

Seeing the LV Pool in a Whole New Light

■ These Waters Aren't Just for Swimming

By Susan Amerikaner

LV's heated outdoor pool is the shimmering showpiece of our fitness area. For some, it's a veritable "fountain of youth." Moderate warm water exercise can heal age-related ailments—from strokes to knee and hip replacements to arthritis aches. The buoyancy of water is kind to aging joints. If walking is difficult, water can keep you moving. Aquatic activities encourage socialization, boosting mental health too. Astounding? These benefits and more are documented by the medical community. Google it!

Or ask Carmen Fraser. In 2016 Carmen had a stroke, leaving her virtually blind. Her ophthalmolo-



Photograph by Joseph Benti

Water Aerobics has traditionally been one of the most popular LV exercise classes.

gist thought it was permanent. Carmen thought her life "was over." Luckily her daughter found a neurologist who believes exercise helps

damaged blood vessels find new neural pathways. He suggested water aerobics. Carmen joined the LV class that same day. By 2018

she saw some light. Her right eye slightly improved. Carmen became LV Water Aerobics leader. Today she has 20/30 vision in her left eye, the same as before the stroke! While improving her vision, Carmen also improved eating habits and lost 42 pounds.

There are more inspiring stories. Pool exercise helped this writer avoid knee surgery. Many villagers (some in their 90's) agree that regular aquatic movement improves the quality of their lives. This includes residents Beverly Debbas, Don and Berta Lemon, Phil Bernard, V1; Phyllis Jacobson, and Dr. Mark Betterman, V22.

Summer water aerobics draws up to fifty people and twenty to thirty in winter. But this year many water enthusiasts got left in the cold. According to LV staff, the pool is

— Please see Page 9

He is the Resident GreenThumb of the Village – And More

■ Villager's Talent Beautifies the Community

By Patty Ecker

As a child growing up in the San Fernando Valley, Villager Jerry Sortomme says, "I was a rural Huck-leberry Finn," whose family lived on plots of land where they raised what they ate. "I'd pull an ear of corn in the field and eat it. Our life was agrarian," he laughs. "It's what I loved to do." He still does. Jerry has gone from farms, to gardens, to classrooms, and now Leisure Village - teaching people the art, science, and he hopes, the joy of raising plants in sustainable, environmentally safe ways.

When, in 2002, he retired from



Photograph by BUD BRADLEY

Jerry Sortomme helps blend color, water conservation, and beautiful plants throughout the Common Areas.

Santa Barbara City College as head of the Environmental Horticulture Department, it was said, "His love affair with plants has affected all who meet him." Currently, he's busy as Chair of LV's Residential Landscape Committee and as a volunteer advising the Village landscape team. "The Village is our living tapestry. We all should look carefully at what we want for its future," he says.

Despite Jerry's childhood love of growing things, his parents wanted him to study business academics in school...and he hated it. By the eleventh grade he was failing, when a counselor suggested he focus on agriculture. He joined the Future Farmers of America, and the rest is

history. He worked hard, placed 4th in a statewide competition, and went on to college, graduating from Cal Poly Pomona. He began teaching, in the early years combining special education with horticulture in the high school courtyard.

In 1980, he created SBCC's Horticulture Department from scratch. "Santa Barbara was perfect, a mecca for old buildings and old plants," Jerry explains. Twenty-two years later, he retired from a program that graduated more than 5000 students. "We like to say we are refugees from life, who come in to care about nature, plants, and the environment," he adds. His SBCC

— Please see Page 4

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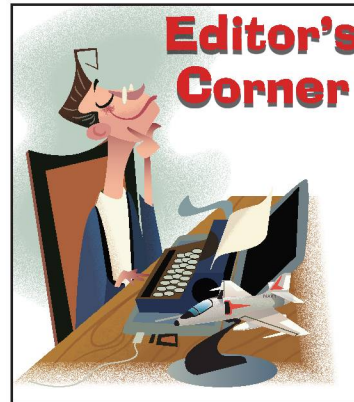
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03LV031



Editor's Corner

Last month I asked readers for suggestions on how to make Inside Leisure Village more readable. Change the layout? Add different features? More Camarillo information? So far, my request has been greeted with a resounding round of apathy! I want ILV to be current, easy to read and informative for all Villagers. I'm sure that there plenty of readers who, as you read the paper, have questions

about how or why it is put together in a certain manner, or have an idea that would be good to be included. Don't be shy! Send me an email or leave a note in the Inside Leisure Village box in the Recreation Center with your suggestion. Your feedback will make ILV an even better Village communication vehicle.

The election for seats on the Board of Directors is coming in June - still time to nominate yourself for a position on the Board by submitting a form to the General Manager. Dare to be great!

— Tim Palmer

ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer

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LETTERS

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

March Edition Deadlines

Club News, articles, letters and classified ads: Friday, March 13 at 5:00 p.m. Display advertising is due Monday, March 23 at noon. Publication will be Friday, April 3. Send to editorilv@yahoo.com.

Inside Leisure Village is written and edited by and for Leisure Village residents exclusively. It is independent of the L.V. Association and its Board of Directors. ILV's content is also independent of the Acorn Newspaper. The Acorn Newspaper is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the purpose of ILV is to report and publicize LV events and activities. To access Inside Leisure Village online, go to: Google.com, enter Inside Leisure Village. When choices come up, click on "repository.library.csuci.edu/handle/10139/646."

Need Help with Income Tax Prep?

That dreaded deadline for submitting income tax forms – Wednesday, April 15 - is on the horizon. So is assistance for Villagers who want help in correctly preparing those important documents. Specially trained AARP volunteers will be available every Tuesday and Thursday afternoon – by appointment – to guide residents through the process.



Photograph by Bud Bradley

AARP volunteer Merle Ruiz works with Villager Barbara O'Connell on her IRS forms.

The first step is to sign up for an appointment in the Recreation Office. The second step is to gather the information and forms necessary to complete the income tax preparation.

And the third step is to take that information to the AR (on time for your appointment), sit down with the AARP Tax Prep volunteer, and complete the IRS process. No charge. It's a helping hand from Village neighbors.

UPCOMING EVENTS

Newcomers Orientation – Part II

New residents are invited to the NEWCOMER'S ORIENTATION PROGRAM (Part II) on Sat., March 7 from 10:00 a.m. to noon in the Multipurpose Room (MPR). This second program focuses on maintaining and improving the exterior of your home, and features time to talk directly with Villagers who can answer questions about living within LV's guidelines. Contact: Bobi Shmerling 805-389-1975.

St. Patrick's Day Dance

On March 17, the LV Music Club will hold its annual St. Patrick's Day Dance in the AR between 7:00 and 9:00 p.m. Listen and dance to the seventeen piece Groovin'Easy Swing Band with vocalist Erin McPherson. Admission is two canned goods or more per-person worth at least a total of ten dollars. Tickets are required. Tickets will be available in the Rec. Center Lobby, from 9-11:00 a.m., Mon. March 9, Thurs. March 12, and Mon. March 16, and at Club activities. Round table open seating for 10 persons each will be available.

Ventura County Grand Jury Wants You

Residents are invited to learn about the purpose, goals, and work of the County Grand Jury at an Open House on Thurs., March 12 in the Ventura County Court House. This all-volunteer panel investigates government issues and citizen complaints "to act as independent eyes and ears of Ventura County residents to improve local government." Grand jurors serve for one year and receive a stipend and mileage costs. To learn more, attend the Open House at the Courthouse, 646 County Square Dr., on March 12 from 1:00–3:00 p.m.

IN MEMORIAM

Karl Schober, V. 20

Judy Siegel, V. 6

Fred Vajda, V. 42

Kathleen Conforti V. 23

To submit a memoriam call Loretta Reshes, 805-388-7116

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NOTES

Calling All Aspiring Playwrights

Have you ever wanted to write a play and see it produced? Player's Guild Acting class is calling for submissions of 10 minutes or less original scripts. Deadline is June 1. We hope to choose four or five short plays. If your script is selected it will be performed by the acting class for one of the Player's Guild shows. Most plays require some edits before they are produced and authors will have help with that process. For information or to submit a script, contact Helene Cohen at (805) 389-4866 or by email at helene.lifebound@gmail.com.

Have Fun at LV's Festival of Clubs, Activities, and Sports

From wine tasting to Wii Bowling, ceramics to Tai Chi, the extensive menu of activities available to Villagers will be on display at the Club Festival on Sunday, March 22 from 2:00 – 5:00 p.m. in the AR. Everyone is invited to enjoy – and maybe join – the impressive array of things to do and to learn in our Village. The Festival is free to all and presented by the volunteers who keep our activities humming.

Camarillo Area Transit (CAT)

The Fixed Route Service runs Monday through Friday, 8:00 a.m. – 4:30 p.m., making pick-ups and returns at a variety of stops in the Village. The service is free to Villagers for transit to nine locations in Camarillo. No service Saturday and Sunday. A complete schedule is available in LV's Rec Office. Dial-A-Ride is by reservation only (made the day before) for a pick-up at home to anywhere in Camarillo and Somis for \$3 round-trip. For information, call 805-988-4228 or online at camarillotransit.com.



Photograph by BUD BRADLEY

The new walking path and soon-to-be garden near the West Parking Lot is an example of Jerry's suggestions for water-wise, modern planting.

GREEN THUMB *From Page 1*

accomplishments take on added import because he accomplished it all after a monstrous, near-fatal car crash from which he lost a leg and spent five months in the hospital. Jerry says he knew he would survive when he came out of a week-long coma, looked around his hospital room filled with flowers and greenery and

began to identify the plants.

Now he oversees the volunteers at Santa Barbara Mission's La Huerta Gardens. At home, he designs the water-wise demonstration gardens around the Rec Center and advises residents about the approved flower and plant possibilities for their gardens. Jerry says "Leisure Village is a fabulous concept. I want all our community to be involved to keep it that way."

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03LV04K



File Photo

Essential tremors are inconvenient but not deadly.

My Hand Shakes: Should I Fear Parkinson's?

By Janey Rifkin

Probably not!

It is more likely that the shaking is not caused by Parkinson's, although shaking can be one sign of the feared disease. It is more probable you have "essential tremor" which is the most common form of shaking. It is called "essential" because there is no known underlying factor causing it. Not associated with any prior illness or ailment, to date there is no specific medical test to diagnose essential tremors.

It is easier to diagnose Parkinson's, as the tremor occurs at rest. Other signs prevail with Parkinson's as time progresses, such as slowed and rigid movements, stooped posture, gait changes, and dulled facial expressions. It is wise to consult your medical professional early-on, should any body tremors arise.

Essential tremor usually develops in middle-age or later, but it can begin as early as adolescence. The shaking usually starts in the hands, occasionally just one hand. It can be frustrating to write, sew, put contact lenses into your eyes, even drink from a glass.

Research tells us if one of your parents had essential tremor, there is about a 50% chance you'll get it. (It is also referred to as familial tremor.)

To deal with the shaking – try avoiding stimulants like caffeine. Alcohol may temporarily help – but more than one alcoholic drink may make matters worse! As with so many other ailments, such as anxiety, and stress, and fatigue – the condition may be exacerbated. There are some exercise-type devices on the market, such as Vilim Ball, which lay claim to vibrations supposedly reducing hand tremors; but at present there is no good evidence to support their effectiveness.

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CLUB IN THE SPOTLIGHT

LV Veterans Club Rekindles Camaraderie

■ Veterans share common experiences monthly

By Patrick Moore

There is nothing in the civilian workforce that can approximate the bonding that occurs in the wardroom, ready room, or foxhole.

The automatic "welcome to the club" experience that awaits most military personnel when they report to a new duty station

contributes to the camaraderie of military service, someone once said. Civilians do not do it that way.

To overcome such obstacles, the Leisure Village Veterans' Club was formed some years ago to provide a monthly gathering environment for those who have served, and like-minded veteran boosters.

LVVC publicity director, Lou Cappadina, said club members gather most every month at the L. V. Recreation Center to chat and hear speakers relate their spe-

cialized military knowledge and experiences.

Gatherings take place on the fourth Thursday at 11:00 a.m. in the Multi-Purpose Room, and planned for this month, on Thursday, March 26, is retired U. S. A. F. Colonel Ron Cunningham, who intends to disclose decisions made during his long military experience: those things necessary to get the job done, no matter what; deeds that may not have altogether fit neatly inside the military books of codes and regulations, sometimes labeled "sneaky work-arounds."

There is nothing in the civilian workforce that can approximate the bonding that occurs in the wardroom, ready room, or foxhole.

Admission is free, as is membership in the Veterans' Club, Cappadina said. "It's a great opportunity to learn new things, catch up with friends and meet new people."

Come April, on Thursday the 23rd, retired U. S. Navy Carrier Pilot Tim Palmer will explore the question, why are those noisy Navy fighter jets "buzzing" the Village all the time?

"LVVC fourth Thursday meetings are conducted eight months of the year," Cappadina said. "January - June, and September and October." Admission is free to all; veterans, non-vets, and guests. Club membership is also free.

"Highlight of the year is a gala November members' luncheon to honor LV veterans hosted by LV Womens' Club," Cappadina said.

And that is all. At ease. Smoke 'em if you got 'em.

LV TRAVEL

Trips Available from Chumash to the Danube

By Carol Moody

Join us on Tuesday, March 24 at 1:30 in the Garden Room for a special presentation highlighting our Sedona, Yosemite, Chicago and Albuquerque Tours.

New Tours:

Jet Propulsion Laboratory	April 15
Chumash Casino Overnight	April 29-30
Santa Barbara Mission and Gardens, including Sistine Chapel exhibit	May 27
A New York City Holiday Style (special presentation on May 19)	Dec. 7

More tours on sale (some have limited availability):

Best of Eastern Canada	April 26 - May 3
Sedona & Grand Canyon	May 17 - 21
Yosemite	June 10 -12
Best of Chicago	June 14 - 20
Spectacular Scandinavia	Sept. 24 - Oct. 7
Albuquerque Balloon Fiesta & Santa Fe	Oct 9 -14
Blue Grass Country/Smokey Mtns.	Oct.15 - 23

Planning ahead for 2021:

Tropical Costa Rica	March 2021
America's Music Cities (New Orleans, Memphis and Nashville)	April 2021
Islands of New England	September 2021
Croatia & its Islands aboard a 18 cabin yacht	in October 2021
Christmas on the Danube	December 2021

The Travel Office Window is open Tuesday, Wednesday and Thursday mornings 9:00 to 11:45, so please stop by to pick up flyers and brochures for all the trips we offer. As always, check LVTV (channel 1390) and eNews for notice of the trips currently on sale.

Online Safety for Seniors “Scammed!”

By Louis Lapidis

Nobody likes to be hosed, especially when money is involved. Unfortunately, too many Leisure Village residents have been victimized by fraudsters who use the internet to con unsuspecting consumers. Scammers will play on your worst fears. These crooks will say anything to deceive you into thinking you have some financial or computer issue to worry about. Once you buy into their false narrative, you’ve been bamboozled. Here are some of the typical fear-based scams I have run into at Leisure Village:

The grandparent scam. Here is how the scam works: A fake grandchild places a call to an older person and pretends they are in a fix. The charlatan asks for money to solve some unexpected financial problem (lost wallet; stranded in a foreign country; car repairs). The best approach is to call the real grandchild and verify whether he or she is truly in need.

The debt collection scam. You may get calls from a debt collector claiming you owe money and your bank accounts will be garnished if you do not pay soon. Please do not respond unless you are certain it is legitimate.

The infected computer scam. LV residents receive fake calls from an alleged Apple or Microsoft representative claiming their computer is infected with viruses. These devious operators will ask for remote access to your device so they can poison your computer with viruses and then ask you to pay them to remove these fake viruses. Hang up the phone if they call you. If you think your computer is at risk, call a trusted expert to check your device.

The anti-aging scam. Last year 59% of spam was related to pharmaceu-



ticals and male enhancement. Beware of online companies that try to sell you certain concoctions claiming to bring back your youth and vigor. Don’t be fooled into giving them money in response to their false advertising.

Telemarketing scams. As seniors we make a lot of purchases over the phone. Often we are clueless as to the risk attached to making online purchases. These scams are hard to trace. There is no paper trail. Once someone has been fooled, it is hard to track down the guilty party.

Nobody likes to be cheated. However, worse than being scammed is suspecting some kind of racket and doing nothing to stop it.

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04LV061

Warning to all Patio Chefs!



Grill the ribs, not the fence. LV's Residential Inspector reports that several residents have placed their patio barbecues too close to the vinyl fences, and the result is clear. The heat is too much for the fencing, which can be damaged quickly. Make sure the grill is more than a foot away from the plastic of fencing, tables, chairs, or the party wall between adjoining houses.

Peach Dip or Shining Armour? Excellent Work or Trim Too Dark?

■ What Villagers said about the Paint Project

The results are in, and LV's Board of Directors is considering the information submitted by the 263 residents who responded to the recent Village Paint Project Survey. The eleven questions ranged from "Do you like all of the Phase 1 stucco, primary trim colors, etc.?" to "Would you prefer to keep your current stucco color?"

After nearly three years of research, conversation, and financial considerations, The Paint Project began last fall in Villages 19, 41, and 42, where all the houses were painted (stucco and trim) following color selections approved by the Board. The second phase of the Project is scheduled to resume later this year in Villages 24, 39, 40, and 44.

Villagers' answers to the questions were varied. Some were one sentence; others added a page of comments. About 10% said they "liked all the Phase 1 stucco and trim colors," over 80% responded "No," and 9.5% didn't answer the question. Many comments focused on color combinations: yellows and grays were mentioned often, dark colors were criticized, and some respondents had questions about how well (or not) some trim colors paired with the stucco paint colors.

Of the surveys submitted by the 24 residents actually in Phase 1 houses, 65% were either "very" or "somewhat" satisfied, including comments such as "Variety of colors brightens up the Village." The final question asked if the resident had participated in any of the Town Hall meetings regarding the proposed painting project. 36.50% said "Yes." 55.89% said "No."

A portion of the survey results is posted at leisurevillage.org. \$407,000 is earmarked in the 2020-2021 LVA budget for Phase 2 of the paint project. Discussion of the project by the Board of Directors is expected to continue.

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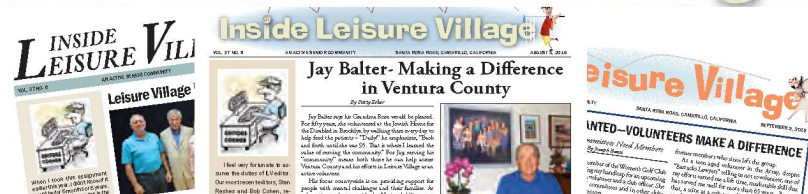
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REAL ESTATE

Pricing Your Home Right in this Low Inventory Real Estate Market



By Sharron Parker

Even though there's a big buyer demand for homes in today's low inventory market, it doesn't mean you should price your home as high as the sky when you're ready to sell. Here's why making sure you price it right is key to driving the best price for the sale.

When it comes to pricing your home, setting it at or slightly below market value will increase the visibility of your listing and drive more buyers your way. This strategy actually increases the number of buyers who will see your home in their search process. Why? When potential buyers look at your listing and see a great price for a fantastic home, they're probably going to want to take a closer look. This means more buyers are going to be excited about your house and more apt to make an offer.

When this happens, you're more likely to set up a scenario with multiple offers, potential bidding wars, and the ability to drive a higher final sale price. At the end of the day, even when inventory is tight, pricing it right makes a big difference.

Homeowners who make the mistake of overpricing their homes will eventually have to lower the prices anyway after they sit on the market for an extended period of time. This leaves buyers wondering if the price drops were caused by something wrong with these homes when in reality, nothing was wrong, the initial prices were just too high.

If you're thinking about selling your home this year, make sure you have a real estate professional on your side to help you properly price your home and maximize demand from the start.

LV POOL *From Page 1*

indicates this is too cold for some seniors! The Arthritis Association, for example, recommends 86-88 degrees. Furthermore, the pool heaters installed last year broke down and take time to repair. In mid-February (when this article was composed) temperature swings were common. The popular aerobics class was subject to frequent cancellations. Mira Fontes, re-

ports the water volleyball group had barely enough players for a game. Frustrated residents spoke at the February LV Board Meeting, raising awareness of the concerns. Residents are confident that the conscientious, hard-working LV Board will soon resolve the issue and keep the pool at a comfortable and consistent temperature of 86 degrees. Let's keep LV's "fountain of youth" in peak condition! Watch this space for updates.



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CLUB NEWS

BILLIARDS CLUB

By Patrick Price

The first Billiard Club tournaments of 2020 have been decided. The top three in Super 'A', 'A', and 'B' are: Super 'A' – Paul Kirkwood -1st, Gerry Sarno - 2nd, and Fumie Nagaoka -3rd; 'A' Group – Ruth Stubba -1st, Bob Pegg - 2nd and John Hisler -3rd; for the 'B' Group –Linda Gaffney -1st, Debbie Dolan - 2nd and Lesley Hall - 3rd. Congratulations to the winners and to all who participated. Awards for the victorious were presented at our Membership Award meeting.

The 2020 Billiard Club books and schedules are available in the Billiard Room. The Thursday evening Round Robin competition begins at 6:00 p.m. to help people new to and returning to (after many years) playing pool. Also, the Wednesday pre-evening (3:00 to

4:00 p.m.) Billiard Club league, run by Joe Feig, will also help improve shooting skills. You'll also want to be a member for our gala 40th Anniversary party in October. Stop by and check us out.

LV MUSIC CLUB

By Harvey Brosler

MONDAY MOVIE NIGHT: Hollywood films are shown in the AR on the first and third Monday from 7:00 p.m. to approx. 9:00 p.m. On March 16, the movie will be "The Way We Were." Complimentary popcorn provided by the LV Music Club. Admission is FREE to residents and their guests.

FANTASTIC FRIDAY "OPEN MIC" NIGHT: "Open Mic" night is scheduled in the AR from 7:00 p.m. to approximately 9:00 p.m. on the first Friday of each month. The next "Open Mic" night will be

held in the AR on Friday, March 6. Complimentary refreshments including wine provided by the LV Music Club. Admission is Free to residents and their guests. Contact Dick Guttman: 805-484-5806.

GROOVIN' EASY SWING BAND: Practices for the seventeen-piece Groovin' Easy Swing Band are scheduled for Tuesday evening March 10, 24 and 31 between 7:00 p.m. and 9:00 p.m. in the AR. Enjoy listening and dancing if you wish. Complimentary refreshments provided by the LV Music Club during the break at 8:00 p.m. Admission is FREE to residents and their guests.

CLUB MEMBERSHIP IS TEN DOLLARS FOR CALENDAR YEAR 2020. Membership covers the cost of complimentary refreshments provided by the Club.

THE MAVERICKS

By Margo Secia

The month of March is bringing us to our always popular "Cash in the Attic" on Friday, March 27, at 7:00 p.m. in the AR. We hope everyone will bring one or two of their "treasures" they wish to be auctioned off on that evening. These "usable" and "sellable" items will be displayed for all to see before the start of the auction. The AR doors will be open at 6:00 p.m. if you would like to bring your items early. The auction will be starting at 7:00 p.m. Money raised from this auction will go into the Club's treasury so we may continue to provide entertainment and fun events in the future. Our auctioneer will be the always entertaining John Wirtz. We hope everyone will join in all the fun and laughter this night always generates. Coffee and water will be provided by the Club but, as always, you may BYOB.

If you have any questions or comments, please feel free to contact President John Wirtz at (805) 384-8508.

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CLUB NEWS

DUPLICATE BRIDGE

By Betty Ericsson

The Duplicate Bridge Club meets Monday and Wednesday evenings at 6:30 p.m. Join us anytime - new players are always welcome.

For Monday evenings, contact Betty Ericsson at 760-779-8782. For Wednesday evenings, contact Betty Rasmussen at 805-807-8829



Photograph by Joseph Benti

Village golfers enjoyed Los Robles Greens (and sand) on their Feb. outing.

MEN'S GOLF

By Joseph Benti

Regular attendees at our Monthly meetings (12:30 on the second Tuesday of the month) seem to be witnessing a new tradition. Recall last month, the club was treated to a kind of "hole-in-one" when 1st VP and Raffle ticket seller extraordinaire Robert Malinow, invited Pat Gunning to reach into the stub bucket to extract a winning number

for the 50/50 cash raffle. Pat came up with the stub for his own ticket on the first try. At the February meeting, since Chuck Dolan provided the hole-in-one cake, Robert invited Chuck to reach in for the winner. Not to be outdone and, yes, in the Gunning tradition, Chuck pulled out his own number—put him down for one.

Also at the meeting, it was announced that this publication, Inside Leisure Village would contribute the money needed to replace the long-time inoperable water

fountain at the 14th tee. A week later, Village Landscape Superintendent Mike Udem informed us that the Village's re-cycled water requires special protective fountain equipment which is not now available—stay tuned for what looks like a long and thirsty wait. Next meeting in March features free pizzas and nominations for the Board to be installed in July.

TABLE TENNIS

By David Sakata

What can be fast, fun, and good exercise? No, not pushing a 57 Edsel downhill after it doesn't start. Table tennis is the correct answer. Call Dave Sakata for details about time and days played. Phone 805.465-0036.

PHOTO CLUB WINNER • MOBILE CATEGORY



1st — Greg Gillmar | Ominous Sky

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I Miss Tasting My Food!

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If you wear dentures, you've probably noticed that your food just doesn't taste the same anymore. Granted your ability to taste will change as the years go by. But if you're wearing denture(s), that thick layer of plastic covering your entire palate doesn't improve the situation – and the strange taste of adhesives you're using to keep your denture 'up and in' doesn't help either! Generally speaking, it's the upper denture that tends to prevent someone from truly tasting their food. When the roof of your mouth is covered, your food can't touch it. This lack of contact robs you of the 'eating experience'...
...and when you add your dentures' sticky goop into the equation, your ability to taste doesn't stand much of a chance.

Many denture sufferers give up on taste. They simply move forward with the belief that tasting food is an experience that they've lost to their youth.
But you CAN get it back!
It is possible to taste your food once again, and regain your 'long lost' enjoyment of eating.
Implant-supported replacement teeth don't cover the roof of your mouth with thick plastic in order to stay 'in' – and because implants are anchored in your jawbone, you can say goodbye to those nasty-tasting gunks and glues as well! Implant-supported 'teeth' are the closest thing to nature that you can get. This means that you will be able to eat your favorite food again, with all the taste and texture you've been missing. (You'll also be able to smile and laugh at dinner parties without worrying about your dentures popping out and onto your plate!) Wouldn't it be nice to enjoy a crunchy apple, sink your teeth into a nice steak, or eat corn right off the cob again?
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CLUB NEWS



Ventura County Animal Shelter speaker Randy Friedman receiving PET Club \$600 donation

Shelter (VCAS) success over the last decade with transition to a no-kill animal shelter. That includes transitional housing for about 32 animals per day, plus adoption or reuniting more than 90% of cats and dogs. Volunteers and foster parents significantly contributed to the success. In 2019, volunteers logged hours equivalent to 63.5 full-time employees. Moreover, community members home-fostered 3,027 animals with food, pet supplies and vet care provided by VCAS. VCAS was also successful in providing unique grant-funded programs, like helping 1750 pet owners challenged by physical or economic constraints to keep, not surrender their pets. In appreciation of their success, the Pet Club gifted VCAS with a \$600 donation for animal care.

PET CLUB

By Cathy Michaels

Join us Monday, March 9 from 7:00-8:00 p.m. in the Rec Center MPR for this timely and requested program. Coyotes: Ventura County Officer Eric Lozano will talk about effective coyote management, in particular, recommendations to protect pets. LV Security, Lieutenant Dan, will also comment on current LV coyote sightings. Q&A will follow with available handouts about 2016 coyote LV access and sightings. All welcome! Come at 6:30 p.m.; enjoy refreshments, visit with neighbors!

WHAT YOU MISSED at February 10 meeting: the Pet Club was wowed by Ventura County Animal

PLAYER'S GUILD

By Stan Reshes

Here they come! Our own talented Leisure Village residents will be strutting their stuff for the March production of "Showtime Tunes." Get ready to groove along with the cast as they sing (and maybe dance) to some all-time favorites. Save the date, Thursday, March 19, 7:30 p.m. in the AR. As always, delicious treats after the show, and spectacular costume jewelry on sale in the lobby before the show. And Players Guild is already in rehearsals for our April big production, "Carnival," directed by Richard Weiss.

PHOTO CLUB WINNERS • ASSIGNED CATEGORY



■ 1st — Bev Davis | Chicken in a Can

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CLUB NEWS

SATURDAY NIGHT DANCE PARTY

By Andrea Moran



Carmine—Country Music at its Finest

Hi to all Villagers! The winds will be dying down and spring is around the corner. Our Valentine Dance with fresh flowers on each table was beautiful. Our Mardi Gras celebration was lots of fun with beads for all.

Our March schedule: 3/14 Eric Ekstrand (St Patrick's Day) East Coast swing lesson; 3/28 John & John (Denim & Diamonds) Cowboy cha-cha.

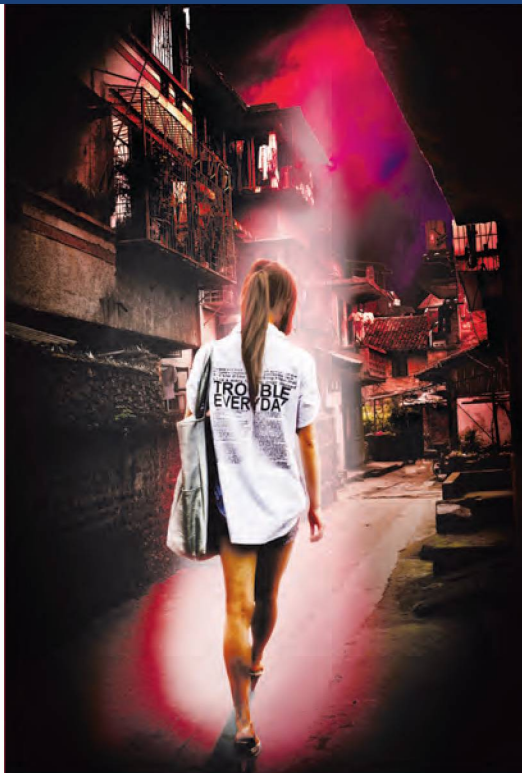
We hope everyone will join our party on Saturday night for dancing, socializing and great refreshments. Lessons at 6:30 p.m. with paid admission, \$10 per person, dance at 7:30 to 10:00. Dancing is great for the body, mind and just having a good time. If you wish to dress according to our theme, it's even more fun. So let's get off the couch and check out our great evening of fun. See you all there.

SHOWTYME

By Jennifer Stein

Grab your partner and come on down to Showtyme. It's a Country and Western evening performance by "Carmine," a country music performer who will bring an amazing evening of golden oldies & classic country songs. The evening will be filled with songs from Kenny Rogers, Merle Haggard, Tim McGraw and the legendary Johnny Cash, just to name a few. So put on your favorite boots and enjoy your favorite songs. Let's get a little bit country on Friday, March 13 at 7:30 p.m. Doors open at 6:45. No charges for members; non-members- \$5 donation. A 50/50 raffle and yummy goodies after the show. Membership is available at the door. Any questions? Please contact Jennifer at 805-383-1518.

• **PHOTO CLUB WINNER •**
CREATIVE CATEGORY



■ 1st — Ron Matson | Trouble Everyday

CLUB NEWS

PHOTO CLUB

By Chuck Murrow

The LV Photo Club will hold its monthly competition meeting on April 2 at 6:30 p.m. in the MPR. The theme for the Assigned Category will be "Black and White," and all members are encouraged to submit their photos. All residents are welcome to attend the Photo Club meetings to view the entries and observe the judging or become members and submit their own photos in one of the four monthly categories, Assigned, Open, Creative and newer Mobile Device.

The winners of the February Photo Club competition were Bev Davis in the Assigned Category, Gregg Gillmar in the Open Category, Gregg Gillmar in the Mobile Device Category, and Ron Matson in the Creative Category. The winners and the second-place winners

in each category can be seen in the Rec Building hallway. The "Best of 2019" winners as well as the balance of February winners can be found on the walls of the MPR. Stop and enjoy them! The Photo Club wishes to thank Steve Friedman, the judge for the month.

Questions: Contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com

VETERAN'S CLUB

By Lou Cappadona

Avoiding Military Regulations and Other Stories. March 26, in the MPR at 11:00 a.m.

Colonel Ron Cunningham, USAF Retired, returns for another very interesting and amusing program. During his long military career, he commanded the famous Los Alamos Laboratory in New Mexico. His topics include:

- The too-heavy airplane
- Moving an organization in minutes
- What does CIA HG look like inside
- Where to store TS when the place you store it is not there
- The Nazi at the Arctic Circle
- Inviting the Vice President to dinner
- The Chicken Gun
- The Prairie Chicken Problem
- Others, if there is time

All LV residents are welcome to attend this free program. It's a great opportunity to learn new things, catch up with friends and meet new people.

WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. A main purpose of the Club is to share memories of our lives, the lives of our family, and our opinions on different topics with other residents.

The Club is unique in that you become self-aware and aware of what others think on the same subject. Come to the Writers Club meetings held every Monday at 1:00 p.m. in the MPR. We do not critique your words. We are interested in what you have to say. You may write on any topic, fiction or nonfiction, or use the Suggested Topic for that day. For example, the Suggested Topic for March 16 is "One of My Happiest Memories." The more you write the better writer you become. Microphones are provided. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate. Stories of The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 465-0042, larry.kalisher@gmail.com, or Harvey Brosler 465-0006, hsbros@roadrunner.com"

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CLUB NEWS



Photograph by Patti Crichton

CAC Art Show: Lee Truman – first place and Nana Morris – Best in Show.



won ribbons recognizing their talent:

Best in Show - Nana Morris; 1st Place - Lee Truman; 2nd Place - Kathy Whitesell; 3rd Place - Christine Schaub; Honorable Mention - Jalna Marcovici and Alice Williams

Thank you to member Susan Riba

who demonstrated her oil painting skills at our March 4th meeting. She will be teaching an oil painting class on Friday, March 13 at 1:00 p.m. for \$15. Contact Patti Crichton at 805-760-7673 to sign up.

Our April 1 Village Arts meeting will be the annual Home Art Tour from 1-3:00 p.m. Some members have volunteered to host and share the artwork in their homes. Members will receive an email with a list of homes to visit. If you would like to host, please contact David Kiefer at 805-419-4688.

Village Arts will be participating in the Club Faire in the AR on March 22 from 2-5:00 p.m. Nana Morris and Alice Williams will be painting on site.

Chuck rolled a 288, just missing 300 on the 10th frame.

Congratulations Chuck! Our Bowling for Dollars Tournament was February 18, 19, 20.

Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House.

It is open to all. Come join us. For information, please call Barbara Bell at 805-388-2264, or Betty Tierney at 805-300-6105.

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

Our next monthly dinner meeting is Tuesday, March 10 at 5:00 p.m. at Ottavio's restaurant. Please phone me, Lee Edwards, at 805 484-3289 to confirm your reservation.

I look forward to you joining us for dinner.

VILLAGE ARTS

By Patti Crichton

Leisure Village artists displayed a brilliant array of paintings at the CAC Art Show in February. Special congratulations to members who

WII BOWLING

By Ginny Bryce

A Shout Out for Chuck Parision.

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CLUB NEWS



Jacqui Bowe

WORKSHOP FOR WRITERS

By Frank Seiden

Our written memories, stories and poems provide for interesting discussions of writing technique that are learning experiences for novice and experienced writers. We learn from comments on what makes the work interesting and where something can be improved.

Spring starts in March, which inspires the young at heart for romantic and active adventure. How about an interview with St. Patrick or his narrative about his extraordinary service to Ireland. We have memories and we still have dreams to write about. So, write them and come to our meetings on March 11 and March 25 for friendly discussion, socializing and usually a few laughs. Meetings start at 2:00 p.m. and end by 4:00 p.m. in the Lanai Room. You are also welcome to just sit in to find out what we are all about. You might get hooked!

WOMEN'S CLUB

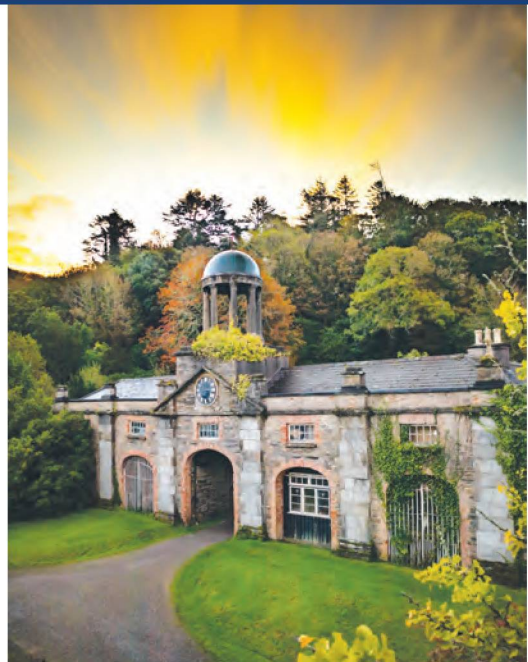
By Pamela Alameda

The Jacqui Bowe Variety Show will be our featured event for the monthly meeting, which will begin at 1:30 p.m., Thursday, March 12 in the AR. Join us for a fun-filled afternoon with Jacqui Bowe, a professional entertainer with an impressive repertoire of songs, dancing and good old-fashioned high energy entertainment.

There will be a Spring Fling boutique with St. Patrick's Day and Easter offerings. AND our popular and gently worn jewelry that is always a real bargain.

Women's Club – See's Candy: Delight your family and friends with some yummy See's Candy! We carry a nice but limited assortment of tasty See's Candy. We will also have some delightful offerings for Easter too; Come see what Barbara and Loretta are offering for March. See's Candy is on sale during each General Meeting. Place orders by calling either: Barbara at 805-482-9097 or Loretta at 805-388-7116. Remember...we deliver!

PHOTO CLUB WINNER • OPEN CATEGORY



1st — Gregg Gillmar | Carriage House at Sunrise

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Listed below are some examples of how your donation will help support someone in need:

- Provide periodic caregiving services to allow the Spouse/family member to take a much needed respite break.
- Assistance with memorial & cremation costs.
- Grief counselling
- Medications and supplies not covered by insurance.

Please consider donating and/or leaving a legacy gift to Access TLC Foundation through our website www.AccessTLC.com (click on foundation tab), or make check payable to Access TLC Foundation. (805)222-4673 Your donation is tax deductible.

Together we can make a difference in the lives of individuals receiving hospice care in our community. —Thank you.

Access TLC Foundation was founded in 1996 as a 501(c) (3) nonprofit charity.

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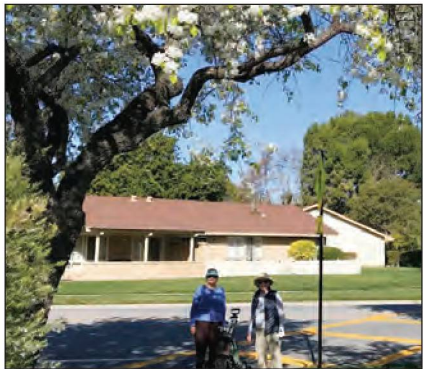
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CLUB NEWS



Photograph by Patti Chrichton

Deb Bozaijian gets ready to putt. Louise Knoedler and Mary Ann Ryan stroll to number one tee.

WOMEN'S GOLF

By Patti Chrichton

Our Winter Eclectic Tournament wrapped up on March 4. Check the Golf Clubhouse bulletin board for results.

March 11, 18, and 25 are regular weekly golf tournaments. The Starting Time for our morning golf will

be 8:30 a.m. Please arrive between 7:45 and 8:15 a.m. with \$2 to check in with our starter, Terry Schellong. Our monthly meeting is Wednesday, March 11 at 2:00 p.m. There will be a Club Faire on Sunday, March 22 in the AR from 2-5:00 p.m. Leisure Village Clubs will be showcased and Women's Golf will be participating.

There is a change of dates for our annual Club Championship. New dates are May 6 and 13.

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CLUB NEWS

WOODSHOP

By Bud Bradley

This photo shows the results of refurbishing a beautiful set of Asian stacked tables. All involved were happy with the results.

It's happening again!!! April 18th at the Pleasant Valley Recreation and Park District. The Annual Woodshop Yard Sale. We are accepting used tools and equipment that is taking up room in your garage or storage area. Call Bob Sears (559) 977-7481. Leave a message and we can arrange a pick up if you can't bring the materials to the woodshop. You can also email to Bobs425@gmail.com or Bud Bradley Hipbud2@gmail.com. And Thank You for your support.

On Tuesdays and Wednesdays, between 10:00 a.m. and noon, you will find our Woodshop Committee members available to repair most wood items for Villagers. There is no



Asian stacked tables

charge for these services, except for the cost of any special materials we might need to complete the repair. We gratefully accept donations to help defray the cost of normal materials and supplies.

RENOVATIONS BY RICK

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COOKING WITH LARRY



Photograph by Larry Swartz

Grandma Misko's Holubky (Cabbage Rolls)

OMG TWGCR

(Oh my God, they were great cabbage rolls)

Growing up tending a big family garden, somewhere along the Ohio/ West Virginia border near the Ohio River in Martin's Ferry, my friend Lin spent a lot of summers "putting up" vegetables. She said her family always had some warm, fresh made apple sauce on the stove. She came from a mixed ethnic background - Hungarian Grandfather/Ukrainian Grandmother, so it's no wonder when she goes into the kitchen to cook, something really good is coming out!

Now, I have to preface this by saying that Lin told me about a particular dish that was served at her house - "deep-fried city chicken on a skewer." I love skewered foods; I think they are ethnic delights. That is, until I found out that deep fried city chicken was Sciuridae - yup, squirrel. Yucch!!!

One of the benefits of writing this column is that occasionally, I get invited to a tasting, but when Lin invited me over on February 11, I was a little hesitant. But, boy-oh-boy, no city chicken from this gal, it was grandma's cabbage rolls.

For someone who claims that "food is just fuel," you don't cook something this good without adding a little bit of love. Served with apple sauce and marinated cucumbers in dill and sour cream, for your enjoyment here is -

GRANDMA MISKO'S HOLUBKY

- | | |
|-----------------------------|--------------------------------|
| 1 large head cabbage cored | 1 large onion, chopped |
| 1 lb. ground beef | ¼ tsp. garlic powder |
| ½ lb ground pork | 2 cups cooked buckwheat groats |
| 5 slices bacon, cooked | ½ cup white vinegar |
| & chopped - save the grease | 1 lg. can tomato sauce |
| 3 eggs | 1 cup tomato juice |

Place cored cabbage hole side down in a large pot of boiling water for 10 minutes or until leaves are easy to separate using a fork. Remove leaves as they soften and pull them away from the head. Careful not to overcook. Drain/cool.

Cook groats as directed on package. Mix liquid ingredients with brown sugar and set aside.

Mix bacon, beef, pork, onion, garlic powder, eggs thoroughly; add to frying pan, and cook until meat is browned. Remove to large mixing bowl, add groats and a few drizzles of bacon grease. Salt & pepper to taste.

With thickest part of cabbage leaf closest to you, place a generous amount of beef mixture onto leaf, folding thick part of leaf first, then roll over left and right part of leaf and continue rolling the rest of the leaf. Layer in a Dutch oven or stew pot. Add tomato sauce mixture, another layer of cabbage rolls and top with chopped left-over cabbage.

Cover and cook on stove top over low heat until liquid is bubbling... appx. 30-45 minutes. Serve with applesauce, rye bread and kielbasa.

Golf Rules and Etiquette

– So Everyone Can Have Fun



File Photo

Golf is an enjoyable game, but has many rules that can take away the pleasure if violated during a tournament.

By Tim Palmer

A lot of people who enjoy the game of golf have had little if any formal instruction and if that works for them, so be it. However, there are a lot of little items that go with playing golf that are affected by the rules of golf that go unnoticed until something really counts in a tournament. For instance, the process of marking one's ball seems to be open to a lot of interpretation. There are those who think that the position of the ball must be marked at exactly where the ball is sitting. That is, they lift the ball and then place their marker in the spot where the ball was sitting. In doing so, the player has actually violated the rules of golf and incurred a one stroke penalty because a ball must be marked before it can be touched. The Rules of Golf state that "The position of a ball to be lifted should be marked by placing a ball marker, a small coin or similar marker immediately behind the ball". Similarly, reaching down and adjusting the ball before putting without first marking it is a violation of the rules, with a one stroke penalty.

Also, when "lift, clean and place" is in effect, a mark (usually a tee) must be placed near the ball before the lifting, cleaning and replacing is accomplished.

Another situation that requires a specific procedure take place is when another player asks you to move your ball a putter's width one way or another so as not to interfere with their line. In that instance, the ball should be marked, the putter placed down and the mark is moved to the other end of the putter. In the same manner, when returning the ball to its rightful place, the mark must first be returned to the original spot and then the ball placed in front of the mark. Most of the time, no one says anything about these little things until a tournament when something so small can make a big difference in a player's final score.

They say "practice makes perfect" and practicing playing by the rules will help you when the flurry of tournament play messes with your mind and you get into a difficult situation. You will impress your team and help win the big one by knowing these

Medical Emergency

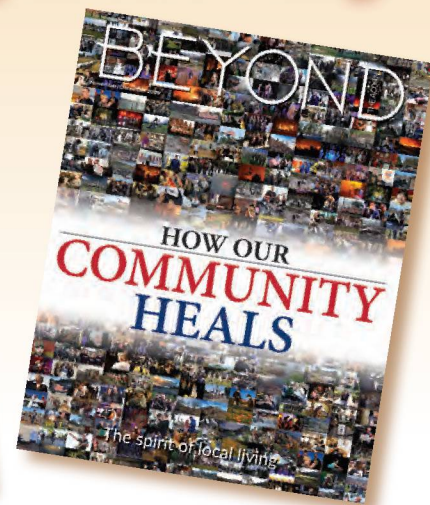
By Ted Lansing

We are very fortunate to have medical help so close at hand. VCFD Station 52 is just outside the village at the intersection of Santa Rosa Road and Woodcreek Road. American Medical Response (AMR) has an ambulance located in the strip mall just outside our main gate, except when it is on a call. They can, and most often do, arrive within a few short minutes of a call to 911. Our Security patrol has several EMT trained officers as well, and "911" radio dispatch is monitored 24/7 to catch Village problems before Engine 52 and AMR can get here. "Medical Alert Lifeline" is monitored in case of a fall or other problem requiring physical assistance. If you have it, and need help, Security can be there in a flash!

Why Engine 52 you may ask? The engine carries several fire persons. If the ambulance crew needs any type of physical help with a problem, the manpower is then available. Some problems require some heavy lifting to extract a person from a fall, or other mishap. Station 52 is often referred to as "Leisure Village Station".

When an emergency occurs you can call "911" or you can call 388-3636, the LVA "Real Emergency" number. This latter will bring Security to you very quickly, and they can help make the decision to call "911". Either approach will bring needed medical assistance in a very short time.

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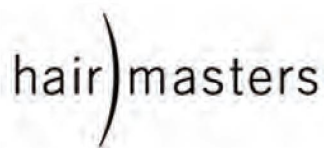
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It's that time of year for *one of the two certainties of life... TAXES!* The other certainty isn't found in writing anywhere (*unless your birth certificate has an expiration date on it*) so it remains the great unknown for all of us.



Record keeping for taxes can be frustrating and confusing. **Don't rely on LUCK!** Here we bring you a few concepts we hope you find helpful regarding document retention and preservation.

TIME FRAME TO KEEP DOCUMENTS: First and foremost, you should consult your tax professional so that your document retention is tailored to your personal situation because tax professionals are the only ones who can provide tax advice! That said, as a general rule most people believe they should keep tax returns for at least 3 years after filing. Usually that's because of the time limit to file an amended return and the time frame the IRS has to audit/assess additional taxes. However, because there are exceptions to the general 3-year-rule, this is NOT the best answer.

On our website we have a link to an article about someone who learned first-hand the value of keeping tax returns longer than 3 years, even when none of the exceptions applied at the time of filing. A man received an IRS request for a copy of his tax return from 5 years prior. Ironically, the IRS had records of his filings prior to that year and after, but was missing that one year. Here's a quote from the article:

"You see, the three-year statute of limitations applies only when you filed an income tax return. If you didn't file a tax return, the statute of limitations never started to run. More importantly, the statute of limitations applies only when you can prove you filed an income tax return. If the IRS doesn't have a copy of your tax return, it's going to assume you didn't file one, and you have to prove you filed it."

The author of the article did file his taxes for the year the IRS was requesting. Luckily, he had a copy that he was able to provide them. The moral of the story is that the burden to prove filing will ultimately fall on the taxpayer. Keep this in mind as you decide how many years of returns you want to store. This brings us to the next concept...

HOW AND WHERE TO STORE DOCUMENTS: Disasters in recent years have brought home the importance of having important documents stored in more than one place. Many are familiar with stories of Thomas Fire victims who lost their sole copies of paper documents when they lost their homes. This emphasizes the important concepts that **you should have more than one copy of important documents, and copies should be stored independent of each other.**

A good way to store more than one copy of an important document is to have both a hard copy and a scanned, digital copy. Digital copies should be stored so that they can be accessed independent of the physical computer (in case the computer is damaged or stolen). Make sure your scanned, digital copy is stored in a safe and secure manner that protects it from online intrusion.

DOCUMENT DISPOSAL: NEVER throw important documents in the regular trash! Documents with sensitive, personal information should be disposed of in a way that provides the best protection against data theft and identity theft. Secure shredding is an ideal way to dispose of hard copies.



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To serve our clients, Barlow Realty will be sponsoring a document shredding day at our office in May. Watch our website & this publication for date and details!



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[Article referred to and quoted above is by Bob Carlson written in 07/2018 on Forbes.com. A link to the full article is on our website.]

Article link for website: <https://www.forbes.com/sites/bobcarlson/2018/07/09/how-long-should-you-keep-tax-returns-longer-than-you-think/#3c3083524b36>

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