #24B | M3 | $369,000
2bed/1bath fully expanded unit with BIG beautiful windows in front. AC heat pumps, new carpeting, laminate floors and paint throughout. Skylights and custom shower in bathroom. Golf cart included!

Price Improvement!

13131 Shawnee Ln #285C | M11 | $295,000
Adorable 2bed/1bath in Slice location full patio with storage closet, new laminate floors and freshly painted throughout. Skylights in kitchen and bathroom. Move-in ready!

New Listing!

1080 Foxburg Rd #216 | M9 | $339,000
Adorable 2bed/3bath unit with full tile patio and large bright skylights throughout. Washer/dryer, AC heat pumps in living room and both bedrooms, Luxury vinyl flooring throughout, granite countertops, oversized storage unit and extra car space!

On May 8th, 2023 a total of 62 units show as active listings on the CRMLS (this is where Realtors list property for sale)

- 12 - 1 bedroom/1 bath units from $215,000 to $259,000
- 38 - 2 bedrooms/1 bath units from $265,000 to $465,000
- 12 - 2 bedrooms/2 baths units from $329,000 to $597,000

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HAPPY MOTHER’S DAY

Wishing all the wonderful moms out there a happy mother’s day from us here at Gasper Monteer!