

INSIDE LEISURE VILLAGE

VOL. 42 NO. 4

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

APRIL 2, 2021

Fitness Center Gradually Reopening!

Villagers can begin to get back in shape now that the Fitness Center has reopened. After a four-month shutdown due to COVID restrictions, the facility is available daily on a limited basis.

Four residents can work out at one time – for 45 minutes per appointment. The last 15 minutes of each session are used by LV staff to sanitize the equipment before the next group checks in.

The Gym hours are 7:30 AM to 12:15 PM and 2:30 to 7:15 PM.

Appointments can be made only by walk-up reservations; no phone reservations are accepted. Residents can sign up outside the Fitness Center. Think of a walk/bike/run to the entrance to make the appointment as part of the workout. The Fitness Center's open hours are determined by the regulations from Ventura County Health Department. eNews and LVTv will provide notice as rules change.

Remember that only Villagers who have been “trained” (as we call it) can use the Fitness Center. “Training” means participating in a short introduction to the rules and equipment in the facility and buying a key fob that is needed to



Photo by JOSEPH BENTI

These Village early birds were the first ones back into the Fitness Center last month.

unlock the gym door.

Attention: Newcomers

A new program offers a welcome mat at the Fitness Center for “Newcomers” who moved into the Village from January 2020 to the

present. On Tuesday and Thursday afternoons, an opportunity to be “trained” and buy a key (\$6.00 – please bring exact cash) will be available from 1:00 – 2:00 PM for three people at a time. The training

takes 30 minutes, which means six people a day can be accommodated. No guests or caregivers can be included. To make an appointment for the trainings, call the Recreation Office at 805-482-8961.

Significant Cable TV and Internet Upgrade Proposed by Spectrum

Internet connections to all Village homes, improved television equipment and service, plus new TV channels for all residents are at the center of a proposal presented by Spectrum, Inc. to the Leisure Village Association. The upgrades are included in the offer presented as a new five-year replacement for the current contract which expires in May.

The services in the Spectrum offer include wireless internet

connections plus two DVRs, a modem, and a router to every Village house. In addition, the number of television channels provided will increase to approximately 350 channels including HBO and HBO Max. On the technical side, Spectrum will also upgrade the existing equipment throughout the Village and advance LVTv, Channel 1390, to high-definition service. Those improvements could be completed this summer, accord-

ing to the company.

Currently, 1849 LV homes have Spectrum internet; 287 do not. The average cost for subscribers – the majority of whom have internet, some premium channels, and DVR – is about \$83 per month. The proposed contract will result in homeowner assessments increasing by about \$35 per month beginning next year, so that most residents will save almost \$50 each month.

—Please see PAGE 12



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Editor's Musings

Word for the day: Irony. On a recent foray into L.A., I observed a less than ironic subtle event. While driving on the 110, a neighboring car driven by an unassuming-looking mom-type was being pulled over. In the time it took for her to maneuver her car to where she could safely pull over and receive her citation, we passed under three bridges. All three of the bridge sidewalks were completely packed with tent cities; ironic. An hour later, I crested the Conejo Grade on a nearly perfect late afternoon. Pleasant Valley lay below and wispy clouds hung in a perfect blue sky with the coast and Channel Islands on the horizon. I was back home, in peaceful, beautiful Camarillo so close to a mismanaged dystopian Los Angeles and yet so far. I resisted the urge for a mental back-pat at my choice of home. I wondered as I passed the empty-for-a-year Rec Center when we would be allowed to freely use the facilities again. An ironic day to be sure.

— Jon Niemann

ABOUT INSIDE LEISURE VILLAGE

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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.

May Edition Deadlines

Club News, articles, letters and classified ads: Thursday, April 15. May issue will be available Friday, May 7. Send news, articles & letters to insidveditor@gmail.com.

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

PERSPECTIVES

By Janey Rifkin

Staying Fit During Lockdown

A year of pandemic --- whether working from home, or sequestered in place --- can literally be a pain in the back and neck. When offices were shut down and people transitioned to working remotely last spring, creating an ergonomic workstation was not a priority as many expected to be back commuting within a few weeks. Nor was it easy to maintain a gym regimen without the gym.

A few weeks down the road, chiropractors and orthopedic surgeons saw evidence of abnormal tension on patients with neck, back, wrist, hand, and shoulder problems. "It's because they don't have a normal workspace," stated Dr. Jeremy Simon, chief of physical medicine at Rothman Orthopaedic Institute. Working remotely with improper chairs which do not support the natural curvature of the spine places abnormal tension on the hip flexor muscles. Looking down consistently at misplaced tech machines can cause whiplash, headaches, and muscle tightness.

Zoom calls, whether for work or family connections during the weeks and months of stay-at-home, can be treacherous. Looking at a device with your head in a flexed position

can put up to 60 pounds of force on the discs in your neck. Many people may hold that position for hours on end. Note: Sitting at eye level at the computer prevents extra strain on the neck and lessens strain on the back.

It all comes down to posture! And posture is the most overlooked aspect of health. It doesn't just look bad; it can lead to a variety of health issues beyond headaches and backaches. Think about it—we are very concerned about falls, and in just about every issue of tripping and falling to the ground, loss of balance is involved. Good posture is a significant control factor for maintaining one's sense of balance and it keeps bones and joints in alignment. Beyond the physical appearance of poor posture, there are physical dangers: poor posture affects you at a cellular level; it directly correlates with your mood and affects your mind, your words, and your energy. A straight back does not go-it-alone; the positioning of your head and neck as you walk forward, or remain seated in a hunched position over a screen is a posture-poor habit that soon may become your natural way as the muscles and ligaments are readily damaged, and this in turn causes intense pain.

Shop Ahoy Helps Homebound Get Their Grocery Shopping Done

Shop Ahoy is a shopping and delivery service for homebound seniors and disabled adults. We also serve those people who no longer drive, have difficulty maneuvering through Vons or are unable to carry heavy items. Shop Ahoy is a volunteer-based nonprofit organization servicing Ventura County. A volunteer will call the customer on Sunday or Monday of 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.

In this time of Covid, we would be happy to shop for those of you who do not want to go to the grocery store.

We are always in need of volunteers. To help the growing need for Shop Ahoy's service as a volunteer non-profit organization, we welcome your support. There are three ways to participate: calling, shopping and delivering.

If you are in need of our services or interested in volunteering please call Barbara Yago, Village 34 at 805-388-0419 for additional information.

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03LV063

HISTORIC REFLECTION By Max Copenhagen

Planes, Trains, Ships and Automobiles

First in a series of articles about the evolution of transportation that led to the development of Camarillo as we know it today.

Pleasant Valley is the name given to the vast coastal plain seen by pioneers from the Conejo Pass. A route to the area from Mexico was established by the Portola expedition in 1769. El Camino Real, The Kings Highway, would connect a chain of 21 missions from Loreto in southern Baja to northern California.

Settlers traveled from the mission in San Gabriel to San Fernando and on to San Buenaventura. Although there were several possible ways to go, the original route was through Potrero Canyon near Cal State University Channel Islands. Another route went over the ridge near Cal Lutheran University to the Santa Rosa Valley. The Butterfield Stage line ran on this route

from 1861 to 1887 with a station stop at the spring near Santa Rosa Technology and Magnet School. This route was abandoned when the Norwegian Grade was built nearby in 1911. Both routes continued on through the Santa Rosa Valley to the emerging community of Springville on the Oxnard Plain.

The Conejo Pass eventually became the main route. The native Chumash people had a trail through the pass that later served as a trading route for farm wagons going to Port Hueneme. Road work was done by the County in 1902 and the State Highway Department improved it in 1912. It was one of the first national routes established by the U.S. Bureau of Public Roads, designated as Highway 101 in 1926. It was rebuilt and paved in 1935 with its 49 curves reduced to 12. The old switchbacks above Camarillo Springs can still be seen and hiked.



Courtesy of Pleasant Valley Historical Society

Very early view of 'the grade' with identifiable peaks and dangerous switchbacks.

The Southern Pacific Railroad was built from Los Angeles to Sacramento in 1876. An alternate route was needed to serve the coast and to relieve the congestion of trains in Newhall Pass. Tracks reached Santa Paula in 1887 and then were extended to serve the

sugar refinery in the new town of Oxnard. For a shorter route between Los Angeles and Ventura, a tunnel was built from Chatsworth to Simi Valley in 1904. The old route through Santa Paula is now used only for excursions by the
—Please see PAGE 9

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A WORD ON WINE

By Don & Barbara Senior

Australian Shiraz – A Down Under Gem

In 1992, Australian wine was only 3% of all wine imported to the United States. Ten years later, Australian wine was 20% of the U.S. import market and growing. A big reason was the emergence of a new wine brand, Yellow Tail, a line of accessible wines for under \$8. Named for a wallaby and crafted for the American palate, it was immediately successful in the US.

The success of Yellow Tail enabled Australian premium wines to gain traction in the US market. Long grown in Australia, a “new” variety became popular – Shiraz, the same grape as French Syrah, named with an Australian twist paying homage to the grapes’ true origins in Baghdad over 5000 years ago. A glass of Shiraz is a mouthful of flavor, able to stand up to hearty food like stews, lamb and steaks. A premium Shiraz is aged in oak, adding to the robust style.

The Barossa Valley of South

Australia is home to a long tradition of Shiraz wines. Located near Adelaide, the climate is hot and dry, perfect for growing grapes. Shiraz vines were originally planted by German immigrants bringing Syrah cuttings from France in the 1850s. In the 1880s, as phylloxera decimated vineyards worldwide, Southeast Australia was able to protect their vines, and, as a result, Barossa Valley today has many of the oldest continuously producing vineyards in the world.

Ancient vines produce intense flavors difficult to achieve in any other way. The gnarled and contorted vines reflect their years, with twisted and split trunks delivering a precious harvest each year. Extensive root systems tap deep, and the weathered vines are carefully hand pruned and nurtured. Year after year, they reward growers with impeccably balanced and wonderfully

—Please see PAGE 9



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04LV091

A PINCH OF SALT By Larry Swartz

Beets, Okra and Brussels Sprouts

One thing you discover at a very early age is your gag reflex. I discovered mine one evening at the dinner table in Dallas when I was 6. Jen served me a plate with a few weird looking foods on them. First there were these sliced red discs and next to them, some round green balls...yup, beets and Brussels sprouts. It was a miracle they stayed down.

You can probably guess I didn't much care for them...nor the gooey slimy gross-looking okra she gave me the next night. But my mom worked and like a lot of Jewish moms, she was good at making reservations but not dinner. So those 3 vegetables that I grew to despise, of course came from cans, not the ground.

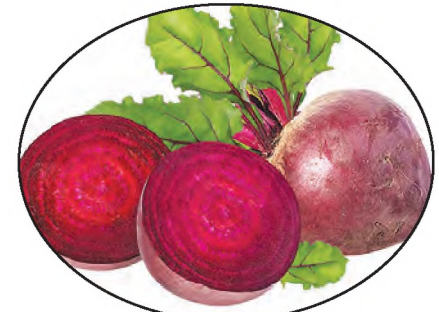
Fast forward about 15 years to New Orleans, Louisiana. (I tried to go to college where I knew there were at least 2 things I liked...food and race tracks.) It was there I discovered okra could be pretty damn great...battered and deep fried or in gumbo, (more on this in the months to come) and even later when I got to California and had crispy fried brown butter tossed brussels sprouts and a fresh roasted beet and goat cheese salad.

Roasted Beet & Goat Cheese Salad
(Serves 2)

- 2 medium fresh beets
- Olive oil as required
- Crumbled goat cheese
- Fresh chives or green scallions if you must
- Arugula or chopped romaine greens
- Sushi vinegar or just plain Japanese rice vinegar with a little honey

The rest is easy. Peel the beets, lightly coat them with a good virgin olive oil. Roast in a 375 degree oven for approx. 45 minutes but be sure to check doneness with a toothpick after 30. They are done when they slightly resist the pressure when you poke them with the toothpick.

Remove and let cool for at least an hour. Meanwhile make a vinaigrette dressing with olive oil, rice vinegar, a touch of Dijon, a pinch of salt & lots of pepper. When ready to plate, make a bed of greens. Slice the beets, arrange over the greens, lightly sprinkle with the vinaigrette, add 2 tablespoons of crumbled plain goat cheese, chopped chives or very thinly sliced scallion greens. They add color and a great taste to any spring or summer dinner plate.



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04LV061

Planes, trains...

From Page 4 —

Fillmore & Western Railroad. Adolfo Camarillo gave the railroad a right of way along the western edge of his ranch, and the Camarillo depot opened in 1906. It was similar to the depot still in Simi Valley. Stores were built near the depot, and the small town of Camarillo began to grow at the intersection of the highway and the railroad. A name was needed for the new post office. The first suggestion, Calleguas, was rejected because it was hard to pronounce, so it was named for Adolfo Camarillo's Ranch.

The economic success we enjoy in this area is in part due to being located at the intersection of these means of transportation. The Next installment of this series will discuss the 20th century development of all roads leading to Camarillo.



Photos are Courtesy of Camarillo Historical Society

The El Camino Real - the "Royal Road" as it passed through Camarillo.



Above, the Southern Pacific Lines logo at the turn of the 20th century. At right, Camarillo city limits sign.



Australian Shiraz

From Page 6 —

flavored berries. One winemaker noted that the "vines had witnessed the entire history of the Australian wine industry. The roots of these vines are so deep that even on the hottest days, when all other vines in the Barossa have shut down, their leaves are bright. Like sunflowers, they track the sun."

To preserve and protect these vines, the Barossa Old Vine Charter was formed to register vineyards by age. There are four categories:

- 35+ years - Old Vines
- 70+ years - Survivor Vines
- 100+ years - Centenarian Vines
- 125+ years - Ancestor Vines.

www.barossawine.com/vineyards/old-vine-charter describes each category and includes a listing of specific wines currently produced.

It's possible to find Shiraz wines made from these special vines but do expect to pay a premium. Of course, there's also a wide selection of Australian

Shiraz in the \$15 to \$20 range available locally. We thought it would be interesting to do a side by side comparison of an ancient vineyard Shiraz to one from a newer vineyard, both from the same winery. Those wines are now on order from www.wine.com. Don and I can hardly wait to try them.

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A VISIT WITH LEE By Lee Edwards

I met Noby Reidell some years ago, when she joined our Active Seniors monthly dinners at Ottavio's. She and her late husband Edward are the original owners of her house in Village 42. They bought the house right after it was built. In her youth, Noby suffered great tragedy.

During World War II, she and her family were interned as Japanese Americans in a detention camp in Arizona. Noby was a teenager, and the family spent three years in that

camp under miserable conditions. After liberation, she returned to California and worked many years as a field representative for the State of California. She is a very gracious lady and I hope she will join us again when we can meet once more at Ottavio's with the Active Seniors Club. I would like to hear from other residents who are the original owners of their LV home. There can't be too many of us left, we are going back 40 years or more.

ABOUT REAL ESTATE By Sharron Parker

Cash is still King, but Low Interest Rates Help

In the real estate business, conventional wisdom says that rising interest rates make buying or selling a home more difficult, and decreasing interest rates make buying and selling easier.

For example, if a Home Buyer wants a 4% rate on a 30-year fixed mortgage on a home worth \$400,000, the monthly mortgage payment would be \$1,900. But if they only qualify for a 5% rate on a 30-year fixed mortgage, the monthly payment would rise to \$2,138. A 1% increase in interest raises the buyers payment by \$238, or roughly 13%.

From a home buyer's perspective, as mortgage rates increase, affordability decreases. In the aforementioned, Home Buyer wants to qualify for a \$400,000 mortgage at 4% interest, but at 5% interest, lenders can only offer the buyer a \$355,000 loan based on his qualifications. A 1% increase in mortgage interest decreases the buyer's purchasing power by \$45,000.

In many of the recent transactions here in the village, cash has

been king. Prices of homes here have continued to rise as multiple offers have buyers out-bidding each other to attain the Leisure Village home they want. A cash offer will generally put bidders higher on the list as the transaction will be easier and more secure without having to rely on a lender to complete the transaction. However, a loan that is "clean," a smaller percentage of the purchase price and without other contingencies will also have the buyer in play during this sellers market.

Ultimately, the prospect of climbing interest rates would force an adjustment to the pricing of homes to compensate for the buying power. There are some indications of the rise in interest rates beginning due to concerns of rising national debt and a slow recovery from the covid economy. We could see those adjustments to home values in our near future.

Contact your realtor to discuss these unprecedented conditions and how they affect your real estate investment in Leisure Village.

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02LV08S

PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Robert Pinchak / Going Up

CLUB NEWS

CLUB IN THE SPOTLIGHT

Workshop for Writers Club

Jon Niemann & Frank Seiden

There is so much talent in Leisure Village, including clubs, organizations and even less formally organized neighborhood groups that are outlets for those talents and creativity. One such group is the Workshop for Writers. I had the great pleasure of being invited to one of the group's semi-formal meetings. The experience was amidst an atmosphere of discussion in a relaxed environment, that day was under the trees, and the creativity was palpable as members shared written expressions with the group.

The origins of the Workshop for Writers Club are explained below by Club President, Frank Seiden:

"Exactly ten years ago, three of us in the LV Writers Club agreed that we wanted something that other writers clubs didn't offer. Besides merely reading our pieces to the

group, we wanted to improve our skills through feedback, critique, and friendly comment. It didn't take long to find like-minded writers, and nine of us conducted our first meeting on January 25, 2012. We could not register as a club until we had fifteen members. In a few months, we reached our goal and registered as the club In Other Words. Of the original fifteen, Frank Seiden, Al Beaudry and Peter Davies are the only members still active. Some since joined as experienced writers and some as novices. It is a pleasure to see the growth of those who started as novices. Even for experienced writers, the group finds changes that improve a piece."

Club Secretary Mark Sconce notes: "Since Frank Seiden led a writers' workshop before moving to Leisure Village, he became our leader and was elected president, which he is still. Our latest roster lists 45 members, not all of whom attend each meeting. The name of the club was changed to Workshop for Writers in February 2019."

April is officially Poetry Month, we present two poems from the Workshop for Writers Club:

String of Words

by Frank Seiden

*How poetic is a poem
how entrancing is its theme?
Is there reality, congeniality
artful convivial scheme?*

*Writers write to please themselves
ideas come welling through.
Words of clarity, originality
spread as morning dew.*

*Poems paint pictures in the mind
give sound to abstract thought
they underscore with metaphor
deeds mankind has wrought.*

*Rhythm serves to move the heart
like swing of woman's hips
an anthem played when skies are
grayed ups and downs of courtships.*

*Read a poem by sounding words.
Are they easy on the tongue?
If they glide, smoothly slide
the words are artfully strung.*

Two pre-Spring Poems

by Mark Sconce

Valentine's Day slipped by so fast that we were dazzled, perhaps dazed. Hearts and flowers were in demand. LOVE took over.

On St. Valentines Day

*Poor postmen pay a price that day,
Beneath their groaning load,
So urgent messages of love
May timely be bestowed.*

And what of St. Patrick, Ireland's patron saint?

*The Seventeenth of March each year.
We're puttin' on the green
In sympathy with Ireland, dear,
Opposed to King or Queen.*

Once our meetings are able to resume, the club will again meet the 2nd and 4th Wednesday of the month. For more information on the club please call Mark Sconce at 805-586-4485 or Frank Seiden at 805-437-6242.

IN MEMORIAM

Barbara Lee Michaels, Village 31
Werner Ristau, Village 11
Steve Strem, Village 18
Douglas Stuhr, Village 31

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02LV302S



I Miss Tasting My Food!

Does this sound familiar?
Want to TASTE your FOOD Again?



You're Not Alone!
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.

If you have a friend who might be interested in this article/offer, please feel free to pass it along.

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.
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CLUB NEWS

RACQUET CLUB

By Arnie Kremer

The LV Racquet Club still has no formal activities, meetings, tournaments, etc. to report. However, the tennis and pickleball/paddle tennis courts remain open for our use. We continue to wear masks while playing and when waiting to play on a court. We strictly adhere

to all Covid-19 safety guidelines for social distancing, gathering in groups, etc. The good news is more and more of our members have now been able to get both COVID-19 vaccines, or the first and waiting for their second.

Each sport has weekly "open" court times. Please check the court-side Bulletin Board for this info. Otherwise, players are free to set up individual matches for their sport(s).

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04LV03S

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02LV14S

Spectrum changes

From Page 1 —

This Spectrum offer will be discussed at the April 5th meet-

ing of LV's Board of Directors, and a final decision could come by the middle of the month.

Spectrum Retail Rates vs. Wholesale Rates Proposed for LVA

Services	Retail Rates	Wholesale Rates
Spectrum TV Select Channel Lineup	\$62.99	Included
Spectrum TV Bronze Channel Lineup	\$12.99	Included
HBO & HBO Max	\$15	Included
2 DVR Enable Set Top Boxes	\$35	Included
Spectrum Internet 200/10mbps	\$70	Included
Modem & Router		
Access to Free On Demand	Included	Included
Spectrum TV App Access	Included	Included
Access to PPV movies or Events	Included	Included
Music Choice	Included	Included
Free HD Channels	Included	Included
Total	\$205.97	\$56.00

PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st – Bev Davis / Standing Watch

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180LV10

CLUB NEWS

LV MUSIC CLUB

By Marci Lapair

For many years, the Groovin' Easy Swing Band has provided musical entertainment to the Village. On most Tuesday evenings between seven p.m. and nine p.m. they rehearsed in our AR. The rehearsals were open to all the Villagers. In previous years, they have performed special concerts for the Village such as our Concert in the Park, the St. Patrick's Day Dance and a holiday concert in December. Unfortunately, due to COVID-19 they have not been able to rehearse in the AR due to the closure.

We caught up with bandleader Tom to find out what the band has been up to for the past year. The band has been unable to get together to rehearse and has been completely dormant during this time. Per Tom, "Playing wind instruments creates a good bit of aerosols which could easily spread

the virus if someone is infected, especially in a closed environment. Vocalists have the same issue. Unfortunately, we will have to wait for the level of infection to die down substantially for everyone's safety. The band is very anxious to get back together to perform as soon as it is safe." The Music Club is looking forward to the time when the AR reopens and we can welcome back and enjoy the music performed by the Groovin' Easy Swing Band.

WOODSHOP

By Bud Bradley

This month's photo is from the archives. An old fence gate became several new homes for garden flowers and veggies. Something to think about when we reopen for Villager repairs.

The woodshop is open, although on a limited basis. Please note the new hours of operation: 9:00 AM until 4:30 PM, Monday thru Friday



Photo by BUD BRADLEY

Planter Box produced by the Woodshop, ready for geraniums, herbs or creative gardening.

only, to facilitate staff checking and locking before clocking out. The Annex is still not yet available to us but we are hoping that will change soon. As of this time, we are, still, not able to perform repairs for Villagers. Notifications will be sent out

when this rule changes. Current keyholders are still making good use of the facility.

If you are around the shop, most any morning, come by and meet "Pirate." There are sign-up sheets

—Please see PAGE 14



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NEWS RELEASE

For Immediate Release:
July 2, 2020
Page 1 of 1

Contact: Michelle Glueckert D'Anna
Community Relations Officer
(805) 388-5370

Camarillo is Not Considering Defunding the Police

Camarillo, California – The City of Camarillo wishes to correct misinformation that is being circulated in the community—the City of Camarillo is not considering defunding the Camarillo Police Department.

04LV125

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03LV16C

PHOTO CLUB WINNER – CREATIVE CATEGORY



■ 1st – Ron Matson / Almost Out of the Jungle

CLUB NEWS

Woodshop

From Page 13 —

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 than 2 hours per day.

For more information on Woodshop, call Bob Sears (559) 977-7481. You can also email him at bobs425@gmail.com or Bud Bradley hipbud2@gmail.com.

GRAPES R US WINE CLUB

By Barbara Senior

Grapes Are Us is a monthly wine tasting meeting to compare wines, learn about wine characteristics and explore different regions. Meetings are the 3rd Friday of every month, formerly in the AR, but due to Covid restrictions, we currently meet virtually by Zoom. We send an invitation to the virtual meeting, those who RSVP receive

—Please see PAGE 15

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03LV081

CLUB NEWS

Grapes R Us

From Page 14 —

two bottles of wine for \$20, collected when the bottles are delivered. The wines are selected by wine enthusiast, Jon Niemann. Adding to the tasting experience, a recipe now comes with the monthly invitation email. February it was roasted sausages and grapes finished with balsamic vinegar, a yummy pairing with the Zinfandel we were tasting. In March we explored Australia with a Rosemount Shiraz and 19 Crimes Chardonnay, paired with a citrus shrimp and avocado salad. Next month "Wines of the 101" will be the theme, exploring wines of Santa Barbara County, and then moving north month by month along the 101 Highway to the Monterrey, Sonoma and Mendocino wine regions.

We are welcoming new members to the club. Join us and take part in the virtual tastings, learn a little and enjoy the wine experience. Drop a line to Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

LV PHOTO CLUB

By Chuck Morrow

As we continue to live with COVID-19 the Photo Club is completing its new process moving to an online Zoom protocol. The March meeting was the second this year in which Zoom was used permitting participants and the monthly judge, Nancy Lehner @

<http://www.inancyimages.com/> to attend from their respective homes. As would be the case using any new technology, the Club is going through a learning curve as more members begin to participate.

The Assigned Category for March was "Reflections" and the winner was Robert Pinchak with "Clouds in the Shubert." Robert was also the winner in the Open Category with "Going up." The winner in the Mobile Category was Bev Davis with "Standing Watch." Ron Matson was the winner in the Creative Category with "Almost out of the Jungle."

Be sure to look for all the winning photos in this edition of ILV. As well, you can see all the entries for this month on the Smugmug site online at <https://leisurevillage.smugmug.com>, then select LV Club Pictures, then go to 2021 LV Club Pictures and select March.

If you have questions (and/or if now is the time for you to join the Photo Club), contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

WOMEN'S GOLF

By Patti Crichton

LVWGA is an organization which encourages participation in golfing activities for new golfers as well as experienced players. During non-Covid times, the Club has monthly meetings and Wednesday morning tournaments. Even while we are in Club hibernation, when it comes to mixing social activities

with outdoor exercise, golf is where it is at. Golfing at the Village is social. It gives you the opportunity to visit with new friends and Villagers of all backgrounds. We have special tournaments throughout the year, including some events where we collaborate with the Men's Golf for friendly competitions followed by luncheons. It is not expensive to join Women's Golf, the annual fee is only \$10 to participate in the Club activities.

Great news! Another name will be added to our Hole-in-One plaque. Deb Dolan dropped hers in Hole #16! She was playing with Patricia Turner and Leslie Hall. This is Deb's first in Leisure Village, although she has been fortunate to have a couple of others at different courses. Congratulations, Debbie!

If you are new to golf, there are opportunities to learn the game through mentors and occasional lessons from volunteers. The putting green is always open



Photo by JON NIEMANN

Deb Dolan drops a Hole-in-One on 16! Playing the course with her were Patricia Turner and Leslie Hall.

for practice. Golf can be fun and frustrating, but we seem to enjoy

—Please see PAGE 16

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03LV011

CLUB NEWS

Womens Golf

From Page 15 —

it all the same because we visit with friends while we get some fresh air and exercise. If you have any questions, please feel free to contact the current LVWGA president, Kathy Whitesell, at 805-482-4705. What's keeping you from coming out to play?

PLAYERS GUILD

By Linda O'Neill

Springtime in Leisure Village
A much-repeated line in John Fogarty's 1985 baseball song "Centerfield" tells us "I'm ready to play today!" And that's how our cast feels! Hallelujah! Helping us to rev up is the fact that at least 10 members of this cast are now fully vaccinated and the younger members are lining up.

In our April show, Richard Weiss will be back on the piano, tinkling the ivories with tunes of Spring. Paul and Teresa have led the way in showing the rest of us how motion picture theory should be used to make our homespun videos more interesting. It will be fun to see what they do to bring "Centerfield" to life. Beyond that, we have an interesting array of songs: first, Vivian Hollander and "It Might as well be Spring," a nod to the season from the 1945 film "State Fair," with the score by Rodgers and Hammerstein. This winsome melody won the Academy Award for best song. Buster Hazlett brings us "Turn! Turn! Turn!" (To Everything there is a season,) written by Pete Seeger and was first recorded in 1959. Our friend Julius Hirsch is back in the village. He is welcoming Spring with 1921's "April Showers." Written and composed by Silvers and De Sylvia, this song originally debuted on Broadway in the musical "Bombo," which starred Al Jolson. These are five of a cast of 16+ possibilities. So, in the words of "the world's greatest entertainer," "you ain't seen nothin' yet."

Our show will air on LVTV

1390, Saturday and Sunday, April 17 and 18. Scheduled times both days are 10 am, 3 pm and 8 pm.

MENS GOLF

By Joseph Benti

In the game of golf, Bob Peterson won our recent Matchplay Tournament, Harvey Harris came in second, Walt Wilson and Jerry Ruff shared third place.

Then, there is this item about the game of life, specifically, about Fred Wells and the virus. Last fall, for different health reasons, Fred and wife Ruth left the Village. Fred had planned to reside with their daughter in Westlake, near Ruth's assisted living facility. That's when "life" intruded. Fred's health took one of those "out of the blue" bad turns. He needed care not available in the facility where Ruth resided.

In a family decision, he agreed to move to an assisted living facility in Salt Lake City within walking distance of a second daughter. That's where the "virus" entered his life and nearly took it—not the COVID; rather, the norovirus, a bug familiar to many a cruise ship passenger and sometimes deadly. It broke out at the Salt Lake facility shortly after Fred arrived. For more than a week, it was touch and go for Fred, but he finally beat it. Though he's back to normal and faces some other health issues, he remains the same optimistic Fred on the phone. If you would like to contact him, his number is 702-379-3166.

If you are a golfer, whether a scratch player or high handicap, enjoy the competition, pleasure and friendships you can find with fellow golfers by joining the LVMGA (Leisure Village Men's Golf Association.) Annual dues are just \$10 which entitles you to regular



Photo by JOSEPH BENTI
Fred Wells with Mt Conejo looming behind him.

—Please see PAGE 17

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03LV035

CLUB NEWS

Mens Golf

From Page 16 —

Tuesday morning tournaments in the Village and participation in Regulation Tournaments each month at area courses (greens and cart fees paid individually.)

BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Builder classes were held several times a week in the Santa Rosa room pre-COVID. Exercises are specifically geared for seniors to improve balance and increase bone density. Sessions are 1 hour in length and registration is required. Classes are on Monday and Wednesday at 8:15 and 9:30. We look forward to re-starting Bone Builders as soon as we get clearance to resume use of the Santa Rosa room.

Please call Alice for more information at 805-437-6169.

VILLAGE ARTS

By Patti Crichton

Village Arts comprises artists who create paintings and collages,

using different media, including acrylics, watercolors, pastels, pencil crayons, oils, pen and ink. Experience levels range from the beginner to the very knowledgeable.

Hello, fellow members of Village Arts! I know that you are out there somewhere.

We are looking forward to getting together again when the time is right. Meanwhile, please keep creating and thinking about art ideas that we can share. The Lanai Room is waiting for us.

THE STONERS CRAFT CLUB

By Alice Moffet

The Stoners continue to make jewelry & craft items. During the month of April we will be displaying our handcrafted jewelry, as well as several craft items, in the Atrium. Please stop by and consider purchasing one or more of our original creations.

We also continue to do most jewelry repairs, for a donation to our group. If you are in need of this service, or would like to purchase one of the items on display, you may contact Fil Barton at (805) 987-3637.

Salon on the go!

Photos by JON NIEMANN
An entrepreneurial woman, Marija takes her salon with her. The well-appointed van is perfect for beautifying and styling those who do not want to go to salons or are unable to during the lockdowns. At left, Village 33 resident Betty McCusker keeping her hair styled. The well laid out salon is comfortable and was a great solution for Betty. Marija can be reached for appointments at 805-427-1509.

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DEADLINE for the next publication is Thursday, April 15.

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Experienced compassionate caregiver, patient, flexible reliable, hardworking & caring. Willing to help you with anything you need. Please contact Cherry 805-444-2379

HOME HEALTH/Companion Services Full time/ or relief. 20 years experience. Ladies or gentlemen. Flexible time. Graduate of IHSS-SIMI. Contact Ms. Jan 805-953-9721. 9am-6pm Monday-Saturday

Comfort Keepers, world leader in in-home care hiring caregivers. Apply online: ckthousandaks.clearecareonline.com/apply or apply in person M-F 3249 Old Conejo Road. Newbury Park. 805-494-9900 ext. 2

Experienced compassionate caregiver. Personal care: bathing, grooming, dressing assistance. Companionship includes meal preparation, shopping assistance, errands, medication reminders. Victoria Sampson 805-754-4753

B. MARON–Village resident. CAREGIVER you can count on with good medical background. Great experience (21 years) with DEMENTIA/ALZHEIMERS. Please call or message 805-216-6072

GRACE – CNA/CAREGIVER FOR 25 years, good references (L.A.-Beverly Hills) Live-in or hourly. Please call 310-801-3755

Caregiver with twenty years experience. Licensed & fingerprinted. Have excellent references. Live in Leisure Village. Available 7 days & nights. Have had COVID vaccine. Toni 805-844-8377 no pets

Two Girls Home Care - Helping Seniors with daily activities. Call us for a free consultation 805-424-9944 Licensed & bonded. Background checks, COVID trained, refences on all caregivers

Caregiver- Experienced caregiver of 15 years. Compassionate, attentive and efficient. LV Resident looking for part time work. Great references. Call or text Charlene 805-276-0380

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\$14 per Dinner

Dinners Include:

- Entree • Salad with your choice of dressing
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 - All meals are low in fat and sodium
- Meals packaged in microwave-safe containers

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805-384-1536

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To Include Your Listing, Please Contact Mary at The Acorn Newspapers Today: 805.484.1949

Does anyone else put things in a safe place and forget then where that safe place is??



It's critical to make sure your essential documents are both secure and easily accessible for you and your family members in case of an emergency.

There are several aspects to storing important documents: Identifying which documents need to be stored, choosing where and how to store them and being able to access them when needed.

I changed my password to "incorrect" so whenever I forget what it is, the computer will say "your password is incorrect."

IDENTIFYING IMPORTANT DOCUMENTS

Think of the documents you would want to grab and take if you had to evacuate your home. Put those on your list. Important documents also include those you need when big life events happen, like buying a house, making a will, proving your identity or ownership of property, etc.

Here are some categories and a few examples to start with:

- 1) **Vital records:** Birth certificates, passports, driver's licenses, social security cards, marriage license, citizenship papers, child custody papers, divorce papers
- 2) **Estate planning:** Will, trust, power of attorney
- 3) **Property:** Deeds to property, mortgage info and statement, vehicle title, stock and bond certificates
- 4) **Taxes**
- 5) **Medical:** Medical contact info (doctors), medical history including medications, end-of-life and burial instructions
- 6) **Financial:** Investment statements, retirement/pension plan records, pay stubs, bank records, list of insurance policies with policy numbers and contact details
- 7) **Valuable or sentimental photos and letters.**
- 8) **Other:** List of usernames and passwords for online accounts, fingerprint/DNA info, inventory of household possessions, military ID/discharge paperwork

HOW TO STORE: The best practice is to mix physical storage with digital storage.

- Physical storage ideas: Fire proof safe at home, safety deposit box, portable fire proof safe, fire-resistant/water-resistant bags.
- Digital storage ideas: External hard drive, USB keychain, secure cloud storage. Consider password protecting your files that have sensitive identity information.

WHERE TO STORE:

Don't put all your eggs in one basket (location) or you risk losing everything at once.

- Keep copies in a different location from originals.
- Have your digital storage on your hard drive backed up to a secure cloud storage and/or have an external storage device stored in a different location.
- Consider a trusted family member to place a secure form of document backup with, and provide them with how to access your info in an emergency or if you become incapacitated.

For our clients to dispose of documents properly, Barlow Realty will be sponsoring a

DOCUMENT SHREDDING DAY

at our office on May 15th 9:00 a.m. – 1:00 p.m.

Mark your calendar & go to our website for details about our shredding event, as well as links to more in-depth articles about which documents to store and how to store them!

Remember Barlows Have Your Back – Providing you with important and helpful information!



**The Barlow Group
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