

# INSIDE LEISURE VILLAGE

VOL. 44 NO. 9

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

SEPTEMBER 1, 2023

## Trash Day Changing in A Few Short Weeks

By Richard Loomis

November 1 is approaching fast. On that date, we will not use the in-ground vaults any longer for trash. Most of us will store the new trash bins in the garage. I know some people dread the idea, but I lived for ten years in a place where I had to keep both bins, recycle and trash, in the garage. In the summer, my garage regularly baked, reaching indoor temperatures of 90° to 100° or more. The suggestions that are listed below result from that ten-year experi-

ence; some of them are from a little research on the Internet.

- I used high-quality, double-walled, burst-resistant trash bags with odor control built in. There are many brands that offer these options, and they really help with odors.

- If you do not want to use the brown bins in the Recreation Center east parking lot for food waste, use a resealable container and keep it in the freezer. Freezer bags can serve the same purpose. Set a reminder to take the frozen food waste to the trash container



Photo by JON

64 Gal and 32 Gal trash cans that will replace the vaults, on display in the Rec Center lobby.

on trash day.

- Thoroughly rinse bottles, jars and cans before putting them into

the kitchen recycle bin. I lined the recycle with odor-control bags too.

—Please see **PAGE 10**

## LV 50TH ANNIVERSARY



## ILV Celebrates 50 Years of Life in the Village

By Patty Ecker

### Do You Remember When... or Wish You Did?

In 1979, LVA's Board of Directors approved a new fiscal plan which changed the Village monthly assessments. The 1979-80 plan increased the monthly assessments on fourteen models, reduced the monthly assessment on two models, with no change on nine models. The unlucky fourteen saw the assessments increase by \$.50 - that's right, fifty cents. The two reductions (Del Mar and El Dorado I) were also \$.50 ...less.

Here are some examples of the 'new' monthly assessments for 1979-1980: The Coronado 2 car garage models went from \$79.50 to \$80, the Balboa model increased to \$68.50 from \$68 and the La Jolla jumped to \$97 from \$96.50.

### Remembering Village Fun and Great Golf

It didn't take long for Edith and Reg Dowsing to decide where to retire. In 1975, after living in Toronto and Torrance, Reg's career with Mattel Toy Co. and raising three children, the couple took one look (literally) at a house in Village 11 and said, "This is ours." And it was - for the next 42 years. They loved the dances, potluck dinners, the Stoners and, especially for Edith, the golf course where she was the Champion for years. In fact, the annual award given by LV's Women's Golf Association is the Edith Dowsing Trophy. Check it out; it's displayed in the Rec Center Atrium.

Edith remained active on the golf course and in Village activities for more than a decade after Reg died in 1999. She celebrated

her 100th birthday in 2016 at a gala party with family and friends in the Garden Room. She passed away in 2017. Her son John and his wife Martha Harris live in the Village, keeping that Dowsing tradition secure.

### Sharon Green

"We used to glean vegetables from what was left in the gardens and share them weekly with Villagers and, sometimes, with people outside the Gate, too," recalls Sharon Green, as she describes what she recalls as the "warm and caring" atmosphere of Leisure Village that she has known since 1980. That was the year that she and her husband Al bought their home in Village 41 although strictly speaking, they bought a plan, not a house. "I used to stand across the street from the site and watch



Family Photo

Sharon Green modeling for the fashion show in 1983.

it going up," she remembers. "We had friends here and couldn't wait to move in."

Like so many Village Pioneers, Al and Sharon didn't know about Leisure Village until a friend suggested they look at it because Al was about to retire from Boeing. As soon as their house was completed, the Greens jumped in with

—Please see **PAGE 5**



## We Sell Leisure Village



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<b>Bel Air</b>	<b>Village 8</b>	<b>\$649,000</b>
<b>Capri</b>	<b>Village 37</b>	<b>\$500,000</b>
<b>Coronado</b>	<b>Village 24</b>	<b>\$500,000</b>
<b>Coronado</b>	<b>Village 13</b>	<b>\$539,000</b>
<b>Del Mar</b>	<b>Village 25</b>	<b>\$515,000</b>
<b>El Dorado</b>	<b>Village 24</b>	<b>\$765,000</b>
<b>Holmby II</b>	<b>Village 37</b>	<b>\$560,000</b>
<b>La Jolla</b>	<b>Village 18</b>	<b>\$640,000</b>
<b>Monterey</b>	<b>Village 3</b>	<b>\$489,000</b>

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This information is supplied directly from the Ventura County MLS as of 8/22/2023 and is deemed reliable. If your home is currently for sale, this is not intended as a solicitation.

09LV135

## IN MEMORIAM

**Linda Birnbaum - Village 31**

**Pat Gomavitz - Village 25**

**Paula Raissner - Village 41**

**Mavis (May) Richards - Village 42**

In Memoriam entries, please submit name and village number of the person who has passed to: [insidelveditor@gmail.com](mailto:insidelveditor@gmail.com) ATTN: In Memoriam

## ABOUT INSIDE LEISURE VILLAGE

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**Classified advertising:** Barbara Crome  
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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](mailto: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.

## October 2023 Edition Deadlines

Club News, articles and letters: Friday, September 15. September issue will be available Friday, October 6. Send news, articles & letters to [insidelveditor@gmail.com](mailto:insidelveditor@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."



# COMMUNITY NEWS By Dennis Doolittle

How many people can rightfully claim to have endured a hurricane and an earthquake on the same day?

**VILLAGE TREES** – The 44 trees that were identified as being a threat to residences have been removed. We had 3 inches of rain in a 12 hour period during the hurricane and, luckily, the predicted high winds did not occur. We could have experienced more tree problems, but thanks to the pro-active actions on the part of the board, we did not.

**PAINT PROJECT** – The original whole house stucco and trim paint

project is underway in Villages 6, 8 and 17.

**LV WEBSITE** – Starting with the August Issue, the Village Voice is now available on-line on the secure log-on portion of the web site. Another reason to sign-up on the secure web site. There is an update to the Residential Directory in process. The Communications Committee continues to work on new features for the secure portion of the LV website.

**ROOFING** – The roofing contract from last fiscal year is now complete. A new roofing contract is

going out for a competitive bid.

**STREETS** – The pavement rehabilitation project was approved by the Board. The contract is for the resurfacing of Villages 8, 11, and 14, and for Leisure Village Drive from Village 40 to Santa Rosa Road (East Gate).

**CONCRETE** – The Village maintains the concrete in the common areas, driveways, sidewalks, gutters, etc. The Village staff is in the process of inspecting the concrete areas within the Village in preparation for a contract bidding cycle.

**LV 50TH ANNIVERSARY – SAVE THE DATE:** Leisure Village Celebrates 50 years! Join the celebration on Sunday, October 1, 2-5pm in the AR and Recreation Center. A large number of Village clubs are participating in the event. The performance of “50 Years of Paradise” played to an overflowing crowd, it was a great success. A great way to kick off our 50th Anniversary celebration.

**LONG RANGE PLANNING** – A Town Hall meeting on being wise

energy users is in preparation.

**WATER COMMITTEE** – At the next Water Committee meeting on Monday, September 11th at 3PM Calleguas Water District will present a summary of their long term plans – Visitors are welcome.

The Board has determined that legacy plant watering systems will be required to use non-potable irrigation water. The Village will provide the service to convert.

**TRASH BARREL IMPLEMENTATION** – Our agreement with Harrison is that the Village will stop using the in-ground vaults and convert to bins for our garbage waste by November 1st. The distribution of bins will start the week of October 6th. The bin size will be the size the resident selected, if no selection was made the residence will receive the smaller, 32-gallon bin. Once a residence has been provided with a garbage bin, the inground vaults will be screwed shut to prevent usage. The Village is preparing a communications campaign to inform residents of the roll-out plan.

## VILLAGE ENTERTAINMENT

### Music & Movies

LV Music Club - Marci Lapair

The Village Klezmer Band was a huge success. The concert was a sellout with 150 people attending. The audience was delighted with the explanation of the festive music, and the singing. Many of the audience danced to the Hora. The Music Club is looking forward to the return of the Village Klezmer Band next year.

Audience members who attended the August Open “Mic” were delighted by Roger Florio, who sang his own hilarious original composition “I’m Retired.” David Flood accompanied by Richard Weiss performed songs about smiling. After a long absence from Open “Mic” Night, Paul Newman



Photo by MARCI LAPAIR  
From left to right, Debbie Cohen, Rosanna Brown and Rebecca Goldson dancing the Miserlou.

sang “If I Had a Hammer” and “Tears on My Pillow.”

The September Open “Mic” night has been cancelled due to the Labor Day holiday. The next Open “Mic” night is Friday, October 6 at

—Please See **PAGE 5**

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# AROUND THE VILLAGE

## Where were you in 1973?

By Marlynn Block

The current resident population in the Village comprises three separate generations, so we were most likely all over the place. Some of us were in kindergarten, many of us were in some phase between high school and newlyweds, with plenty of tie dye and bellbottoms in the closet...and some of us were already living here!!

A dedicated group of volunteers, including folks from many clubs, committees and our always helpful and fabulous staff and service teams have spent much of the past year, digging into the archives of Leisure Village history, learning about the milestones, the now-forgotten clubs and events that are only memories and the ever-changing costs of living in our little piece of

paradise.

There have been many wonderful events celebrating the Village's Golden Anniversary and they have all been a blast. The main event anniversary celebration will take place in the AR on Sunday, October 1, from 2-5pm. There is no charge and no tickets needed to attend and all Villagers are welcome.

Join us in the AR for brief comments from dignitaries and special guests, then stroll around the AR, the MPR and the rooms along the atrium to enjoy our historical timeline and displays by over 40 clubs, committees and service teams that celebrate our shared history. The events will be recorded for broadcast on LVTV and photos of the displays will be available for those who cannot attend in person.

Pick up raffle tickets to be



Courtesy DeSimone family

Billboard on 101 fwy advertising LV in the early 80s.

entered in drawings for many exciting prizes donated by our loyal vendors and community members. And at the end of the day, enjoy

light refreshments and live music before you head home to savor new memories as we head into our next half-century.

# AROUND TOWN

## Our Constitution-A Reason to Celebrate

By Judy Herrera

In 1955, the National Society Daughters of the American Revolution petitioned Congress with a resolution to set aside September 17-23 to be dedicated for the observance of Constitution Week. The annual celebration was established when signed into law by President Dwight D. Eisenhower on August 2, 1956. The NSDAR is committed to encouraging study and educating the public about the Constitution and the men who framed it.

Your Conejo Valley chapter has been working to provide the community with visual reminders of the Constitution itself. We have bulletin board displays in the Thousand Oaks, Newbury Park and Camarillo libraries.

There are free Constitution Week bookmarks in our Leisure Village library. The mayors of Thousand Oaks and Camarillo have issued proclamations, official public announcements, declaring September 17-23, 2023 as Constitution Week.

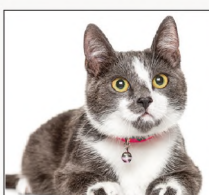
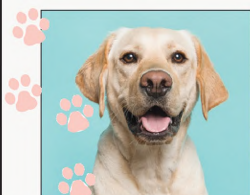
Our Constitution is one document made up of four pages; 4,400 words; 7 Articles (outlining powers); 27 Amendments (first 10 are the Bill of Rights); and 39 signatures. You might have heard the phrase, "That's unconstitutional" or "That's my constitutional right!" Many times Americans believe that sayings and phrases are in our Constitution, but they really aren't. Use Constitution Week of September 17-23 to resolve to be better informed and responsible citizens. Read the Constitution!

## Leisure Village Pet Calendar 2024 IT'S TIME!

We will soon be putting together the LV Pet Calendar for 2024.

Send your photos to Shawn Baker at [shawnbakerhomes@gmail.com](mailto:shawnbakerhomes@gmail.com)

All LV Pets are Welcome!



Deadline to Submit Photos is Sept 10th!!



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## Newcomers Orientation (and old timers too)

All residents are invited to attend Session II on Saturday, September 16th from 10 am – noon. The focus will be on local events and their impact on LVA's long-range planning, the 50th Anniversary Celebration, maintaining and improving the exterior of your home, insurance

and more. The session features talking directly with Villagers and Committee Chairpersons who are glad to answer questions about living in Leisure Village.

Contact Patti Schultz to RSVP or for Questions: [pat-schultz0732@gmail.com](mailto:pat-schultz0732@gmail.com) or 805-558-0732.



# VILLAGE ENTERTAINMENT

## Music Club

From **PAGE 3** —

7:00 pm in the AR. Open “Mic” Night is open to all Villagers at no charge. We serve complimentary wine and snacks. If you have a talent that you would like to share for our October Open “Mic” Night, please call Debbie Goodman 818-523-0731 no later than Wednesday, October 4.

There will be no movie shown on September 4 because of the Labor Day Holiday. The movie to be shown on Monday, September 18, at 7:00 pm in the AR, will be Queen Bees. This film has a stellar cast of actors who weave a comedy about second chances and staying young at heart. A fiercely independent widow temporarily moves into a retirement

community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying “mean girls.” The movie is rated PG-13 and is 1 hour and 40 minutes.

On Monday, October 2, we will screen an oldie but goodie Grumpy Old Men. Jack Lemmon and Walter Matthau play ice-fishing buddies whose crusty friendship grows hilariously icier as they vie for the attention of an attractive widow played by Ann Margaret. The movie is rated PG-13 and is 1 hour and 43 minutes.

The Groovin’ Easy Swing Band rehearses Tuesday evenings between 7:00 and 9:00 pm in the AR. Come and listen to their easy listening music. For more information about the LV Music Club, call Marci Lapair 818-399-0843 or Debbie Goodman 818-523-0731.

## 50 Years

Continued From **PAGE 1** —

both feet: golf, square dancing, bridge and mahjong (“Sometimes I’d win; sometimes I wouldn’t,” she laughs.) “We were very active,” Sharon says smiling. “We had so many friends.”

Sharon is 96 years old, still living in that house she watched being built. Life is quieter now since Al passed away. She and her daughters have traveled to Iceland, Scandinavia and Russia. But mostly she likes being home – in that house that was built for her – and in the Village that she still describes as “beautiful, peaceful, and safe.”

## Ed n Rec Shelly

“I was a 22-year-old lifeguard,” Shelly Runge laughs as she describes the first job she had in Leisure Village. Thirty-two years later, Shelly is Facilities Manager for the entire Recreation Area (including that pool). “It doesn’t seem that long,” she says. “I still look forward to coming to work.”

In those first years, she was more enforcer than lifeguard. “I was busy reminding people about the rules,

such as only two guests in the pool at a time or that a shower was required before going in the water,” Shelly recalls. Soon, however, she was asked to work part of the time in the office and then to supervise the Rec Center maintenance. “The job sort of morphed in several directions,” she says. She learned everything from how to manage pool chemicals to designing posters to making department budgets.

Shelly became Facilities Manager ten years ago, now leading ten employees.

“We work as a team,” she says. The accomplishments are many: a reconstructed pool, remodeled locker and restrooms, redone Gazebo and garden and the “new” Fitness Center. “There’s still a lot to do,” Shelly says. “But I’m proud of what we do.”

*EDITOR’S NOTE: This section is to commemorate the founding of Leisure Village in 1973. Join us in looking back and reflecting on the pioneers, stories and traditions of life in the Village.*



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# VILLAGE ENTERTAINMENT



Stock Photo

The Platters to perform at Leisure Village.

## The Platters

Showtyme – Jennifer Stein

Showtyme Presents, an evening of golden hits with “The Platters.”

In 1953, The Platters were founded in Los Angeles, California. They were signed on to Federal Records while the group was working as parking lot attendants. Through

the years the group changed hands. Elmer Armstrong now leads this talented group of singers and musicians who accurately honor, “The Platters” name and their extensive repertoire with arrangements that will take you back to the good old days of doo-wop mixed with smooth soulfulness. Known for their countless hits in the 50’s &

60’s, the group is still highly relevant to popular music culture with timeless melodies loved by millions of fans across the globe. To experience The Platters live is a celebration of the evolution of classic music. The performance of The Platters at

Leisure Village is not to be missed. Mark your calendar for Friday, September 8th at 7 pm in the AR. Doors open at 6:15pm. Admission is \$10.00 per person.

If you have any questions please contact Jennifer @ 805 383-1518.

## Be Our Guest

Players Guild – Linda O’Neill

On the third Thursday of September, 9/21 at 7:30 pm in the AR, Players Guild will present Helene Cohen’s Acting Class: “Be Our Guest” to be sung by the entire ensemble. Ms. Cohen has designed a unique format where songs introduce the playlets. The first scene will be “The Dining Room,” starring Nalani Carson (Does she ever rest?) and Howard Wien. Next, “The Battle Hymn of the Republic” will precede “Gettysburg” narrated by Joe Feig (with Joyce Belcher). Dorene Blair sings “The Great Writer” prior to “The Brilliants” acted by Lewis Blair, Kathy Wien and Loretta Pisaniello. Roseanna Bellino-Strickland’s

“Broadway Baby” introduces “The Role of Della” with Dorene Blair, Lorna Bowen and Nalani Carson. Lewis Blair’s “I’ll Be There” and “Like a Virgin” sung by Lorna Bowen lead into “Late, Late Computer Date” with Judy MacAskill and Joyce Belcher. After that, Irv Feiles sings “Volare” which leads into “Amore” (written by Helene Cohen herself) with acting by Julius Hirsch, Roseanna Bellino-Strickland and Kathy Wien. The whole group joins in for the finale “I’m So Glad We Had This Time Together.”

In thinking about Leisure Village’s 50th Anniversary, it is important to acknowledge that there were individuals, strangers to each other, who came together at LV’s very beginning to celebrate “the Arts.” Of

—Please see **PAGE 10**

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## THE HEALTHY VILLAGER

By Jeannie  
Davis, PT, MPH

# The Bee's Knees About Your Knees

Approximately 25% of people over 55 years old will experience knee pain sometime in their lifetime. Some common causes of knee issues include trauma, arthritis (most commonly osteoarthritis), malalignment of the kneecap (patellofemoral syndrome), sprained ligaments, strained tendons and soft tissue, cartilage tears and tendonitis. The good news is some lifestyle changes, better shoes and appropriate exercises can make a difference and decrease knee pain and increase function. Sometimes Physical Therapy is indicated to provide education and exercises as well as some hands-on treatments to hasten the healing process. Kinesiotaping by a physical therapist can also help knee pain and swelling in many individuals.

The knee joint is not a simple hinge joint but a complex joint that

bends and straightens, along with some gliding motions, and kneecap (patella) movement in a soft tissue groove. This joint is most affected if walking in poor footwear and if we weigh more. In fact, for every 10 pounds of weight that is lost, approximately 50 pounds of loading is taken off our knee joints as we walk and bear weight.

If you experience knee pain, try using cold/ice first for 15-20 minutes while elevating your leg in a supported and comfortable position. If the knee pain tends to move around to different places and bothers you when you turn over in your sleep, you may have malalignment of the patella (which would need to be diagnosed by your physical therapist or physician). Usually going down stairs and curbs increases knee pain more than going up stairs. If your knee pain flares, avoid

any activity or exercise that makes it worse, but don't rest too long as the knee needs to move and walk. If knee pain continues and doesn't improve, contact your physician for diagnosis and guidance. If your knee feels better wearing a knee sleeve (especially for walking and weight bearing activities), purchase one with an open knee and keep the patella in the knee opening for best fit and function.

Some good general exercises for our knees include walking in the pool, walking with high end running shoes on land, and mini wall squats. Don't do any exercise that increases your knee pain or modify the exercise you are doing so it is tolerable. When you walk and turn around, lift your feet, and don't pivot on your feet as this causes torsion/twisting on the knee and increases risk of falling. When you go to our wonderful

gym in Leisure Village, you can do the pulley weight machines for your hips, leg press and bending your knee with light resistance in the comfort zone if tolerated. If you go to other gyms with weight machines, don't go on the knee extension machine with weights because it can stress your patella.

If we take care of our knees they should last us many years, but some of us might need a knee replacement surgery to fix knee arthritis, so we can function for many years more. If you think you have end stage arthritis, contact an orthopedic surgeon for a consult.

*Editor's Note: Jeannie Davis is an LV resident and medical professional. The information contained in this column is provided for educational purposes only. ILV readers assume full responsibility for the use of this information.*

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# ART IN THE VILLAGE

By Nicole D'Amore

## Lapidary, The Creation of Wearable Art

Three women found their creative muse in the exotic rocks found in the lapidary room in Leisure Village, polishing and wire wrapping them into beautiful pieces of jewelry.

Angelica Black, Gail Hillesheim and Aleta Howarth were eager to talk about their experiences with this unusual medium. Coincidentally, all three live in Village 11; Hillesheim and Howarth for 15 and 18 years and Black, only two years. All found the lapidary room early on.

"When I first moved here, the first week I started golf and the second week I started lapidary," Hillesheim said.

About 15 years ago Howarth heard the Village was thinking about closing the lapidary room for



Photo by NICOLE

Creations by Stoners Club member Aleta Howarth.

lack of use. A rock collector since childhood, she was curious about the facility and brought several friends to check it out. "When I came in I had no idea how to do anything. I wasn't even sure what a lapidary room was," she said. "I just knew it was a rock room and I was going to go play in there."

They took classes to learn how to use the equipment, a requirement for access to the room. Since then most of the equipment has been upgraded, she said. There are

—Please see **PAGE 11**

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**Trash Barrels**

Continued From **PAGE 1** —

There are products specifically designed to reduce odor in trash cans. Most stick to the wall or on the underside of the lid.

- Using one or all of the above listed items, insects were not a problem. However, I kept bug spray handy. I used one that created a perimeter and repelled pests. There are varieties of bug spray that are pet and child friendly.

- I kept some sort of disinfectant spray, like Lysol, handy for those unexpected odors. I sprayed it in the bin, not in the air.

- Keeping the bins clean is important. There are businesses that will do that for you on a call-by-call or scheduled basis. A quick search on the Internet turned up three in our area.

**The Poop Problem**

Over those ten years I had a big dog most of the time. Poop in the yard and poop from walks had to be dealt with. So ...

- The EPA says that the most

environmentally friendly way to deal with dog poop is to flush it down the toilet (without a baggy, of course).

- A dedicated kitchen-size trash can kept in the garage with a tight-fitting lid and odor-control bags can help with poop. I tied my dogs' poop in small plastic baggies. Most people here in LV do the same. The little baggies help contain odors too, especially when inside a larger, odor-control bag and receptacle. Again, I transferred the contents to the trash bin at the curb on pick-up day. Vented dog-poop receptacles with air filters are out there.

- Another option that I found on the Internet is a diaper pail. Diaper pails are designed to hold waste without stinking up the house. In the piece I read, this was highly recommended for apartment dwellers. Like frozen food waste, one must remember to take it out to the curb and put it in the trash bin on collection day.

- Sprinkling baking soda or a cat-litter-deodorizing product into the can or pail will help absorb odors

before they come out. Dog poop is acidic. Baking soda is an alkaline compound that can help neutralize the smell.

Most of this was necessary only in summer. Most of the year there was no odor. Is any of this perfect? Probably not. What in life is perfect? But, with a little effort, you do not have to have a stinky garage just because the trash bin is in it. And I can testify to that with ten years' experience.

**Be Our Guest**

Continued From **PAGE 6** —

course, a part of a total "Arts" package is a theater group. At first, there were two active theater groups which eventually became the one theater group we have today: Players Guild. Thank you to all the administration and Villagers who helped with this special production, held on Thursday, August 17.

Marlynn Block and Nancy Hulihan wrote and directed a rather challenging script to a successful conclusion. Honorable Mention to the dog walkers, the paint chip girls and the country line dancers who walked, danced and skipped their way through this production--not all of them are regular actors on our stage. The LV dancers, in marvelous costumes designed by Judy Kiskaden and Anne Marie Florio, joined a rhinestone-bedazzled Richard Weiss for "The Circle of Life" number. Paul Newman sang an upbeat "Kokomo." Roger Florio amused the audience with his humorous view of our community and its anniversary. Richard Weiss and Linda O'Neill sang a vocal-piano duet to "The Rose," backed by pictures of the development of this community from its beginning. The principals were Nalani Carson, Buster Hayslett, Chuck Kiskaden and Lynn Kremer who promised to tell the story and were very effective.

Thank you also to Mark Smith who directed the multimedia component of this show presentation, supported by Jeff Perkins on video camera. Wayne King and Macey Zarit, both long-time Players Guild actors and singers, put on different hats for this show and handled the lighting. "It takes a village."

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# Art in Village

Continued From **PAGE 9** —

sophisticated saws and polishing wheels and safety shields and goggles.

When they came in, they discovered mounds of rocks the men in the facility had cut and polished.

"The guys would put them in settings, but I wanted to do an odd shape and there were no settings for those," Howarth said. Someone told her about a man who taught wire wrapping so they contacted him and he agreed to teach them.

"When he was finished he said, 'that's all I can teach you, you guys have gone way beyond me,'" Howarth said. She got books, started copying things and improvising. She started teaching and her students included Hillesheim and Fil Barton, whose idea it was to form a club they called The Stoners.

Black has only been coming for six months but admitted she really found a passion for it. She was eager to learn wire wrapping but was told to wait for Howarth, who was on vacation, to return. But her vacation kept extending.

"Being a bit on the impatient side, I said I can't wait for Aleta," Black said. "My collection of rocks was starting to get a little big." So she went online and watched some you-tube videos. "I started what I thought was simple and I would watch it over and over," she said. "Then Aleta came back and I asked her for advice."

"I said you're better than I am already — there's nothing I can teach you," Howarth said. Now Black is teaching classes herself.



Photo by NICOLE

From left, Angelica Black, Aleta Howarth and Gail Hillesheim, Stoners all.

"I kind of have the bug so bad I have a little work table next to the bed," Black said. "My husband knows if I turn to the side, I'm working on something."

They use many different types of wire from sterling silver to galvanized aluminum which is great to work with, they said. Also, most people who have allergies to metal can wear aluminum, Howarth said.

They usually start with three wires, wrapping around the front, back and sides of the stone, the wires coming together at the tip forming a bail for the necklace to go through, they explained. The left-over wires can be bent and curved into shapes to form the design.

Black showed a piece where she had woven the wire like thread to go around the edges.

"We are all a little different in design and wire wrapping," Hillesheim said. They go through phases in the different stones they

like, including jasper, travertine, serpentine, calcite, aventurine, fluorite and quartzite. Sometimes they have no idea what it is except that it's beautiful, they said.

Hillesheim said she likes obsidian. "You can polish it until you can see your face in it," she said. She wants to try more pieces with petrified wood and was wearing a necklace she made from pieces of lapis lazuli.

"If something catches my eye, and I get an idea, that's what I do. If I think I can do it, I try it," she said. When she got tired of jewelry, she started making mixed media paintings using shapes of rock.

"For me the most enjoyable thing is finding the most interesting pieces people have left behind and what I can make out of it," Black said.

And designs don't always work out as planned.

"Aleta taught me a very good lesson," Black said. "She said to me, 'remember, people don't know what you meant to make.' That kind of freed me a bit."

"I am not an artist," Howarth said. "I am more a copy and tweak-er, sort of a precisionist — which is one of the nicest things about this, you do not have to be an artist.

If you are an artist you'll get very creative and do different things like she does, or she does," she said, indicating the other two. "But you don't have to be an artist to do this."

Classes are taught in the lapidary room on Tuesday and Friday afternoons and Thursday evenings. For information, contact Black at 949-287-1206.

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SCAN ME



## THE NATURAL VILLAGE By Max Copenhagen

# What's Up Rabbit?

The question has been asked around the Village, "What happened to all the rabbits?" It is not covid, but rabbits are suffering from their own deadly disease this year.

Rabbits and hares are small mammals in the family Leporidae. Although once considered rodents, rabbits have been found to have some traits rodents lack, like two extra incisor teeth. When the Spanish explorers arrived here in the 1700's, there were so many wild rabbits, (conejo in spanish), they used the name for the place. Easy to hunt, they were a mainstay of nutrition for Native Americans. There used to be lots of rabbits in the Village, munching happily on the golf course; but I have not seen any this year. The coyotes must be very hungry.

North America's rabbits are at risk. The problem is Rabbit Hemorrhagic Disease, RHD, a highly

contagious and fatal disease that is caused by a couple of viruses. RHD Virus Serotype 1 affects domestic rabbits and wild European rabbits. RHD Virus Serotype 2 affects other species of rabbits, including wild jackrabbits and hares and wild American cottontails.

The disease originated a decade ago in European rabbits, which comprise most domestic rabbits sold in the U.S. RHD is endemic in Europe, Australia and parts of Asia and Africa. Considered a foreign animal disease, cases caused by RHDV1 occurred in the United States in 2001 and Canada in 2011. A newer strain, RHDV2, emerged in France in 2010 and has since spread across Europe and Australia. It arrived in Canada in 2018, leading to cases in domestic rabbits in Ohio and Washington. In 2020, a widespread outbreak of a genetically



Courtesy Photo

Desert cottontail rabbit.

different strain of RHDV2 emerged in wild and domestic rabbits in the southwestern U.S. In February 2023, it was detected in domestic rabbits in Sacramento County and in wild jackrabbits in Santa Clara County. The new variant, RHDV2 is a particularly severe disease with a mortality rate of 90%+ and it has all but wiped out wild rabbit populations across Europe in the last few years. Climatic variables like changing temperature and precipitation are not likely factors. RHD is not contagious to humans, dogs or cats.

As the population of rabbits drops, it can be devastating to other

wildlife. Wild rabbits are part of our wildlife food chain and predators like coyotes and mountain lions depend on them for food. Rabbits tend to have a big impact on their environment because they are primary herbivores. As rabbit populations deplete, not only do predators lose a valuable food source, but the plants they graze may overgrow, increasing fire hazard. It is not yet known if the impact of the virus will be ecological change. Residents are asked to report dead rabbits they may come across and to disinfect their shoes and wash their hands.

For more information, see <https://cahfs.vetmed.ucdavis.edu>

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## AROUND THE VILLAGE

### A Little Help From Friends



Photo by DANIEL STITES

Volunteers from the Women's and Men's Golf Clubs helping to spruce up the display section of the Rec Center courtyard. L, Sharon Price and R, John Chious.

### Early Octoberfest Chicken Dance



Photo by JANICE MELLING

Sorry for the ear worm. Three young chicks were released in the farmers gardens a few weeks ago. The mystery lingers.

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52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63,



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## CLUB NEWS

### SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello Villagers, Parties, Parties, Parties, what fun summer brings us. The Saturday Night Dance Party has a party two times a month (2nd and 4th Saturdays.) If you are having a celebration come join us and dance to live musicians or just listen to the live music.

September 9th will feature Michael Falcone (Let's all welcome the new group.) The lesson will be Fox Trot. September 23rd music will be from Tropic Star with the lesson Cowboy ChaCha. The theme will be Wild West. \$10.00 admission per person includes dance lesson. 6:30 - 7:15 lesson, 7:30 - 10:00 dance. Dress is Western Style if you wish to join the fun on our great dance floor. Kick up your heels with a big smile.

We are celebrating Leisure

Village's 50th anniversary with a dance card from now until the end of December. Every 4th dance will be free to Village residents. For your card call Jackie Nelson at 805-340-9513.

### LV APPLE COMPUTER CLUB

By Louis Lapides

Did you frantically search for the manual in that small box your iPhone came in? Couldn't find it, could you? Now you sit with your shiny, brand-new iPhone and have no idea how to operate it. You tried the Apple Store, but the classes were too fast-paced. You asked your grandchildren to help, but they are too young to understand the questions seniors ask about smartphones. You have nowhere to turn. What you are looking for is the LV Apple Computer Club.

Our next meeting is September

### LV Library Art Exhibit

Chi Chun is the artist exhibiting in the library during September and October. She will be exhibiting an assortment of artwork including watercolor, pencil drawings and pen and ink with watercolor, everything but oil paint, she said.

Chi taught elementary and preschool classes in the Cerritos area for about 12 years. After retirement she took drawing and watercolor classes at the ABC Adult School in Cerritos.

Since coming to Leisure Village, she has enjoyed taking Kathy Whitesell's watercolor classes offered through the Village Arts Club.

Children and nature are among her favorite subjects to draw and paint and she is look-



Photo by NICOLE

Chi Chun showing one of her drawings that will be seen in the September and October art display in the library.

ing forward to learning how to draw on her iPad to illustrate children's books she has written.

27th at 1pm in the Garden Room of the Rec Center, and our topic is "Welcome to iPhone Boot Camp." Our club has the missing iPhone manual Apple forgot to include in the box. All are welcome! Bring your friends and your smartphone.

### LV PHOTO CLUB

By Chuck Morrow

The Photo Club held the August meeting on the 2nd with the theme of "Old Buildings" in the Assigned Category. The membership participated in a new form of judging of the photos submitted. The members in attendance at the meeting were the judges of the

photos and were able to use the skills they developed from listening to outside judges to score the photos.

The winners for August were: Assigned Category - Doug Demers - "4 Sale As Is Low Price" Open Category - Richard Boghossian - "The Birds" Mobile Category - Barb Corey - "Gone Fishing"

The Assigned Theme for September is "Shadows" and everyone with an interest in photography and improving their photography skills is encouraged to attend the next meeting. For more information regarding the Photo Club contact Melody at h20baby10@gmail.com.

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# CLUB NEWS

## YE OLE WOODCHIPPERS

By Bud Bradley

July's numbers picked up a little with 11 repairs for Villagers, 5 quick fixes added and 3 repairs for the Village. As we go to press, Chuck Russel is on the mend, and is an active participant in our quest to help keep Villagers safe from broken chairs. The new belt sander was made operational by Chris and Pirate and is now running full time. This month's photo shows the new wine barrel table fashioned for a Villager and highlights the versatility of some of our own woodchippers.

The Woodshop is open from 10am until noon, every Wednesday and Thursday, to accept your repair requests. During those hours, the Woodshop will be operated by Woodshop Committee members only. There will be no charge for these services unless special materials are needed to complete the repair. Finally, we gratefully accept donations for these services to help keep supplies and equipment up

to date. Keyholders are asked not to work on their own projects during these hours.

The Woodshop is open 7 days a week for keyholders. Notices and Rules of Operation are taped to the main woodshop door. Please make sure to sign in and out and clean up your workspace as a courtesy to those that follow. If you wish to become a keyholder,



Photo by BUD BRADLEY

A beautiful wine barrel table custom made by ye olde woodchippers for a Villager, crafted by Chris Bjornberg.

you can contact Pirate or Bud on Wednesdays or Thursdays at the shop to make an appointment to be checked out. You can also reach us by email at the addresses below.

For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

## PLAYERS GUILD

By Linda O'Neill

Players Guild Board of Directors welcomes prospective directors to present their choice for the "April, 2024 Big Play" on Tuesday 9/12 at 10:30 am in the Sun Room.

Notes from the Players Guild Board Membership Chairperson, Jani Klebenow: a \$10 dollar per year membership gives one the right to attend, perform in and support the monthly shows. Memberships help to fund our eight monthly shows and our big show in April, particularly in terms of script purchase, costumes and set design.

The new Leisure Village Chorus will be run together by Players Guild veteran Dorene Blair (as conductor) and Marlene Cooper-Williams (as piano accompanist.) The group meets twice a month on the first and third Tuesdays of the month at 1 pm, usually in the AR or MPR. Mrs. Blair states "Right now it's a no pressure afternoon of singing together, enjoying the

company and the music." By the way, singers can bring their own music or suggestions for the group. Questions? Dorene's number is 781-248-3144.

## MAVERICKS CLUB

By Vera Erskine

Casino Night – Friday, September 22, 2023, in the Assembly Room from 6:30 to 9:30pm. Experience the Vegas feeling right here in Leisure Village. Tables for Roulette, Blackjack, Craps, Texas Hold'em and Let it Ride will be available. Exchange your ticket for playing chips. At the evening's end, exchange your remaining chips for raffle tickets. Prizes: 3 Vegas stays (3-days/2-nights). Wine, beer, water and snacks will be provided.

Ticket sales start September 4, and the cost is \$30 per person. Contact Geri DeSimone, 805-484-7308.

The Club is looking for committee members and new ideas. If you are interested, contact Club Officers Marge Sarno, Geri DeSimone or Vera Erskine.



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# CLUB NEWS

## WII BOWLING

By Lois O'Connor

What is Wii Bowling? Wii Bowling is a computerized bowling game. The bowling lane is displayed on a TV screen. At the end of the lane ten bowling pins are displayed. They are in the same formation that they would be at a bowling establishment. Four little icons represent the human players. An icon is assigned to each participating player (bowler). The bowler uses a remote to place the icon at the starting point of the ball delivery. Using the remote the bowler can throw a straight or a curveball. Scoring and rules are the same as the game in a bowling alley. If you like bowling you will probably enjoy the Wii Bowling game.

There are four TVs in the Wii Bowling room and four game boxes used to set up the Wii games.

The club has four bowling sessions. Each session may have up to sixteen bowling participants. The Wii bowling room is in the Village Club house, Ventura Room. If interested in participating, contact club president, Debra Pettit at 805-504-6774.

## RACQUET CLUB

By Sharon Wilson

Our annual summer picnic was a great success enjoyed by over 100 members and their guests, with barbeque, side dishes and desserts

galore. Several new Villagers joined the Racquet Club. In addition to the water balloon toss there was a cornhole competition run by Mark Z. A dozen teams battled it out in a double elimination contest. The day ended with a rambunctious water balloon fight that sent more than a few attendees scurrying through the picnic area.

Our next tournament will be pickleball on November 11th and paddle ball on November 18th. Watch for tournament sign up sheets in the bulletin board at the courts.

The July craft and garage sale fund raiser was a huge success. The Pavilion was a buzz with over 40 sellers. Many of us were able to rid ourselves of items so someone else could enjoy them. Some of us found treasures for ourselves as well.

Summer pickleball lessons with Lynn and Dirk ended in August. I observed one of the lessons and noticed several new faces. I also learned that beginners have an entire year to learn how to score pickleball. Good to know. Thanks to Lynne and Dirk for once again teaching. Check the bulletin board at the courts for upcoming lessons. The next general meeting is October 14th, 7pm in the MPR. See you at the courts.

## BILLIARD CLUB

By Patrick Price

Although the Billiard Club has no events scheduled for September,

October will change all that. Our last tournament of the year, Scotch Doubles, will start on Monday, October 2nd. Sign-up sheets will be up in mid-September. Scotch Doubles has some different rules and we're hoping for a lesson or two, to figure them out.

Our next membership meeting will be Tuesday, October 24 in the MPR at 6:30pm when tournament awards will be presented. This is also the meeting when we select a new Billiard Club board of directors.

Of course, the new year (2024) will bring more tournaments, starting in January, and activities. So, join the Billiard Club for \$10. Contact Kathy Wirtz 818-445-1057 for membership.

## MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf has continued to have an active schedule over the past two months (author has been sidelined.) In addition to our weekly Tuesday tournaments, there have been two Regulation Tournaments at Olivas Links and Sterling Hills (events at outside locations) and our summer Match Play tournament.

Bruce Hochstadter has played some exceptional golf, winning the A Flight in both the Olivas and Sterling Hills tournaments. At Olivas, Tom Niemann won the B Flight and Jack Bozajian logged a birdie, a closest-to-the-pin and a longest putt. At Sterling Hills, Dave Bengtson won the B Flight and logged two birdies, a closest-

to-the-pin and a longest putt. Quite some play!

The LVMGA Summer Match Play tournament pitted 15 of our players in a head-to-head, hole-by-hole competition. Each hole is a separate competition and whom-ever wins the most holes moves on to face another winner until all but two golfers are remaining. In that case, the winner of the final two competitors wins the tournament, which in our case was Steve Lancaster.

Well done, Steve!

Our September event will be the Al Fox Harvest Golf and Picnic Tournament, which will be a mixed golf outing.

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines of different varietals and to explore wine regions around the world. Our August tasting featured wines from Amador County in the Sierra foothills of northern California. Our wine Steward was Jon Niemann.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents and guests are welcome. Bring two glasses and water. Each session is \$15 per person.

Reservations are highly recommended. To get our monthly email invitation, drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

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# CLUB NEWS

## LINE DANCING

By Deborah Bjornberg

We have a new line dance class starting the 16th of September in the AR at 10 AM for 10 weeks. This class is a slow introduction for brand new beginners who want to learn the tools they will need to be successful line dancers. You will learn about the clock, the steps, who and what is Cooperknob. Just everything you need to be able to line dance. During this time you will learn 4 or 5 dances that you can dance when you come into the larger Friday Line Dance group.

This class will be led and taught by Sharon Ellis and Eunice Beasley, two of our dedicated line dancers. This class will rotate on 10 week cycles the next starting in January. If you want to come out and have a good time contact us via email pogosam@outlook.com or phone 805-482-7561.

We will be keeping the class size to about 20 to be sure that we can spend the time we need to teach effectively. If you know you will be out this Fall traveling or with other commitments, please wait until the next session starts. Let us know what session you would prefer. We will keep a wait list and first come first serve.



Photo by JIM MURCHIE

Line Dance Club putting a spin on the 1990's decade with a dance to Achy Breaky Heart with Nellie Uichanco, Eunice Bersley, Jeanette Fisher, Martha Foster Custis, Dina Appleby, Valerie Watterson, Ann Marie Florio and Deborah Bjornberg.

## CLUB CALENDAR

**Bridge:** Come join us playing duplicate bridge on Monday and Wednesday evening at 6:45 in the Garden room. New people are always welcome. If you need a partner call Vonnay Brook @ 805-586-7155 or 909-225-6100

**Great Decisions** meets on the 4th Monday of the month at 9:30 in the Sun Room. Please join us for stimulating discussions on such topics as Politics in Latin America, Iran at a Crossroads and Climat Migration. **The LV Apple Computer Club**

meets every month on the 4th Wednesday at 1pm in the Garden Room. Each meeting includes a hands on presentation geared towards seniors on various Apple products and programs. Everyone is invited. For more information, please contact our club president Louis Lapides at 805-490-3127 or LsLapides@earthlink.net

**Morning Stretch:** Monday through Friday 8:30am and 9am in the Pavillion.

## VILLAGE ARTS

By Patti Crichton

Our next Village Arts meeting will be in the Gazebo Garden on Wednesday, September 6th from 1-3pm. Instead of getting together in the MPR, we will display our paintings on A frames around the pathways of the garden. All Villagers are invited to come and enjoy the artwork. Light refreshments will be served.

Chi Chun will be displaying her paintings in the LV Library for September and October.

The three monthly watercolor classes with Kathy Whitesell will be on Monday, September 11th at 1pm and Friday, September 15th at 1pm and 2:30pm. Sign up by texting Patti Crichton at 805-760-7673. Classes are \$10 for Village Arts members and include all materials.

To join Village Arts, come to the Gazebo Garden on September 6th between 1-3pm and sign up with President David Kiefer for \$10/year, or call him at 805-419-4688.

I hope you read the excellent article about Kathy Whitesell in the August Inside LV by Nicole D'Amore. Kathy encourages artists of all levels from beginner to experts to come and paint. The watercolors are shown each month in the glass case of the Recreation Center courtyard.

## LET'S DANCE CLUB

By Patrick Price

In September, "Let's Dance!" will present the group Coastal Drive who play Classic Rock with a SoCal vibe. Dances are on the third Saturday of the month, from 7:30 to 10:00pm. This one will be on September 16 in the AR.

With admission of \$10 per person coffee, water and punch will be provided. It's BYOB for anything else. There will also be a 50/50 give away. So, come and dance the night away to your rock and beach favorites.

'Let's Dance' has some great

—Please see **PAGE 18**



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# CLUB NEWS

## Let's Dance

Continued From **PAGE 17** —  
volunteers but more are always welcome.  
Contact Sue Lind at 559-304-1650 if  
you would like to help the others.

## WOMEN'S GOLF

By Patti Crichton

Thanks to all who organized the  
successful mixed TeeTimers Tourna-

ment and luncheon!  
We enjoyed the fifth Wednesday  
Match play. Mark your calendars for  
the Harvest Tournament and picnic  
hosted by the Men's Golf on Tuesday,  
September 26th. Buy your tickets!  
Wednesday morning play begins at  
8am. Please arrive early to check in at  
the golf shack with your \$2. The next  
Women's Golf meeting is Wednesday,  
September 13th in the Garden Room.  
Social time begins at 1:30 and the  
meeting starts at 2pm.

## Live Theater for All Ages

Conejo Players Theatre continues  
to bring the community wonderful  
entertainment.  
Shakespeare's *Romeo and Juliet: The Greatest Love Story Ever Told*  
opens Sept. 8th and runs for 2 week-  
ends only. It's 1935 – and the Great  
Depression is upon us in Verona,  
Mississippi. But it's Romeo and  
Juliet's youthfulness and unbridled  
love for each other that provides the  
hope for a new beginning.  
Opening on October 13th and  
running for 2 weekends is the youth  
production of *Once Upon a Mattress, Youth Edition*. This musical is a spin  
on the classic tale The Princess and  
the Pea and provides some side-  
splitting shenanigans.  
Check out what's coming up  
in November and for 2024 on our  
website.  
Conejo Players Theatre is located  
at 351 S. Moorpark Road, Thousand  
Oaks. For tickets and more informa-  
tion, visit conejoplayers.org.

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# CLASSIFIED ADS

To submit a classified ad please include your full name, address and phone number (info for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion (phone number = 1 word, email = 1 word). Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD. The envelope can be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome, or placed in the wood box next to the garden and sewing room in the LV Recreation Center. Questions? Call Barbara @ 805-482-9097.

## DEADLINE for the next publication is 5pm on Friday, September 22.

**ESTATE SALES & LIQUIDATION** by two nice ladies. Need help moving or downsizing? We're here to help. Call Sandy 805-795-3445

**MOBILE NOTARY:** Offering notary services in the comfort, convenience and privacy of your own home. Call for an appointment today 805-217-2714 Kathleen Simpson

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Having issues with your computer, cellular phone or smart device we can help. Leisure Village residents receive 25% off. Call Code Blue PC Repair today! 805-622-7303

**LAPTOP SALES/SERVICE:** Used Mac and Windows laptops for sale or service. Accepting laptop donations for seniors and students. Reasonable pricing and senior friendly. Jon @ Laptop Rescue 805-402-0903

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**PHYSICAL THERAPY IN YOUR HOME:** over 30 years experience, excellent references, integrative approach for chronic pain and mobility issues. Leisure Village homeowner. Jeannie Davis PT, MPH. 818-693-1002 JD-Dphysicaltherapy.com

**CAT SITTER** - finally you can travel. You can depend on me. Take care of your cat, plants, bring in your mail and paper. Marlene Collins 818-419-2159 Village resident

**LOST CAT** since February. Female Tabby 7 years old. Chipped. Last seen on Upland & Mission Oaks Curious and Friendly. Reward to Her return. Kimberly laporte@hotmail.com 805-231-5045

**READY FOR INTERNATIONAL TRAVEL?** Retired law enforcement & LV resident will plan/escort your next great adventure. Travel with peace & security! FBI cleared & CPR certified. Sean 949-287-1207

**PERSONAL ASSISTANT/DRIVER.** Airport, shopping, doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or parttime. Your card. References available. Art Silver 805-630-9125

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**CEMETERY PLOT FOR SALE:** Conejo Mountain Memorial Park, Camarillo, Ca. \$11,450 Plot is in Beth Shalom Section. Pictures available upon request Call Rachel 678-463-5993

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Are your windows in need of a good clean? Call Island View Window Washing for sparkly clean windows. 805-825-8709 Islandviewwindowwashing@gmail.com

**Hugo's Garden Services:** lawn and garden maintenance. Cleanup, tree pruning and removal, sod/seed installation. Over 23 years working in Leisure Village, LV references 805-482-0985 or 805-216-8835

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## Disasters don't plan ahead, but YOU can!

*In a disaster, local officials and first responders cannot reach everyone immediately. You and members of your community need to be prepared ahead of time.  
Be prepared at all times to shelter in place.*

### September is National Preparedness Month, increase your readiness weekly.

**Week 1: Make a Plan.** Plan ahead and talk about how you, your family and friends will respond and communicate during and after a disaster.

**Week 2: Build Kits.** Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Have kits at home, in your car and at your workplace. Update your kits and supplies regularly.

**Week 3: Prepare for Disasters.** Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of earthquakes, storms and other common hazards. Act fast if you receive a local warning or alert.

**Week 4: Teach youth about preparedness.** Talk to youth in your life and prepare them for emergencies so they know how to respond. Plan what to do in case they are separated from others. Reassure them and help them feel capable of responding in a variety of situations to reduce the chance of panic.

### Earthquake Readiness

#### **Home preparation before an earthquake:**

- Place earthquake putty under fragile keepsakes on shelves to help hold them in place.
- Do not hang heavy items near beds, couches and any place people sleep or sit.
- In pantries, closets & shelves, store large, heavy, breakable or messy items on the lowest shelf closest to the floor. (example: in the pantry, think of items like soy sauce, oil or syrup and anything liquid, heavy or messy and place those at the bottom to reduce the messy damage that would come from them falling to the ground,
- Use earthquake straps to anchor top-heavy, tall and freestanding furniture to wall studs to keep them from falling over (bookcases, china cabinets, etc.)
- Have fire extinguishers handy. Fire is a common hazard after earthquakes.

#### During an earthquake:

##### **• DROP, COVER and HOLD ON**

- Pick safe places in each room of your home & workplace (under a large piece of furniture or against an interior wall away from windows – learn about the 'triangle of life.')
- Practice drop, cover and hold on in each safe place so that it comes naturally.
- If you are in bed, stay in bed. Curl up, hold on and cover your head.
- If you're outside during an earthquake, try to get as far away as possible from buildings, power lines, trees and streetlights as possible.
- If you're in a vehicle, pull over to a clear location and stop. Stay inside with your seatbelt fastened until the shaking stops. After the shaking stops, avoid bridges, overpasses and ramps that may have been damaged.

**Lightning Readiness:** Until historic lightning occurred in August 2020, lightning wasn't something many Californians talked much about. According to National Geographic, between August 15-19, over 20,000 lightning strikes occurred in CA, which contributed to hundreds of fires.

- Surge protection – Protect electrical equipment and appliances with surge protective devices (think TVs, computers, appliances, and any life-sustaining devices that rely on electricity.)
- "When thunder roars, go indoors!" Seek shelter in a substantial building or a hard-topped metal vehicle as fast as you can.

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