

# INSIDE LEISURE VILLAGE

VOL. 43 NO. 7

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JULY 1, 2022

## VILLAGER PROFILE By Nicole D'Amore

### Claudia Balke

If anyone wants help planning their landscape beds, Claudia Balke is the person to see.

Balke planted her first garden when she was only eight years old and now, she works with Committee Chair Don Marquardt and helps Leisure Village residents plan their gardens.

"I like to help homeowners, I like to make a difference," Balke said. "I want to keep the village beautiful as much as I can contribute to that."

The first thing Balke did after moving to Leisure Village in 2009 was attend a landscape committee meeting. At the time it was a full committee headed by Jerry Sortomme, a horticulturist who was happy to do it all. She was able to eventually persuade him to let her do more, and after he and a succeeding chairman moved on, she took over. But she didn't want

to be chair of the LV Landscape Committee, so Don Marquardt assumed that role and they work as a committee of two. She is also the landscape liaison to the Building and Grounds Committee. Plants have always been a big part of Balke's life.

Claudia grew up in Munich, Germany. "I was an only child and I had to be quiet, so plants were perfect," she said. "Nature was my savior. I got to know plants and insects and birds and started researching it as a child and that's how you get into it."

She came to the United States in 1967 with her first husband. They raised three sons and eventually bought a house in New Hampshire with a big yard. "I was in heaven," she said. "I had perennial gardens, I had a rose garden."

When other women shopped at

the mall, Balke spent her money at a nursery.

"My big Mother's Day gift was a trip to the nursery," she said.

After a divorce, Balke began a 35-year career in finance but still managed to keep up her gardening. After her second husband passed away and she retired, she followed her children's advice to join them in Southern California. She fell in love with Leisure Village.

Although she loved the house, she didn't love the landscaping and had it all taken out and replanted with her own choice of plants. "But I have a lot of plants that are approved so when the day comes I have to hand it over to the village, I don't have to replace much," she said.

Balke advises people who want to make changes in their landscaping to first fill out a landscape permit application. She will make an



Photo by JON

Claudia and Goldie are ready to help you with the garden areas around your home. Her extraordinary volunteerism has not gone unnoticed by ILV crew.

appointment with them and bring an approved plant list.

—Please see **PAGE 8**

## To Be, Or Not To Be, a Volunteer

By Rosemary Vine

The subject of volunteerism to keep activities, clubs and many functions of the Village running has been a topic of conversation recently. This month, we're obviously diving deep into the topic of Volunteerism as a vital component of our LV lifestyle, if not one of the most critical. We feature an article this month in our Villager Profile column about an exceptional volunteer who uses her innate talents to help keep the Village beautiful, and gets so much personal satisfaction from her contributions. We salute Claudia Balke for her long time service to the community.

Every one of our clubs, functions, committees, teams, groups, etc. are organized and kept running by volunteers. The nature of the definition of the word Volunteer (noun or verb) is essentially one who donates their personal time. It's the opposite of selfish, it is the act of giving something that is very precious to each of us. The majority of those who do volunteer, do so in the shadows, rarely recognized for their selfless contributions. This commodity of giving is in short supply at this moment in our LV history, in fact, it's at an all-time low. Many of our readers have expressed their opinions on Village operations, and we appreciate that. We listen

when we're out and about. What we've heard again and again, are two extremes: Younger people are moving in – and still working. Our retirees are just that – retired and done working. We want to encourage the person in between.

Clearly, Village activities and resources require individuals who might be looking for something to stimulate their brains, talents and re-activate their abilities. Ask yourself: Could I participate at a higher level? Maybe volunteer in running or assisting one of these activities? The answer we offer is, Why not? You will most likely just end up loving participating! We guarantee, you'll never know if

you don't give it a try. See the box containing listings of organizations needing volunteers.

### Resources Needing Your Help

**The LV Landscape Committee** - volunteers to assist with projects  
Claudia Balke 805-482-9164

**Building and Grounds** - volunteers to help keep the Village beautiful  
Sue Rockwell 805-279-0613

**LV Photo Club** - volunteers to assist with special projects  
Gregg Gillmar 805-573-6785

**LV Womens Club**  
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Welcome Committee

By Bobi Shmerling

Clubs & Groups are invited to join our Committee in welcoming new residents to our Village and tell them about our Club's activities. The Reception will be held on Thursday, July 28th at 6:00 pm in the Assembly Room. Help us encourage people to get involved and enjoy all that Leisure Village has to offer.

Contact & Reserve a space (only one representative per Club), by calling or emailing Bobi Shmerling 805-389-1975 (home) or bobi.shmerling@gmail.com.

ABOUT INSIDE LEISURE VILLAGE

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In Memoriam: submit name and Village number of the person who has passed to: insidveditor@gmail.com ATTN: In Memoriam

Letters

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

August 2022 Edition Deadlines

Club News, articles, letters and classified ads: Friday, July 15. August issue will be available Friday, August 5. Send news, articles & letters to insidveditor@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."

# THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

## Our Aching Feet – What to Know/What Shoes to Wear to Get Happier Feet

For years, I have been recommending patients to spend more money on their shoes (and mattresses), and to buy less expensive clothes as the body doesn't care about clothes for physical health and well being. We like to have nice shoes, but to be kind to support and cushion our aging feet, being knowledgeable about changes to your feet as you age and knowing what makes a good walking shoe is imperative for happy feet.

Women, especially when we are younger tend to wear fashionable shoes that have heels and other features not conducive to foot and toe health. Men in general wear flatter and better shoes, but tend not to want to spend more money on their shoes.

### Changes to Your Feet as You Age, shoes become more of a challenge

- Your feet will change in shape and size as you age, and your needs in footwear will vary depending on

various conditions

- It is normal for your foot to grow in width and length as you age; it is normal to have your shoe size increase by half a size or more

- You may experience foot and/or ankle swelling due to circulation challenges or medication side effects or other health conditions; you may need a larger pair of shoes to fit properly if your feet are swollen

- As we age, we slowly lose the fat pad that cushions the bottom of the foot; cushioned shoes and inserts are recommended

- Dry skin as you age can lead to calluses and cracked skin especially on your heels – lotion your feet with a lotion that contains Ceramides

- Bunions, hammertoes, arthritis and other foot conditions can develop or worsen as you age; women - you may experience the long-terms effects of wearing shoes with pointed toes and elevated heels

- You may lose flexibility as you age and have difficulty bending over

to reach your toes

- Foot problems due to diabetes – more than one in four people have diabetes after age 65; this often results in loss of blood circulation and sensation in the feet; avoid the shoe rubbing on your foot and blisters

- Our balance is affected as we age, so it is recommended to wear non-slip soles and enough structure for good support

### What constitutes a good shoe for walking around Leisure Village

- Running shoes are better than walking shoes

- Get running shoes that are comfortable, provide support and padding

- Don't buy less expensive running shoes – buy toward the top of the line to get the best shoe – you do get what you pay for

- Wearing a quality pair of running shoes reduces pressure on our low back, knees, ankles and feet, because they are designed

and use technology and materials, which are lightweight, offer superb cushioning and responsive shock absorption.

- Important – have at least two comfortable pairs of good quality running shoes as each pair of shoes should have 24 hours of rest after wearing; alternate your shoes for best support and longevity of the shoes

- Replace your running shoes after the treads on the bottom wear out and/or the integrity of the shoe is lost and doesn't provide good support

Our feet carry us through our life and we can make them happier with care and better shoes! Let's walk for health in better shoes and care for our feet – see you walking in the Village sometime soon.

*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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# VILLAGE ENTERTAINMENT

## Music Club Offerings

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. The admission is \$10 per person. A few tickets are still available for this popular event.

The Groovin Easy Swing Band, featuring their wonderful singer Erin McPherson, will be providing the musical entertainment. Millie's Famous Pineapple Upside Down cake, wine and coffee will be served at the intermission. For ticket information, please call Sharon Hames 805-445-7178 or Marci Lapair 818-399-0843.

The next Open "Mic" Night is tonight, Friday, July 1 at 7:00 p.m. in the AR. Come and enjoy an evening of performances by talented Leisure Village residents. It is amazing how many gifted people live in Leisure Village. 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 the next 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.

On Monday, July 18 at 7:00 p.m. in the AR, we will screen *The Out-of-Towners* starring Jack Lemmon and Sandy Dennis in Neil Simon's hilarious comedy. The top candidate for a prestigious promotion at his company's headquarters in New York, George (Lemmon) accompanied by his wife (Dennis) set out to take a bite out of the Big Apple only to discover that the Big Apple can bite back! Admission is free to all the Villagers, and we even provide the popcorn! The movie is rated PG-13 and is 1 hour and 41 minutes long.

The Groovin' Easy Swing Band

will be rehearsing Tuesdays, July 12, July 19 and July 26 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.

## Performance at Last

Players Guild – Linda O'Neill

On Thursday, June 16th, the audience finally saw "Broadway Melodies." In case there are one or two of you that don't know, this show was originally cast in January of 2020 for a March performance! And then came Covid and the shutdown.

If you saw the Tony awards earlier this month, you know the cast thanked the COVID workers, especially those monitoring the health of Broadway. They even invited those workers to see the show. I suppose Players Guild should mention here that our Board and administration set the rules that kept most of us healthy and for that we are very grateful. It was a miracle that this cast stuck with us

despite COVID and the sporadic updates coming from the two of us who were directing the production: Joyce Belcher and Linda O'Neill. Even more amazing was the staying power our guest accompanist, Ellen Kaminer-Gigger. We writers and planners started with one idea that eventually evolved into something quite different. Originally intended to be light and funny songs in a very casual format, that is not what we ended up with.

Opening the show, Vivian Hollander, Buster Hayslett and Rosanna Brown started us off with a scene and a song from *Gypsy*: "Everything's Coming Up Roses." Our narrators, Helene Cohen and Nancy Hullihan (who consider themselves non-singers) told us the background of every song on our roster with occasional commentary. Next up, Irv Feiles had a surprise visit from his stage-frightened wife, Sandy, for his romantic ballad; Marshall Smith honored Stephen Sondheim with his touching "Maria." Lorna Bowen (our guest vocalist) also

—Please see **PAGE 11**

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**A WORD ON WINE** By Don & Barbara Senior

# Chilled Wines For Summer

## ■ Patio Pounding in Style

There's something wonderful about sipping a cool wine on the patio as the sun begins to dip. While white wines are the usual choice for chilling, some red wines also can be enjoyed slightly chilled. Summer is a time to explore new wines and old favorites, all served with a bit of a chill.

How about Malvasia Bianca? Originating in Sicily, here's a wine to wake your palette up. Sniffing a glass of Malvasia Bianca is like walking through an orange grove when the trees are blooming. Finished as a dry wine, it's very crisp and refreshing. We recently enjoyed this wine with village friends who got it from an Arizona winery south of Sedona.

A Dry Riesling is also an excellent quaff on a warm summer evening. Why? Because it's the wine version of the cooling drinks you're already drinking - tangy, fruited Margaritas, Mojitos and Mai Tais. Check the label to make sure it says "Dry."

As far as summer wines go, it's difficult to beat the refreshing qualities of a well-crafted Rosé. There are different ways to produce Rosé, but the result is similar—crisp acidity, a blush pink color and an exceptionally light body. At the Wine Club Picnic last month, we savored a wonderful Rosé of Pinot Noir.

And how about red wines?



From the center of France, Beaujolais is a popular summer wine that gets its intense minerality from the granite hillsides. Fruity, juicy, and very easy to drink, Beaujolais can be paired with practically any protein, including various types of seafood. Chill for 30 minutes and it will be ready to serve.

Barbera is an extremely drinkable red from Italy, and, fortunately, it's relatively affordable. Served well chilled, Barbera is the wine that wine makers throughout Italy drink rather than exporting. There's simply no better wine to drink alongside a slice or two of pizza.

Lastly, Pinot Noir wines are particularly good summer reds because they are lighter in body and are best enjoyed served slightly chilled. Although the highest quality Pinot Noir wines are expensive, there are moderately priced ones that are perfect for casual meals out on the patio.

Summer won't last long, so pick one of these delicious summer wines, get outside and enjoy the sunshine!

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## June 2022 Sales

<b>Amalfi</b>	<b>Village 41</b>	<b>\$675,000</b>
<b>Amalfi</b>	<b>Village 17</b>	<b>\$755,000</b>
<b>Capri</b>	<b>Village 38</b>	<b>\$550,000</b>
<b>Capri</b>	<b>Village 22</b>	<b>\$600,000</b>
<b>Coronado</b>	<b>Village 3</b>	<b>\$539,000</b>
<b>Coronado</b>	<b>Village 11</b>	<b>\$550,000</b>
<b>Coronado</b>	<b>Village 25</b>	<b>\$589,000</b>
<b>Del Mar</b>	<b>Village 11</b>	<b>\$505,000</b>
<b>El Dorado</b>	<b>Village 16</b>	<b>\$725,000</b>
<b>El Dorado</b>	<b>Village 16</b>	<b>\$740,000</b>
<b>El Dorado</b>	<b>Village 1</b>	<b>\$749,000</b>
<b>Holmby</b>	<b>Village 18</b>	<b>\$635,000</b>
<b>Holmby</b>	<b>Village 40</b>	<b>\$692,000</b>
<b>La Jolla</b>	<b>Village 34</b>	<b>\$900,000</b>

**WeSellLeisureVillage.com**

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05LV06S

## Welcome New Board Members



Photo by JON

**LV Board**—Marlynn Block and Ruth Stubba won the election for two open Leisure Village Board of Directors seats. Join us in welcoming them and wishing them well in their new positions of leadership.



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# A PINCH OF SALT

By Larry Swartz

## Pomodoro Fresca, Aglio e Olio

I planted my tomatoes a few weeks ago but the other farmers' garden tomato growers are far ahead of me. If my production is anything like last year's, I'm gonna have a bumper crop and since tomatoes are loaded with a powerful antioxidant, lycopene, I thought it was a good idea to have a few dishes in my brain ahead of time so I bought a nice large heirloom tomato the other day for use in one of my favorite easy summer tomato dishes. It is easily adaptable into Puttanesca, another classical Italian red sauce. All the sauce ingredients must be fresh, not frozen, dried or canned or tubed.

You will need ( for one)

- 1 large red tomato, preferably homegrown or heirloom
- 1 large garlic clove
- 2 tbsp Extra virgin olive oil
- 4 large fresh basil leaves

Black pepper

Block of Parmesan Italian (not from any other country)

Place the tomato in hot but not boiling water for appx. 15 seconds, remove with a slotted spoon. Allow a few minutes to cool, peel and finely dice, then place in a bowl with ALL the juices. Meanwhile, mince the garlic. Add olive oil to a saucepan. When warmed, add the garlic and stir constantly for appx 1 minute till golden but watch carefully, do not allow it to brown. Add tomatoes, 4-5 grinds of black pepper and a dash of salt. Sauté on very low heat until at least ½ of the liquid has cooked into the tomatoes—about 12-15 minutes.

Cook spaghetti, fettuccine or any of your favorite pastas, drain, plate and cover. Roll the basil leaves together and cut into thin strips. Grate a good coating of cheese over

the sauce, sprinkle the basil on top and have a nice trip to heaven.

Now, if you prefer something a little more "seasoned" the next day or soon thereafter, double this recipe and refrigerate the leftovers. Next day, make it into a Puttanesca sauce. Pour the sauce into a small saucepan, add a tbsp of capers, one really smushed anchovy, 5 or 6 green olives pitted and sliced; simmer slowly for about 8-10 minutes. You could even add some red pepper flakes and it becomes a take on Arrabiata sauce.

Accompany these pastas with a tossed green salad with a simple not too overpowering dressing—white balsamic vinegar vinaigrette would be perfect, a crusty Italian roll, and a glass of Sangiovese or Sicilian red.

### Claudia Balke

From PAGE 1 —

"I find out what they want to do — do they want to change plants? Do they want to be homeowner maintained or village maintained? I look at sun exposure, size of garden beds. We discuss if they are interested in flowers or greenery. Often I create the plans for them." Sometimes she takes them to a local nursery. "They see a small picture and don't really know what the plant looks like," she said. "I like to show people what you can do."

Sheila Swan is one of the homeowners Balke has helped. She bought a house in Village 16 and didn't realize it was owner maintained. She wanted to have the village take it over.

"Claudia came up with a sketch of plants that would do well in my yard," Swan said. "It took pressure away from me. She was just fantastic."

Balke said she's always been drawn to nature. "It's hard to explain — I look at that hydrangea over there and my heart overflows."

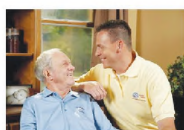
Balke's nurturing extends beyond the garden. She shares her home with an adopted greyhound, Goldie, and Hobo, a cat she rescued as a starving kitten.

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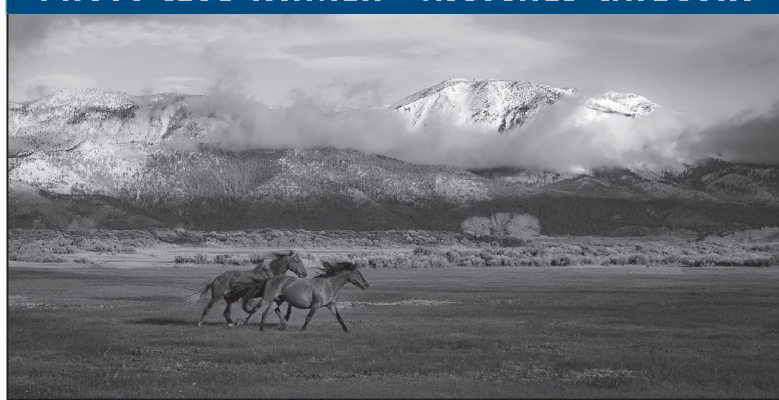
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**PHOTO CLUB WINNER – OPEN CATEGORY**



■ 1st – Ron Matson / Lunch

**PHOTO CLUB WINNER – ASSIGNED CATEGORY**



■ 1st – Gregg Gillmar / Wild Horses at Play

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06LV089

### Players Guild

From PAGE 4 —

honored Stephen Sondheim with “Not While I’m Around” from his most critically acclaimed *Sweeney Todd*. Debra Guill delivered a jazzed up “Summertime” and Bill Crome’s deep bass did justice to “Old Man River.” We have such enthusiastic audiences that it’s a pleasure to sing for them. Most singers in this show did double duty. I, for one, sang two duets and a solo “Something Wonderful” from *The King and I*. Dorene and Paul began the ending with a scene from *Fiddler on the Roof*. Then Dorene sang the melancholy “Far from the Home I Love.” Paul literally became the character, Teyve, and blew us away with his “If I Were a Rich Man.” The evening ended with the ensemble singing “So Long, Farewell” from *The Sound of Music*.

Coming up this month: Reader’s Theater on Thursday, July 21 at 7:30 in the AR. See club news for more particulars.

### Blast From the Past

Showtyme Presents! - Jennifer Stein

Showtyme Presents “A July Blast from the Past.” Let the fireworks begin with the magic from the 50’s & 60’s with the Wonderells, an all girl band with energy that just keeps on going & going. From Johnny Angel to Mustang Sally, the Wonderells give you a touch of nostalgia that will leave you with a smile on your face and a song in your heart. The show is completely choreographed with harmonies & solos. The comedy is hilarious and the interaction with the audience is fun and engaging. Ladies, get that poodle skirt on and gents get your blue suede shoes and join the fun at Showtyme on Friday, July 8th at 7:30pm in the AR. Doors open @ 6:45pm. Members No Charge, Non-Members \$5.00 donation. Membership is available at the door.

A 50/50 raffle will take place with 2 winners. Bring your friends & family to experience the nostalgia that made its mark for generations to come. Dancing in the aisles are encouraged. Contact Jennifer @ 805 383-1518 for more information.

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# CLUB NEWS

## LV WOMEN'S CLUB

By Barbara Cogert

Plan on attending our BIG Blow Out Sale on July 2nd in the Multi Purpose Room. This is a once-a-year sale with incredible steals and deals! Hours are 9am-1pm – See you there!

Our next meeting will feature Michael Smith and the Mighty Cash Cats – a Johnny Cash and Linda Ronstadt experience. The program will feature their stylings and revisit their careers with a wonderful group that's known all over the country and Europe for their approved portrayals of the infamous Johnny Cash and the fabulous Linda Ronstadt. This is a program you won't want to miss on July 14th in the AR, doors will open at 1pm for the General Meeting that will precede the show.

CALLING ALL lip sync talent...we are looking for partici-

pants for our Cavalcade of Stars for our September event. Please contact Lin Grant at 714 266-4937 if interested. This is a fun event and we need YOU!

## WRITERS CLUB

By Harvey Brosler

The motto of the Club is Write-Present-Participate-Enjoy-Learn. A main purpose of the Club is to share our opinions on different topics with other members. The primary interest is in the substance of your well written presentation.

Recently, stories were presented on two presidents, namely Harry S. Truman and Franklin D. Roosevelt, which resulted in interaction among the members including some not well-known events in their lives.

Two of the other members continued with a combination of factual and fiction stories. Great learning presentations.

Writers Club meetings are normally held every other Monday at 1 pm in the Multi-Purpose Room. Stories of the month are displayed at the entrance to the LV library. You may write on the Suggested Topic for that day or any other topic, fiction or nonfiction. The Suggested Topic for July 11 is "One or More of my Role Models" and for July 25 is "A Fiction Story." There will be no meeting on July 4 or July 18.

For a copy of upcoming Suggested Topics, the Guidelines, or any other information contact: Harvey S. Brosler hsbros@roadrunner.com or 805-465-0006.

## LV PHOTO CLUB

By Chuck Morrow

The "British Invasion" is coming to Leisure Village on October 2nd. This event is a fundraiser for the Photo Club's ongoing contribution to Leisure Village. See the article describing this fundraiser on another page in this issue.

The June meeting of the Lei-

sure Village Photo Club was held on June 2nd in the MPR. The Assigned theme for the meeting was "Black and White" with many entries from the membership. The judge for the meeting was George "Hutch" Hutchinson, who provided in-depth comments on improvements and possible prospective changes to the entries via Zoom. Hutch is a regular judge and a supporter of the club. We once again thank him for his time and detail in making us all better photographers.

The 1st Place winners were:

Assigned Category – Gregg Gillmar – "Wild Horses at Play"

Open Category – Ron Matson – "Lunch"

Mobile Category – Frank DeSimone – "Eyes Have It"

Be sure to see all the entries at the SmugMug site at <https://leisurevillage.smugmug.com/LV-Photo-Club-Pictures>. For questions regarding the Photo Club and membership inquiries contact Gregg Gillmar at [gsgillmar@outlook.com](mailto:gsgillmar@outlook.com).

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# CLUB NEWS

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

The warm weather is here. Come join the Saturday Night Dance Party to cool off on the 2nd & 4th Saturday of the month. Enjoy the live professional musicians.

July 9 John & John Duo (Free Lesson in Tango)

July 23 Eric Ekstrand Trio (Free Lesson in West Coast Swing)

Admission is \$10.00. The free lesson is from 6:30 to 7:15 and the dance is from 7:30 to 10:00. Put on your dancing shoes and kick up your heels. See you there.

## WATER AEROBICS

By Loyetta Aukstkalnis

The Water Aerobics 8am class on Monday, Wednesday & Friday is composed of Aquatic Cardio and Noodle Abdominals CD which is

an hour workout in our Leisure Village Pool. We have a 45 minute interval workout for all levels of fitness. Experience five high energy bursts paired with soothing stretches for recovery. Noodle Abdominals is 15 minutes of core training.

This heart pumping one-of-a-kind workout is appropriate for beginners yet challenging for seasoned water exercisers.

We have men and women in class. Ladies don't get their hair wet. Come join us. All are welcome.

## 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 refresh-

ments that we serve at all our events.

For more information on the LV Music Club please call Marci Lapair 818-399-0843.

The Music Club would like to thank Leisure Village Board member Bob Bueling for all the help he gives to the Music Club at our events. He is always there.

## 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.

## VILLAGE ARTS

By Patti Crichton

Come to the Village Arts meeting on July 6th in the MPR at 1pm. Popular local artist, Phyllis

—Please see PAGE 14



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# CLUB NEWS

## Village Arts

From **PAGE 13** —

Doyon, will demonstrate printmaking. This is a new demo for our group and promises to be informative and interesting. Phyllis has a raffle planned for attendees to win a surprise gift at the meeting.

Kathy Whitesell's watercolor sessions will be on July 15th at 1pm and 2:30pm, \$10, in the Lanai Room. Please sign up with Patti Crichton by text 805-760-7673 or email pcrichon77@hotmail.com, if you haven't already.

There will be NO meeting in August for Village Arts. So take some time for yourself to create art at home or in the Lanai Room weekday afternoons 1-4pm.

the low gross for "A" Flight while Jim Murchie was low gross for "B" Flight. At Sterling Hills, Chuck Kiskaden was low Gross in "A" Flight and Dave Bengtson was low gross in "B" Flight.

The LVMGA Presidents Cup completed competition in June. It is a 36-hole net-score tournament. The first and second place net scores of each flight are awarded prizes, to be presented at the Installation Luncheon in December and their names will be engraved on the President's Cup trophy. Additionally, the Nine Hole Golfer's Cup is held concurrently with the President's Cup, and the same rules apply.

## WII BOWLING CLUB

By V.H. Bryce

Wii Bowling's 2022 General Meeting will be held Saturday, July 9th in the Santa Rosa and Ventura Rooms from 10:30 am to 3:00 pm. There will be a Potluck Lunch in the Santa Rosa Room, and a Red, White and Blue Tournament will be held in the Ventura Room. Signup sheets will be in the Ventura Room (Wii Room). Please sign up for the Potluck Luncheon and the Red, White and Blue Bowling Tournament, which will be held after the luncheon.

There will be no charge to enter the tournament but the number of bowlers will be limited because of

—Please see **PAGE 15**

## MEN'S GOLF

By Tim Palmer

Leisure Village Men's golf has been busy filling the holes in one shot over the past two months. Jerry Ahara, Tony Minero, and Max Chopera have all recently recorded aces. Additionally, Jon Hall recorded a sandy-birdie as well. Our Tuesday tournaments have been seeing some high quality golf scores lately.

Our two most recent Regulation Golf tournaments, River Ridge and Sterling Hills have presented some challenging conditions for our players, but some excellent golf prevailed. At River Ridge, Bruce Hochstadter won



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# CLUB NEWS

## Wii Bowling

From PAGE 14 —

time constraints. Sign up early to secure a place on a team. This will be a team handicapped event.

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

## YE OLE WOODCHIPPERS

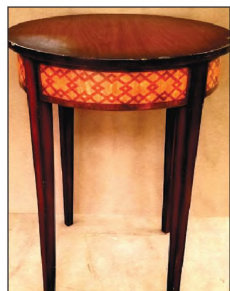
By Bud Bradley

April's numbers held steady with 16 repair jobs for villagers, along with 3 quick fixes. However, this brings an important fact to the fore. Our cadre of volunteers is shrinking. Several of our stalwarts are undergoing medical procedures and a couple more are aged out and unable to take part in the tasks that lay ahead. We are actively seeking more volunteers who enjoy working with wood and enjoy the feelings of goodwill per-

forming 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.

This month's photo is of another family favorite restored and upgraded as necessary. The numbers for this year are equally impressive. For the first five months of 2022, there were 78 completed jobs for Villagers and 21 "fast fixes." The year started out slow but is fast catching the last count.

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.

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 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. For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

## LINE DANCING

By Merle Ruiz

Country line dancing is alive and well in Leisure Village. A be-

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

## TAI CHI

By Chuck Morrow

If you have been thinking about signing up for the beginners Tai Chi Moving for Better Balance the time is now, as there are a few openings available. The next beginners class starts on July 7th at 12:45 pm in the Santa Rosa Room and continues twice a week for 12 weeks. The class will meet on Mondays from 3:30 to 5 —Please see PAGE 16

## 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.

**Your body can recognize the need to maintain bone levels around the implant, as it it were a natural tooth root!**

When your jawbone has an implant to attach itself to, it's happy, and you can maintain its volume! **So you may not have to suffer from the painful effects of bone loss.**

To learn more, come on in and talk to us. It won't cost you a thing – and you'll be glad you did!

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



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# CLUB NEWS

## Tai Chi

From PAGE 15 —

pm and on Thursdays from 12:45 to 2:15 pm. Interested in trying Tai Chi Moving for Better Balance email Chuck at cmorrow@hotmail.com.

If you are experienced at Tai Chi and wish to improve your skills there are a couple of other opportunities to do so. The first is an intermediate Tai Chi class which meets also twice a week in the Santa Rosa Room, from 2:30 to 3:15 pm on Mondays and Thursdays. Currently, this class is ongoing and can be started at any time. Finally, there is a daily morning Tai Chi practice at 8:30 am most mornings in the MPR. Although these are open registration is necessary.

The Tai Chi Moving for Better Balance group wishes to express their thanks to everyone attending and participating in World Tai Chi Day.

## WOMEN'S GOLF

By Patti Crichton

The results from the Club Championship 2022 are in! Congratulations!

The 9'ers champion is Deb Bozajian (on the right)

The 18'ers champion is Sharon Price (on the left)

There were some close runner ups in both tournaments. Full results are posted at the Clubhouse bulletin board.

July 13th is our next golf meeting in the Garden Room at 1:30pm. Be there to enjoy snacks, take a chance on the 50/50 draw, collect prize money from June and hear all of the golf updates.

Be sure to sign up for the Ecclectic Tournament coming up on July 20 and 27. This is a Low Gross and Low Net Tournament. Pay \$5 to Kerry Williams. You will have the opportunity to better your score on

each hole the second week.

See you Wednesday mornings by 7:45am to sign up for weekly play at the Golf Shack!

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

The June meeting was a picnic on the LV Pavilion. We had sandwiches from Jersey Mike's and premium boxed wines made in Healdsburg, CA. Surprise! The boxed wine was comparable to premium bottled wine. 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.

## PHOTO CLUB WINNER MOBILE CATEGORY



1st — Frank DeSimone / Eyes Have It

## LV BOWLING

By Gene Kinsey

Our winter league is finished and the banquet was held on Friday June 17, awards were given out.

The summer league is in full swing now. There is still room if

—Please see PAGE 17



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## HOME TOOLBOX By Tricia Garcia

### 11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Leisure Village Home for Sale

Leisure Village — According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why **it's critical that you read this report before you list your home.** If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a

reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a FREE report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit [www.HomeInspectionHurdles.com](http://www.HomeInspectionHurdles.com) or to hear a brief recorded message about how to order your FREE copy of this report call Toll-Free 1-855-340-7832 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

**Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.**



# CLUB NEWS

## LV Bowling

From PAGE 16 —

you want to be a sub or a regular weekly bowler. Harley's Camarillo Bowl on Friday mornings 9-12. Cost is \$12/week.

Outstanding bowlers for last month were as follows: the women Bobi Schmerling 249, Helen Hartman 247, Linda Neth 211, Denise Lee 218, Gail Singer 211 and Sue Hongsermeier 250; the men Irving Feiles 217, Greg Cannon 222, Joe Quakenbush 237, Dennis Potter 209, Bob Bleicher 221, Charlie Hartman 238, Julius Hirsch 245 and Ray Flores 234. Remember this is a handicapped league so everyone has a chance to do very well. See you there!

## PLAYERS GUILD

By Linda O'Neill

The good news is that the casting call for Readers' Theater was successful. Seventeen people showed up to read for the performance on Thursday, July 21 at 7:30 pm in the AR. There are now 20 actor/readers in the upcoming production, and three of those are new to any Players' Guild performance: Kathy and Howard Wein and Joan Cressman.

When asked what is likely to draw an audience, Director Rosanna Bellino-Strickland responded: "Well, three women are doing a scene from "How to Marry a Millionaire" while another two plan to offer a peek at the very funny "Auntie Mame."

## EXERCISE/STRETCH CLASS

By Donna Khacherian

Want a great way to start your day? Get your body moving from head to toe with a fun and friendly group of like-minded Villagers. Join us in the Pavilion (by the pool) at our outside morning Exercise/Stretch Class, Monday through Friday with a 30 minute class at 8:30am or 9:00am rain or shine.

The Exercises are easy but beneficial to help keep us well balanced, our joints moving and our bodies strong. All you morning walkers, this is a great warmup for your muscles before starting your walk. We have several people currently joining our class that are rehabbing from knee & hip replacement surgeries.

We are sponsoring an afternoon picnic in the park on Friday, July 29th. Save the date. All new and existing members are welcome. For more information and questions contact: Donna Khacherian 818-404-5538.

## MAVERICKS CLUB

By Vera Erskine

Pizza/Pool Party: Friday, July 22, 2022, from 6pm to 9pm. It will be held in the Pavilion. Menu: Pizza, beer, wine and water. BYOB. Tickets are \$10.00 per person.

—Please see PAGE 18



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# CLUB NEWS

## Mavericks

From PAGE 17 —

“Carmine” will entertain with great music for your listening plea-

sure and dancing. Golf putting into the pool is back for \$1.00. Contact Geri DeSimone at 805-484-7308 for tickets and membership.

# BILLIARD CLUB

By Vera Erskine

9-Ball Tournament: You still have time to sign up for our 9-Ball Tournament which will run July 11–21 on Monday, Tuesday and Thursday evenings from 6 - 9 pm for 2 weeks. Sign-up sheets are posted in the Billiards Room on the Bulletin Board.

Be sure to include your phone number. Sign-up cutoff is July 6, 2022.

Must be an LV resident and Billiards Club member (\$7.00 dues). There is a \$2.00 entrance fee to be paid on first night of play. Brackets will be posted on Sunday, July 10.

If you have any questions, contact Vera Erskine 805-987-4537. For membership dues, contact Kathy Wirtz 805-384-8508.

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## These LV Clubs have their Regular Meetings on the Following Days of the Week

**Bingo:** Wednesday 6pm in AR (doors open 4:45.) Contact: John Herrera 805-419-4195.

**Bone Builders:** Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm in Santa Rosa Room. 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.

**Duplicate Bridge:** Monday and Wednesday evenings at 6:45pm in the Garden room. Vonnay Brook 805-586-7155 or cell 909-225-6100.

**Great Decisions:** 4th Monday 9:30am in Sun Room

**Music & Motion:** Fridays, 9am

to 10am in the AR. For info call Margie at 805-437-6100 or e-mail margiegrm@aol.com.

**Needleworks:** Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30am. Contact Nancy Baumgarten at 805-377-2805.

**Pet Club:** Does not hold regular meetings, but please contact Shawn Baker for information. 805-233-1725 or shawnbaker-homes@gmail.com.

**Save Our Sight & Hearing:** 1st & 3rd Thursday in Sun Room. For more info contact Terry Connor 805-482-7806.

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# SERVICE DIRECTORY



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

# CLASSIFIED ADS

To submit a classified ad please include your full name, address and phone number (info for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion (phone number = 1 word, email = 1 word). Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD. The envelope can be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome, or placed in the wood box next to the garden and sewing room in the LV Recreation Center. Questions? Call Barbara @ 805-482-9097.

## DEADLINE for the next publication is Friday, July 15.

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

**MURPHY AUTO MUSEUM NEEDS VOLUNTEERS.** Do you enjoy cars? Do you like talking about cars? You could be a volunteer/docent. Contact Ernie Chavis 818-807-4496 or email: erniechavis4@gmail.com

**NEW MONTHLY DINING OUT GROUP** for anyone 55+. Can live outside of Leisure Village. Invite friends. No fees. Send email address to princebichon2@yahoo.com to be on mailing list. Suzy Einhorn

**MOTOR BIKE** street legal 50cc. 1500 miles. Excellent condition Carrier for motor home, helmet and cover included. 75 mpg. Maximum speed 40 mph \$1400 call Ernie 805-338-6418

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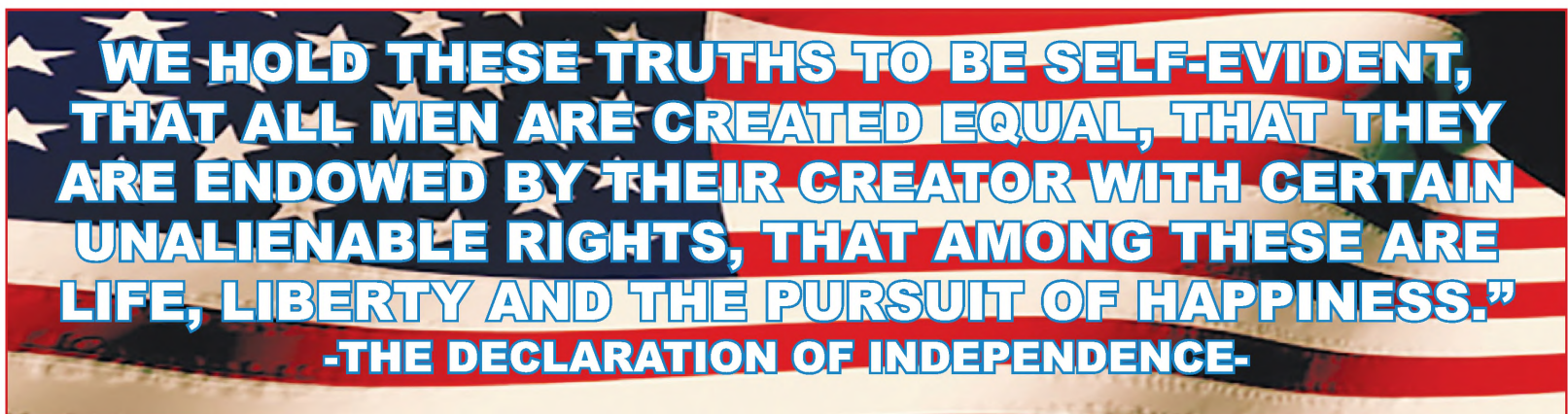
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This month we would like to pay tribute to America's brave founders who had the courage to stand up to oppressive government. For millennia, powerful rulers and governments controlled who had what rights and freedoms. Then on July 4th, 1776, 56 brave men met in Philadelphia to declare that **ALL people are created equal and have certain unalienable rights given to them by their Creator.** *The grantor of a right can also take the right away.* This historic declaration determined for the first time in history that there are certain rights that government couldn't infringe upon or take away. Because these rights were granted by their Creator, they could not be restrained or repealed by human laws.

The brave signers of The **Declaration of Independence** paved the way for a new form of government of the people, by the people, and for the people that changed the course of human history. Knowing their actions would cost them dearly, the signers courageously claimed **"for the support, of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor."**

It has been said that **the Declaration was the promise, and the Constitution was the fulfillment of that promise.** The Constitution provided the "how" to the "what" of the Declaration of Independence. "The Constitution designed a government from whole cloth then strictly limited its scope — both unheard of at the time. The Constitution's quiet effectiveness is the reason we loudly celebrate the Declaration of Independence today." [quote from J.T. Young on The Federalist, 7/4/18]

America and the liberty we enjoy is a blessing made possible by the sacrifices of our founders: those who signed the Declaration of Independence, fought in the Revolutionary War, and worked to solidify and protect our rights with the forming of our U.S. Constitution. As Rudyard Kipling said in 1889, **"All we have of freedom, all we use or know – this our fathers bought for us long and long ago."**

**With rights come responsibilities.** It is up to each of us to hold the torch of freedom high, and be willing to work to protect and preserve our inalienable rights that we are endowed with by our Creator. **Freedom isn't free.** Have courage, because **America is the land of the free because of the brave!**

**"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."**

Ronald Reagan

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