

INSIDE LEISURE VILLAGE

VOL. 42 NO. 9

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

SEPTEMBER 3, 2021

CLUB IN THE SPOTLIGHT

Woodshop Now Managed By New Club

■ Meet "Ye Ole Woodchippers"

The Woodshop has been a part of Leisure Village since its founding in 1973. It was in the plans from the beginning to provide a space for woodworkers who gave up their suburban workshops as a tradeoff to living a more carefree existence to continue their craft. It was also intended as a space for projects that would provide valuable infrastructure to Village facilities, offices and assets.

The two rooms with all of the tools, machines and implements for woodworking have been managed as a sub-committee of the Education and Recreation Committee which is managed by a Chairperson appointed by the LV Board of Directors. Until last month.

After serious thought, debate and negotiations, an official LV club has been formed to manage the LV Woodshop going forward. Welcome "Ye Ole Woodchippers."

The president of the newly formed YOW is Bruce (Pirate) Anderson and the vice president is Bud Bradley. Also on the board are Chuck Russell as secretary and Chris Bjornberg as treasurer. Members of YOW, formerly known as "key-holders" of the Woodshop will continue on their path of creating beautiful wood pieces as well as working on projects for Village facilities and will continue to offer the free service of repairing wood furniture and keepsakes for Villagers. These repairs will be done by a select group of volunteers who are keenly adept and skilled at the task.

The club will be financially supported by the annual rummage sale held at the Pleasant Valley Se-



Photo by JON NIEMANN

David Glauser showing sections of a project that will eventually become a cutting board. Move over Escher.

nior Center. This year the sale will take place on October 9th. Attendance to rummage at the sale is

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Photo by JON NIEMANN

Bud Bradley, Pirate and Avalon, Ye Ole Woodchippers management team.

The "Contractors List" is Eliminated



■ No more insurance requirements

The long-standing Village requirement known as "The Contractors List" has been eliminated.

For more than two decades, LV homeowners who wanted to make any modification to the exterior of their homes were required to use a business that carried a specific level of insurance set by LVA. At the August meeting, LV's Board of Directors voted unanimously to remove the Contractors List

and remove the insurance requirements for contractors. "Now the homeowner will have more flexibility to hire a contractor of their choice, rather than selecting one required to meet LVA insurance requirements," explains Rick Wilkman, past Chair of the Architectural Committee.

However, it brings a new responsibility to homeowners because they will now be liable for any damages that occur during the projects. Don Marquardt, Co-Chair of the Architectural

Committee told Board members that in his professional experience outside the Village, "It is normal for homeowners to be responsible for work done on their homes. I am all for changing the policy." A statement explaining these changes has been prepared by the Architectural Committee, which also advises homeowners that they should still be mindful that a California State Contractors License is required for work valued over \$500, labor and mate-

—Please see **PAGE 2**



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09LV04S

Contractors List

From **PAGE 1** —

rials included. The new permits and complete instructions are available at the meetings of the Architectural Committee.

A proposal was made at a

Residential Landscape Committee meeting to have homeowners who submit permits for changes to the garden beds around their home be charged a fee similar to the fees charged for Architectural Permits. The committee voted no on the proposed fee.

ABOUT INSIDE LEISURE VILLAGE

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Letters

ILV has obligated itself to publish letters that are not profane, inflammatory or libelous. Views or statements expressed are the beliefs of the writer and are not necessarily supported by the staff of ILV. Letters must include name/signature, address and phone number. Please limit letters to 150 words. We reserve the right to edit, and/or condense. If at all possible, e-mail letters to editorilv@yahoo.com. Typed copy should be placed in the ILV box in the Rec Center hallway. Whatever is not printed in the next issue because of space limitations will be considered for the following issue.

October Edition Deadlines

Club News, articles, letters and classified ads: Thursday, September 9. October 2021 issue will be available Friday, October 1. Send news, articles & letters to insidelveditor@gmail.com.

Inside Leisure Village is written and edited by and for Leisure Village residents exclusively. It is independent of the L.V. Association and its Board of Directors. ILV's content is also independent of the Acorn Newspaper. The Acorn Newspaper is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the purpose of ILV is to report and publicize LV events and activities. To access Inside Leisure Village online, go to: Google.com, enter Inside Leisure Village. When choices come up, click on "repository.library.csuci.edu/handle/10139/646."

AND IN MY SPARE TIME

Coast Guard Safety for the Village

John Nickols moved into the Village after decades in law enforcement and corporate security. So, it's no surprise that after he and his wife got settled into their new home two years ago, he began to look around for a way to help people protect themselves - in this case - on the water. He became a member of the Coast Guard Auxiliary, a volunteer group that promotes RBS (Recreational Boat Safety.) "I love that we live near the ocean," John explains. "We had boats as a family for years. I thought it would be fun to help others stay safe on the water."

The Coast Guard Auxiliary is related to, but different from, the U.S. Coast Guard. The volunteers have no policing powers. They are trained as "vessel examiners" for boat owners who request them. "We check out required documents and safety equipment like fire extinguishers and make sure personal flotation devices (life jackets) are on board," John says. He makes sure that radios, horns, bells and lights onboard actually work. The Coast Guard Auxiliary volunteers do it all for free and provide the complying boats with an RBS decal.

John wants to bring the Coast Guard Auxiliary safety program to Villagers who have boats here or whose family members or friends may have them nearby. There is no charge for the RBS exam. He can do it in LV's RV lot or at a marina. "I want to help people keep out of harm's way," he says. "I want them to enjoy their experience in boating while staying safe on the water."



Photo by BUD BRADLEY

In the RV lot, Coast Guard volunteer John Nickols (left) begins a safety check of the boat owned by Villager Paul Wason.

IN MEMORIAM

Ron Edwards, Village 17
William (Bill) Gardner, Village 8
Gayle Geyer, Village 4
Esther Gold, Village 32
James Milton, Village 13
Mimi Rich, Village 13
Barbara Swartz, Village 17
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NEWS BITES By Patty Ecker

Village Fire Prompts Major Response

The first sign of danger was smoke - a lot of it - billowing from a window in a house in Village 6 last month. What followed was a quick response from neighbors, LV Security, and the Ventura County Fire Department that prevented what could have been a serious fire emergency. The "multi-unit response" began as soon as the VC Fire Department received the early evening call from the LV Gate Officer. Ultimately 17 firefighting and

rescue units were on the scene. An "electrical fire" was confined to one room, the resident left the house safely, and no injuries were reported.

The fire was first noticed by a neighbor who smelled smoke and heard a faint beeping sound. After checking her own home, she saw the smoke coming from next door. Her call to the Main Gate led to the large and quick response.

County Fire Capt. Robert Welsbie called the fire a "reminder" to



Photos by SPENCER JOHNSON

Emergency equipment surrounding the fire and much of the adjacent street quickly made the area safe.

everyone to check smoke detectors and fire extinguishers to be sure they are functioning. "Smoke detectors should be checked twice a year," he

says. "I suggest a test when the times change to and from daylight savings. And if the pressure gauge on a fire extinguisher is green, it's good."

Woodchippers

From **PAGE 1** —

free. Historically, management of the Woodshop has taken donated legacy items from Villagers to this sale. Items usually include tools, implements and related objects. Other financial support comes from in-kind donations for repairs to Villager treasures.

The level of skill, craftsmanship and true artistry were apparent on a recent visit to the shop and the annex. David Glauser was busy creating his signature cutting boards, all with an Escher-esque quality of mind-bending creativity. Don Nicksay was working on some hanging shelves, painting them with skill and purpose and amazing focus. We welcome the

inception of Ye Ole Woodchippers and look forward to their participation in providing Leisure Village with another opportunity for creative outlets.

Photo by JON NIEMANN

Don Nicksay patiently applying paint to hanging shelves.



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04LV061

THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

How Your Diet Affects Your Life

I didn't realize how much our diet and the rest of our lifestyle affect our brain until I started going to more integrative educational courses for my Physical Therapy license. Our thinking, clarity of mental function, depression and anxiety are all affected by what we eat every day. Also, everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Studies show that loneliness and social isolation are associated with higher rates of depression. That's why we are so lucky to live in Leisure Village where social opportunities are so readily available to us. Water aerobics, line dancing, Morning Stretch and a number of other clubs that spur

activity are open in the Village.

When we start to eat food we like, in addition to being beneficial for our mental and physical health, our body, mind and spirit will be more in balance, and we will feel happier and experience more joy.

Nutrients in the Mediterranean diet have been found to lower the risk of depression. The Mediterranean diet is composed of:

- Eating primarily plant-based foods – fruits, vegetables, whole grains, legumes and nuts
- Replacing butter with olive and canola oil
- Eating fish and poultry at least twice a week
- Limiting red meat to no more than a few times per month
- Using herbs and spices instead

of salt to flavor food

- Drinking red wine in moderation (optional)

The best diets for health and longevity include more vegetables and fruits. Vegetarians (vegan, lacto-ovo, pescatarians and semi-vegetarians) have more longevity. Greatest benefits come from eating 7-13 servings of fruits/vegetables per day.

The food we eat affects our brain health as well as the general health of our body. When our body is healthier, our brain will be healthier and our quality of life will reflect those positive choices.

Editor's Note: Jeannie Davis is an LV resident and medical professional. The information contained in this column is provided for educational purposes only. ILV readers assume full responsibility for the use of this information.

Vehicle Decals to be Replaced in September

New blue (and required) decals for the cars, trucks, motorcycles, and golf carts owned by Village residents will be available beginning on September 22. The replacement process will take place in front of the Recreation Center on:

Wednesday, September 22
from 9:00am – 12:45pm
and 2:00 – 5:00pm

Thursday, September 23
from 9:00am – 12:45pm
and 2:00 – 5:00pm

Saturday, September 25
from 10:00am – 3:00pm

A valid driver's license must be presented along with a current registration that shows a Leisure Village resident owns the vehicle. Renters must have up-to-date leases on file with

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Remembering 9/11

It doesn't matter where we are now — in Camarillo, Des Moines, or New York City — the impact of the terrorist attacks on September 11, 2001, that killed more than 3000 people and destroyed the World Trade Center, is still stunning. Twenty years have done little to dim the memories of that horror.

For Village residents, it can mean a stop at the 9/11 memorial on the east side of the Rec Center next to the tennis courts. A commemorative plaque and bench under an oak tree provide space to pause and reflect. And that was the goal of the members of LV's New York Club when they unveiled the memorial on September 11, 2002, the first anniversary of attack. The Club is no more, but



Photo by JON NIEMANN

A living memorial to 9/11 victims growing strong, reaching for the sky. Never forget.

its gift to the Village remains.

Frank Seiden, a resident here for thirteen years and active in the New York Club, was living on Long Island on that fateful day. "My son lived in Newbury Park,

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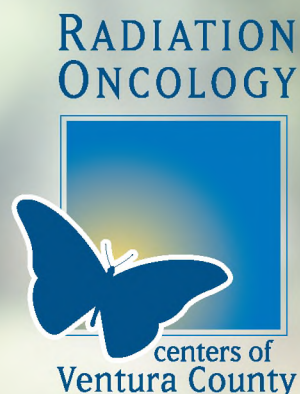
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A PINCH OF SALT

By Larry Swartz

Easy and Tasty

I like things that go together. Romeo & Juliet, Harold & Maude, Silent but deadly. I passed a country store on a road trip years ago called the Chat & Choo and also one called the Toot and Moo. My favorite food pairs are messy but yummy and easy and tasty.

"They" say to beat the heat, eat something hot. Sounds counter-productive but assuming "they" are right...

I took a package of organic deboned chicken thighs out of the freezer and while they were thawing in the fridge, looked to see what else I had to go with them. Thighs and Romaine... just doesn't have that ring. What about thighs and knees? Well they are a pair but not ones you'd like to eat...mostly.

I did have on hand, as I always do, onions and celery, found spinach and one organic russet potato. I prefer one pot/pan dishes these days. I decided on Chicken and Potato Spinach Curry and it was surprisingly easy.

I started by sautéing in olive oil the onions, celery and potato cut into chunks. A bit of kosher salt & black pepper and a few tablespoons of curry powder were then added. When they were done, I removed and saved them to a bowl. Then I threw in the 3 thighs cut into bite size pieces, more oil

and a lot more curry powder.

I knew I would need liquid of some kind and a way to thicken the entire dish. I found myself a few minutes later with a Lagunitas IPA in my hand. "How did that get there?" What could go wrong with adding some of it to the chicken which was almost done? I did...about 1/3 of the bottle. The drunk chicken was added back to the veggies. The one pan dish would simmer for a while. Still it needed more liquid and thickener.

Made a cup of chicken bouillon, added 2 tablespoons of gluten free flour and whisked it up. Slowly adding and stirring, adding and stirring, simmering, lid on, more simmering. Added a little milk for creaminess, adjusted the seasoning...more curry powder until I was happy with the taste and texture.

Twenty minutes later, all was ready to plate or to bowl. For me, curry usually requires some tasty and colorful garnish so I chopped salted peanuts and threw on top of the curry with raisins and shredded coconut; chopped chives wouldn't be a bad idea but I didn't have any.

A fruity, unoaked or lightly oaked Chardonnay, like those from Australia or cooler parts of California have enough body to pair with creamier curries or perhaps a cold IPA.



Chicken and Potato Spinach Curry

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THE NATURAL VILLAGE By Max Copenhagen

Living with Wildlife in Leisure Village

We live so close to nature. With Conejo Creek on one side and vast open space beyond, we are blessed with many wild neighbors. We can enjoy seeing them and respect their right to be here. They lived here long before we arrived.

The most abundant creature in the Village is the Fox Squirrel with its orange coat and tiny ears, often seen running up trees. They are not native to California, but imported from the Eastern states. The Western Gray Squirrel and California ground squirrel are the native types.

We have a few Brush Rabbits this year. They are more abundant in wet years when there is better habitat. Rabbits (conejo in Spanish) were so common in the area when European explorers and settlers arrived in the late 1700s, they named the area for them.

Coyotes are often seen loping through the Village. I tried to follow one, but it outpaced me and disappeared between some houses. They like rabbits (and cats too, sorry). A Red Fox was seen recently in Somis.

Raccoons are known to prowl around at night and may try to make a home in your attic. See the story of Shirley's Raccoons in the August 2020 edition of ILV.

I recently saw a plump Virginia Opossum climbing a tree near the



Recreation Center. Other small critters known to be in the area are the Pocket Gopher, Black and Brown Rats, and the Western

Harvest Mouse.

There are Mule Deer in the nearby hills, but I have not seen any. Mexican Free-tailed Bats have been seen in Santa Rosa Valley. If you see a striped Skunk, stay back!



We have legions of lizards. Western Fence Lizards can be found in the Farmers Garden. Others in the area are the Yellow-backed Spiny Lizard, the Southern Alligator Lizard and the Mediterranean House Gecko with its striped tail.

In my 13 years in the Village, I have never seen a snake, but the Western Rattlesnake has been reported nearby in Oak Grove Park. The harmless Garter, Gopher and King snakes are also known to be in the area.

Let's not forget the beautiful butterflies. If you like Monarchs and want more in your yard, plant Milkweed. Thankfully, we have few mosquitos, but watch out for black widow spiders.

For further information, see https://www.inaturalist.org/check_lists

Villager Encounters with Wildlife

Rattlesnake Coiled

Gina Connor

My roommate opened her door to take her dog out for the morning stroll. Providence had her spot a coiled rattlesnake just outside her door. We live in Village 34 fairly near the "perimeter" overlooking Conejo Creek. The neighbor closed the door quickly and called LV Security. The fire department was notified when it became clear the rattlesnake was poised to strike. Alert is the word of the day.

LV Roadrunners

Terry Connor

On Saturday Aug. 7th, a second roadrunner (*Geococcyx Californianus* - the long-legged bird); was observed in Village 34 scouting along Conejo Creek. A few months earlier, a larger roadrunner was observed scouting the same area. Roadrunners are surprisingly adept at killing and eating rattlesnakes and rodents.

Hawk Encounter

Marci Lapair

In July I heard a thump on my sliding glass door. I went to investigate and was shocked to see a hawk on my patio, tucked against the block wall devouring a recently caught squirrel. He stayed on the patio for about three hours. He returned the next day and perched in a spider plant on my patio wall. Beautiful bird but it took a bit to clean up after his leisurely meal.

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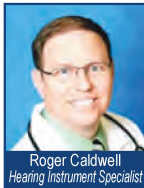
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A WORD ON WINE

By Don & Barbara Senior

Wine Clubs: Good Way to Experience Wines Outside Your Comfort Zone

There are advantages to being a club member with a winery. Besides the discount and free tastings, you'll get special treatment when you visit the winery. You'll get invites to fun special events, like the pickup party for each club shipment where you can taste the wines, have some tasty food and mingle with winery staff.

Joining a wine club is a great way to build your home cellar. When we get a club shipment, it goes straight into our cellar (a cool hall closet) to be stored. Over time we've built up a collection of nicely aged wine. There's something very satisfying about selecting an aged wine from your own "cellar."

We discovered Wild Coyote Vineyards on Adelaida Road in Paso Robles. Sitting on hay bales in a rustic shed, we sampled their first vintage with owner/wine-maker Gianni Manucci and his



Courtesy Photo

Wild Coyote Vineyards in Paso Robles.

wife, Kati. We joined their wine club the next year, and now the red wines including Zinfandel, Cabernet Sauvignon, Merlot, Sangiovese and Malbec from Wild Coyote make up about half of our collection. It was fun watching the winery and their offerings evolve from that first rustic tasting shed to

the larger Navajo Kiva style tasting room of today.

Being in a wine club also creates surprise opportunities. Recently Don discovered we had four bottles of Wild Coyote Malbec from different years, 2014-2017. That collection is known as a vertical, and, normally, something you'd experience only at a winery special event.

We invited Village friends over for a tasting, going through the Malbecs year by year. Comparing wines from the same vines brought discussion about the differences each one offered.

If you visit a winery, like the wines and enjoy the "vibe" of the place, it is worth considering signing up for their club.

Calling all Leisure Village Pets!



We are creating a 2022 Leisure Village Pet Calendar. Please submit a photo of your pet by email to Shawn Baker at

shawnbakerhomes@gmail.com

or email/call to schedule an appointment to have your pet photographed.

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Deadline is September 25th.

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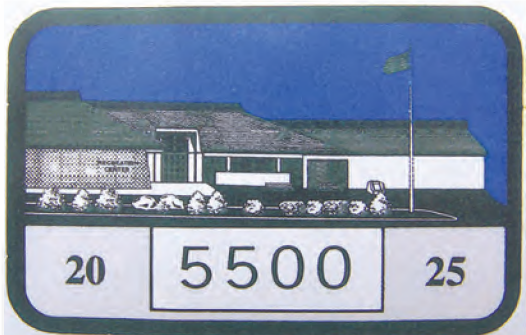
LV Decals

From PAGE 5 —

the LV Association. A vehicle with an expired decal will be admitted to the Village only by showing a current license and registration.

An alert to newcomers: this decaling process often creates long lines and waiting times. Have

all required documents with you and be patient.



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9/11 Memorial

From PAGE 5 —

and my wife and I had tickets to fly out for a visit that day," he remembers. "We were eating breakfast, watching the news, when the planes hit the towers. It's hard to describe our reaction. I feel it still." Of course, they didn't travel for weeks; they knew friends who lost loved ones that day. Even after the Seidens moved to the Village, the impact of 9/11 remained very real.

The commemorative tree has grown from a sapling to a mighty oak. The plaque and bench are well cared for. In earlier years, former New Yorkers used to hold



Photo by BUD BRADLEY

The Plaque in the shadow of the mighty oak that commemorates heroism during the infamous Sept. 11, 2001 terrorist attacks.

memorials on 9/11. This year, the memories and commemoration are personal and private, but likely just as heartfelt.

LETTER TO THE EDITOR

Thanks so much for publishing Bob Merrilees great explanation of the noise generated by military aircraft landing at Point Mugu; We found it tremendously informative. I often wondered

why they were accelerating, and thought it was relative to taking off and not landing, with no conception that it was also relative to the Burger Barn.

Terry Connor - Village 34

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REAL ESTATE

Villager Homeowner Insurance Planning

During some recent real estate transactions, the subject of insurance has been a discussion of interest. Insuring your home in a PUD (Planned Unit Development) is very different from insuring a typical single family home. Residents of Leisure Village also own the piece of land that the purchased home sits on, which separates them from the policies purchased for a standard condominium development.

We consulted with Desmond Sandlin, a local Farmers Insurance agent, about the type of policies that will best cover homeowners in Leisure Village. Desmond recommends the following: Condo/Townhome (HO6) insurance, or condominium coverage. This is a type of insurance policy that protects you, your personal belongings and your unit (everything from the outermost walls, inward.)

The HO6 policy written for Leisure Village provides the following 5 areas of insurance coverage:

- **Dwelling** (aka your unit) including damages to improvements, alterations, additions, etc. you make to your unit.
- **Personal property**, your personal belongings ie. the stuff you own.
- **Loss of Use** provides addi-

tional living expenses when your place becomes uninhabitable.

- **Water Damage** from plumbing failures and damage from dwelling fires.

- **Personal Liability** when you're sued or accidentally caused harm to others.

- **Medical Payments** to others for covering any issues that arose at your place, or anywhere else (under \$5,000).

Like many insurance policies, condo insurance won't cover water damage from natural hazard flooding or earthquakes. If you live in a location prone to flooding, your lender may require you to purchase flood insurance. Flood insurance can be purchased using the National Flood Insurance Program via FEMA or through Private Insurance Carriers. Earthquake insurance can be purchased through the California Earthquake Authority. Some insurance companies offer flood and earthquake insurance.

A former client asked me to review his policy recently and I did not think it looked right. I referred him to contact a local professional insurance agent who has written many policies here in the Village. This is a subject of homeownership where a good double check is worth-while. Make sure you are covered.

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CLUB NEWS

GRAPES R US WINE CLUB

By Barbara Senior

Grapes Are Us meets the 3rd Friday of the month to compare wines, learn about wine characteristics and explore different regions. The July meeting was our last Zoom session. We tasted "patio pounders," a rosé and a red blend that go down easily on warm summer evenings on the patio. Wines are selected by Jon Niemann, a wine professional. After over a year of meeting virtually by Zoom, last month we finally met in person in the AR with nearly 100 attendees. Six wines from Oregon were featured. The meeting fee is \$15 per person.

We are welcoming new members to the club. Join us, learn a little and enjoy the wine experience. Drop a line to Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

VILLAGE ARTS

By Patti Crichton

We had our first regular meeting with members in the MPR on August 4th. It was so nice to see and chat with each other again. President David Kiefer filled us in on upcoming events. Ice cream treats were served. Thank you to Deb and Jack Bozajian for hosting refreshments.

We started to hang our paintings on September 1st at the Camarillo Art Center. Our Show runs from Sept 4-26, each weekend from 1-4pm. The reception is Sunday, September 5th from 1-4pm. All Leisure Village residents and guests are invited to view the gallery. The CAC is located at 3150 Ponderosa Dr at the corner of Eston. There is lots of parking on Eston or at the Bob Kildee Park just off Eston. Please join us and see the creativity of our own Leisure Village artists.

We also have the glass display case in the Rec Center courtyard for

September. Be sure to take a peek.

It looks like our Autumn Art Show on November 14th is a go! as of now. If your Club would like to participate in the show, Club Presidents should contact David Kiefer at 805-419-4688.

Watercolor classes with Kathy Whitesell are starting up soon. Bonnie Mills will be offering an acrylic pour class. We are fortunate to have some new members who are willing to teach classes as well. Members will receive more details by Club email soon to sign up. You must be a Village Arts member to attend the classes.

If you would like to join Village Arts, please email or text Patti Crichton (VP of Village Arts) at pcrichton77@hotmail.com or text 805-760-7673. You can also sign up at our next Village Arts meeting in the MPR on Wednesday, October 6 at 1pm. Memberships are \$10/year.

RACQUET CLUB

By Arnie Kremer

As you know from last month's Racquet Club article, we are back in business. Here is a recap of scheduled and approved events:

- Third Friday PuuPuu Parties will continue at 5:00pm on Sept. 17 and Oct. 15. All courts will be open for play in between snacking :).
- Potluck Dinner, Wednesday Oct. 13, 6:00pm, Santa Rosa Room.
- Wine and Games Night, Wednesday Nov. 10, 6:00pm, Santa Rosa Room.
- Holiday Wine and Cheese, Wednesday Dec. 8, 6:00pm, Santa Rosa Room.
- Tennis, Paddle Tennis, and Pickleball Tournaments, dates TBD.

More info on all forthcoming as dates approach. Don't forget, lesson sign-up sheets on the court's bulletin board. Dirk conducts Pickleball lessons, and Coach Gary conducts Tennis and Paddle Tennis lessons. At the recent "New Leisure Village" activity, we had 23 people sign up for more info and lessons for all 3 sports.

Please contact me with any questions or comments: Arnie Kremer arnie.kremer46@gmail.com 310-874-0525.

EXERCISE/STRETCH CLASS

By Ann Thomas

Good morning Leisure Village! It's Stretching time. Join us any Monday through Friday at 8:30am or 9:00am. We meet at the Pavilion (area behind the swimming pool) for 30 minutes of easy stretching.

Welcome Week

If you want the opportunity to meet us and experience the benefits this class can make to the quality of your life, please join us for our instructional Welcome Week at either the 8:30 or 9:00 am class the week of September 20-24. We'll have exercise leaders to demonstrate the stretches. For any ques-

tions regarding this instructional Welcome Week, please call Ann Thomas at 408-786-6316.

In celebration of the Village re-opening, we want to welcome all new and current villagers to join us for our Membership Drive and Continental Breakfast in the MPR Room on October 1st at 9:30am. Advance reservation and payment of annual \$5.00 Dues are required.

We will have sign-up sheets at our morning class or you can RSVP by September 24th to Donna Khacherian 818-404-5538.

WOMEN'S GOLF

By Patti Crichton

Women's Golf is back in the swing of things. We meet each Wednesday morning at 7:45 to sign up for play at 8am. Bring your \$2 exact change, please, to the golf

—Please see **PAGE 14**

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CLUB NEWS

Womens Golf

From PAGE 13 —

shack window. We play a variety of games so that members of any skill level are eligible to win!

Our first meeting in a while was on August 11th in the Garden Room. New members are welcome! Please contact President Kathy Whitesell or show up on a Wednesday morning by 7:45 to join. Membership fees are \$10/year.

Did you get your golf handbook? Handbooks can be picked up at the Women's golf window on Wednesday mornings at 7:45 am when you sign up to play.

Reminder to LV residents: Women's Golf has the golf course reserved on Wednesday mornings from 8am-1pm. Men's Golf has the course reserved on Tuesday mornings from 8am-1pm.

Residents who are not Club members are welcome to play the

course at any other time.

LV Women's Golf Association is hosting new and prospective golfers (men and women invited!) at a social hour to learn more about both golf associations and to mingle with some of our members. Light refreshments will be served. Please join us on Saturday, October 9, from 4-5pm in the Garden Room at the Rec Center!

For questions, call Patti: 805-377-6221.

WII BOWLING CLUB

By VH Bryce

Our Wii Bowling "Meet and Greet," on August 14, 2021, was a great success. More than 23 prospective members showed up. In the Ventura Room, many of them tried their skill at Wii Bowling, aided by present members. 14 Villagers signed up as new members.

The Sessions are: Tuesday at 9:30 am, Tuesday at 11:00 am, Wednesday at 1:00 pm and Thursday at 11:00 am, in the Ventura Room.

For information, please contact Sylvia Edmonds at 805-987-1666 or Connie Davis at 805-320-1544. Please join us for 90 minutes of fun.

WORKSHOP FOR WRITERS

By Pat Lagerstrom

August 17, 2021: That was the 229th day of 2021. As of Aug 17th, there are 136 days left in this year. Can you believe that? I am having difficulty with that information. I thought we had just finished Christmas 2020. 2021 is speeding along. But I can tell you that Workshop for Writers is back on the paper and sharing stories that educate, scare, make you smile, make you sad and make you laugh out loud.

We heard a poem that was written for a couple getting married this month. The group was tearful and cheerful with that story. We learned about a piece of wood AKA toothpick. It is 130,000 years old and has been found in a Neanderthal skull. We also learned how dangerous a toothpick can be. If you accidentally swallow it, watch out, it can cause great damage inside.

We learned a new expression.

Carw Yn Y Gwely. Now, hold on to your hat for the meaning of this cute expression. "Courting In Bed" is the meaning of the Welsh saying. In the 1700's, it was used a lot. I don't know if it is used here in the United States. I guess you would have to be from Wales.

We heard about Mr. Duck who figured out how to live longer. Don't fly when the hunters are out is the rule, and it works.

Now I have shared a little about our group, and we would love to hear from you.

Just call Frank Seiden 805-437-6242 for more information.

BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Builder classes (Tufts University-created curriculum) which were held several times a week in the Santa Rosa room pre-COVID. Exercises are specifically geared for seniors to improve balance and increase bone density. Sessions are 1 hour in length and registration is required. Classes are on Monday and Wednesday at 8:15am and 9:30am. We look forward to re-starting Bone Builders as soon as we get clearance to resume use of the Santa Rosa room.

Please call Alice for more information at 805-437-6169.



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CLUB NEWS

YE OLE WOODCHIPPERS

By Bud Bradley

The Woodshop is open 7 days a week. Notices are taped to the main woodshop door. If you are a keyholder, your key now works again for the main woodshop. We are now able to start repair work and some special projects for the Villagers! That includes tennis ball replacements for your walkers. During those hours, the Woodshop will be operated by Woodshop Committee members only. We will be open from 10am until Noon, every Wednesday and Thursday, to accept your requests.

We are still limited to current Keyholders only. Rules of operation are posted there. Please clean up any areas you use and make sure you sign in and out.

We are still planning to have the Annual Woodshop Yard Sale. It is now scheduled for Saturday, October 9th. We will let you know when it will be rescheduled. You can also email Pirate at Bruce5150@gmail.com or Bud Bradley at Hipbud2@gmail.com for any woodshop information.



Photo by JON NIEMANN

David Glauser's cutting boards showcase the art of woodworking and leave you questioning your depth perception.

MAVERICKS CLUB

By Vera Erskine

CASH in the ATTIC is scheduled for September 24th in the A/R. Bring "usable" items to auction or just come and bid on some fun cast-offs. There is a limit of 3 items to put in the Auction. The auction starts at 7PM. If bringing auction items to enter, be there about 6:15.

Start preparing for the upcoming Halloween Party on October 22. Tickets will be sold in October at \$15 per person. More details to follow in the October issue. For more information contact Geri DeSimone at 805-484-7308.

PHOTO CLUB WINNER – CREATIVE CATEGORY



■ 1st — Frank DeSimone / Dog Days T

PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st — Doug Demers / Flower Triumvirate

I Miss Tasting My Food!



Does this sound familiar?
Want to TASTE your FOOD Again?

You're Not Alone!

If you wear dentures, you've probably noticed that your food just doesn't taste the same anymore.

Granted your ability to taste will change as the years go by. But if you're wearing denture(s), that thick layer of plastic covering your entire palate doesn't improve the situation – and the strange taste of adhesives you're using to keep your denture 'up and in' doesn't help either! Generally speaking, it's the upper denture that tends to prevent someone from truly tasting their food.

When the roof of your mouth is covered, your food can't touch it. This lack of contact robs you of the 'eating experience'...

...and when you add your dentures' sticky goop into the equation, your ability to taste doesn't stand much of a chance.

If you have a friend who might be interested in this article/offer, please feel free to pass it along.

Many denture sufferers give up on taste. They simply move forward with the belief that tasting food is an experience that they've lost to their youth.

But you CAN get it back!

It is possible to taste your food once again, and regain your 'long lost' enjoyment of eating.

Implant-supported replacement teeth don't cover the roof of your mouth with thick plastic in order to stay 'in' – and because implants are anchored in your jawbone, you can say goodbye to those nasty-tasting



Dental Implants ready for dentures to be attached – no thick plastic plate, or 'goopy' adhesive will be required!

gunks and glues as well!

Implant-supported 'teeth' are the closest thing to nature that you can get.

This means that you will be able to eat your favorite food again, with all the taste and texture you've been missing.

(You'll also be able to smile and laugh at dinner parties without worrying about your dentures popping out and onto your plate!) Wouldn't it be nice to enjoy a crunchy apple, sink your teeth into a nice steak, or eat corn right off the cob again?

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CLUB NEWS

MEN'S GOLF

By Joseph Benti

Despite the restrictions caused by the COVID virus, Men's Golf has been one of the places where things almost seemed back to normal in the past month—that is, until the latest wave of the Delta Variant forced a resumption in masking and self-policing. The usual and long-awaited monthly meetings that the Board had planned to resume on the second Tuesdays of the month are again in limbo, dependent on what rules the Village will impose in light of the most recent mandate from the Ventura County Health Department.

One thing has not changed, any Villager who wants to become a member of the Men's Golf Club simply has to show up on a Tuesday morning at eight a.m., pay a ten dollar (\$10.00) annual dues fee, then play three rounds to establish a handicap and the rest



Photo by JOSEPH BENTI

"What's New" in Men's Golf is the redesigned logo that you will see more often around the course—the old logo had been in use for many years before the re-design.

is golf. Speaking of which, in the recent spate of holes-in-one, a late entrant is Jack Bozajian, ("Jack of all trades" for the club) who sank one on hole #1, and that really is golf! Congratulations, Jack!

LV PHOTO CLUB

By Chuck Morrow

Just as many other clubs were able to do for the first time in nearly a year and a half, the Photo

Club met in person on August 5th. The meeting was held in the MPR and the professional judge for the night was one of the Club's favorite professional photographers, Dan Holmes. You can view Dan's work on his website www.danholmesphoto.com.

The Assigned Category for the August meeting was "Favorite sport or hobby." All of the winners for the August Categories are posted on the SmugMug account at <https://leisurevillage.smugmug.com/LV-photo-Club-Pictures>. In addition, the winners and others will be found on the hallway walls in the Rec Center and MPR. And the winners were:

Assigned Category – Bill Margulies – "TeamSky Rider"

Open Category – Ron Matson – "Vivid"

Mobile Category – Doug Demers – "Flower Triumvirate"

Creative Category – Frank DeSimone – "Dog Days T"

The September meeting of the Photo Club was held on Thursday, Sept 2nd and the theme for the month will be "Close-up/Macro." For more information regarding joining the Photo Club, contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

LV MUSIC CLUB

By Marci Lapair

The LV Music Club has happily resumed all of our monthly activities. Admission to these activities is free to all Villagers, refreshments are served during the evening. The following is a list of monthly activities sponsored by the Music Club.

The Groovin' Easy Swing Band rehearses on Tuesday evenings between 7:00 pm and 9:00 pm in the AR. Come and enjoy the easy listening music performed by this 17-piece swing band.

Our movie night is held the first and third Monday of each month from 7:00 pm to approximately 9:00 pm in the AR. The next movie to be shown will be *Jersey Boys* on September 20. The film

tells the story of the musical group The Four Seasons. It is a musical drama directed by Clint Eastwood. Come join us to enjoy the music of The Four Seasons, one of the best-selling musical groups of all time. We will even supply free popcorn!

The first Friday of every month is Open "Mic" Night in the AR from 7:00 pm to 9:00 pm. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests.

The Music Club invites you to attend our next board meeting on September 27 at 10:00 am in the Multi-Purpose Room. We need new members to suggest fresh ideas and help plan future club activities. All villagers are welcome to attend the meeting.

If you have any questions, please call Marci Lapair 818-399-0843.

SAVE OUR SIGHT & HEARING

By Gina and Terry Connor

Join us the 1st and 3rd Thursday of each month at 1pm in the Sun Room. Sample topics include key basics on eye nutrition, eye protection to resist age-related eye diseases & hearing health basics including FDA-approved over the counter high value low-cost hearing aids. Residents and their caregivers are welcome. For more info, contact Terry Connor 805-482-7806.

LV BOWLING

By Gene Kinsey

Well, as predicted, the Fall season has begun. For anyone who has read my past columns and thought I was kidding about us laughing at ourselves, that has proven true. Eight teams of four each started Friday the 13th at 9 am at Harley's Camarillo Bowl. We are not sure if the date had anything to do with it but there certainly were some wild games.

If you are, were, or want to be, a bowler this is the place for you. We still need a couple of regulars and a

—Please see **PAGE 17**



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CLUB NEWS

Bowling

From PAGE 16 —

few more subs to fill out our rosters. It is a handicapped league so each team is equal to every other team. We have more fun than anyone would expect. Cost is \$12 per week for three games, and most players pay on the first Friday for the whole month. If you need a good laugh, we are it! Please contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858 for further information. See you there.

LV WOMEN'S CLUB

By Barbara Cogert

Let's get ready to rumble! Our first meeting will be a BINGO event held in the A/R on September 9th. Doors open at 6:15PM

and masks will be required while in the A/R.

Paid members will get a free "10 card" play. Additional cards for heavy duty players will be sold for \$3.00 each. Of course, a membership table will be set up in order to join and take advantage of the free play card. Remember, renters and owners, men and women are all welcome to join. Membership is \$10.00.

Elections will be held in November, please contact Lin Grant on the Nominating Committee if you are interested in serving on the Board as a committee member or just want to share an idea for an event, suggestion of a charity or want to get more involved in the good causes the Women's Club support in our community.

See you on the 9th!

PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st — Ron Matson / Vivid

PHOTO CLUB WINNER – ASSIGNED CATEGORY



■ 1st — Bill Margulies / TeamSky Rider

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POETRY CORNER

PADDLE TENNIS

By Georganne Norton, Village 20

*I've found a new passion that I like to do.
It's called Paddle Tennis, and for many, it's new.
Played on a shorter court than the tennis I love,
I often wish a good shot came from "above."
Alas, the well-placed shots must come from me.*

*Self-reliant is what I have to be!
But a good partner helps us both look good,
So we don't embarrass the LV neighborhood.
It's a great group of people who show up to play.
I look forward to seeing them, whatever the day.
Winning is, of course, what we all want to do,
But it's the companionship that is really the glue.*

*Love of the game surely binds us together.
We're not overly concerned about hot or cool weather.
Time with Racquet Club friends just makes my day.
With that thought expressed, what more can I say?*

BONE BUILDERS

By Jerry Zerg

*Once in a while one meets many strangers
Who immediately become your friends
In a close and convivial relationship
That you hope will never end
Mamata and Hemu said "Jerry, come join this class
You'll enjoy working out and also have a blast
Bob & Pat led us through our routines
She explained how & he what it means
Rikki also took part in helping us to stretch
My muscles and limbs were really put to the test
Our social chairman Sandy always had a smile on her face
That made it very special to come to this very place
Marquitta and Wayne added some comical moments
She's quite the lady and he's quite the showman
Lois and Sharon and Teri et al. never ever got tired
Now that was really something that had to be admired*

*I sat in the back alongside Dan's chair
Together we made a comical pair
And I can't forget Jo who motivated us with
ways to stay healthy
It might have worked better for me if she
focused on keeping me wealthy
I've saved the best for last - our beautiful Lily
Who made the extra effort to help us so we wouldn't look silly
So thanks to all from me and from my wife
You've all become a special part of my life*

Editor's Note: Jerry Zerg was in his 90s when he and wife Clancy Martel moved into the Village less than two years ago. With his wife's and friends' encouragement, he joined the BB class and he loved the participants. Jerry wrote this poem just before he passed away about a year ago. Jerry is sorely missed by the Bone Builders group and his Leisure Village friends. For more about Bone Builders, see their information in the Clubs section.

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- Entree • Salad with your choice of dressing
- Chef's vegetable of the day • Dessert
- All meals are low in fat and sodium

Meals packaged in microwave-safe containers

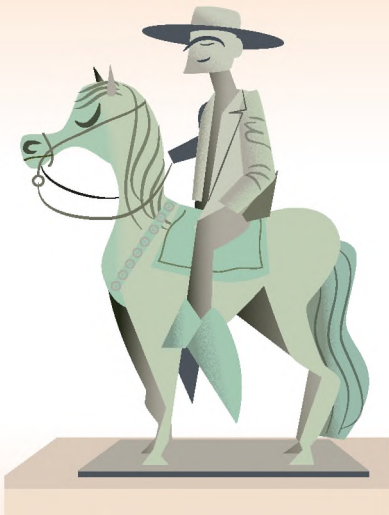
Contact Mark for info & menu
MSL9CATERING@GMAIL.COM
805-384-1536

PLUMBING

ALL PRO PLUMBING

Complete plumbing
maintenance and drain
cleaning. Serving
residents of Leisure Village
for over 28 years.
FREE ESTIMATES
Licensed, Insured and Bonded

805-200-9482



**To Include Your Listing, Please Contact Mary
at The Acorn Newspapers Today: 805.484.1949**

CLASSIFIED ADS

To submit a classified advertisement please include your full name, address and phone number (for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion. Phone number = 1 word, email = 1 word. Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD in the black box next to the entrance of the LV Association office just inside the west gate (off Los Pueblos Dr). It can also be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome. Questions regarding classified ads? Call Barbara at 805-482-9097.

DEADLINE for the next publication is Thursday, September 9.

ESTATE SALES & LIQUIDATION by two nice ladies. Need help moving or downsizing? We're here to help. Call Sandy 805-795-3445

Cemetery Niche at Conejo Mountain Memorial Park, Camarillo – Sunset Niche 34G & G+. \$4000 Barbara 805-482-9097

Senior Looking to buy house. Please call me. Jerry 805-312-1504

A MOBILE NOTARY: I come to you for your "NOTARY NEEDS" Leisure Village Resident. Call Chuck at 805-419-3457

REAL ESTATE BROKER- Ahumada Realty. Full service, buying or selling HOMES. DRE #01990009 Call today 805-200-8416

RETIREMENT COACH- You've planned financially but what about the rest? Return to living on purpose because people who live on purpose transform themselves and those around them mike@retirementcoach.today

Apple Computer Specialist – Laptops, desktops, iphones and ipads. Troubleshooting & tutorials. Password help. LV resident. Reasonable rates. Reliable. Easy to understand. Patient. Macs Made Easy/Louis Lapidis 805-490-3127

Clothing alterations, mending, nips & tucks & garment makeovers for all ages. Seamstress with Leisure Village references. Will SAFELY pickup & deliver. Gudrun 805-479-4852

HEY FEATHERY, FURRY AND FINNY FRIENDS! Two dog walkers/pet caregivers are available now! Routine prices range from \$10-\$15. References available. Debby: 805-263-9764 Gracie: 805-910-9544

PET SITTING, walking, mail, plants. Reliable, experienced, insured, bonded \$10 for 15 minutes, \$17 for 30 minutes. 805-484-8802 or Dogzgonewalkn@verizon.net or Dogzgonewalkn.com

IN YOUR HOME CAT CARE – Experienced cat sitter & LV resident. Will also take care of plants & mail. Contact Gina 805-400-5202 or email LVcat-care@gmail.com

Lynn Lerz: Massage Therapist. "Let me rub you the right way to better health" In village 36 years. Exp. Best refs 805-484-2308

NEEDED! Plant stands, succulents, pots, golf push cart, Sunday bag, knick knacks, craft items, beads, odds and ends, curio, office chair, printer. Sam 805-379-5653. LV resident

Need Help with clutter or moving? Senior discounts, free consultation. Honest, caring, dependable. Mary 805-760-6272

Need a Driver? Experienced with patient representative care for various hospitals for 25 years. Will safely deliver you door to door to appointments, airports and other needs. Mendy 805-404-3535

I will organize your kitchen, office, close & more. Free consultation. Senior discounts. Honest & caring. Mary 805-760-6272

NEED HELP with chores & errands? Dog walking, fixing, clean-up, moving, drive to doctors, shopping, cooking, etc. No job too small. Caring dependable Leisure Village resident Jim 805-807-1635

I'LL HELP YOU with gardening, cleaning rain gutters, remove pine needles and leaves, plant/trim/remove plants, weeding, prune roses. Odd jobs. LV resident. Excellent references. Darren 818-618-1028

JUAN – Handyman Services – garden, patio, yard cleaning, hauling/dumping or repair. Plant trimming, removal or install patio fence and gate repair. CALL TODAY 805-487-1613

HUGO'S Garden Services: Patio, yard cleaning, hauling, dumping, plant trees, pruning and removal. Sod/seed installation. Over 23 years working in Leisure Village. LV references 805-216-8835 or 805-482-0985

PERSONAL ASSISTANT/ DRIVER. Airport, shopping, doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or part time. Your car. References available. Art Silver 805-630-9125

B. MARON Village resident. CAREGIVER you can count on with good medical background. Great experience (21 years) with DEMENTIA/ALZHEIMER'S. Please call or message 805-216-6072

GRACE – CNA/CAREGIVER FOR 25 years, good references (L.A.-Beverly Hills) Live-in or hourly. Please call 310-801-3755

Caregiver with twenty years experience. Licensed and fingerprinted. Have excellent references. Live in Leisure Village Available 7 days & nights. Have had COVID vaccine. Toni 805-844-8377 No pets

Two Girls Home Care - Helping Seniors with daily activities. Call us for a free consultation 805-424-9944 Licensed & bonded. Background checks, COVID trained, references on all caregivers.

Experienced compassionate caregiver, patient, flexible reliable, hardworking & caring. Willing to help you with anything you need. Please contact Cherry 805-444-2379.

In Need of In-Home Care? Certified/experienced/vaccinated caregivers: FT/PT available to service and fulfill all your needs. Reliable and conscientious. Call Eve 805-504-7236

Experienced compassionate caregiver. Patient, flexible, reliable, hardworking & caring. Willing to help with anything you need. Excellence in providing for daily needs. Contact Cherry 805-444-2379 or Edlyn 805-402-8483.



EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

PREPARE TO PROTECT!
September is national preparedness month.
In a disaster, local officials and first responders cannot reach everyone immediately. You and members of your community need to be prepared ahead of time. Be prepared at all times to both shelter in place and bug out fast! Be prepared, not scared.

10 ESSENTIAL PREPAREDNESS ITEMS

- WATER:** 3-7 day supply, one gallon per person and per pet per day. Think about needs for drinking, hygiene and cleaning. Also, consider a water purification kit.
- FOOD:** Have a minimum 2 week supply of non-perishable food per person. Focus on foods that do not require refrigeration, preparation, or cooking as much as possible. And remember a manual can opener!
- FLASHLIGHTS:** Have a variety (hand-held, battery, solar, hand crank, lantern-style and/or head lamp for hands-free usage)
- MEDICATIONS:** Collect 1 month's worth of any prescription medicines. Include non-prescription fever/pain reliever, anti-diarrheal items, vitamins, etc. in your stockpile.
- FIRST AID:** First aid kit & a first aid manual for reference under stress.
- PERSONAL CARE ITEMS:** Personal hygiene items, TP, paper towels, trash bags.
- RADIO & BATTERIES:** Have a battery powered radio and extra batteries. Consider a crank-operated or solar-powered radio. Solar battery packs are a good option as well.
- CLOTHES:** Sturdy shoes, extra clothes, blankets, rain gear and outerwear.
- IMPORTANT DOCUMENTS:** Have copies of important personal ID, deeds, mortgage papers, insurance policies, medical cards, etc. Keep electronic copies of important information on a keychain drive you can grab and go.
- TOOLS:** Keep a basic tool kit for on-the-go. Think wrench, screwdriver, hammer, knife, scissors, sturdy gloves, fire extinguisher, whistle, manual can opener, etc.

INCREASE YOUR READINESS WEEKLY DURING SEPTEMBER

- Week 1:** Make a Plan. Plan ahead and talk about how you, your family and friends will respond and communicate during and after a disaster.
- Week 2:** Build Kits. Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Have kits at home, in your car and at your workplace. Update your kits and supplies regularly.
- Week 3:** Prepare for Disasters. Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of earthquakes, storms and other common hazards. Check your insurance coverage to make sure it is up-to-date.
- Week 4:** Teach youth about preparedness. Talk to youth in your life and prepare them for emergencies so they know how to respond. Plan what to do in case they are separated from others. Practice and role play to help them feel capable of responding in a variety of situations to reduce the chance of panic.

Go to our “Barlows Got Your Back” section of our website for links to great emergency preparedness resources.



The Barlow Group
BRE #01945712

LeisureVillage.com

805 987-5755

Our Family Serving Your Family!



BARLOW
REALTY



BARLOW
PROPERTY
MANAGEMENT

Serving Leisure Village Since 1979
5257 Mission Oaks Blvd. Camarillo CA 93012
Conveniently located next to CVS in Mission Oaks Plaza