

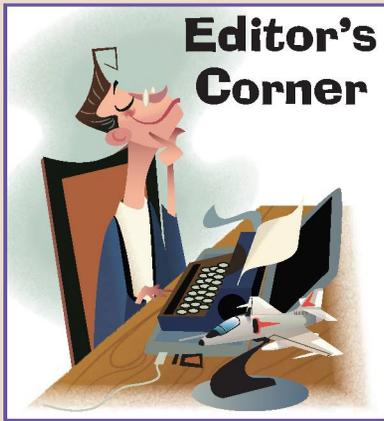
Inside Leisure Village

VOL. 38 NO. 10

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

OCTOBER 6, 2017



Editor's Corner

We have discussed a variety of events and issues affecting Leisure Village, but one which has stimulated some questions is the article on the presence of rodents in the community. In this issue, we follow-up the initial article with words of wisdom on how to avoid the problem and, if a problem exists, how to pursue remediation.

Rodents are not pervasive in Village homes. A few owners have experienced problems and that is why we bring this to your attention. They do exist on the property and our concern is preventing them from invading your home and establishing residence, rent free. Joseph Benti has thoroughly identified the causes that create a problem, and how to identify someone capable of removing them from your property. It is good information!

Our lead story this month is yet another example of the fine professionals that look after our security. I know from personal experience that their responsiveness is second to none.

Enjoy this issue - there is a lot going on in the Village!

—Tim Palmer

QUICK ACTION BY SECURITY SAVES A LIFE

Village Security Officers Tony Winter, Gaston Tucker, and Lt. Daniel Rivas have received commendations from LV's Board of Directors for their fast action that saved the life of a Leisure Village resident. Their effective response was to a report of "a man down, unresponsive" on the paddle tennis court in August.

"It was his first day on the court," says Trish Zakas, a paddle tennis regular. "Doug Lasher is a newcomer who walked his dog past the courts and decided to join us. He was my doubles partner that day when a ball went past me and back to him. I waited for the return, but it didn't come. When I turned, I saw him face down on the court behind me." A call went to LV Security. Doug was unconscious and pulseless when the first officer arrived.

Officer Tucker cleared the court and began chest compressions on the victim. Soon two more Security officers arrived. Lt. Rivas, using a bag



Screen shot by LVTV

At the September Board Meeting, LV's General Manager Bob Scheaffer honored Village security officers for their life-saving rescue. (l-r) LV Security Officer Lt. Daniel Rivas, Officer Tony Winter, and Officer Gaston Tucker received the commendation as Chief of Security Manny Segovia looks on.

valve mask, provided rescue breaths, while Officer Winter connected an external defibrillator, which administers shocks to the heart. "We take medical calls very seriously. Our training just kicks in!" explains Lt. Rivas. "When the Fire Department

and ambulance arrived, it became a team effort." Doug was rushed to the hospital. The next morning he had triple bypass surgery and now is recovering well at home. He has no memory of his collapse, nor did he

Please See Page 7

Our Pets' Best Friend

By Patty Ecker

It didn't take Ruth Stubba long to be sure that moving to Leisure Village was a good decision. "I knew as soon as I walked through that gate," she says pointing to the exit from her patio to the lawn. "Candy and I saw our neighbors. They introduced themselves, we started walking together, and I knew we belonged here," she explains. Candy is her friendly black Chihuahua, and with her pup's blessing, Ruth has become a model of how volunteers enhance the community for all of us two- and four-legged Villagers.

Ruth and her husband Al Bendekgey (with five birds and Candy)

downsized to Leisure Village over three years ago after long careers in insurance, technology, and a boutique printing company. "We are computer geeks," she says. Right out of college, Ruth went to work at an insurance company. When the owner of that company was killed in an airplane crash, Ruth, with her grasp of technology and insurance, kept the corporation going.

She was diagnosed with Lupus, and endured three years of chemotherapy with the support of close friends. It was life changing, she says, "I was a really shy person. After that, I learned to conquer my fears and move forward."

Please See Page 10



Photo by BUD BRADLEY

Two busy LV residents: Pet Club President Ruth Stubba and Candy, her inspiration.

WE'VE GOT YOUR NUMBERS

Here are some important Village phone numbers and email addresses.

The Main Gate: 805-482-0716 (for guest passes, a security question, etc.) or www.gatepass@leisurevillage.org

LV's Emergency Number: 805-388-3636 (for medical problem, fire, major property problems or an intruder, not minor events like a tree branch down) LV security officers simultaneously call 911 as they respond to a resident call.

Ventura County Alert: To sign up for the Emergency Notification System - 805-648-9283 or www.vcalert.org or text 313131 - to receive 'reverse 911 calls' and alerts to major emergency situations.

Ventura County Disaster Information Hotline: 805-465-6660 or register online at www.vcemergency.com.



LVTV Program Schedule

October 2017 | Channel 1390

LVTV Committee Email:
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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. Whatever is not printed in the next issue because of space limitations will be considered for the following issue.

HOW TO CONTACT US

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Display advertising:

Stacey Jansen
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Classified advertising:

Barbara Crome,
482-9097

Contact: John Mayer, Chairperson at 388-4642. **DAILY AUDIO: 9:00 and 11:30 AM, 3:00 and 6:00 PM, narrated by Debra Guill.**

Be sure to watch the new EPC tapings on Monday, Wednesday and Fridays at 9:00 AM, 12 Noon, 3:00 PM, 6:00 PM and 8:00 PM. The entire nine series will also be showing on Saturdays and Sundays at Noon.

Day	Date	Program date time 10 am and 8 pm
Mon	2	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Tues	3	LVA OPEN BOARD MEETING - TAPED
Wed	4	LV Musicians Presents: Oktoberfest 10/16 (1 hr 46 min)
Thu	5	FYI (For Your Information) #1 (41 min)
Fri	6	LVA OPEN BOARD MEETING - TAPED
Mon	9	LVA #17: Welcome & Insurance Committees-(38 min)
Tue	10	Players Guild-Halloween Night In LV-2005 (43 min)
Wed	11	Women's Club - Forever Young Choir-2011 (47 min)
Thu	12	What Was My Line - Bob McQuivey, Jerry Rosen, Don Montgomery - (59 min)
Fri	13	New York Club Presents: Stu & Laurie – 2016 (62 min)
Mon	16	Cooking: Sweets for Your Sweetie - 2014 (27 min)
Tue	17	Players Guild - A Musicial Evening – 2016 (38 min)
Wed	18	Shared Experience: Mannie Abbate & Lois Atz - (1 hr)
Thu	19	LVA 101-#19: The Woodshop – 2016 (21 min)
Fri	20	Law Talk: Product Safety - (32 min)
Mon	23	LV Musicians Presents: Great Pumpkin Halloween Party - 2010 (40 min)
Tue	24	Women's Club - Carmine -2008 (1 hr. 5 min)
Wed	25	Players Guild - Two Different Worlds - 2007 (26 min)
Thu	26	New York Club: Joyce Garro - 2014 (46 min)
Fri	27	What Was My Line - Cathy Catt, Howard Koehn, John Totten (50 min)
Mon	30	Players Guild - Happy Days - 9/19/13 (48 min)
Tue	31	Law Talk: Right Of Privacy - (31 min)

ABOUT INSIDE LEISURE VILLAGE

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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.

NOVEMBER EDITION DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the November 2017 issue is Tuesday, October 17 at 5:00 p.m. The Display Advertising deadline is Monday, October 23 at noon. Publication is scheduled for Friday, November 3. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (a last resort for submissions) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.

BRIEFS

CAMARILLO AREA TRANSIT (CAT)

The Dial-a-Ride must be personally requested the day before your trip. The CAT fixed route schedule is in the Rec Office. It is FREE to Leisure Villagers. There is no service on Saturday and Sunday. (988-4228). The CAT SHOPPER SHUTTLE is Tuesday only from 10:00 a.m. thru 1:00 p.m. Final return trip arrives back at 3:00 p.m. For only \$1 round trip, you can go to the Target area, Ralphs, Trader Joe's etc. (383-5615)

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ANNUAL AUTUMN ART SHOW

On Sunday, Nov. 5, LV's Village artists will display their work (some for sale) including ceramics, photography, art, Stoners' jewelry, quilters, and more. From 10:00 – 2:00 p.m. in the Rec Center.

PET CLUB'S LIVE AUCTION

Monday, October 9 in the AR is the "For the Love of Animals," Pet Club's Silent and Live Auction. Proceeds will be used to support the Camarillo "no kill shelter" and the Moorpark College Zoo. All residents are welcome; tickets are \$5. Supporting the Camarillo shelter helps to feed the next stray that comes in off the street. The Zoo's Adopt-an-Animal program, sponsorship helps feed the animals and includes a monthly visit. Contact: Ruth Stubba 496-7188d or Ruth Rosen at 419-6675.

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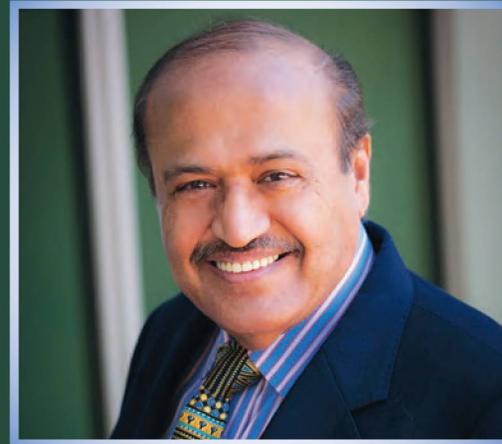
Sunday, October 8, Mt Cross Lutheran Church, 102 Camino Esplendido, 8:00 a.m.-12:00 p.m.; Thursday, October 12, Ventura County Fire At Camarillo Airport, 555 Airport Way, 8:a.m-12:00 p.m.; Friday, October 13, Santa Rosa Technology, 13282 Santa Rosa Rd., 10:00 a.m.-1:30 p.m. and Monday, October 28 Carmen and Burnley, 1605 Burnley, 2;00-6:00 p.m. Questions concerning eligibility to donate, other sites, dates and times, and for appointments, call United Blood Services at 800-715-3699. Appointments can be made on line at www.unitedbloodservices.org.

IN MEMORIAM

Frank J. Arnich, formerly V. 6
 Shirley J. Arnich, formerly V. 6
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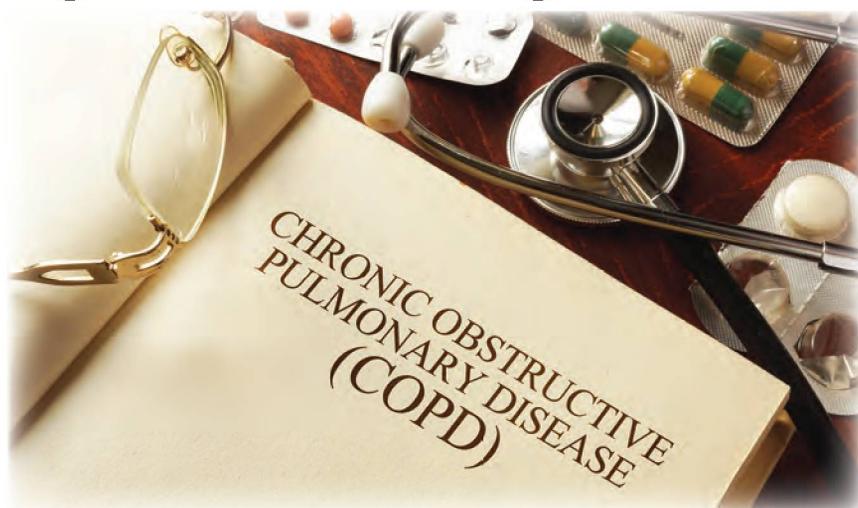
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HEALTH CORNER

The Respiratory System: Age-Related Changes & COPD



By Andy Smith

The respiratory system is a wondrously complex arrangement of organs working together. Its primary role is allowing the intake of oxygen and removal of carbon dioxide as waste. Despite its immense efficiency and vital contributions, the respiratory system is ultimately something we tend to take for granted. As we begin to age, however, there begins to be a loss in functionality.

Age-Related Changes: Our lungs fully mature by the age of 25, but by age 35, the air sacs that regulate the exchange of oxygen and carbon dioxide begin to lose shape and form. As the lung's muscle tissue loses elasticity, airways close off which then hinders the distribution of oxygen. Both changes cause air to become trapped in the lungs, making breathing much more difficult.

The nervous system also goes through a number of changes as we age. For instance, the portion of the brain that regulates breathing can begin to experience diminished functionality. As a result, carbon dioxide collects in the lungs. There can also be reduced sensitivity of the nerves that trigger coughing in the airways. This can cause a significant buildup of particles in the lungs. In addition to the age-related changes, there are other factors – smoking, exposure to air pollutants, and genetics – that can lead to life-threatening conditions or diseases.

One of the most severe respiratory diseases is chronic obstructive pulmonary disease (COPD). The American Lung Association estimates that more than 11 million people suffer from COPD, in America. COPD is quite serious and can significantly impact quality of life. COPD technically includes chronic bronchitis, emphysema, and asthma, and is caused by blocked airways. Symptoms include constant coughing, wheezing, shortness of breath, coughing up mucus, tightness in the chest. Because COPD's symptoms are somewhat vague and correspond with age-related changes, it can go undiagnosed. And compared to many other diseases, COPD develops quite slowly. Of the estimated 24 million people who have COPD, approximately half are unaware that they have it. That is why your senior loved ones should pay attention to any irregularities in their breathing and report them to their physician, who should then organize a spirometry test to measure lung capacity. This will measure the volume and flow of air that a person can blow from his/her lungs, which will help determine if there is COPD.

While there is no cure for COPD, there are ways to help manage its symptoms and slow progress through treatment. Bronchodilators and inhaled steroids medications can help open airways and reduce inflammation. Doctors may also recommend getting vaccinations, quitting smoking, avoiding air pollutants, exercising, and maintaining a healthy diet.



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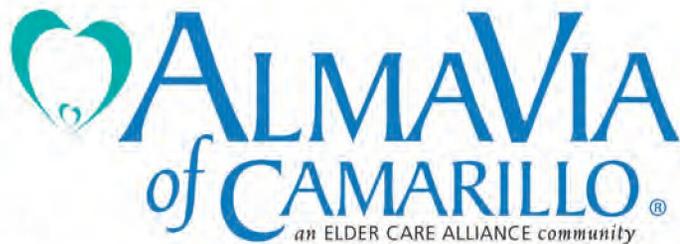


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HONOREES *From Page 1*

know his heart was diseased before he collapsed. Now he says quietly, "They literally saved my life."

As she looks back on that day, Trish Zakas says, "Every minute felt like an hour. Yet the whole emergency on the court lasted about fifteen minutes until the situation was under control." The paddle group will make some changes because of that crisis. It took time to find a way to contact Doug's wife, so paddle players are being asked to put contact information on racquets or sports bags.

Doug Lasher, who is alive and healing because of the outstanding response, is looking forward to thanking each officer and paddle player in person. The three officers smile modestly when congratulated for their life-saving work as Lt. Rivas says what they all are feeling, "This rescue was special because the outcome was good."

A NEW NEIGHBOR ... TEMPORARILY

For the next several months, the Cavalia Odysseo, a multimedia equestrian show, will reside in Camarillo on 17 acres at the bottom of the Conejo Grade north of the 101 Freeway. The City of Camarillo approved the temporary use project last month, and set-up of the facilities has begun on the vacant land bordered on one side by Conejo Creek.

This temporary installation includes five tents, more than 65 horses, 2000 seats in the main show tent, parking for up to 1000 vehicles. Cavalia Odysseo will be presented from November 11 through January 7, 2018 with seven shows a week.

A representative of the City Planning Department says it is aware of community concerns that could be raised with such an installation. Several homeowners who live very close to the property to be used for the show have asked about potential problems such as traffic or odors. To answer those, the City will require a second permit – a Special Events Permit – and will work with the vendor to be certain that all requirements are met to protect those living within sight of the location.



**Cavalia Odysseo
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Village 8 Holds Pot-Luck

By Harriet Lit

On Saturday, August 26, Village 8 held its third annual pot-luck picnic in the MPR. The fabulous afternoon was filled with delicious food, games, laughter, and new friendships. This event was organized and hosted by Harriet Lit, Maxine Mennen, Chi Chun, Robin Shubb, Beverly Gallagher, and Ellen Neally.

Village 8 is one of the smaller villages, with only 30 homes. We are all busy with our own lives, but welcome the opportunity to connect with our neighbors. This year we had three new move-ins to welcome to our family. In the event of a disaster, we know each other and are prepared to help.



Photo by MAXINE MENNEN

Village 8 neighbors enjoying an afternoon of fellowship.

Another Successful Drug Drop-Off



Photo by JOSEPH BENTI

Directing the event were (l-r) Camarillo Sheriff's Deputy Sgt. John Franchi, LV Security Sgt. Ken Paulin, and Citizens Patrol members John Manasian, Bob Koster, and Alan Kaplan

Villagers discarded 184.9 pounds of unused and expired medication at LV's biannual Rx collection held last month. This latest event was the second largest one-day yield since the Village and Camarillo Police Department began sponsoring them in 2012, and it exceeded the total Drop-Off Drug collection for one year for all of Ventura County.

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PET CLUB PRESENTS



**Moorpark College
 Exotic Animal Zoo**

Photo by GREGG GILLMAR

- Top left: Trainer Monica with Hollywood the Blue Fronted Amazon*
- Top center: Trainer Danielle with Nova the Great Horned Owl*
- Top right: Trainer Jasmine with Brutus the black throated monitor (the large reptile)*
- Center: Trainer Sarah with Jax the Harris Hawk*
- Bottom left: Trainer Marcos with Blossom the opossum*
- Bottom right: Trainer Acacia with Wylie the coati*

PET'S BEST FRIEND *From Page 1*

It was her LV dog-walking compatriots who suggested that she join the LV Pet Club, and then, that she become president. (The previous one was moving.) It was a nice club, she recalls, about 50 members, with events like an annual Pet Parade, but they needed volunteers. Ruth recalls. "I didn't want to do it." Then she looked at Candy and took the position.

It has been a great match. Ruth's goal was to create lots of interesting, fun, and meaningful activities for pets, Villagers, and the community. The Club, now 140 members strong, focuses support on the Camarillo Animal Shelter (a no-kill facility) and the

Moorpark College Teaching Zoo. "It's been a good match. The shelter staff provides services, classes, and pet advice; and we donate food, bedding, toys, and a "highway to home" (an inexpensive, easy online way for Villagers to adopt a pet without leaving the house)." In exchange for the Club's support of the Moorpark College Zoo, students and instructors bring

exotic animals to the Village for an annual exhibition.

In her quiet time, Ruth and Al play billiards, his favorite activity. "I've dedicated myself to become a good player," she laughs. It comes as no surprise that she serves as the Vice President of the Mavericks as well. She says she gets joy from serving the LV community; she enjoys visiting the Animal Shelter, too.

Inside Leisure Village

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CLUB NEWS

PET CLUB

By Ruth Stubba

Delicious food at the potluck lunch and incredibly interesting exotic animals running, flying and being carried around the pavilion by Moorpark Zoo students – it was a great September event!

You don't have to own a pet to participate and have some fun on Monday, October 9 at 7:00 pm in the AR. It's an evening "For the Love of Animals", with an auction, hors d'oeuvres, wine, and entertainment. There is an amazing selection of items for the Silent Auction - musical, original art, food and drink (wine anyone?), fashion, pet and non-pet services and products. Plus, we're having a Live Auction with a Lively Auctioneer (a popular LV resident!). During intermission, there won't be boring announcements – well, maybe one or two. There will also be an acknowledgment of our pets by Players Guild Readers Theater so come prepared to laugh.

The proceeds go to Camarillo shelter and go to Moorpark Exotic Animals Zoo, see page 10. These two organizations have outstanding outreach programs, significant achievements that benefit all types of animals and shared commitment to improving the health and well-being of pets and wildlife. Tickets are \$5 each and include a raffle drawing. To purchase tickets, call Ruth Stubba at 496-7188 or Ruth Rosen at 419-6675.

LV PET CLUB SPONSORING THE ...

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PLAYER'S GUILD

By Stan Reshes

A special treat is in store this month as Ken Walker directs two one-act plays. Act One will be "California Suite" by Neil Simon. This story is about what happens when the daughter of a divorced couple runs away to be with her father. It features Helene Cohen and Don Boughton, two actors who have appeared on many local theater stages throughout Ventura and Los Angeles counties. The second act will be "Wanda's Visit" with a cast of familiar faces about a seemingly happily married couple confronted by the husband's ex-girlfriend. A letter from a friend leads to chaos. All the fun and drama happens Thursday evening, October 19 at 7:30 p.m. in the AR. Enjoy the show and the refreshments afterward.

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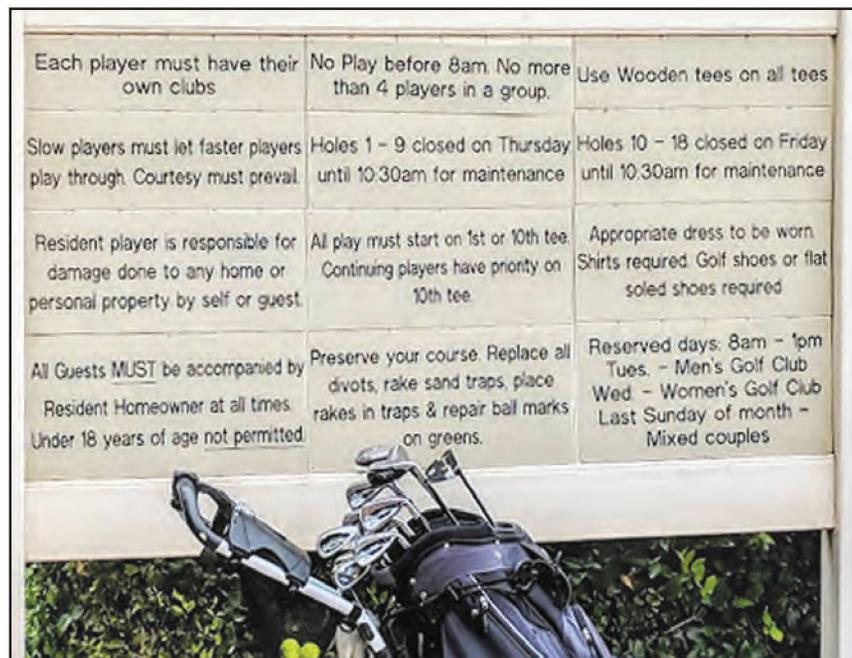
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CLUB NEWS



MEN'S GOLF

By Joseph Benti

There's nothing like a "hot button" issue to bring out a crowd. With some 111 members, more than fifty of our members became a crowd at the September meeting. What got the attention was a proposal to request the Association to allow younger players on the course when accompanied by a resident. Since the earliest days, the Village Rules & Regulations restrict the playing age to eighteen. However, for some time, there have been attempts to lower the age to between 14 or 16, with tight restrictions and evidence of qualifications—all matters that have to be presented for consideration to the Association's Board of Directors. At their August meeting, the Women's Club overwhelmingly favored lowering the age to 14. By a show of hands and a voice vote, our members overwhelmingly agreed. In essence, most golfers now think it is time to let grandparents enjoy playing some rounds with the grandchildren. An added "hot button" bonus was an increase in the amount of the fifty/fifty door prize raffle. With some \$150 in tickets, the prize was about \$75. Also, rather than one winner splitting it with the club, the prize was halved so that two winners took home nearly forty bucks apiece.

Photo by JOSEPH BENTI

There could a change to the Rules Sign at the First Tee regarding the age of guest golfers.

SATURDAY NIGHT BALLROOM DANCE

By Andrea Moran

Hello to everyone! The fall season is upon us - a beautiful time of the year (my favorite). First of all, our leader, Joyce Baker is leaving the area. We will miss her and all she does for the dance. Our new leader, Jackie Nelson took over the reins on October 1. She is a very capable person and a wonderful lady.

Please come and join our party and meet Jackie. October 14 - Dance Master (Harvest Time) and October 28 - Tropic Starr (Halloween party), costumes optional.

This will be fun month for dancing to live music or just listening and chatting with friends. Admission \$7 per - person. 7:30 to 10:00 p.m. on our great dancer floor in the A. R.

Coffee, punch, and fresh popcorn will be provided. You will have a chance to win a nice bottle of wine in our intermission raffle with your admission ticket.

Again best wishes to Joyce and thank you for everything. We all love ya.

CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

Our project this past month was to get the cables from our newly installed tower to the ham shack. We wanted to have them protected so ABS conduit was purchased. We took a week off due to the "excessive heat wave" and later started installing the pipe. With four people, we got about 75% of the way, and then, on another full day, we finally completed the run.

The cables from the tower traveled smoothly through the conduit into the shack and all the missing connectors were reattached to restore their connections. Testing went very well. When doing a comparison of the old crooked antenna to the new "Bowtie in the Sky," the difference was very obvious. All the time and money spent on this project was well worth it. Using the new antenna, contacts

were easily made across the US, along with Argentina and Chile.

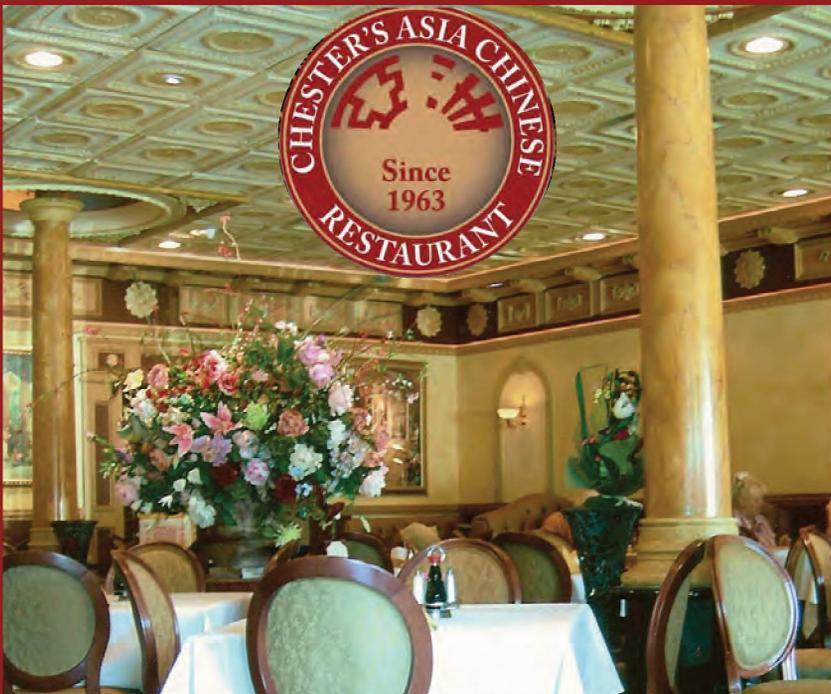
As always, the Amateur Radio Club would like to thank everyone for their continued support of this project. The new antenna will certainly play an important role in any emergency communications. Upcoming work includes replacing the emergency power batteries and network communications between the various Ventura County stations.

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

Calling all seniors - active or not - newcomers or old timers - join us at our monthly dinners. We dine at Ottavios on the second Tuesday of each month, which will be October 10. Call Lee Edwards (805 484-3289) for your reservation.

Hope to see you on the 10th!



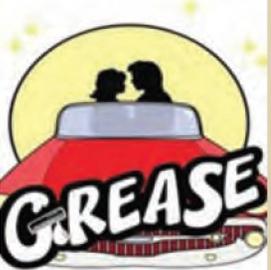
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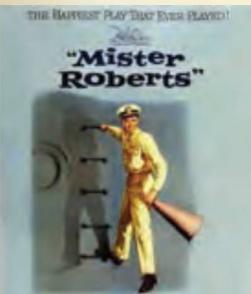




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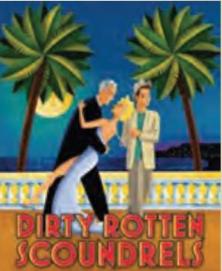
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CLUB NEWS

RACQUET CLUB

By Len Zakas

Circle Wednesday, October 11, 6 p.m. on your calendar - that's the date of the Annual Potluck Dinner in the MPR. Be sure to sign up on the court bulletin board. Everyone is requested to bring a dish that serves at least 6-8 people. The club will supply coffee, water and tea along with all the dinnerware. BYOB.

Following the dinner, we will have a regular Racquet Club meeting. Topics include the results of the open house, a change in evening playing times as we go off of daylight savings time on November 5, and selection and approval of a new Board.

Details of the November Annual Turkey Trot Tournaments are also

on the agenda: one for paddle tennis and one for pickleball - a week apart from each other so players can rest and recharge. October 20, Friday, is the final PuPu Play Date of the year. It



starts at 4:30 p.m. Both pickle and paddle are played. Bring a snack to share. Fun and competition are free! P a d d l e Tennis: Open Play each Tuesday, Thursday, Saturday and Sunday at 9:00 a.m. Round Robin play is

each Monday and Wednesday at 6:00 p.m. Come to the October 11 meeting to voice your preference of the evening start times. Check the bulletin board for practice buddy list and schedules. By the way, Paddle Tennis has had a name change: POP Tennis Classic. For more information, go to www.POPtennis.com. New to the sport? Email Trish@vcnet.com

Pickleball: Open Play each Monday and Wednesday at 9:00 a.m. and Tuesday, Saturday and Sunday at 6:00 p.m. Come to the October 11 meeting to voice your preference of the evening start times. Check the bulletin board for a list of practice buddies. If new to the sport, email Trish@vcnet.com.

Tennis: Email Merle at merleruiz20@gmail.com

SHUFFLEBOARD

By Diane Hawrylo

High scores submitted for an eight frame game in September 2017 were: August 16, Jon Amelsberg, 183; August 23, Milt Krapes, 157; August 30, Jackie Whitehead, 134; September 6, Milt Krapes, 145; September 13, Milt Krapes, 162; and September 20, Keith Murchland, 184.

Everyone is doing very well and enjoying shuffleboard at the same time. There is a lot of enthusiasm and interest in shuffleboard. Come on by and enjoy the fun. We regularly play shuffleboard on Wednesdays at 9:30 a.m. All Villagers are invited to join; we will teach you if you don't know how and you can practice at any time. There are no dues. Come and join the fun.

A safety note: Because of uneven surfaces, wear only flat shoes, and walk only between the lanes. Never walk across the lanes.

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CLUB NEWS

THE STONERS

By Fil Barton

On Sunday, November 5, the Stoners will be participating in the annual Art Show. We will have our handcrafted, one-of-a-kind jewelry on display in the Garden Room and MPR. We have new members with new innovative designs. We will also be serving coffee and refreshments in these rooms.

The Stoners continue to meet every Monday (even on Leisure Village holidays) at 3:00 p.m. in the MPR. Come and see what we do; no prior experience is necessary. We all assist each other in learning with continuous, ongoing help to all. There are no dues; all members supply their own materials.

Don't forget that we also do most jewelry repairs, including conversion of pierced earrings to clip-ons. We simply ask that you make a donation

for the repair, with the money going to Lapidary for ongoing replacements and repairs of equipment.

CAMERA CLUB

By Rita Linsey

The Light Room software workshop series has ended. Starting in November meetings will be at 6:30 pm with the competition assigned category is "Landscapes." All Village residents are invited to attend to watch the judging. Refreshments provided. Contact, Ken Lauchner, 491-2432 or ken.Lauchner@roadrunner.com

WRITERS CLUB

By Harvey Brosler

Write-Present-Participate-Enjoy-Learn. We all have had

significant events in our lives. Would you like to share interesting aspects of your life and your opinions with other residents? If so, we would like to hear them. Come to the Writers Club meeting held every Monday at 1:00 p.m. in the MPR. No special ability or prior experience required. If you can talk, you can

write! You may write on any topic, fiction or nonfiction, or use the suggested topic for that day. Microphones are provided. 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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■ 2nd— Gregg Gillmar - *Attitude*



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CLUB NEWS



Photo by BARBARA ZAJAC

Above, a packed house enjoyed the annual Women's Club Fashion show, clothes by Macy's.

Photo by RITA LINSEY

Right, Merle Ruiz with steed.



WOMEN'S CLUB

By Louise Romero

The Leisure Village Women's Club will meet October 12, at 1:30 p.m. in the AR. Jimmy Chapel, Singer, Actor, Comic will perform after the general meeting. Jimmy is an accomplished performer with over forty years of live singing experience. Mr. Chapel combines a smooth, powerful voice with an ability to capture all styles of music and a flair for comedy that has his audience laughing, crying and participating. Don't miss his performance! Boutique, Vintage Jewelry and See's Candy sales will precede the meeting at 1:00 p.m. Don't forget your Food Share donations.

Fundraiser sales of Axxess Cards complete with a book listing over 300 local merchants offering unbeatable savings – some even offering 2-for-1 savings are now available for \$30.00. For purchase or questions, contact Jackie Nelson, 340-9513.

Boutique, Vintage Jewelry, See's Candy and the Social Workshop will be open October 3, 10:00 am to 2:00 pm in the MPR. On Tuesdays, October 10, 17, and 24, join the Social Workshop anytime from 9:00 to 11:00 am in the MPR. Boutique will be in the AR Lobby on October 18, from 4:30 to 6:30 pm.

THE MAVERICKS

By Margo Secia

It's that time of year for the October festivities to begin, so get your costumes together for the "Halloween & Dance Party" being held on Friday, October 27, 2017 from 7:00 p.m. to 10:00 p.m. in the AR. Cash prizes will be awarded for the best costumes in several different categories and there will be a 50/50 drawing. A live band will be providing the music for our listening and dancing pleasure. Tickets are \$10 per-person and can be purchased by contacting John Wirtz at 384-8508 or Geri DeSimone at 402-1465. This party is a favorite of everyone, so please get your tickets early, as the Club is printing only a limited number and no tickets will be sold at the door. Catered hors d'oeuvres will be served. Wine, beer, coffee, soda and water will be provided and of course, as always, you may BYOB.

We hope to see everyone all dressed up in great costumes for this always very fun Halloween blast!

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CLUB NEWS



SHOWTYME

By Jerry Spector

Showtyme brings back FABULOUS FRIDAY with Anthony The Magic on Friday October 13 in the AR. He is bringing a show twice as long as his previous show with more new and exciting illusionist acts. Anthony is known nationally as one of the most refreshing, energetic illusionist performing today! If you saw his show last year here in Leisure Village, you know it was outstanding. This time, you will be amazed at what you will see, as he has added more unbelievable routines. His shows are always exciting, interactive, filled with comedy and very charming. His interaction with people is unlike any other performer you have seen! You will fall in love with this dynamic show! His shows are universally entertaining for all and include clean comedy. Anthony is asked for again and again because of his easy-going personality, his commitment to excellence, and his ability to keep his shows fresh and current.

Show starts at 7:00 p.m. and the doors open at 6:30 p.m. It is \$5 per person and is open to all residents. Refreshments will be served. Please note: there will be two 45 minute sessions with a 15 minute intermission.

FILE PHOTO

Anthony the Magic displaying his talents.

BILLIARDS CLUB

By Patrick Price

There is a Billiards Club membership meeting on Tuesday, October 24 at 7:30 p.m. in the MPR. This will be for nomination of officers and for "1 & 15" tournament awards. The tournament started Monday and will continue until the October 12. The victorious will be announced in next month's ILV. The popular Thursday night round robin continues (except during the tournament). Be there at about 6:00 p.m. to sign-up. LRC is available for those not playing pool. On warm nights, there may be some fire pit action. The November meeting will be early on Tuesday, November 14 for the installation of officers. Also, the Harvest Banquet, planned by the Women's and Men's Golf Associations, will be on November 17th. Contact your golf association for volunteer opportunities; tickets are now on sale. More details in the October eNews and November ILV.

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WOODSHOP

By Bud Bradley

Woodshop Volunteers are busy in two places now, and are available on Tuesday and Wednesday from 10:00 a.m. until 12:00 p.m. to repair any wood items for Villagers. The only charge for this service would be for special materials that are needed to accomplish the repair. We do, however, gratefully accept donations to help defray the cost of normal materials and supplies.

If you have a desire to join the Woodshop and can demonstrate safety skills with basic equipment, a sander, scroll saw, band saw, drill press or chop saw, call Ron Quick at 818-648-3302 and set up an appointment.

The Woodshop Annex is now ready to use and is set up with basic power tools to allow you to create your own project. While there are ongoing improvements and cabi-

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CLUB NEWS



Photo by BUD BRADLEY

A romantic creation made by a Woodshop volunteer.

nets still being constructed, you will find almost everything you need to start. We have finished the new sanding table with dust collector, the new workbench for the drill press, and much more. Next time you walk by, look in the Annex window. If you are a skilled craftsman and can demonstrate those skills, you can gain access and utilize the more complex tools

WII BOWLING

By Ginny Bryce

The Ventura County Senior Wii Bowling Tournament will be held October 12 at the Pleasant Valley Senior Center in Camarillo. The following Leisure Village Alleycats will compete: 1. Geri DeSimone; 2. Diane Hawrylo; 3. David Kiefer; 4. Sam Lak. Alternates: 1. Barbara Crome; 2. Joan Levy

It will be a wonderful day of friendly competition, good food, and many door prizes. Scan does a wonderful job of organizing and producing this event.

Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House. It is open to all. Come join us. Occasionally, tournaments are held for those interested, both in-house and with other senior communities. Please

in the main Woodshop.

So far in 2017, the Woodshop has completed:

Resident projects:	200
LV/Club projects:	38
Quickie projects:	24

call for information: Joan Levy at 805-482-6871 or Barbara Bell at 805-388-2264.

IN OTHER WORDS

By Frank Seiden

The October schedule has a shift from the normal 2nd and 4th Wednesdays to the 1st and 4th Wednesdays. The next meetings will be on October 25 from 2 p.m. to 4 p.m. in the Lanai Room. One of the topics we shall discuss is writing to fictional, historical or imaginary people or to inanimate objects. Of course, in the imaginary world of fiction, they can answer.

We welcome all who want to listen or participate. That is how you can find out what we are like when we give supportive critiques. We hope you can join us.

09LV3005

CLUB NEWS



QIGONG CELEBRATES FIRST ANNIVERSARY

The weekly Qigong group celebrated their first anniversary last month with a pot luck lunch and their regular Saturday exercises led by Edward Hu.

Photo by JERRY SPECTOR



VETERAN'S CLUB

By Tim Palmer

The Veterans Club meets every fourth Thursday at 7:00 p.m. in the MPR. Our purpose is to share camaraderie with fellow residents who have served in the Armed Forces. We have had speakers who have combat experience in World War II, both on the ground and in the air, as well as authors who have written about combat heroes. We want veterans to feel proud that they wrote the blank check to Uncle Sam, willingly offering their lives in the defense of our country.

The October meeting will be an end-of-the-year pizza party for veterans and their families. The cost is \$8 per person for pizza, dessert and refreshments.

The Veterans Club will be dark November and December.

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What are Adjustable Beds and Why is Everyone Talking about them?

There seems to be a lot of confusion about adjustable beds and what they can do for you. Here's the lowdown.

Adjustable beds are simply a specially designed mattress on top of a motorized base. This base allows the user to elevate the head and foot sections of the bed. Generally, the head up position is for reflux and snoring. The foot area raises for better blood flow and circulation. When both the head and foot sections are raised, it is known as the Zero Gravity Position. This allows for no pressure on the lower lumbar spinal region.



Are adjustable beds the same

as hospital beds? Definitely not! Hospital beds are used for raising and lowering the patient's body out of the bed and have permanent retaining rails. In hospital beds, you can't sleep with with a partner, as they only come in twin size. On the other hand, adjustable beds come in ALL sizes, including a range of basic to deluxe models. They are designed to fit YOUR lifestyle. For example, some of today's modern adjustable beds come with massage units, programmed sleeping positions, iPhone compatibility, whisper quiet motors, and heaters. They are engineered to withstand thousands of adjustments and come in a variety of firmness levels. Another great feature is that you can even use your current furnishings.

Buy American! When choosing the correct adjustable bed, it's important to purchase American Made adjustable beds. Low price import brands can break down easily. Leggett and Platt is a highly respected and well-known manufacturer with 30 years in the industry. (www.leggett.com)



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10LV302S

CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

Ringer results from the month of September will be posted on the Golf bulletin board. This is a fun tournament where you play to improve your score on each hole. Second chances to improve your score are always welcome.

The Men hosted the popular Harvest Picnic and Tournament on September 26. Thank you to Gerry and Marge Sarno for organizing this event.

October is regular weekly tournament play on October 11 and 18, topped off by a special Halloween dress up for play and brunch on October 25. Our monthly meeting is October 11 in the Garden Room at 2:00 p.m., with refreshments and 50/50 tickets for sale at 1:30 p.m.

Heads-up to mark your calendars for the President's Cup Tournament which has different dates than the Handbook. Please pay Merle \$5 to compete on November 8 and 15.

Thank you to President Patricia Turner for hosting a social invite in the Garden Room on September 30th for interested new golfers. We look forward to welcoming new members to our Club.

CAMERA CLUB WINNERS OPEN CATEGORY



1st— Verna Cryder
What a Beauty



2nd— Don Treadwell
Graceful

For Display Advertising contact
Stacey Janson | 805-484-1949 ext. 303

CLUB NEWS



Photo by JERRY SPECTOR

The LV Mixed Bowling League just started their league play.

LV BOWLING

By Alan Singer

The round-up has started. After a long wild summer, the Leisure Village Bowling League has now begun. If you bowled before and are not presently in the league, remember how much fun it was when

you went bowling. We have several openings for new bowlers. Don't miss out! Call soon: contact Joe Quackenbush at 818-518-5742 or Alan Singer at 805-987-7896. The league dues are \$20 per-league season and \$11 each week, per person, for three games of bowling, fun, competition and socializing. If you haven't bowled for a long time and need help, we will help you. We

have a nice banquet and awards ceremony at the end of league play. We have pot-lucks, brunches and a lot of fun. It is an enjoyable Friday morning, once a week, and Harley's Camarillo Bowl is close by. If you can't make it every week you can be a sub. You will have fun!!!

Noteworthy this period: 200 Games - Dennis Duran 215, Danny Coleman 248

Week 1: Side Pot (handicap) Fuzzy Melton, Gail Singer, Joe Quackenbush, Ginny Cordell, Peggy Rebsch, Danny Coleman

In order to qualify to join the new league, you must complete nine practice games. You can do that and get three free games if you sign up and pay your dues. We will help you get started. Again, contact Joe Quackenbush or Alan Singer.

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Updated 6/2017

CLUB NEWS



VILLAGE ARTS

Photo by BUD BRADLEY

By Gwen Zimring

Hello Village Arts members and friends of Art. Summer is over now and we hope that you will be enjoying a colorful fall, free from fires and other calamities of nature that come our way.

First, we thank Charlotte Olonoff for sharing with everyone some beautiful and interesting art in the Library in September. Thanks also to Charles Magallanes for his demo at our September meeting, showing us how to paint large scale abstract art.

By the time you read this club news, you will probably have had your artwork critiqued by Phyllis Doyen at our October meeting. Hope you will have learned many ways to use her valuable tips.

In October, Nicole D'Amore will be displaying her art in the Library. You may pay your 2018 art club dues

Each month a Village artist displays several pieces of original work in the Library in the Rec Center.

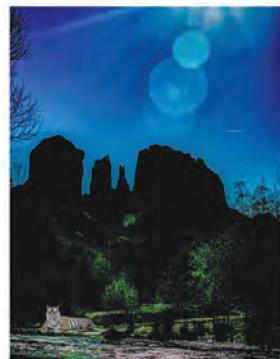
of \$10 at our regular Club meetings starting in October. We hope to have all dues paid by year-end to share our updated Village Arts roster by January, 2018.

Our annual Autumn Art Show is Sunday, November 5th, 2017 from 10 a.m.-2:00 p.m. Be sure to sign up for A Frames and tables with president, David Kiefer.

Please bring artwork to the November 1st meeting for our debut Leisure Village art display at the Camarillo Art Center from November 4-19. The display will be open for viewing and sales every weekend from 1-4 p.m. We will be holding election of officers for Village Arts 2018 at the November meeting, as well as finalizing plans for the November Autumn Art Show.

See you there!

CAMERA CLUB WINNERS • CREATIVE CATEGORY



■ 1st— Frank DeSimone - *Wilderness at Night*

■ 2nd— Rita Linsey *Hey Baby, Wanna go for a drink?*

DID SHE SAY RATS? YEP!

—Part Two of Two

By Joseph Benti

It was a typical meeting of our Buildings and Grounds Committee. Each volunteer dutifully reporting on the condition of the buildings and grounds in the Villages we inspect.

One after another, with no surprises - that is, until Maxine Menen casually noted, "Last month the Farmer's Club caught 21 rats in our traps." What?!

Last month we reported the unappetizing and unwanted place of rats in the village "food chain," the one binding us to the big and small creatures who share our neck of the creek. Then, while writing this, my wife tells me about the woman walking her dog the other morning and coming upon a very large, black and yellow snake. Likely a King

snake, harmless to humans but one of Nature's best rat catchers, if you don't count coyotes, hawks and rattlesnakes who are part of a chain feeding on the rats.

We also are a link in that chain when we feed the rats - we do that by putting outside wild bird seed, food for squirrels and deer, pet food and scraps from our tables - a rat's cornucopia. It's how we get an uptick in our rat population and all those who follow. No matter how rats get from the chain into our homes, we only want rid of them.

A warning: at this point, mistakes in judgment can be costly. There are two-legged "rats" who are scam artists. Rodent and termite fears are, for them, golden opportunities. Paul Damas, our Compliance Inspector, warns, be skeptical of unsolicited phone calls and mailers. Start your search with



the Yellow Pages or trusted on-line websites - when possible, get recommendations from friends and neighbors. When the exterminators arrive (whose references and professional license you will have checked, right?), they will usually perform a "free inspection" for evidence of rats sharing your roof (usually in the attic and/or garage and in warm places like washer and dryer areas, and car engine housings). Get two written and signed estimates, ask friends for opinions, and make your decision.

If poisons are involved, let the professionals use them. If you decide to use over-the-counter poisons, beware. As Paul notes, "When you poison a rat at home, it usually dies at home." Then you have a bigger problem, and you also risk poisoning the food chain. Damas concludes. "Rodent proofing your home can be expensive and difficult to achieve. However, if you eliminate all the entry points they can use, you drastically reduce the likelihood of having some real house guests from hell."

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COOKING WITH LARRY

One, Two, Three + 3

By Larry Swartz

My sister once showed me a cookbook titled “UN, DEUX TROIS” (one, two, three in French). The book had recipes that only had three ingredients. I really do love my sister and you never have to wonder what she is thinking. We get along well travelling together except on the off occasion when we've ordered the same thing for dinner and I love it and she hates it. I'll have a large bite of homemade pasta with arugula pesto in my mouth, loving the garlic, olive oil, parmesan, and she might blurt out, “how can you eat this nasty bit of bitter, overly salted *&%**?!!!!!”. Me: “Thank you, I was enjoying it” I remember thinking “Un, deux, Trois” would be a great book for seniors...3 simple steps to something good. I love cooking. I love thinking about what to cook and, of course, I love eating... and spending fun time in the kitchen is one of my creative outlets and one of my ways of relieving stress. But if you are the kind of person that prefers to be in the kitchen as little as possible, I'd like to invite you to try this one dish-six ingredient + herbs dinner that is good for a full meal, as a side dish or even left over for breakfast.



FILE PHOTO

Larry's delicious three-step Squash, Potato and Onion pie. A meal in itself!

SQUASH, POTATO, AND ONION PIE

INGREDIENTS

- 1 medium red potatoes or Yukon Gold
- 1 medium yellow squash or zucchini
- 1 whole medium sweet onion; only use 1/3rd
- 1 egg or equivalent in Eggbeaters or comparable
- Bread Crumbs
- 5 tablespoons finely Grated Parmesan
- 3 tablespoons olive oil

Grate on a medium grater the potatoes and squash in a large mixing bowl. Peel the entire onion and grate half into the bowl. Add eggs, stir well. Add appx. 5 tablespoons bread crumbs to absorb the moisture and stir; add more bread crumbs if required. Add olive oil, one tablespoon Parmesan and herbs of your choice. I use a good teaspoon of dried dill and dried basil, black pepper and salt.

I have a restaurant quality 14" Calphalon pan, so I add a little oil to coat the rest of the ingredients. Cook it on medium heat for about 10 minutes until it is brown. Sprinkle the remaining Parmesan on top and stick the pan in the oven at 350 degrees to finish it off. If you have to, at the end, turn the broiler on to brown it further on top. Be very careful; remove the hot pan with oven mitts. Stick in a toothpick; if it comes out dry, it's done. It's hard to overcook this.

Now, if you don't have the restaurant pan, use an ovenproof 14" baking dish (Corning Ware-like), oil all the insides well. This is KEY. Check doneness as above.

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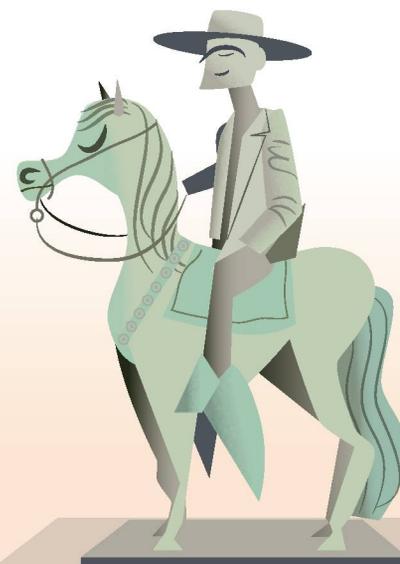
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