

INSIDE LEISURE VILLAGE

VOL. 43 NO. 10

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

OCTOBER 7, 2022

VILLAGER PROFILE By Nicole D'Amore

The Pirate Treasure

The definition of “pirate,” according to Merriam Webster, “a robber of ships on the high seas,” definitely doesn’t apply to Leisure Village’s “Pirate,” aka Bruce Anderson. Anderson gives, rather than takes, and is always willing to lend a helping hand to fellow residents.

But he does resemble a pirate. Bearded and tattooed, he even has the traditional pirate’s peg leg. Tall and colorful, he can often be seen driving his uniquely decorated golf cart with Avalon, his large yellow lab service dog, proudly riding shotgun next to him.

Pirate and his wife Anne moved from Orange County to Leisure Village three and a half years ago to help Anne’s mother, Nancy Hey. Since moving here, he has gotten involved in the wood shop, golf, bowling and the Ed and Rec Committee. He also served for a time

on the Architectural Committee.

Woodworking has always been an important part of Anderson’s life. His father and grandfather were woodworkers and had a cabinet shop. His grandfather taught him to turn wood on a lathe and to carve. “Wood’s kind of in my blood. I made a candlestick holder and a chess set on a lathe when I was 10 or 11,” he said. “I was sweeping floors and pounding nails when I was eight years old.” His dad built homes —two that were featured in Better Homes and Gardens magazine.

After graduating from La Quinta High School in Westminster, Anderson joined the carpenter’s union and went into business with his dad as a general contractor and cabinetmaker. They worked at South Coast Plaza for 23 years, doing remodels on stores like St.



Photo by JON

Pirate in his signature golf cart. A print of his alter-ego to the right and a print of Avalon the Golden Lab to his left.

John Knits, Gucci and Chanel.

“I’ve always liked working with my hands, building stuff,” he said. That even applies to golf. “My dad brought me a myrtlewood putter from Oregon and I thought, I can make these,” he said. A podiatrist he golfed with X-rayed the club to see how it was weighted. That

started a three-year business, Naturally Knotty Putters by Bruce in the 90s.

He made clubs for himself and his kids and still has some of those clubs in his golf bag.

Anderson lost his left leg below the knee to complications from

—Please see **PAGE 3**



Photo by JON

Al Fox showing the framed Resolution from the Camrosa Water district.

Fox in the Water Hole

By Jon Niemann

Al and Cindy Fox were building a successful real estate company in Ventura County in the early 1970’s. Real estate was their calling, both being affable, focused and business minded. When Leisure Tech was beginning the final phase of building Leisure Village in 1978 a deal was struck with Fox Realty to help sell the homes being built on the east end of the planned community.

During that period Al became more involved in Village management as an advisor and leader in community development and infrastructure. He also ran for the

Camarillo City Council. “Lost by two votes” he said; the twinkle in his eye and his wry smile betrayed his casual miscalculation.

In the late 90s it had become apparent that the water system that fed the Village homes and landscaping was becoming problematic. The water flowing from the tanks on the hill just south of the Village was crashing in at a rate of 130PSI... way too much. Pipes were breaking, water regulators on the homes were blowing out and, worst of all, the plumbing in the slabs was causing serious problems for homeowners. Flow restrictors were needed. A

—Please see **PAGE 14**

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Del Mar	Village 25	\$580,000
El Dorado	Village 24	\$570,000
El Dorado	Village 28	\$740,000
Fiesta	Village 15	\$532,170
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Monterey	Village 6	\$549,900
Newport	Village 25	\$505,000
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Marvin Pollack - Village 4

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

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November 2022 Edition Deadlines

Club News, articles and letters: Saturday, October 15. November issue will be available Friday, November 4. 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."

Pirate

From PAGE 1 —

diabetes in 2014.

In 2018 he recovered from a serious heart attack only to suffer an accident that ended his motorcycling days. He lost his balance getting off his Harley and it fell on his other leg, nearly severing the foot. His wife managed to lift the bike off his leg. Hanging by a strip of flesh and the artery, doctors were able to reattach his foot using screws and titanium rods through the bone.

“So I have no ankles,” he said.

“I loved to ride motorcycles every day. I never drove (a car) if I didn’t have to.” In Orange County, he rode with a group called BACA, Bikers Against Child Abuse. They served as advocates for child abuse victims. Pirate was his road name with the club. “I had the prosthetic leg, so they called me Pirate, Peg Leg. It just kind of stuck.

“Through golf I was able to get my balance back,” he said. Since joining the LV men’s golf club, he



Photo by JON

Avalon, Pirate’s cherished Golden Lab grooming the pirate beard and sharing a tender moment.

has lowered his handicap from 23 to 11. It’s a rare day he’s not on the course.

But he still makes time for woodworking. He is president of Ye Ole Woodchippers and woodshop committee chairman and speaks fondly of all the work they do, making repairs for people for a donation to the club.

Among the villagers he’s helped is Millie Seidman in Village 20.

“Pirate cleverly brought new life to the 1890 platform rocker that

belonged to my grandfather,” she said. “By building a made-to-fit and stained-to-match four-inch platform from handsome wood, I can now sit down and not have to wonder if I will be able to get up again.”

Anderson also raised the height of some patio furniture for Bob Pegg, another tall golfer.

Along with advice on refinishing an antique table, he offered some golf tips to Harriet Sheinberg, whose house backs to the 16th tee.

“When I mentioned to Bruce that I was interested in learning to play golf, he came over a couple of times and gave me some hints on how to hold and swing my golf

club,” she said.

Outside Leisure Village, he recently built two bookcases for the children’s section of the Pleasant Valley Historical Society and Museum on Las Posas Road.

“I modeled it after a bookcase my grandfather built. There’s not one nail in it, it’s all doweled. I took it on as a personal project and donated my time,” he said.

Anderson enjoys his reputation. “How many pirates are there in the Village? Just one — everybody always knows your name,” he said.

He may be called Pirate, but he’s a treasure to the Village.

Editors Note: aaarrggghhh!

Newcomers Orientation

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, November 3rd at 1:30 pm in the Assembly Room. Help us

encourage people to get involved and enjoy all that Leisure Village has to offer.

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

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AROUND THE VILLAGE

Village View

OCTOBER 2022

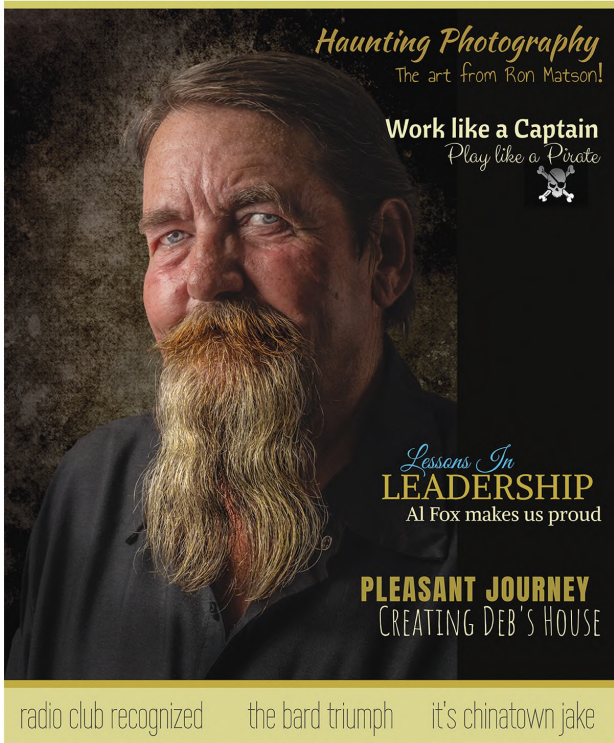


Photo of the Village View October issue cover.

To subscribe to the Village View online magazine use the QR code below or send an email requesting a subscription to insidveditor@gmail.com.



Photo by MAX COPENHAGEN

Pleasant Valley Historical Society Board President Joy Todd accepting a check from Inside Leisure Village, presented by Editor, Jon Niemann.

ILV to PVHS Donation

By Jon Niemann

Max Copenhagen, one of our favorite writers, reached out to us asking for a donation to the Pleasant Valley Historical Society. We happily wrote a check for \$500 toward the building fund for the foundation. PVHS has been a great resource for some of our stories about Camarillo and our environs. Inside Leisure Village receives the fees for the Classified Advertisements sec-

tion and donates that money back to the community and area charities.

LV's Cleanup Day Did That and More!

By Patty Ecker

The first sign that Village 39's Clean Up Day would be a hit was evident an hour before its starting time (9:00am) on August 27 as cars lined up on Leisure Village Drive and around to Mountainview Drive, blocks from the Recreation Center with residents eager to unload their "disposables." And unload they did!

The numbers are startling. More than twenty tons of unwanted "stuff" were discarded in less than three hours as several hundred residents dumped furniture, broken and outmoded electronics and appliances, and paper to be shredded. Even the disposal professionals were surprised. "It was a very effective event," said Godwin Axiana of G and C Technology who filled three pallets with

—Please see **PAGE 5**

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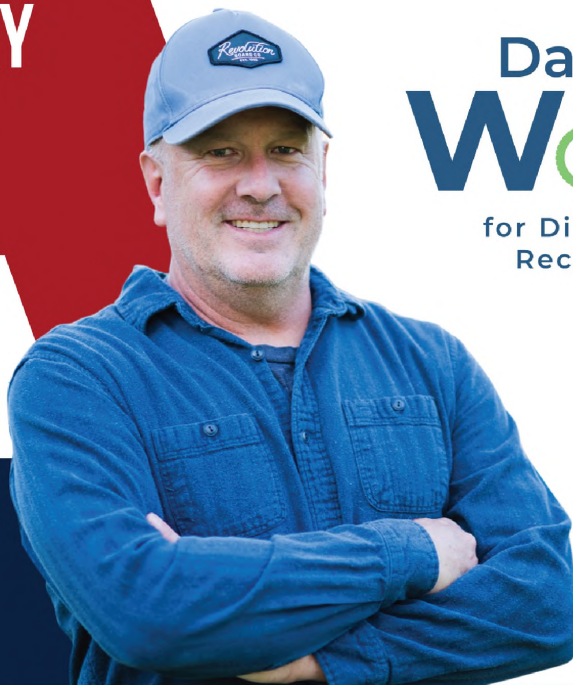
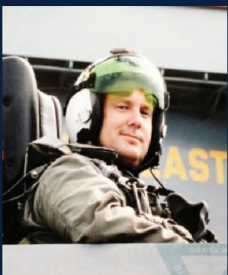


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AROUND THE VILLAGE

Cleanup Day

From PAGE 4 —

discarded phones, microwaves, television sets, toasters and all sorts of electronics. “We took away 5320 pounds of e-waste.”

The heaviest lifting was done by the men from EJ Harrison. They filled two 40-yard-dumpsters with big items like tables and mattresses. Each dumpster held ten tons. A team of Village volunteers from the Ed & Rec and Buildings & Grounds Committees and LV staff members directed traffic up to and around the East Parking Lot (which was Ground Zero) and reported smiles, thank-you’s and cooperation throughout. It’s been suggested that the next Clean Up Day be held early in 2023.



Photo by VALERIE FOX

Jonathan Fox accepting a 17 Year Service Award from Ventura County Sheriff William (Bill) Ayub.

ACS members act as emergency communications reserves to support the County in providing reliable, point-to-point voice and data communications anytime, anywhere. In addition to emergency activations, ACS is involved in promoting emergency preparedness.

Those honored were Jonathan Fox – 17 years of service, Zak Cohen – 11 years, Sheldon Hayutin – 7 years and Mike D’Amore – 6 years. Sheriff Bill Ayub made the presentation of a certificate and commemorative coin to each individual. Afterwards, a reception was held with the Sheriff and his staff.

What also made this time special is the fact that 5 years ago, the LV Amateur Radio Club completed the installation of the tower and bow-tie shortwave antenna at the edge of the LV community garden. That project gave us the capability to communicate anywhere in the world. Our emergency power

—Please see PAGE 6

Amateur Radio Club Receives Awards

By Jonathan Fox

Recently several of our members from the LV Amateur Radio Club were invited to an award ceremony at the Government Center in Ventura. The Sheriff’s Department of Emergency Services wanted to thank those who have been involved in the Auxiliary Communications Service - ACS. LV Amateur Radio Club was recognized for our years of service to Ventura and the local communities. The Ventura County ACS mission is to serve the County in support of any possible communications needed in an emergency.

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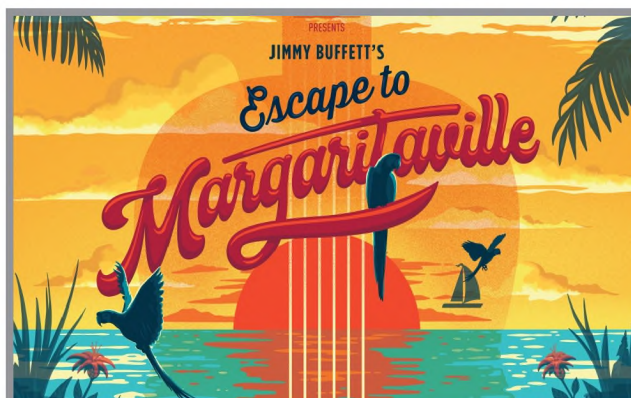
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Radio Club Awards

From PAGE 5 —

system was also improved, and we can now communicate with the county office of emergency services, Camarillo PD, Pleasant Valley and St. John's hospitals and Camarillo Red Cross when there is no SCE electrical service, internet or cell phone service available due to an emergency situation such as an earthquake, wildfire or

other catastrophic loss of services. We can even send wireless email messages to anyone outside of our communication blackout area.

The LV Amateur Radio Club always welcomes volunteers. If you are interested in learning more about what we do and participating in our adventures, send an email to KJ6LV@yahoo.com for information about attending one of our meetings; they are held the second Wednesday of the month at 2pm.

VILLAGE ENTERTAINMENT

To Shakespeare or Not to Shakespeare...Is THAT the Question?

Players Guild - Linda O'Neill

September Players Guild began with Director Helene Cohen explaining the rather odd title of the evening's play: "Homage to Joyce Belcher and the Bard." It seems that Joyce just hates Shakespeare and has for some time. Though we've explained to her that such a position is unreasonable and untenable, still she persists. Who won the battle last night? I'd say the audience won with this well-acted presentation of scenes from modern plays that based their drama on writings of the Bard: Kiss Me Kate, Shakespeare in Love, Rosenkrantz and Guildenstern are Dead, West Side Story, Equivocation, The Dark Lady of the Sonnets and Something's Rotten.

The opening number was a big hit as Joyce sang "God, I Hate Shakespeare" from 2015's Something's Rotten. Featured was a tortured Judy McAskill, helplessly defending Shakespeare against the tornado Belcher. An animated chorus emoted in reaction to each arrow slung. Though a hard act to follow, Loretta Pisaniello and Julius Hirsch reminded us of how hurtful divorces can be in a scene from Kiss Me Kate. Joe Feig and Kathy Wien performed a playwright father and his daughter in an amusing "Shakespeare and Judith" from the 2009 play Equivocation by Bill Cain. Next,

Julius Hirsch and Irv Feiles toddled onto the stage in their bowler hats to begin a scene from Tom Stoppard's Rosenkrantz and Guildenstern are Dead with Dorene Blair who was an amazingly athletic swordswoman. Veteran actor Richard Weiss, and guest actors Nalani Carson and Lorna Bowen gave a comedic and physical interpretation of George Bernard Shaw's 1910 comedy, The Dark Lady of the Sonnets which pokes fun at both Shakespeare and the aristocracy. The Shakespeare in Love (1998) scene drew much laughter with Don Boughton's shy Will - who is battling writer's block-trying to remember a sonnet (Shall I Compare Thee to a Summer's Day?) he wrote to impress his love, Lady Viola. The scene features Joyce Belcher as the disapproving nurse, Sylvia McGinnis as the lovely Lady and anxious-to-be helpful friend, Howard Wien. Alys sung by Dorene Blair and Irving Feiles, the beautiful "Tonight" duet was included as a nod to the timeless Romeo and Juliet that is Bernstein-Sondheim's West Side Story. Next came the big finish! Rosanna Bellino-Strickland as Nostradamus explains to Don Boughton's character that the plays of the future will include musicals. Then, she must explain what a musical will be. Next the cast performed sample musical excerpts - no longer than 3-4 bars - from Annie, Chicago, Sweet Charity, South Pacific, Seussical and more. Quite the tour de force for our little repertory theater group!

This month on October 20 at 7:30 pm in the AR, Players Guild

—Please see PAGE 8

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VILLAGE ENTERTAINMENT

Players Guild

From PAGE 6 —

and Director Paul Newman will present “A Little Bit of This-A Little Bit of That.” As a result of his holding two evenings of casting calls, here’s the tentative line-up: Makin Whoopee, Secret Agent Man, Don’t It Make My Brown Eyes Blue, Musical Glasses, Henny Youngman, Hula Dance, Sweet Betsy from Pike, Agree with Me, Kermit the Frog and possibly a new guitarist? See if you can match these probable participants with their possible songs/acts: Dorene Blair, Lewis Blair, Anne Marie Florio, Roger Florio, Linda O’Neill, Bill Crome, Jeanette Fischer? Looking forward to the show? Players Guild is always the third Thursday of the month. You only get the coffee and cookies if you stay until the end! By the way, as of September 16th, Paul is still hoping to find a magician and a juggler.

On Thursday, November 17th at 7:30 in the AR, Players Guild and Richard Weiss are sponsoring a fundraising evening of unashamedly classical music and opera, including selections from Schumann, Brahms, Puccini and Mozart—to name a few. Tickets will be \$12.00. Players Guild will hold our annual holiday dinner on Thursday, December 15 in the AR. Barbara Stone will begin ticket sales in the AR Lobby on November 2 between 9-11 am.

Forget it Jake, it’s Chinatown

LV Music Club - Marci Lapair

If you missed September’s Open Mic night you missed a fun evening. The audience, while enjoying complimentary wine and snacks, was entertained by a variety of performances by talented Leisure Village residents. To the delight

of the audience, brothers Andrew and Evan Sherbrook, along with Kermit the Frog performed the song ‘The Rainbow Connection.’ Talented 91-year-old David Flood sang acapella. Villager Gudrun Eastham read humorous poetry by American author Judith Viorst. Leisure Village board member Bob Bueling played the guitar and sang.

The next Open “Mic” Nights will be tonight, October 7 and Friday, November 4 at 7:00 pm in the AR. Open “Mic” Night is open to all Villagers at no charge. We would be happy to hear from you if you have a talent such as singing, playing a musical instrument, dancing or have a comedic talent. If you are interested in performing at our November Open “Mic” Night please contact Dick Guttman, 805-484-5806, no later than Wednesday, November 2.

The movie to be shown on Monday, October 17 at 7:00 pm in the AR is the mystery and psychological drama *Chinatown* starring Jack Nicholson and Faye Dunaway. This film was inspired

by the California water wars, a series of disputes over southern California water at the beginning of the 20th century, resulting in Los Angeles securing water rights in the Owens Valley. Considering our current water crisis this movie should prove to be quite interesting but is not meant to be a documentary. It was selected by the Library of Congress for preservation in the United States National film registry as being “culturally, historically and aesthetically significant.” It is frequently listed as one of the greatest films of all time. The movie is R rated and is 2 hours and 11 minutes long.

Come and listen to the easy listening music performed by the Groovin’ Easy Swing Band. This 17-piece 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. If you have any questions, please call Marci Lapair, 818-399-0843 or Debbie Goodman, 818-523-0731.

—More Entertainment on PAGE 11

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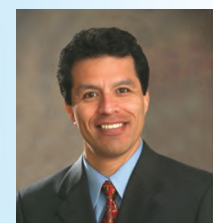
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"Cleanest install I've seen!" – Robert in V. 35

"Super smooth process!" – Resident in V. 22

"We are super happy with the service!" – Maria in V. 37

SUNRUN

VILLAGE ENTERTAINMENT

Tony Odell Returns

Showtyme Presents! – Jennifer Stein

What Time Is It? It's Showtyme! October will feature a show starring Mr. Tony Odell Rogers. Tony is in the winner's circle when it comes to high energy, a crowd favorite and a man who has credits for vocalist and actor. He performed in the Lou Diamond Phillips HBO film *Dangerous Touch* where he sang the classic song "Little Bitty Pretty One." Tony is a native of St. Petersburg, Florida, and has lived in Southern California for the last 28 years. After moving to California, Tony was the lead singer for several rock & roll bands. He also performed at the Orange County Pavilion Theater in Santa Ana in a show called "50 years of Rock & Roll" that was produced by Bill Medley of the Righteous Brothers. Tony performs for thousands of people at numerous events and a variety of clubs throughout the year and is definitely a "go-see"



for an evening of great musical entertainment.

Come join the fun on Friday, October 14th @ 7:30 pm. Doors open at 6:45pm

in the AR. Raffle tickets for 50/50 will be available before the show. The drawing for 2 lucky members of the audience is at the end of the show. If you have a membership, there is no charge for admission. Non-membership is a \$5.00 donation.

Purchase for Showtyme's 2023 annual new membership starts in November 2022. The Nov. and Dec. 2022 shows are included in your 2023 annual membership... it's \$15 per person. That gives you 2 extra months at no charge for new membership. Let's Hit our 2023 Goal of 400+ members, we can do it with your help. If you have any questions, please contact Jennifer at 805-383-1518.

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A PINCH OF SALT By Larry Swartz

How to Allow Yourself French Fries

The older I get, the more I realize how much I love to cook. Cooking is my creative outlet, but age is starting to get in the way, or more precisely, doing more of what I want to do and less of what I don't want to do...LIKE CLEAN UP.

So this presents a dilemma. Like everyone, I'm trying desperately to save water. So I thought using a lot of paper plates and bowls helps that. But using a lot of paper also is not great for saving trees. These are some of the tough decisions we are all going to be making now and forever more.

So what is the answer? I decided that it needs to be the same as when it comes to diet. A lot of anything can be bad for you. Drinking 3 liters of water a day can be bad for your kidneys. SO we come full circle to the life concept I've tried to follow for the last 30 years...

Moderation.

We all make food excuses so the great thing about moderation as a concept is it allows you to cheat. That's why I feel like if I eat a turkey burger, it's OK to have fries. Not a sound concept but....

Anyway, back to business, this was my dinner the other night. You'll have to forgive me as I forgot to take a photo of it but you'll get the picture even without one.

You'll need

- One (1) can Trader Joe's refried beans
- Appx. 1 1/4 cup grated sharp cheddar
- 6-8 1" x 1/6" slices of red and green pepper
- 1/2 cup ground chicken or turkey
- 1/6th of an onion, chopped finely
- Cumin

- 10 black olives, pitted and sliced
- 4 baby tomatoes, sliced in round discs
- Salsa
- 4-5 avocado slices
- Finely chopped cilantro & slices of jalapeño if desired
- Shredded lettuce
- One(1) large flour tortilla appx 12" diameter
- Some crunchy salty chips

Place the flour tortilla on a large firm paper plate. You have to warm the beans to make them spreadable. I used 1/2 can for two tortillas. When the beans are warm, using a spatula spread them covering the tortillas almost to the edge. Meanwhile sauté the onion, add the ground chicken or turkey, 5-6 good shakes of ground cumin, a little salt and pepper, sauté till done.

Add the cheese over the beans to cover nicely. Arrange the pepper strips creatively, add the chicken, dribble some salsa strategically, sprinkle the olive slices randomly. Anything that is nice, creative, strategic and random has got to be good, right?

Now, carefully slide the tortilla into a lightly sprayed large non-stick saucepan on medium heat and cover. Watch carefully to make sure the cheese melts but the tortillas don't burn, but get crisp. Cook for about 3-5 minutes or till done. Add shredded crispy lettuce, cilantro and jalapenos if desired. Serve with more salsa, a few chips; Negro Modelo wouldn't be so bad either.

Slide out of the skillet, back onto the paper plate, then into your waiting mouth.

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Fox in Water

From PAGE 1 —

deal with Camrosa Water District and Calleguas Water district to install restrictors would soon be worked out.

LV had a TV antenna installed near the tanks at the top of the hill on a small plot of leased land. The water districts wanted that small plot; LV needed the flow restrictors and the deal was struck; LV would get water delivered at a vastly more reasonable 65PSI. During the negotiations a board seat opened on the Camrosa Water

District; Al was the first choice of Board President Tim Hoag and other leadership on that board.

Since December of 1997, Al served on the CWD Board of Directors. During his tenure with that board his leadership and business acumen helped to accomplish one of the greatest boons to Village water issues. Two water boards in conjunction with the Thousand Oaks water



Photo by JON
Cindy and Al Fox outside their real estate office.

reclamation treatment center needed to cut the amount of water flowing out to the ocean. A plan was set up to bring in infrastructure to capture the water flowing down Conejo Creek, pump it through a system independent of potable water and use it for irrigation around the valley. Leisure Village was a perfect target for this plan. Our 200 acres of planted land would benefit from

the irrigation water and cut our use of potable water by 30%. Al also arranged for a loan from Calleguas water district to fund the installation of a non-potable water infrastructure.

Al Fox resigned from the board in August after 25 years of service. The environs of Pleasant Valley and the Oxnard plain would benefit from his years of diligent service on 6 agency committees including water, sanitation and special districts. Al's public service was commended through Resolution 22-13 from the Camrosa Water District signed on August 18th, 2022. His community spirit makes us at ILV proud. His contributions to our quality of life and our current ability to weather this drought with less constriction than some of our neighboring communities should have each of us offering him sincere thank you's. Give him a big smile and a thumb's up when you see him next, let him know how much we appreciate him.

Tap Dance Classes

■ Bring your tap shoes!

Meeting every Monday 5:30pm to 6:30pm in the A/R. Cost is \$6 per class.

New tap class started Wednesday October 5.

These will continue every Wednesday 10:00am - 11:00am in the A/R. Cost is \$10 per class.

Visitors are welcome to join this fun and energetic experience. Please feel free to check us out!

Call Sue Ellen for details at 805-312-1991.

Do you like to work with your hands, building things, helping community theater?

Conejo Players Theatre in Thousand Oaks could use your help! Looking for set builders and helpers. Please send email to rick@conejoplayers.org for more information.

Re-Elect

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Elaine Magner

Pleasant Valley Recreation & Park District Director, District 4

- Increased recreation for all ages— Pickleball courts, new/improved parks & multiple dog parks
- Support partnerships with community groups: AYSO, PONY Baseball, Eagles Soccer Club, PV Swim Team, Stingers Youth Football, Camarillo Youth Basketball and our Community Band
- Helping Miracle League of the 805 to build a special needs baseball field
- Member of District's charitable foundation board since its founding. Now serving as Board President.
- Balanced budget every one of my 14 years as a Director

- Continued progress with the City of Camarillo to finance a major expansion of our Senior & Community Center
- We will "live within our means" using contract maintenance crews to maintain our beautiful parks while reducing costs
- Insure adequate reserves for long-term sustainability
- Provide well-maintained passive and active recreation facilities/activities for all ages and abilities
- Continue to represent Camarillo & all Special Districts in Sacramento as President-elect of the statewide California Special Districts Association



- Camarillo resident since 1985
- Married to Martin for 43 years, son Eldred & wife Nicole and my grandchildren Emma and Declan
- Retired after 31 years of Federal Service with the Department of Justice, Agriculture and US Navy
- 31 years Human Resources experience
- Honored by the Pleasant Valley Historical Society as *Doña* in 2019

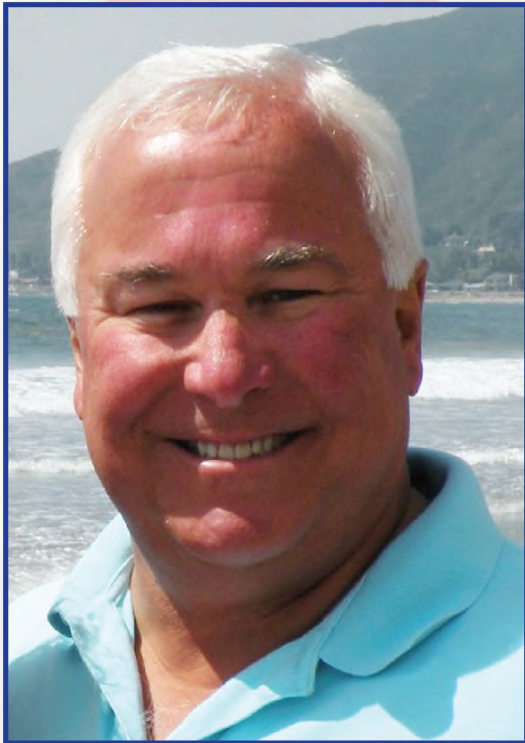
Paid for by Magner for Director 2022. For more information: www.Magner4PVRPD.com

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Jeff Brown

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John Lamb,

Farmer and Great-grandson of Adolfo Camarillo

Kevin Kildee,

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Evan Regenstreif,

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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Heart Health - Differences Between Men and Women

■ Wishing everyone good heart health!

Heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. Coronary heart disease is the most common type of heart disease, killing 382,820 people in 2020. Women are just as likely to have a heart attack (myocardial infarction or MI) as men, but are more likely than men to die from one. Women generally have higher heart rates and smaller hearts and arteries than men. In general, women have MIs later in life than men. They have less buildup of plaque in their arteries, and the plaque they do have tends to behave differently. Men more commonly develop blockages of the major heart arteries, and women tend to have disease of the small heart arteries (microvascular dysfunction), which can make treat-

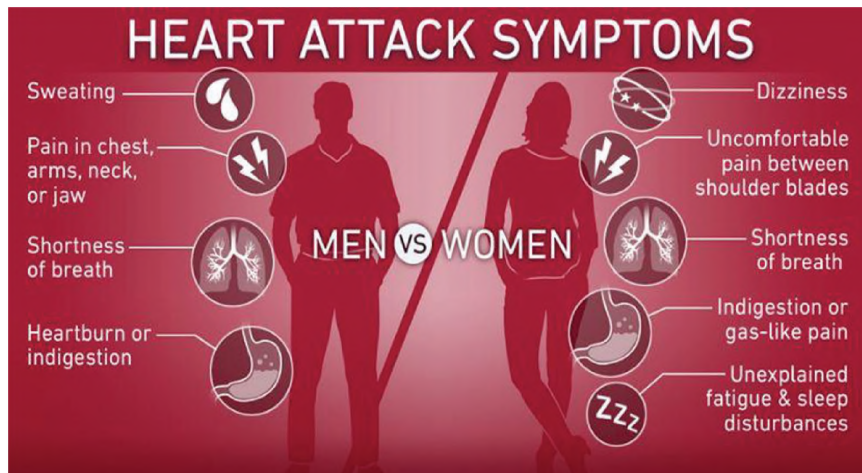
ment more challenging.

The below conditions will increase your risk of MI:

- Family history
- Uncontrolled high blood pressure
- High cholesterol
- Diabetes
- Smoking
- Poor nutrition
- Excess weight
- Lack of stress management

If you follow a heart-healthy lifestyle, you can help prevent heart disease:

- Don't smoke or use tobacco
- Get moving – 30-60 minutes of exercise on most days
- Eat a heart healthy diet
- Maintain a healthy weight
- Get good quality sleep
- Manage stress



- Get regular health screenings that include
- Blood pressure
- Cholesterol levels
- Diabetes screening

Heart Disease - differences between men and women

Men and women have different biology – women have smaller hearts and smaller vessels

Cholesterol buildup is different in men and women – men have more cholesterol build up in larger arteries, and women have cholesterol build up in small blood vessels of the heart

Men and women have different symptoms – men typically complain of chest pressure while women can present with nausea, sweating, vomiting, pain in the neck, jaw, throat, stomach or back

Women may have diseases that mimic an MI – women are more likely to experience a coronary spasm, coronary dissection (wall of a blood vessel tears) and an inflam-

matory response that causes the heart to enlarge after an emotional stressor (broken heart syndrome)

Men and women have different risk factors for heart disease – reproductive history for women may affect the risk of developing heart disease; women with endometriosis are three times more likely to develop an MI, chest pain or require treatment for blocked arteries

Men and women require different diagnostic care – when a woman presents to a healthcare provider with signs and symptoms of an MI, they may receive different diagnostic care than men

Different treatments may be required for men and women – most medical providers have experience in treating the largest blood vessels of the heart, but less understanding of how to treat plaque in the smaller vessels and inflammation of the heart

It is important to know the signs and symptoms of an MI whether

—Please see **PAGE 17**

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10LV14S

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10LV15S

What's Brewing in Your Pot?

by Patricia Brown

I have been wearing a heart monitor for two weeks and will be removing it tomorrow and mailing it to the manufacturer's lab to have it analyzed, with results sent to my doctor. I was having shortness of breath, heart pounding, sometimes dizzying incidents that just seemed abnormal; IE: Changing sheets or walking across a room could bring it on. Even though I'm 80 and come from a family full of heart trouble, this didn't seem right. My doctor had asked if I drink coffee. I responded that I only drink one regular cup and one decaf daily. I didn't think it was relevant. Boy, was I wrong!

After wearing the monitor for a couple of days, I started tracking when these events started and noted that most happened in the morning hours. I rethought the doctor's question and Googled caffeine and heart rhythms (yikes! One guy searching for a heart attack was drinking 40

cups a day). I didn't find much about my own daily coffee habit, so my Google journey diverted from caffeine to coffee maker.

I was on my 3rd Keurig—I had had it for a while and had thought of buying a new one since it wasn't making a real good cup of coffee—something I blamed on cleaning it with vinegar. Maybe I was not flushing it all out. Maybe I waited too long to descale it. I wanted to know if I was drinking caffeinated vinegar instead of coffee, so I Googled “can my coffee maker make me sick?” And the answer is YES!

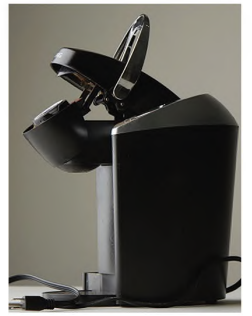
It seems there are many side effects connected to all brands of coffee makers, even dear old Mr. Coffee. Below are a few other symptoms from one of the websites I visited: Rashes, irritated eyes, sneezing, coughing, headache, runny nose, congestion, sore throat, heartburn, upset stomach. What do I do if I drink mold from a Keurig? I don't personally know anyone who has

keeled over from drinking some moldy coffee, but we all have different sensitivities. If you experience weird side effects like shortness of breath or dizziness, it's best to connect with a doctor. It's better to be safe than sorry.

I immediately dumped Keurig #3 and bought #4. No more vinegar for me. Although it's still recommended as a cleaning agent, I got the descaling kit from Keurig this time. What is different about the new machine is that it has a smaller reservoir, and it can't be programmed to stay on for hours like old #3. This was key, since what happens to all that warmed up water sitting for hours every day? Invisible bacteria! Mold! #4 deliv-

ers hot water much quicker and doesn't remain on for 3 hours once my coffee is made.

The good news is my shortness of breath, heart pounding and dizzying symptoms have disappeared. I am so grateful that my doctor asked the coffee question, and even though I poo-pooed it at the time, some little voice kept gnawing at me to check further. I'm not a doctor, and I don't play one on TV, but I can do this to protect my heart...change the filter every two months, and descale it every three months. My heart health depends on it.



Healthy Villager

From PAGE 16 —

you are a man or woman.

Remember, we have many choices and strategies to help prevent heart disease whether you are

a man or a woman.

Editors 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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Pleasant Valley School Board



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- ✓ Encourage an atmosphere of transparency and inclusiveness that is highly responsive and engages stakeholders in the decision-making process
- ✓ Services that prioritize support for students, teachers, and campus personnel
- ✓ Offer a variety of alternate forms of quality education and opportunities that meet community needs

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A WORD ON WINE

By Barbara Senior

Randall Grahm, The Rhône Ranger

Whenever you open a bottle of a California “GSM,” you can thank Randall Grahm. GSM wine is a red wine that leads with the fruit of Grenache, then the heavier undertones of Mourvedre and is finally balanced by Syrah. Other blending grapes like Counois and Cinsault add finishing touches, and Voila! – you have a very versatile red blend which goes with almost any fare. You may not know about Randall Grahm, but, almost single-handedly, he is responsible for cajoling California wine makers into making the great Rhone blends we enjoy today.

Grahm made the first California GSM in 1986 at his quirky Bonny Doon winery in the Santa Cruz mountains, giving it the unlikely name of Le Cigare Volant, literally meaning “Flying Cigar” in French. That name is a nod to the hilarious 1954 law banning UFOs from landing in the vineyards of France’s Châteauneuf-du-Pape region — home to the world’s best-known grenache-led blends — and is evidence of the colorfully creative character that Grahm would embrace for the rest of his life. He was splashed across the cover of Wine Spectator in 1989 as the “The Rhône Ranger,” and went on to make dozens of different wines from vineyards across California, mentoring an entire generation of vintners along the way.

In the 1990s, Bonny Doon winery relocated to the warm Mediterranean climate of Paso Robles, and Grahm continued to experiment with Rhone varietals. His innovative wines were broadly popular, at one point making Bonny Doon

winery the 28th largest winery in the United States. But Grahm was never known as the best salesman or a financial genius, and he frequently ran into money troubles, which led to the sale of the majority of Bonny Doon in early 2020.

Six years ago Grahm acquired property in San Juan Bautista, 40 miles south of San Jose. His new quest —to develop and discover California’s own grape varietal— or as he puts it, a New World Grand Cru. So he’s planted as many of the world’s 2,000-plus varietals that he can get his hands on, and he plans to cross-breed them, with a target of 10,000 different grape types to choose from.

The 400-acre property features various soil types— limestone to granite to clay to sand—and sits in between the cool Monterey Bay and warmer Santa Clara Valley climates. It undulates from gently sloped, north-facing hills to mountaintops with 360-degree exposure, some spots wide open to maritime winds, others baked by the hot sun.

Altogether, the property’s 110 plantable acres are quite a Goldilocks situation, offering the diversity of conditions required to find a varietal that will work in various corners of the Golden State. It’s a grand experiment that will take at least a decade to start bearing any semblance of success.

Not unsurprising, when Grahm sold the Bonny Doon winery, he didn’t sell the Cigare Volant brand, and it remains his flagship product. We recently bought a couple bottles of Le Cigare Volant, and I’m sure we’ll feel grateful as we enjoy Randall Grahm’s cherished wine.



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CLUB NEWS

MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf has continued to fill the cups with golf balls. Mike Oitker and Jerry Ruff are our most recent golfers to record a hole-in-one. In addition, Walter Wilson scored a difficult "Sandy Birdie." The Tuesday tournament players contribute one dollar toward a Hole-in-One pot and another for Sandy Birdies. It seems like the odds of collecting from one of these "pots" are getting better and better.

The September Harvest Golf and Picnic Tournament was on Thursday, September 29 with a large crowd of enthusiastic golfer and picnickers. Men's Golf Second Vice President Jon Hall put together an excellent event that left the players with enjoyable golf and satisfied appetites.

The September Regulation Golf Tournaments was held at the

Buenaventura Golf Course, with Bruce Hochstadter winning the "A" Flight and Gregg Neasham winning the "B" Flight. The October Regulation Tournament will be held at the Westlake Golf Course.

BILLIARD CLUB

By Vera Erskine

Ice Cream Social: it was great to see new faces at the annual ice cream social. 63 members were in attendance. Jan Bender and Wilma Hutson were the winners of 2 reflective safety vests.

Quarterly Membership Meeting: Tuesday, October 25, 2022, at 6:30pm in the MPR. This is the last Membership meeting for 2022. 14.1 Tournament awards will be handed out. New Club Board will be approved by the Membership. Please bring a snack to share. Contact Vera Erskine for more information 805-987-4537.

LV BOWLING

By Gene Kinsey

Our Fall season has begun and six teams are having fun. We bowl on Friday mornings 9-12 at Harley's Camarillo Bowl behind the 99 cent store. Cost is \$13 per week. There are still a couple of vacancies and subs are always welcome. This is a handicapped league so you do not have to be a good bowler, but you must be able to laugh at yourself.

If interested, please call Bobi Shmerling 805-389-1975 or Gene Kinsey 805-796-5858 for more information.

Earlier this month we hosted viewing parties for the U.S. Open tennis men's and women's final where members provided plenty of color commentary, the accuracy of which was far exceeded by its enthusiasm.

Upcoming events include our annual Potluck dinner on Wednesday October 12 at 7pm in the Santa Rosa room (your chance to take advantage of all that on-court exercise by eating to excess) and our final monthly Friday Pu-Pu/Potluck at the courts at 4:30pm on October 21 (your chance to see whether a beer or glass of wine improves your game). See you on the Courts!

RACQUET CLUB

By Roger Florio

The Racquet Club has been pleased to welcome an influx of new members this year. To anyone who is racquet or paddle curious about all that activity at the Village Tennis/Pickleball/Paddle Tennis courts, just stop by any time you see folks playing and ask.

WII BOWLING CLUB

By Debra Pettit

Are you looking for some fun in an air conditioned room? Look no more! Join us for Wii Bowling, Tuesdays at 9:30am and 11am, Wednesdays at 1pm, and Thursdays at 11am.

Questions? Contact Connie Davis 805-320-1544 or Sylvia Edmonds 805-987-1666.



7 Questions you Should Ask Yourself

Before making your 'Yes' or 'No' Dental Implant Decision

Are Dental Implants Right for You?

It is important that you don't rush into a dental implant decision (either to get implants or to forego them) before you get all of the facts.

You should weigh those facts based upon your wants, needs and desires. And you should understand exactly what's involved in the process... exploring the alternatives... and asking yourself these seven questions:

Question 1 - Am I using dentures that I'm not satisfied with - or am I missing one or more teeth that I haven't yet replaced?

Question 2 - Am I willing and able to practice good oral health, flossing and brushing regularly?

Question 3 - Do I want teeth replacements that look, feel, function and last just like real teeth - or am I satisfied with what I have?

Question 4 - Am I in reasonably good health?

Question 5 - Am I willing to visit the dentist for check-ups after the procedure so that s/he can professionally check my implants, gums and bones for health and stability, and remove all the plaque I can't reach?

Question 6 - What do I feel deep down? Would I likely be happier and feel better about myself if I had dental implants versus what I have now?

Question 7 - Am I willing to pay a little extra for the higher quality of life that dental implants will give me?

If you answered YES to all of the questions, **your decision is an easy one**—dental implants are perfect for you.

If you only answered YES to one or two of the questions, your decision is not as clear-cut and might require more information and thinking.

I will be happy to meet with you, answer any questions - at no cost, no pressure, no obligation - and to help you objectively sort through the confusion.

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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

The Ringers Tournament took place all four Wednesdays of September. Players had the opportunity to improve their scores on each hole. Well...we tried to! Winners will be announced at our October meeting and posted on the golf club bulletin board.

We enjoyed a mixed tournament on September 29th, hosted by Men's Golf. Good times, followed by a tasty bbq luncheon. Thanks, guys!

October will be regular weekly tournaments topped by a special Halloween scramble game and luncheon on October 26th. Costumes are encouraged to play and party later. See you there.

Time to practice and sign up for the President's Cup Tournament happening on November 2nd and 9th.

TAI CHI

By Chuck Morrow

There is a new opportunity for past and present Tai Chi students to practice and improve their Tai Chi skills that began October 3rd. A new Tai Chi practice session will be held in the Santa Rosa Room on Mondays from 3:30 to 5 pm and Thursdays from 12:45 to 2:15 pm. The class is open to the many previous Tai Chi students who have or have not been practicing, wishing to improve their skills or begin again. The class will be led by Pat Harts-horn and Susan Nack with appearances from other Tai Chi instructors throughout the future practice days. To register contact Susan Nack at susannack138@gmail.com.

Just a reminder for Tai Chi Intermediate Class students the regular class will continue to be held on Mondays and Thursdays from 2:30 to 3:15 pm in the Santa

Rosa Room. Also, there is a Tai Chi practice each morning at 8:30 am in the MPR or a vacant room if the MPR is scheduled.

Watch next month's ILV for information regarding the start of the next Tai Chi Beginners Class starting in January.

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.

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.

SAVE OUR SIGHT & HEARING

By Terry Connor

A valuable event on Thursday October 20 at 1pm in the Sun

—Please see PAGE 21



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CLUB NEWS

Save our Sight

From PAGE 20 —

Room will be the California Telephone Access Program showing a variety of phones & their strengths to help those with vision, hearing, mobility, cognition, or speech challenges. Any person with one or more of these challenges can select one free phone.

YE OLE WOODCHIPPERS

By Bud Bradley

This month's photo is the result of refurbishing a portable entertainment bar for the Rec Center.

August turned out to be a busy month for the Woodshop. We added 21 completed jobs for the Villagers, 2 more for the Village

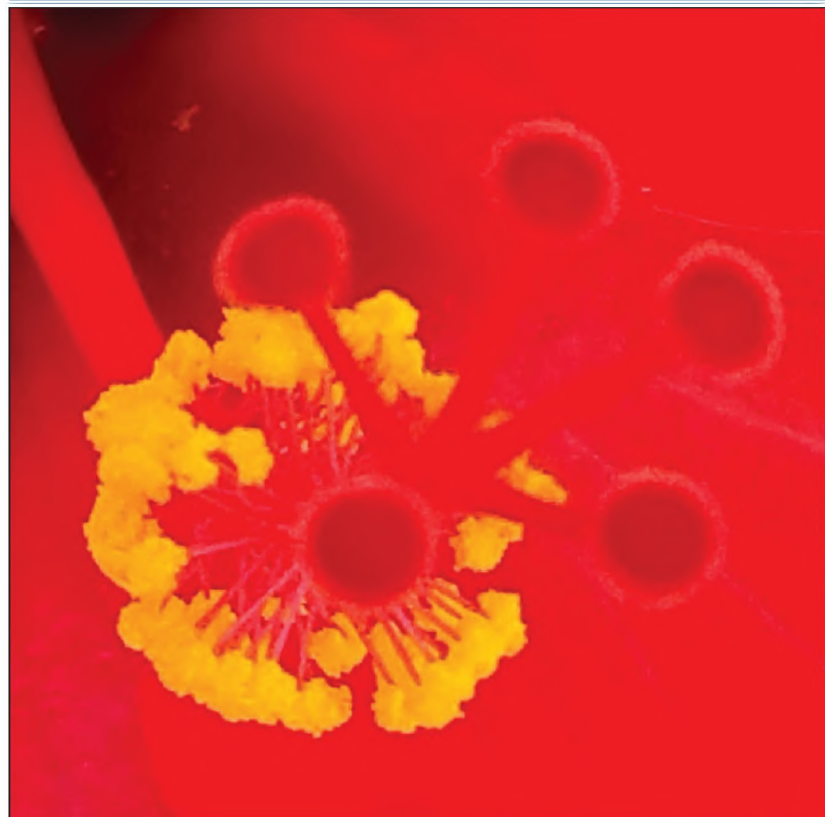
and 4 quick jobs. The year-to-date numbers total 132 completed jobs for Villagers, 12 Jobs for the Village and 31 "fast fixes."

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.

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

—Please see PAGE 22

PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st — David Pepper / Solar Storm, Touch of Pollen



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10LV10S

CLUB NEWS



Photo by BUD BRADLEY
Refurbished bar for rec center.

Woodshop

From PAGE 21 —

these hours.

There is no charge for these services unless special materials are needed to complete the repair. Finally, we gratefully accept donations for these services to help keep supplies and equipment up to date. For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com

WRITERS CLUB

By Harvey S. 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 written presentation. Writers Club meetings are normally held every other Monday at 1 p.m. 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.

In September, members wrote on self-motivation and how they would like to be remembered. The suggested topic for October 17 is “the first time I went to the movies.”

For October 31, the suggested

topic is “one of my happiest memories.” There will be no meeting on October 10 or October 24. Microphones are furnished. Please mark the dates on your calendars.

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

LV PHOTO CLUB

By Chuck Morrow

Photo Club wishes to thank the Leisure Village residents, members, volunteers, Rec Office and staff for supporting the “British Invasion Flashback” with Peter Asher. All those in attendance were thoroughly entertained by Peter Asher, who led us down a musical memory lane of the ‘60s—when many of us grew up.

The Photo Club has been busy this summer, in mid-August, a workshop was held by Jim Wronkiewicz on transferring photos to create video presenta-

tions. Jim provided an in-depth path as to how we all can take our many still photographs, and by transferring them into video, can tell a story of special events and family milestones.

The Photo Club judge for the month of September was Nancy Lehrer and she provided an impromptu photography workshop on the finer points of photography. Thank you, Nancy, for all the photo information and your time and efforts on behalf of the club.

The Assigned Category for September was “Street Photography.” The Assigned Category for October will be “Humor.” The winners in all categories were:

Assigned Category – Gregg Gillmar – “Looking Back”

Open Category – Bev Davis – “Angels at the Gate”

Mobile Category – David Pepper – “Solar Storm, Touch of Pollen”

For questions regarding the Photo Club and membership inquiries contact Gregg Gillmar at ggillmar@outlook.com.

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CLUB NEWS

VILLAGE ARTS

By Patti Crichton

Village Arts enjoyed a chat with fellow member, Sandy Hall, at our September 7th meeting. Sandy shared her art journey with us, and many could relate to her venture into the art world later in life and the enriching experiences she has encountered. Thank you, Sandy!

Our October 5th meeting featured art by our own members and Phyllis Doyon, who did a helpful critique of our work. Phyllis brought her vast experience and sense of humor to her comments, which will hopefully help us improve our techniques and encourage our endeavors. It is always interesting to see what our fellow artists are doing and learn something new.

Kathy Whitesell continues to offer monthly watercolor classes at \$10 to members. Sign up for October 21st, November 18th and

December 16th sessions at 1 pm or 2:30pm by texting Patti Crichton at 805-760-7673.

Join Village Arts for \$10/year by calling David Kiefer at 805-419-4688 (no text), or come to our monthly meeting (next one is Nov. 1) to sign up.

We are getting prepared to host the annual November 6th Autumn Art Show taking place at the Rec Center from 10am-2pm. Many creative LV clubs and artists will be participating. Displays will include paintings, ceramics, jewelry and more! This will be a great opportunity to buy your holiday gifts and enjoy seeing the variety of talent here at Leisure Village.

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. Our September meeting featured six delicious wines, each available for under \$15. A big thank you to Dennis Doolittle, our monthly Wine Steward, who selected the wines.

The evening clearly demonstrated that the quality of a wine is not determined by the price you pay.

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. Get on our mailing list by enrolling on our website <https://grapes-r-us-wine-club.mailchimp-sites.com/>. Or drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

LV WOMEN'S CLUB

By Barbara Cogert

We sincerely hope you enjoyed the Lip-Sync show as much as the 'performers' enjoyed being silly for you, their audience.

Our next event, the Fall Fashion Show, will be held on Thursday October 13th at 1:00 pm; doors will open at 12:30. Please join us as the Women's Club presents Refresh, Rejuvenate, Revamp and Revive, our Fall fashion Show. The presentation will include a silent auction of the fashions and accessories.

A Garden Reception with light refreshments will round out the event after the show. Look for ticket pre-sales October 7 from 9 - 11 am in the AR lobby (sales began Oct 3.) Reserved seating \$15.00. We all look forward to this unique and exciting event.

Remember to bring you "Change for Change," canned goods for Food Share and or toiletries for our local charities. Thank you for your generous support.

SAVE THE DATES:

- Holiday Bazaar, Saturday, November 5, 10am - 2pm
- Veteran's Day Event, Thursday November 10, 1 pm
- Holiday Party, Thursday, December 8, 5:30 pm

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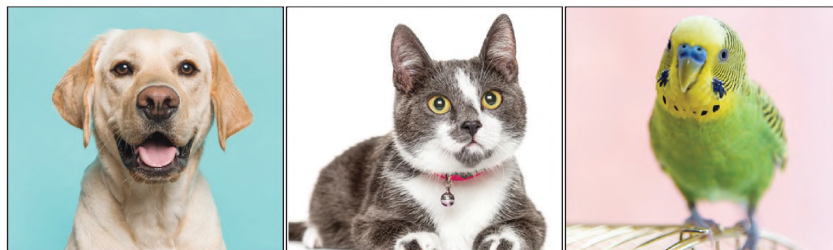
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CLUB NEWS

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello Leisure Village People. Fall is here along with witches & goblins. We are having three dances this month, including a special Halloween Dance on October 29. Costumes are optional.

Coming up:

- October 8 – John & John Duo, dance lesson will be West Coast Swing

- October 22 – Tropic Star, dance lesson will be Waltz

- October 29 – A Special: Eric Ekstrand Trio, dance will be West Coast Swing

We hope you will attend the fun, social time we have at our Saturday Night Dance Party. Admission is \$10.00 per person and includes the free lesson from 6:30 pm to 7:15 pm. The dance is from 7:30 to 10:00 pm.

MAVERICKS CLUB

By Vera Erskine

Halloween Party: Join us for this great party on Friday, October 28, from 7-10pm. Prizes for Funniest, Scariest, Original and Best Costume Overall. Dance music by “DJ Muevelo.” Wine, beer, water, coffee and boxed treats will be provided OR you can bring your own beverage and snacks. Seating will be assigned. Don’t miss out on this event. Tickets are \$25 each and sales start October 8. (Sold to Leisure Village residents plus one guest.) Contact Vera Erskine for tickets at 805-987-4537

LV MUSIC CLUB

By Marci Lapair

The LV Music Club is supported through our \$10 annual membership dues. Memberships

PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Bev Davis / Angels at the Gate

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

The Players Guild Board of Directors listened to presentations from five directors on Tuesday, September 13. After a lengthy discussion, a final decision was made and the musical chosen is *Fiddler on the Roof*. Diann Carroll and Richard Weiss will co-direct and are excited about what will no doubt be a daunting task. Auditions have been scheduled for Monday and Tuesday nights, November 28 and 29 at 7 pm in the MPR.

PLAYERS GUILD

By Linda O’Neill

Heads up-this is big news. The April play has been selected! This is our annual “big” production which is presented for five nights in April when the AR becomes a theater.

The Directors Selection Meeting was held on October 3rd which determined who will direct the monthly shows for 2023. January, June and September have already been assigned.

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HISTORIC REFLECTION By Max Copenhagen

A Tour of Old Town Camarillo

■ The Historic Buildings Yesterday and Today

In 1899, Adolfo and Juan Camarillo had built a store with a post office on the corner near 2650 Ventura Blvd. When Calleguas was suggested as the name, the post office department thought it too difficult, so they called it Camarillo.

Saint Mary Magdalene Chapel was commissioned by Juan Camarillo. He built the chapel in honor of his parents and it was named for his oldest sister Magdalena. There was a boardwalk along Ventura Blvd between the train station and the chapel. The boardwalk was built by Adolfo and Juan Camarillo to meet the need for new businesses. The chapel became the dominant landmark in Pleasant Valley and has 13 magnificent stained glass windows. While traveling in Europe in 1913, Juan commissioned glassblowers F. X. Zettler of Munich Germany to create the windows. War broke out in Germany and when the windows did not arrive, it was assumed they were lost. The family was delighted when they were contacted after the war with news that several large crates were found with Juan's name. Shipment was arranged and the windows were finally installed in 1919. We became known as The Chapel City. The town was surrounded by fine farmland, called the lima bean capital, the jewel of the Oxnard plain.

Continuing west to 2474 Ventu-

ra Blvd. is the Old Fire Station and Community Building. It was built in partnership with the County, matching a \$15,000 bequest left by Juan Camarillo for a civic building. The land was purchased and the building was dedicated in 1941. These buildings will be removed in the near future for the expansion of Dizdar Park.

The school at 2222 Ventura Blvd. began in 1895 with 57 students and two teachers. With the purchase of two additional acres in 1921, another school building was constructed with eight classrooms and an auditorium. In 1945, more land was obtained and classrooms were built to meet the new earthquake standards. The school played a major role in the development of the city. It served as the community center, the 3M Corporation rented rooms to train its employees for the new plant, a court building was built on what was the basketball and tennis courts, the City Hall, the police department and Pleasant Valley Parks and Recreation District all had offices there for a while. The school grounds and buildings are currently occupied by Studio Channel Islands and a collection of art studios fill the old classrooms.

Joseph Lewis built a large garage at 2401 Ventura Blvd. in 1912 for the many cars owned by his family. Joseph's father Henry had developed the lima beans industry. Joseph built at least 30 residential

—Please see **PAGE 26**

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Old Town Camarillo

From PAGE 25 —

and commercial buildings in the area. One of the most impressive is at 2423 Ventura Blvd. currently occupied by the Twisted Oak Tavern. The Farmers Bank was there and you can still see the bent bars on the window in the back, where thieves tried

to pull out the iron bars during an attempted robbery. For many years this was the Stein and Talley Department Store. Fred Stein and Capp Talley were relatives of Joseph Lewis. The store was called "the Harrods of Camarillo" and it had everything. In the 1940's, it was split into three units. One part became Camarillo's first movie theater, the Valley The-

ater. Joel McCrea went there to see the audience reaction to his films.

The Cawelti building on the corner of Ventura and Somis Road (now Lewis Road) was built in 1917. It had the Buckhorn saloon with a card room in back. The library was next door and keeping proper decorum was a challenge for the librarian because of the common wall. The librarian would pound on the wall to remind the men to watch their language. It continued as a card room until the city was incorporated in 1964. When the Buckhorn closed in 2006, it had the oldest liquor license in the county. The Establos Meat Market and butcher shop currently occupy the building next to the



space that the Buckhorn occupied. Max Riave ran a general store on the opposite corner at 2650 Ventura Blvd. He was very involved in the community and helped organize the Calleguas Municipal Water District to provide more water to the area. In 1947, he moved to a new store and Higgins and Hill opened a grocery and meat market. The Higgins store closed in 1970.



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HOUSE CLEANER – Hardworking single mom looking to clean your house, shop, even walk dogs. Very reasonable rates Call 805-236-8991 ask for Tabitha Baxter

WINDOW CLEANING SERVICE. Since 1996, serving Leisure Village, Sparkling windows, mirrors, screens and tracks. COVID precautions Woman owned business. References 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

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

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 providing for daily needs. Willing to help with anything you need. Please contact Chery 805-444-2379

RNA/PTA certified. More than 15 years experience. Patient, flexible, caring, reliable, trustworthy. Fully vaccinated. Rachel Friedman. LV resident. Call me anytime at 818-282-3317

If you need a CNA/caregiver with lots of references inside the Village. Compassionate, reliable and with flexible hours call Sherry 805-312-4561 or Tess 805-312-1780

CNA (Certified Nursing Assistant) for Home Health Care. Octavio Esqueda 805-276-2781 or 805-388-3865 Graduate of Ventura College CNA program.

COMFORT KEEPERS HOME CARE is hiring many caregivers! Voted one of the top employers in Ventura County! Family run. Great support! Apply on line: <https://ck-thousandoaks.clearecareonline.com/> apply. Call 805-494-9900 Ext.10





When it comes to investing, it's hard to find something that would have increased in value over the past year more than food, and food is universally needed by everyone. Inflation, supply chain issues, and changes in crop availability have changed the food landscape to something different than any of us remember in our lifetimes. Now more than ever, storing food appeals to both economic and common sense. When you understand food preservation and storage, you can buy food in bulk or in season and have access to it over a longer period of time. This saves money, provides a little hedge against inflation, and provides peace of mind. **We want to share food preservation information to help add fun and flavor to your food storage adventure!**

THREE TYPES OF FOODS: Food can be classified into one of 3 groups that each require different storage methods: PERISHABLE FOODS include raw fruits & vegetables, meat, dairy and eggs. These require fridge and freezer space and have the shortest shelf life. SEMI-PERISHABLE FOODS, depending on how they're stored and handled, can either go bad quickly or have an extended shelf life. These include flour, grain products, dried fruits, and dry mixes. If optimally stored and handled, like in a clean, vacuum-sealed bag, these foods can remain unspoiled for 6-12 months. Frozen, some can last even longer. STAPLE OR NON-PERISHABLE FOODS include dried beans, spices, and canned goods. They have a long shelf life when stored under ideal conditions without air, light and heat.

For perishable and semi-perishable foods, using a food preservation method is necessary in order to store them in larger quantities for longer periods of time.

TYPES OF FOOD PRESERVATION include freezing, dehydrating, canning, freeze-drying, fermentation, preserving in salt and sugar (or a mixture of both), vinegar pickling, olive oil immersion, vacuum-sealing and mylar bagging. **We have put links to information about food preservation methods on this month's 'Barlow's Got Your Back' section of our website.**

Mylar bags, vacuum-sealing and canning are a few of the methods that have increased in popularity lately. **Mylar bags** are ideal long-term storage method for dry foods like rice, beans and flour. Mylar bags effectively protect against light, moisture, and insects. They create a good oxygen barrier which allows the oxygen to be removed. When done correctly, some foods can even last over 25 years! All you need are mylar bags, oxygen absorbers and a heat sealer – all readily available on the internet. **Vacuum sealing** follows the same concept as mylar bags by removing air but can be used on a greater variety of food, including fresh, perishable food with moisture. You can divide your favorite recipes into serving sizes you would use in one meal so you have it ready to heat up anytime. **Canning** involves placing foods in jars and heating them to a temperature that destroys microorganisms, inactivates enzymes, and drives air from the jar. A vacuum seal is formed as the jar cools. To safely home can foods, proper canning methods must be followed, so canning requires more learning than mylar bagging or vacuum sealing.

For links to tutorials on food preservation & storage, best practices & helpful tips, visit our 'Barlows Got Your Back' section of our website!



The Barlow Group
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LeisureVillage.com

805 **987-5755**

Our Family Serving Your Family!



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