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AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

NOVEMBER 6, 2020

## HISTORIC REFLECTION By Max Copenhagen

### Remembering Ventura County at War, Happy Veterans Day!

Some interesting things happened here during World War II. As a coastal region with valuable oil and military installations, Ventura County was considered vulnerable to enemy attack.

Within a year after the attack on Pearl Harbor, three big military bases were established. The Navy claimed the harbor at Port Hueneme and began a massive expansion. It was the best deep water harbor between LA and San Francisco and an essential logistical link. Nearly all materials used to build bases in the Pacific were shipped from there. Land was purchased for a new airfield at Pt. Mugu. The small airport in Camarillo was expanded and operated as Oxnard Air Force Base until 1969.

A lot of train and truck traffic rolled through here. Heavy equipment went to the port by rail and troops were hauled north to Camp Roberts. Local farmer John Arneill gave permission

for the trucks to stop and let the soldiers pick fruit. In 8th grade, Adele Flynn Walsh remembers “seeing men pour out of the trucks and start hooping it up – grown men acting like kids, throwing oranges at each other.” “What’s wrong with them?” she asked. Her teacher said, “You may not believe this, but there are some people who have never seen an orange growing on a tree.”

More military housing was needed, so in 1959 the Capehart tract opened with 315 units on 51 acres. It was rebuilt in 2010 as Catalina Heights. The Navy continues to be a major employer and many veterans retire here.

We were attacked! In 1942 a submarine surfaced and fired on oil facilities near Santa Barbara. Another attack came in 1945 when a balloon bomb exploded in Saticoy leaving a 12-foot crater.

No one was injured and the event was not publicized. The movie “1941,” a fictional account of an attack on the California coast, is based on these events.

When the new P-38 fighter aircraft went on its inaugural flight from Burbank, locals were alerted to look for its unique fuselage. Volunteers, mostly women, were recruited to look for enemy planes in the Aircraft Warning Service.

Observation posts were built on the bluff in Old Town Camarillo and above the Gerry Ranch in Santa Rosa Valley. Local historian Gerry Olsen remembers doing a shift with his father Nick in 1942.

Rationing and recycling drives were common, especially for metal and rubber. Women worked folding gauze bandages at the state hospital. Labor was in short supply. A camp for German prisoners of war was established on Central



near Vineyard with its 437 prisoners working on nearby farms.

There are currently about 60,000 veterans living in Ventura County. The LV Veterans Club has 280 members; contact bob@sympati-comusic.com. Local AWS log books and diaries can be seen at the Pleasant Valley Historical Museum. For more information about local history, see *Camarillo and Other Remembrances* by Stan Daily (2007).



## PERSPECTIVES

By Janey Rifkin

### A glance into the future during unprecedented times

We are living in unprecedented times; pandemic safety rules to be observed, while for COVID-19 all the focus is on vaccines. Let’s take a realistic look at where we are today, and where we are likely to be in the near future.

COVID-19 is likely to persist once its pandemic phase has passed, and will mostly circulate each winter alongside the flu. The health care system will struggle to fight both at once. A third respiratory disease, es-

pecially on the northern and southern coastlands of California, will confront even healthy individuals when the sky is red with fire. When those happen, the air we breathe will be noxious with dust and debris from windswept conflagrations. Aggravated by climate change, smoke and haze from California fires were reported to drift as far as the east coast last month; and in the atmosphere as far distant as some European countries.

About the long-awaited vaccine:

Once a vaccine is approved by the FDA, it will likely be mid-year 2021 before it becomes available to the public. Via vaccine, immunity is unlikely to last longer than six to twelve months. Reducing risks begins with encouraging more people to get vaccinated for both flu and COVID-19. Only about 40% of Americans get a flu shot each year; ideally that number would be closer to 70%.

A priority should be developing antiviral drugs that can effectively

target this virus. The aim should also be developing drugs that can thwart entire classes of respiratory viruses like coronavirus and influenza, and disable core features of these pathogens. Such drugs might easily be rendered ineffective by new strains or mutations in successive seasons.

Over time, with more immunity and a vaccine, the novel coronavirus will become a more manageable risk. But no one should think the threat will simply disappear.





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November, the thank you month. This November I give thanks to my forebears for creating an amazing country; a representative republic that protects our God-given right to individual freedom and a means to keep that on track through the ability to choose our representatives and our government. The ILV feature article on Ventura County during wartime and our Club In The Spotlight feature celebrates the commitment, sacrifice and contributions of our armed service veterans toward protecting our freedoms and our ability to pursue our own version of life, liberty and individual pursuits. During wartime, our military veterans served valiantly toward that end, and during peacetime, they maintained a force that has offered us peace through strength. Happy Veterans Day. I sincerely hope you enjoy a warm and grateful Thanksgiving with your loved ones. God bless America, be thankful.

— Jon Niemann

## ABOUT INSIDE LEISURE VILLAGE

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## Letters

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## December Edition Deadlines

Club News, articles, letters and classified ads: Thursday, November 12. December issue will be available Friday, December 4. Send news, articles & letters to [insidelveditor@gmail.com](mailto:insidelveditor@gmail.com).

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# VILLAGER PROFILE By Patty Ecker

## Sculpture by Village artist chosen for a county exhibit

An original sculpture by Villager Gloria Bradley is showcased in a unique outdoor art exhibit featuring the work of a select group of Ventura County artists. The show, "Arte Forastero," presented by the Ventura Botanical Gardens and County Museum includes specially selected sculpture displayed along the hillside walkways in Ventura. Fourteen pieces were chosen from fifty submissions by a panel of judges.

Gloria's sculpture is "The Hare," which the judges praised as "the playful joy of nature." Gloria was surprised and pleased that her work was selected and where it is placed in the Gardens. "It's the first one along the walk, under an olive tree, a very natural place for it to be," she says smiling. "Isn't that wonderful!"

Gloria says she has been an artist all her life. As a youngster, she began painting. And when she graduated from high school, she was awarded a scholarship to the Chouinard Art Institute (now California Institute of the Arts). But she also had to find a job at the time, so she postponed her art studies and became a bookkeeper at a bank. She got married, had three sons and a busy life. Art took a back seat...until a decade later when she



Photo by BUD BRADLEY

In her studio, Village sculptor Gloria Bradley works on her latest project, "Rico," the treasured pal of a Villager.

took a sculpting class in a garage. "And that was it," she remembers. "I loved the feel of clay. I learned about anatomy. We had human models. It was the best time of my life."

When the family moved to Northern California, Gloria's career took off. She sculpted animals, Native Americans, and portraits. "She was no longer a novice," recalls her husband Bud. "She was teaching. Galleries sold her works, and she won local and national awards." Then, as now, she approaches sculpting as she

approaches life. "I don't attempt to change the scope of nature or the human body. My love for the beauty of both inspires me. I allow the clay to form the figure until it says, 'I am done,'" she explains.

"Arte Forastero" is a welcome creative outing for those who have been sheltered indoors for so many months. Gloria's sculpture will be greeting those visitors to the Ventura Botanical Gardens and Museum until the end of November. Remember - "The Hare" is right under the olive tree.

## NEWS BITES

### Villager Volunteers Deliver the Groceries and Much More

Each week, a small and caring team of volunteers reaches out to Villagers to buy groceries for them and provide a neighborly connection when they deliver the orders. That team is Shop Ahoy, a shopping and delivery service for homebound seniors, disabled adults, those who no longer drive, have difficulty maneuvering in the market or are unable to carry heavy items.

"We shop for about 30 people each week," says Barbara Yago, the Villager leads the group, which is part of a Ventura County non-profit organization. A volunteer calls the customer on

Sunday or Monday each week to take their grocery order. Another volunteer shops on Tuesdays at our local Vons, and the order is delivered and paid for, along with a small contribution to help the system stay in operation. "It's a good system. Our seniors get their groceries and a chance to chat with a visitor," she explains.

"In this time of COVID, we will also shop for those who don't want to go into a grocery store," Barbara adds. She's been volunteering with Shop Ahoy for fifteen years. "We like helping out. We like visiting when we deliver the



Barbara Yago and other Shop Ahoy volunteers begin their service to

Villagers by taking grocery orders online or by phone.

Photo by JOSEPH BENTI

orders. I even like shopping, too," she says with a laugh. And it only takes a few hours a week.

Shop Ahoy is always in need of volunteers and always open for those who can use the service. There are three ways to participate: calling, shopping and delivering. "If you need our services or are interested in volunteering," call me 805-388-0419," Barbara says, as she pushes her cart toward the produce department.

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# NEWS BITES



Photo by BUD BRADLEY

The new color choices suggested for the stucco and trim are displayed on the wall of the house at Village 44201 so that residents can get a realistic view.

## On Second Thought: Village Paint Project, Part 2

The previous palette is gone. New colors and new combinations for stucco and trim are now being considered for the next round of house painting in the Village scheduled to begin as soon as possible. Consideration of a new array of colors came primarily as a result of the responses by residents to the Paint Survey earlier this year. Board members indicated that they listened to what people said and asked

the paint professionals to submit new choices and combinations. Those choices were first displayed at a Working Board meeting on October 22 and have been posted and painted for Villagers to assess. Swatches of the stucco and trim samples are on display in the Atrium of the Recreation Center. Actual painted samples can be seen on the side walls of the house at Village 44201. This new round of colors has fewer choices than the previous palette. It has not been decided if residents will have a voice in the selection of trim shades for their homes. Residents are reminded that masks and appropriate social distance are necessary when they visit the paint displays.

## No Changes in 2021 for Trash & Garbage Collection

Our garbage cans stay in the ground for another year. That's the agreement between E.J. Harrison and Leisure Village: everything stays as it is throughout 2021. The familiar blue can will continue to hold recyclables and will be emptied every other week. The in-ground cans are for garbage and trash as always – with pick-up weekly. And residents who want to discard an extra plastic bag of trash or green waste can leave it above ground and call Harrison at least a day advance to arrange for disposal for a charge of \$5 per bag of trash and \$10 a bag for green waste. That phone number for Harrison is 805-647-1414. The cost for the continued service in 2021 is estimated to increase by \$2.83 per month per household. That amounts to a 20% increase. It is nearly one-half what households outside of Leisure Village pay for residential service.



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## A WORD ON WINE

By Don &  
Barbara Senior

A couple of years ago we visited the Tablas Creek winery in Paso Robles. They specialize in wines that reflect the wines from Rhone Valley in southern France near Avignon. That day we were treated to an in depth tasting well beyond the usual offerings. This often happens if it's not crowded, and you ask thoughtful questions. We got a great introduction to some of the fifteen grapes grown on the estate. Very impressed with their wines, we joined their wine club, and, indeed, each shipment has been an adventure in learning more about California Rhone-inspired wines.

A typical Rhone blend is Grenache, Syrah, and Mourvèdre or GSM. A deep red with boysenberry and plum aromas, it works well with BBQed meats and it's perfect with turkey! The white Rhone blends consist of Viogner, Marsanne, Rousanne and Grenache Blanc. (Also perfect with

turkey.) Lesser known Rhone varietals all have tongue twisting names like Picpoul Blanc, Terret Noir, Picardin. Used in very small amounts to tweak blends, they are the equivalent of a spice rack for winemaking.

Tablas Creek makes stand-alone versions of 18 varietals typically found in Rhone wines. That first afternoon we got to taste counoise, a common addition to GSM wines. A very small amount of counoise adds a peppery note and good acidity. It was eye-opening to discover what it was like by itself. Think of cooking. It's rare that you make something out of just one ingredient. Adding juice that is fruitier or earthier, lower or higher in acid, smoother or more tannic gives tremendous flexibility to create something well balanced and interesting.

Recently, the tasting room has been moved to their beautiful



Photo by JON NIEMANN  
Trio of wine from Tablas Creek winery in Paso Robles.

outdoor patio, and by appointment, you can have a seated tasting at socially distanced tables. Locally you can purchase four good examples of their wines at Total Wine in T.O. A good starting point is the Patelin de Tablas, a GSM blend with just 4% counoise, \$22.

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A PINCH OF SALT

By Larry Swartz

Remember, runny yellow, Larry, not runny white

Whether you call ‘em eggs, huevos, outres, or jaja (Croatian), it’s safe to say eggs have a reputation, albeit a good one or a bad one. An egg was the very first thing Larry learned how to cook because my father liked his eggs over medium and I’ll forever hear that phrase in my mind “runny yellow, Larry, not runny white.”

As a kid, I remember watching nature shows and wondered why animals that looked for food always found it a treat when they discovered eggs of another animal. This factoid holds true for the human animal.

For a long time, eggs got a bad rap but as with a lot of science, the more you study, the more you learn. Newer studies now indicate you shouldn’t overdose on egg yolks, but an egg is a good source of protein... everything in moderation is the key. For vegetarians, eggs in moderation can be a tremendous aid in getting an adequate amount of protein. We

call them ovo-vegetarians...they are vegetarian but they eat eggs. My friend Tommy says “I’m a riboterian...I’m a vegetarian but I eats ribs!” Thank you Tommy.

You already know how to make an egg; but I bet you don’t know how to make Spanish Tortilla and it’s not flat and made with corn.

- Spanish Tortillas with Fresh Chives** (Serves 2)
- 2 large shallots (½ medium sweet onion)

2 medium red/yukon potatoes, sliced, rinsed, patted dry

3 Eggs beaten well

1 tablespoon of milk

salt & pepper to taste

olive oil

4 tbsp chopped fresh chives (green part of scallion would do in a pinch)

Thinly slice shallots, brown in

oil in a non-stick pan with an oven-proof handle with a pinch of salt on low heat. They should be slightly crispy & brown around the edges, appx. 15 minutes. Remove and set aside. Add potatoes to the pan, cover and cook till completely done, almost falling apart. Remove to a bowl and cover for 5 minutes.

Return the pan to the stove with enough olive oil to coat well. Spray a bit of oil on the sides of the pan... the goal here is total prevention from sticking. Add chives to the egg mixture (saving some to garnish with,) mix in potatoes and shallots, stir and

pour into the heated pan. Let it cook until eggs are set and begin to pull away from the sides of the pan.

Remove & place in a preheated 375 degree oven, 4-6 minutes to finish cooking. As the dish begins to brown on top, it should be done...check with a toothpick. Toothpick comes out clean, dish is done. If it’s not brown on top, zap under the broiler for a quick minute until it is.

Remove, let set for a few minutes before sliding onto a cutting board using a spatula to assist. Cut into pie wedges, top with chives and serve with fresh sliced tomatoes for a wonderful meal year around. A glass of champagne, prosecco or maybe a rosé wouldn’t hurt.





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## ABOUT REAL ESTATE

By Sharron  
 Parker

# Homebuyer demand is far above last year's pace

■ We're seeing a strong seller's market

Home Buying has been on the rise over the past few months, with record-breaking sales powering through the market this Summer. Buyers are actively purchasing homes, and the momentum is continuing into the Fall. However, it is becoming harder for buyers to find homes to purchase. If you've been thinking about selling your house, the coming weeks might just be the timing you've been waiting for.

According to the Pending Home Sales Report from the National Association of Realtors (NAR): Pending home sales in July achieved another month of positive contract activity, marking 3 consecutive months of growth.

This means that for the past several months, buyers have signed an increasing number of contracts to purchase homes – well above where the market was at this time last year. Lawrence Yun, Chief Economist at NAR notes: We are witnessing a true V-shaped sales recovery as home buyers continue their strong return to the housing market...Home sellers are seeing their homes go under contract in record time, with nine new contracts for every 10 new listings."

What does this mean for sellers? If you were thinking about putting your house on the market in the Spring, but decided to wait due to the health crisis, it may be

time to make your move. Buyers are in the market right now. With so few homes available to purchase, homeowners today are experiencing more bidding wars, creating an optimal time to sell.

Is this trend going to continue? As CNBC notes, there are no signs of slowing buyer demand this fall: "The usual summer slowdown in the housing market is not happening this year. Buyers continue to show strong demand, spurred by the new stay-at-home world of the coronavirus and by record low mortgage rates."

Danielle Hale, Chief Economist at realtor.com, concurred: "In a typical year in the housing market, buyer interest begins to wane before seller interest causing the usual seasonal slowdown as we move into the fall. Due to a delayed spring season and low mortgage rates, we could see buyer interest extend longer than usual into the typically quieter fall. Whether this means more home sales will depend on whether sellers participate or decide to stay on the sidelines."

As Hale mentioned, homeowners who are willing to sell their houses right now will play a big role in whether the trend continues. The market needs more homes to satisfy ongoing buyer demand. Maybe it's time for you to take advantage of this Seller's Market.

## IN MEMORIAM

Cathy Friedman, Village 35  
 Veronica Pinckard, Village 20

Don Stevens, Village 32

Jerry Zerg, Village 17

Harry Rosenberg, formerly, Village 17

Anne Haas, formerly, Village 41

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



## CLUB NEWS

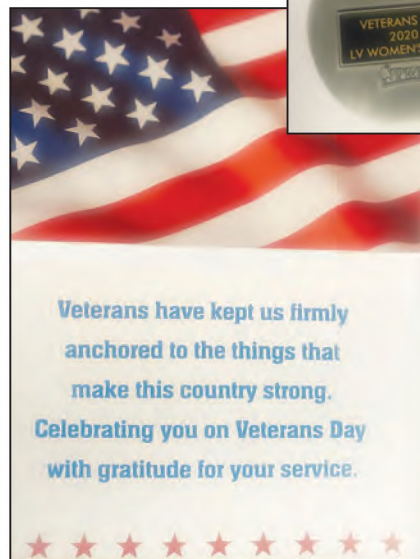
### CLUB IN THE SPOTLIGHT

#### Women's Club Thanks our Veterans

By Jon Niemann

Traditionally, the Leisure Village Women's Club has held an annual event, inviting veterans and their families to celebrate the contributions they made to the security of our country. The event was styled after the traditional "Canteen" with refreshments and entertainment. Each one opened with an Honor Guard from either Point Mugu Naval Base or Port Hueneme Naval Base. Lin Grant M.C.'d the event each year and put on a program that included clips of music and video that reminisced and called up memories of past military service and maneuvers. The presenta-

tion included a roll call addressing each veteran, organized by the relative branch of service including the U.S. Coast Guard; they would stand as their name was called and be recognized. A



song was presented that included each hymn from every branch of service. The wrap-up was Lee Greenwood's "Proud to be an American" with a backdrop of images of our veterans doing what they did during their military careers.

When it was apparent that the Canteen would not take place this year, the Women's club came up with an alternative way to thank and celebrate our veterans. They have assembled a list of each one and made a thank you card including a special medal. They will be hand delivered with love and gratitude. "Proud to be an American" will most likely be a welcome ear-worm as those special mementos are delivered.

### PLAYERS GUILD

By Stan Reshes

As President of PG explained in October's issue of ILV, a show is being planned on LVTv channel 1390 in the near future. Meanwhile, we thought of introducing a few members of our Board of Directors. First is Judi Kiskaden, who keeps the minutes of our meetings and reports them monthly. In addition, Judi uses her needle and thread talents to do the costuming for our shows. And not to be upstaged, husband Chuck immediately went to work in the prop room, erecting fabulous sets for our plays. As a bonus, Chuck showed his talents singing and acting in many of our PG shows. Next is Sharon Hahn, who moved to the Village in 2001. Approached by Joyce Belcher, who asked if she

—Please see PAGE 12

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# CLUB NEWS

## Players Guild

From PAGE 11—

had any talents, she informed her that she can't sing, dance or act, but she is a good talker. She became the voice of the phone tree person. Sharon followed that to become the Program Chairwoman and expanded that position to also become the script person, a job she loves.

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us, the Leisure Village wine club is all about wine; Tasting, enjoying, learning and discussing. We have been meeting virtually through Zoom, have a themed tasting and have been able to stay in touch with the club members and share a little wine, conversation and spirited discussion. Our October tasting was of a Sonoma County Chardonnay and a Paso Robles Cabernet Sauvignon. 22 households were logged on to the Zoom meeting and over 45 members tasted and discussed the wines.

You can still join the club and take part in the virtual tastings, Drop a line to Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

## WORKSHOP FOR WRITERS

By Pat Lagerstrom

Greetings to my Leisure Village neighbors. We hope you have experimented with your writing skills. We are looking forward to lifting the lockdown so we may return to the Lanai room on the second and fourth Wednesday of the month at 2pm. Our members have been sharing our stories by email, but it is much better in person. I hope you will join one of our meetings when it is safe to do so, and I look forward to meeting you and hearing your story.

At our meetings, we read our stories, poems, memoirs, travel tales and then receive a gentle critique, a friendly feedback which honors the old adage: Every writer needs an editor. We learn something about writing at every meeting.

For more information on Work Shop for Writers please call: Mark Sconce at 805-586-4485 or Frank Seiden at 805-437-6242.

## PET CLUB

By Cathy Michaels

The pet club remains busy creating and selling microwave cozies to help benefit a local business heavily affected by state mandated lockdowns related to Covid 19. Beach Dog Fun is a business that assists local residents with care for their pets and our donations of \$2000.00 have helped to offset losses. The cozies are still available and you can order them on the LV Pet Club website: www.lvpetclub.com.

—Club News continue on PAGE 13

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# CLUB NEWS

## WOMEN'S GOLF

By Patti Crichton

Congratulations to Women's Golf President Kathy Whitesell! She shot her first Hole-in-One after playing the Leisure Village course for 6 years. On October 7th at Hole 2, Kathy was playing golf with Sheila Bunch, Sharon Price and Lynn Lerz. She chose her 7 iron for the shot and it definitely worked! Even though there are no official golf tournaments happening, many Women's Golf members still come out Wednesday mornings and set up their own groups to play, abiding by social distancing rules, of course. Hope to see you there. You never know what might happen!



Photo by JON NIEMANN  
Kathy Whitesell demures that her hole-in-one was skill. "It is just the luck of the draw," she muses.

## MENS GOLF

By Joseph Benti

The Board met in October to accept nominations for the new makeup. Jim Murchie (rhymes

with Murkee, as the Scots like it) is the candidate to replace Robert Malinow as President of the Men's Golf Club January 1st. Unless other candidates step up or are  
—Please see PAGE 14

## PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st — Don Treadwell/ Defying the Laws of Gravity



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# CLUB NEWS

## Mens golf

From PAGE 13—

put forward by the Membership, in addition to Murchie, Nick Schellong will move up from 2nd Vice President to 1st; former Board President Gerry Sarno agreed to return to replace Nick. Harvey Harris will remain as Secretary, and Max Chopra continues as Treasurer. Any member(s) can submit other nominations but if none are received by November 30th, these are golfers who will lead the club from January 1st to December 31st, 2021.




Photo by JOSEPH BENTI  
Jim Murchie

Like Malinow, Murchie was

highly complimentary of the Members who continue to observe the Social Distancing rules set by the Ventura County Medical Officer and the Village Board of Directors and also the Members observing the directive to not show up for their Tuesday rounds until ten minutes before scheduled tee times, and also the general willingness, when required, to wear face masks. As evidence of the problems created by the virus, October's planned Regulation outing at Westlake was re-scheduled for River Ridge because of the flood of new cases in neighboring Los Angeles County.

Reminder: The Annual dues of ten dollars (\$10.00), payable by check only, are due before the end of the year. Deposit checks in the box in the window by the Men's Golf Shack.

# PHOTO CLUB WINNER – MOBILE CATEGORY



**1st — Bob Pinchak / Leisure Village Flower**



# CLUB NEWS

## LV WOMEN'S CLUB

By Pamela Almeida

In late March while under quarantine, members of the Board were working behind the scenes to keep moving forward and find ways to aid the community; our board called each one of our members to check on their welfare and to offer a protective face mask. There were 3,358 masks hand crafted and produced by 26 dedicated members including Susan Rockwell, Phyllis Angers. Hemu Kalle and Sandy Jacobs made 115 plastic gowns.

Shearon Millar spearheaded this WC project and organized the 1,256 masks that have been made and distributed to charities; \$1,700 has been received in donations for masks. These masks are available for anyone in the Village who may need one (donations gratefully accepted) and the remainder will be delivered to those in need such as CATS - Christian Acting Together, a Christian Thrift Store.

Please check our announcement window for artisan made gifts for the upcoming holidays in the Atrium of our Rec Center. There you will discover several gift ready items you can order/purchase for your holiday needs.

The LVWC has made the following donations during our Covid 19 crisis.

- Salvation Army \$1,000
- Food Share \$1,000
- Rescue Mission \$1,000
- Somis Pantry \$2,000
- World Kitchen \$525
- Ventura County Health District & St. John's Hospital
- \$1,068 for baby monitors
- The mission of the Leisure Vil-

lage Women's Club is to fundraise and generate money that will be given to local Camarillo charities. If you want to know more about the WC, please contact: Lin Grant 714-979-7323. Stay tuned!

## WOODSHOP

By Bud Bradley

This month's photo is also from the archives. We went back to 2019 for this one. This repaired antique curio table was a particularly special favorite of our repair crew. Maybe we'll see it on 'Antiques Roadshow' some time.

THE WOODSHOP IS OPEN, although on a limited basis. Hours of operation: 9:00 AM until 5:00 PM, Monday through Friday, ONLY. The Annex is not yet available. We are not able to perform repairs for Villagers at this time. Notifications will be sent out when this rule changes.

Ron Quick has left the Village and a new Woodshop Manager has taken his place. Bruce "Pirate" Anderson has an extensive background in woodworking. If you are around the shop, most any morning, come by and introduce yourself. There are sign up sheets posted on the door and current key holders will be able to sign up for as much as a 2 hour shift. Rules of operation are posted there also. One can sign up for as little as a half hour shift, but no more that 2 hours per day.

It's happening again. The Annual Woodshop Yard Sale. However, due to the covid hold, we have had to postpone the date. We will let you know when it will be rescheduled, and when we are accepting used tools and equipment that may be taking up room in your

garage or storage area. Call Bob Sears (559) 977-7481. Leave a message and when we can arrange a pick up or email him at Bobs425@gmail.com or contact Bud Bradley at Hipbud2@gmail.com  
Thank You for your support and understanding.

Photo by BUD BRADLEY  
Woodshop repair crew favorite from 2019, antique curio table.



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# CLUB NEWS

## LV PHOTO CLUB

By Chuck Morrow

COVID-19 has altered all our lives here in LV. However, the Photo Club has continued their monthly photo competition via the internet. Now the Photo Club is offering to all residents of LV the ability to share their photos of special occasions with friends and neighbors by having the Photo Club post your special photos on Smugmug. Send your cherished photos to gsgillmar@outlook.com, and the Photo Club will post your special occasion photos for you.

The judge for the October Photo Club competition was Greg Cooper and, as always, he did an excellent job and provided an improvement

narrative for the photos submitted. His professional gallery can be viewed at <http://www.mediacooper.com>. The Assigned Category for November was "Bridges," and the winner in this category was Larry Forkner. The Open Category was claimed by Don Treadwell; the winner in the Mobile Category was Bob Pinchak, the winner in the Creative Category was Ron Matson.

The Assigned Category for November is "Old/Vintage."

Each month's photos submitted for all the photo categories are posted each month at <https://leisurevillage.smugmug.com/2020>. Take a look and join the Photo Club. Questions: Contact Ken Lauchner at 805-491-2432 or [ken.lauchner@roadrunner.com](mailto:ken.lauchner@roadrunner.com).

**PHOTO CLUB WINNER – ASSIGNED CATEGORY**



■ 1st – Larry Forkner / Sun Dial Bridge







## CLASSIFIED ADS

To submit a classified advertisement please include your full name, address and phone number (for ILV records only will not be published unless requested). Cost per ad is \$5 for a 28 word insertion. Phone number = 1 word, email = 1 word. Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD in the black box next to the entrance of the LV Association office just inside the west gate (off Los Pueblos Dr). It can also be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome. Questions regarding classified ads? Call Barbara at 805-482-9097.

**DEADLINE for the next publication is Thursday, November 12.**

Furniture for sale: Antique walnut drop-leaf table \$265, Boudoir lamps: heavy bases with cut-in ivory lowers \$50 pr, Framed paintings (2) of sea/ships/ocean \$35 each. Call 661-523-4738

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# Inside Leisure Village



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The word gratitude is derived from the Latin word gratia, which means grace, graciousness or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is **appreciation for what is received, focusing on what we have instead of what we lack**. It is an attitude that affects our mental and emotional well being, and can grow stronger with use and practice. Acknowledging the goodness in life is strongly associated with greater happiness, whereas lack of gratitude tends to cause dissatisfaction, and a feeling that a person can't be happy until something lacking is obtained or happens. Studies have shown that people who purposely cultivate gratitude experience a myriad of benefits, and here is a list of some of them:

- Increased happiness and positive mood
- Sleep better
- Stronger immune systems
- Better physical health
- Deal with adversity better
- Increased self control
- Build strong relationships
- More satisfaction with life
- Less materialistic
- Less likely to experience burnout
- Less fatigue
- Lower levels of cellular inflammation
- Greater resiliency
- Encouraged the development of patience, humility, and wisdom
- Disconnected from toxic, negative emotions

Although it may feel contrived at first, the purposeful mental state of gratefulness grows stronger with use and practice until it is a natural habit. The positive effects of gratitude are like compound interest. You might not notice the benefit of a daily or weekly practice, but after several weeks and months, you will! Here is a list of ways to cultivate gratitude.

1. Keep a daily journal of specific things/people/situations/incidents you're grateful for that day. Pick a minimum number to list each time. If you start small with 3 items, as time goes on you'll find you need to increase that number because gratitude begets gratitude. The more you look for things to be thankful for, the more you'll find!
2. Ponder meaningfully about a specific person for whom you are grateful. Consider how your life is better because of them, and how different your life would be without them.
3. Hand write a thank you note or gratitude letter to someone. Mail it or deliver it in person.
4. Meditate on gratitude
5. Pray and thank God for specific blessings in your life
6. Practice saying "thank you" in more meaningful ways. As you thank, be specific and descriptive about how that thing/circumstance/person helped you or affected you.
7. Ponder on your five senses, we often take them for granted. Consider how different life would be without any one of them.
8. Smile and look people in the eyes when you say thank you.



9. Be a 'grateful gazer' - be on the lookout for things to be thankful for as you go about your day. Mentally acknowledge them or say them out loud.
10. Try going without something you're grateful for, pick a specified time you'll give it up, and you'll increase your appreciation of it when you get it back or use it again.
11. Think about what your life would be like if a specific positive event wouldn't have happened. Write all the decisions and events that flowed from that event, and ponder about how different your life would have been without that one.

Visit our 'Barlows Got Your Back' section of our website for links to more detailed lists of gratitude ideas, as well as links to articles and studies on gratitude.

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