

## Paint Committee Selects Four Building Colors

The Mutual One Paint Committee has chosen four colors for each building in our “wheels.” These colors will also be used on our Carports. Additionally the buildings will be trimmed in a contrasting white on the deco blocks. In the next few months, sample application of the selected paint colors will be placed on some of our Carport ends. This will allow us to evaluate the colors in various lighting, from morning sun to evening sun and shade.



### Limitation on the number of potted plants.

The new rules and regulations recently passed by your Board of Directors limits the number of containers that you may have in your garden space or patio area to a combined total of 15. Nursery containers are not permitted.

Many of our residents currently exceed this limit. When the buildings are painted all potted plants must be removed from the garden area to allow painters easy access to the building.

Now is an excellent time to reduce the number of pots to assure easier access for our painting crew and to ensure an improved look to our buildings.

## Mutual One

Volume 2, Issue Number 5, April 2021

# Matters

An occasional newsletter for Shareholders of Mutual 1 in Leisure World, Seal Beach, CA



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## Two separate elections:

This edition of *Matters* features the nine candidates running for the Golden Rain Foundation and Mutual One Boards of Directors. Each candidate was provided the opportunity to submit a statement up to 150 words, two did not submit statements. Please note that these are two separate elections that overlap each other in timing.

### Golden Rain Foundation Board

Mutual One is entitled to seat two members of the Golden Rain Foundation Board. Those ballots will be distributed via U.S. Postal Service beginning on April 30. There are five candidates for the Golden Rain Foundation Board.

When you vote for the Golden Rain Foundation Board members, you will vote for two separate candidates. Only one vote is permitted per candidate.

The ballot will come with special return envelopes. After you have marked your ballot, insert it into Envelope A, seal the envelope and

*Continued on page 2*

# Elections...

then insert it into Envelope B. In the upper left-hand corner of Envelope B, print your name and address, (including Mutual and Unit #s). Sign your name on the signature line. Mail Envelope B (which will be pre-addressed and postage-paid) to the Inspector of Elections at Accurate Voting Services.

The Inspector of Election must receive mailed ballots on or before noon, Friday May 28, 2021 for it to be counted; or you may bring it to Clubhouse Four, between 9 and 10:00 AM, on Tuesday June 1, 2021.

The ballot counting process will be conducted at a meeting of the GRF Board of Directors on Tuesday June, 1, 2021 at 10:00 AM. All members are welcome to observe the counting process and attend the meeting.

## Mutual One Board

The Mutual One Board ballots will be mailed via U.S. Postal service on Thursday, May 13, 2021.

There are seven candidates for the Mutual One Board. When you vote for the Mutual One Board members, you will be able to cast four votes.

Mutual One allows cumulative voting for its Board members, so you may award all of your votes to one candidate, three to one and one to another, two to one and one each to two others, or any combination not to exceed four votes total.

The ballot will come with special return envelopes.

After you have marked your ballot, insert it into Envelope A, seal the envelope and then insert it into Envelope B.

In the upper left-hand corner of Envelope B, print your name and address, (including Mutual and Unit #s). Sign your name on the signature line.

Mail Envelope B (which will be pre-addressed and postage-paid) to the Inspector of Elections at Accurate Voting Services.

The Inspector of Election

must receive mailed ballots on or before noon, Friday, June 11, 2021 for it to be counted; or you may bring it to Clubhouse Four, between 9 and 10:00 AM, on Monday, June 14, 2021.

The ballot counting process will be conducted at the Annual Meeting of Mutual One Board of Directors on Monday, June 14, 2021 at 10:00 AM. All members of Mutual One are welcome to observe the counting process and attend the meeting.



This is an example of a patio expansion as seen in another Mutual. Here the shareholder expanded their entrance walk way and added a garden area.

## Garden and Patio Expansions

Have you noticed that some folks are expanding their patio and garden areas? You can too. There is a proper procedure before you begin any work.

First, you must submit a professionally drawn design to the Physical Properties Department of GRF; our Inspector will review the plans and check to see if they have any interference with sewers, power lines, and irrigation.

Most of these issues can be addressed, but they may add a bit of expense to your plans.

The plans are then reviewed by the Mutual's Architecture Design Review committee, and then the plans will be submitted for Board approval.

Do not begin any construction without Board approval or you may be required to remove the project and restore the original garden space.

# Here are the Candidates...



**Kathy Almeida**

**Mutual 1 Board**  
Incumbent

I am running for Director of Mutual One because I wish to participate in the discussion and decision making process of matters affecting our mutual.

Our fiduciary responsibility, how we manage the budget, is number one. We may not always agree but we all have a voice.

Our mutual is far ahead of the others in matters of property maintenance. I'm asking for your vote as we continue building on our strengths as a community.

It matters most that I can speak up even though I may not get what I want. I hope you will speak up too.



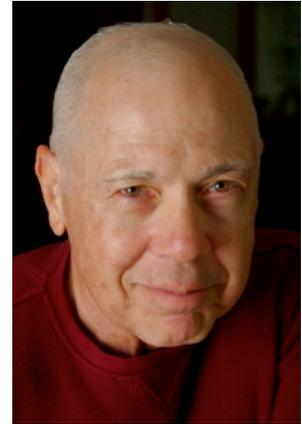
**Seon Cho**

**Golden Rain  
Foundation Board**

I am running for director on the GRF board.

I served the last two years as Vice President of your mutual board.

Now I want to serve on the GRF Board for preserving the quality of life.



**Ruben Collazzo**

**Golden Rain  
Foundation Board**  
Incumbent

**Mutual 1 Board**

No statement provided.



## **Donna Gambol**

### **Golden Rain Foundation Board**

It has been an honor to serve on your Board of Directors since June 2016, currently as your chief financial officer and previously as president.

I am now asking for your vote to represent you on the Golden Rain Foundation Board.

I have enjoyed working for you and believe that Mutual 1 is the best mutual in Leisure World. It is my hope to continue to improve our whole community and seek your support in accomplishing that goal.

During my career I was employed in a broad range of firms serving in various communications and public relations positions. I ran my own communications consulting business for 25 years and taught journalism and public relations at university level.

Serving on numerous non-profit boards has given me the experience to serve our community well. I have lived in Leisure World since December 2015.



## **Eileen Merritt**

### **Mutual 1 Board Incumbent**

#### EDUCATION & EXPERIENCE:

Present Mutual 1 Board member  
Master of Science Nursing  
Nine-year resident of Leisure World

#### PERSONAL ACHIEVEMENTS:

- Corporate Manager Clinical Operations
- University Professor

I have also been on the board in the past and you may remember me as a strong proponent in organizing the 'Good Neighbor' program. More recently, I have listened to the shareholders, bringing their suggestions to the updating of the rules and regulations. Also, I was involved in the recent beautification projects and the maintenance of our trees.

In conclusion; I hope to be elected, but most importantly urge you to review all the candidates and be sure to vote. Every vote counts and keeps our mutual represented by the shareholders living here.

If Re-elected, I will continue to do everything possible to ensure stability and improve Mutual One's community spirit.

Thank you for your consideration.



## **Kathleen Nadeau**

### **Mutual 1 Board**

Kathleen Nadeau has a long list of publications over the course of her teaching and professional career at California State University, San Bernardino. Retiring as Professor Emeritus, August 16, 2021, her curriculum vitae is available on request, by email [kmnadeau@me.com](mailto:kmnadeau@me.com).

If elected to the board, she promises to be a good citizen and team player for our community.

Kathy joined our community, Fall 2019, and has a passion for animals, trees, birds and butterflies. She is not alone in this and even picks up worms (and, snails) from the pavement and puts them back on the soil.

"Worms create tunnels that allow the rain and irrigation to penetrate the soils. Their digestive juices enrich the soil."

This is a little bit about my background. I have a lot of experience doing committee work and like to get things done, efficiently, by finding a middle ground for the common good.



## **Leah Perrotti**

**Golden Rain  
Foundation Board  
Incumbent**

### **Mutual 1 Board**

I am excited to announce my candidacy for a Director position on the Golden Rain Foundation Board of Directors and the Mutual One Board. I look forward to continuing to work harmoniously with other board members and volunteers as well as the management team in an effort to continuously make Leisure World and Mutual One the greatest place to live!

As one of your present GRF Directors, I have upheld and promoted principles of fiscal transparency, openness, integrity and honesty. I pledge to continue to uphold these principles. As an experienced leader, I have an unwavering commitment to keep Mutual One and GRF fiscally sound, enhance our amenities, and I have the confidence to stand alone and the courage to make tough decisions. I want to improve Shareholders' input and implement a problem-solving culture.

Vote for me and let's work together, because you deserve the best!



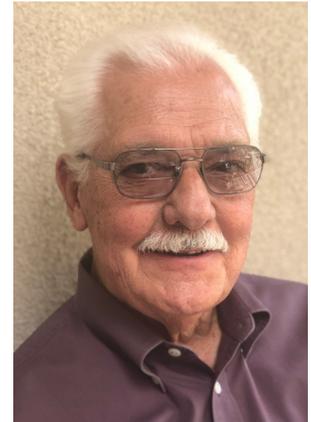
## **Denise Potterton**

**Mutual 1 Board  
Incumbent**

The past two years have been a rich experience serving on the Mutual One Board of Directors, most recently as the President and with your support, I would like to continue to serve Mutual One.

With over 15 years of commercial real estate syndication and property management experience and over five years of resort property management, I am uniquely qualified to represent you on the board of directors.

I started my career as a financial analyst, moved up to the position of regional property manager and then vice president. I have a broad knowledge of property management and development which includes: construction and maintenance inspections; financial analysis; project management; due diligence; and structuring limited partnerships and syndications for commercial properties. I have been a resident of Leisure World since 2015 and enjoy hiking, walking, fishing, gardening travel and time with my 3 children and 6 grandchildren.



## **Richard Stone**

**Golden Rain  
Foundation Board**

### **Mutual 1 Board**

No statement provided.

## **We welcome**

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Our Mutual continues to attract a number of new residents monthly. Current inventories of available units are at the lowest number in the past five years! Please, if you see your new neighbors, welcome them to Mutual One and to Leisure World.

- 5 F Diana & Kenneth Ritmire**
- 15 D Janet & David Holland**
- 19 D Lois Linton**
- 24 J Candace Yancey**
- 32 C Joseph Pasternak**
- 35 J Lori Cresey & Sue Borek**
- 37 F Adelaide Aquino**
- 43 A Regina Frias**
- 52 A Young Ock Lee**
- 62 I Jonathan Kleinman**

## **Helpline**

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**(562) 804-8718**

Call this number for all non-emergency issues. The "Helpline" is a recorded line and is monitored once or twice a day, often after business hours.

It's purpose is to provide non-emergency help to residents and offers you the opportunity to reach out to your Board members. Use this line to report landscape, pest, and other issues of a general nature.

## **Quarters no more**

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Now that most of our community has been vaccinated and the banks are offering coins, we will no longer be providing quarters for laundry service.

## **Security**

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**(562) 594-4754**

Call security if you are expecting tradesmen or guests. Call Security on the weekends for any water or electrical emergency.

## **Service Maintenance**

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**562-431-3548**

Call Service Maintenance direct for maintenance and pest control. If you see gopher activity, please report the location and identify the area by unit number and building.

Gopher control is paid by the Mutual.

If you experience any water leak or issue, call Service Maintenance to let them know it is an emergency situation.



## **Please don't feed wildlife.**

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Yes, they're cute but please do not feed the rabbits and squirrels. They become dependant upon humans and lose their ability to forage.

They also become ready prey for the increased number of coyotes being reported lately.

## **Vegetables and Fruits**

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Folks are reminded that vegetables and fruits may not be grown in the garden beds. You may grow these plants but they must be grown in pots and the pots should have a root barrier at it's bottom. Vegetables and fruits can attract rats and other vermin; please be certain to harvest your produce when it is ripe so that food items do not fall on the ground.



## **Mosquito Season is near**

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All residents are reminded that as the weather warms so do the opportunities for mosquitoes to breed. Those pesky females not only bite, but find the most clever places to lay their eggs. Any standing water can be an attractive source. Scientists have discovered that even a bottle cap collecting water is enough...so please do not allow any standing water on your patio, under your plants, or in your garden area.

## **Pests in your area?**

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We're talking about those pesky gophers. Cockroaches, ants, and other creepy critters are also considered pests. If you see evidence of pests, please report this to the Mutual via the Mutual Helpline.

# Some COVID Restrictions Lifted!

## Fitness Center

Effective, Thursday, April 29 reservations are no longer required! Occupancy has been extended to 35, managed by the Attendants. If you arrive early, stay downstairs, socially distanced from other residents.

Hours are 6:00 Am to 8:00 PM weekdays and 7:00 AM to 5:00 PM on weekends. The fitness center "turns over every hour" to allow custodial and GRF staff to sanitize.

Masks and 6-foot distancing remain as precautions.

## Table Tennis

This activity is currently limited to four tables and 16 players, authorized residents only, between 7:00 AM and 8:00 PM Monday through Friday and weekends through 5:00 PM.

GRF ID cards are required. Players must sign in, wear masks, and maintain social distancing.

No spectators are permitted. Fitness Center Attendants will monitor to ensure adherence to these rules.

## Golf Course

Reservations are no longer required. Play will be managed by the Starters on a first come, first served basis. Masks are still required between holes as is the 6-foot distancing. No congregation in the common areas, Disinfectant protocols remain in place.

**"Golf is something I do selfishly for myself."**  
--Tiger Woods



Folks have begun to flock to the Fitness Center with all new shiny equipment. Residents should familiarize themselves with proper use of equipment by accessing [www.precor.com](http://www.precor.com), once there click on the Coaching Center, scroll down and you will find tutorial videos for each piece of equipment.

The Precor Glide machine can be adjusted for a variety of target exercises for your entire body, familiarize yourself with their tutorials.



**"There are few things so pleasant as a picnic eaten in perfect comfort."**

--W. Somerset Maugham

## Club House One Picnic Area

Beginning, May 10, authorized residents (no guests) will be able to reserve the outdoor picnic area.

The kitchen area will not yet be available. The BBQ will be permitted.

Use of Clubhouse One restrooms will be permitted.

If you are interested in booking the area, please call the Recreation Office to reserve: 562-431-6586, Ext. 326 or 398 for more details. Orange County Health restrictions and protocols apply.

# Don't Let Foot Cramps and Charley Horses Slow You Down

**Have you ever woken up with a paralyzing stiffness in your calf or foot?**

Whether you call it a foot or leg cramp (charley horse), it's a common, somewhat mysterious pain that happens when a muscle gets involuntarily stiff and can't relax.

"They tend to happen more frequently as we age," says sports medicine specialist Caitlin Lewis, MD. "While they can be uncomfortable, they are rarely harmful."

## 7 common causes for cramps

The most common causes for muscle cramps include:

**1. Lack of hydration:** "If you're experiencing cramping, it's important to look at your hydration first," Dr. Lewis says. Make sure you are drinking enough water throughout the day.

**2. Problems with nutrition:** While a balance of electrolytes (calcium, sodium, potassium and magnesium) is essential for the contraction and relaxation of a muscle, it's best not to simply self-treat with supplements. Dr. Lewis suggests eating a variety of foods, including plenty of colorful fruits and vegetables such as leafy greens and bananas to add a balance of electrolytes to your diet.

**3. Side effect of medication:** Some medications such as statins and diuretics can cause muscle cramps. A tip-off is when cramps start suddenly after you begin taking a new medication. If this happens, let your healthcare provider know.

**4. Not stretching enough:** Taking time to stretch each day can help. "You want your muscles to be as strong and supple as they can be," Dr. Lewis says. "Adequate stretching after a brief warm-up period or after a shower is key to this."

**5. Overexertion:** If you exercise harder than usual or experience muscle fatigue, this can lead to cramps.

**6. Poor circulation:** If you have cramping that gets worse when you walk, it could be a problem with your circulation. "Some circulation problems cause pain that feels like cramping. If it gets

worse when you walk, or if you have cramps that just don't stop, see your primary care doctor," Dr. Lewis says.

**7. The wrong shoes:** A lesser-known cause for muscle cramping is your footwear. "You want to look at your shoes, especially if you changed from flats to heels, as this also can cause cramps," Dr. Lewis says.

## How to stop leg and foot cramps

There are some simple ways to respond to leg and foot cramps. If it happens while you're lying down, try to simply stand up and put some weight on the affected leg or foot. This can sometimes be enough to stop that tender stiffness.

Use warmth/heating pads to increase blood circulation to the muscle and to relax it. Soaking in a warm tub of Epsom salt can also help ease the tension.

For more stubborn pain, you can try a non-steroidal anti-inflammatory medication, such as ibuprofen.

## Easy stretches to keep calves & feet happy

**Basic calf stretch:** Stand with your palms placed against a wall, with arms stretched out. \* Step back with leg of affected calf. \* Lean forward on the other leg and push against the wall. You should feel a stretch in your calf muscle and the back of the leg.

**Towel/tie stretch:** Do this stretch while you sit. Keep your legs outstretched in front of you. \* Point the toes of your affected foot at the ceiling so that the leg is engaged. \* Take a towel or neck tie and wrap it around your foot, holding it with both hands. \* Lift the leg slightly until you feel a good stretch.

If leg or foot cramps are an occasional occurrence, you can generally manage them yourself. However, if they happen frequently, are severe, or if you are concerned any of your medications are the culprit, talk to your doctor. They could signal a medical problem that requires treatment.