

VILLAGE BREEZE

FEBRUARY/MARCH 2021



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LETTER FROM THE EDITOR

AND THE SURVEY SAID ...

Village Breeze resident readers are speaking, and I am listening! First, I would like to sincerely thank all residents who took the time to populate the reader survey from the December 2020/January 2021 issue and share their feedback with me—the good, the bad and the ugly—via email or snail mail. I truly appreciate your responses.

I had hoped to publish the findings in this edition, but as of press time, responses were still coming in, and I hope you agree that you'd rather have a broader picture of the results and as much feedback as possible. I promise to have that more complete picture for you all in the April/May 2021 issue.

However, please be assured that I am at work at developing additional content that addresses both your kudos and criticisms. So many of you had great ideas that I can't wait to share.

I would like to remind folks of two things. One, the Village Breeze is fully funded by a generous three-year sponsorship by Memorial Care. No resident assessments go into its printing and postage, and no additional staff were hired to develop or create the publication.

Second, time is no friend of a bimonthly publication, unfortunately, meaning that try as we might to publish information that is as timely as possible, there's a lag from completed files to design to print. Whenever reference is made to "as of press time," it's an acknowledgement that the related information might have changed since it went to the printer. That's why I hope you will visit page 28, which features all the different ways that VMS' Media and Communications Department reaches out to the community on a daily and weekly basis, and how you can subscribe/enroll to ensure you're receiving the most up-to-date Village news possible.

There's lots of other content in this issue that I hope you find useful. On page 14, managing editor Susan Logan-McCracken explores one of the Village's most valuable assets and one of the best deals around—Village cable. Page 18 tells the tale of a famous 1857 incident involving a prison break, horse thievery, an ambush and a shootout right here in Orange County—outside Gate 6, to be specific. On page 22, meet your neighbor Phil Doran, who worked with Chuck Barris, Tim Conway, Carrol O'Connor, Norman Lear and others, and wrote for such shows as "The Bob Newhart Show," "Sanford and Son" and more. Learn the VMS employee behind our resident question-and-answer column on page 26, understand the whys behind Aliso Creek management on page 36, find out what gastronomic delights lead to a healthier, sharper mind on page 40—and much more.

I'd like to circle back to the feedback and two-way communication topics. My email inbox is never full, and your photos, suggestions and constructive criticisms are always welcome—you needn't wait for a survey invitation.

Until next time, may you and yours be well.

Ellyce Rothrock, Editor

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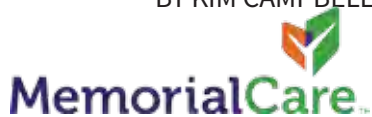
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Every Village Breeze edition is paid for through a partnership with MemorialCare Medical Group.

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VILLAGE BREEZE

THE OFFICIAL MAGAZINE OF
LAGUNA WOODS VILLAGE

FEBRUARY/MARCH 2021

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Unsolicited manuscripts and content suggestions are welcome for possible future use in the Village Breeze or other VMS publications. Acknowledgement of unsolicited manuscripts is in no way a suggestion or guarantee of publication.

Submit concise editorial ideas as a one-page letter accompanied by recent writing samples to info@lagunawoodsvillage.com or to Village Breeze, 24351 El Toro Road, Laguna Woods, CA 92637. Include your full name, phone number, email address and manor number. To receive a copy of the Laguna Woods Village Style Guide and editorial guidelines, email info@lagunawoodsvillage.com.

Submissions will not be returned.

Village Breeze reserves the right to edit any and all content for clarity, accuracy, space and tone and correct grammar, spelling and usage.

Only Village Breeze staff and its advisors prepare and assign editorial content. No contributor or agent may promise content, or content placement within Village Breeze, to any individual, group, business, organization or entity.

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GOLDEN RAIN FOUNDATION
of LAGUNA WOODS

THIRD LAGUNA HILLS
MUTUAL

UNITED LAGUNA WOODS
MUTUAL

Village Management Services, Inc.

THE TOWERS
Laguna Woods Village



WHAT'S UP IN THE VILLAGE



On December 17, after quite an impressive rain storm, Village residents were treated to a double rainbow!

WALK-UP COVID-19 TESTING

The City of Laguna Woods offers tests every Wednesday and Saturday.

The City of Laguna Woods, in cooperation with the Orange County Health Care Agency and 360 Clinic, offers cost-free walk-up COVID-19 testing every Wednesday and Saturday from 9 a.m. to 3 p.m. at Laguna Woods City Hall at 24264 El Toro Road.

Appointments and face masks are required. Bring a form of identification and your insurance card (if available). Results are returned within 72 hours, and after-test resources are available.

Register at 360clinic.md; for more information, email inquiries@360clinic.md or call 800-446-8888.

REGISTER AT 360CLINIC.MD

COST-FREE WALK-UP COVID-19 TESTING

EVERY WEDNESDAY & SATURDAY
9 AM - 3 PM

LAGUNA WOODS CITY HALL
24264 EL TORO RD.
LAGUNA WOODS, CA 92637

APPPOINTMENTS REQUIRED
 BRING A FORM OF ID AND INSURANCE CARD (IF AVAILABLE)
 WEAR A FACE MASK
 RESULTS WITHIN 72 HOURS; RESOURCES AVAILABLE

INQUIRIES@360CLINIC.MD | (800) 446-8888

GET YOUR AT-HOME COVID-19 TEST KIT

Register with OCHCA early in the day to avoid hitting the agency's daily limit.

OC residents may visit ohealthinfo.com/covidtest and register to receive a COVID-19 test kit shipped directly to their home at no cost. Ambry Genetics is able to process 4,000 tests each day with a 48-hour turnaround time for notification of results.

For questions, or for Orange County residents without internet or email access, call OCHCA's Health Referral Line at **800-564-8448** (or **800-801-7100** for the hearing impaired) for assistance. Visit ohealthinfo.com/covidtest for more information.



VILLAGE VACCINATION PROGRAM

MemorialCare, VMS and the Orange County Health Care Agency (OCHCA) have partnered to bring COVID-19 vaccines to Village residents. As doses become available, OCHCA allocates them to the Village, and MemorialCare volunteer medical staff administers them at Clubhouse 7.

Appointments are required and are being made in random order. If you have an email/phone number on file with Resident Services, MemorialCare will schedule your appointment and notify you via email/phone.

Your MemorialCare appointment notification will include a link to a vaccine consent and administration form, and other informational documents. Print and complete the consent and administration form before you arrive at Clubhouse 7. Hard copies are available on-site for those without computer/printer access.

You can also track your vaccination with MemorialCare's website portal. Go to <https://bit.ly/2NOx5BG>, enter your resident ID number at the prompt, and click "continue" twice to view your appointment. If you enter your ID and do not see an appointment time, please continue to check back, as appointments are continually being added for Village residents.

VMS will provide regular Village Vaccination Program updates, and you can learn more by doing the following:

- Read our comprehensive frequently asked questions
- Call the COVID-19 Village Vaccination Hotline at **949-594-2533** from 8 a.m. – 5 p.m.
- Visit the lagunawoodsvillage.com news home page or lagunawoodsvillagealerts.com
- Watch "This Day" on Channel 6, Monday through Saturday at 9 a.m., 12:30 p.m. and 5 p.m.
- Look in your inbox for special VMS email messaging
- Read "What's Up in the Village" from your email inbox
- Visit the Laguna Woods Village Facebook page

Residents also can choose to register with Othena.com, run by OCHCA, to make a vaccination appointment at the Disneyland or Soka University SuperPOD sites. Also, at Othena.com, users can find a full description of the state-mandated phases and eligibility requirements, as well as other requirements for vaccination. Residents can find more information about getting an appointment at Othena and can download the app at the App Store.

If you are vaccinated elsewhere, please be sure to decline the appointment offered by MemorialCare.

Your patience and cooperation are appreciated as we work together to vaccinate all residents!



WHAT'S UP IN THE VILLAGE

CHOOSE MINDFULNESS IN 2021

Consider setting goals to improve your well-being—not just your wallet or your waistline.

With the arrival of another new year, countless people committed (or recommitted) to New Year's resolutions.

The ancient Romans began each year by making promises to Janus, their two-faced god for

whom the month of January is named, swearing they would be better in the new year than they had been in the past.

According to the Pew Research Center, every year, between one-third and one-half of Americans

continue this tradition by making their own New Year's resolutions. The most common are saving more money or paying down debt (51 percent in 2019), eating healthier (51 percent), exercising more (50 percent) and losing weight (42 percent).

Invariably, though, resolutions flag as the year progresses—or fail completely.

Maybe we should ask what we are really trying to improve. Failed resolutions are often attempts to gain happiness indirectly—like losing weight or exercising to become more attractive and, hopefully, happier. Instead, maybe we should look to resolutions that are likely to bring happiness directly.

Below are 12 suggestions that could possibly lead to greater happiness in 2021, courtesy of [Parade.com](https://www.parade.com). To read the media outlet's all 55 resolution suggestions, visit bit.ly/35RsLaK.

1. **Stop gossiping.** Don't be that person. Spread positivity.
2. **Give one compliment a day.** You never know—it just might make that person feel a whole lot better.
3. **Go a whole day without checking your email.** Nobody's going to die. It can wait until tomorrow.
4. **Do random acts of kindness.** Anyone can be kind, and it costs you nothing.
5. **Read a book a month.** Reading is good for your brain, it can reduce stress, and it can improve your memory and concentration.



Find out what our Village Library can offer. Check out page 18 of the December 2020/January 2021 Village Breeze for more information.

6. **Reduce your waste.** Some research says that the average American produces over 2,000 pounds of trash every year. Reduce your waste by ditching paper towels in favor of rags you cut up from old towels and clothes. Another easy switch is reusable grocery bags. It makes a difference!
7. **Write down one thing you're grateful for every night.** End the night with gratitude and you'll feel better when you lay your head down on your pillow.
8. **Talk to yourself with kindness.** We aim to be nice to others but then criticize ourselves relentlessly. Stop! Think nicer things about yourself.
9. **Let go of grudges.** Wouldn't it be nice to start 2021 with a clean slate? Leave bitterness behind. Anger is so 2020.
10. **Avoid people who complain a lot.** It doesn't matter how positive a person you are. Negativity spreads, and it *will* impact you.
11. **Remove negativity or anything that makes you feel lousy.** Even things like super sad movies or news sources that just upset you.
12. **Talk less, listen more.** Good things happen and you learn and notice so much when you spend more time listening.



LOCAL MENTAL HEALTH RESOURCES

Laguna Woods Village Social Services Division and the County of Orange are here to help.

The Village's Social Services Division provides assessments, resources, referrals, the Friendly Visitor Program and much more to help residents maintain independence and enhance their quality of life. The team is available from 8 a.m. to 5 p.m., Monday through Friday, at **949-597-4267**.

The County of Orange also offers several mental health resources to seniors throughout the county:

- **Friendship Line California:** A 24/7 crisis intervention hotline and a warm line for nonemergency emotional support calls; **888-670-1360**
- **National Alliance of Mental Illness:** Provides peer mentor programs and online support groups via Zoom; **namioc.org**
- **OC Warmline:** This free, confidential telephone service provides emotional support and Orange County resources 18 hours a day to OC residents: Monday through Saturday from 9 to 3 a.m. and Sunday from 10 to 3 a.m.; **714-991-6412**
- **American Foundation for Suicide Prevention:** **800-273-8255** or text TALK to 741741
- **OCLinks:** Provides telephone and online support for anyone seeking information or linkage to any of the OC Health Care Agency's behavioral health services; **855-625-4657**; **ochealthinfo.com/oclinks**



WHAT'S UP IN THE VILLAGE

WHO'S WATCHING THE VILLAGE?



RFID Decals Replace Windshield Stickers

Affixed to driver-side headlight, RFID tech now grants authorized Village entry.

To save costs on postage, materials and staff, GRF made the decision last year to discontinue its windshield stickers in favor of using RFID decals (affixed to the driver's side headlight) for authorized entry to the Village.

Residents who do not yet have an RFID decal on their vehicle(s) are encouraged to do so to save time at the gates and avoid waiting in the visitor lane. Purchasing an RFID decal for \$25 per vehicle is the most secure and convenient way to access our community.

To help ensure everyone's health and safety, RFID transactions are by appointment only. The best way to get your RFID now is to email residentservices@vmsinc.org with a copy, a scan or a photo of your vehicle registration and request to set up an appointment to receive your decal from staff outside the Community Center.

For more information, call Resident Services at **949-597-4600**.

The Village YouTube channel helps catch you up on what everyone is talking about.

Be sure to visit Village Television's YouTube channel at <https://www.youtube.com/c/VillageTelevision> (or click the red YouTube icon in the top left-hand corner of the Village website home page) and browse the thousands of videos from Laguna Woods Village clubs, entertainment events, board meetings, the "This Day" program and important information from VMS CEO Jeff Parker. The work of Village Television's production team is highlighted in videos such as "Tales in the Woods," "Good Day OC" and "Español in Laguna Woods," and the array of the communities' interest is seen in numerous videos, from the hundreds of clubs and performances.

More videos are added each day!



Making Assessment Payments During COVID

Remit one of three ways.

1. Insert your payment into the drop box outside the Community Center with twice-daily pickups.
2. Pay assessments with a coupon via USPS. Make checks payable to Golden Rain Foundation, File 55252, Los Angeles, CA 90074-5252.
3. Pay assessments without a coupon via USPS. Make checks payable to Laguna Woods Village, Attn: Manor Payments, P.O. Box 2220, Laguna Hills, CA 92654-2220.



One of the best ways to prevent mail theft is to deposit your mail directly into USPS blue collection boxes.



PREVENT MAIL THEFT

Postal inspectors in Laguna Woods and across the country work hard to protect your mail. But with deliveries to more than 100 million addresses, the Postal Inspection Service can't do the job alone. Here's how you can help keep your mail safe from potential theft:

- Enroll online in the United States Postal Service's free Informed Delivery (bit.ly/35SAmpM) program, which lets patrons preview grayscale images of incoming mail, track packages, leave delivery instructions, reschedule delivery and more.
- Use the letter slots at your post office to mail letters, or hand them to a letter carrier.
- Deposit mail in USPS blue collection boxes before the last pickup time that appears on the schedule posted on each box.
- Remove mail from your mailbox promptly after delivery, especially if you're expecting checks, credit cards or other sensitive items. If you won't be home when the items are expected, ask a trusted friend or neighbor to pick up your mail. Don't leave it in your mailbox overnight.
- Don't send cash in the mail.
- Ask your bank for "secure" checks that can't be altered.
- Request the post office hold your mail if you plan to be away from home for more than three days. You can initiate a mail hold at the post office or online at USPS.com.
- Call the Sherriff's Department immediately at [949-770-6011](tel:949-770-6011) if you see a mail thief at work; then call postal inspectors at [877-876-2455](tel:877-876-2455) (press 3).

If you believe your mail was stolen, report it immediately to Laguna Woods Village Security at [949-580-1400](tel:949-580-1400). Personnel also will direct you to file a report with the Sherriff's Department and postmaster/postal inspector. Postal inspectors may determine whether your incident is isolated or part of a larger mail-theft problem. Your report may help them locate and apprehend the thieves.

File a mail-theft report by calling postal inspectors at [877-876-2455](tel:877-876-2455) or complete the report online at the United States Postal Inspection Service website (<https://www.uspis.gov>).



WHAT'S UP IN THE VILLAGE

BEWARE COVID-19 SCAMS

Check with your health care provider before paying for or receiving any COVID-19-related treatment.

The California Senior Medicare Patrol offers these tips regarding current COVID-19 scams.

You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.

- Leasing, ID cards:
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Check with your health care provider before paying for or receiving any COVID-19-related treatment.

Report fraud by calling
855-613-7080.



SIGN UP FOR SCE ALERTS

Receive electrical outage notifications via email, view current outage updates and more.

Planned and unplanned power outages can happen at any time. That is why VMS strongly recommends that all Village residents—especially those who depend on electricity to power medical equipment—register with Southern California Edison (SCE) to receive alerts and updates.

Signing Up for Alerts

Residents can log in to their SCE account at sce.com/mysce/login and enroll to receive outage alerts via email. To view current outage updates, visit the SCE Outage Center map at sce.com/outage-center/check-outage-status and enter your address or zip code. Check the status of a scheduled maintenance outage at sce.com/outage-center/maintenance-outages. Learn how to prepare for a power outage at sce.com/outage-center/preparing-for-outages. Per SCE's mandate, residents should address all questions and concerns regarding the company's work directly to the utility company. Visit sce.com or call SCE Customer Service at **800-655-4555**.

Public Safety Power Shutoff Program

SCE's Public Safety Power Shutoff (PSPS) program is a tool the utility may use to preemptively shut off power in high fire risk areas during extreme and potentially dangerous weather conditions (low humidity, strong winds and hot temperatures in combination with dry fuels).

To learn more about PSPS, visit sce.com/wildfire/pssp and scroll the page for detailed information about customer notifications as well as how to sign up for updates and alerts, and how to prepare.

Medical Baseline Allowance Program

Through its Medical Baseline Allowance program, SCE automatically contacts participants in the event of a Stage 3 Emergency rotating outage and provides those enrolled with an additional 16.5 kWh of electricity per day.

Visit sce.com/residential/assistance/medical-baseline to apply for the Medical Baseline Allowance program.

NEED RESIDENT SERVICES?

Guidelines when—and when not—to call Resident Services and who to call in a nonlife-threatening emergency after hours

When to Call Resident Services

Peak call hours for the Resident Services call center are from 9 a.m. to 1 p.m. Monday through Friday. If you can't reach a customer service representative, try again during off-peak hours from 1 to 4 p.m. Also, consider calling during mid-week versus on Monday morning, when call volume is the highest.

When to Call Resident Services

- Broadband services
- Chargeable service disputes
- Appliance reimbursements
- Landscaping
- Maintenance requests
- Carpentry, rodents, termites, etc.
- New-move electrical
- Plumbing
- New move in (decals, passes, RFIDs)
- Resident education on mutual responsibility
- Staff complaints/compliments
- Trash and bulky-item pickup
- Vehicle registration

When Not to Call Resident Services

- Accounting (HOA/Assessment fees): **949-597-4221**
- Compliance/Violations: **949-268-2255**
- Gate Clearance: Some general gate clearance can be entered

online by residents or by calling **949-597-4301**

- Leasing permits, ID cards: **949-597-4323**
- Manor Alterations Division: **949-597-4616**
- Occupancy applications: **949-268-2393**
- Property taxes: **949-597-4208**
- Recreation: **949-597-4273**
- Resale inspections: **949-597-4636**
- Resale membership requirements: **949-597-4219**
- RV lot space: **949-268-2284**
- Security: **949-580-1400**
- Social Services: **949-597-4267**
- Transportation: **949-597-4659**

After-Hours Resources

Resident Services call-in hours are Monday through Friday from 8 a.m. to 5 p.m. and Saturdays from 8 a.m. to 5 p.m., except major holidays (walk-in hours are currently suspended due to COVID-19). The Resident Services main line is **949-597-4600**.

Limited Resident Services agents take calls on Saturdays from 8 a.m. to 5 p.m. For Saturday emergencies during those hours, call Resident Services at **949-597-4600**; for after-hours Saturday and Sunday emergencies, contact Security directly at **949-580-1400**.

DRIVE SAFER

Take the AARP Smart Driver course online.

Register for an online AARP Smart Driver course, designed specifically for drivers age 50+.

The course can help you:

- Receive a multiyear auto insurance discount (consult your auto insurance agent for details)
- Refresh your driving skills and knowledge of road rules—and hazards
- Reduce your chances of receiving a traffic violation or getting into an accident

The course covers:

- Research-based safe driving strategies
- Information on the effects of medication on driving
- Preventive measures to reduce driver distractions
- Proper use of safety belts, air bags, antilock brakes and more
- Techniques for handling left turns, right-of-ways and roundabouts
- State-specific rules and regulations
- Easy-to-follow format

The course is \$21.95 for AARP members and \$27.95 for nonmembers. Use promo code DRIVINGSKILLS for a 25% discount.

Visit aarpdriversafety.org to register, view FAQs and more.



The strong tradition of Villagers sharing acts of kindness and maintaining resiliency continues with Thrive’s 2021 project themes.

BY BETH PERAK, THRIVE TEAM CHAIR

The 2020 slogan for the Thrive Team Project, “Laguna Woods Village Thrives on Kindness,” proved to be spot-on with the advent of COVID-19. Residents shared many acts of kindness with Thrive, and the Thrive team shared these stories in a variety of ways.

Here we are in 2021 with the task of identifying a Thrive project for this new year. We know that thriving starts with a positive intention or mindset, such as the practice of living one day at a time, getting better at something, feeling grateful about life and self, learning something new and getting to know self and others in a meaningful manner. We kept these concepts in mind, tying them to our mission, “To capture and share moments of life in the Village,” and our vision, “Inspiring quality living in every chapter of our lives.”

Our team observed that the Village continues to thrive on acts of kindness that are so very important, especially during this challenging pandemic. Acts of kindness are *external*—reaching out in an unconditional manner to others. We also observed that the positive



Cooking helps mental health in that it can be a creative outlet.

internal traits of resilience and perseverance have been invaluable to Villagers during this trying time. Those of us who have arrived at this chapter have developed resilience and perseverance in meeting challenges throughout our lives, but COVID-19 pushed the limits of our resilience!

How Did We Cope?

How did we keep from feeling overwhelmed and keep our social network somewhat alive? Laguna Woods Village residents accepted the challenge with great creativity.

- We attended lots of Zoom meetings, attended online classes, joined such online groups as book discussion groups and nourished our spiritual life with Bible study and prayer online.
- We wrote letters, notes, email messages and texts.
- We enjoyed FaceTime with loved ones.
- We shopped online with Amazon (lots), Instacart, DoorDash, Walmart, Target and many more.
- Many enjoyed cooking, exercising and learning new things.
- We expressed gratitude and the importance of living and enjoying each day.

We also looked for creative ways to reach out in service to others.

- One woman is reading with and tutoring her elementary-grade grandchildren via biweekly Zoom meetings.
- Another woman met with her granddaughter on FaceTime. They shared ideas, and though they were miles apart, they each built a gingerbread house—a holiday project so dear to many families.
- Some families celebrated Christmas together on Zoom and opened presents during the meeting.

Join Thrive in celebrating 2021 themes: “Laguna Woods Village Thrives on Kindness” and “Laguna Woods Village Thrives on Resilience.”



- Many enjoy cooking and bringing culinary treats to our neighbors.
- Many neighbors shop for one another.

We continue to look for the positive in difficult times and to find ways to have fun, learn, be of service, give of ourselves and support one another.

Kindness and Resilience

The Thrive team is enthusiastic about the group’s dual project/theme of Kindness and Resilience in 2021. One of our goals is to share Villagers’ stories on Village Television’s

“The Thrive Show,” “Discovering Laguna Woods,” “This Day,” “Tales of the Woods” and more. We will communicate using pictures, posters and articles in the Laguna Woods Globe, on the Laguna Woods Village website in the clubs section and in the Village Breeze.

Please start thinking of your stories and experiences, and share them with a Thrive team member at thriveinthevillage@yahoo.com. Be prepared to share your stories on television in an interview format, online or in print!

A MOST VALUABLE ASSET



All things of value, like the Village cable system, require a little TLC every now and then.

BY SUSAN LOGAN-MCCRACKEN

The Golden Rain Foundation is in a unique position of possessing a valuable asset—the cable television system that serves Laguna Woods Village residents. In addition to its high market value, the cable system has had the good fortune of having the same knowledgeable staff throughout most of its history. Although the cable industry is complex, changing and challenging, GRF and staff have demonstrated exceptional ability over the decades to build, maintain and upgrade a

high-quality system that serves Village residents with reasonable prices and extraordinary customer service levels.

As one of GRF's and the community's most valuable assets, the cable system requires a little tender, loving care every now and then to keep it current with personal, community and social trends.

This article is first in a two-part series that explores the Village cable system.

Understanding the Cable Market

The cable industry is regulated by federal and state laws. First, the Communications Act of 1934 was signed by President Franklin D. Roosevelt and established the Federal Communications Commission (FCC), an independent U.S. agency that regulates interstate and foreign communications via radio, wire and other modes of mass communication. Later amendments to the 1934 law included television, cable, satellite, internet and other communication modes.

One of those amendments was the Cable Communications Policy Act of 1984, an act of Congress that promoted competition and deregulated the cable television industry. The Cable Television Consumer Protection and Competition Act of 1992 further increased consumer protections and promoted competition in the cable television market. Also called the 1992 Cable Act, this law's intent was to make more channels available to consumers at fair prices.

The California Digital Infrastructure and Video Competition Act of 2006 (DIVCA) was signed into law by Governor Arnold Schwarzenegger and created a state franchise process that replaced the previous local franchise process to accelerate new infrastructure investment and promote competition for broadband and video services in California. Among other goals, the law was enacted to level the playing field for all cable service providers without advantaging



or disadvantaging one service provider or technology over another. The law's intent was to enable widespread access to the most technologically advanced cable and video services among communities of all socioeconomic statuses.

Superior Customer Service at a Comparable Price

In December of 2019, GRF contracted with The Broadband Group (TBG), a strategic telecommunications consultant, to conduct a thorough analysis of the cable system. According to TBG, the pricing for Laguna Woods cable television services "is significantly lower than that offered by regionally comparative cable providers" in Southern California.

The report showed that one local provider's most affordable package with 75 channels is the same promotional price as the Village's costliest package

with 300 television and music channels. The report states that "even if one includes the cost of the resident assessment, the Laguna Woods Village cable TV pricing is very attractive for its owners/consumers."

Pricing may be comparable, but customer service for Village residents far surpasses the competition. West Coast Internet and Village Management Services track an average of roughly 200 support calls per day or 74,000 per year, which is significantly higher than expected for a community the size of the Village. Staff attribute this high call volume to customers "routinely making inquiries independent of service issues," the report said, adding that "an outside service provider would likely make customers use automated phone or internet support tools to reduce the costs of fielding this high volume of service calls."



The GRF Trust defines cable services as part of the supplied services to the residents of Laguna Woods Village. In fact, every home in the Village is wired to receive cable television and high-speed internet services.

With the objective to create a sense of belonging among residents, Village Media Services—which includes cable services, internet services, Village Television and advertising services—has aimed to foster an informed and involved community through its platforms and services since 1967.

In 1995, Media Services personnel took on one of their most dramatic changes—the cable rebuild. To bring the cable system up to the county’s required 550-megahertz capacity, the entire community had to be trenched to

replace the outdated system with a fiber-optic cable operation.

The next hurdle staffers scaled occurred in 2002 when they relocated all equipment from an administration building built in the 1960s to the current Community Center. Then in 2016, staff converted the Village Television channel from analog to high definition. Today the cable system broadcasts nearly every channel in high definition, as Broadband and Village Television staffs help to convert the City of Laguna Woods channel to high definition.

The Internet’s Increasing Role

Historically, cable systems have delivered television as their primary service followed by internet. Industry experts expect that to completely flip. As internet services become

increasingly important, cable service providers will likely offer internet as their primary service.

The FCC defines a broadband internet speed as a minimum of 25/3 Mbps (25 megabits per second to download and 3 megabits per second to upload). Unlike television, internet is not included as part of the Laguna Woods Village community assessments. Residents must subscribe to an internet service. This snapshot shows current Village resident internet speeds:

- 36% 30/3 Mbps
- 20% 15/2 Mbps
- 19% no internet
- 14% 50/5 Mbps
- 11% 100/10 Mbps

TBG estimated that a video upload and download speed of around 5 Mbps would be required to meet the demands

of telehealth appointments, virtual classrooms, video chats and other ubiquitous COVID-era services. Getting to that speed will require strategically investigating and planning for the community's future internet needs.

Results of TBG's Assessment

TBG drafted a report based on a detailed assessment of the Laguna Woods Village cable system, including engineering, operations, regulatory and financial metrics. The report used the following rating scale:

- Requires complete replacement or restructuring
- Requires extensive repair/replacement
- Meets industry standards

- Exceeds industry standards

So, how did we do?

The cable system overall exceeds industry standards. The headend, fiber plant, coaxial cable plant, customer equipment and staff all exceed industry standards. The vehicle fleet meets industry standards. TV services overall exceed industry standards, while service calls meet industry standards.

Internet services overall require extensive repair/replacement. The service provider, connectivity, internet physical plant and internet speeds require extensive repair/replacement. The service level agreement and pricing meet industry standards.

The primary reason that GRF commissioned the study

In Part 2: Learn about GRF's new subcommittee to review The Broadband Group's findings and recommendations.

was to evaluate the cable television system, advise in strategic planning for future developments in cable television systems, evaluate residents' future internet needs and advise in strategic planning for the community's future internet needs. TBG presented recommendations to help the community decide how to achieve those objectives.

Virtual Community Education

Get the most out of Medicare.

To help you get the most out of Medicare, we offer free, virtual presentations and Medicare resources to help you understand the options available to you.

You can learn about:

- Original Medicare
- Medicare Advantage plans
- Prescription Drug plans
- Medigap plans

Learn about the four parts of Medicare and get in contact with Medicare experts. Find a date and time that works best for you at: choosememorialcare.org.



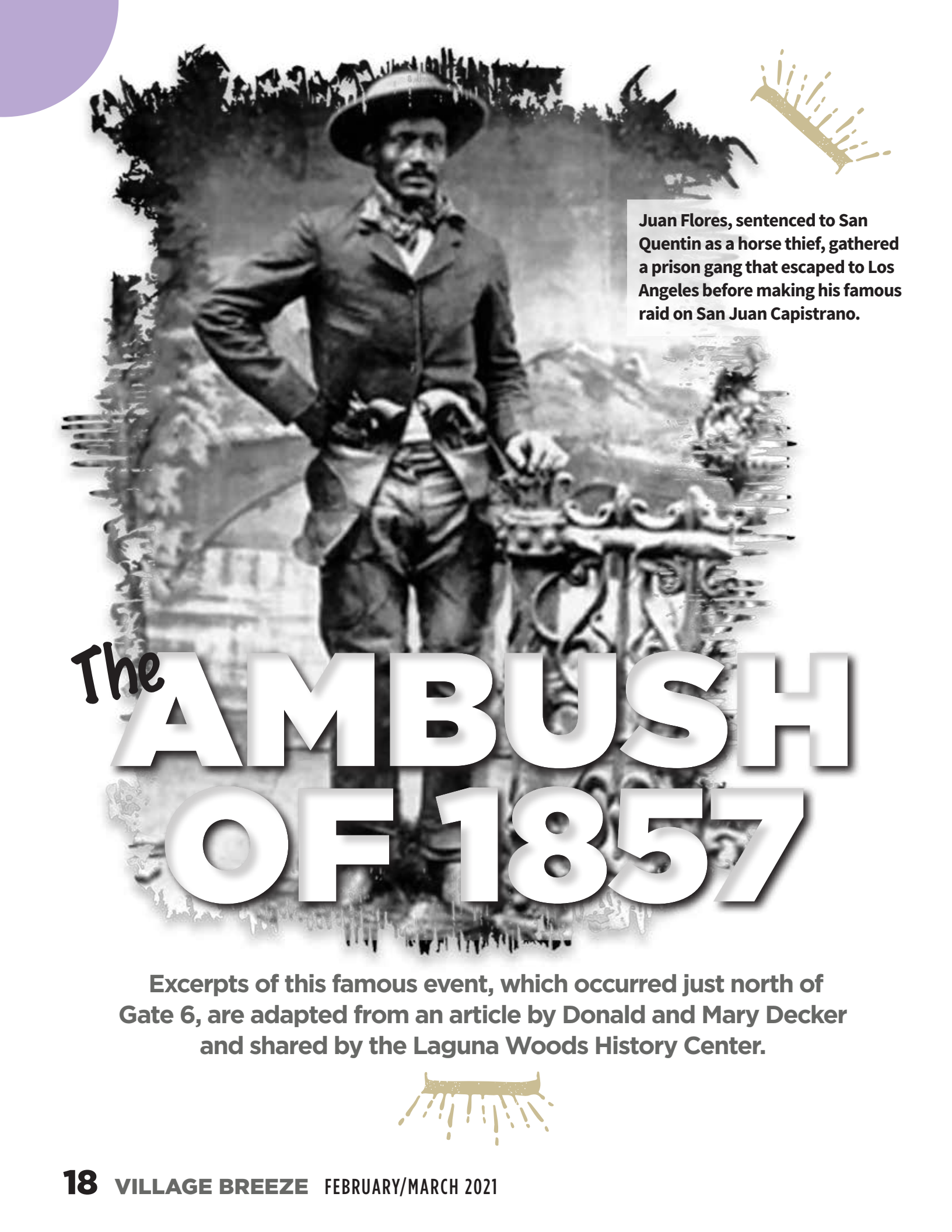
Have you subscribed to our YouTube channel?

You can access the latest health information from Saddleback Medical Center's clinical experts anywhere, anytime, on our YouTube channel at youtube.com/MemorialCareSaddlebackMedicalCenter.

We'll be sharing videos on breast health, joint and back pain, heart disease and more. Tune in for tips to help you stay healthy.

Also, watch for our new health show "Beyond Medicine" on Laguna Woods TV6!





Juan Flores, sentenced to San Quentin as a horse thief, gathered a prison gang that escaped to Los Angeles before making his famous raid on San Juan Capistrano.

The AMBUSH OF 1857

Excerpts of this famous event, which occurred just north of Gate 6, are adapted from an article by Donald and Mary Decker and shared by the Laguna Woods History Center.

One of Orange County's most famous ambushes took place just north of Gate 6 and the corner of Carlota and Ridge Route. Long before El Toro, Lake Forest or Laguna Woods existed, the El Camino Real road ran along our present-day border, the path followed by one of the most notorious bandits of the 1800s, Juan Flores, after he had made a raid on San Juan Capistrano in January 1857.

There was nothing peculiar about the 22-year-old Flores except his tigerlike walk—always seeming to be in the very act of springing upon his prey. His eyes, neither black, gray nor blue, greatly resembled those of the owl—always moving, watchful and wary, and the most cruel and vindictive-looking eyes that were ever set in the human head. Flores had been sentenced to San Quentin as a horse thief. Flores gathered a gang in prison, and they escaped together to Los Angeles.

Pancho Daniel was a notorious bandit who had served time in San Quentin and, along with 14 others, had escaped and joined forces with the gang led by Flores. A vicious criminal, Flores himself had a long and cruel record. He had organized a band of the worst cutthroats and criminals ever to infest the Southland. When Flores and Daniel joined forces, they became an extremely dangerous alliance.




James Barton, elected Sheriff of Los Angeles County in 1851, learned of Flores' gang's actions near San Juan Capistrano and sprang into action. He and a posse of six men rode south on the night of January 22, 1857. They had traveled about 12 miles and were riding through a canyon when they were suddenly ambushed by the Flores gang at a rise of land near our Gate 6.

The Laguna Woods History Center, a 501(c)(3) nonprofit that does not receive money from assessments, is located next to the library and open weekdays from 10 a.m. to 1 p.m. and by appointment. Visit lagunawoodhistory.org for more information.

Siege of San Juan Capistrano

On January 20, 1857, the gang rode into San Juan Capistrano, where they were familiar with the town and its residents. A short time later they murdered a storekeeper as he was preparing his evening meal. After placing the victim's body on the table, they sat down and ate what he had prepared for himself.

The gang plundered other stores in town and shot at anyone who ventured outside. Some residents made their way to the old mission buildings where they

hid, while others fled to Lake Elsinore. Finally, a messenger got through to Sheriff James R. Barton in Los Angeles and reported the continuing siege of San Juan Capistrano.

Sheriff Barton to the Rescue

When Barton, who was elected Sheriff of Los Angeles County in 1851, learned that the notorious gang of malcontents was looting and pillaging near San Juan Capistrano, he sprang into action. He called for volunteers to accompany him and capture



Juan Flores was found and captured in the Simi Pass, north of Los Angeles. He was condemned by popular vote and, on February 14, 1857, was hanged near the top of Fort Hill.

the outlaws. He and his posse of six men left Los Angeles and rode south on the night of January 22, 1857. A gang member, left behind in Los Angeles as a lookout, immediately rode straight to Capistrano and informed Flores of the posse's destination.

The posse stopped southwest of the present city of Santa Ana at the main house of the Rancho San Joaquin, which was owned by prominent landowner José Sepulveda. Among those gathered about Sepulveda's adobe buildings was Chola Martina, who happened to be Flores' girlfriend. Leaving their guns on a table in an outbuilding, the posse members sat down to breakfast while Martina allegedly removed the rounds from their guns.

Sepulveda warned Barton that Flores had a large force of 50 or 60 well-armed and well-mounted men. He advised the sheriff against going further, as the posse was so pitifully outnumbered.

Ambush Near Gate 6

Barton, however, insisted on continuing the pursuit, and immediately after breakfast he and his small posse resumed their quest. The lawmen had traveled about 12 miles and were riding through a canyon when they were suddenly ambushed by the Flores gang at a rise of land near our Gate 6.

They grabbed their guns to return fire, only to discover that someone had removed the ammunition. To the outlaw gang, it was like shooting fish in a barrel. Twenty more men came out of hiding and murdered Barton and three members of his posse in the violent gunfight.

The three remaining deputies rode fast horses and were able to get away before the outlaws



could organize a pursuit. The deputies decided to split up—one rode to Los Angeles, another to San Gabriel and the third headed for San Pedro.

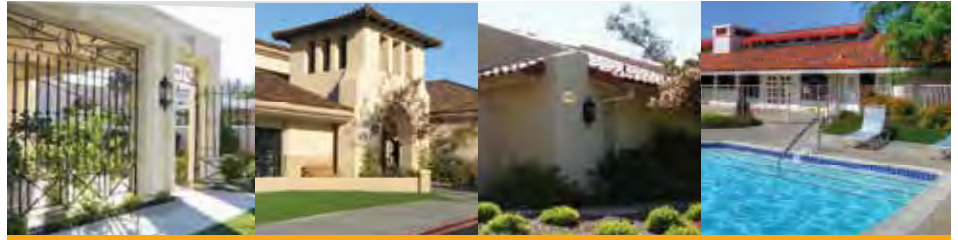
Within a few hours after the facts became known in Los Angeles, General Andrés Pico organized a posse of approximately 60 men. Two more armed posses were gathered and quickly sent to confront the Flores outlaws. When one of the posses arrived at the place of the ambush, they found what was left of Sheriff Barton and the three deputies. The location where their bodies had been mutilated and the remains scattered became known as Barton Mound. The mound was leveled in the construction of the 405 freeway, but the marker identifying the site can be found at the end of Sand Canyon Avenue near the freeway junction and 133 in East Irvine.

The manhunt lasted for several days. Finally, the posse led by General Pico located the gang hiding in Modjeska Canyon. Several of Flores' men were captured, but he managed to escape. Flores Peak, in Modjeska Canyon, acknowledges the battle.

The killers were pursued into the mountains, and most of them were soon captured. General Pico captured two of the most noted of the gang and hanged them on the spot. Fifty-two were arrested and lodged in the Los Angeles jail. Of these, 11 were hanged and the others freed.

Justice Served at Flores Peak
Flores was found and captured some days later alone in the Simi Pass, north of Los Angeles. He was condemned by popular vote and, on February 14, 1857, was hanged near the top of Fort Hill (present site of the Los Angeles Board of Education).

Almost a year later, Daniel was captured hiding in a haystack near San Jose. Anyone standing at Gate 6 (if, indeed, Gate 6 had existed) could have viewed the ambush and gunfight between the Flores gang and the Barton posse that day in 1857.



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From left to right: Norman Lear autographed headshot. "All in the Family" cast members Carrol O'Connor and Sally Struthers and Billy Crystal autographed headshot.



The NEVER-ENDING Story

Television writer and Laguna Woods Village resident Phil Doran's living script is long, fascinating and still unfolding.

BY KIM CAMPBELL-THORNTON

A script is a living object. And like any life, it's never quite finished. It's always being added to, subtracted from, changed in one way or another, laying the foundation for a show and then decorating and remodeling it.

Television writer and Laguna Woods Village resident Phil Doran can attest to that. From Midwestern boy in Chicago to college at Indiana University to Hollywood to Italy and back to California, his life has taken roads he never expected when after college he went to Los Angeles on a whim to see if he could break into show business.

“The people here are really wonderful. Let me just put it this way: You don’t live to be 75 or 80 years old by being stupid. You get that old by being smart and being careful. And that’s the way that people are here. And I applaud them for that. They don’t do crazy things, and they hang in there, in spite of sicknesses and loss of spouses and all the other terrible things that happen to you when you get old. They just keep going. And that’s what I admire the most.”

He spent time hanging around comedy clubs and selling jokes to comedians. “Some of whom actually paid me,” he says. Then a stroke of luck.

“I met Chuck Barris at a party he was having, I made him laugh, and he hired me to be the associate producer of ‘The Dating Game,’” he says. “I did that for three years, and it was a lot of fun, a lot of great stuff. But I realized that if I stayed there, no one’s going to want to hire you if your credit is ‘I’ve been with ‘The Dating Game’ for eight years.’”

He moved on, writing for game, talk and variety shows, including for stars Tim Conway, the Smothers Brothers and Tony Orlando. Then he met a guy who knew Norman Lear. That led to a two-and-a-half-year gig as a writer for “All in the Family.” At that time, the groundbreaking sit-com was in its sixth and seventh years. It was an amazing—and difficult—experience, Doran says.

“The actors wanted to feel that the shows we were doing were as good as the ones in the first

season. And that’s a high bar to cross. But I think the shows we did were awfully good.”

Among the rewards of his work on the show were an Emmy nomination, a Humanitas Award and the Population Institute Award.

From there, he and writing partner Doug Arango took a development deal at Paramount. They wrote and produced for other shows, such as “The Bob Newhart Show,” “Sanford and Son,” “Too Close for Comfort,” and “Who’s the Boss?” It was a surprise, almost, to Doran when he realized he had been in the television business for nearly 30 years.

Italy Calls

In a business that thrives on youth, getting old isn’t allowed. Suddenly, Doran, then in his mid-50s, wasn’t getting the calls for shows like he used to. He felt depressed. His wife, Nancy, worried about his stress level. She wanted him to get out of Hollywood. A sculptor, she decided they should move to Italy so she could sculpt marble

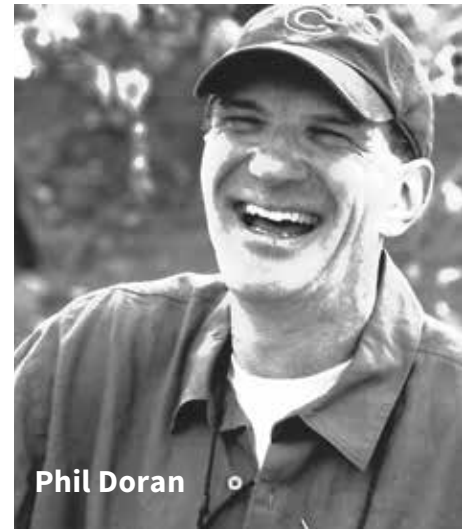
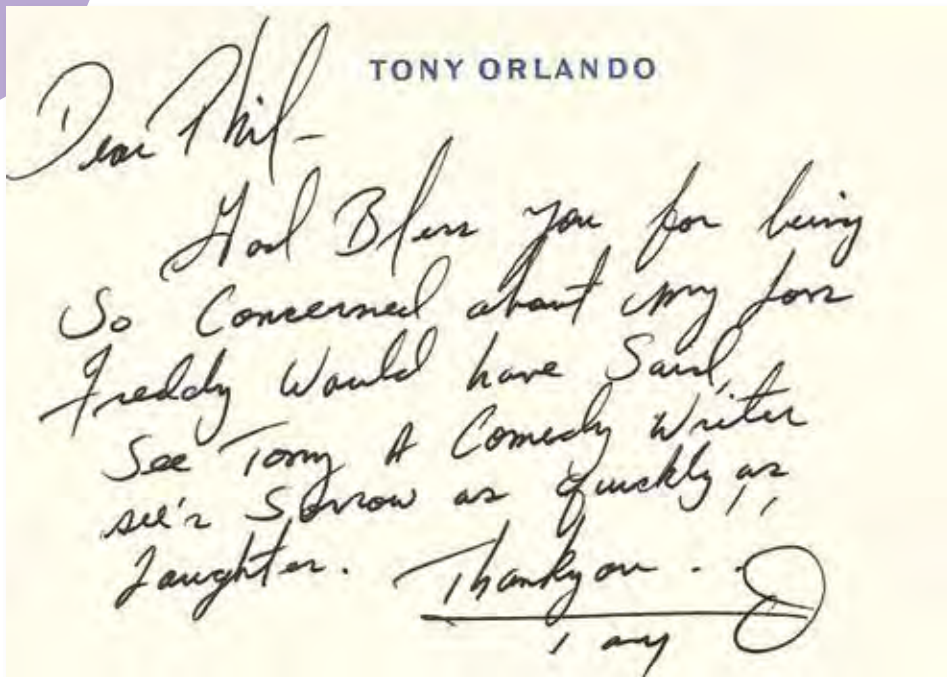
in the land of Michelangelo, Bernini and Canova.

While Nancy was sculpting in Tuscany, Doran was observing the people in his new environment, making notes of what he saw and heard.

“Every time I left the house, I’d see the Italians and they were saying or doing something really funny. I started putting together a notebook, and this notebook kept going and going. I thought, ‘I may have a book there.’”

He was right, and his timing was good—the mark of a comedy writer. Italy was hot. Frances Mayes had published her best-selling memoir “Under the Tuscan Sun.” Other books published around the same time focused on Italian food, flowers, décor and travel.

“I knew nothing about any of that, but the one thing I knew, when I read all those books, is that there wasn’t one book that was funny, but I thought my book, ‘The Reluctant Tuscan: How I Discovered My Inner Italian,’ was going to be funny. And to this day it’s still in print, still going strong.”



Tony Orlando's personal note to Phil Doran.

Finding That Village Vibe

Phil and Nancy stayed in Italy for 10 years, but eventually California called them back. They sold their house in Italy as well as their house in Brentwood. Doran jokes: "So, we were homeless."

Like so many residents, a parent drew them to Laguna Woods Village. Nancy's mother lived in the Village, and Nancy wanted to spend more time with her, so they found a house nearby. At first, 15 years ago, Doran didn't like the idea of living there.

"It seemed like a ghetto for the elderly," he says. "But in time, you sort of begin to realize where you are, who you are and what you are—and that maybe you belong there."

Grudgingly, he put his feelings into words, writing a play called "Baby Boomer Blues," a main stage show produced by the Theatre Guild. The characters, a retired couple in their 50s, move

into a retirement community to be near the wife's mother.

"All that was said in that play—it all happened, it was all real," he says. "And it's a pretty funny play."

Fellow Village resident Barbara Powell worked with Doran on "Baby Boomer Blues." At first, she was apprehensive.

"Here was a brilliant comedy writer with amazing credentials with whom I was collaborating to take his teleplay and turn it into a stage play," she says. "Throughout the writing process I found him to be amazingly gracious and funny. Later I found out it was because he was used to the give and take of the writing room. And when he tells a personal story, the words just flow; he is so entertaining."

The Story Continues

Turning his back on his doubts, Doran dived into life in the Village, serving on the board

of directors and writing and producing shows. One was called "Never Too Late to Date," a senior riff on "The Dating Game."

"I thought, 'You know, it would be funny to have old people be the contestants.' Because old people, at some point, lose their filter. Whatever is in their mind is kind of out of their mouth. And it was hysterical. So that was fun."

He keeps busy. Activities have involved giving a Zoom talk on his career in comedy writing and participating in a writers group, including volunteering as a mentor for other writers.

Before her death several years ago, he and Nancy traveled frequently, but he's more content now to stay at home.

"As you get older, you feel more protective of yourself. I know people who said, 'We're going to go to the Amazon. You want to go?' And I said, 'I don't think so.' I don't want to go to a place where something could eat me. So, you just become a little bit safer."

And he's writing another book, one inspired by his grandmother and his grandparents' influence on his life. Their proximity to the



Phil Doran and Doug Arango with the cast of "The Facts of Life"

home where he grew up meant that he and his sister practically lived with them throughout childhood.

"I realized that my sister and I had a very intimate relationship with our grandparents. It dawned on me that my sons did not have that experience, and I wanted them to know where we came from."

Although the book is still a work in progress, Powell had seen it. "I thought his grandma Frieda was a compelling character," she says. "He allowed us to turn her story into three vignettes, which we performed and filmed on Zoom. I have learned a lot from Phil."

From the beginning, Doran and Nancy found it easy to get to know people and become involved in the community. "What I didn't realize is how easy it is to live here, how many amenities we have. It was an unexpected win."

Even more, he likes and respects the people he has come to know.

"The people here are really wonderful. Let me just put it this way: You don't live to be 75 or 80 years old by being stupid. You get that old by being smart and being careful. And that's the way that people are here. And I applaud them for that. They don't do crazy things, and

they hang in there, in spite of sicknesses and loss of spouses and all the other terrible things that happen to you when you get old. They just keep going. And that's what I admire the most."

Pre-COVID, there were dances, plays and games. He used to play softball and participate in other athletic competitions. Post-vaccination, he'd like to see everyone get back to doing those things. But until then, he says, the COVID year has taught him to just let go of how things used to be.

"I sometimes feel that when this thing first came down, it felt like we were locked out of our own lives. And that was very disconcerting. It feels, in many ways, that our whole structure is crumbling. You can't order food here. You can't go there. You can't do this. You have to wait outside. But one way or another, we'll get through this. I keep writing and just hope for the best."



Phil Doran with "Too Close for Comfort" cast members, including Ted Knight



WE HEAR YOU!

QUESTIONS ASKED & ANSWERED

WE HEAR YOU!



Find a calendar of all scheduled meetings at lagunawoodsvillage.com > **Calendars**. From there, select Calendars Home, or select All Governance Boards or the specific board in which you are interested.

I am refinancing my condo in Third Mutual, and the lender is asking for information about the association. How do I get the information needed?

All the lender information that can be provided is located on the Laguna Woods Village website: lagunawoodsvillage.com > **Documents > Third Laguna Hills Mutual > Sales and Leasing > Lender Information**. Third Mutual contracts with Condo Certs to complete lender questionnaires; Condo Certs' contact information also is found in this same location.

I think now more than ever I should have my emergency contact information on file at the Village. How can I do that?

Laguna Woods Village uses the CodeRED emergency notification system, which relies on residents to enroll to share emergency contact, estate, doctor and other medical information—and even pet care needs. Complete your CodeRED enrollment online line by selecting the CodeRED icon at the top left-hand corner of the lagunawoodsvillage.com website.

I am really interested in how the rules and policies are determined in the Village. Where should I start?

The best way to understand the “why” of Village policies is to watch

The content featured in this column comes from actual questions that are asked by Village residents and answered by Village Management Services' own Catherine Laster, previously executive assistant to the CEO, and now management analyst for the Office of the CEO. Ms. Laster has worked at the Village for 15 years.

If you have a question that Ms. Laster can answer, email info@lagunawoodsvillage.com. Include your name, unit number and email in your message, and be sure to label the subject line My Community Question.

the process unfold during regular board and committee meetings. All rules and policies start at the committee level, where spirited debate about the subject ensues.

Only when a topic is approved by a majority of the committee does the topic go to the entire board for final approval. Find a calendar of all scheduled meetings at lagunawoodsvillage.com > **Calendars**. From there, select Calendars Home, or select All Governance Boards or the specific board in which you are interested. Sort meetings by day, week or month. Meeting agendas are posted to the calendar no later than four days before an open meeting.



MAINTENANCE & CONSTRUCTION

MEET M&C'S NEWEST MEMBERS

Find out what's new with Moisture Intrusion.

The Moisture Intrusion Division within the Maintenance and Construction Department has experienced some reorganization.

The division has a new name, Damage Restoration, and, as of January 1, 2021, this division is responsible for fire and vehicle accident restorations in addition to moisture intrusion events. With recent departures by Brandon Parnass, Junior Flores and Gary Ollis, the division had some vacant positions to fill.

Meet our newest moisture intrusion coordinator, Kristopher Kubota. Kristopher graduated from Fresno State with a degree in geology and has experience in the mold remediation industry as both an inspector and a service technician. Kris looks forward to working with and helping residents through their difficult

and stressful moisture intrusion events, and Maintenance and Construction is happy to have him as part of the team.

Michael Breazeale is the department's new damage restoration coordinator. Michael previously served as a manager with Munters Moisture Control Services for 15 years, and he has experience in services related to mold, lead and the moisture intrusion industry.

Michael is on board to assist with division administration and operations. His goals include making the Damage Restoration Division an efficient and productive division. Last but certainly not least, Michael served in the Marine Corps for eight years as a helicopter crew chief.

Please welcome our new team members!

Moisture Intrusion has a new name, Damage Restoration, and, as of January 1, 2021, this division is responsible for fire and vehicle accident restorations in addition to moisture intrusion events.



Kristopher Kubota



Michael Breazeale



MEDIA & COMMUNICATIONS

ALL THE WAYS WE REACH YOU

A lot of things happen here in the Village. And the VMS Media and Communications Department works hard to share every important news item, update and story that affects you and your life here in the community—from the boards of directors and VMS service departments to local, regional and state governments.

Our department is governed by the GRF Media and Communications Committee to help ensure we're meeting your information needs. We offer several ways to meet those needs, whether you're a computer genius or prefer traditional print.

What's Up in the Village

This every-Friday eblast is sent to all members, residents or relatives who "opt in," or formally request in writing or via email that they wish to receive this regular email that features a wide variety of topics, including amenities updates, events, election news, upcoming movies, news from beyond our gates, health bulletins, scam alerts and much more, as well as information from VMS' Security, Transportation, Maintenance &



Construction and Landscaping Departments.

If you are not on our email distribution list, or if you think you were on our list but unsubscribed at some point and would like to start receiving What's Up again, email ellyce.rothrock@vmsinc.org.

Village Breeze

Our own Village Breeze magazine is full of vital community information and news, and it is delivered every door direct to all manors.

This magazine is fully funded by a generous three-year sponsorship by MemorialCare. No resident assessments go into its production, and no additional

staff were hired to develop or create the publication. All staff members of the Media and Communications Department have extensive magazine experience—almost 100 years' worth!

Featured content comes from multiple sources, including your boards of directors; our editorial advisory board (comprised of board members and advisors); resident emails, letters and suggestions; and VMS service departments.

Why start a print publication? There are more than 18,600 residents living in the Village. On average, just 7,200 residents, or

a little more than one-third of our population, regularly open eblast communication. That means that possibly two-thirds of our residents are not regularly receiving critical information about our community.

Village Television

“This Day,” hosted by Lisa Hart, is broadcast six days a week, three times a day. This premier connection to Laguna Woods Village features such topics as board activities, local services, entertainment, finance, travel, senior activities and more. The show also presents news about the Village and the City of Laguna Woods, as well as county, state and federal information as it relates to our community.

The TV6 message boards run Village and local events, news and other community information.

Visit the Village website and go to **Residents > Services > Village TV (TV6)** to find programming information, how to use the community message board and more. To view previous “This Day” broadcasts, governance meetings and dozens of other videos, visit the Village YouTube channel at lagunawoodsvillage.com/youtube.

Village-Wide and Targeted Emails

We also send emails as situations warrant, either to one of the housing mutuals or the entire community.



CodeRED Emergency Notification System

Village Management Services continually monitors municipal and government information sources and communicates any potential danger to residents via our CodeRED emergency notification system. In the event of an emergency or the need to broadcast critical time-sensitive news, CodeRED transmits brief, urgent messages to Village residents as quickly as possible

via a phone call, a text message or an email.

If you are not enrolled in CodeRED, visit lagunawoodsvillage.com, click the black and red CodeRED icon at the top left-hand corner and fill out the form.

New Resident Orientations

For residents who are new to the Village but have not yet attended a new resident orientation meeting, this is a wonderful opportunity to familiarize yourself with the operating rules of your mutual and to talk with a board member who represents the mutual. Some of the topics discussed during these sessions include the resident portal, Resident Services, DwellingLive, HO6 insurance, maintenance and service requests, manor alterations process, how to get involved in the community and much more. Email Executive Assistant Becky Jackson at becky.jackson@vmsinc.org for more information.

The Register’s Laguna Woods Globe

The Laguna Woods Globe newspaper is owned and operated by the Orange County Register—not Village Management Services. However, the Media and Communications department sends weekly press releases to Globe staff—the same information published in the every-Friday “What’s Up in the Village” eblast.



PURPOSEFUL ACTS OF KINDNESS

This past Thanksgiving one resident couple brought the holiday to neighbors in the form of home-cooked meals.

Members of the Thrive Task Force agreed to be on the lookout for more acts of kindness in the Village. Here's a notable one.

Drawing on a long-standing tradition of twice-yearly luncheon gatherings among our immediate neighbors, my wonderful neighbor, Rhonda Walker, cheered us mightily last Easter—when we were still stunned by life under COVID—by taking orders for an Easter Sunday meal with all the trimmings. Rhonda's husband Rob Walker delivered 17 of them—reluctantly dressed in a bunny suit—and we loved it!

Again, this past Thanksgiving—or, as Rhonda now calls it, “Friendsgiving”—Rhonda and Rob made what would otherwise have been a lonely time into something warm and special with another fabulous meal—from turkey to pumpkin pie and everything in between.

Before dinner orders came in, Rhonda emailed me, “I am hoping to feed 30 to 40 people. I hope that the trend catches on with others in our community. On Thanksgiving Day, I will be posting that meals are available via Nextdoor once everyone in our neighborhood has their meals.”

Now that's what I call kindness!

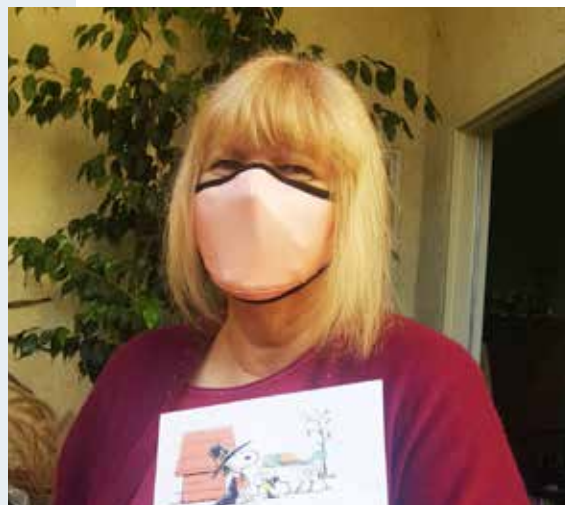
—Submitted by Lucy Parker



SPIED IN THE VILLAGE

Send fun, uplifting Village photos and curiosities and other findings to [ellyce. rothrock@vmsinc.org](mailto:rothrock@vmsinc.org).

*Wake up happy
Chase a cloud
Water a garden
Laugh out loud*





5 HABITS OF SUPREMELY HAPPY PEOPLE

Find your happy and share it with your neighbors!

- 1. Enjoy the little things.** Life gets busy and sometimes we get so caught up in our day-to-day routines that we fail to appreciate the little things. Whether it's a meaningful conversation, a good meal or even a breath of fresh air, happy people know how important it is to stop and savor each and every moment.
- 2. Sweat it out.** When we exercise, our bodies release chemicals called endorphins. These endorphins interact with the receptors in the brain and trigger a positive feeling in the body known as a "runner's high." This natural high has a profound effect on mental health, relieves stress and improves memory.
- 3. Stay positive.** No one is immune from hardship, but it's all about how we respond that sets us apart. Happy people look at tough situations differently. Instead of complaining about how things could've been or should've been, they reflect on everything they're grateful for.
- 4. Help others.** Serving others not only makes the people
- 5. Make an effort.** No one is happy 100 percent of the time, but happy people work harder at it than everyone else. They know how easy it is to get sucked into a pessimistic mindset. Happy people constantly evaluate their moods and make decisions with their happiness in mind.

we're helping happy, but it makes us happy, as well. It takes the focus off us as individuals and provides a different perspective on life; it helps us appreciate everything we have, rather than what we don't.

—Source: *Mentalhelp.net*

LAGUNA WOODS VILLAGE COMMUNITY STREET MAP

1
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A B C D E



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Laguna Woods Village®

A B C D E



KEYS TO THE COMMUNITY

In Your Neighborhood

To find out what's going on in and around your neighborhood, visit lagunawoodsvillage.com, go to the Residents tab, click on Maintenance & Construction and scroll down to Maintenance Project Logs.



GRF PROJECT LOG

UNITED MUTUAL PROJECT LOG

THIRD MUTUAL PROJECT LOG

GRF Facilities Sweeping Schedule

1ST FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 1
5:30 to 6 a.m. Clubhouse 2

2ND FRIDAY OF THE MONTH

4 to 5:30 a.m. Clubhouse 3
5:30 to 6 a.m. Clubhouse 4

3RD FRIDAY OF THE MONTH

4 to 6 a.m. Clubhouse 7
6 to 7 a.m. Clubhouse 5
7 to 8 a.m. Clubhouse 6

4TH FRIDAY OF THE MONTH

4 to 7 a.m. Maintenance Center
Garden Centers
Equestrian Center Lot

5TH FRIDAY OF THE MONTH (WHEN APPLIES)

4 to 7 a.m. RV Lots
Golf Maintenance

Street Sweeping Schedule

**All times are approximate and subject to change*

MONDAY TO FRIDAY

7:30 a.m. to 3:30 p.m.
Cul-de-sacs

MONDAY

7:30 to 11:30 a.m.
Gates 1, 2, 3 – Calle Aragon to Via Estrada North
11:30 a.m. to 3:30 p.m.
Gates 1, 2, 3 – Calle Aragon to Via Estrada South

TUESDAY

7:30 to 11:30 a.m.
Gates 5, 6 - All streets in this area
11:30 a.m. to 3:30 p.m.
Gates 11, 14 – All streets in this area

WEDNESDAY

7:30 to 11:30 a.m.
Gates 7, 8 – Calle Sonora/Alta Vista (East Area)
11:30 a.m. to 3:30 p.m.
Gates 7, 8, 9 – Calle Sonora/Alta Vista (West Area)

THURSDAY

7:30 to 11:30 a.m.
Gate 10 – East of Ave. Sosiega & North of Monte Hermoso
11:30 a.m. to 3:30 p.m.
Gate 9 – South of Monte Hermoso

FRIDAY

GRF Facilities
Please see GRF Facilities Sweeping Schedule.

Every other week

Gate 9 – Towers Parking Lot
Gate 11 – Check area and re-sweep if needed.

Stay in Touch!

Use these frequently called numbers to seek assistance, find answers and more.

The Laguna Woods Village
Community Center
24351 El Toro Road
Laguna Woods, CA 92637
lagunawoodsvillage.com

ADMINISTRATIVE OFFICES

General Information (info@vmsinc.org) 949-597-4600

COMMUNITY ACCESS

Community Access 949-597-4600

Gate Clearance 949-597-4301

EMERGENCY AND MEDICAL SERVICES

Fire, Police, Medical Emergency 911

Care Ambulance Service 877-972-0999

MemorialCare Saddleback Hospital 949-837-4500

OC Fire Authority Public Information Line 800-545-5585

OC Sheriff's Non-Emergency Dispatch 949-770-6011

MISCELLANEOUS

Animal Services

City of Laguna Beach 949-497-0701

City of Laguna Woods 949-639-0500

Florence Sylvester Senior Center 949-380-0155

Foundation of Laguna Woods Village 949-268-2246

Laguna Woods Globe 949-837-5200

Laguna Woods Globe (*Subscriptions*) 949-855-9765

Laguna Woods History Center 949-206-0150

Lost and Found 949-597-4435

RV Storage Inquiries 949-268-2284

Saddleback College Emeritus Institute 949-770-9669

The Towers 949-597-4278

RECREATION AND AMENITIES

19 Restaurant and Lounge 949-206-1525

Clubhouse 1 Office/Pool 1 949-597-4281

Clubhouse 1 Fitness Center 949-597-4284

Clubhouse 2 Office/Pool 2 949-597-4286

Clubhouse 4 Office/Pool 4 (*Mon to Fri*) 949-597-4291

Clubhouse 4 Office/Pool 4 (*Sat/Sun*) 949-597-4344

Clubhouse 5 Office/Pool 5 949-597-4382

Clubhouse 6 Office/Pool 6 949-597-4436

Clubhouse 7 Office 949-268-2417

Clubhouse Reservations 949-597-4227

Community Fitness Center 949-268-2275

Equestrian Center 949-597-4275

Golf and Village Greens 949-597-4336

Golf (Par 3 Course) 949-597-4334

Monthly Excursions 949-597-4273

Performing Arts Center 949-597-4289

Performing Arts Center Box Office 949-597-4288

Recreation Office 949-597-4273

Village Library 949-597-4274

Village Television 949-597-4295

RESIDENT SERVICES

Manor Alterations Division 949-597-4616

Resident Services 949-597-4600

Social Services 949-597-4267

SECURITY

Compliance Hotline (anonymous) 949-268-2255

Department of Security Services (24/7) 949-580-1400

Disaster Preparedness Task Force 949-597-4237

TRANSPORTATION

Village Bus System 949-597-4659

UTILITIES

Broadband (Cable) 949-837-2670

El Toro Water District 949-837-0660

Southern California Gas Company 877-238-0092

Southern California Edison (*Electricity*) 800-655-4555

Waste Management (*Trash*) 949-597-4600

West Coast Internet Customer Service 949-487-3302

DON'T FORGET TO JOIN US ON FACEBOOK!



LANDSCAPING

THE ALISO CREEK SAGA

Government agencies, primarily the California Department of Fish and Wildlife, determine management.

Aliso Creek, which runs through our community and is most visible in Aliso Park, is a popular place for residents to walk and enjoy a bit of nature. Many days you can see ducks and other birds enjoying the running water and the shelter provided by the many trees that run along its banks.

While it is a place of joy for many, it has become a source of consternation for some and a source of conspiracy theories and misinformation for others.

Group Management

Years ago, the creek was highly visible, and turf ran right to its edge, with little or no vegetation along its banks. All that changed



As of 2014, the Aliso Creek area is considered a natural riparian habitat, making it subject to myriad government regulations.

in 2014. Why? The creek area is considered a natural riparian habitat, making it subject to myriad government regulations. These regulations require the streambed to remain “natural,” with native vegetation allowed to grow undisturbed along its length.

In 2014, the Golden Rain Foundation of Laguna Woods (GRF) entered into a streambed alteration agreement with the

California Department of Fish and Wildlife (CDFW) to construct a replacement pedestrian bridge located in Aliso Park. The creek area is subject to the regulations put forth by several government agencies, with CDFW being the lead agency.

The agreement requires annual biological monitoring of an area approximately 200 yards directly downstream of the bridge.



Any Aliso Creek maintenance work must not have any negative impact on southwestern pond turtle habitat. One such turtle and two other nonnative turtles were found at the creek this year.

for Laguna Woods document was prepared and submitted to CDFW for review.

Streambed Alteration Agreement Details

The streambed alteration agreement stipulates that creek monitoring shall continue for a minimum of five years and continue until GRF meets success criteria set forth in the agreement.

We are now in the sixth year of monitoring; during the first several years, the area was decimated by seasonal flooding. Once streambed alteration agreement criteria are met, monitoring by a biologist is no longer required, but the prescribed maintenance must continue in perpetuity.

Guidelines are set by the regulating agencies that govern when and how maintenance activities can occur within the limits of the creek bed. Staff can remove litter and invasive weeds by hand from the banks and adjacent areas year-round. Work within the creek bed, such as removing native growth such as cattails, can only occur outside of the typical bird mating season, which runs from February 1 to August 31.

Protected Creatures

The area also is natural habitat to southwestern pond turtles (SPT), which are considered threatened. Prior to performing any maintenance activities in the creek bed, a survey must be performed by a wildlife biologist to determine the presence of SPT. Any maintenance work must not have any negative impact on the SPT habitat.

When the SPT survey this year was conducted by Endemic Environmental Services Inc., two nonnative turtles were found along with a single SPT—the first year that an SPT was discovered in the creek. Per the agreement, the nonnative turtles were removed from the habitat.

The Southwestern Pond Turtle Avoidance and Mitigation Plan

Cattail Cuts

Once review of the Southwestern Pond Turtle Avoidance and Mitigation Plan was completed and approved, VMS staff began the annual removal of cattails from the creek bed.

Cattail removal is limited to cutting by hand, without disturbing the stream bed, and the cattails may not be cut lower than one foot above the waterline. Once the removal work is complete, staff will maintain the area until the beginning of mating season, when work must stop.

Meanwhile, VMS staff continues to work with regulatory agencies and wildlife biologists to ensure compliance with the regulations and find ways to make the creek more aesthetically pleasing to residents.

For more information about the southwestern pond turtle, please read “A New Guest in the Village” on page 53 in the Golden Rain Foundation section of “For Mutual Benefit.”



SECURITY SERVICES

VILLAGE VEHICLE SAFETY REMINDERS

City of Laguna Woods golf cart/car rules of the road

Golf carts can be electric or gas powered and are used to transport golfers and their gear safely and enjoyably around country clubs and golf courses, and as recreational vehicles to tool about neighborhoods.

Low-speed vehicles (LSV) are designed for transporting people and goods around small areas. While they are similar to golf carts in many ways, there are some differences worth noting—mainly use and speed capabilities.



California Vehicle Code

California Vehicle Code (CVC) § 21260 governs the use of low-speed vehicles on California streets, including golf carts. It states that LSVs cannot be operated on any roadway with a speed limit over 35 miles per hour (mph), but drivers may cross a roadway that has a speed limit over 35 mph if crossed at an intersection from a roadway with a speed limit of less than 35 mph to another roadway with a speed limit of 35 mph or less.

To operate a golf cart in California, drivers must adhere to current National Highway Traffic Safety Administration regulations. If the golf cart is incapable of exceeding a maximum speed of 20 mph, only state and local regulations are in effect.

When operating an LSV on public roadways, highways and streets in the state of California, drivers must be fully certified to meet Federal Motor Vehicle Safety Standards.

No amount of alcohol is allowed while operating a golf cart or LSV, and drivers may be held civilly and criminally liable for collisions or other injuries or damage caused by or related to their use of golf carts or LSVs.

Golf Carts

According to CVC § 345, a golf cart is a “motor vehicle having not less than three wheels in contact with the ground, having an unladen weight less than 1,300 pounds, which is designed to be and is operated

A low-speed vehicle is a “motor vehicle that meets all of the following requirements: has four wheels; can attain a speed, in one mile, of more than 20 miles per hour and not more than 25 miles per hour, on a level paved surface; and has a gross vehicle weight rating of less than 3,000 pounds.”

at not more than 15 miles per hour and designed to carry golf equipment and not more than two persons, including the driver.”

Neither a valid California driver’s license nor registration with the California Department of Motor Vehicles is necessary to operate a golf cart on private property. However, when operating a golf cart on public streets and roadways, the vehicle must comply with all regulations associated with operating a vehicle, including possessing a valid license and registration.

Low-speed Vehicles

According to CVC § 385(a), an LSV is a “motor vehicle that meets all of the following requirements: (1) has four wheels, (2) can attain a speed, in one mile, of more than 20 miles per hour and not more than 25 miles per hour, on a level paved surface, and (3) has a gross vehicle weight rating of less than 3,000 pounds.”

To the untrained eye an LSV looks like a golf cart, but it is considered a motor vehicle, and drivers are required to possess a valid California driver’s license,



A golf cart is a motor vehicle having not less than three wheels in contact with the ground, having an unladen weight less than 1,300 pounds, which is designed to be and is operated at not more than 15 miles per hour and designed to carry golf equipment and not more than two persons, including the driver.



registration and insurance, as is necessary with the operation of any motor vehicle. LSVs also are required to have headlights, brake lights, turn signals and rearview mirrors.

LSVs in the City of Laguna Woods LSV drivers can:

- Cross the city’s designated golf cart passage
- Drive eastbound and westbound on El Toro Road between Avenida Sevilla (Laguna Woods Village Gates 1 and 5) and the Valencia Center

LSV drivers cannot:

- Drive on the city’s designated golf cart paths

- Drive on any sidewalk on El Toro Road, Moulton Parkway, Santa Maria Avenue or Ridge Route Drive
- Drive on El Toro Road, except for eastbound and westbound between Avenida Sevilla (Laguna Woods Village Gates 1 and 5) and the Valencia Center
- Drive on Moulton Parkway, Santa Maria Avenue or Ridge Route Drive
- Drive in City Centre Park, “A Place for Paws” Dog Park, or Woods End Wilderness Preserve/Laguna Coast Wilderness Park



EAT RIGHT FOR MIGHT

One of the best paths to brain health is proper diet and nutrition. But what should we eat for a healthier and sharper mind?

By Alzheimer's OC in Collaboration with Social Services

Research tells us time and time again that lifestyle has a profound effect on brain health. What we eat and drink, how much we exercise, how well we sleep, the way we socialize, how we stimulate our brain and how we manage stress are all critically important. Healthy eating during the COVID-19 pandemic is more important than ever for maintaining both physical and mental health.

One of the best ways to take care of our brain is through

proper diet and nutrition. What should we eat for a healthier and sharper mind? Although there is no single best type of food for our brain, there are some foods that are linked to better brain power. Research tells us that we should eat foods that protect our heart and blood, because there is a special connection between heart health and brain health.

The Mediterranean Diet

The Mediterranean diet is one of the most studied and



researched diets in the world. Research began in the 1960s when it was observed that people in Mediterranean countries, like Greece and Italy, were much healthier compared to Americans. Researchers specifically noticed that heart disease caused fewer deaths in these countries. The Mediterranean-style diet has also been shown to reduce the risk of Alzheimer's and other conditions and diseases, such as diabetes, stroke and heart disease.

- **Enjoy fruits and veggies aplenty:** This diet features high consumption of vegetables, fruits, whole grains, beans, nuts, seeds

Lifestyle has a profound effect on brain health. What we eat and drink, how much we exercise, how well we sleep, the way we socialize, how we stimulate our brain and how we manage stress are all critically important.



Research of the Mediterranean diet observed that people in countries like Greece and Italy were much healthier compared to Americans. Fewer deaths were caused by heart disease. Further, the Mediterranean diet has been shown to reduce the risk of Alzheimer's, diabetes, stroke and heart disease.

This diet also emphasizes moderate portions of dairy products and limited intake of red meat. This may be difficult for a lot of people because milk and cheese are widely consumed in our diets. It may also be challenging to cut down on red meat—specifically beef, pork, and lamb. However, it's important to make small changes. Try replacing beef with healthy fish like salmon, sardines, trout, tuna, shrimp, crabs, etc. Remember that this diet is plant based and not meat based. In other words, red meat should be eaten only occasionally and more emphasis should be given to healthy fats.

- **Love your legumes:** The Mediterranean diet also consists of legumes—beans, peas, lentils, peanuts and chickpeas—which are very healthy and nutritious. These foods are typically low in fat and do not contain any cholesterol, which is important because these

and olive oil. Specifically, fresh fruits and vegetables should be eaten every single day. Some examples are tomatoes, broccoli, kale, spinach, onion, cauliflower, carrots, Brussels sprouts, cucumber. Some good examples of brain-healthy fruits include apples, bananas, oranges, dates, strawberries, cherries and blueberries. Fresh fruits and vegetables contain important vitamins, minerals, fiber and phytochemicals that protect our brain and body from diseases.

- **Shop for healthy grains and fats:** We should eat whole grains and healthy fats every

day. Some examples of whole grains include whole oats, brown rice, rye, barley, corn and buckwheat. Examples of healthy fats include olive oil, which should be the primary source of fat, because it has been shown to lower bad cholesterol levels. If you like to spread butter on a piece of toast, instead try dipping the bread in olive oil. Other healthy sources of fats include nuts, seeds, olives, avocados and avocado oil.

- **Eat these foods weekly:** According to the Mediterranean diet, there are certain foods that should be consumed weekly, such as fish, poultry, beans and eggs.



SOCIAL SERVICES

foods also are good sources of protein. If you are trying to limit your intake of red meat and are having trouble doing so, try to eat more beans instead. Eat them by themselves, or include them in soups, salads or casseroles.

What to Drink?

Your first choice of drink should always be water. Try to avoid juice and soda, because most juice is very high in sugar. If you enjoy juice or smoothies, try to make your own at home and try to include as many fresh fruits and vegetables as possible. Coffee and tea are completely acceptable, but you want to avoid adding too much creamer or sugar. Instead, try adding almond milk or honey in your drinks. Additionally, try to avoid having caffeine after 1 p.m. so it does not disrupt your sleep cycle.

A moderate amount of red wine—one glass per day—is fine. Of course, this is completely optional, and if you don't already drink wine, this does not mean you should start now!

Envision Your Meals

So, what should a typical day of meals look like? For breakfast, go for Greek yogurt with oats and strawberries. For lunch, a spinach and arugula salad with walnuts, tomatoes, cucumber and onion, with a light salad dressing of olive or avocado



oil. For dinner, try salmon with a side of steamed broccoli, asparagus and sweet potatoes. If you get hungry during the day, snack on as much fruits and vegetables as you like. Try carrots and celery dipped in hummus. If you crave something sweet, dates or dark chocolate are good options.

Back to the Lifestyle Idea

The Mediterranean-style diet is about more than just food—it's truly a lifestyle! In addition to healthy food choices, consider mealtime routines. Listen to your favorite music as you prepare food. Make dinner plans with a good friend—try a virtual session for extra safety precautions. Make mealtimes as enjoyable and pleasurable as possible. Experiment with different food groups, because you might discover new foods that you really enjoy. Be creative and incorporate these

foods into your snacks and meals to make them nutritious and interesting. Get moving after a meal by going for a brisk walk around the neighborhood.

The Mediterranean-style diet contributes to a healthy heart and a healthy brain. And remember, there are many reasons why someone may notice changes in thinking or memory abilities—stress, sleep, medication and many other causes—so it's really important you talk to your doctor if you notice changes.

Call Social Services at

949-597-4267 from

8 a.m. to 5 p.m., Monday

through Friday. Or visit us at

lagunawoodsvillage.com by

clicking the **Social Services**

tab under Residents.

ALZHEIMER'S ORANGE COUNTY PROGRAMMING

Educational events aimed at improving brain health and reducing the risk of cognitive decline.

The following events are hosted by Alzheimer's Orange County in collaboration with Laguna Woods Village Social Services.

4 Weeks to a Better Memory Series

Join us for a stimulating, fun, evidence-based four-week memory training program in which you will learn the fundamentals of memory and walk away with practical steps to enhance yours. Weekly two-hour sessions are designed for healthy older adults with normal-aging memory challenges who wish to improve or maintain their memory ability. This program is not intended for people with a diagnosis of cognitive impairment, Alzheimer's disease or other forms of dementia.

Wednesdays, 10 a.m. to noon, March 10, 17, 24, 31

RSVP: <http://bit.ly/2Jdz6W9> or call
844-373-4400

Nutrition for a Healthier Mind

Do you know how the foods on your plate impact your mind? Join this one-hour presentation to understand age-related changes in memory and learning, and learn how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods to avoid for a healthier brain and body.

Monday, March 1, 1 to 2 p.m.

RSVP: <http://bit.ly/34C1ZTm> or call
844-373-4400

Unlocking the Power of Sleep for Brain Health

There is a common myth that older adults need less sleep than younger adults, but research



tells us this is not true! Join this one-hour presentation to learn how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop better sleep hygiene for greater brain function.

Monday, March 15, 1 to 2 p.m.

RSVP: <http://bit.ly/2Jhel3E> or call
844-373-4400

The Role of Physical and Mental Exercise for Brain Health

Physical and mental exercise have countless benefits for the health of our minds. Join us for this one-hour class as we explore what research and clinical practice has taught us about the importance of physical and mental exercise in maximizing our brain health.

Monday, March 29, 1 to 2 p.m.

RSVP: <http://bit.ly/3mIRq7g> or call
844-373-4400

Visit <https://www.alzoc.org/events/> for the full calendar of Alzheimer's Orange County events. Contact us by calling 844-HELP-ALZ (844-435-7259) or emailing help@alzoc.org.

Alzheimer's
ORANGE COUNTY


Laguna Woods Village®
SOCIAL SERVICES DEPARTMENT



RECREATION

HO-HO-HOLIDAY GOLF CART PARADE!

The holidays are over, but it's never a bad time to relive the seasonal spirit shared by Village neighbors as they bedecked their golf carts.

On Saturday, December 5, 49 resident golf carts, a Recreation and Special Events Department cart, Cart Mart with Santa, about one dozen classic vehicles, a fire engine and brass quartet musicians on the back of a truck joined in the much-anticipated Village holiday golf cart parade.

Residents adorned their golf carts with splendors of the season and paraded through the community to bring cheer and merriment to all.

Hundreds of spectators were in attendance, and everyone was cheerful and had a great time.

“Great holiday parade event!” said Randy Scott, resident and member of the Car Club. “Thanks to Rec Dept staff for organizing this event. It was very gratifying to see the hundreds of residents and their families cheering and waving to us on the parade route!”



AND THE WINNERS ARE ...

Meet the residents who won ‘Villagers Have Holiday Cheer’—and dinner for two from the 19 Restaurant and Lounge.

The winners of the Recreation Department’s “Villagers Have Holiday Cheer” decorating contest are Ed and Betty Pagenkopp, who have lived in the Village for 23 years. Their prize is dinner for two, courtesy of and delivered by the 19 Restaurant and Lounge. Many congratulations to Mr. and Mrs. Pagenkopp, and many thanks to ALL residents who submitted their photos, too!

Ed and Betty Pagenkopp submitted the winning display in this year’s holiday decorating contest.





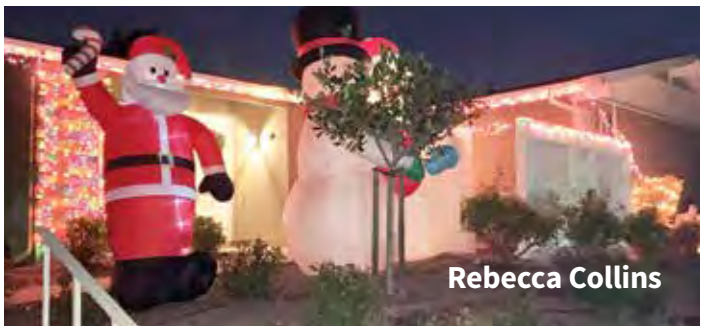
**Barbara
Rutkowski**



Joyce Aquino



Frank Correia

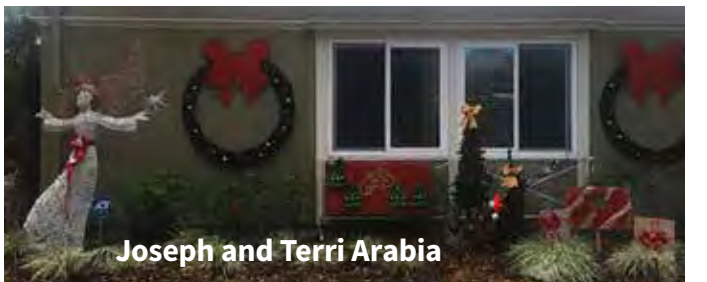


Rebecca Collins



Natasha Chan

**Below: Bob
and Dottie
Poole**



Joseph and Terri Arabia

RECREATION



RECREATION



POOLS 1, 2, 4 AND 5 HOURS AMENDED

Pool 1

- 8 a.m. to 6 p.m. daily; opens at 10 a.m. on Tuesday morning for weekly maintenance

Pool 2

- 7 a.m. to 6 p.m. daily; opens at 9 a.m. on Wednesday morning for weekly maintenance

Pool 4

- 9 a.m. to 9 p.m. daily

Pool 5

- 7 a.m. to 6 p.m. daily; opens at 9 a.m. on Thursday morning for weekly maintenance

Make required reservations up to seven days in advance via Kourts; by telephone between 10 a.m. and noon, Monday through Friday at [949-597-4382](tel:949-597-4382).

Visit bit.ly/35qWuYn for instructions on how to make pool reservations using the Kourts online reservation system.

Visit bit.ly/2Fznx9u to view the reopening procedure for the conditional reopening of Pools 1, 2, 4 and 5, which contains pool hours and reservation times.

Swimmers who experience a Kourts registration error can call [949-268-2418](tel:949-268-2418) or [949-597-4382](tel:949-597-4382) Monday through Friday, 9 a.m. to 4 p.m.

SCHEDULE THREE EXERCISE SESSIONS PER WEEK AT THE OUTDOOR FITNESS CENTER!

At the outdoor fitness facility located in the Clubhouse 1 breezeway, residents may schedule three exercise session reservations per week, seven days in advance.

Read the updated procedure governing opening and resident use of the outdoor fitness facility at bit.ly/3kuCXum.

Visit bit.ly/38EgDw0 for instructions on how to make outdoor fitness facility reservations using the ActiveNet online reservation system. To learn more about ActiveNet, visit the Village website and go to [Amenities > Recreation > Using ActiveNet](#).

RECREATION FITNESS CLASSES

Cardio and Strength with Patsy Moore at the Clubhouse 2 Patio

Monday 10:30 - 11:30 a.m.

Wednesday 10:30 - 11:30 a.m.

Cardio Boxing Fusion with Patsy Moore at the Clubhouse 2 Patio

Monday noon - 1 p.m.

Wednesday noon 2 - 1 p.m.



10 VILLAGE TRAILS CALLING YOUR NAME

Our community features 10 beautiful walking trails for exercise, enjoyment and reconnecting with nature. Visit bit.ly/2LsYEzO for route maps, complete with distance, elevation, benches, scenic overlook locations and other pertinent information.



COME TAKE A CLASS

Contact Recreation at **949-597-4273** for current sessions and cost or view the schedule online at [Amenities > Recreation > Outdoor Fitness](#).

Cardio Dance with Patsy Moore at the Clubhouse 2 Patio

Tuesday 11:30 a.m. - 12:30 p.m.

Aqua Splash with Patsy Moore at Pool 4

Tuesday 8 - 8:45 a.m.

Thursday 8 - 8:45 a.m.

Zumba Gold with Tracy Murray at the Clubhouse 2 Patio

Monday 9 - 10 a.m.

Wednesday 9 - 10 a.m.

Tai Chi with James Tung at the Clubhouse 2 Annex

Thursday 10 - 11 a.m.

Cycling with Alisha Sullivan at Clubhouse 5

Monday, 5 to 6 p.m.

Tuesday (New), 10 - 11 a.m.

Tuesday, 11:30 a.m. - 12:30 p.m.

Wednesday, 10 - 11 a.m.

Thursday, 7 - 8 a.m.

Thursday (Beginner, New), 8:30 a.m. - 9:30 a.m.

Friday (New), 7 - 8 a.m.

Chair Fitness with Janet Gilliam at the Clubhouse 2 Patio

Tuesday 9 - 10 a.m.

Thursday 9 - 10 a.m.

For more information, call **949-597-4273**.



RECREATION



BOCCE BALL

Call **949-597-4273** Monday through Friday to make bocce court reservations one day in advance. To read the reopening procedure for bocce ball, find reservation times and more, visit **bit.ly/2lvcHmn**.



VIRTUAL RECREATION RESOURCES

The Recreation and Special Events Department offers a comprehensive guide of virtual resources for such pursuits as arts and crafts, cooking, gardening, health and fitness, home improvement, language lessons, library resources, music and dance, online games, television and movies, travel, virtual tours of museums, natural history, national parks, Zoom tutorials and zoo wildlife cams.

Visit **lagunawoodsvillage.com** > **Amenities** > **Recreation** > **Virtual Recreation Resources** or call **949-597-4273**.

RACKET SPORTS AND LAWN BOWLING

Visit **bit.ly/35qWuYn** for instructions on how to make racket sports and lawn bowling reservations using the Kourts online reservation system.

View these reopening procedures for reservation times and more:

- Tennis: **bit.ly/3ml8Tn4**
- Pickleball: **bit.ly/32vwpG5**
- Paddle tennis: **bit.ly/3htmW6E**
- Lawn bowling: **bit.ly/2H4j5k1**

If You Experience a Kourts Registration Error
Paddle tennis and pickleball: **949-597-4386**, Monday through Friday, 8 a.m. to 3 p.m.

Tennis: **949-268-2481**, Monday through Friday, 8 a.m. to noon; or **949-597-4386**, Monday through Friday, 8 a.m. to 3 p.m.

For weekend assistance with racket sports reservations, call the golf pro shop at **949-597-4336**.



GALLOPING INTO THE SUNSET

With heavy hearts, the Equestrian Center says goodbye to GRF horses Jeff and Sonnet.

Jeff, beloved GRF school horse, was deeply loved by the herd, our staff and the entire Equestrian Center community. He served our lesson program for many years and was the first horse for many of our students. Large and kind, Jeff was a horse you could always count on to keep his riders safe.

He was sound and beautiful at an impressive 32 years of age. His loss was unexpected. After a lovely morning of playing in the large arena, spending time turned out in the sunshine and eating his lunch, a sudden and unknown major medical event occurred, and he was down. Our vet was on site,



Jeff



Sonnet

and together we did everything we could, but he was not able to try to rise. He will be deeply missed by many.

Sweet Sonnet injured the tendons in her remaining healthy leg. With a severe rotation in her other front leg and injury/ malformation in both hinds, the vet determined with us that she would not be able to heal and was in constant pain.

Even with daily medication, her pain

led to depression and lack of appetite, causing further physical decline. We made the difficult decision to release her from constant physical discomfort.

Sonnet, in her late 20s, was a wonderful, kind mare beloved by our staff, and we honor her years of service to us and the community. She will be dearly missed by all.



NEW BELLE OF THE BALL

In October, the Equestrian Center welcomed Belle, a large 20-year-old Belgian draft/halflinger cross who will be able to carry heavier riders in our lesson program. She has lots of experience as a confidence-building horse on trails and loves to take care of her riders. She loves eating froggy gummy treats, lunch time, cuddles and being brushed and pampered. We love her, and we know you will, too!



TRANSPORTATION

CHARGE!



To boost efficiency and minimize environmental impacts, VMS adds more electric vehicles to its fleet.



CALL
949-597-4659

EMAIL
ride@vmsinc.org

VISIT
lagunawoods.village.com/amenities/transportation

In an effort to continually improve operational efficiencies while considering closely the environmental impacts, Village Management Services recently purchased electric vehicle (EV) charging station infrastructures and two new Chevrolet Bolts for

staff who are assigned to work at the Service Center.

This purchase of new EVs increases the number of such vehicles to six.

Electric vehicles have been proven to significantly reduce total emissions while reducing

overall maintenance costs by \$3,000 to \$4,000 per year!

Additionally, the Projects Division of Maintenance and Construction soon will receive two plug-in Ford Escape hybrid vehicles to replace some very old Ford trucks.

As we move forward and as technology advances, Village Management Services will continue to carefully analyze all future vehicle purchases and identify vehicle types and grant funding opportunities to help advance the use of this new technology in daily operations.

USING THE TRANSPORTATION PHONE SYSTEM

- Call **949-597-4659**
- Select the option that relates to the purpose of the phone call
 - Option 1 - General information
 - Option 2 - Request stop for fixed route
 - Option 3 - Boost rides
 - Option 4 - Journey rides
 - Option 5 - Destination shopping
- When choosing Option 4 for Journey rides, leave a detailed message; Transportation staff will call back with a confirmation

**Always carry
your resident ID!
No ID = No Ride**

THE TOWERS

at Laguna Woods Village



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For Mutual Benefit

News and updates from the Laguna Woods Village Boards of Directors

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GRF Board of Directors

The Golden Rain Foundation of Laguna Woods Board of Directors meets the first Tuesday of each month at 9:30 a.m.

Bunny Carpenter
President
2019-2022

Egon Garthoffner
First Vice President
2019-2022

Don Tibbetts
Second Vice President
2018-2021

James Hopkins
Treasurer
2019-2022

Joan Milliman
Secretary
2020-2023

Maggie Blackwell
Director
2021-2023

Yvonne Horton
Director
2019-2022

Bert Moldow
Director
2020-2023

Gan Mukhopadhyay
Director
2018-2021

Jon Pearlstone
Director
2018-2021

Sue Stephens
Director
2020-2023



A NEW GUEST IN THE VILLAGE

Something of a miracle has been discovered in Aliso Creek: a male southwestern pond turtle.

By Joan Milliman, Secretary

Our very own Aliso Creek has a male southwestern pond turtle!

Western pond turtles consist of two recently recognized species placed in either the genus *Emys* or *Actinemys* (*Emys* is more common): *Emys marmorata* (northwestern pond turtle) and *Emys pallida* (southwestern pond turtle). Until recently this turtle was recognized as a single species, but it is now recognized and managed as a species pair.

Western pond turtles occur across California in all low- to mid-elevation freshwater aquatic ecosystems. This West Coast-endemic species ranges from southern Washington to northern Baja California west of the Sierra/Cascade divide.

The only freshwater turtle in the state, western pond turtles are a unique part of California's freshwater fauna.

Although widespread, these turtles pose a key conservation concern in the state: Both species are currently listed as Species of Special Concern and both

are candidates for listing at the federal level under the U.S. Endangered Species Act.

Its decline has been severe in Southern California, from Santa Barbara County to the Mexico border. Given its wide range and geographic distribution across much of the state, unique role as our only native freshwater turtle and extremely high conservation status by the California Department of Fish and Wildlife, the western pond turtle is an important, iconic species.

For more information about why this southwestern pond turtle in our midst is particularly important, please read “The Aliso Creek Saga” on page 36 in the Landscaping Department column.

SOUTHWESTERN POND TURTLE FACTS

Size

- Shell: 3.5 to 8.5 inches long
- Hatchlings: Approximately 1 inch long

Appearance

- Small to medium-sized drab dark brown, olive brown or blackish with a low unkeeled shell
- Usually with a pattern of lines or spots radiating from the centers of the bony plates.
- Legs have black speckling and may show cream to yellowish coloring.
- Head usually has a black network or spots may show cream to yellowish coloring.
- Males usually have a light throat with no markings, a low-domed, flatter shell and a concave bottom.
- Females usually have a throat with dark markings, a high-domed, taller shell and a flat or convex bottom that tends to be more heavily patterned than the male’s.



DON'T FEED WILDLIFE!

There are many good reasons to not feed animals in the Village—including legal ones.

By Joan Milliman, Secretary



Providing food in residential areas often leads to property damage and unwelcome pests.

The Village is surrounded by beautiful wilderness, meaning residents live in close proximity to—and come in close contact with—all kinds of wildlife species.

Some consider wildlife as a nuisance or a threat to be avoided. Others who experience occasional visits from wild animals enjoy the sightings. Some well-intentioned but misguided individuals actively encourage wildlife to visit regularly by feeding them.

According to California State law, feeding wildlife is illegal. Here in the Village, both housing mutuals also prohibit feeding or attracting animals. In Third, Resolution 03-16-117 Care & Maintenance of Patios, Balconies, Breezeways & Walkways states "... Items that constitute a

nuisance to one's neighbors should not be placed in common areas or limited common areas. Examples are ... food or water, which will attract birds, insects, or other animals ..."

In United, Resolution 01-03-134, Care & Maintenance of Patios, Balconies, Breezeways & Walkways states, "Items that constitute a nuisance to one's neighbors should not be placed in common areas or limited common areas. Examples are, but not limited to, intrusive wind chimes, reflective objects, food or water that could attract birds, insects, rodents or other animals."

If you see residents/neighbors feeding wildlife, please call Security at 949-580-1400. Complaints may be anonymous.

There are many good reasons to not feed wildlife in the Village—or anywhere else:

- **Providing food in residential areas often leads to property damage and unwelcome "houseguests."** Do not leave pet food dishes outside and secure garbage bins.
- **Providing an artificial food source causes mature animals to produce large families that the natural food supply can't support.** Overpopulation can lead to starvation and disease, some of which are dangerous to humans.
- **Animals have specialized diets and can die from the wrong foods.** If a baby animal receives the wrong diet, even for a day or two, it can permanently damage developing bone and muscle. Other food items can even cause death.
- **Feeding causes wild animals to lose their natural fear of humans.** The bold advances of a tamed wild animal can be misinterpreted as an "attack."
- **Feeding changes behavior, often with catastrophic results.** Feeding can cause death by preventing a species from migrating and causing interaction among species that usually don't compete for food.
- **You risk injury when you do not keep a respectful distance from wild animals.** Wildlife may not know where the food stops and your fingers begin.

Third Board of Directors

The Third Laguna Hills Board of Directors meets the third Tuesday of each month at 9:30 a.m.

Steve Parsons
President
2019-2022

Annie McCary
First Vice President
2020-2023

Ralph Engdahl
Second Vice President
2019-2022

Lynn Jarrett
Secretary
2018-2021

Robert Mutchnick
Treasurer
2020-2023

Cusrow “Cush” Bhada
Director
2019-2022

Deborah Dotson
Director
2020-2021

John Frankel
Director
2020-2023

Reza Karimi
Director
2019-2021

Donna Rane-Szostak
Director
2020-2023

Craig Wayne
Director
2019-2022

COMPLIANCE AND ENFORCEMENT

By Annie McCary, First Vice President

When you purchase a condominium and move into Third Laguna Hills Mutual, you sign official documents stating that you will comply with the housing mutual’s and with GRF’s rules, policies and procedures.

The Village Management Services Compliance Division, a part of the Security Services Department, is charged with ensuring everyone adheres to those important documents.

This article aims to inform Third Mutual residents about compliance with HOA rules and how those rules are enforced.

What to Expect When Rules Are Broken

When the Compliance Division receives and inspects an alleged violation, staff then provides the owner a courtesy notice advising of the alleged violation, the rules of the mutual and a request to comply with the rules.

A follow-up inspection is scheduled to confirm the matter has been rectified and is now in compliance. If the alleged violation remains unresolved, a final notice is mailed advising the owner of the continued violation and requesting compliance or a disciplinary hearing will be scheduled.

A final inspection is conducted; if the alleged violation is not in compliance, the owner is scheduled for a disciplinary hearing. The hearing notice is mailed 15 days prior to the disciplinary hearing, and the board’s determination is provided to the owner within 15 days following the meeting. Staff will continue to monitor the situation until it is resolved. If the matter remains out of compliance, another disciplinary hearing is scheduled.

If the board determines that a violation(s) occurred, it will consider imposing disciplinary action, including monetary fines of up to \$500 for each incident and violation, suspension of member privileges and/or legal action. Member privileges include, but are not limited to, deactivation of cable TV services, denial of access to GRF facilities and suspension of gate clearance access.

Most Common Executive Hearing Violations

- Delinquency
- Unauthorized alterations
- Illegal occupancy
- Nuisances (excessive noise, barking dogs, smoking, etc.)



How to Report Compliance Violations

Residents can report violations by either emailing a complaint form at compliance@vmsinc.org or calling the Compliance Hotline at **949-268-CALL**. For complaints such as nuisance, noise and construction after hours, the reporting party is advised to call the Security Department at **949-580-1400** to file a report.



REVISED RULES FOR WALL ATTACHMENTS

By Lynn Jarrett, Secretary

Following many revisions over the years of an original resolution in March 1983, Third Mutual recently passed Resolution 03-20-85 in which rules for wall attachments were revised to address dry rot and asbestos issues.

The rules provide for a more defined scope of work and responsibility of members. The revisions include notification of asbestos testing and monitoring, weight limits specifications of attached objects (25 pounds per framing stud), the use of silicone for waterproofing, and clarification regarding the member's obligation to remove the alteration for necessary maintenance. The resolution follows:

Applications: No attachments may cover any common area mechanical system, including, but not limited to, electrical outlets, junction boxes, plumbing access, cleanouts, utility shut-off/disconnects, vents or existing openings. No attachments may cover any pedestrian access or

opening that will violate building code or hinder access, inclusive of restricting ingress or egress requirements, in any way. All attachments must be permanent in nature and not subject to deterioration due to weathering. Any exterior wall attachment will be limited to only those walls that face exclusive use common areas, such as patios or atriums, with the exception of American flags.

No attachment of an object weighing more than 25 pounds shall be allowed on the wall at a single wood-framed stud. The attachment is to be made into the wood framing studs for support. Provide silicone sealer in all holes in the wall. All lag bolts and screws into walls must be sealed, with full depth silicone caulking, prior to installation to prevent water penetration and dry rot of wall components. Any attachment to the wall may require removal by the member for mutual wall maintenance with a 72-hour written notice.

Resident shall be responsible for all costs associated with the removal and reinstallation of any alterations on the wall(s). All approvals of the addition of an element to the wall will be considered an alteration and become the responsibility of the manor owner. No wood may be used in conjunction with Third Mutual Alternative Constructive Materials Policy 3-17-38.

Tile and veneer: Tile and veneer used on a vertical surface exterior wall, without disturbance of the stucco veneer, must be attached with thin set/epoxy mortar mixes. Tile and veneer will be limited to use on stucco covered exterior chimneys and entryway columns. Tile must match in color, design and size as

close as possible to any existing brickwork on building.

Trellis and wrought iron designs: Any trellis (which must be void of vegetation) or wrought iron component attached to a wall must be painted the same color as the wall. The wrought iron may be black in color if readily removable by the resident at the request of the mutual or its agent. Trellis and wrought iron shall be within 12 inches of walls and not used as screens, shades or shields, and cannot be higher than wall to which it is attached. Wrought iron shall be easily removable for access to the wall for maintenance purposes. All trellis and wrought iron shall be mounted vertically on the wall.

Murals and wall hangings: Any installation of murals or wall hangings shall be limited

to patio and atrium locations. No installation will protrude above the height of a patio wall. Visibility of mural and wall hangings through wrought iron gates is acceptable.

Asbestos testing and monitoring: The mutual is required to ensure that all installation and demolition work related to exterior surfaces with presumed asbestos-containing materials properly follow the current governing authorities' rules and regulations, as they pertain to condominiums. This may include the use of a certified asbestos abatement contractor and an industrial hygienist for asbestos testing and/or clearance reports. Reports of asbestos findings and final clearance reports shall be provided at member expense to manor alterations.

APPROVALS AND ACTIONS

From the November and December board meetings

By Lynn Jarrett, Director and Secretary

- Approved variance for 3449-A Bahia Blanca
- Approved update to Third Committee and GRF Committee appointments
- Ratified decision to increase Landscaping Department service levels
- Approved resolution for Third Mutual rules for board members
- Approved tree removal at 5395-A Paseo del Lago W
- Denied request to place decomposed granite in patio area at 5333-C Bahia Blanca
- Denied request to retain grape vine on trellis in front of 5333-C Bahia Blanca
- Approved request to retain fruit trees at 5333-C Bahia Blanca
- Approved resolution to revise standard wall attachment requirements
- Introduced amendment to lease authorization policy

THANKED YOUR BUILDING CAPTAIN RECENTLY?

By Stuart Hack, GVA President

Three-story building residents experience a great advantage in having Building Captains (BC). They facilitate the general welfare of the entire building, and they help make residents' lives better.

Here are some of the things BCs do for their buildings:

Report common area and building exterior maintenance issues and follow up on them to completion.

1. Report security issues to Security.
2. Distribute bulletins/notices to residents to share valuable information about the building, the GVA and Third Mutual.
3. Support activities of mutual interest to residents.
4. Call Security for elevator pads if not installed during a resident move.
5. Remind residents of proper use of garbage chutes and recycle bins.
6. In the event of fire, call 911 and encourage/help residents to leave the building promptly and safely.
7. Educate residents on their responsibility to contact Resident Services for repairs, leaking water, etc.



8. Welcome new residents with packet of information about living well in a three-story building.
9. Update building directories.
10. Maintain a list of all residents including their name, home and mobile phone numbers and emergency contacts.
11. Assist in keeping building in good condition so all residents can enjoy living in an orderly, well-maintained environment.

Residents play an important role in three-story buildings as well. They help their BCs, themselves and their neighbors by:

1. Emailing Resident Services for needed building repairs, including pictures with the requests and copying the BC.
2. Assisting/looking out for neighbors when needed.
3. Sharing the laundry room facilities in an orderly fashion.

Unfortunately, there are a few buildings that have no BC. Residents who step up to help residents enjoy a well-run three-story building add so much to the lives of their neighbors. And they experience the satisfaction of making a difference. Buildings 2392, 3336, 3364, 3500, 3510, 4001, 4002, 4013, 4015 and 5368 do not yet have a BC. How about making a 2021 resolution to help your community?

Three-story building residents in Gate 14 who are interested in further serving their community can contact GVA President Stuart Hack at gvalwv@gmail.com or 949-212-7028.

United Board of Directors

The United Laguna Woods Mutual Board of Directors meets the second Tuesday of each month at 9:30 a.m.

Sue Margolis
President
2018-2021

Manuel Armendariz
First Vice President
2020-2023

Reza Bastani
Second Vice President
2020-2023

Neda Ardani
Secretary
2019-2022

Azar Asgari
Treasurer
2020-2023

Prakash “Cash” Achrekar
Director
2020-2023

Elsie Addington
Director
2018-2021

Brian Gilmore
Director
2019-2022

Carl Randazzo
Director
2018-2021

Andre Tornj
Director
2019-2022

2021: A FRESH START

By Sue Margolis, President

We’ve said goodbye to the year 2020, but we cannot help but reflect upon the two major uninvited guests in the life of Laguna Woods: the COVID-19 pandemic affecting all our residents and the malware attack, handicapping our staff’s ability to respond to our residents.

Stopping the COVID spread by staying at home, wearing masks and isolating was an effective strategy for us for many months, but it certainly had taken a toll on our mental health and physical health. I think we all miss spending time with our friends and families.

The malware attack perpetrated against VMS disrupted normal day-to-day work for staff for more than two months. Many have been frustrated by the attack’s consequences—having to wait for records to be revalidated—and the board has had to deal with many problems that resulted.

So, let’s look at the bright side: We are being forced to learn new skills. We may be walking more outside and appreciating the changing seasons, birds and wildlife. We may be developing new technology skills to stay connected. We may be finding time to clean and organize our homes and clearing out things we no longer need. And we can hope that with the amazing discovery and creation of the new mRNA vaccines that we can see an ending coming within some months.

The board probably will continue to use technology for its meetings for some time to come. We recognize digital meetings have made it difficult to connect with residents, and we need to find ways to connect more. We hope you will embrace more technology to make this possible. Please feel free to email board members with any of your suggestions or ideas. Because of the pandemic, written letters take a while to get to us so bear with us, we will answer them.

To receive a copy of directors’ email addresses, please send a request to becky.jackson@vmsinc.org.

If you are interested in a subject, let the chair of the committee know and consider becoming an advisor. Advisors receive a GoToMeeting link and can attend meetings digitally.

The board asks: What will you make of this fresh start?

THE SEVENTH RESOURCE

By Elsie Addington, Director

Global Recycling Day, celebrated this year on March 18, was established in 2018 to publicize recycling as one of the primary tools at our disposal to preserve our rapidly diminishing natural resources. But before we dive into that subject, let's first look at one list of six essential resources upon which life as we know it depends:

- Fresh water: Only 2.5% of the earth's total water is fresh; of that, approximately 70% is frozen.
- Crude oil/fossil fuel: Estimates of how long before we run out are within 30 to 50 years.
- Natural gas: About 50 years left.
- Phosphorus, essential to all living things: Used mostly in commercial fertilizer, reserves will run out in 80 years.
- Coal: Reserves might last another 175 years; while U.S. and EU demands are declining, China's and India's are growing.
- Rare-earth elements: Used primarily for electronics

(including smartphones); these could be depleted in less than 100 years.

But there is good news. While the need to conserve these six resources is absolutely essential, we ordinary residents of Laguna Woods Village can help the process by contributing to the seventh resource—recycling. According to the EPA, in 2018 the U.S. produced 292 million tons of municipal solid waste; almost 24% (69 million tons) was recycled and used to produce everything from picnic tables, soap and playground equipment to kitty litter, tennis balls and jackets.

So, don't give up. Be creative. Give your old cell phones to a commercial recycler. Reuse your



water bottles, save cooking water for your patio plants and remember—plastic is made from fossil fuel, so recycling it is a double whammy!

To learn more about Global Recycling Day, visit <https://www.globalrecyclingday.com/about>.





WORLD WATER DAY

By Neda Ardani, Secretary

World Water Day, held on March 22 every year since 1993, focuses on the importance of freshwater.

It celebrates water—but also raises awareness of the 2.2 billion people living without access to safe water. The day is about taking action to tackle the global water crisis.

Water means different things to different people. This conversation is about what water means to you.

World Water Day 2020 is about water and climate change—and how the two are inextricably linked. The campaign shows how our smart use of water can help reduce floods, droughts, scarcity and pollution, and help fight climate change itself.

By adapting to the water effects of climate change, we will protect health and save lives. And, by

using water more efficiently, we will reduce greenhouse gases.

How is water important to your home and family life, livelihood, cultural practices, well-being and local environment? In households, schools and workplaces, water can mean health, hygiene, dignity and productivity. In cultural, religious and spiritual places, water can mean a connection with creation, community and oneself.

In natural spaces, water can mean peace, harmony and preservation.

Today, water is under extreme threat from a growing population, increasing demands of agriculture and industry, and the worsening impacts of climate change.

By recording and celebrating all the different ways water benefits our lives, we can value water properly and safeguard it effectively.

Remember, water is our common wealth and intention is to inspire our community to learn about water issues and to take action to make a difference.

MIGHTY HO6, AKA CONDO INSURANCE—YOU NEED IT!

By Elsie Addington, Director

Why care about the damage from leaks, fire, wind and the odd raccoon invasion as well as the insurance that covers it? Because chances are there's going to be a price tag on that damage, and the name on the bill will be yours. Yes, when your ice maker explodes, VMS will be right on it. However, if you or the previous owner installed it, not only you will be responsible for any damage caused to your own home, but you also will be responsible for the damage to that of those who live below you.

In addition, the mutual will not pay for lodging while your manor is restored to its original splendor, even if the repairs are covered by the mutual. The mutual only covers damage to mutual property.

What can you do? Call your insurance agent and ask about HO6 insurance, which averages about \$390 per year. Prices vary according to coverage, but an HO6 policy typically covers everything within your walls, including personal property, carpeting, mold damage as a result of alterations, liability (the folks downstairs) and temporary lodging.

United doesn't own your carpet and furniture and will not pay for them if they're damaged. It may seem harsh, but I know you'd rather hear it from me, now, than from someone else after the fact.

Depending on your carrier, you can even get coverage for \$50,000 to \$100,000 for special assessments from your mutual, heaven forfend it should happen.

Now go call your insurance guy.



VMS Board of Directors

Rosemarie DiLorenzo
Chair
Third, 2019-2022

Wei-Ming Tao
First Vice Chair
Third, 2018-2021

Diane Phelps
Second Vice Chair
GRF, 2019-2022

Stefanie Brown
GRF, 2020-2021

Norman Kahn
United, 2020-2023

Cynthia Rupert
United, 2019-2022

Juanita Skillman
United, 2020-2021

Judith Troutman,
GRF, 2020-2023

Raquel Unger
Third, 2020-2023



Congratulations, New Officials

Rosemarie DiLorenzo, a Third board member since 2013, served as the mutual’s first vice president from 2014 to 2015 and president from 2016 to 2019, and was a Garden Villa building captain, regional rep and board member. Her background is in corporate leadership in governance, corporate structure, marketing, finance and budgeting. She also served as first vice president of the Opera and Bridge Clubs. She served on the joint task force for the establishment of VMS and serves as a GRF finance advisor.

Wei-Ming Tao, who most recently served as VMS board chair, has served on the Third board as treasurer and as chair of Third’s Cost-Savings Ad Hoc Committee. Her background is in financial management and strategic planning as a CFO, a general manager and a controller. She served on the joint task force for the establishment of VMS.

Diane Phelps served as GRF’s treasurer from 2006 to 2019 and on the Special Audit Task Force since its inception. She also has served as Volleyball Club president and 110 Club vice president, and is a member of the Rainbow, Tennis, Pickleball, Camera and Film Clubs. Her 30 years with the Internal Revenue Service included contractual, financial, economic and legal documentation review and foreign government negotiations.

Welcome, New Members!

Norman Kahn, after college and serving in the United States Marine Corps, Director Kahn served as chairman/founder and CEO of Graphidyne Corporation, as a board member of Natrol Inc., as managing director/founder of San Marino Financial Group and as a guest lecturer at Pepperdine University. He is involved with the Chicago, New Jersey, New York and Film Clubs, and Old Pros, Baby Boomers and Wine Lovers.

Judith Troutman served as a Third landscape advisor from 2010 to 2011, Third board director from 2011 to 2014 and a GRF director from 2014 to 2020. She served as chair of the GRF Clubhouse 2 Ad Hoc, GRF Maintenance and Construction, GRF Mobility and Vehicles and GRF PAC Committees, and served as GRF first vice president and secretary. She has been president of the Ebel, SALSA, Village Explorers and Vendors Clubs. Her background includes the United States Air Force, the real estate and property development/construction industries and office management.

THEN AND NOW

MONUMENT TO PEACE

The history of the peace pole in the Village's Aliso Creek Park stretches back nearly 30 years.

On April 26, 1992, in honor of Peace for Earth Day, the Golden Rain Foundation of Laguna Woods installed a peace pole in Aliso Creek Park through a project funded by Concerned Citizens Club of Laguna Woods.

The 6-foot-tall pole, which featured bronze-inscribed plates and was situated 50 feet west of the of the Village's historic sycamore tree, joined more than 65,000 peace poles in 84 countries that day.

When the Aliso Creek pole eventually was swept away by severe flooding, a new pole, also funded by Concerned Citizens, was installed on September 7, 2020, by GRF within the "peace grove" of six golden rain trees, 50 feet from our beautiful sycamore.



The Laguna Woods History Center, a 501(c)(3) nonprofit that receives no assessment funding, is dedicated to "preserving today for tomorrow," whose purpose is to "collect, conserve and convey information, documentation and artifacts related to the history of Laguna Woods as a public service, in perpetuity." It is located next to the Library; hours are weekdays from 10 a.m. to 1 p.m. and by appointment. Donations are greatly appreciated. Visit lagunawoodshistory.org for more information.



Never fear, always forward.

We're here to be your partner in breast health.

Fear should never hold you back from living your best, healthiest life. That's why our dedicated breast imaging specialists are always nearby, at locations across South Los Angeles and Orange Counties. Easing your apprehension with every protection and precaution. Walking you through every step of the mammography process. And focusing entirely on your breast health to ensure you receive high-quality, potentially life-saving care. We're here to help you move forward with confidence.

Don't delay. Schedule your mammogram.
800-MEMORIAL | [memorialcare.org/BreastCare](https://www.memorialcare.org/BreastCare)


MemorialCare[™]
Breast Center



Make the one choice that takes care of everything.

Choose MemorialCare.

Life is full of surprises. That's why we're here. Choose MemorialCare this open enrollment for leading healthcare when and where you need it. With access to virtual or in-person care from nationally renowned experts at more than 200 locations from the South Bay to San Clemente. After all, you can't predict life's surprises. But you can prepare for them.

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