

INSIDE LEISURE VILLAGE

VOL. 42 NO. 10

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

OCTOBER 1, 2021

THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

The Benefits of Exercise and Enjoying a Better Quality of Life in Leisure Village

I found out that about 97% of people don't like to exercise, so those of you who don't like to exercise, don't exercise and feel it's a chore to exercise, are in good company. I was a jock when I was younger and engaged in multiple sports, which wasn't common for women back then. Now that I am older (not old yet), I still enjoy exercise but find I have to motivate myself more. As we age, we are more complacent with not moving and this is called hypokineses.

The most common excuse people give for not exercising regularly is they don't have the time – whether they are retired or not. We make time for what is important in our life, and if you prioritize exercise you will find time to do some type of exercise. I recommend that you do exercise that you enjoy, because if you enjoy it, you are more likely to continue it into the future and incorporate it into your life and routines. Instead of saying to yourself, "I don't have time to exercise", try saying "How can I fit exercise in my schedule today?" "What exercise class at Leisure Village would be fun to do today?"

—Please see **PAGE 13**



Photo by FRANK DESIMONE

Building of the Fitness Center.



Photo by BUD BRADLEY

Celebrating stronger bones and better balance, Villagers in the Bone Builders classes cheer the program's ten-year anniversary and their own improved physical strength and balance.

Ten Years Strong—Hundreds of Villagers Stronger

By Patty Ecker

The Villagers who gathered for lunch recently were smiling, chatty, and eager to celebrate a decade of benefits from their regular participation in LV's "Bone Builders" classes. Since September of 2010, this nationally acclaimed exercise program has offered

residents a program to reduce or prevent osteoporosis and improve balance. Rikki Zimmerman has taken the class for seven years. "I never miss," she says. "I have better balance. I don't need any medication. I feel really good."

"Bone Builders" is a program designed at Tufts University to

reduce bone loss and balance problems that inevitably come to seniors. Research indicates that, on average, people can lose bone density at a rate of one to two percent a year after age 50. "Bone Builders" is taught by trained instructors to prevent that. It is offered at no charge. Villager

Patricia O'Connor signed up to attend the class ten years ago after her doctor warned that she was showing signs of osteoporosis. "A few months later, he tested me again and I was normal," she recalls. She is now an instructor here and continues to stave off

—Please see **PAGE 3**



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November Edition Deadlines

Club News, articles, letters and classified ads: Thursday, October 14. November issue will be available Friday, November 5. 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."



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NEWS BITES By Jon Niemann



Photo by MARILYN RUDY

Emmie, Arlo, Smokey, Duke, Pepper and Toby pose for a picture.

Smokey and the Bandits

If you are out on a stroll around the Clubhouse, you might have noticed a group of dog enthusiasts on the bench just west of the putting green. Mel Rosen and his beautiful black Scottie dog, Pepper, are generally holding court. A group of residents and their dogs gather to tell stories, share dog

stories and commiserate over the state of current events. The Pet Club has some new life and a new president, see the clubs section for an update. Get out, go for a walk and hopefully encounter this friendly group. Petting dogs is a great way to de-stress.



Photo by BUD BRADLEY

Bone Builders poster

Bone Builders

From PAGE 1 —

bone loss for herself, her husband Robert, and the Villagers in her class.

At the 10-Year Celebration Lunch, LV's Bone Builders celebrated the positive effects of their classes. Ninety-five-year-old Verna Merrin, who lives

alone, can now navigate safely at home without her walker. Terrie Clemons, one of the original group members, praised the program and the fellowship, "You come for the exercise and stay for the friendship."

There are six Bone Builders classes each week in Leisure Village. For information, call Alice Moffet 805-437-6169.

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04LV061

Village Artists Triumph at the Camarillo Art Show



Above, Bonnie Mills (left,) curator of the Camarillo Art Center and Kathy Whitesell, CAC President. Below left, Bud Bradley (ILV staff photographer) and his winning photo entry. Below right, seascape painting by Nana Morris.



peony by
Carol Lee Rayle



landscape painting
by Lee Truman



Photos by PATTI CRICHTON



still life by Jalna
Marcovici

colorful gourd art
by Pat Leslie



Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth?
Are you looking "old" before your time?

There is a reason—AND a solution.

Whether you've lost some, or all, of your teeth, you may turn to bridges, or dentures, to make your mouth 'whole' again. But unfortunately, over time, your face can start to look and feel different...

...and here's why:

The bones in your jaw need the stimulation they get from tooth roots in order to remain strong, dense and healthy.

Without stimulation from the root of each tooth, the bone in your jaw starts to change...and not in a good way.

In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop...and your facial muscles start to shift out of position, adding wrinkles before it's "time," and changing what you're used to seeing when you look in the mirror.

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

In the end, your continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up – giving you a witch-like appearance.

And, unfortunately, there's more...Even if you're perfectly content with your dentures or bridges, you may have

trouble with the way they fit down the road, as your jawbone continues to deteriorate.

Over time, there will be less muscle, and less bone, to hold your dentures in place. Nerves come closer to the surface as your gums wear down...and it's possible to end up experiencing agony every time you take a bite.

The GOOD News Is:

There is a way to stop bone loss. As soon as you get dental implants in your jaw, you can stop losing bone in that area.

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The "witch-like" appearance caused by bone loss...which can make you look "old" before your time.



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bubbles painting by
Melanie Ehrlich



shell & waterdrop painting
by Pat McGregor

On September 5, 2021 Members of the Village Arts Club participated in an art show reception and awards ceremony at the Camarillo Art Center. Above are some of the pieces submitted. Kathy Whitesell, President of the CAC and Bonnie Mills, curator of CAC, organized the reception. Approximately 25 Village Arts Club members submitted artwork to the show which ran on weekends for the month of September.

Many artists took home awards:

- Best in Show - Jalna Marcovici
- 1st Place - Carol Lee Rayle
- 2nd Place - Nana Morris
- 3rd Place - Bud Bradley
- Honorable Mentions were awarded to Pat McGregor, Melanie Ehrlich and Pat Leslie.

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HISTORIC REFLECTION

By Max Copenhagen

Relaxin' at the Hotel California

■ Reflecting on Camarillo State Mental Hospital

Even those who know little about our town often still associate Camarillo with the State (Mental) Hospital that once operated here. When Camarillo State Hospital opened in 1936, it was the largest asylum of its kind in the world. Before it closed in 1997, more than 160,000 patients were treated there, including actress Francis Farmer and comedian Jonathon Winters. Jazz musician Charlie Parker wrote his song 'Relaxin' at Camarillo' while recovering from a nervous breakdown fueled by alcohol and drug abuse.

Built as a WPA project, the hospital had full federal accreditation for treating the mentally ill, developmentally disabled, alcoholics, drug addicts and violently insane criminals. In partnership with UCLA, researchers did groundbreaking work in the management of schizophrenia, including electroshock treatments. The hospital led research on drugs and therapies and had one of the first units to deal with autism.

The State purchased 1,512 acres just south of Camarillo from the Lewis Ranch for \$415,000 in 1930. Funds for construction were transferred from the Norwalk and Patton hospitals, and contracts were awarded to build the first two units for \$93,170. The County agreed to improve Lewis Road.

The Hospital officially opened on May 5, 1936 with Governor Frank Merriam, Adolfo and Carmen Camarillo attending the dedication ceremony. The first ten male patients were housed in the old Lewis Ranch house. The first women patients arrived in 1937. For many years,

the hospital remained independent from the outside world, with its own gardens, ice house, dairy, butcher, fire and police departments, hospital, beauty parlors, petting zoo, clothing store, chapel, swimming pool, and bowling alley. An abandoned barn still exists, a derelict known as the "Scary Dairy."

The architecture is Mission Revival style with two large quadrangles and a distinctive bell tower in the South quad. The hospital was a major source of employment and Camarillo became a destination for families relocating to be closer to relatives committed there. The total construction cost was approximately \$10,000,000. The population peaked in 1954 with 7,266 patients and a staff of over 1500.

The end began with passage of the Lanterman-Petris-Short Act of 1969, which eliminated indefinite commitments and required annual reconsideration of involuntary treatment. The workers and many of the patients' families fought it, but the hospital finally closed in June 1997. Ultimately, it was the result of economic strain and a changing outlook on mental health with a new generation of drugs that allowed many of the mentally ill to live a normal life. The buildings were given to the California State University system for the new Channel Islands campus that opened in 2002. Most of the buildings have been preserved and revitalized.



Stock Photos

Above, the central courtyard to the Camarillo State Hospital with the iconic bell tower. Below, the 'scary dairy,' a local 'haunt' which was part of an abandoned dairy operation.



Because of its beauty and proximity to Hollywood, movie companies started coming out to Camarillo in the 1940s. The location has been used for over 20 movies and television shows, including *Bottle Rocket*, *Jarhead*, *MASH* and *Buffy The Vampire Slayer*. Patients referred to Camarillo State as Hotel California before the Eagles band had even formed. Members of the band deny that the hospital in any way inspired the song.

The buildings are said to be haunted. Witnesses describe eerie stories and weird happenings, including apparitions, moving objects and voices. The legacy continues with Institution Ale referencing the historic hospital in a tongue and cheek manner and the Somis Nut House, two local businesses apparently named with reference to this bygone place.

Happy Halloween!

VILLAGER PROFILE By Patty Ecker

Chuck Wagon Dolan

He's been on one side of fire or the other for most of his life. Chuck Dolan had an impressive career as a firefighter for nearly three decades. And since he retired, he's earned cheers for his skill with another kind of fire. He's considered the master of the Village barbeque. Just ask the members of the Men's Golf Club, the Women's Club, or residents who happen to be strolling by when he's flipping hamburgers, ribs or anything delicious on the grill in LV's picnic area.

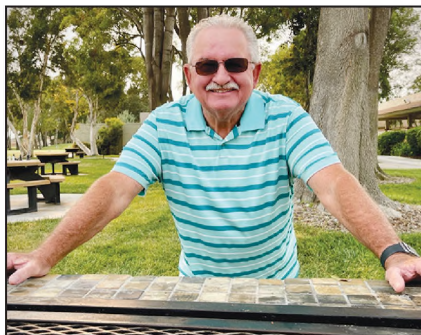


Photo by JON NIEMANN

Where are the hamburgers? Village BBQ star Chuck Dolan can't wait to get the grill - and the party - fired up.

Chuck laughs, "I learned to cook in between fighting fires."

Chuck was drawn to firefighting long before he became interested in cooking. He was 15 years old when he noticed the house next door was filling with smoke. His neighbors weren't home, so he grabbed a garden hose and sprayed the house until the fire department arrived. Good news for two reasons: the house was saved from serious damage and, years later, he married the girl who lived next door. Debbie and Chuck have 3 children and 6 grandchildren. They've lived in the Village for seven years.

"I guess I'm an adrenaline junkie," is how Chuck describes his 27 years with the Ventura County Fire Department. "It's so rewarding - to rescue a child, save a home. We averaged ten calls a day. I loved every minute of it." He had frightening moments on the job. The one he will talk about occurred during a wildfire when he

fell into a prickly pear cactus field and suffered through the removal of more than 200 cactus spines.

His cooking skills grew from his firefighting. When his engine company would head back to the fire station, he and the crew would stop at the market, then go 'home' to cook. He had a cooking job during his college years. But it was at the fire stations where Chuck honed his expertise. "We cooked one well-planned meal a day," Chuck recalls. He learned how to cook fast, put a lid on it when a call came in, and, of course, how to barbecue. When he retired, he brought his BBQ skills to the Village.

Chuck is now a familiar face at the grill and in LV's kitchen. With his "assistant" Chuck Hall, he regularly delights Villagers with burgers and ribs or sometimes pork loin, chicken, and fish, always for a good cause or celebration. He still loves to cook, but Chuck admits that he also likes to eat out.

PHOTO CLUB WINNER – ASSIGNED CATEGORY



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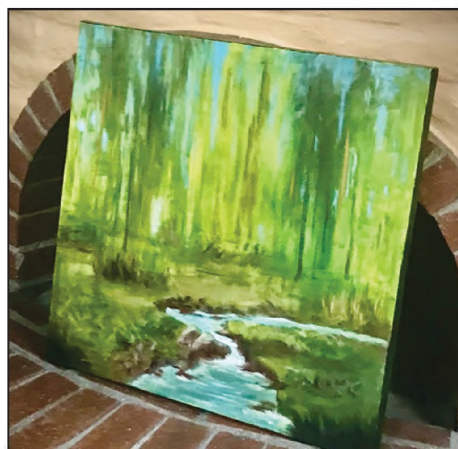


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LETTER TO THE EDITOR

Village Arts features different artists each month where their work is displayed in the Library. An unfortunate incident occurred over the weekend of Sept. 10, 11. Bev Goring's lovely 24x30 inch green landscape painting went missing! It is a special piece to her and we ask that whoever borrowed it, please return it to the Library.
*Patti Crichton,
on behalf of Village Arts*



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REAL ESTATE

By Sharron Parker

Is the Housing Market Slowing Down?

A question that is dominating the conversations about real estate here in the Village is "Will the market slow down?" The media chatter about looming foreclosure crises or housing bubbles has dominated news reports for months. The answer is that context is everything when addressing this question.

Leisure Village homes are generally purchased with buyers looking to downsize, limit the amount of work to maintain, or a more suitable floorplan for their current situation. When the homes they were selling on the "outside" were being purchased with multiple offers and over asking price, they were able to compete in bidding wars with cash offers and very limited contingencies. The selling frenzy of Spring and Summer of 2021 fueled well-qualified buyers to snap up homes in the Village at record-breaking prices.

Current trends are indicating a slowdown in most markets. This trend is very typical after the Spring Summer season wraps

up. It will take a while for that curve to begin to affect buying trends in Leisure Village. Our unique micro-market has us on the tail of the curve rather than the leading edge when it comes to purchasing trends.

All that being said, general wisdom from trusted sources is pointing to a slowdown in portions of the market, a decrease in frenzied selling, rather than a general slowdown. With eyes pointed toward inflation and a point by point ticking up of the lending market, some experts cite that this slowdown has begun.

There were periods in the last month when there were only two homes in Leisure Village listed on the Multiple Listing Service, a great sign for potential sellers. It remains to be seen how this "slowdown" of the real estate market will affect our immediate and long-range future. Reach out for an agent who understands the Village and has experience with the unique situation our micro-market could mean to you.

Mea Culpa

by Jon Niemann

One of the first things I remember learning in a high-school journalism course went something like "check your sources." I offer a sort of retraction on the Woodshop story in the September 2021 issue of Inside Leisure Village. Carol Moody was polite enough to say "correction." I will include Carol's correction verbatim below:

- 1) The Woodshop Facility continues to be managed by the LV Recreation Manager;
- 2) The Ed & Rec Committee continues to have a sub-committee member representing the Woodshop facility as it does for each of the recreation center facilities;
- 3) The formation of a woodshop related club is in the works; however, no request to become an "official LV Club" has been pre-

sented to the Board of Directors for approval at this time.

4) Residents may continue to contact the Woodshop to get checked out on its equipment and obtain a key to the shop from the Recreation Office. Keyholders have access to Woodshop during its open hours regardless of any club status.

"I expect that by the time the October issue comes out the "Ye Ole Woodchippers" club request will be on the Oct 4th board agenda. (I have received their request to form a club and it was on the Ed & Rec agenda for Sept 16, which, in turn, will be sent to the board for approval.) (Also, it appears from the paperwork they are not asking to take over the management of the Woodshop.)"

Thank you for the correction Carol. Mea Culpa.



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A PINCH OF SALT By Larry Swartz

Just Don't Take My Word for It

There is a lot of information floating around out there that is inaccurate and in some cases just not true. Now this is not a political column, so all I ask is that you get your news, scientific or otherwise, from more than one source with more than one left or right leaning vision.

One thing we now know to be ultimately true...where's all the water gone? It's been hot, we're in a horrible drought and not a lotta hope for rain in the coming fire season. We were warned about this from some very respectable folks with a lot of expensive scientific data and fancy computers.

So it is important to know how reputable your sources are. For example, news about the latest updates on heart healthy diets. You'd be surprised...so much new research today is indicating the importance of the carbs you consume...equally as important as the saturated fats, some say more.

We need to be eating more fish

and plant-based foods and less cow-based. (just try it a few times a month). Did you know that two pounds of beef produces the same amount of carbon in the atmosphere as about 3 gallons of gas? So why not keep the gas you produce and try this.

CAJUN RED BEANS AND RICE

- 1 pound dry red kidney beans, soaked overnight
- 2 tbsp cooking oil
- 1 medium yellow onion, diced
- 1 green bell pepper, cored and diced
- 2 medium stalks celery, diced
- 6 cloves garlic, minced
- 3 tbsp fresh chopped parsley,
- 1 tbsp Louisiana hot sauce
- 1 tsp dried thyme
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/8 tsp ground cayenne pepper
- 2 bay leaves



- 1 32-ounce vegetable broth
- 1 1/2 cups dry white or brown rice
- 1/2 teaspoon liquid smoke

Drain the beans. Over medium heat, add oil. When hot, sauté onion, bell pepper and celery until tender - slightly browned, about 8 minutes. Add garlic; cook one more minute.

Stir in parsley, hot sauce, thyme, paprika, salt and pepper; and evenly coat the vegetables in the spices. Cook for another minute.

Pour in beans, bay leaves and vegetable broth. Bring to boil; cover,

lower heat and simmer for 1 hour and 15 minutes. Remove lid; let simmer uncovered for 15 minutes.

While the beans are cooking, prepare rice according to package directions.

When the beans are ready, scoop about 1/4 of the beans (no bay leaf) into blender; blend until smooth. Return to pot; stir in liquid smoke. Adjust the seasonings. Serve beans with a scoop of rice and a sprinkle of chopped parsley or scallion greens. Serve with cornbread. Your heart will thank you.

We Sell Leisure Village




Sharron Parker | 805-443-1998 | CalBRE #00900167
Meryll Russell | 805-405-0411 | CalBRE #01435748
Jon Niemann | 805-603-7060 | CalBRE #02104018

Happy Halloween! 

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A WORD ON WINE By Don & Barbara Senior

Tiny Bubbles in the Wine – Champagne or Sparkling Wine??

Sparkling wines are produced worldwide, but trade agreements legally reserve the word Champagne exclusively for sparkling wines from the Champagne region of France. To confuse things even more, certain US brands label their product “California champagne,” namely Korbel, Gallo’s, Andre and Cook’s. Raising a few French eyebrows, this is allowed under a grandfather clause for specific producers who had used the term for decades.

Aiming to produce an American sparkling wine to equal or better top French champagnes, Schramsberg Cellars in Napa Valley pioneered the production of high-end sparkling wines using classic French techniques. President Nixon helped put the Napa Valley and Schramsberg on the world map during his historic visit to China in 1972. He

and Chinese Premiere Zhou Enlai used a 1969 Schramsberg Blanc de Blancs, for their “Toast to Peace” during a state dinner in Beijing.

It was apparent that the Napa Valley held tremendous promise for great wine, and the French champagne houses took notice. Enter Moet in 1972, building the Chandon facility in Yountville. Tattling would follow with Domaine Carneros, a grand eighteenth-century chateau-style building at the south end of the Napa Valley. Soon after Mumm Napa was founded on the Silverado Trail and finally came Roederer in the Anderson Valley. Of course, their wines are all labeled sparkling wine.

As Americans discovered great sparkling wines at an affordable price, the next opportunity was to enable more wineries to make their

Welcome Reception in October

Date: Thursday, October 28, 2021

Time: 1:15 pm

Location: Assembly Room

Clubs & Groups are invited to join our Committee in welcoming new residents to our Village and tell them about our Clubs’ activities. Help us encourage people to get involved and enjoy all that Leisure Village has to offer.

To reserve a space (only one representative per Club), contact Bobi Shmerling 805-389-1975 or bobi.shmerling@gmail.com.

own sparklers without a huge investment. As a result, many techniques have evolved to automate or simulate the classic secondary fermentation that creates the tiny bubbles, and today almost any winery can offer an estate sparkling wine.

So... is it “sparkling wine” ... or “champagne?” If you go shopping, you might ask where to find the champagne, but you probably will purchase something made in

California, not France, IOW, a sparkling wine. But don’t sweat the details. The reality is “champagne” is a generic term used to infer elegance and celebration. There’s the Champagne Brunch, the Champagne Toast and the Champagne Cocktail, to name a few. Whatever you call it, don’t hesitate to enjoy a sparkling wine any time, not just on special occasions. You don’t have to feel fancy to enjoy the bubbly.

LV WOMEN’S CLUB

COVID-19 depleted our treasury with requests for money, food, clothing and PPE donations. These fine companies made it possible for the LVWC to continue our local donations. We sincerely appreciate you!

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Healthy Villager

From PAGE 1 —

The benefits of exercise are:

Decrease pain; Decrease blood pressure; Stabilize glucose levels; Decrease heart rate and promote efficiency of the heart; Decrease stress; Increase bone mass; Increase flexibility; Increase strength and muscle mass; Facilitate better sleep; Decrease anxiety and depression; Increase energy and endurance.

There are 3 types of exercise that all of us should be doing:

- Aerobic; Strengthening
- Flexibility/stretching

There are many activities and clubs available to you in Leisure Village. (See the Clubs section for some resources). Some recommended types of exercise for Villagers with chronic pain and those who are experienced in life:

- Pool exercises
- Morning LV stretch class
- Yoga class

Tai Chi class
Walking in Leisure Village on flat surface with good running shoes
Biking in Leisure Village with a bike helmet for safety

Bone Builders class that will help build bone mass

Dancing such as line dancing/ tap dancing – yes we have those classes too in the Village!

When we feel too tired to exercise, and we exercise a little bit at a time, we can slowly increase our energy level. **IMPORTANT TIP** – you should not have any increase in pain in your body when you exercise – if you do, change up what you are doing, modify what you are doing or contact a professional for guidance in your exercise regime.

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.

Calling all Leisure Village!



2022 Leisure Village Pet Calendar available in November. If you would like a calendar, give us a call at 805-233-1525 or email us at shawnbakerhomes@gmail.com

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CLUB NEWS

PLAYERS GUILD

By Linda O'Neill

After a summer of musical videos, a dynamite August season opener “TV Melodies and more” and a lively September “Reader’s Theatre Plus” presentation, this month, Helene Cohen’s Acting Class is poised to present four (maybe five) plays written by Leisure Village residents: “I Still Love Agnes,” “At Camel Lot,” “Robert, Rosie and Sam” and “Flashback” on Thursday, October 21 at 7:30 pm in the AR.

Beginning about two years ago, Ms. Cohen, a playwright herself, contacted the LV writing classes requesting submissions that could be performed by the acting class. The plan was also announced through various media. Now, after much editing and countless rehearsals, it’s exciting to announce this month’s production.

And did I say, pandemic? Reminder that all cast members have been vaccinated and must wear

masks unless onstage. Social distancing applies on stage as well. All audience members should be masked. (Masks will be provided for those who forget to bring theirs.)

Richard Weiss began his musical theatre workshop on Saturday, Sept. 18 in the AR, 10 am - 1 pm. This class is open to all interested in learning more about musical comedy (not just to current cast members) and will continue indefinitely. Director Weiss will present the reconstituted “Carnival” cast at the Players Guild Holiday Dinner, on December 16, the third Thursday of that month.

Diane Carroll, long time director, formerly of the Malibu Playhouse, is set to direct an evening of Broadway vignettes on Thursday, January 20, 2022. To that end, she will hold auditions on Monday, October 25 at 7 pm in the Sunroom.

In Readers Theatre Plus, Bette Midler (Linda O'Neill) and Wendy Wasserstein (Dorene Blair) did a scene with a send up of Midler’s “Friends.” This phrase keeps going through my head, “But you got to have friends....”

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10LV08D

CLUB NEWS

LV WOMEN'S CLUB

By Barbara Cogert

Our BINGO event was a huge success with everyone so excited to be back for our first in-person event in ages. The highlight of the evening was President Lin Grant's report of \$8,000 distributed to the following charities: Gold Coast Veterans, The Somis Food Pantry, The Salvation Army, Ventura County Rescue Mission, The Braille Institute, Livingston Memorial Visiting Nurse Association, Paws for Purple Hearts and in our tradition of donating to the LV community, over the ear microphones for use by speakers at LV events. These funds were raised by members of the community through the Stay-at-Home Tea held last Spring and the Blow-Out Sale to name but two recent events. THANK YOU!

Our October event will be held **Thursday, October 14th**. This

unique program will feature Jon Wilkman, an award-winning filmmaker and author. His presentation "How Documentary Filmmakers Reimagined America" draws on his own experience as well as the stories of inventors, adventurers, journalists, artists and activists who framed and filtered the world to inform, persuade, awe and entertain. Also featured are our very own Bob Bueling and Pat Cronin, a 30 minute show titled "Sympatico."

SAVE THE DATE: Thursday, November 11th (actual Veteran's Day), the Women's Club is honored and proud to sponsor our Annual LV Veteran's event and invites all LV Vets of the US Armed Forces to join us. If you are new to the Village and are a Veteran, please let us know by contacting Pam Almeida 805-419-4532 and leave a message with your name, branch of service, Village number and telephone number.

Also coming up in November

is our **Holiday Boutique on Saturday, November 6**. Donations of new or newish clothing, coats, sweaters, shoes, home goods and jewelry are gratefully accepted. Your donated items will receive a "second" life when offered to our Boutique and local charitable organizations. Please call Nancy Rowe for pick-up or drop-off information. Mark your calendars for these three upcoming events!

EXERCISE/STRETCH CLASS

By Donna Khacherian

Rise and Shine!! It's stretching time. Join us any Monday through Friday at 8:30 am or 9:00 am. We meet in the Pavilion (the area behind the swimming pool) for 30 minutes of easy stretching. We begin with our necks and work down to our toes with stretches designed to keep us well-balanced.

We have several PickleBall and Tennis Players that use our class as a warm up to their games. Come join us and start your day in a healthy way.

For questions or more information, you can call Donna Khacherian at 818-404-5538.

LV PHOTO CLUB

By Chuck Morrow

The recent county mask mandate changed the September Photo Club meeting from an in-person to a Zoom meeting. The Assigned Category for the month was "Close-up/Macro" and all the entries for the month are posted on: <https://leisurevillage.smugmug.com/LV-photo-Club-Pictures> for all LV residents. The winners are also placed on the walls of the Rec Center and the MPR.

The judge for the September entries was Greg Cooper. You can view Greg's work at www.media-cooper.com.

The winners were:
Assigned Category – Gregg Gill-

mar – 'Handstand'

Open category – Frank DeSimone – "Sit-Chill"

Mobile Category – Spike Burlingame – "Rio Grande at Big Bend"

Creative Category – Frank DeSimone – "Cock a Doodle Doo"

The next meeting of the Photo Club will be held on Thursday, October 7th. The theme for the Assigned Category for October will be "water." For more information contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

GRAPES R US WINE CLUB

By Barbara Senior

Grapes Are Us meets in the A/R on the 3rd Friday of the month to compare wines, learn about wine characteristics and explore different regions. Wines are selected by Jon Niemann, a wine professional. Five wines from the Paso Robles AVA (Agricultural Viniculture Area) were tasted at our September 17th session held in the A/R. 90 members were there to taste, discuss and enjoy the wines. 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.

DUPLICATE BRIDGE

By George Jones

Duplicate Bridge is back!!! We have a game every Monday and Wednesday evening in the Garden Room. If you already have a partner, please arrive by 6:45 pm so we can begin by 7:00. We collect \$1 per person and the money is used for prizes, supplies, and social events. If you don't have a partner, please contact us ahead of time and we will find a partner for you.

Recent winners include Bob & Betty Ericsson, Bob Riveles &

—Please see **PAGE 15**



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CLUB NEWS

Duplicate Bridge

From PAGE 14 —

Vonnay Brook and Barbara Holoter & Laura Quinn. Come join us and add your name to the list.

If you love playing duplicate, please join us for a fun evening. The games end between 9:00 and 9:30 pm. We will do our best to make you feel welcome.

For more information, call Betty Rasmussen at 805-807-8829 or Carolee Jones at 805-465-0667. We hope to see you soon.

LV MUSIC CLUB

By Marci Lapair

The first Friday of every month is Open “Mic” Night in the AR from 7:00 pm to 9:00 pm, October 1 is Open “Mic” for this month. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests.

Our movie nights are held the first and third Monday of each month from 7:00 pm to approximately 9:00 pm in the AR. Admission is free to all the Villagers, and we even provide the popcorn.

The movie to be shown on October 4 will be *De-Lovely*. The film is a musical portrait of the life of American composer Cole Porter and is filled with his unforgettable songs like “Anything Goes,” “It’s De-Lovely” and “Night and Day.” Kevin Kline plays Cole Porter and Ashley Judd plays his wife Linda. The film features performances by Natalie Cole, Elvis Costello, Sheryl Crow, Diana Krall and Alanis Morissette.

The movie to be shown on October 18 will be *Back to the Future* starring Michael J. Fox as Marty McFly and Christopher Lloyd as Doc Brown. Marty McFly, a typical American teenager of the eighties, is accidentally sent back to 1955 in a plutonium-powered DeLorean “time machine” invented by Doc Brown, a slightly mad scientist. During his often hysterical, always amazing trip back in time, Marty

must make certain his teenage parents-to-be meet and fall in love – so he can get back to the future.

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.

The Music Club invites you to attend our next board meeting on October 25 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.

SHOWTYME

By Jennifer Stein

Ladies & Gentleman, what time is it? It’s Showtyme. We’re back and ready to entertain you. Your favorite entertainers are waiting behind the curtains to make their appearance again along with brand new talent who will amaze and dazzle you. The room will fill with music and comedy and dance once again. The stage is set, the seats are placed and the doors will be open to greet the audience.

Our first show of the season will be on Friday, October 8th at 7:30 pm; doors open at 6:45 pm. Admission for October’s show will be no charge. Donations are welcomed. If you’re new to Showtyme, don’t miss this opportunity to enjoy an evening of wonderful entertainment within your own community. No hassles of driving to the venue, the audience will be your neighbors and friends, and it’s a fun way to experience what makes Showtyme an event to revisit each month.

The entertainer for October’s show is the talented and celebrated singer, Mr. Rick Jarrett. He puts his own special signature on his songs, whether they are R&B, love songs, Broadway tunes or classics;

it’s always an event to hear and

—Please see PAGE 16

PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st – Spike Burlingame / Rio Grande at Big Bend NP

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CLUB NEWS



Showtyme

From PAGE 15 —

see Rick in person. It's like having the Hollywood Bowl on our stage. So, mark the date for Fri. Oct. 8th at 7:30 pm in the AR. Doors open at 6:45. 50/50 will be back with 2 winners, and Rick will provide his CD's for your purchase. That way you can enjoy his music anytime.

Showtyme looks forward to entertaining you every 2nd Friday of the month with professional talent.

If you have any questions, please contact Jennifer at 805-383-1518. See you soon.

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 old key now works again for the main woodshop. Since we are open for Villager repair work, we are starting our monthly count. For August 2021,

the completed jobs are 12. There were only two weeks in August that were available for resident repairs. As a reminder, in 2019, the total numbers before the pandemic closedown, were as follows.

Resident Projects 311
LV/Club Projects 85
Fast Fixes 72

We are open from 10 am until noon, every Wednesday and Thursday, to accept your requests. During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked not to work on their own projects during those hours.

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, at the Camarillo Community Center on Burnley. We will let you know if there is a change. You can also email Pirate at Bruce5150@gmail.com or Bud Bradley at Hipbud2@gmail.com, for any woodshop information.

WOMEN'S GOLF

By Patti Crichton

Women's Golf members will meet in the Garden Room on October 13th at 1:30 pm.

Ringer's Tournament results will be announced and awards given. We will be back to regular Wednesday golf for October, start-



Photo by BUD BRADLEY

This month's photo from Ye Ole Woodchippers shows what can be done to a coffee table in order to convert it to a dinette table. It was accomplished by one of our keyholders.

ing Oct 6. Please bring \$2 to the golf shack at 7:45am.

Nominations for Board members were made at the September meeting and voting will take place.

Thank you to the Men's Golf for hosting the Harvest Golf and Luncheon on September 28th!

Women's Golf members, mark your calendars for:

October 27th - Halloween Golf scramble (costumes encouraged), followed by a potluck in the Picnic area at 12:30.

November 3rd and 10th - President's Cup Tournament

December 15th - Holiday Lunch and Board installation.

We welcome new members to play 9 or 18 holes of golf. Come and find out more information about joining LV Golf (Men and Women), on Saturday, October 9th from 4-5pm in the Garden Room.

VILLAGE ARTS

By Patti Crichton

Village Arts will be meeting on Wednesday, October 6 in the MPR at 1pm.

New members are welcome to join us; membership is \$10/year. Kathy Whitesell will be demonstrating watercolor painting tech-

niques. Kathy is offering monthly watercolor classes in the Lanai Room for \$10, materials provided. Members may sign up for the Oct. 22 session at the meeting.

The Autumn Art Show in the AR is scheduled for Sunday, November 14th. Signup sheets for A frames and tables will be available at the October meeting. Clubs who wish to participate should contact David Kiefer at 805-419-4688.

Stay tuned for more details.

WORKSHOP FOR WRITERS

By Pat Lagerstrom

I became lost March 3, 2019 when my husband Jim died. Wait a minute! This is not supposed to happen. Denial sets in. Then I needed to plan a funeral. My mind was ablaze. Fortunately our children were present and provided the help I needed. They all participated in the service and it was a fitting tribute.

BUT, after the service, who was Pat? Reality hit with a punch. I felt cut in half. Jim and I did everything together. We were a team, and now it is just me. What is Pat going to do? Sell the house and move to

—Please see PAGE 17

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CLUB NEWS

Workshop for Writers

From PAGE 16 —

Leisure Village where they have a writers' club called the Workshop For Writers, and I love to write?

Essentially, that's what happened. I have been a member for several years now and always look forward to our bi-monthly meetings where members read their presentations and await the feedback which may well contain a constructive critique and friendly advice. That's our method, and it works, judging from the presentation improvement I've witnessed over time.

Try us out. Call Frank Seiden 805-437-6242 or Mark Sconce 805-586-4485 for more information.

MEN'S GOLF

By Joseph Benti

For the first time in a year and-a-half, the club held its 2nd Tuesday of the month membership meeting but instead of in the MPR, the county-wide mask mandate saw the meeting moved to the patio outside the billiards room. Members were treated to pizza and the usual libations.

A noteworthy event occurred outside the Village at the Olivas Links where the Senior Men's Golf Club honored our own Don Nicksay for 25 years of service, much of it as a Board Member, having served in nearly every capacity and was commended for contributing to the growth and strength of the club which now has more than 200 Members, including a number of Village golfers. With Veteran's Day coming up next month, it is worth noting that Don flew more than three dozen combat missions during the Korean War.

Thanks to the more than 80 golfers who signed up for our Harvest Picnic and morning tournament with the Women's Golf Club.

Organized by another of our great "go to guys," Gerry Sarno, the picnic featured barbecue specialties from "Chucks' Wagon," (Dolan & Hall). Finally, this month we ask Members interested in being on

our Board of Directors to contact Robert Malinow, Chair of the Nominating Committee. We all benefit when we volunteer.

LV BOWLING

By Gene Kinsey

After four weeks of bowling, only 3 points separates first from third place, evidence that our teams are well balanced by handicaps. Some of our newer bowlers have made huge strides in raising their averages while some long-time bowlers (I admit nothing) have gone the other way. Oh well, the point of our club is to have fun and laugh at ourselves. We bowl every Friday morning at Harley's Camarillo Bowl beginning with practice at 9 am. The cost is \$12 per week after a \$20 membership fee.

Anyone who wants can participate in the side pot for each game which rewards the man and woman who bowled most over their average. At this point we could use a few more regulars and also some subs who can bowl whenever they like. Never bowled before? Not to worry. I have bowled since grade school although watching me you would never believe that! Come out on any Friday to have some fun and meet some great people. See you there.

MAVERICKS CLUB

By Vera Erskine

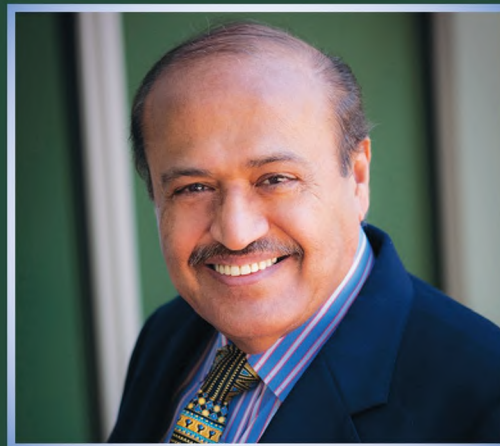
Come to our Halloween Party, October 22, (7pm – 10pm) in the A/R, \$15 per person. Ticket sales begin October 1st and continue through October 18th. All LV residents are welcome.

Assigned seating. NO ticket sales at the door. Masks that cover the nose and mouth are required.

Music by DJ. Don't miss out on this fun event.

Contact Vera Erskine for tickets at 805-987-4537. For other information about this fun event, contact Geri DeSimone at 805-484-7308.

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10LV17D

PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Frank DeSimone / Sit - Chill

POETRY CORNER

HEDGE CREEPER

By Mark C. Sconce

*Hedge Creeper boasts a pedigree,
Dates back six hundred years;
A part of English history,
Her laughter and her tears.*

*The term refers to hedgerows
That line her country lanes,
Where maidens and their handsome beaux
Recite love's old refrains.*

*As they continue on their walk,
Young boys creep 'hind the hedges
To overhear the tender talk,
The plighting and the pledges.*

*The lover knows that they are there;
The stifled sniggers tell him where.
He also knows this isn't new,
For he was once a creeper too.*

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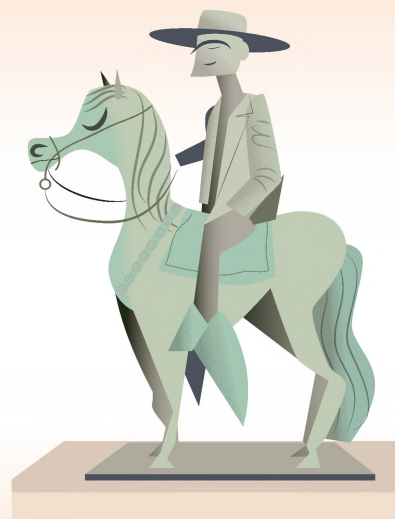
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DEADLINE for the next publication is Thursday, October 14.

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

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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 Lapides 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 Lertz: 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.





The upcoming season in the last quarter of the year is a joyful time filled with making memories with friends & family. Gathering includes giving and sharing. Sometimes the sharing part of living and loving others winds up including sharing germs. To restrict the scope of your sharing to positive things during the upcoming season, resolve now to get your immune system in the best shape possible.

When it comes to your immune system, one could say the best offense is a good defense. Here are some tips, and for expanded info on these topics please visit the Barlows Got Your Back section of our website for links to helpful articles.

MAINTAIN A HEALTHY DIET. Good nutrition is essential to a strong immune system. Nutrition can affect the microbiome, gut barrier function, inflammatory processes, and white blood cell function, all of which impact immune function. **Eat a well-balanced and varied diet to help provide the nutrients your body needs for cell function and health. Emphasize colorful foods...think of eating a rainbow every day!** Try to incorporate plenty of fresh fruits, vegetables, whole grains, beans, legumes, nuts, seeds, fish and lean proteins into your everyday diet. Studies have shown spikes in sugar intake suppress your immune system. Limit intake of added sugars and processed or fried foods, all of which have been shown to have damaging effects on health.

HYDRATE. HYDRATE. HYDRATE. Hydration is like the oil that lubes up your immune system to keep it running smoothly. Our immune system is highly dependent on the nutrients in our blood stream, and our blood stream is made mostly of water! If we don't have enough water, we cannot properly transport nutrients to each organ system. Staying well hydrated is also very important for detoxification pathways, increasing lymphatic draining and making sure we are clearing out any foreign invaders and other waste materials. Dehydration can contribute to muscle tension, headaches, low serotonin production and digestive issues. Pay attention to caffeine intake, as it affects how much water is needed to maintain hydration.

EXERCISE REGULARLY. Exercise has many proven health benefits, from reducing the risk of cardiovascular disease to improving your mood — and even a stronger immune system. Exercise mobilizes pathogen- and inflammation-fighting immune cells throughout the body and helps slow the effects of aging on immune strength. "Physical activity can also flush bacteria out of lungs and airways and causes changes in antibodies or white blood cells to help fight infections," explains Dr. Purvi Parikh, a New York City-based allergist-immunologist affiliated with NYU Lagone Health.

"[Exercise] improves the surveillance activity of the immune system," according to review author David Nieman, Dr.PH., health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus. That's because each time you exercise, the activity increases the exchange of important white blood cells between peripheral tissues—which help with the body's immune response—and the circulation (blood and lymph vessels). This increases the activity of immune cells in the bloodstream looking for viruses.

GET ENOUGH QUALITY SLEEP. It is well established that **sleep is essential to physical and mental health**, and it is also vital for a proper immune response; less than seven hours per night on a regular basis has negative effects. It essentially creates a fight-or-flight state, with increased stress hormones and release of adrenaline, lack of sleep can weaken your immune system; it can increase the body's susceptibility to infection and hamper the ability to fight the illness. a good night's sleep can increase your immunity. Good quality sleep helps improve the efficiency of T helper cells. T helper cells are the cells that fight invading bacteria, viruses, or any foreign antigen cells as part of the body's defense system. **To improve quality of sleep, it's critical to purposefully control your physical and mental environment prior to bedtime and create healthy sleep habits** (more on that in the articles on our website).

MINIMIZE STRESS. Managing stress is easier said than done. Exercising and getting enough quality sleep both help decrease stress. Perhaps best of all, laughter and positivity can release stress-busting neuropeptides to counter the chemistry that negativity, stress and anxiety induce. Seek out a method of relaxation that works for you. Meditation is known for its health benefits, from lowering blood pressure and heart rate to perhaps improving memory and building the immune system. There are free and paid apps to help, and people can choose where and when to do it. Some people like music, some a mantra, others a voice guiding them.

Go to our "Barlows Got Your Back" section of our website for links to great healthy resources.



The Barlow Group
BRE #01945712

LeisureVillage.com

805 987-5755

Our Family Serving Your Family!



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