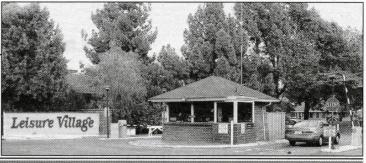
LEISURE VILLAGE



Vol 27 No 3

An Active Senior Community

Pleasant Valley, Camarillo, California

January 6, 2006

Meet Ernie Ohmstedt, Mr. Leisure Village

By Mannie Abbate

In 1979, when the trees in Leisure Village were all still small and only a few of the 36 Villages had been constructed, a young couple moved into the Village who, without fanfare, would have a long-term beneficial impact for all of us. (Note: eight of the Village numbers between 1 and 44 were not used.)

Ernie and Barbara
Ohmstedt had both of their
parents living in our Village
at that time and decided to
sell their house in
Chatsworth and move to
Leisure Village before their
parents decided to move in
with them in Chatsworth.



Ernie Ohmstedt and his wife, Barbara, have lived in the Village since 1979.

Right then and there, they both showed how forwardthinking they were.

This story is about Ernie, but another story could be written about Barbara that would also be about a Villager who has had a tremendous impact on the good things that have happened in the Village because of our good fortune in having them make the decision they made back in 1979.

Ernie, a master tool and die maker, was only 52 years old and still working in "The Valley" every day when he and Barbara moved here. He retired as soon he could and started on a new career of becoming "Mr. Leisure Village."

Ernie's impact on the Village can be seen in almost every phase of our lives here. He was a founding member of the LV Men's Golf Club, and its president several times. He was and still is one the most skilled craftsmen in the Woodshop. He was instrumental in redesigning many improvements, including the woodshop relocation, the upgrading of the AR, the Billiard Room, and the golf course. He personally used his skills as a master woodworker to construct all sorts of accou-

Please see OHMSTEDT on 13

Security tips, courtesy of Camarillo Police

By Sr. Deputy Steve Arthur

The Camarillo Police Department recommends "CEPTED," otherwise known as Crime Prevention Through Environmental Design.

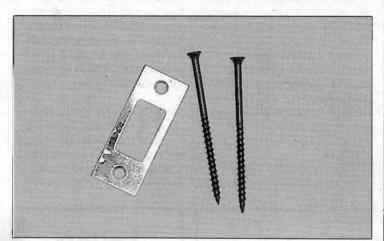
You may have heard the term "hardening the target" and didn't fully understand what was meant. That is CEPTED.

Nearly all of our vehicle burglaries and thefts from vehicles in Camarillo could have been prevented by not having valuables in plain view and by locking the doors. We can never say this enough.

Lighting and "natural surveillance" are the two biggest points to remember. Motion sensor lights are available at most hardware stores at a reasonable price.

Also available is a timer that turns on and off electricity at random times or that can be set for a specific time. Imagine the effect the sound of a television or stereo would have when the

Please see SECURITY on 12



When installing door locks and deadbolts, it is important to remember that the length of the screws is as important as the quality of the lock itself. The strike plate needs to be attached with screws at least 3 inches long. This ensures the strike plate is securely fastened into the door jam.



This is the beginning of a New Year, and with all of the turmoil going on all over the world, we are thankful for our life in Leisure Village. I know of no better place to live. There are always a few bumps in the road, but life is beautiful in the Village. We should all count our blessings and look forward to a happy and healthy vear.

The staff at "Inside Leisure Village" takes this opportunity to wish each and every Villager a healthy and happy New Year.

There is an important note in the Letters section on Page 2 pertaining to the policy and guidelines for this paper.

And as usual, Bill Himstreet has an interesting article regarding a short motor trip in our local area on Page 9.



umors keep abounding about the closure of the Trading Post.

First and foremost, it was not due to Donna Duke being tired or ill. It was because the Trading Post did not have adequate space for pricing, and we lost our two-car garage where items were stored until sold — all things the Board was well aware of. We thought after donating \$9,000 for the annex project we would get what we needed to operate, but it did not materialize.

Also, we were under constant scrutiny by the Board about our financial records. which always passed audit by the Finance Committee. Even our bylaws had to be approved before we could change them. To my knowledge, no other club has undergone a similar witch-

The Trading Post was not shut down by me, but due to a concerted decision by the Women's Club.

Former Chair, **Trading Post**

ditor's note: It is this paper's policy to refuse to print letters containing clearly blatant, inflammatory or accusatory material.

We will, from time to time, publish letters that contain views of events which sometimes differ from the views or facts as understood by others. In such cases, we welcome and will usually publish oppos-



- Donna M. Duke, V. 7 ing views in reply. We will do our best to see that such replies are to the points raised by the original letterwriter and are not driven by personal invective or laden with inflammatory accusa-

> As we allow readers a forum for the exchange and/or clarification of views and issues, we will do our best not to become an outlet for the creation or the settling of personal or group grudges.

For those who seem always to be on the lookout for suspects and smoking guns on Village issues, this probably is not a perfect policy. However, for a monthly publication that has no full-time staff and wants mainly to represent Village life as experienced by most residents, it is a policy with which we feel most comfortable.

ack in 1988, when Dick and I moved into Leisure Village, we really didn't know what living in a Planned Unit Development (PUD) really

meant. We were used to doing what we wanted, when we wanted, with respect to our home and property.

As time went by, we realized the advantages of association living. We have come to believe that indeed, we live in a Shangri- La.

Dick has said that of the four General Managers we've had since 1988, Randy Watkins is by far the best qualified. He should know, having been on the Board of Directors with all four of them.

Randy is diplomatic, with great poise and intelligence. What the Board asks of him, he carries out. He knows the CC&Rs, By- Laws, Rules and Regulations, and the Davis Sterling Act and is of great assistance to the Board of Directors.

Yes, at this time of the year, we count our blessings, and living in Leisure Village is at the top of the

Georgia Griswold,

Please see LETTERS on 3

y name is Alfred

W. Bennett. My late wife's name

was Natalie. Recently, I ran

into Bill Himstreet and his

restaurant. Afterwards, it

brings back memories dat-

ing back more than a dozen

Maxine Himstreet was

for many years. My wife,

It was her pleasure to

the Leisure Village librarian

Natalie, was an avid reader.

browse among the books in the LV Library and select

one to read. In this way, she

became acquainted with

Maxine, and they became

On a different field of

interest. Bill Himstreet and

I were active volunteers in

We belonged to committees

and clubs. For example, we

both belonged to the Mens

Golf Club and would meet

on Tuesday, mens golf day. I was elected to the Board of

the life of Leisure Village.

wife, Maxine, at a local

years ago.

good friends.

Deadlines for next month

The Display Advertising deadline for the February 2006 issue will be Monday, January 9, at 5 p.m. Deadline for letters, club news, stories, photos and classified ads is Saturday, January 14, at 5 p.m. Publication is scheduled for February 3. Typed copy, doublespaced, should be deposited in the ILV box in the Recreation Center hallway. Handwritten material should be submitted early to allow for typing.

About Inside Leisure Village

Editor: Gerry Schulman Photos and cover photo illustration: Vic Fledge, Jerry Spector Cartoons: Bob Browne Staff: Jack Whalen, Bill Himstreet, Helene Haleman, Sherman Garry, Doris Hoffman, Lois Keeler

Classified Ads: Doris Hoffman, Mary Barkemeyer

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 Ventura County Star, Scripps Howard and The E.W. Scripps Company. The Ventura County Star is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the policy of ILV shall be to report and publicize sanctioned LV events and activities exclusively.

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 signature, address and telephone number. Please limit letters to 150 words. We reserve the right to edit and/or condense. Place in ILV box. Space permitting, whatever was not printed in this issue due to space limitations will be considered for the next issue.



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Leisure

Morrisons are a high-flying duo

By Jack Whalen

Dream of driving to Camarillo Airport with your wife, getting your own selfmade plane from your hangar and rolling down the runway for a day of fun.

Your plane heads south to the coastline and follows it north over scenic Santa Barbara, then northwest over mountain ranges and finally east to land at the small Santa Paula airport. Have a pleasant lunch at the restaurant right off the landing strip, and then it's off again into the wild blue yonder. You will view the San Fernando Valley and then head back to your own airport.

Another day, you'll head south and follow the coast-line to Coronado, then over San Diego, then inland to land at Palm Springs. Restaurants galore are nearby, and later you are off again with the City of Los Angeles ahead on the horizon. Then find the coast-line, fly over the surfers at Malibu, and soon Camarillo Airport is in your sights.

Sounds great, doesn't it? Well, that's often the lifestyle of Joe and Sylvia Morrison of Leisure Village.

Some dozen years ago, your reporter did a story of Joe, who had just built, after almost 15 years of part-time work, a Q-2 plane in his Village 42 garage. Renting a hangar at Camarillo Airport, he housed it there and also purchased a Belanca, a plane with a larger flying range. That plane now belongs to a son in Oregon who uses it to visit his parents.

While Joe is of Canadian birth, his parents moved to California when he was 4 years old. During World War II, Joe was in chemical warfare duty, and his group was among the first to enter Japan following the surrender.

Then it was back to college at UC Berkeley. While in his junior year, he married Sylvia. Later, the furniture construction industry



Jim Morrison gets ready to fly his Titan Tornado, which he built at his Camarillo Airport hangar in one year.

beckoned, a vocation he would follow for the rest of his working life.

Sylvia, an Orange County native — once their three children were through school — went back to school, furthering her education. At USC she secured a master's degree in health planning and then moved into family planning.

Joe and Sylvia moved to Leisure Village in the mid-1980s. While Joe was often busy with the Q-2, Sylvia was busy writing grants for the American Lung Association and the Rape & Sexual Abuse Foundation. She is also involved in arts and music discussion groups and is active with the local chapter of the Brandeis University National Womens Council.

Joe's new prize, a Titan Tornado, was built at his airport hangar in just a year. He boasts a perfect flying record going back to 1967.

With three children, two grandchildren and one great-grandchild, plus a beautiful home loaded with books, the Morrisons lead a full and rewarding life.

Daughter of LV residents qualifies for Senior Olympics

Patricia, the daughter of Village residents Vic and Evelyn Gardner, has again qualified for the USA Fencing Team — over age 60 group — for competition in the 2006

Olympics. The Olympics for this age group will be held in the city of Bath, England. Patricia resides in Malibu with husband Ed Bedrosian.

LETTERS

Continued from 2

Directors when I was Chair of the Building and Grounds Committee, and I looked for a new leader to replace me. I approached Bill Himstreet, and he accepted the new post.

You might say that Bill and I have something in common. We both love living in Leisure Village. I call it the "Garden of Eden," and I am sure many believe that I am right.

— Alfred W. Bennett, V. 25

hree years ago, as a new resident, I wrote to the then-Board of Directors, criticizing the appearance of so much of our open space. I couldn't believe a community that was so attractive in other aspects could abide its

extensive grounds looking uncared-for. I wrote that some of us had come here to downsize, but certainly not to downgrade, yet to a degree were forced to in this one substandard aspect.

The Village was then about to embark on another experiment for improving our grasslands, and I wrote that after 30 years, we should be able to show others how to do it, not still be trying to find our own way.

Today I want to thank our current board and its immediate predecessor — which included Jack Prosen, Bob Ellis and Dick Griswold — for having the courage, in the face of strong opposition, to institute Mike Undem's controversial three-year plan. Although the plan is still in its first year, it looks like we will, after 30 years, be able to show others how to do it. Thank you!

— Bob Bond, V. 37



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For memoriams, call Helene Haleman, 389-0387

all my friends and neighbors, I wish to thank you all for your tributes and support shown to me upon the death of my son, Jeffrey Robinson.

- Sophie Robinson, V. 7 ed.

Twant to thank my friends and neighbors for all the get-well wishes and goodies they sent during my convalescence from my heart attack. They were much appreciated

— Ethel Ann Pemberton,

Listen to what your body says

By Ethel Ann Pemberton

Since you know your body best, it's your job to pay attention to warning signals your body emits such as fevers, high or low blood pressure, or other changes in your body's makeup. If possible, review the health history of your immediate family, as it may affect your health in the future, if not now. Every body's makeup is different and can react to illnesses and afflictions differently, so you must remain on top of body changes and report them to your doctor without delay.

When my dad had a heart attack at 55, he had chest pains that radiated down his right arm. My heart attack, suffered about a month ago, revealed different symptoms.

The night before the attack, my blood pressure rose to 189/94, even though I'm on high blood pressure medications. The veins in my hands stood out about an inch, and my chest felt like someone was squeezing it

The next morning, my blood pressure was still high, and I felt a little dizzy, so I called Kaiser in Thousand Oaks and was given an appointment for that day. I never mentioned the squeezing feeling in my chest as it had dissipated. I realize now I should have reported it.

I didn't think my symptoms were of an emergency nature, so I drove myself to the Kaiser facility for my appointment. As I entered the freeway, the dizzy feeling got worse, and I started sweating profusely. Intermittent chest pains started. Having a heart attack never entered my mind, although it should have, with my family history of heart problems both my dad and brother died of cardiac arrest.

While standing in line at the Kaiser facility to sign in, the room started to spin, and the pains in my chest were now coming fast and furious. I made my way to the receptionist and told her about the chest pains. Within minutes, a wheel-chair appeared, and I was wheeled to an examining room where I was administered nitroglycerine and aspirin. I've always had a high pain tolerance, but when asked my degree of pain from 0 to 10, I unhesitatingly said 10. I told the attendant I had a cat at home and to please call my friend so she could take care of him. I repeatedly rattled off her phone number

The Kaiser doctor on duty made an instant decision to send me to Los Robles Hospital, which was closer than the Kaiser Hospital in Woodland Hills. While in the ambulance, my heart attack became full-blown, with pain now radiating down both arms.

"Another 10," I mouthed

Please see BODY on 5

55 Alive is Jan. 19, 20

The next 55 Alive class in the Village will be January 19 and 20 from 1 to 5 p.m. in the Multi-Purpose Room.

The Education and Recreation Committee offers this class for the benefit of licensed drivers in the Village who want to continue safe driving.

The cost is \$10 per person, which must be pre-paid by check. To register and pay, or to get more information, call Naomi Balfour at 987-9851 or Ruth Miller at 987-8162.

OXNARD COLLEGE

Oxnard College's Winter-Spring classes begin in the middle of January, and the school is registering now for a class taught here in Leisure Village. Dr. Carolyn Dorrance will teach an indepth course on "The Interpretation of the Constitution." This is exceptionally timely because of our newly appointed chief justice and the current vacancy being filled on the Supreme Court.

For more information and to register here in Leisure Village, call Mitzi Ettinger at 482-8361. The class will begin on Friday, Jan. 13, at 9:15 a.m. in the Sun Room.

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Learning to breathe better will help you accomplish more

By Lorraine Comer

Happy New Year to all! It is now the time to start our New Year's resolutions, which should include conserving our energy with better breathing.

This message is to all those with and without breathing problems. During each of the Better Breathing sessions, we discuss how to

conserve energy when doing have, either with all of daily activities, which will allow us to perform many of the things that make life here in Leisure Village so

Proper breathing techniques will give us the added benefit of making tasks and/or fun times easier to participate in during the day. We discuss any special problem you might

those in attendance or privately at the end of the ses-

As we all get a little older, better breathing techniques become more important.

Hope to see all of you looking to improve your everyday life the second Wednesday of the month at 10 a.m. in the Sun Room.



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BODY

Continued from 4

and barfed up my lunch.

I again asked if anyone had called my friend to take care of my cat. "Let's take care of you first," was the

reply.

When I arrived at Los Robles Hospital, a surgical team was ready. Since 100 percent blockage was found in my main artery, the surgeon operated through my groin area to implant two metal coated stents in the main artery to my heart. Fortunately for me, I was a candidate for stents rather than bypass surgery. Although another artery was cloudy, it was not repaired.

After four days, I was released. On my way home, my daughter stopped by the Kaiser Pharmacy to pick up one month's supply of my prescribed heart medications. I almost had another heart attack when I learned my meds were \$662 for one month. Three meds were brand names, and my plan requires me to pay brandname prices for brand-name drugs.

Since my surgery on November 11, I've been back to the emergency room twice due to skyrocketing high blood pressure and a vice-like band tightening around my chest, squeezing the breath out of

On the first emergency

room visit, an EKG, echocardiogram, and treadmill testing were performed, along with heart monitoring. That visit detected my heart could tolerate exercise, but not stress, and much stress had been occurring in my life up to

The evening after I was released from my emergency visit, the vice-like band returned. On my second emergency room visit, l underwent another EKG and nuclear testing. I saw a new cardiologist who thought the new meds were causing the vice-like problems and out-of-control blood pressure. So, after spending \$662 on my original heart meds, I was put on new meds and cautioned about no heavy lifting. except for my cat, and no

extended visits or phone

Since taking the new meds, I've been feeling pretty darned good. The large veins in my hands are gone because oxygen is now getting to my blood supply. I have no more vice-like symptoms, and no more high blood pressure.

What have I learned from this experience? I must pay attention to my body signs, and you must do the same

If something occurs that is different from your usual complaints, call your doctor immediately. Because I was in the right place at the right time, I'm here today.

One last bit of advice: Make sure you have a plan for your pet when you leave home.



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Movie I: Hitler's forbidden cinema

By Bob Koster

In January there will be two screenings of LV Classic Films. Both will be in the AR, both at 7 p.m.

On the evening of Friday, Jan. 6, we will screen a brand-new documentary titled "Unerwünschtes Kino." Translated, it means "Unwanted Cinema."

When Adolf Hitler took power in Germany, he immediately passed laws prohibiting any movies produced or directed by Jews from being exhibited in Germany. All the Jewish filmmakers had to abandon Germany for other countries. Many of them moved to Austria and Hungary because German was spoken in those countries and there would be a market for their products.

For instance, back in the late 1920s and early 1930s, Carl Laemmle, who owned

Universal Pictures, sent Joseph Pasternak to Europe to head up their European operation from Berlin. Pasternak had emigrated to the United States in the early '20s. He worked first at Universal Pictures as a waiter in the commissary but was irrepressible and soon rose to producer. Laemmle recognized his obvious talent and chose him to produce movies in Europe for the European audience. This Joe did very

Among the talented directors Joe met in Germany was a young novice named Herman Kosterlitz. He would change his name to Henry Koster when he moved to the United States. They both left Germany in the very early days of Hitler's reign, Pasternak to Vienna and Dad to Paris. Pasternak produced a few movies there,

and shortly remembered Dad. He called Dad to come to Vienna and direct for Universal. They made about five films together in Vienna and Budapest.

Then, early in 1936, Laemmle telegraphed Pasternak to return to the United States because Europe was becoming more and more uncomfortable for anyone, much less Jewish filmmakers. Pasternak, God bless him, refused to return without his favorite director. The rest is history.

Many other talented artists also went to Austria before proceeding on to other, more accommodating venues. One was Felix Joachimssohn, who wrote some of the Koster-Pasternak films. When he came to the United States, he changed his name to Felix Jackson. He lived in

Please see HITLER on 7

Petrus van der Let Filmproduktion • Filmarchiv Austria • Új Budapest Filmstúdió present



A film by Petrus van der Let and Armin Loacker

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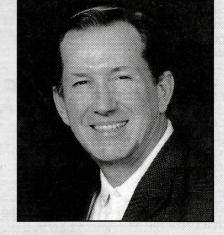
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Movie II: Comedy as king of the screen

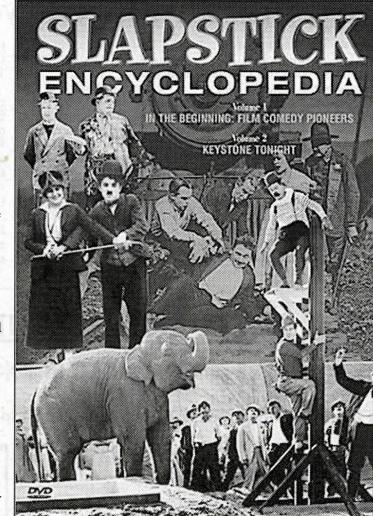
By Bob Koster

The second screening of LV Classic Films will also be in the AR at 7 p.m. on Sunday, January 8.

In the early days of movies, there were many incipient genres of film. Historical spectacles, Westerns, dramas, family films and even animation all began in the early 1900s. But of all the kinds of films, the most difficult to master was the comic film. Comedies require an exquisite sense of timing and expert acting, as well as proper editing and camera work.

Mack Sennett, one of the very earliest of the slapstick pioneers, started as an actor and quickly progressed to director and then producer. He studied his craft under the master, D.W. Griffith.

He also started many of the stars on their road to



fame. Charlie Chaplin, May Irwin, Nabel Normand, Fatty Arbuckle, Buster Keaton, Al St. John, and Ben Turpin got their start in films at the Keystone Studios under the aegis of

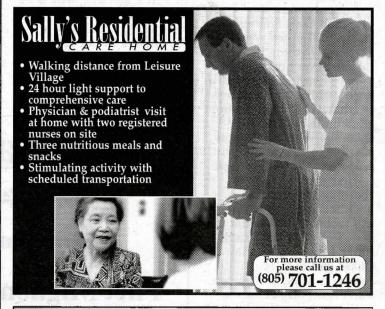
Please see COMEDY on 8

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HITLER

Continued from 7

Leisure Village in the 1990s with his wife, Ilka.

Hans Jaray and Otto
Walburg, two of Germany's
leading actors, also went to
work in Vienna before it
was also overrun by the
Nazis. They and others
formed a rich pool of wonderful talent which the
Austrian film industry could
tap for excellent artistic
resources. Their stories are
told in this film.

The Austrian film industry is now paying tribute to these "exiles" from Nazism who added so much to their culture and community. Petrus van der Let, a renowned Viennese independent documentary producer/director, and Dr.

Armin Loacker, one of the heads of Filmarchiv Austria in Vienna, collaborated in producing this tribute to those exiles.

Because there was so little film of the movies actually being made in those days, my father's home movies suddenly became very valuable. They show movies being made in Vienna and surroundings, with the crews, casts, makeup, rehearsals, etc. They are unique in that respect.

A great deal of the film is comprised of this footage, as well as clips from the movies being made and interviews with survivors. And because of my knowledge of the exiles and their families, through my father's connections, I was able to help them to assemble the footage and to conduct many of the interviews

that flesh out this fascinating documentary. For that work, they gave me the title of co-producer. I am very proud of that.

They also allowed me to narrate part of the film, of which I am also proud. "Unerwünschtes Kino" was filmed partly in English and partly in German.

After the break, I will show one of these films, "Katharina Die Letzte." This film is in German without subtitles, but is 90 percent understandable by anyone because of the excellent acting (and excellent directing!). It stars Hans Holt, Franziska Gaal, Otto Walburg, and Ernst Verebes, and is a sparkling, delightful comedy

That will be on January 6, Friday, at 7 p.m. in the AR. See you there!

COMEDY

Continued from 7

Mack Sennett.

He was also able to convince leading celebrities from other disciplines, like racing driver Barney Oldfield, to appear in his madeap comedies.

Not only were the
Keystone Cops famous, but
just as well noted were
Sennett's Bathing Beauties.
He used every opportunity
to have a swimming pool, a
huge bathing area, a beach
— whatever it took to show
off feminine pulchritude
encumbered by as little as
possible in the way of
draperies. Gloria Swanson
started as a Sennett
"Bathing Beauty."

Other famous names you will recognize from that era of anarchy are Hal Roach, Harry Langdon, Charley Chase and Stanley Jefferson. Well, maybe you won't recognize Jefferson until you know that he changed his name to Stan Laurel. Both he and "The Babe," Oliver Hardy, were well-known comics before they teamed up to form the greatest comedy duo of all time. But even on their own, they were funny.

Harold Lloyd was another great talent from that era. Not many people know that in 1919 Harold Lloyd was handed what he thought was a prop bomb, which he lit with his cigarette. It turned out to be real and exploded, blowing off Lloyd's right thumb and index finger, and putting him in the hospital for months. When he recovered, he went back to making movies, wearing a white glove while on screen to hide his damaged right hand. He did his stunts in his films using only eight fingers. "Safety Last," where he hangs from a clock on a building far above the city streets, is one such stunt he did like that.

This will be an evening of fun, laughter and thrills as we return to those days of yesteryear when Comedy was King.

See you at the movies!

Here's a story that's right UP your alley

There is a two-letter word that perhaps has more meanings than any other, and that is "UP."

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election, and why is it UP to the secretary to write UP a report?

We call UP our friends.

And we use it to brighten UP a room and polish UP the silver. We warm UP the leftovers and clean UP the kitchen. We lock UP the house, and some guys fix UP the old car.

People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning, but we close it UP at night.

We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost a quarter of the page and can add UP to about 30 definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your

time, but if you don't give UP, you may wind UP with 100 or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it wets the earth and often messes things UP. When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now my time is UP, so it's time to shut UP.

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And...Desserts...Only \$2.99

Dramatic ocean scenery just a short drive away from LV

By Bill Himstreet

The Pacific Coast
Highway seems to hold mysteries for newcomers — and
well it should. As the new
spring begins, some of the
prettiest scenery and eyeopening views of steep hillsides leading to the ocean
on one side and to Highway
101 on the other lie within
a short distance of our community.

Before taking this rather short trip of 35 or so miles, preview the trip with the help of a road map. When you leave Leisure Village, proceed to the Pacific Coast Highway and travel southward past the military bases to Mugu Rock, which is worthy of an off-the-highway inspection. Then proceed down 101 to a few beaches

available for surfboarders and diners. Here is a good spot to rest and prepare mentally and emotionally for a trip over the Coastal Range to the Thousand Oaks area.

As you motor down the coast, you'll pass a few small roads leading up the mountains. Most of these will twist and turn, but, strange as it seems, they eventually climb over the hills and into Thousand Oaks, where Potrero Road dominates things.

Stay on Potrero Road westward and you'll pass some beautiful ranches and living areas and eventually find yourself on the westward edge of Thousand Oaks, with a view of the downhill route to California State University, Channel Islands. Continue down the hill to the university and then simply follow the road to Camarillo and home!

This trip can easily be made in the opposite direction. Simply head from home to CSUCI. Go past the university to Potrero Road, which is on the south side of the campus, and proceed uphill to the Thousand Oaks area. Stay on Potrero and you can retrace the route.

Also, rather than take the strenuous trek over the mountains either way, you can proceed down 101 to Highway 23, which connects 101 and the Pacific Coast Highway. Once you have taken the trip, you'll probably want to do it again in the other direction.



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Give your future generations gift of life with oral history

By Ruth Brott Nathan

It has been said that when a person dies, an entire library is destroyed.

One of the biggest regrets of my life is that I never listened to my grandmother, my uncles, my own mother when they wanted to talk to me about the "old days." I was too busy, I really wasn't interested, I was too distracted with "more important issues." I just didn't take the time.

My own daughters don't want to hear my stories about growing up during the Great Depression. "Oh, Mom, that was then, this is now!" But my two girls will be able to hear my voice after I'm gone, because I am in the process of taking advantage of a very special gift, the gift of my lifetime. I am taking part in the Camarillo Hospice Family

History Program.

Just by calling for an appointment, you can have a specially trained volunteer visit your home to make an audio tape. With the help of your dedicated guide, you will have the opportunity to record and share your thoughts and memories on subjects of your choice: childhood memories, personal achievements (and disappointments), special friendships, meaningful experiences —your life, for future generations, for always.

All sessions are held in strict confidence, and the tapes are your personal property, always in your possession. You record your life in your own voice.

Camarillo Hospice is not the medical hospice with which we are all familiar. Camarillo Hospice is a volunteer hospice, serving our community since 1978. If you have visited the Saturday morning Camarillo Farmers Market, you have perhaps seen the Hospice booth at the entrance. The weekly market proceeds support our volunteer hospice.

As with every program and service of the Camarillo Hospice, there is absolutely no charge for the Family History Program.

So do not allow the library that is in you to be destroyed. Give your children and grandchildren the gift of a lifetime — your lifetime — as a gift.

Call for your appointment today: Janine Coronado at 389-6870, ext. 18. Or call me if you would like any additional information, and I will be very happy to make the arrangement for you.

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Holiday Tree Trim enjoyed by all

The Holiday Tree Trim was attended by more than 120 residents who enjoyed baking cookies, making paper chains, stringing cranberries and popcorn, decorating the tree and, of course, eating popcorn, cookies and drinking a delicious holiday punch.

Thirty-plus members of the Dance Workshop, an LV country western line dance group led by Rhoda Smithkin, performed to the delight of all. The holiday



Playing Dreidel during the Holiday Tree Trim are, from left, Clarice Shapiro, Judy Spector, Recreation Facility Manager Susan Rockwell and Celia Gordon.

season was rung in — or, should we say, sung in — by the audience who joined the Sing-A-Long group, led by Jules Nayfack.

While the tree was being

trimmed and songs were being sung, several residents and the Recreation Facility Manager were playing Dreidel, a Hanukkah game.

'Rat Pack' April 9

Showtyme proudly presents "The Rat Pack" on Sunday, April 9, in the AR at 2 p.m.

Showtyme's new president, Gene Valentino, received confirmation that the Rat Pack, which had been scheduled to appear in Leisure Village last April, has been set. They had to cancel last year because of a prior long-term engagement in New York.

"We're sure pleased that they were finally able to perform here in the Village," Gene stated. "We've been waiting a long time for these guys."

The boys are currently in Las Vegas, thrilling the crowds with the nostalgic antics we all enjoyed for so many years from Frank Sinatra, Dean Martin and Sammy Davis, Jr.

Close your eyes and you will hear them again. You have to pinch yourself to say it's not the boys doing their thing.

Showtyme has given us excellent entertainment here in the Village and at affordable admission prices. It's still only \$15 for Showtyme members and \$18 for non-members. The prices never change, and the entertainment is always the best.

Incidentally, the show price in Las Vegas is \$65 for this act.

Join the fun and reserve tickets with the Ticket Lady, Roz Feldman, at 383-6566, starting in January. Watch Channel 25 for ticket sale dates, to be announced soon.

Paul J. Dougherty, M.D.

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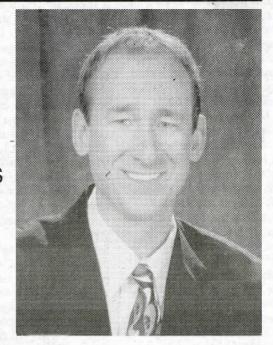
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Paul J. Dougherty, M.D.

Confessions of a concussionist

By Jack Burger

Here I am, climbing up to sit behind the drums of Benny Carter's big band. It's break time at the Swing Club in Hollywood. I don't even know the drummer's name, but he said, "Go on, take a look-see." He must be subbing 'cause I sneak in here often and no one ever let me sit behind these same drums.

I say "sneak in" because I'm only 16 and am not allowed where liquor is sold. It's 1942, war time, so things happen. I look older since I pencil in a moustache and worry a lot. Right. now, I'm worried about knocking over drums and instruments due to how tightly packed the bandstand is, and if Mr. Benny Carter will yell at me for sitting up here.

The drummer is telling me to try out the sticks. So I start playing a little rhythm on the sock cymbals and snare. Gee, I'm all elbows. It's fun though. I'm too busy to notice, but the piano man has climbed up and is playing some little riffs along with my shaky beat. A sax man joins in, and now a couple of trumpet men are crowding in to sit next to me.

I am getting nervous 'cause more musicians are coming up. I look at the real drummer and start to hand him the sticks so that he can continue in my place. He shakes his head no, saying, "Go man!" I feel like I just went. I'm playing mechanically, no real beat. Mr. Carter will be here in a minute to tell me to get lost, and the bouncer will throw me out.

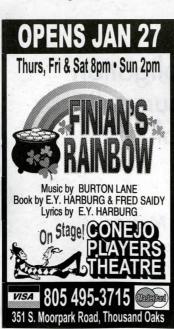
The sticks are slipping in my wet hands and I am panicking. I realize I'm a puny white kid playing jazz on a bandstand with black heavyweights — experienced professionals! The bandstand is quite full now, and the saxes are ad-libbing a riff. Gee, it's like they're creating a head arrangement. I've read a lot about

guys who play so well together that they think alike, and these guys just naturally swing together. The guys in the brass section are playing the same fills, like answering the saxes. This is wild!

The trumpet man next to me sees my panic and starts laying down a heavy beat with a pair of maracas. "Chew dah-duh, Chew dahduh, Chew dah Chew dah Chew dah-duh." I build on his beat and start to move. At the end of the phrase, I hit two heavy quarter notes on the tom-toms and bass drum together. This "Mop Mop" gives a surge to the group, and now I'm on top. Cries of "Yeah!" and "Go man!" ring out. I'm not just on top of the beat, I'm on top of the world!

What a feeling! It's like being trapped in a bottle of champagne and the cork pops and I'm overflowing. There's a sizzle cymbal with rivets, and I hit that on beats two and four along with the bass, snare and the "chick" sound of the closing sock cymbal. The effect is a real swingy, Tah-dah, Bah, Tah-dah, Bah, which I learned from Jimmy Crawford, the iron man with Jimmy Lunceford.

I'm driving the band! It's like holding the reins on a team of powerful wild horses and getting them to mesh and pull together. I feel like



the whole bandstand is creeping across the floor and notice Benny Carter climbing up to chase me away. Instead, he picks up his alto and joins the sax section. After a couple of choruses he raises his fist, signaling the band to go out. We make an ending and I climb off the drums before I'm told. The drummer claps me on the back and we exchange some skin. Mr. Carter gives me a kind of salute, and I'm on planet nine!

What an experience. I was really accepted by them. I've heard that this was the old Les Hite band. They're really famous, and I played with them. If only the guys from the Hollywood High band were here. Wow! They'll never believe this!





SECURITY

Continued from 1

resident is on vacation. This timer can also control lights to come on and off several times throughout the day or night.

A very inexpensive tip is natural surveillance. Trim the bushes! Keep bushes trimmed two feet off the ground. This eliminates a hiding place.

Be aware that thick or tall foliage can block streetlights or the view from passing police patrol vehicles. Plants like rose bushes or bougainvilleas can discourage unwanted visitors when placed under windows or used to define property lines.

Something to remember about door locks and deadbolts: The length of the screws is as important as the quality of the lock itself. The strike plate needs to be attached with screws at least 3 inches long. This ensures the strike plate is securely fastened into the door jam.

I do residential and commercial security surveys with the help of the Camarillo Citizen Patrol. We do a complete survey with the resident or business owner present and will send a follow-up letter that lists recommended changes.

False Spring

From Village One To Forty Four The signs of spring Are at your door.

Not Jack Frost Nor flowering pear No, not your leaf That we see there.

A sure sign of spring For you and me Is a nasty something We all must see.

Covering our new lawns Like some mad hex That growing trail Of used Kleenex.



Please give me a call at 388-5130 or e-mail steve.arthur@ventura.org if I can help.

(Senior Deputy Steve Arthur is a Crime Prevention Officer with the Camarillo Police Department.)

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14 LV residents graduate from city Citizens Academy

By Robert Nathan

Six of our Leisure Village neighbors were members of the 14th class to graduate from the Camarillo Citizen Academy on Tuesday, Dec. 6. They had been introduced to many aspects of city government and law enforcement that they had not known existed or may have just taken for granted.

After a welcome by Camarillo Mayor Kevin Kildee, they received an orientation into the history and function of the Police Department by Cmdr. Mike Lewis, the commander of the Sheriff's Department. It was a revelation to many that we have no police in Camarillo; our law enforcement is provided by the Ventura County Sheriff's Department, and all our police officers are sheriff's deputies.

In the ensuing weeks they learned about the judicial, prosecutorial and publie defense systems in our county. This was followed by presentations by members of the various police units that serve and protect us, such as traffic, fraud, juvenile offenses and youth services, criminal investigations, narcotics, hostage response, bomb squad, canine squad, helicopter squad and disaster response team, as well as the role played by the Camarillo Citizen Patrol.

Also included were trips to the county jail facility, the sheriff's training facility and the crime lab where evidence is stored..

The final session was a gala graduation night.
Again, our mayor was present and congratulated the

Please see ACADEMY on 13

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OHMSTEDT

Continued from 1

trements that have been incorporated into the existing facilities in the AR and the club and meeting rooms.

Perhaps his biggest accomplishment, if one must be singled out, is his superior contribution to the Village as chairman of The **Education & Recreation** Committee. During his tenure as chairman, he has made numerous recommendations to each succeeding LV Board of Directors that were incorporated, without controversy, into our everyday lives.

Ernie has a mellow, uncontroversial way of getting things done. He doesn't demand recognition for any of his contributions. As a matter of fact, he avoids taking credit for the things he does. He is satisfied with the results without taking credit for them. It's something like President Reagan's famous comment that many more things can be accomplished when there is no concern with who gets credit for its success.

As a friend, Ernie is the best. He is always there when you need him, and he is never demanding. He has technical skills beyond expectation. He can build almost anything made of wood or metal. If it hasn't

been done before, he will probably figure out a way to do it now!

Ernie measures things to the thousandths of an inch and does not hesitate to scrap the job and start over if he finds it doesn't meet his standards. His demand for perfection does not embarrass when he rejects imperfection. Ernie can diplomatically explain how the error can be repaired or may even agree to do it for you if you don't have the skill to do it yourself.

Ernie's contribution to the welfare of Leisure Village residents goes beyond any other individual resident I know. He has never served on the Board of Directors because he would rather serve the board currently in office at any given time than get involved with the governing function itself. His pleasure is to serve each successive board as it takes office until it is replaced by the next one. In his capacity as a "volunteer" he has served about 10 Boards of Directors without getting involved in the politics that he personally finds to be distasteful.

Ernie Ohmstedt is a unique individual, and everyone in this Village owes him a debt of gratitude for his many years of faithful service. Let us all hope that he agrees to continue his work for many years to come.

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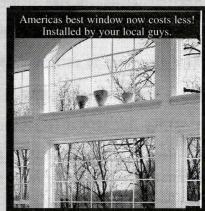
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ACADEMY

Continued from 12

class and emphasized that our peaceful city needs the cooperation of all citizens to report problems. He and the chief presented Citizen Academy pins and a certificate of graduation to each of the participants.

The course consists of 12 evening sessions, Tuesdays

from 6 to 9 p.m. at the Camarillo Police Station, and it is free. All expenses are paid for by the City Council.

The next Academy begins on Tuesday, February 6. Anyone interested may register by calling Sr. Deputy Steve Arthur at 388-5100 (fax 383-3110), or calling me for an application at 484-5568. The last class was oversubscribed, so early registration is suggested.

Congratulations to Ed Pardaffy, Village 32, winner of the November drawing for the lighted sign house number. Congratulations to Phyllis & Steve Merrick, Village 30, winners of the "memory" contest.

Drawing For A Leisure Village Association 🔾 Approved Lighted House Number Sign. Address _____ Model _____ Phone # **Email Address** *Drawing includes sign and full installation. If you have a lighted sign already, fill out the

form for a friend that lives in Leisure Village. Enter every month to increase your chances.

Things To Do

Check all filters & replace if necessary Register for lighted sign drawing

Call The Fox Team for Home Value

Have dryer vent to outside cleaned

Check with Southern California Edison

about the refrigerator recycling program.

For ways to assist you in making a difference that gets your home sold, call The Fox Team of Al, Cindy & Nancy and their Team Mates - Peggy, Paul, Edith, Todd, Kathy & Robert. Our Broker's assistant, Leeta is also available to help you with a variety of needs.

PHONE LIST! AL FOX'S OFFICE 987-4369 Cindy Fox Extension 31 Nancy Stepp Extension 33 Leeta Rice Extension 21 Peggy Marcketta..... Extension 26 Paul Marcketta..... Extension 26 Edith Anderson. Extension 27 Todd Hooker.......Extension 28 Kathy Frownfelter Extension 29 Robert Ramirez Extension 24 805-987-4369 FOX OFFICE

TO:

Our Friends and Nei

FROM:

Al Fox, The Fox Red

SUBJECT: Wishing You a Wond

My Team and I want to wish you o We have been very blessed by ha in Leisure Village and want to tha

We look forward to serving you, coming year and beyond. It's alw mile to make sure your needs are

As we look forward into 2006, we the support, friendship and cama Neighbor.

> Cir Nan Les Peggy & P Kathy | Edith

> > Tod

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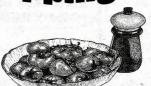
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Shopping List 9



Get ingredients for Tuna-Stuffed Tomatoes

4 Tomatoes (6 oz each)

1/4 cup diced onions

1/4 cup diced celery

2 teaspoons Worcestershire sauce

1/8 teaspoon pepper

2 cans tuna (6 oz each, in water, drained)

5 tablespoons herb-seasoned bread crumbs

Slice off tomato tops and save. Scoop out and chop pulp and transfer to skillet. Add next 4 ingredients. Cook over medium heat until liquid evaporates. Remove from heat. Mix in tuna and bread crumbs. Spoon into tomato shells. Cover with reserved tomato tops.

Bake at 350 degrees for 15 to 20 minutes.

8

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As lovers of the English language, I think we'll all enjoy this. Can you read these right the first time?

1) The bandage was wound around the wound.

2) The farm was used to produce produce.

3) The dump was so full that it had to refuse more

4) We must polish the Polish furniture.

5) He could lead if he would get the lead out.

6) The soldier decided to desert his dessert in the desert.

7) Since there is no time like the present, he thought it was time to present the present.

8) A bass was painted on the head of the bass drum.

9) When shot at, the dove dove into the bushes.

10) I did not object to the object.

11) The insurance was invalid for the invalid.

12) There was a row among the oarsmen about how to row.

13) They were too close to the door to close it.

14) The buck does funny things when the does are present.

15) A seamstress and a sewer fell down into a sewer

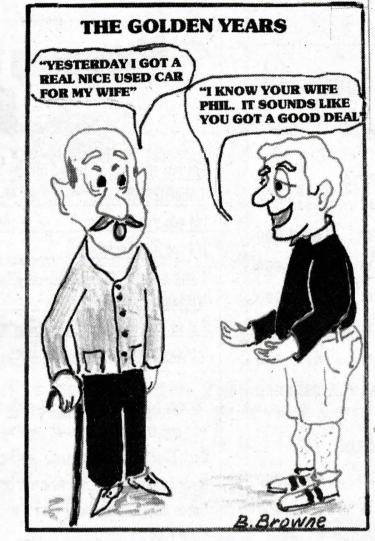
16) To help with planting, the farmer taught his sow to

17) The wind was too strong to wind the sail.

18) Upon seeing the tear in the painting I shed a tear.

19) I had to subject the subject to a series of tests.

20) How can I intimate



this to my most intimate friend?

Let's face it, English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which

aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea, nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the

plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, two geese. So one moose, two meese? One index, two indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

And why doesn't Buick rhyme with quick?

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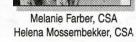
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9

Men's Social Club

By Norm Selbert

After one failed attempt about seven years ago, the Village finally has its Mens Social Club with an initial 16 members.

Ernie Ohmstedt, Chairman of the Recreation Committee, says Village clubs are designed for two basic reasons: to encourage those who have common interests to get together to enjoy each other's company as they share that interest, and to have the formal right to a regularly scheduled meeting place for as long as the club operates and observes the Community's rules.

Members of the Mens Social Club are like-minded people who share a common interest: We like to spend some of our weekly "exercise" time playing poker

Without the selfless help and guidance (that's real time and real effort) of Ben Perry, we could not have formed the club.

For me and most of the others, our weekly games have provided years of camaraderie, affection and new friends. Oh, and every now and then, as poker players do, I even got to express and hear a little nastiness as only poker players can understand. But, always, I assure you, it has been in good humor and, ultimately, time well spent.

Right now, there are two regular poker groups that play several games a week, eight to a table, but that number and variety of games can be expanded as more Villagers decide to join the club. We always welcome those who want to sign on the standby list, since there almost always is a need for a fill-in player in any of the approximately half a dozen or so games that are played each week.

For more information, a schedule of games, or to put your name on a standby list, call me at 383-0953 or Ben Perry at 388-1902.

L.V. Mens Golf Association

By Mannie Abbate

Well, another year has passed, and our membership has again been depleted by attrition. We must all look around us for new members to keep our club populated.

The Baby Boomers of the 1950s and '60s are becoming eligible for senior citizen recognition, but they are of a different breed than those of us Depression children. We were used to hard times and limited resources, so we were satisfied with small perks and a simpler life. The Boomers had the benefit of the tremendous technical growth in our country after "The War," when we parents made more money and lavished material things on our children without them having to "do without." Now we are paying the price for making life easier for our children than we had it.

The downside of that progress is that the Baby Boomers are not satisfied with little things and are used to having things done for them by others rather than pitching in and working for the general good of all of the rest of us to get the desired results. The short of it is that they are not willing to join clubs and share the work but would rather satisfy their own personal needs without sharing the responsibility to get those things done.

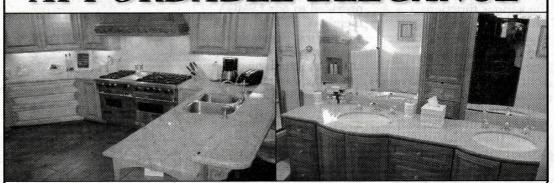
For a club to exist, it needs volunteers and people who are willing to work for the general good even if they don't always share in the benefits equally.

If the LVMGA is going to survive, we have to get the Baby Boomers active in helping to do the work necessary to perform the various duties required to keep the club a viable entity.

We are starting a new year and need to get the new "move-ins" involved in the club. Someone has to oversee all the functions mandated in the by-laws.

Please see CLUB NEWS on 18

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to run the social functions and the meetings.

We need new people if we expect the LVMGA to be a continuing force in Leisure Village.

Let's start the new year by making a concerted effort to bring at least one new member to a meeting and get him to join the LVMGA!

Take note that the winter starting time through March 14 is 8:30 a.m. We will go back to the Daylight Savings Time schedule starting at 8 a.m. on March 7. We will start half an hour later on meeting days. Of course, you should get to the course at 7:30 a.m. on meeting days to take advantage of

the breakfast treats and play in the putting or chipping contests so graciously provided to our LVMGA members.

The first Regulation Tournament for 2006 will be at Elkins Ranch on Thursday, January 19, and the next one after that will be on Thursday, February 16, at Buenaventura Golf Course.

The best way to keep up with the various events available to club members is to watch the bulletin board at the course and to watch Channel 25.

For you Old Timers: I received a call from Paul Eberley just before Christmas. He wanted me to give his best wishes to all his buddies for a Happy New Year. He is feeling well, although his traveling days are over. He loves the place he is in, where they take great care of him. He reads the ILV articles every month and only wishes that

he could see his friends in the Village again. He sure sounded good.

Showtyme

By Phil Kamens

For the Showtyme meeting on January 16, our entertainer, Jamie Shaheen, has a degree in music for voice and piano. She has played all the big hotels in Vegas and many other places. You won't want to miss her performance. She is very good.

The Showtyme meeting for February 20 will be the Andrews Sisters, performed by the Company B Trio. For this meeting only, paid-up members will be free, and non-members are welcome with a \$3 charge at the door. This is a very special performance and well worth becoming a member.

Membership is \$5 for the

year and runs from January 1 to December 31 of 2006.

Conversational Hebrew

By Flo Budoff

We are a congenial group that meets every Tuesday from 1 to 2:30 p.m. in the Garden Room. We have been reviewing reading letters and words. Interested people can learn to read in six weeks. In addition, we are learning conversational vocabulary and reading easy short stories.

It is always a good time to refresh and review your reading of Hebrew. We work patiently and individually with each person on their own level until they are comfortable enough to join the group.

Everyone is most welcome. For more information, please call Ben at 445-

L.V. New York Club

By Gerry Schulman

This is the beginning of a New Year, and membership dues are now due. Please pay your dues as they are needed for the continued programs that the club constantly provides for our membership.

If you are new to the New York Club, please fill out an application. If you had previously filled out an application in the past, it will not be necessary to fill out a new one.

We have had wonderful programs in the past, and this year, our programs will be just as enjoyable. Thank you, Phil Kamens.

There are a number of exciting trips planned by

Please see CLUB NEWS on 19

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our travel committee. Please read your New York Club Bulletin and sign up for the trips. You will have a wonderful time.

The New York Club is the Club Leader in Leisure Village. This is through the efforts of our many volunteers. Keep up the good work, and we thank each and every one for their participation.

Bocce Ball

By Fran Cohen

We hope you enjoyed the holidays.

Coming up on January 26 will be our Installation Dinner. Details for this dinner will soon be on Channel 25. Our newly elected officers for 2006 are as follows:

President, Bernice Schornstein; Vice President, Sy Blau; Recording Secretary, Claudie Rennie; and Treasurer, Irv Cohen.

We are still out on the bocce courts on Monday and Thursday mornings at 10 a.m. having fun. Join us.

Racquet Club

By Anne Wolfson

The Racquet Club meets the second Wednesday of the month in the Multi-Purpose Room. We are a very active group of tennis, paddle tennis and table tennis players, and we welcome all Villagers to join us!

The Racquet Club enjoyed a wine and cheese party with delicious sandwiches prepared by Sonia Hughes, with cake and coffee for dessert. Phil Kamens did himself proud as the wine steward. He kept the glasses filled! Louise Houser arranged for the "Red Hatters" to entertain us with their songs and dances, and we all joined in the singing. It was a great evening!

Our new officers for 2006 will be Ed Pollaine, President; Macon Epps, Vice



President; Bettina Stallman, Secretary; and Jerry Birnbaum, Treasurer. They will take office in January.

Our next meeting will be January 11 at 7:30 p.m. See you there!

Sing-a-long Group

By Jules Nayfack

New move-ins or longtime residents: If you'd like to be part of the most congenial, friendliest group of people in the Village who like having fun and singing while they are doing so, come on down and join in. Some sing well, some don't, and some don't sing at all. So, you see, you can fit in at any level!

The past year was a good one for our group. We want to make this one even better. What we need is you. Our next two meetings are Monday, January 9 and 30, in the A.R. Music starts at 7 p.m. Singing and fun starts at 7:30. Wear your l.D. badge; we want everyone to get to know one another.

Women's Club

By JoAnn Burens and Eldora Barton

In December, we were entertained by Irene Olson's musical piano and insightful

Please see CLUB NEWS on 20



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narrative of composers' backgrounds, leading into Bea Berger's holiday songfest singalong.

Our next program, in February, will be the Melodears musical variety band, directed by Kae Herron, a former big band vocalist. The 12 members sing as well as play a variety of unique instruments, including melodica, jaw harp and jazz horn. Join us on February 2 in the AR at 1:30 p.m.

The Workshop continues producing crafts and needlework on Tuesday mornings at 9 a.m. in the MPR.

L.V. Chorale

By Elise Perlmutter

The December 8 "Holidays in Concert" program was a big success. It featured Hanukkah and Christmas songs under the direction of Cecille Mills and accompanist Pat Osborne. The audience also participated by singing various songs.

The LV Chorale will begin its new season on Monday, Feb. 8, from 12:45 to 2:45 p.m. in the MPR. We meet every Monday at that time, and we are in need of THE GOLDEN YEARS

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Channel 25

By Jack Whalen

All of us at Channel 25 wish you and yours a great New Year!

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On Friday, Jan. 6, a 2-hour, 21-minute feature will be on at 10 a.m. only, "Broadway On Parade."

On Monday, Jan. 9, both at 10 a.m. and at 5 p.m. (as most programs are unless otherwise noted) will be the Recycled Water Project "Waste Not," with a 9.5-minute running time.

Wednesday, Jan. 11, Channel 25 features LV's 30th anniversary party, with a 54-minute running time.

Friday, Jan. 13, is Law Talk, "Parental Responsibility," running 27 minutes.

Monday features the Women's Club musical, "Jeremiah Toad Dixieland Quartet," running 50 minutes.

Tuesday only at 10 a.m. will be shown live the Working Board Meeting.

Wednesday, Jan. 18, we are in for a treat with Showtyme's 1-hour, 17-minute Fred Travalena show.

The Phil Birdsong show, 42 minutes, plays Friday, Jan. 20, while Monday will feature the First Annual Pumpkin Carving, running 45 minutes.

The Pacifica High School Dance Company will entertain for 40 minutes on Wednesday.

Friday, Jan. 27, is the popular "What Was My Line?" with Milt Mankoff &

Co.

And we end the month on Monday with the 48minute, "Leisure Village Interfaith."

Keyboard Club

By Bill Marvel

January's Keyboard Club meeting will be in the A.R. on Friday, January 27, at 1:30 p.m. All Villagers are welcome.

Earlier in the month, the club will present the popular professional singer-musician Harve Mann, who recelved a standing ovation the last time he appeared in the A.R. This concert is on January 13 at 7:30 p.m. in the A.R., with \$5 admission tickets. The Keyboard Club is proud to present him.

Veterans Club

By Martin Alfred

The Veterans Club will start off the new year with its first meeting on Thursday, Jan. 26, at 7:30 p.m. in the MPR. Our guest speaker will be Sid Alweiss, who, in his younger years, was a crewman on a Navy

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Hope this is the start of a healthy, happy new year. For information, call Marty,

389-1610.

Camera Club

By Jerry Cohen

A grand finale to the year was the Awards Banquet held in the A.R. on December 22. Everyone enjoyed a great show hosted by President Jerry Spector.

The highlight of the evening was the presentation of the Pictures of the Year awards. In the Assigned category, the winner was Jerry Spector. Second place was taken by Ken Hendrickson, and third place was by Vic Fledge. Honorable Mentions were earned by Jerry Cohen and Don Treadwell.

In the Open division, the winning picture was by Vic Fledge, followed in second place by Jerry Spector, and Bill Robinson earned third place. Honorable Mentions were by Tiny Marsh and Judy Spector.

In the Modified category, the first-place winner was Don Treadwell, followed by Jerry Spector in second place, and Vic Fledge taking third place. The Honorable Mentions were by Bill Robinson and Jerry Cohen.

The judges were Gary Salstrom, Bill Ward and Louie Visencio.

The new competition year started with the December contest. Winning first place in the Assigned. category was Jerry Spector, followed by Judy Spector in second place, and Florence Gilman won third-place honors. Honorable Mentions were by Betti Hendrickson and Bill Robinson.

In the Open category, first-place winner was Jerry Spector, with Don Treadwell taking second place and Gerry Kaplan winning third place. Honorable Mentions were by Jerry Cohen and newcomer Mary Larrecq.

In the Modified division, the first-place winner was Marlene Votion, with Bill Robinson earning second place and Judy Spector taking third place. Honorable Mentions were by Vic Fledge and Jerry Cohen.

Judging was by Bill Ward. Everyone is invited to ioin us for competitions on the first Wednesday of each month and entertaining program nights on the third Wednesday of the month. Meetings start at 7:30 p.m. in the MPR, with refreshments following.

Solo Club

By Cleo Cooney

The January Dine Out for the Leisure Village Solo Club will be at Marie Callendar's at 2 p.m. Friday, Jan. 13. Please note the change of day for this event. All of our dine-outs will be on Friday instead of Thursday from now on. Please see Channel 25 for information about the price and menu. Call Marion Jayne at 484-5112 for a reservation by January 11. Call 484-5112 or 482-8395 for information.

The January Brown Bag Luncheon will be in the Sun Room at 12:30 p.m. Friday, Jan. 20. The business meeting will be at 1 p.m. Come to take part in the meeting and stay after to play poker.

Saturday Night Dance

By Milan Weiss

The Leisure Village Saturday Night Dance Party has made several improvements for your dancing pleasure. Some of the music groups have expanded the number of musicians they bring to play. The dance committee is constantly striving for an improved mix of music and, in some cases, shorter music "run times," which make it easier to dance 'til closing. These changes do help to make the evening more enjoyable!

Bill Byrnes and Barbara Ohmstedt, the directors of the evenings' events, thank all of you who, by your attendance, have made it possible for these improved events to occur. When it can be done, they'll allow it to happen. They're like a train on a fast track, highballing along — and that's good!

The SNDP committee members were treated to a Holiday Thank You luncheon. It was a nice chance for everyone to be together and be thanked for their contributions and effort. This is truly a nice group of people!

Have you ever noticed the celebrities who attend these dances? It's like Hollywood was next door. We've recently seen Roy

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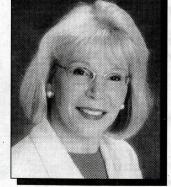
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Happy New Year, Leisure Village!

2006

The January dance schedule is as follows: Jan. 7, Caravan; Jan. 14, Moore Music Trio; Jan. 21, Wyatt Haupt; Jan. 28, Jerry Dokken Quartet. All dances are \$5 per person, all dates are Saturday nights, and the dancing begins at 7:30 p.m.

If you've been reading these articles regularly, you know you are always welcome, and so are your family and your guests. Have a nice evening with the group. There could be magic in the air!

Single Active Seniors

By Zelda Greentree

Another winner took place on December 13 when SAS members had their annual Gift Exchange Holiday Party. The food was luscious, the gift game fun. Special thanks to Bobbie Comer, Sharon O'Connor and SAS new President Anne Haas for all their hard work putting the party together.

And now another year



has come, so welcome to 2006 and may it be a good year for all of us!

January 10 and January 17, we will be showing movies. New DVDs will be "The Interpreter" starring Nicole Kidman and Sean Penn. Also showing is another new DVD, "Cinderella Man," starring

Russell Crowe, to be shown in the Annex. This is a slight change from our usual schedule of activities.

Cards will be played at the regular time in the Annex on both January 10 and January 17.

Please look for our posters and watch Channel 25 for all of our activities.

Call 389-9694 for any further information.

Woodshop

By Martin Alfred

Our Woodshop Committee members have just completed a very successful year helping LV residents with many items to be repaired and various woodworking projects. They also expanded their availability to Tuesday and Wednesday mornings.

Members have also helped several of our clubs, such as the Women's Club, with items to be sold for charitable purposes. They also helped refurbish the MPR and Garden Room, and they performed various repairs around the Village.

We wish you all a healthy, happy new year.

For information, call Sid at 482-5341.

L.V. Womens Golf Association

By Roberta Dearmore

And a very happy new year to all!

Our weekly tournaments will be January 11 and 18, with a month-end tournament on Jan. 25. The

monthly General Meeting will be on January 11 at 2 p.m. in the AR, and monthly regulation golf will be on Jan. 19 at Buenaventura with a 9 a.m. tee-off time.

Save room on January 29 as the men host the Chili Bowl at 1 p.m. in the AR and bring the first month of 2006 to a delicious close.

But that's not all, folks! The Spring Eclectic Tournament will be held on Feb. 22 and March 1, so you will want to get in on that as well.

L.V. Bowling League

By Lucy Fiore

Here's hoping everyone had a good holiday with family an friends.

Here are the winners of the Ladder Tournament held from Oct. 21 through Nov. 11. First-place winners were Harold Brosky and Marie Carbone. John Albany and Marty Hasen took second place. Third-place winners were Kathy Wirtz and Norm Scanlan, A special thanks to Lloyd Snider who put it all together.

November 11 was week 11, and the 200-plus players were Les Galvin, Al Schuster (2) and Ray Cass.

Please see CLUB NEWS on 23

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Leisure Village

Friday, January 6, 2006

Side pot winners were Ruth Levine, Les Galvin, Joyce Belcher, Ray Cass, Ginny Cordell and Al Schuster

For Week 12, 200-plus games were Lloyd Snider, Stan Feldman, Ester Knoff and Al Schuster. Side pot winners were Gerry Leibowitz, Lloyd Snider, Sandy Rosenthal, Al Schuster, Walter Bell and Lucy Fiore.

Week 13 200-plus winners were Leonard Belcher, Al Schuster, John Albany, Irv Goodnick, Irv Cohen and Herb Roberts. Side pot winners were Lucy Fiore, Leonard Belcher, John Albany, Helen Hartman, Joyce Belcher and Irv Cohen.

January 6 we play for position, and January 13, we start our second half.

Writers Club

By Jack Burger

Here we are with a brand new year, and we celebrated the holidays with the first annual pot luck party of the Writers Club.

Besides the food, each brought a pre-read book to exchange. It was a lot of laughs and fun and a wonderful way to celebrate.

The regular meetings resume on Mondays. Hope to see you there!

Players Guild

By Stan Reshes

The next meeting of the Players Guild will be held at 7:30 p.m. Thursday evening, January 19, in the AR.

Irv Goodnick is directing a workshop production of a "Honeymooners" episode from the original script of the popular Jackie Gleason television show, which also features the original set design. The plot involves a new neighbor, who happens to be a dance instructor, moving in to the Kramdens' apartment building. What

follows, when he decides to teach the women in the building new dances, is riotously funny.

lrv Goodnick stars as Ralph, Florence Ross is Alice, Dick Berman is Ed Norton, and Ginny Naspo is Trixie.

As always, refreshments will be served following the show.

Village Painters

By Aurelie Zachary

Our Potluck Lunch on December 7 was a great success. All who attended brought delicious food for all to share. Lindy Stein, Social Chairman, did a fine job of setting up the tables, as well as the game that followed.

After we had sated our appetites, Sylvia Wachter, President, called the business meeting to order. Officers for the following year were installed. The subject for discussion was the November Arts and Crafts show that was not as successful as we had hoped, in that many were unaware that it was going on. Obviously, in the future, we need more advance notice.

For the game — gift exchange — we drew numbers to pick the wrapped

gift we chose. It was fun.

L.V. Exercise Group

By Milt Mankoff

Members of the Leisure Village Exercise Group participated once again in the annual Holiday Good Cheer Visit to the Camarillo Convalescent Home. Under the leadership of President Shiphrah Maller, patients were treated to gifts of toiletries, cookies and a seasonal sing-along led by Joyce Turner at the piano. Helen Newton, Stephanie Spiegel, among others, made the little bag containers for the toiletries. A number of group members provided the cookies and refreshments. This annual event is just one of the social functions sponsored by the Exercise Group.

Many new residents are finding their way to this vital activity. The program was created by physical therapists for our senior adults. It features bending, stretching and cardiovascular movements. These are designed to promote good health and improve one's balance. This, combined with the welcoming social programs, make for good

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Exercises are held Monday through Friday from 8:30 to 9 a.m. at the Pool Pavilion. Dues are only \$4, and all residents are welcome. Make new friends and start each day the good health way.

A healthy and happy new year to all!

Billiard Club

By Jack Quinn

We had a great finish to the year 2005 with our holiday dinner dance that turned out to be a wonderful gathering of friendly people.

Now the Billiard Club is signing up new members for the year 2006. This a fun club to join, as we have monthly meetings with goodies of wine, cheese, cookies, coffee, tea, etc., after each meeting. There are also picnic-in-the-park, ice cream socials throughout the year, not to mention 8-ball and 9-ball tournaments.

To join this club, plan to come to one of our meetings on the fourth Tuesday of the month in the MPR. The annual dues are \$7 per person. Hope to see you there.

LV Travel

By Eugene Foxman

There are a lot of new residents in Leisure Village who may not be aware that the LV Travel Committee provides a valuable service: arranging trips to interesting places at a reasonable cost.

All trips are done in modern buses escorted by a member of the committee. You must make reservations in person at the Travel Office located in the lobby of the Recreation Center. Sorry, no phone reservations, please. Payment must be made by check at the time of the reservation. See below for office hours.

Please note that every trip has a cancellation date. This means that a cancellation made before this date is fully refundable except for a small fee. After this date, however, a refund will be made only if the seat or hotel room is resold. Therefore, for your own protection, it is best to make your reservation early.

Drop by the Travel Office and pick up the latest travel bulletin. You can also find the itineraries of the trips being sold currently.

For more details, watch Channel 25 or visit the Travel Office, which is open Tuesday, Wednesday and Thursday from 9 to 11:45 a.m. The phone number is 482-8062.

Farmers Club

By Marjorie Deniston

Officers for the coming year were elected at the December meeting. They are as follows: Joe Dishlip, President; Jeffrey Cohen, Vice President; Joe Foraker, Secretary; and Georgia Griswold, Treasurer.

Kenney Nelson gave a

short talk on the comparison of products by farmers in the 1930s and those of today. The variety of fruits and vegetables available in those early days were limited as compared with today's abundant varieties, with the present use of chemicals to control weeds and pests, as well as the development of new types of plants. The U.S. Department of Agriculture hired professionals to go to various universities for research. They, in turn, encouraged farming corporations to upgrade methods of farming.

Kenney referred to the County Agriculture Extension Division, which established the Master Gardener program and training book. A Master Gardener program is offered in Santa Barbara.

Kenney presented the new president, Joe Dishlip, with a copy of this book. Jerry Spector presented his Power Point presentation on the Pumpkin Carving and Chili Contest. He assured everyone that next year's event would be even bigger and better.

Now, if you are not a member, join us for healthy, fun activities. Nothing tastes better than vegetables out of your own garden. Call Ivan Bjel at 482-6528 for information on joining. The next general meeting will be March 3. In the meantime, happy gardening!

RV Club

By Bill Gardner

Our meeting in the month of December was our Christmas Party and the installation of our officers for the year of 2006 by Past President Jim Cooke. Our January meeting will be Jan. 15, the third Tuesday, in the MPR at 7:30 p.m. The new officers will preside, and they are: President, Cathy Caldwell; First VP, Fred Sass; Second VP, Bill Gardner; Third VP, Jean Thompson; Secretary, Doris Hoffman; Treasurer, Bob Moreland.

The committee members will be announced at our next meeting. Everyone is welcome to join our club for fun, good times and adventuring in our RVs at our monthly campouts.

The monthly dine-out will be at the Red Lobster in Oxnard on January 10, a Tuesday night. Lois and

Orvin Prellwitz are the host. Reservations should be made by calling them at 484-8039. See you at the meeting!

International Folk Dancing

By Raye Gabriel

Classes are Mondays from 1 to 2:30 p.m., with beginners getting extra time at 12:30 in the A.R.

Val Daley introduces us to new dances, and we review ones we know.

Ethnic music is a delight to dance to, in addition to enjoying the pleasure of other dancers who share our enthusiasm.

January 30, we will party and install our new officers. Dues will be due for the year 2006. Call 494-0936 for information.

Ceramics Plus

By Martin Ettinger

Irma is back!
The good news is that
Irma Shapiro, after a too
many months' absence, is

Please see CLUB NEWS on 25

Happy New Year!! 2006

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Sunday Worship Service 9:00 & 10:30 am Sunday School & Crib Nursery at both services

This class is aimed at those who have no experience with clay and those who would like a refresher course. Irma is an experienced and knowledgeable teacher who has a wonderfully friendly personality.

Welcome back, Irma. We receive you with open arms and hearts.

Square Dance

By Raye Gabriel

Newcomers and residents: Start the new year with exercise! A new square dance class starts Tuesday, Jan. 17, in the A.R., with well-known caller Arlen Miller.

Lessons are weekly. The first class will be free. Couples and singles are both welcome. Dress is casual. Registration is at 7 p.m., and dancing is from 7:15 to 8:30 p.m.

You can sign up by calling Bob at 484-1283, Mary at 484-9928 or Shirley at 987-5674. You will be delighted in the pleasure and fun with others in a kindred spirit.

Refreshments are served!

ART OF BOILING WATER

To be a good cook, one must have many skills. The ability to boil water is one of them.

To start, you must have a pot with sufficient depth. This permits the water to stay within the pot.

Once the water starts to boil, it should be used immediately. If not, the water will boil off.

There are many uses for this boiled water, but they are to numerous to set forth in this article.

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Other meeting dates and locations may be available. Space is limited.

To RSVP or to arrange special needs accommodations at sales meetings, please call.

Information Meetings near you: Refreshments will be served

Thursday, Jan. 5 10 a.m. Eggs N Things 1103 Maricopa Hwy. Oiai

Thursday, Jan. 5
12 p.m.
Carrows
301 E. Daily Dr.
Camarillo

Friday, Jan. 6
2 p.m.
Bakers Square
747 W. Channel Islands Blvd.
Port Hueneme

Wednesday, Jan. 11
Tuesday, Jan. 24
10 a.m.
Carrows
1601 N. Oxnard Blvd.
Oxnard

Wednesday, Jan. 11 & 25 10 a.m. Carrows 4095 Telegraph Rd.

Ventura

Wednesday, Jan. 18
2 p.m.
Bakers Square
747 W. Channel Islands Blvd.
Port Hueneme

Thursday, Jan. 19
10 a.m.

Main St. Restaurant &
Steakhouse
3159 E. Main St.
Ventura

Thursday, Jan. 26 10:30 a.m. Camarillo Library 3100 Ponderosa Dr. Camarillo

The Secure Horizons Medicare Advantage Prescription Drug (MA-PD) Plans are offered by PacifiCare, which contracts with the federal government. People entitled to Medicare Part A and enrolled in Part B who reside in the plan's service area may enroll. The Medicare prescription drug benefit is only available to members of the Secure Horizons MA-PD Plans. If a beneficiary is already enrolled in an MA-PD Plan, the enrollee must receive their Medicare Prescription Drug benefit through that Plan. You must continue to pay your Medicare Part B premium if not otherwise paid for under Medicaid or by another third party. Limitations, copayments and coinsurance will apply. Benefits, premiums, cost-sharing, programs and limitations may vary by county, plan or state. Other benefit plans may be available. Pharmacy benefits are limited to a Formulary. Contact PacifiCare for additional details. A sales representative will be present with information and Individual Election Forms. Benefits effective January 1, 2006.

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By Barton Goldsmith

During this new year, take some time to reflect on what's most important and express your gratitude to those you love. We're only here for a very short time. Being thankful will help you value it. Don't forget to be grateful for the following:

1. Life. Life is a gift, and life with love is heaven on Earth. To be able to share whatever you have with those closest to you is one of the best feelings any human being could ever experience.

2. Laughter. Being with someone who makes you laugh every day is healing, enriching and just downright fun. It is also one of the signs of a healthy relationship.

3. Trust. To be at peace, partners must trust each other. Knowing your partner is there for you and will

remain faithful on all levels takes a lot of the stress of daily living away.

4. Tears. To be able to cry on your loved one's shoulder if you need to is one of the treasures in a good relationship. For a man, to be able to let his guard down and release the pain is nurturing and emotionally healthy. For a woman, having someone who will listen and hold her helps her feel safe and secure.

5. Sharing. Dealing with the ups and downs of life and love will bond you as a couple and make things easier. Life is sweeter when you share it, so don't hold back.

(Barton Goldsmith, Ph.D., of Westlake Village, writes this column, "Emotional Fitness," for the Ventura County Star, which gave permission for this reprint.)

Pet sit. Reliable, experienced LV resident is available to attend to your pet while you are away. Call Patricia, 484-0646.

Music lessons in your own home. Piano, keyboard, organ, guitar. 44 yrs. teaching exp. Karen Rasso, 383-

Notary Public, serving clients' needs. I come to you. Harold Goldwasser, 11222 V. 11, 445-2912.

Looking for Avon products? I am as near as your phone. Fast, courteous service. Free catalog & delivery. Jean, 987-9108.

Caregiver: Mature, certified, experienced, with sunny disposition. 8 to 12 hrs. daily. New car. Call & leave message. 494-6474.

Jimilan Ranara is a good caregiver and experienced. Call 405-1001.

About ILV's classified ads

ILV will accept ads from LV residents for properties which they own personally, or ads of a non-commercial nature which offer jobs or services to Villagers. Use a full-sized sheet of paper and place in the ILV box, which is next to the Sewing Room door. One to five lines of 24 spaces each is \$4 a month. Each additional line is \$1 each. There is no charge for items or services offered free of charge. Full name and a valid current address and telephone number of the advertiser must be included with each ad, but need not appear in the ad. For deadline information, see Page 2. ILV does not investigate the ads and makes no endorsement of

Caregiver: Male, exp. & very compassionate. Highly recommended by LV residents. Tomas, 383-9103 or 917-496-3344.

Hugo's Gardening & Landscape Service. Lawns, planting, sprinklers, sod & weeds. Hauling. Free estimate. Hugo, 482-0985.

Abel Martinez Construction. Room additions, concrete, masonry, plastering & home improvement. Call Armando, 485-4989.

Housecleaning & caregiving. Reliable, honest, LV refs. Call Lucy, 890-2363.

Handyman service: Plumb, elect, lights, ballast, fans, garbage disposal, hang pictures, repairs. Village res., refs. 42 yrs. experience. Barry. V. 7. 482-3086.

Experienced caregiver, Driving to appts., shopping, cooking, cleaning. Efficient housekeeper. Kim, 389-4870

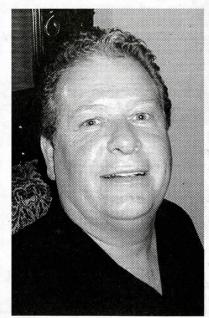
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Notary Public. 18 yrs exp. LV res. Gladly come to you. Durable Power of Attorney & other forms. Mary Ellen, 987-7920

Caregiver/CNA available to care for you or your loved one. 16 yrs. exp. LV references. Help elderly, from daily AOL to acute care. Theresa, 208-0959 cel or 388-1559.

Hairdresser: Comes to your home to spruce you up. Cut & style, also manicure. Call Hilli, 488-6365.

Sliding glass patio door hard to open? I can install new rollers, will work like new. Village res., refs. 42 yrs. exp. Barry, V. 7, 482-3086.

Are you looking for caregiver? Ace Pilapil is experienced certified nursing assistant and caregiver.
Call 405-1001 or 405-5501.

Lynn Lerz: Massage Therapist. "Let me rub you the right way." 484-2308.

Ex-taxicab driver will drive you to any appts., doctors, friends, errands, shopping, etc. Serving LV since 1980. Jack, 482-0978

Village Handyman. Free estimates. No job too small. 35 yrs. construction experience. Gene, V. 44, 383-8088, cell 818-259-5108.

Help you with cleaning, shopping etc. Excellent references, trustworthy. Laura, 750-0618 or 984-4308 Moving sale: Sunday, Jan. 15, 10 a.m. to 4 p.m. High-quality furniture and household items. Dining rm table w/leaf & pads & 4 chairs, Noritake China service for 12, king bed, all priced to sell. 34114 V. 34, Roxie, 987-1630.

Ladies, gentlemen too: I buy your old stuff. Early 1900s & before, 1920s, '30s, '40s, '50s, '60s. Glass, pottery, silver, kitchenware, Oriental, linens, jewelry, purses, etc. Call Patricia, V. 44, 383-8088.

Mah Jongg supplies at reasonable prices. Call Camarillo resident Susan Cross, 485-7086.

Michael Dy is loving & compassionate caregiver. Call 646-552-5863 or 405-1001.

Housecleaning husband/wife team, Alicia & Oscar. Screens/windows in/out. Ventura to Woodland Hills. Free estimate, excel. LV refs. Leave message, 383-7853.

Caregiver/companion. Mid 40s. Can help with hygiene, meds & drive. Hskpg, laundry, etc. LV refs. Call 233-4714.

Professional organizer. Helps with paper clutter, financial records, files, record keeping, photographs, closets, kitchens & memorabilia, etc. Reisa, 484-5570

Caregiver full/part time, AM/PM with good LV references. Call Ann, 302-7140 Caregiver: 12 yrs. exp. working in LV. References. Weekends only. Call Jeanne, 271-1015.

Ahumada Concrete Construction: Slumpstone blockwalls, patios, walkways, vinyl lattice gates. All types concrete masonry. 487-1613.

Golf Clubs. Regrip, repair, new shaft, make a club. 18 yrs. experience. Bill, 484-1981.

Licensed massage therapist: In your home, your office or at a party by LV resident. Swedish, Acupressure, Reflexology, & Reiki Energy. Call Lynne, 384-0884

An experienced caregiver, able to drive, is looking for a job Mon-Fri or weekends. Live in or out. Monica, (818) 255-8841 or (818) 830-4059.

Caregiver for 19 yrs, trained CPR, Parkinson's, heart, eancer, alcoholics, stroke, dementia, arthritis. Bathing, grooming, appts, meds, drive, read, clean house, cook, wash. Sara, 661-833-1222.

Ex-chauffeur, LV resident. Drive to airports, med. appts., and other destinations. Your car or mine. Gerry, 388-9849.

Danielle, personal assistant. Errands, home help, appointments, \$12 hr. Excellent references. 388-3873.

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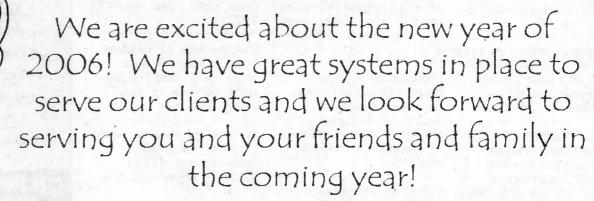
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HAPPY NEW YEAR!!

2005 was a great year for us. We thank each one of our loyal advocates and friends for your support and referrals.



May the Lord bless you and yours in this upcoming year!

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