

# INSIDE LEISURE VILLAGE

VOL. 43 NO. 6

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JUNE 3, 2022

## Fire—Doesn't Happen Often in Leisure Village

By Rosemary Vine

In Leisure Village, the sound of sirens is a familiar backdrop, except for the morning of May 12th. You may have heard our security vehicles, sirens sounding and consistent horn honking, followed soon after by the sounds of multiple sirens – not the usual at all. There was an LV house fire underway.

First on the scene were two members of the Leisure Village irrigation team, Ezequiel Valdivia ('EZ') and Josef Jaquez. They had been working right next to the unit where the fire started and saw the smoke billowing from the rear bedroom window. EZ immediately called Security as he and Josef set about doing their best to cool the flames with garden hoses until the FD arrived.

Officers Gomez and Selby had been alerted as they were leaving a

—Please see **PAGE 4**

Photos by CHIEF MANNY  
SEGOVIA

At right, first on the scene were two members of the Leisure Village Irrigation team, Ezequiel Valdivia 'EZ' and Josef Jaquez. Below, firefighters doing their job and making sure fire was out.



## Every Vote for the 2022/23 LV Board Counts

By Rosemary Vine

In Leisure Village, getting out the vote means a “Quorum” of ballots must be received – even if you do not check a vote for a candidate, your signed ballot counts towards the Quorum requirement. The math on this is simple: 50% + 1 of the total eligible votes is 1,069 ballots cast and counted.

The Annual Membership Meeting of the Leisure Village Association “Pursuant to Civil Section 5115(b)”, as stated in the May Village Voice will be held on June 23rd at 10:00 am in the AR. This is also the

meeting in which two new Board members will be named – “If” we meet the above stated Quorum. In some past years the quorum had not been met. LV was forced by Code to expend additional efforts to reach a reduced Quorum.

Please turn in your ballot and encourage your family, friends and neighbors to turn in their ballots with the goal of reaching that important Quorum. There is a ballot box located in the reception area of the Rec Center and another located at the Association office next to the West gate.

—Please see **PAGE 4**



Photos by JON

Above left, outgoing Leisure Village Board of Directors President Beverly Vandermeulen moderates the Candidates Night question and answer session of the program. Above right, two of the three candidates for the 2022/23 LV Board of Directors answering questions from Villagers, MaryInn Block, left, and Ruth Stubba, right. Robert Kulick was not able to attend but sent a message that was read by Beverly Vandermeulen before the Q&A part of the program.

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**Mary (Katie) Ceurvorst - Village 44**

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**July 2022 Edition Deadlines**

Club News, articles, letters and classified ads: Wednesday, June 15. July issue will be available Friday, July 1. Send news, articles & letters to [insidveditor@gmail.com](mailto:insidveditor@gmail.com).

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## VILLAGE ENTERTAINMENT

### Broadway Beat

Players Guild – Linda O'Neill

This month's show has been in the works for more than two years. A victim of the pandemic pause, it was originally cast for March 2020 for the singers who were not going to be in the full production of *Carnival* (which was scheduled for April of 2020). It was intended to be a 'Singers Night.' That means singers got to choose their songs, but they had to be from a Broadway musical. As plans evolved, our focus needed to be narrowed and so this current production will showcase songs from Broadway shows that were unique in some way, where composers, librettists and/or lyricists used dialogue and lyrics that argued for social justice, where the protagonists questioned the status quo.

Buster Hazlett is scheduled to sing 'Carefully Taught' from Rodgers and Hammerstein's *South Pacific*. As Lt. John Cable, Buster explains to Nurse Nellie Forbush (Rosanna Brown) that her upbringing is responsible for her fear of marrying a man with interracial children. In *The King and I*, the authors draw a very likeable potentate, and the lyricist has added the song 'Shall I Tell You What I Think of You?' to let the audience know they, too, recognize the flaws of dictators. Bill Crome sings 'Old Man River' from *Showboat* (1927) which was one of the earliest musicals to demonstrate the tragic effects of racism. Dorene Blair sings 'Somewhere' from Sondheim/Bernstein's *West Side Story* highlighting what so many people seek in immigration: 'a place for us.' Please plan to join us on Thursday, June 16 at 7:30 in the AR.

### Concert in the Park Returns!

LV Music Club – Marci Lapair

The LV Music Club is excited to announce the return of the Concert in Our Park on July 5 at 7:00 pm in the area behind the Pavilion.

We have not been able to hold this popular Leisure Village event for the last 2 years because of COVID. The Groovin' Easy Swing Band, featuring their wonderful singer Erin McPherson, will be providing the musical entertainment. The admission will be \$10 per person and tickets will go on sale later this month; information regarding purchasing the tickets will be forthcoming.

If you missed last month's Open "Mic" Night, you missed a fantastic show! We had a large audience that enjoyed an evening of performances by talented Leisure Village residents. It is amazing how many gifted people live in Leisure Village. Be sure to come to the next Open "Mic" Night on Friday, June 3 at 7:00 pm in the AR. Open "Mic" Night is open to all the villagers at no charge. We provide refreshments including wine. We would be happy to hear from you if you are interested in performing at Open "Mic" Night and have a talent such as singing, playing a musical instrument, dancing or have comedic talent. Please contact Dick Guttman 805-484-5806.

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 June 6 is *As Good As It Gets*, a romantic comedy-drama starring Jack Nicholson and Helen Hunt. Nicholson and Hunt won Academy Awards for Best Actor and Best Actress. Jack Nicholson gives a show-stopping performance as Melvin Udall, an obsessive-compulsive novelist who is rude to everyone. When his neighbor is hospitalized, Melvin is forced to babysit his neighbor's dog. That unexpected act of kindness along with the only waitress at the local diner who will serve him, helps put Melvin back in the human race. The movie is rated PG-13 and is 139 minutes long.

On June 20, we will screen the

—Please See **PAGE 6**



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Photo by CHIEF MANNY SEGOVIA

Firefighters on scene discussing their plan after evacuation was completed and ensuring no other fires ignited.

**Fire**

From PAGE 1 —

call in a neighboring Village and arrived moments later. They quickly began evacuating all residents in the four-plex. Mere moments passed, when the fire trucks from here to Ventura began appearing. Numerous rigs rolled in as though on cue, each team falling into sync with the other, all of them set on one mission: save lives and property to the best of their ability – no exceptions.

If you, too, were there to witness this event, you saw what appeared to be a perfectly rehearsed drill and instantly felt the impact of the moment: This is real – it's not a drill. In that same flash, you couldn't help but feel an immense sense of pride, and gratitude, as you watched all these brave and courageous people working together:

the various fire crews and our own LV personnel, all in unison. In no time the teams had the fire under control; everyone was safe as the flames and smoke subsided.

It's in moments like this you realize with absolute clarity: this is one of the many reasons we chose to live here – Safety and Security demonstrated once again at its finest. It's also a time when numerous "What-If" questions arise. If you haven't done so, then do it now: write down those questions and call your insurance agent to be certain you're clear what your Homeowner policy does and does not cover, particularly in HOAs. If your agent does not have the in-depth answers you're looking for, they can reach out to LV's insurance company to do so. In the meantime, rest assured, you live in an amazing place — when Villagers call, the response is amazing!

From Page 1 —

**Board: a piece of wood / Bored: a feeling of idleness**

**Board: a governing body**

**Let's not be idle pieces of wood – Let's get out the vote for our Board!**

Speaking of Candidates and running for our Board, are you wondering why there were only three names for the two open seats we have this term? In a community as large as Leisure Village, wouldn't it be reasonable to have multiple people running?

WHY don't more people run for our Board?

WHAT do you think we could do to get more people interested?

I offer you these questions and appreciate your thoughts on the matter. Please send your responses to [insidveditor@gmail.com](mailto:insidveditor@gmail.com) Attn: Rosemary. We appreciate your input and will follow up in next month's edition. In the meantime, thanks for helping Get Out the Vote!

**HISTORIC REFLECTION** By Max Copenhagen

# Central Coast Style — Santa Maria BBQ

Along the California Central Coast barbecue usually means Tri-tip beef cooked Santa Maria-style. This kind of barbecue has a rich, local history, but is largely unknown outside of California.

In the early 1800s, there were about 3 million cattle here on the Mexican ranchos. Richard Henry Dana wrote about this in his 1840 book "Two Years Before the Mast." His cousin, William Goodwin Dana, built an adobe house and established Rancho Nipomo. The house is now a historic landmark and open to the public.

The ranches in the area cooperated on big roundups to sort the cattle and brand the new calves. Field kitchens were set up to feed the many ranch hands involved in the work. Santa Maria-style barbecue emerged from this tradition. Large cuts of beef were placed on saplings over a trench filled with oak coals. The best firewood, coast live oak, burns clean without becoming too hot and is native to the Santa Maria area.

Santa Maria-style barbecue doesn't use sauce. The beef is simply dry rubbed with black pepper, salt, and garlic powder, and served with small pinto (pinto) beans, salsa, toasted sourdough garlic bread and green salad. The traditional menu was copyrighted by the Santa Maria Valley Chamber of Commerce in 1978.

Prime rib was the preferred cut of meat, but it was expensive so they started using large slabs of top sirloin known as "top block". Tri-tip is also commonly used, but harder to chew. The Tri-tip cut of beef became popular in the 1950s when Bob Schutz, a one-armed butcher at the Safeway in Santa Maria, decided not to grind the tougher triangular piece of bottom sirloin, but to cook it on the store's rotisserie. He liked the result and started marketing the cut as Tri-tip. When he opened his own Santa Maria Market in the sixties, it would become his signature cut.

The Santa Maria Club was founded in 1920 and a barbecue pit was built there. The club folded in the seventies, but the local Elks Club continued the tradition of hosting large public barbecues. R. H. Tesene began serving barbecue at his restaurant, The Beacon Outpost, in 1952. This was probably the first restaurant in the area to offer SMBBQ.

Here in the Village we have a built-in barbecue on the picnic lawn that is set up perfectly for the preparation and serving of this Central Coast dish. Local markets often carry pre-marinated packaged tri tip with an assortment of flavors and spices. Purists tend to shun the marinated pre-packaged Tri-Tip. Our favorite local event chef, Chuck Dolan has prepared more than a few of the party-worthy Santa Maria BBQ's on that grill; he creates and uses his own special rub.



Photo by JON

Chuck Dolan at the Picnic Area BBQ preparing for another Santa Maria BBQ session.

President Ronald Reagan liked Santa Maria-style barbecue. Several were held on the South Lawn of the White House and at the 'Western White House' in the Santa Ynez Valley. For more, see the book *Santa Maria Style Barbecue* by R. H. Tesene.

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# VILLAGE ENTERTAINMENT

## Music Club

From PAGE 3 —

1986 movie *Top Gun* starring Tom Cruise and Val Kilmer. The Top Gun Naval Fighter Weapons School is where the best of the best train to refine their elite flying skills. When hotshot fighter pilot Maverick (Tom Cruise) is sent to the school, his reckless attitude and cocky demeanor put him at odds with the other pilots. With the recent release of the sequel to *Top Gun*, come and see the original movie. The movie is rated PG and is 1 hour and 49 minutes long.

The Groovin' Easy Swing Band rehearses on Tuesday evenings between 7:00 pm and 9:00 pm in the AR. The rehearsals are open to all the Villagers. Come and listen to the easy listening music performed by this 17-piece swing band. If you have any questions, please call Marci Lapair, 818-399-0843 or Debbie Goodman, 818-523-0731.

## Celebrating Fab Friday 2022

Showtyme Presents – Jennifer Stein

Bill A. Jones returns to Showtyme from 2019 to perform standards made famous by Frank Sinatra, Dean Martin, Sammy Davis Jr., Bobby Darin and others in his own unique style. Bill will be backed by his 'A Players,' 6 of LA's top musicians who've worked with everyone from Rod Stewart, Lady Gaga, Ella Fitzgerald, Ray Charles and Peggy Lee. Bill, besides being an accomplished musical performer, is also best known from his 6 seasons as a charismatic news anchor Rob Remington on Fox TV's *Glee*.

Bill is no stranger to performing all over the USA for galas, concerts, award ceremonies and special events. He appeared on *Comedy Central's Workaholics*, *The King of Queens*, *Everybody*



Stock Photo

Showtyme presents Bill A. Jones and his music sylings on Friday, June 10th at 7pm.

*Hates Chris, Las Vegas, Days of Our Lives* and the list goes on. As a singer, Bill was named one of LA's Best Concert/Cabaret/Pop Artists on [broadwayworld.com](http://broadwayworld.com). Bill A. Jones has opened for Tony Bennett & Steve Tyrell and toured with The Glenn Miller Orchestra. His resume is certainly impressive but what truly makes Bill stand out is his love of music. He is so comfortable on stage, very natural and for his

audience that makes it even more pleasurable to watch and hear. It's never easy to know that the last song is coming soon.

You don't want to miss this #1 Fab Friday Celebration of 2022. Showtyme has 1 over the top event in 2022 and this is it. Fab Friday is on Friday, June 10th at 7:30pm in the AR. Doors open at 6:45pm. Admission is \$20 per person, annual Showtyme membership does not include Fab Friday Events.

We encourage you to purchase pre-paid tickets for this event to make it easier to find a seat as the seats are not reserved. Pre-paid tickets will be available for purchase on Thursday June 2nd, 9am – 11am in the lobby of the AR. Pre-paid tickets are also available to purchase by calling Jennifer or Susan Stein @ 805-383-1518. Tickets may be purchased the day of the show at 6:45pm. Bring your neighbors, friends and family to enjoy with you. Any questions please contact Jennifer @ 805-383-1518.



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## A PINCH OF SALT By Larry Swartz

# Roux, Roux, Roux Your Boat

After last month's column talking about gravy, I got inspired. Everything's better with gravy. I just finished browning 2 organic chicken thighs and threw in every veggie in the fridge (cabbage, potatoes, carrots, celery, onion) added garlic, browned them all and threw them in the crock pot; made a roux in the pan with gluten free flour, olive oil and pan drippings. When it was slightly browned and had a nutty aroma, I added onion bouillon, a little Worcestershire, leftover wine (it doesn't happen often that I have left over wine), whisked carefully, simmered till thickened and poured it over the stuff in the crock pot.

There are a few things that are mucho importante when it comes to accomplishing this.

1) A good whisk (not a brand from a company based in Arkansas.)

2) Patience in whisking so you don't splatter it all over the stove

3) Roux: Ratio of 1:1 – flour to fat

In the 1600's, a roux was butter and flour and originated in France, of course. Later, cooks adapted the ingredients and added certain seasonings to fit their need by substituting other fats and other types of flour.

Cajun cooking became popular in the US in the late 20th century. Cajun cooking is basically poor country French as the Acadians came from Canada and ended up in Louisiana. Because they were poor, they had to use poorer quality cuts of meats that needed to be cooked slowly to be edible. Gravies play a huge role in Cajun cooking.

Below is a basic béchamel sauce—roux and milk. You can use it to make dozens of other sauces.

### Classic Béchamel Sauce

*Yield - 2 cups sauce*

Ingredients

2 tbsp unsalted butter, divided

1 tsp. butter

3 tablespoons all-purpose flour

2 cups whole milk

1/4 tsp salt, or more, to taste

1/16 to 1/8 tsp, white or black pepper (optional)

In a heavy-bottomed saucepan set over medium-low heat, melt 2 tablespoons of butter. Add the flour and whisk together until the butter and flour mixture forms small bubbles with a faint tint of color, about 2 minutes.

Add 1 cup of the milk (all at once) and whisk until the sauce is smooth and lump-free. Whisk in the remaining 1 cup of milk (all at once), with the salt and white or black pepper.



Raise heat to medium, bring the sauce to a very low boil. Keep whisking for an additional 2 minutes, or until thickened and it no longer tastes of raw flour. The finished sauce should have a thick, gravy-like consistency.

Use immediately or pour into a storage container. Spread the remaining 1 teaspoon of butter over the surface of the hot sauce to keep a skin from forming.

Cool before storing. Refrigerate, tightly covered, up to 5 days, or freeze for up to 3 months.

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04LV061



# Two LV Water Sources Facing New and Fluid Issues

By Dennis Doolittle and Jon Niemann

There are two really big water pipes feeding Leisure Village, each with its own purpose and each filling specific water needs. One source of water is for households (potable water). The other source is to provide water for the 200 acres of landscaping (non-potable, recycled water). This report is dated June 1, 2022. ILV will continue to monitor and update the situation as it evolves in the coming months.

**Household Water:** This is the water that Villagers use in their household including appliances, kitchen, bathrooms and the hose bibs that are attached to the house. Due to the ongoing drought situation in the Southwest, Camrosa Water District has moved to Stage 2 water restrictions effective June 1, 2022. These restrictions will require a 30% reduction from cur-

rent usage for all Camarillo homes tapped into the Camrosa (potable) water system. Their current focus is to cut back on use of household water for landscape irrigation in the broader area served by the Camrosa Water District. This step is already in place in neighboring Oxnard and Calabasas. Because Leisure Village invested in a dedicated irrigation water system that uses recycled, non-potable water, one of their options is to ask Villagers to cut the current LV household usage. There is a *possibility* that the target usage of maximum 55 gallons per person per day (we are currently at 62 gallons) could impact LV. Not taking action and continuing with the current trend could push the Village into a category of vastly increased rates that are on the horizon.

**Irrigation Water:** In 2007 Leisure Village and Camrosa /

—Please see PAGE 12

**We Sell Leisure Village**



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## May 2022 Sales

<b>Amalfi</b>	<b>Village 31</b>	<b>\$700,000</b>
<b>Coronado</b>	<b>Village 23</b>	<b>\$572,000</b>
<b>Coronado</b>	<b>Village 24</b>	<b>\$605,000</b>
<b>Coronado</b>	<b>Village 16</b>	<b>\$613,000</b>
<b>Del Mar</b>	<b>Village 6</b>	<b>\$560,000</b>
<b>Del Mar</b>	<b>Village 25</b>	<b>\$600,000</b>
<b>El Dorado</b>	<b>Village 25</b>	<b>\$690,000</b>
<b>El Dorado</b>	<b>Village 14</b>	<b>\$800,000</b>
<b>Holmby</b>	<b>Village 42</b>	<b>\$705,000</b>
<b>Newport</b>	<b>Village 25</b>	<b>\$475,000</b>
<b>Valencia</b>	<b>Village 42</b>	<b>\$795,000</b>
<b>Valencia</b>	<b>Village 20</b>	<b>\$835,000</b>

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DSLV095

06LV145

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06LV12S

# A WORD ON WINE By Don & Barbara Senior

## Really Good Boxed Wine — Is That a Thing?

There's a quiet revolution happening in the wine industry. Forward looking wine companies have started to package excellent wines in (Gasp!) cardboard boxes. Not that boxed wine is anything new, but these wines going into boxes are produced with the same level of care as premium wines sold in bottles. Wineries can charge a higher price and be good environmental citizens, reducing their carbon footprint by 50% or more.

Boxed wine has been around for decades, but quality was notoriously spotty. Wines were often nondescript red blends or flabby whites that were fruity with no character. The wine box was perfected early on – a plastic bag with a pour spout inside a cardboard box, sized perfectly to stand up on a shelf. As wine is poured from a box, the bag collapses and no air enters the container. It means you can pour a glass of wine day after day for up to six weeks without the wine turning bad.

Our quest for premium box

wine was inspired in planning for the June LV Wine Club picnic. The club aimed to serve premium boxed wines, meaning wines that specify an appellation, a vintage and a varietal. A Google search turned up five possibilities, plus a box wine from the Languedoc in France. None were available locally, but shipping is usually free.

The most interesting option turned out to be (Don't laugh!) Really Good Boxed Wines in Healdsburg, offering three wines that met the test: appellated, vintaged, single varietal. The wines are a 2021 Dry Creek Valley Sauvignon Blanc, a 2021 Rose of Pinot Noir from the Russian River area, and a 2019 Cabernet Sauvignon from east Paso Robles. The price per box is \$65 - shocking until you consider that a box of wine is three liters or the equivalent of four bottles. That makes the bottle price \$16.25.

Turns out boxed wine is a hot new trend in wine packaging. There are one liter boxes that fit

—Please see **PAGE 12**

### PHOTO CLUB WINNER – ASSIGNED CATEGORY



■ 1st — Gregg Gillmar / Bodie Glass



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**Dr. Hui-shu Lee**  
UCLA

**Dr. Aihua Z. Pearce**  
Cal Lutheran

June 11, 1 p.m.

June 11, 2 p.m.

June 18, 1 p.m.

June 25, 1 p.m.

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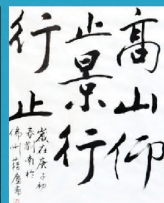
**Folk Instruments**

**Chinese ink painting**

**Chinese calligraphy**

**Charcoal wash**

**Traditional dress**



**Dr. Haiqiong Deng**

**Dr. Nan Liu**

**Dr. Nan Liu**

**Victor Wang**

**Mian Situ**

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June 8, 6:30 p.m.

June 9, 6:30 p.m.

June 18, 3 p.m.

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05LV16S



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## Newcomers Orientation

Session II for new residents is on Saturday, June 25th from 10am-noon and focuses on maintaining and improving the exterior of your home, insurance and long-range village planning. The session features time to talk directly with Villagers who can answer questions about living in Leisure Village.

Contact Patti Schultz to RSVP / Questions: pattischultz0732@gmail.com or 805-558-0732

## Water

From PAGE 9 —

Calleguas entered into an agreement to use recycled, non-potable water for irrigation of landscaping. A loan that had been negotiated to pay for the infrastructure was paid off by 2009. This system has its issues and the LV Association is working hard to identify areas that need attention and mitigate problems. All of the sprinklers you see watering the lawns, the garden beds where enhanced landscaping are next to the homes are irrigated by this system, identified by the purple color where plumbing and outlets are visible. This system is not

included in the current restriction phase as of this report.

The wisdom of LV leadership leading up to the installation of the irrigation system has proven to be a financially sound and ultimately drought tolerant solution to maintain a beautiful environment in the Village. The Long Range Planning Committee and two of its subcommittees will be working to get the message out to residents encouraging water saving for the foreseeable future. Your intrepid Inside Leisure Village crew are behind this effort to capture the wisdom of the LV Irrigation System, stay ahead of the restriction curve and help in keeping the looming drought situation at bay.

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## HOME TOOLBOX By Tricia Garcia

### 27 Quick and Easy Fix Ups to Sell Your Leisure Village Home Fast and for Top Dollar

Leisure Village - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

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will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

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03LV071

## Word on Wine

From PAGE 11 —

in a beach bag or backpack. Some boxes are dressed up with wood veneer, and another box wine is cleverly called Sandy Giovesse. Still, we were skeptical, so Don ordered two of the Really Good Boxed Wines to sample. And we did – several times with friends and, of course, the LV Wine Club picnic committee. The wines were both true to their varietal with great structure and stood up to similar wine in a bottle. What a pleasant surprise to find such good wine in a box.

Of course, bottled wine isn't going away, but boxed wines are being reimagined, and, YES, really good boxed wines ARE a Thing.

## POETRY CORNER

### MOTHER DEAR

By Aleta Trogdon

*I look at your work-worn hands  
And as through a camera I see  
All the years you sacrificed  
Just for me.*

*You never had one carefree moment  
To use or waste at will  
Your heart must have felt the loss  
For dreams that could never be filled.*

*You never complained and lived each day  
With dignity, honor, and pride  
And held me close and dried my tears  
While yours swelled inside.*

*In my deep, quiet moments, I wonder  
"Have I been all a daughter could be?"  
Have I given to you one-hundred percent  
As you have given to me?*

*Now in the autumn of your life  
Your hair is crowned with gray  
A million thanks for your unselfish love  
While your youth slipped away.*

*I pray to the Good Lord above  
To recognize your worth  
To reserve His most special place  
For the best mother on earth.*

*Now my heart is demanding  
That I must let you know  
I have, and will, love you always  
Instead of "I loved her so."*

Editor's Note: Regrettably, we were unable to run this in May, for Mother's Day. Fortunately, it is appropriate to honor Mom every month.

**THE HEALTHY VILLAGER** By Jeannie Davis, PT, MPH

**Understanding Food Cravings and the Emotions that Drive Them**

One of the greatest pleasures in life is to eat and enjoy what we eat. Benjamin Franklin said, "One should eat to live, not live to eat." Hunger is different from food cravings. Food cravings have been called hunger



of the mind, not the body. When you are eating, it takes at least 20 minutes to feel full, so eat slowly to enjoy your food and be kind to your digestive system. Most people typically eat about the same volume of food each day and even at each meal. We tend to eat the volume we want, not the calories.

Our brains developed over thousands of years to experience pleasure when three tastes of calorie dense food are in our mouths – sugar, fat, and salt. These cravings begin in fetuses even before birth. Food addiction is more complex than drug addiction – often more difficult to recover from emotional overeating than from drug addiction. Intermittent exposure to craved foods is more powerful than constant exposure. Foods high in sugar, fat, and salt alter the biological circuitry of the brain.

It is the combination of sugar, fat and salt that makes a food hyperpalatable, which makes it tastier than it would otherwise be, and overpoweringly reinforcing. Eating these sugary, fatty and salty foods make us want to eat more of them. When these types of foods are consumed, it tends to stimulate appetite, not satisfy or suppress it. Eating hyperpalatable foods increases our feelings of anxiety and depression.

We all need to eat real, fresh foods and not engineered hyperpalatable foods. Eating food that has high sugar, fat and salt, such as packaged food and fast food will change our brain chemistry and emotions. Nutrients in the Mediterranean diet have been found to lower the risk of

depression. Eating lean protein, fresh vegetables and some fresh fruits with complex carbohydrates is healthier for our body and our brain.

So the best way to eat is to eat plants, and lots of them, including fruits and veggies, whole grains (in unprocessed form, ideally), seeds and nuts, with some lean proteins like fish and low sugar Greek/Icelandic yogurt. Avoid things made with added sugars or flours (like breads, baked goods, cereals, and pastas); and minimize animal fats, processed meats (sorry, bacon) and butter. Occasional intake of these "bad" foods is probably fine; remember, everything in moderation. And, for those who are trying to lose weight, you can't go wrong with colorful fruits and vegetables. No one got fat eating berries or broccoli. Quality matters over quantity.

A nutrient rich diet is dominated by the five major food groups:

- High fiber whole grains
- Fruits
- Vegetables
- Low-fat dairy products
- Lean protein

For better food choices, read the nutrition facts and shop the perimeter of the supermarket. Enjoy what you eat, and remember, you are what you eat.

*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.*

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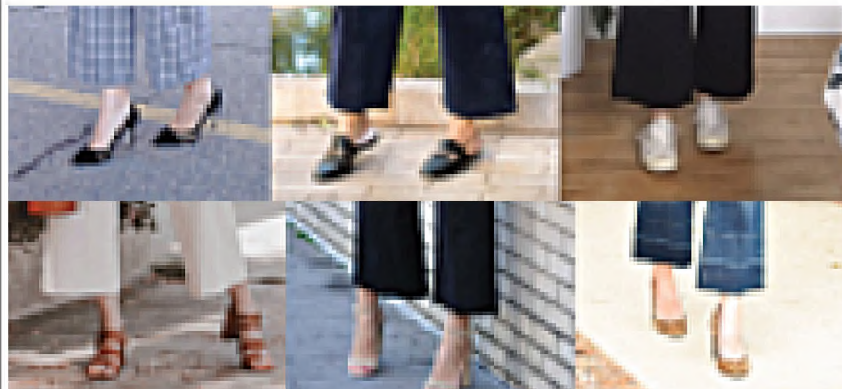
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## CLUB NEWS

### AMATEUR RADIO CLUB

By Jonathan Fox

The Amateur Radio Club promotes a fun hobby that is enjoying a renaissance today as more people discover the ability to make new contacts with fellow hams in both local and distant lands. The club has earned several awards – Worked All States, Worked All Continents, and the highly coveted DXCC, which signifies contacts with over 100 countries or entities. Our current total is 143.

Others join our club as a way to help with service to the community by working with state, county and local agencies to provide communication in times of need. Several members are part of the Auxiliary Communications Service of Ventura County. We are directed by the Office of Emergency Services

located in the VC Sheriff's department headquarters in Ventura and have been vetted and trained as disaster workers with special communication skills.

If you are curious about becoming a member of the club, please join us at one of our meetings. You do not have to be a licensed amateur radio operator to join. Meetings are held the second Wednesday of odd numbered months in the MPR room of the Recreation Center at 2pm. For more information contact Jonathan Fox at 805-377-3697 or [KT6LA@yahoo.com](mailto:KT6LA@yahoo.com).

### BILLIARD CLUB

By Vera Erskine

Picnic-in-the-Park: Mark your calendars for our annual picnic, which is Saturday, June 25 from 12:00 to 3:00pm. Tickets are \$10 per person. Menu includes

—Please see PAGE 15



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# CLUB NEWS

## Billiards

From PAGE 14 —

chicken, potato salad, coleslaw, beans, chips & dip and cookies, along with wine, soda, beer and water. Contact Wilma Hutson for tickets at 805-905-0844.

REMINDER: Must be a Club member to participate in tournaments and other Club activities. 2022 dues are \$7. Contact Kathy Wirtz at 805-384-8508. For more information about our Club, contact president Vera Erskine at 805-987-4537.

whether cuneiform on clay, hieroglyphs on papyrus, quill on paper or fingers on keyboard. Good writing illuminates the subject, the dialogue, the memo, and the speech, e.g., the Gettysburg Address.

Workshop For Writers provides a forum wherein writers share their fiction, non-fiction, memoirs, biographies, and poetry. Open discussion follows each presentation. Critique and friendly feedback are the means we use to improve our scribbles. Join us if you're serious about improving yours. Call Mark Sconce for further information 805-586-4485.

fore the gathering. The items will be auctioned off and the proceeds will be used to subsidize future club events. Limit 3 items per person. NO furniture.

Reminder: Membership dues are \$5.00 per person. Contact Geri DeSimone at 805-484-7308 for membership.

try the stage, be truthful. Many of our favorite participants came with little to no recent experience. Director wants to see your stage presence, make sure you can read smoothly and easily and love to sing.

Up next, open casting call for the August show will be held Monday, June 20 at 7pm in the MPR. Director Vivian Hollander says "Bring your sense of humor. This show is all about fun." The August show will be Thursday, August 18 at 7:30pm in AR.

## WORKSHOP FOR WRITERS

By Mark Sconce

Dedicated writers gather on Pat's Patio bi-monthly, all of them committed to the idea that good writing is and was a goal worth attaining

## MAVERICKS CLUB

By Vera Erskine

CASH IN THE ATTIC: The winter event went so well we plan to have a Spring event. Mark your calendars for Friday, June 24. Bring "useable" items an hour be-

## PLAYERS GUILD

By Linda O'Neill

Regular casting calls are new to Players Guild. In the past, with few exceptions, monthly workshop directors have filled their cast with actors/singers known to them. And there's something to be said for using "known" players, particularly their reliability. However, that left many talented people without an obvious path to participation.

Here are some tips for attending an open casting call: if there are no given parameters, be sure you have a joke to tell, a song to sing or a passage to read. Prepare a resume of your show business experience. If there is none, but you've always wanted to

## DUPLICATE BRIDGE

By Vonnay Brook

If you are interested in playing Duplicate Bridge, we meet Monday and Wednesday evenings at 6:40PM in the Garden room, play starts at 7PM. Join our friendly group, we would love to get acquainted. If you want to brush up on bridge we have help there too.

For more information call Vonnay Brook 805 586-7155 or cell 909-225-6100.

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# CLUB NEWS

## RACQUET CLUB

By Roger Florio

The Racquet Club's Spring pickleball and paddle tennis tournaments were held in April under sunny skies and drew a good turnout of both participants and spectators, with plenty of tasty treats on hand at the food trough, er table. Congratulations to winners Janna Cohen, Sheila Jacketti, Jeff Kris, Marg Peterson and Hector Sepulveda, who vanquished the competition and took home the coveted Trader Joes gift cards in the Pickleball tourney. The Paddle tennis winners were Bob Bleicher, Roger Florio, Mark Holland, Georganne Norton, Saroj (Rose) Vanagni, Marg Petersen, Sunshine Peterson and Sharon Wilson.

Thanks to tournament director Larry Gries for keeping the proceedings on track, a task bearing

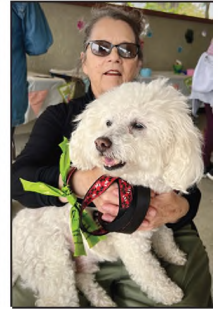
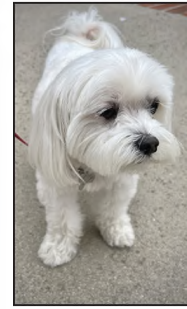
more than a passing resemblance to herding cats.

The club's first Friday afternoon Pu-Pu Party of the season was held on May 20. A rare cloudy and cool afternoon may have dampened the number of participants, but not their enthusiasm, and the abundance of spirit was matched only by the abundance of snacks at the food table. If you missed out on this event, fear not: these gatherings are held every third Friday afternoon from May through October. Racquet Club members and interested residents are invited to another Friday afternoon of eating, drinking and swatting balls about the Courts at the next such gathering on Friday, June 17 at 4:30pm.

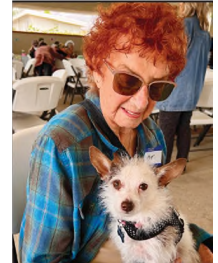
## PET CLUB

By Shawn Baker

An ice cream social was hosted by the Leisure Village Pet Club



Photos by JON



John & Shawn Baker put on a festive ice cream social. Here they are greeting Pets and Pet Parents at the Pet Club ice cream social, held in the Pavilion.

on May 19th. Ice cream sundaes were served to 50+ pet lovers. "Pup"achinos, decorations and raffle prizes were provided by Beach Dog Fun Doggie Day Care.

Watch for Pet Club's upcoming Coyote information meeting in June.

The LV Pet Club is a group of Pet Owners and Pet Lovers to gather for pet-related social and fundraising events. We do not have regular meetings, but we have several activities throughout the year such as informational pet related speakers, pet parade, pet food drives and more! For more information contact Shawn Baker, President at 805-233-1725 or shawnbakerhomes@gmail.com.

Category theme for May was "Still Life," the judge was Steve Freidman from the Thousand Oaks Photo Club. Steve provided an enjoyable and thorough analysis of the photos submitted in all categories, with many ways the photos could be improved or viewed from a different perspective. To see all the photos for May or any other month, go to our website at leisurevillage.smugmug.com, then navigate to the "LV Photo Club Pictures" section.

The May workshop about Portrait Photography, held on May 19th in the MPR, and led by Ron Matson, was also well attended. Members brought many of their props and lights to demonstrate their techniques in this niche area of photography. More workshops are coming soon. Don't miss out on the opportunity to join the Photo Club and improve your photography skills.

The 1st Place winners for May were:

Assigned Category – Gregg Gillmar – "Bodic Glass"

—Please see PAGE 17

## LV PHOTO CLUB

By Chuck Morrow

The largest number of Photo Club members and guests, since the beginning of COVID, attended our May 5th meeting. The Assigned

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# CLUB NEWS

## Photo Club

From PAGE 16 —

Open Category – Don Treadwell – “Old Ballet Shoes”  
 Mobile Category – David Pepper – “Aaron and Ducey”

The Assigned Category for June is “Black and White.” If you’re interested in more information regarding the Photo Club contact Gregg Gillmar at [gsgillmar@outlook.com](mailto:gsgillmar@outlook.com).

scramble followed by a potluck luncheon on June 29th, the fifth Wednesday of the month. More details will be available at the June 8th meeting.

Come at 1:30 to enjoy snacks, chats and to buy 50/50 tickets. Prize money from the month of May will be distributed. Welcome to new members!

## BINGO!

By Bobi Shmerling

Let’s play Bingo. Join us for an evening with friends and a chance to win cash prizes. Bingo is held on Wednesday evenings at the Recreation Center in the Assembly Room. Minimum buy-in is \$13 for 18 games with payouts ranging from \$40 to \$300. Doors open at 4:45 pm and close at 5:45 pm. Play begins at 6:00 and ends shortly after 9:00 pm. Contact: John Herrera 805-419-4195, [johncboys@twc.com](mailto:johncboys@twc.com).

## WOMEN’S GOLF

By Patti Crichton

The Club Championship was played on May 18th and 25th. This was a LOW GROSS score tournament. Results will be announced at the June 8th meeting in the Garden Room. Results will also be posted on the LVWGA bulletin board at the Clubhouse. Thanks to Kerry Williams for organizing the tournament.

We will play a mixed 9r/18r

## PHOTO CLUB WINNER – OPEN CATEGORY



1st – Don Treadwell / Old Ballet Shoes

## LINE DANCING

By Merle Ruiz

Country line dancing is alive and well in Leisure Village. A beginning class is offered on Fridays from 2-3:30pm in the AR. (The “Newbie” class is currently closed

to new dancers. A new class will begin in late summer/early fall.)

Intermediate class takes over the Santa Rosa room on Mondays from 5:30-6:30pm. This class is for dancers with experience.

Beginning July 2, and continuing every 1st Saturday of the month,

—Please see PAGE 18

## 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.

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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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## CLUB NEWS

### Line Dancing

From PAGE 17 —

we will host a Country Dance and invite our community friends to join us. Any questions, email Merle at merleruiz20@gmail.com.

Age Related Eye Diseases, and 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.

### EXERCISE/STRETCH CLASS

By Donna Khacherian

We would like to take this opportunity to invite all new and old residents to join our morning Stretch Class held five days a week, Monday through Friday in the pavilion. Currently our times are 8:30am and 9am. This is a 30 minute class of stretching from head to toe and a wonderful way to start your day. The exercises are easy and very beneficial to keep our joints moving and our bodies strong. We meet outside in the Pavilion (area behind the swimming pool) rain or shine.

This is a fun way to make new friends and acclimate yourself to Village Life. Please come and check us out.

### LV MUSIC CLUB

By Marci Lapair

The LV Music Club is supported through our \$10 annual membership dues. Memberships are sold during our monthly activities. All our members receive email reminders of upcoming activities. Membership dues help cover the cost of the complimentary refreshments that we serve at all our events.

If you are interested in becoming active in The Music Club, we invite you to attend our next board meeting on June 27 at 10:00am in the Multi-Purpose Room. For more information on the LV Music Club please call Marci Lapair 818-399-0843.

### WATER AEROBICS

By Loyetta Aukstkalnis

Water Aerobics continues with an enthusiastic group of participants on Mondays, Wednesdays and Fridays, starting at 8am. Put on your bathing suit and join us in the 84 degree sparkling pool.

Working out in water is very therapeutic in getting your heart pumping, muscles stretching and

—Please see PAGE 19

### 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. Examples of our discussion topics include key basics on eye nutrition and eye protection to resist



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BEST RATES

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# CLUB NEWS

## Water Aerobics

From PAGE 18 —

strengthening your core. During one of these classes, I heard a lady say she had lost two inches since she started class and her core was stronger than it had ever been. Many say it is nice to begin early with exercise and by 9am we are finished.

The fellowship we have with the men and women gives a positive lift to this life we live. With determination you also can do it. If you need modifications for “physical issues” you might have, please let us know and we are happy to help. We’re very welcoming and inclusive while working our way to the best of health.

## BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Building classes are held 6 times per week in the Santa Rosa room. Exercises are specifically geared for seniors to improve balance and to increase bone density. Free 1-hour sessions are on Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm. These are not drop-in classes; registration is required. For 8:15 class, call Mamata 805-558-9360, for the 9:30 class, call Alice 805-437-6169, for the 6:00 class, call MaryAnn 805-390-1909.

## TAI CHI

By Chuck Morrow

Over 50 Tai Chi enthusiasts participated in World Tai Chi Day on April 30th in the picnic area. The forms were performed to instrumental versions of Leonard Cohen’s *Hallelujah* and Simon and Garfunkel’s *Sounds of Silence*. Participants of all levels of expertise (or none at all) were invited to join in to be a part of this international experience. Guidance was provided by Ruth Tidwell, Keiko Wilson, Susan Rockwell, Chuck Morrow and Deborah Bjornberg.

The eight forms taught in Leisure Village are modified specifically for seniors to improve their strength and balance. We welcome anyone to come and try out Tai Chi when the next session of classes starts. To sign up for the next Beginners Tai Chai Moving for Better Balance starting the first week of July, email Chuck at cmorrow@gmail.com to begin the process. This class is popular and fills fast so do not hesitate.

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines from different varietals and to explore regions. Tasting sessions are on the 3rd Friday of the month at 7pm in the



Photos by JON

Above, participants performing Tai Chi exercises World Tai Chi Day on April 30. At right, Chuck Morrow leading the participants.

## MUSIC AND MOTION

By Margie Monroe

A/R. All LV residents are welcome, and reservations are highly recommended. Each session is \$15 per person. Bring two glasses and water.

The May session compared three wines from California to three wines from France and Italy: Chardonnay, Merlot and Sangiovese. Join us, learn a little and enjoy some wine.

Drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

This class is suitable for seniors of our community. We create various choreographies that are safe, fun, and keep our bodies moving while listening and responding to the various kinds of music. We enjoy a warm-up and a cool down

—Please see PAGE 20

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# CLUB NEWS

## Music & Motion

From PAGE 19 —

each one hour session.

Meetings are on Fridays, 9am to 10am in the AR. There is an \$8 per class fee. We hope that you will join us on the dance floor. NO charge for a first visit. For info call Margie at 805-437-6100 or e-mail margiegrm@aol.com.

June to guide another class. Date and medium to be determined.

Please contact Patti by text 805-760-7673 or email pcrichon77@hotmail.com to sign up for classes. The July 6th meeting will be back in the MPR at 1pm. Welcome to new members!

## VILLAGE ARTS

By Patti Crichton

Our June 1st monthly meeting was our annual picnic in the Pavilion for Village Arts members. Thanks for attending and congratulations to the raffle winners! Thank you to Kathy Whitesell who continues to offer her popular watercolor classes. The next two sessions start at 1pm and 2:30pm on June 10th.

Phyllis Doyon guided us through an acrylic paint class on May 31st and she will return in

## IN DINING OUT

By Suzanne Einhorn

We had a fun group attending our first monthly 'In Dining Out' event at Bistro 13 in Camarillo. The evening went so smoothly with our entree Pollo Marsala, with mashed potatoes and sauteed vegetables plus a wonderful Italian salad for starters. Giavianni's amazing Tiramisu was a hit with the diners. (Giavanni is owner of the restaurant.)

If you are interested in joining us for our monthly dinners, please send your email address to princebichon2@yahoo.com. Questions or

suggestions of any restaurant you like are welcomed. The group is for 55 and older. You do not have to live in Leisure Village.

## SATURDAY NIGHT DANCE PARTY

By Michelle Hoffman

To celebrate our Saturday Night Dance on June 11 we are having a Hawaiian theme. Wear your brightest floral shirt. Leis will be given out at the door. On June 11, Ralph Mathis, the dance lesson will be West Coast Swing.

On June 25, John & John Duo, the dance lesson will be Tango. Admission is \$10.00 per person and includes dance lesson at 6:30 to 7:15. Dancing is 7:30 to 10:00 pm.

## YE OLE WOODCHIPPERS

By Bud Bradley

April's numbers held steady with 14 repair jobs for Villagers,

3 quick fixes and a library addition for the Village.

However, this brings an important fact to the fore. Our cadre of volunteers is shrinking. We are actively seeking more volunteers who enjoy working with wood and enjoy the feelings of good will that performing these tasks generates for our neighbors. If you think you might like to give it a try, contact Pirate or Bud and let's talk. Time to rebuild and your help will be appreciated.

The Woodshop is open 7 days a week for keyholders. Notices and Rules of Operation are taped to the main woodshop door. Please make sure to sign in and out and clean up your workspace as a courtesy to those



Photo by BUD BRADLEY

This additional shelf was needed for the LV Library.

—Please see PAGE 21



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# CLUB NEWS

## Woodchippers

From PAGE 20 —

that follow. If you wish to become a keyholder, you can contact Pirate or Bud on Wednesdays or Thursdays at the shop to make an appointment to be checked out. You can also reach us by email at the addresses below.

A reminder that the Woodshop is open from 10am until noon every Wednesday and Thursday, to accept your repair requests. There is no charge for these services unless special materials are needed to complete the repair. We gratefully accept donations to help keep supplies and equipment up to date.

During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked to not work on their own projects during these hours. For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

## LV WOMEN'S CLUB

By Barbara Cogert

We will be playing BINGO at our June evening event. Doors will open at 6:00 pm on Thursday, June 9th in the Assembly Room for Bingo card sales. Games will begin at 6:30 pm and end at 8:30. Members will receive an 8-game pack. Additional 8-game packs will be available for purchase along with daubers for 50 cents.

Non-member price is \$10.00, so

why not join the fun Women's Club and be a part of all the activities? CA\$H prizes. Join us for a fun and friendly evening-you may even get lucky and win \$\$\$!

**SAVE THE DATE:** Saturday July 2 for our Blow-Out Sale. We are collecting gently used clothing items and jewelry for our upcoming boutique. All proceeds from the sale will be donated to one or more of our local charities, including items in Leisure Village that all residents enjoy. Contact Shearon Millar at 805-603-2773 or Nancy Rowe at 805-419-3436 for pick up and drop off information.

## LV BOWLING

By Gene Kinsey

We are nearing the end of our regular season, BUT the summer league begins June 3. Interested? Call Bobi Shmerling at 805-389-1975. Remember you can be a regular or a sub. We bowl Friday mornings from 9 to noon at Harley's Camarillo Bowl. It is a handicapped league so everyone is equal.

Top bowlers last month for the women were: Linda Neth 247, Sue Hongsermcier 220, Gail Singer 245 and Marilyn Chavin 238. For the men: Julius Hirsch 251, Dick Fisher 267, Greg Cannon 259 and Bob Bleicher 243.

## NEEDLE WORKS

By Marie Bowler

Remember the quilting bees of

yesteryear? Needle Works is similar to that. But instead of everyone working on the same project, we work on our own individual projects. We are a group of women who love to socialize, knit, crochet and do needlepoint. We meet in the Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30 am.

If you're looking to meet other people with the same interests or just need help with a pattern, call Nancy Baumgarten at 805-377-2805. We invite men to join.

## WRITERS CLUB

By Harvey Brosler

The Stories submitted for May and primarily based upon the Suggested Topic "An Embarrassing Experience" were great. Another member wrote a mostly factual story on how her parents met and another member wrote on Visiting Unusual Places, (a Suggested Topic for June 6 but he will be traveling during that time.) Great learning experiences. The Suggested Topic

for June 23 is "A Favorite President." One member mentioned that she did not know some of the salient details related to a favorite president. However, those details can be found by doing a Google search and adding salient facts.

Don't forget to look at the stories posted in the LV Library on either side of the front door picked our vice president. It is anticipated that all members will have at least one of their stories posted in the LV library during the year. Keep those great stories coming. The motto of the Club is WRITE-PRESENT-LISTEN-ENJOY-LEARN.

## WII BOWLING CLUB

By Judy Spector

Wii Bowling welcomes our new members. Come join the fun! Sessions are played on Tuesday 9:30am & 11am, Wednesday 1pm and Thursday 11am. Annual membership dues are \$10.

For more information contact Connie Davis 805-320-1544 or Sylvia Edmonds 805-987-1666.

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**CLUB NEWS**

**GREAT DECISIONS**

By Sharon Baker

Great Decisions, Foreign Policy Association, meets on the 4th Monday of each month, except for August

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### DEADLINE for the next publication is Tuesday, June 14.

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**WANTED:** Newer paper shredder, antique chairs, craft items, buttons, we love knick knock all sizes, small desk, curio, Meyer lemons, patio items, golf equipment. Sam-LV resident 805-379-5653

**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

**Private Licensed Caregiver** -Prepare plans, basic needs, assessments. Meal preparation, housekeeping, monitor medications, transferring and mobility, appointment scheduling, shopping, transportation. Consultations available. Misty Smith 805-436-9942

**Rosa Caregiver** for 17 years. Available day or night. I am responsible and I have letters of recommendation 805-856-8406

**In-home care** by a certified experienced reliable & vaccinated caregiver. Providing quality of life needs. FT/PT. Call Eve 805-504-7236

**CAREGIVER** Patient, flexible, reliable, hardworking & caring. Excellence in proving for daily needs. Willing to help with anything you need. Please contact Chery 805-444-2379

**Caregiver/Driver** – shopping, doctor's appointments, errands. I have 20 years experience. 805-844-8377

**I'LL HELP YOU** with gardening, weeding, planting, trimming plants and bushes. Prune roses, remove pine needles, clean patios. LV resident with excellent references Darren 818-618-1028

**Hugo's Garden Services:** lawn and garden maintenance. Cleanup, tree pruning and removal, sod/seed installation. Over 23 years working in Leisure Village, LV references 805-482-0985 or 805-216-8835

**HANDYMAN/INSTALLATION** – Electrical, plumbing, appliances, rain gutters, cleaning windows, repair broken things, hanging shelves and pictures, painting hauling, any help. Call Eric at Merchandise Assembly 805-210-0489

**Handyman services** – Garden, patio, yard cleaning, hauling/dumping. Plant trimming, removal. Call 805-487-1613

I haul heavy items inside or outside village with my pickup truck in Village 5. I can lift heavy weights. Hauling inside Village \$25. Outside village negotiable. 805-749-6051 Saber

**WINDOW CLEANING SERVICE.** Since 1996, serving Leisure Village, Sparkling windows, mirrors, screens and tracks. COVID precautions Woman owned business. Referrals available REVEAL Windowing Cleaning - Julie 805-258-6821

**Professional Carpet Cleaner** – Jeff G with Global Green 888-774-2547 Services include carpets, area rugs, tile and upholstery cleaning. Serving Leisure Village for over 20 years. LV Referral Reisa Ross 805-484-5570

**Lupitas Cleaning** – weekly, bi-weekly, monthly, one time or moving in/out. Excellent ILV references. Reasonable prices, trustworthy, free estimates. Please leave a message, I'll return the call ASAP 805-302-3857

**Emma's House Cleaning.** Been working in Leisure Village for 25 years. Excellent references. Very reliable. Emma 805-402-7789



**BON VOYAGE!** June is the month that officially kicks off the summer travel season. Travel mishaps may make for funny stories down the road, but in the mishap-moment we often realize things we could have done that may have prevented our unfortunate circumstance. Here are a few tips that may help reduce the likelihood of having a snaffoo in your travels:

**DO YOUR RESEARCH:** Get to know your destination and activities in depth before you arrive. Read traveler reviews online to learn from the experience of others who have been where you're going and done what you're planning on doing. Review maps of

the area so that you're relatively familiar with the lay of the land before arriving there. Plan your routes in advance. Making these efforts will save you time and give you confidence when you arrive.

**DON'T DRAW ATTENTION** People who look like they're from out of town are especially vulnerable to crime, so try to blend in as much as you can. Choose inconspicuous clothing that won't attract attention. Don't wear expensive jewelry. Be discreet when looking at your GPS map so you don't appear lost or confused.

**MAKE COPIES OF IMPORTANT DOCUMENTS** You never know when you might need a copy of your passport, driver's license, health insurance card, tickets, etc. Scan these documents and print out hard copies. Email yourself a copy (encrypted or password protected) so you can access it online remotely if needed. Take a hard copy with you and keep it in a safe place – consider putting it in the lining of a suitcase.

**KEEP YOUR FRIENDS & FAMILY UPDATED** No matter whether you're going overnight or for several weeks, it's always a good idea to have friends and/or family know. Before you leave, send a copy of your itinerary to a few trusted people who can keep tabs on your whereabouts. Check in with your contact based on either planned time intervals/dates or location changes. It can be as simple as a text to let them know all is well or to inform them you've reached your next destination on your itinerary.

**AVOID OVERSHARING ONLINE** Posting photos or checking in on social media sites can be a road-map of your movements – just the sort of thing someone with ill-intentions would love to know. It also advertises your absence from home. Real-time updates can be tempting, but it's safest to wait until you return safely home before sharing your adventures.

**SAFEGUARD YOUR HOTEL ROOM & SECURE YOUR VALUABLES** Even if your hotel has security, there are steps you can take to make your room safer. Use the slide-chain or dead bolt when you're in the room. Consider hanging the "Do Not Disturb" sign on your door even if you're away to give the impression that you're in your room. To secure your valuables, use hotel safes and consider investing in protective clothing and gear that will make it more difficult for pickpockets to steal money and other personal items.

Please visit our "**Barlows Got Your Back**" area of our website for helpful links to more travel tips.

**BARLOW REALTY CAN HELP YOU IN YOUR REAL ESTATE JOURNEY!**



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