

# INSIDE LEISURE VILLAGE

VOL. 44 NO. 2

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

FEBRUARY 3, 2023

## VILLAGER PROFILE

By Jon Niemann

### Andy Nelson, A Sense of Adventure

On Thursday December 15, 2022, Andy Nelson of Village 4 was sworn in as a board member for the Camrosa Water District. It was a providential day for Leisure Village and the customers of Camrosa's water distribution system. Al Fox had been

him through the process.

Andy, his wife Kelly and their English Golden Retriever, Sky live in a beautifully redesigned standalone El Dorado model that backs to the golf course. Their route to Leisure Village, as it has been with many in recent years, was through parents who bought in the Village years ago. In the Nelson's case, Kelly's mother and father lived in the Village. Kelly and Andy began spending more time here, traveling back and forth from their home in Minnesota. They reached a point where they rented one in 2012, eventually purchasing a Coronado model in Village 5.

Andy spent his formative years in the Twin Cities of Minneapolis/St. Paul. He loves Minnesota for the various outdoor activities and the season changes. He



Andy and his youngest brother, Tony, canoeing on the Seal River in Ontario, Canada.

a member of the board for over 20 years and was ready to step down. He introduced Andy to the board as a potential replacement and mentored



Andy at Mt. Lanin Volcano, Lanin National Park, Neuquén Province, Argentina.

did not survive the winters, he thrived in them, exploiting the sporting opportunities of snow, ice and cold. The summers came with long days and extraordinarily beautiful countrysides with vast rivers. They were opportunities for fishing, hunting and exploring; Andy made the best of them. His natural affinity for nature would lead to increasingly adventurous journeys and trips to places like Hudson Bay where they would canoe the Seal River, sparring with Polar Bears for

good fishing holes. That particular trip took a month. A regular scheduled trip to the Bob Marshall Wilderness in central Canada for elk hunting continues to be part of his bailiwick. Recently, Andy took a trip to Iceland to view a newly sprouting volcano. He is the quintessential outdoorsman with a Hemingwayesque sense of adventure.

He worked his way through the widely admired Minnesota public

—Please see **PAGE 8**

## HISTORIC REFLECTION

By Max Copenhagen

### Pioneers of Leisure Village

Driving past the green groves of apricot and walnut trees, the pioneers eagerly anticipated their new life. The sales agent had assured them this would be the right place for them, a good place to enjoy retirement in their golden years. It was a bright warm day and they looked forward to living and playing in the beautiful California sun and mild climate of Pleasant Valley.

They did it, sold out, pulled up and

moved west, casting their lot and taking their chances on the future. A new community was forming, a community of pioneers, who decided to change their busy lives and settle in a peaceful place, a promised land. It was not easy getting there. The freeways were still being built. But, taking the old country roads, they eventually found their way to their property near Conejo Creek, named for the abundance of rabbits.

It was 1973 and these were the early settlers of Leisure Village, an exceptional planned "all-electric" senior community being built on the edge of Camarillo. They looked forward to living in a gated community with excellent security and being free from the demands of home maintenance.

When the 5,500-acre Camarillo Ranch went up for sale in 1963, Leisure Technology bought 415 acres. The

development plan for Tract No. 2265 was approved in a Resolution by the City Council on June 14, 1972. With half of the development reserved for a golf course and other green space, the Village began to grow among the surrounding beet and bean fields.

There were other signs of growth in the area. New homes were gradually being built in the nearby hills of Mis-

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- Sylvester Scott - Village 30**
- Joyce Tusso - Village 18**

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

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### Letters

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### March 2023 Edition Deadlines

Club News, articles and letters: Wednesday, February 15. March issue will be available Friday, March 3. Send news, articles & letters to [insidveditor@gmail.com](mailto: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."

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# ART IN THE VILLAGE

## Spinning, Knitting, Loving It

By Nicole D'Amore

Betty Boghosian loves knitting, weaving and other fiber arts. But adding another layer of creativity to her pieces, she spins the yarn herself!

It was a love of angora rabbits that led Boghosian to spinning 18 years ago. "I decided I'm going to raise angora rabbits," Boghosian said. But, being rabbits, they soon inundated her with fiber. "I said, hmmm, I'm going to have to do something with it. I guess I'm going to learn to spin."

Living in Maine at the time, she bought a used wheel and took lessons. She described learning to spin like "patting your head and rubbing your belly" at the same time.

"It's hard at first but once you get the hang of it, then you can do it," she said. "I always tell people who are learning not to give up because at that moment you say, I can't get the hang of this; it's the next moment you get it. It's not that difficult." She says it took her about a month. "Then it's a matter of refining — how thick, how thin and keeping it consistent — another three to four months. Then you're evolving throughout your life."

"When you touch fiber either you love it or you don't — you can imagine the possibilities," she said. "You get to be a little bit of a yarn snob. Just the touch of it, the smell of it — it's kind of intoxicating."

Since she and her husband Richard moved to Leisure Village two and a half years ago, she has become active in the quilters club. From the yarn she spins, she weaves, knits and crochets sweaters, caps, shawls and socks and makes felted bags, among other things.

"Most of what I make I give away," she said. She has two spinning wheels, a large Kromski Symphony, Saxony style, and a fold-up Lendrum. It's quite a process, from wool off the sheep to finished creation. She buys wool from friends in Maine who raise sheep, or she orders it from other sources. Once it arrives, she has to continue to clean it and remove any debris and second cuts, or shorter pieces.

She explains how she spins a single ply and can combine them into two-three- and four-ply yarn, depending on what she wants to use it for. The faster she spins, the thinner the yarn.

"It's wonderful because you kind of

step back in time when life was a little more simple," she said. "It becomes meditative. The wheel becomes an extension of yourself," she said. "I don't know anybody that spins with their shoes on and I don't know a single person who weaves with their shoes on. It's something about the feel of it, it becomes a part of me."

Growing up in Maine, her introduction to fiber arts began early. "I learned to crochet from my grandmother when I was six years old," she said. "I think I made a million granny squares as a kid."

Over the years, Boghosian learned knitting and then weaving and felting. "I don't do much felting here because it takes a lot of water," she said. "That was the biggest adjustment moving from Maine. Also I don't need a lot of chunkiness here. Socks are probably my most favorite thing. I can wear them with my Birkenstocks."

Boghosian began suffering from Meniere's Disease in her early 20s, gradually losing her hearing in first



one, then both ears. She wears hearing aids but over time they will no longer be effective, she said.

"I rely on reading lips to fill in the blanks," she said. "I manage the disease through dietary and lifestyle changes." Since moving to California, she hasn't had vertigo, a symptom, and doesn't have the allergies she had in Maine. "Right now it's holding steady," she

—Please See **PAGE 10**

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# AROUND TOWN

## At the Murphy

Ernie Chavis, a Leisure Village Resident, is on the Board of Directors and serves as a Docent Coordinator at the Murphy Auto Museum in Oxnard. He is one of the longest-serving docents at the Museum.

At the end of 2019 a very special car was donated to the Murphy Auto Museum. A fully restored 1963 Jaguar XKE became a part of our permanent collection. As you can see from the photos, the car is in fabulous condition. Enzo Ferrari said this was the most beautiful car he had ever seen when it was introduced to the automotive press, and most people agree with that sentiment.

Ernie decided that this car would be the perfect representative of the Murphy Auto Museum. He has "adopted" this car, seeing that it is in good running order and



Courtesy Photos  
The 1963 Jaguar XKE on display. Below, Ernie is all smiles sitting behind the wheel.

personally preparing it for various car shows and events. He attends these events with the Jaguar and has talked to thousands of people about the car and our museum.

It's a great match, Ernie and the Jaguar. Come to the Murphy and see the Jaguar in person!



### 50<sup>th</sup> Anniversary Your Photos Still Needed

Last month we mentioned a couple names to contact regarding photos, this is a correction to that message. Melody Zaida, the 2023 president of the LV Photo Club has stepped up to help organize and prepare photos for the celebrations and upcoming articles. You can contact her at: 805-729-7603 or email her at H20baby10@gmail.com.

### Share Your Memories of the Early Years

We are looking for memories of Village life, historical highlights and origins from each club. Please send an email to insideditor@gmail.com. We are really looking forward to sharing these memories with our readers.

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# VILLAGE ENTERTAINMENT

## Music & Movies

LV Music Club - Marci Lapair

The Music Club's January Open "Mic" Night was a huge success, jam packed with wonderful entertainment. To the delight of the large audience, the program was opened by the Badrock Canyon Bluegrass Band which consisted of 5 villagers, Bob Bueling, Pat Cronin, "Boggie" Boghosian, Allen Bridges and Jeff Rach. One of the songs that the audience rocked out to was Rock Me Mama. This newly formed band had only played together 3 times. Bob Bueling and Jim Best, accompanied by Richard Weiss, sang the song Crazy that they dedicated to long time Leisure Village resident and Music Club member Ann Steigerwald. This was always Ann's favorite song and loved to sing it at Open "Mic" Night. Richard Weiss also played a beautiful version of Crazy on the piano. Richard was not scheduled to perform that evening, but came just to play the song in honor of Ann.

The next Open "Mic" nights will be on Friday, February 3 and Friday, March 3 at 7:00 pm in the AR. Open

"Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks. We would be happy to hear from you if you have a talent such as singing, playing a musical instrument, dancing or have a comedic talent. If you are interested in performing at our March Open "Mic" Night please contact Dick Guttman at 805-484-5806, no later than Wednesday, March 1.

On Monday, February 6 at 7:00 pm in the AR we will screen the movie *The Lincoln Lawyer*. Mickey Haller, played by Matthew McConaughey, is a fast-living, freewheeling lawyer who works out of the back seat of his classic Lincoln Town Car. He knows all the ins and outs of the legal system and how to exploit them for his clients' benefit. After agreeing to defend a wealthy young man accused of rape and murder, Mickey suddenly finds himself embroiled in a deadly game of violence, vengeance and deception that threatens to not only end his career, but also his life. The movie is rated R and is 119 minutes long. Doors will open at 6:45 pm. Nobody will be allowed to enter the AR until that time. The Recreation

Center will be closed on Monday, February 20 due to the Presidents Day holiday therefore we will not be screening a movie that evening. Movie nights are always free to all the Villagers, and we even provide the popcorn!

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 Debbie Goodman 818-523-0731 or Marci Lapair 818-399-0843.

## February Fun!

Showtyme Presents - Jennifer Stein

Valentine's Day, also called St. Valentine's Day and The Feast of St. Valentine, is an annual celebration of love and affection celebrated worldwide. Each country has different traditions in celebrating Valentine's Day.

Shakespeare helped romanticize Valentine's Day in his work. It gained popularity throughout Britain and the rest of Europe. In Verona Italy, the home of Romeo & Juliet, to date, millions of letters arrive annually addressed to Juliet asking for love advice. In Portugal, it is still typical to wear beautifully embroidered scarves for the

day. No matter what part of the world you are celebrating Valentine's Day, there are different ways to celebrate one's feelings. Whether it's with tokens of gold, flowers, gifts or cards it shows strong feeling for someone. Another way to celebrate Valentine's Day is with laughter. Laughter shows emotions of pleasure, it stimulates one's body and makes you feel happy.

On Friday, February 10th, Funny Girl Events & Showtyme join together for My Funny Valentine Comedy Event! Enjoy a high quality stand up show with comedians Steph & Tom Clark. Their comedy style is interactive, high energy and makes everyone feel like they're a part of the show. Mark the date for Friday, Feb. 10th at 7:30pm in the AR. Doors open at 6:45pm.

Non-Members \$5.00 donation. 50/50 Raffle has 2 winners. Annual —Please see PAGE 11



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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH



Organic Do's and Don'ts

There is so much information regarding food and whether we should be eating organic or inorganic. Research can sometimes be so confusing and there is information overload when using the internet for research, and sometimes websites do not provide accurate information and advice.

First, what is the difference between organic and inorganic foods? The difference is how the food is produced. Organic foods like vegetables, fruit, eggs, milk and meat are produced without synthetic products (human made), pesticides, herbicides or fertilizers.

- Organic farming practices are designed to meet the following goals:
• Reduce pollution
• Provide safe and healthy environment for farm animals and livestock to live
• Enable natural farm animals' behavior
• Promote a self-sustaining cycle of resources on a farm

The United States Department of Agriculture (USDA) has set up an organic certification program that requires all organic food to meet certain strict government standards. These standards control how the food is grown, handled and processed.

Organic does not mean the same thing as natural. Usually natural on a food label means that the product has no preservatives or artificial colors or flavors. Natural on a label has nothing to do with the methods used to grow the food ingredients. Eating organic food lessens the amount of pesticides in your body and therefore making your immune system stronger. Organic foods can contain a higher amount of minerals and vitamins.

Disadvantages of eating organic foods include:

- Higher cost (can be up to 47% more expensive than inorganic)
• Shorter shelf life
• More sensitive to environmental changes
• Limited choice of products
• Inconsistent quality of organic food
• Organic standards do not cover seafood or fish

What Can Consumers Do?

- Read food labels carefully
• Wash/scrub produce under running water
• Follow the dirty dozen/clean fifteen guidelines (which change yearly)
• Be educated to know what foods are best consumed organic

Dirty Dozen late 2022 - these are foods in 2022 that were recommended to purchase organic. These foods change from year to year:

- Strawberries (highest pesticide load)
Spinach • Kale • Collard Greens
Apples • Pears • Peaches • Cherries
Nectarines • Celery • Tomatoes
Grapes

Clean 15 foods for 2022 that don't need to be organic. These foods also change from year to year:

- Avocados (cleanest) • Watermelon
Mangoes • Cantaloupe • Kiwi
Mushrooms • Cabbage • Honeydew melon
Asparagus • Frozen sweet peas • Papaya • Onions • Pineapple
Sweet corn • Sweet potato

There is growing evidence that increased asthma, food allergies, autism, ADHD and obesity are from pesticides. Exposure to pesticides increases spontaneous abortion, birth defects and long-term changes in neurological health. Some studies show a connection

—Please see PAGE 11

# A WORD ON WINE By Barbara Senior

## Lodi Wine – Under the Radar

Lodi, California is well-known for wine grape farming, dating back to the mid-18th century, when an early pioneer determined that the Lodi area was great for growing grapes. The ancient vineyard he planted is still in use today at Jesse's Grove winery, producing Zinfandel and Carignane from vines planted in 1889. Likewise, Lodi is home to the largest acreage of ancient vines in the country.

Lodi flies under the radar for many wine enthusiasts, but when you read wine labels, you'll discover that many premium brands source grapes from Lodi. While wine grapes have been grown there for generations, much of the harvest was sold to wineries outside the region. That

It's also a wine region that fosters experimentation in winemaking. In other words, Lodi offers a great opportunity to find wine crafted from grape varieties that might not be familiar. For example, if you enjoy a Cabernet Sauvignon or Bordeaux blend, Michael David's Petite Petit offers a great alternative. It's a blend of Petite Sirah and Petit Verdot grapes, and, as with Cabernet Sauvignon, it's a great match for a grilled steak and other hearty beef dishes. Consider McCay Cellars Grenache, a wine that has an elegant character with great aromatics. Fermented on native yeast and aged in neutral oak, it would be a great wine for almost any table. If you're a fan of Moscato, consider the Ironstone Cellars Ob-



changed as the wine industry blossomed in the 80s, and now there are 85+ wineries in the Lodi appellation, many owned by multi-generation growers. Today Lodi is home to over 100 grape varieties and approximately 110,000 acres of premium wine grapes. That's more vineyard acreage than Napa, Sonoma, and Mendocino and Lake counties combined.

Together, geography and climate make Lodi an ideal place to grow an unusually diverse range of wine grapes. Lying directly east of the largest gap in California's Coast Ranges – the San Francisco Bay, Lodi has a Mediterranean climate with warm, dry summers and cool, wet winters. During the growing season, warm, sunny days promote optimal ripening of grapes. In the late afternoon, cool winds off the Pacific push inland, acting as a natural air conditioner for the region, helping grapes maintain great acidity.

session, made from the Symphony grape, a cross between Muscat of Alexandria and Grenache Gris that thrives in the mineral-rich soils of Lodi. It makes for a great aperitif. For Chardonnay lovers, consider a Viognier. It's a bit more exotic but offers the same textural weight with more aromatics than Chardonnay.

Getting to Lodi from Camarillo is no further than driving to San Francisco, and the area is a delight to explore. The wineries aren't overwhelmed with visitors, the old town of Lodi is charming and lodging prices are quite reasonable compared to other wine regions. The wineries are smaller, and often proprietors pour wine in the tasting rooms. Lodi is a throwback to the earlier days of Napa & Sonoma before the crowds and hubbub. Definitely worth a visit and be sure to leave room in your trunk to bring home some interesting wines.

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### January 2023 Sales

<b>Bel Air</b>	<b>Village 22</b>	<b>\$580,000</b>
<b>El Dorado</b>	<b>Village 4</b>	<b>\$675,000</b>

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## Villager Profile

From PAGE 1 —

school systems. As he drifted into adulthood his thoughts were increasingly about social responsibility and emphasis on helping people who would need some guidance to navigate life circumstances. He attended the University of Minnesota; studies focused on social issues. He would achieve a Masters in Public Health Administration with a focus on finance and research methodology. While achieving his academic goals, he would draw the attention of local courts and school administrators for his keen focus and increasingly solid ideas on solutions to timely issues that faced children and their families. He developed an affinity for pulling divergent groups together to work on problems rather than sweep them under the rug, which was the too often standard solution at that time.

His first major project after receiving his degree was to work with the local county court services in setting up a program to assist with troubled youth. “These were kids who would have been cast out from their families and eventually end up in the residential treatment and youth

reform system or state hospitals a couple generations ago,” said Andy. At the behest of local community and court systems he was successful at pulling together resources including governmental, academic, private charity and corporate entities. The approach was wholistic in nature, treating the situation with the needs of the individual and often the entire family rather than a catch-all solution to a problem be it specific or broad in nature. His ability to communicate with all the entities involved and work through a co-op style management with clinical research, grant-writing and most importantly, community engagement, would bring tremendous success for the overall program. The model continues to grow with the promise to serve communities around the country.

After 16 years at the University of Minnesota, Andy turned the leadership of the adolescent day treatment program to the next generation. He would join HealthPartners, a co-op style group health insurance and health care delivery system located in the mid-western states. Andy was charged with setting up their health research foundation now titled HealthPartners Institute. As

their founding leader he would pull together the resources he had been working with for years, with projects that focused on such issues as diabetes, maternal and child health, mental health, vaccine research and memory disorders. Again, he brought his philosophy of “community engagement” and the research program would be successful and grow into multiple medical fields, studies and a growing cadre of achievements.

In 1992, Andy attended a Timberwolves Basketball game in Minneapolis. Sometime during the evening a lively red head a few rows back caught his eye; he caught hers too. Kelly Pegg, working through an usher and a hot dog vendor, sent her card down to Andy with a simple message “coffee?” Andy called her the next day. This would begin a six month courtship and lead to marriage. They both had so many common interests and time together was fun and enlightening for both of them. The families on both sides heartily approved and supported the relationship. They stayed in Minnesota and took regular trips to Kelly’s native California. On one visit Andy was on the golf course and the home they currently occupy had not quite come on the market. Andy struck a

deal and the 2+ years of construction and design began.

Andy went into retirement from HealthPartners leadership in 2017. Retirement for him is part time, of course. He stays active completing research studies and serves as an advisor and consultant offering guidance when it is sought. One of those projects has expanded into a new creation to serve families that have children with chronic illnesses and disabilities, Building Healthier America. Andy and his founding partner are initiating the first demonstration program in the St Croix River Valley in western Wisconsin this spring. There are now 200 employees managing over 400 projects in the HealthPartners Institute group that Andy helped to build. He continues to assist the health and academic disciplines by grant writing and advising on management setup for projects that he is asked to consult on. He and Kelly continue to maintain a seasonal home his grandfather built in Andy’s beloved Minnesota, as well as a log home on Lake Superior owned by Kelly’s dad.

When Leisure Village became the home base for Andy and Kelly, Andy sought out ways to share his

—Please see PAGE 11



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# A BUNCH ABOUT FOOD

By Sheila Bunch



Photos by KELLY

The view from the Cliff House Inn. Nice comfort fare and the best spot for a Bloody Mary in VC.

## A Trip Up the Coast

The “tempo” of holidays changes over the years. Much like Thanksgiving becoming less about Pilgrims and more about gratitude, Valentine’s Day is no longer just about sweethearts; it’s more about the theme of love in general.

And what I LOVE about Valentine’s Day is going out to eat! And not just to some super fast-food chain, but someplace different and unique. For me, taking a simple drive up the coast delivers three outstanding stops: 1) A long-time restaurant right ON the water, 2) a genuine Take-Out Only French bakery and 3) An ocean-access fabulous outdoor café.

The first is The Shoals restaurant nestled in the old Cliff Dweller motel on Route 1 just before you enter Carpinteria city limits. In fact, with all the construction going on in that area, it’s not as easy to get to with a northbound U-turn; however, I assure you, it’s worth it. And if you can get yourself a Sunday Brunch outdoor reservation, there’s nothing like the waves crashing on the rocks literally next to you. The fare is comfort food with style and super delicious. It is a must for a Bloody Mary while sitting on the cliff overlooking the Pacific.

The second takes you further north on the 101, exiting on Olive Mill Road in Montecito. Continue straight ahead at the exit and you’re on Old Coast Hwy. About a quarter mile up the road, keep an eye out for the bright yellow table-side umbrellas on the right-hand side of the street, and you’ll have arrived at Bree’Osh

French Bakery. This is as authentic as it gets; the croissants are amazing, as is everything on the menu! We had coffee along with some sinful breakfast pastries (the bacon was unbelievable.) The location along the main avenue in Montecito added to the appeal.

The third continues north past the many exits for Santa Barbara; it’s the last off ramp of Goleta before continuing to El Capitan. You’ll arrive through the arched entrance of the Bacara Resort, open to the public for dining. Their Bistro Café down at beach level, serves a truly unique, and lovely fare for breakfast/Brunch and Lunch.

My friends and I had an amazing clam chowder and perfect fish tacos. The wine selection is solid. We had a glass of local Cabernet Sauvignon and a crispy Santa Ynez Sauvignon Blanc. If it’s their dinner you’re joining them for, I highly recommend booking a room. Don’t forget to take a stroll on the beach; it’s not your typical tourist-packed scene! You’ll love it!

The enjoyment of food is as much

—Please see PAGE 10



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# Bunch About Food

From PAGE 9 —

about a sense of place. A beautiful surrounding, like a good presentation, adds to the experience and increases the level of enjoyment of the meal. Until next time, enjoy the love and let me know about your favorite getaway stops!



Photos by KELLY

Above, Kelly Nelson and Sheila Bunch on the bridge at Bacara. Right, Bree'osh on Coast Village Road in Montecito, a very nice French style breakfast sidewalk cafe. Below, Sheila, the angel.



# Art in Village

From PAGE 3 —

said. "Every time I lose a little more, I think what do I have to change now to live in this world of hearing people. Losing my hearing has taught me to adjust to the new normal — every day is a blessing."

The wheels for moving to California began with Covid. She has worked for 23 years for an insurance agency that insures the agricultural industry. When Covid hit, everyone worked from home for three months.

"My boss decided it worked having people work remotely," she said. She and Richard were getting tired

of the hard winters and both of their children were living in California. She was ready to reluctantly leave her job, but her boss persuaded her to continue to work remotely.

"I get up at 4:30 a.m., at my desk at 5 o'clock and I'm done at 1 o'clock," she said. When she found out the quilters' group met in the afternoon, she joined.

"Some people bring knitting, some do quilting — it's all fiber arts. We get together and work, share things, help each other. I call it the hive mind," she said. "They are very generous. They have been very welcoming and friendly."

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# VILLAGE ENTERTAINMENT

## Showtyme!

From PAGE 5 —

membership & donations are what funds Showtyme's ability to provide the wonderful entertainment our res-

idents see each month. Annual 2023 Showtyme membership is available before the show and is \$15.00 per person. Please become a member. If you have any questions please contact Jennifer at 805-383-1518.

## Beatles, Beatles, Yankees

Players' Guild - Linda O'Neill

On the third Thursday of January 2023, at 7:30 pm (of course), the Players revisited John, Paul, George and Ringo with 'The Beatles are Back.' For the three of you who do not remember who this most influential band of all time was and how they "were integral to the development of the 1960s counterculture," Director Dorene Blair has produced a lively and informative retrospective. Ms. Blair compiled a massive amount of Beatles materials and organized it in chronological order by albums.

The evening began with narrator Howard Wien, who welcomed the audience to the Cavern Club in Liverpool with an audience sing-along to 'Love Me Do,' 'I Want to Hold Your Hand,' 'She Loves You,' 'All My Loving,' 'Please, Please Me' and ending with a sweet solo by Dorene 'Do you want to know a secret?' Next, after emcee Howard referenced Ringoisms, the cast sang 'A Hard Day's Night.' Howard's better half Kathy Wien, like the rest of us, sang 'I'll Follow the Sun.' Mr. Wien moved the show along with a quick reference to John Lennon's mixed feelings about his own marriage and the cast sings 'Help' and 'Ticket to Ride.' (C'mon. Most of us have been there.) Then Rosanna Bellino-Strickland explains that Paul McCartney seemed to have awakened one day with 'Yesterday' when in fact he had played with the idea by another name for at least a month! Then Rosanna sang that lovely song for us. Howard explained that the Rubber Soul album marked this juncture: the end of Beatlemania and the beginning of folk and rock or folk and pop songs that would demonstrate a new gold standard.

Lewis Blair then sang 'Norwegian Wood' and his wife, Dorene sang McCartney's 'Eleanor Rigby.' Now, President Joyce Belcher admits to being an Elvis fan, except that she really does love the pop and fun of

1967's 'Summer of Love.' 'Penny Lane' from the Magical Mystery Tour album was introduced to the audience by Carol, Rosanna and Kathy who then sang with the entire cast. Moving on, Howard – that Svengali of emcees – implored the audience to join in with a couple of favorites from Sergeant Pepper's Lonely Hearts Club Band, also released in 1967. Newcomer Carol Gold sang 'When I'm 64' and the full cast 'showed 'em what for' 'With a Little Help from My Friends.' Next, Barbara told us how Paul penned this next song in his kitchen in Scotland soon after the little incident in Little Rock (where the federal courts had to force the racial desegregation of Arkansas' capitol school system) and the cast sang 'Blackbird.' In 1969, with Abbey Road, the Beatles went a little reggae with 'Ob-la-di, Ob-la-da' and so did the cast. Then Joe Miller and Dorene did a lovely duet to the sexy 'Something.' (Good to see Joe back on stage.) Following Joe, Judie McAskill echoed what the entire audience had been thinking 'Here Comes the Sun!' Bringing the show to an end, Helene Cohen explained how Paul wrote the original 'Hey Jules' out of concern for John Lennon's son Julian; the boy's mother thought 'Hey Jude' sounded better. Lewis and Dorene led the cast and the audience and completed the workshop with a sincere 'Let It Be.'

This month, President Joyce Belcher will direct and produce an evening of "Love Is in the Air 2." She's keeping her ideas under wraps. Could she be planning a Love Boat extravaganza? Is she busy figuring out how to put a pool on the stage for synchronized swimming? Seems unlikely. All she will tell me is that she has spoken to quite a few newcomers, Carol Gold, for instance. She is in this year's big play "Damn Yankees." In January, Carol appeared in the Beatles show and now, what will she be singing? A love song? A funny song? A drinking song? Again, seems unlikely. I guess we will all have to show up on the third Thursday of February which happens to be 2/16 and be there in the AR by 7:30 pm.

## Andy Nelson

From PAGE 8 —

skills and talents with Village leadership. He joined the Finance Committee first and supported Chuck Kiskaden with the Long Range Planning Committee. When the California water situation was clearly heading toward a critical phase he helped to set up the currently operating Water Committee with Carol Dietz. Now that he has joined the board of directors at Camrosa Water District, we in the Village will continue to have a strong voice and representation for this important resource. We pur-

chase water from Camrosa for both the irrigation (recycled non-potable water) and the household water that flows through our pipes.

Providence indeed. We owe Andy a great deal of gratitude for the experience, wisdom and foresight he has brought and generously offered to Village leadership. He looks at me, eyes dancing, and says, "I want to work on desalination to bring more usable water to California. That is a big ocean out there." It is indeed, and I think Andy, with his energy and skills in leadership can bring the various entities together, work on a solution toward that end and help to do just that.

## Healthy Villager

From PAGE 6 —

between pesticides and depression.

The best advice is to be educated and read labels. The most important approach is to eat many varied fruits and vegetables daily whether organic or inorganic. It is recommended that we eat 5-9 servings of fruits/vegetables daily. Fill half of your plate

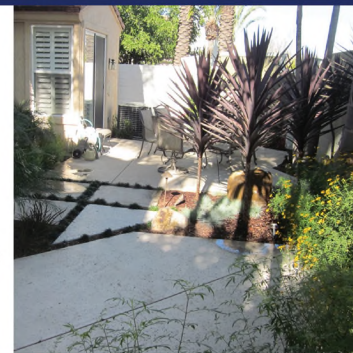
with vegetables for every meal and add some fruit daily. This type of diet will decrease the risk of heart disease, diabetes and some types of cancer.

*Editors Note: Jeannie Davis is an LV resident and medical professional. The information contained in this column is providea for educational purposes only. LLV readers assume full responsibility for the use of this information.*

## WHAT A ROCKY ROAD TO 2023?

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# Pioneers of LV

From PAGE 1 —

sion Oaks. Chase Brothers had a retail dairy on Santa Rosa Road, but the nearest supermarket was three miles away in downtown Camarillo. Santa Rosa Plaza would open in 1980 with a post office annex and the Three Sisters cafe. Vons and Clark's drug store opened nearby in 1982.

Modern day pioneers, these adventurous newcomers circled their wagons and shared in making their new home a good place to live. Some had worked in the movie industry, others in aviation. The new home owners began clubs and social activities where they could make friends and share their talents. The Women's Club was the first to be organized on May 25, 1974. It remains a strong and generous club. The Pioneer Club was composed of the first 100 Villagers. They received special name badges at a luncheon on January 17, 1974. By 1986, there were more than 70 active clubs.

The first phase included Villages 1-15 and the Recreation Center. The five original models were Avalon, Balboa, Del Mar, Coronado and El Dorado with prices ranging from \$24,990 to \$38,990. The first house

was sold to Nell Petit Boyd, who grew up in Springville and married local lima bean farmer J.F. Lewis. The first residents moved into Village 11 on September 19, 1973. The HOA fee was \$71 per month. A traffic signal was installed at the Main Gate entrance and streetlights were up by 1975. Fire Station 52 opened in 1982 and a new zip code was established.

It was a fun place to live. A nine-hole golf course opened on May 31, 1974 with Charles Ward sinking the first hole-in-one. Other activities in these formative years included Game Day, Bingo, Meet Your Neighbor Coffee and Sunday Brunch. There were car shows, chili cook offs, pumpkin contests, shuffleboard, a ceramic workshop, sewing classes, an auto mechanic workshop and a bike club. The first theatrical production was The Gay 90's Review by the Rhythmettes in 1976.

The first edition of Inside Leisure Village was delivered with the Camarillo Daily News on March 29, 1979. The purpose of the paper was to provide local news and a venue for independent opinion on governing the Village. ILV currently serves Villagers by reporting information on clubs, activities and general information around

town and in the Village. The editorial charter is to be by Villagers, about Villagers and for Villagers.

A committee is busy making plans to celebrate the 50th anniversary. The goal is to encourage excitement and share appreciation for the good life

we have here. You will want to save the day of Saturday, September 30 for a program in the AR. This will be an opportunity for you to invite your family and friends from town to see the Village and share in the celebration.



## Hint of Spring

Photo by JON  
An evergreen pear tree in full bloom at the end of January. They can be spotted all over the Village.



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# CLUB NEWS

## BINGO!

By Bobi Shmerling

Wednesday Night is BINGO Night. You can be a winner too. Lucky winners of \$100 to \$300 in January were Brenda Rubright, Joe Miller, Joyce Belcher and Fil Barton.

Come join us and enjoy an evening with friends and a chance to win cash prizes. Bingo is held on Wednesday evenings at the Recreation Center in the Assembly Room. Minimum buy-in is \$13 for 18 games with payouts ranging from \$40 to \$300. Doors open at 4:45 pm and close at 5:45 pm. Play begins at 6:00 and ends shortly after 9:00 pm. Contact John Herrera 805-419-4195.

## LV WOMEN'S CLUB

By Barbara Cogert

A great meeting is planned for Thursday, February 9th when the Women's Club will present 'Meet Danny Rowe.' If the name sounds familiar it's because he is the son of our very own Nancy Rowe (think jewelry sales and VP). Danny is a sought after member of the Screen Actors Guild and will share stories of his amazing career. Hear about the piano he acquired for Sir Elton John and the adventures on the road with the cast of Nashville, the hit TV show.

In *Back to the Future*, did Marty McFly really play the wrong guitar at the end of the movie? He might even share about his stint as a stand-in for Brad Pitt on a recent film shoot. He's nice...he's funny and he has amazing stories to share with us.

Plan to join us for a fun afternoon.

Meeting will be in our Assembly Room, doors will open at 12:30, meeting and program will begin at 1:00 pm. Admittance will be free to members of the LVWC and \$10.00 for guests. For additional information please contact Pam Almeida at 314-283-8172.

Remember to bring your "Change for Change," canned goods and/or new toiletries for our local charities! Thank you and looking forward to seeing you there.

## MAVERICKS CLUB

By Vera Erskine

Cash in the Attic: Mark your calendars for Friday, February 24, 2023. Time to clear out items you don't want. Bring "usable" items from 6:00 - 6:45pm. Auction begins at 7:00pm. The items will be auctioned off and the proceeds will be used to subsidize future club events.

Limit (3) items per household. No clothing or furniture. In addition, we'll have a 50/50 drawing.

Reminder: Membership dues are \$10.00 per person. Contact Geri DeSimone at 805-484-7308 for membership.

## PLAYERS GUILD

By Linda O'Neill

The "big show" this year is *Damn Yankees*. First produced on Broadway as a musical comedy in 1955, it is based on a book by George Abbott and Douglas Wallop entitled *The Year the Yankees Lost the Pennant*, music and lyrics by Richard Adler and Jerry Ross. The story is the modern re-telling of the Faust legend... in this case

our "Joe" makes a deal with the devil so that he can help his team win the pennant. The story takes place in the 1950s when the New York Yankees dominated major league baseball.

Our musical will play five performances in the AR, beginning on Wednesday, April 19 at 2 pm; Thursday, April 20 at 7:30 pm; Friday, April 21 at 7:30 pm; Saturday, April 22 at 7:30 pm; and ending our run on Sunday, April 23 at 2 pm. As you know, Richard Weiss will be directing. Joyce Belcher will produce and Kathy Wien is assisting the director. We expect our show to be a gem among the community theater performances, and to that end, rehearsals began on January 2.

Noir, Rosé of Pinot Noir and Pinot Noir. Thanks to Leila Valentino and her Sommelier friend, Lisa Tuttle, for putting the wines together.

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 on our mailing list, drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

## LV MUSIC CLUB

By Marci Lapair

The LV Music Club is supported through our \$10 annual membership dues. Memberships for the year are sold during our monthly activities. All our members receive email reminders of upcoming club activities. Membership dues help cover the cost of the complimentary refreshments that we serve at all our events.

For more information on the LV Music Club call Marci Lapair 818-399-0843.

## 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. Our January meeting featured five California wines from the Pinot family of grapes - Pinot Grigio, Pinot Blanc, Sparkling Blanc de

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# CLUB NEWS

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello all Villagers. The romantic month of February is here, so give a Valentine to your sweetie.

2/11 dance is our Valentine dance with Tropic Star and Tango lessons.

2/25 dance is Eric Ekstrand Trio with West Coast swing lessons.

\$10.00 admission per person includes the lesson and dance. 6:30 - 7:15 lesson, 7:30 - 10:00 dance. We hope to see your happy faces and feet at our Saturday Night Dance Party.

Quackenbush 212, Greg Cannon 230, Dick Fisher 218, Bruce Anderson 217 and Gene Kinsey 229.

We still have a few openings for both regulars and subs, so if you have Friday mornings open from 9-12, come down to Harley's Camarillo Bowl and join the fun. The cost is \$13/week. If you don't have a ball or shoes, no problem because Harley's can set you up. If you have any questions, please call Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858. See you there!

## BILLIARD CLUB

By Vera Erskine

Our next Membership meeting is scheduled for Tuesday, February 28, at 6:30pm in the MPR. 1&15 Tournament awards will be presented and 50/50 drawing will be held. A sign-up sheet for snacks/munchies will be posted in February on the bulletin board in the Billiards Room.

For Membership, contact Kathy Wirtz 818-445-1057. For other information, contact Vera Erskine 805-987-4537.

## LV BOWLING

By Gene Kinsey

The new calendar year has begun and the Leisure Village Bowlers are off to a great start. In the past three weeks, here are our superstars. For the women: Helen Hartman 232, Joyce Belcher 216, Gail Singer 249, Peggy Rebsch 242, Marilyn Chavin 243 and Janice Eckgren 226. For the men: Charlie Hartman 250, Joe



Photo by TIM PALMER

John Palmer showing the "hole in one" ball. Scored an ace!

## MEN'S GOLF

By Tim Palmer

LV Men's Golf has been impacted by the heavy rains. With our course closures, watching golf on TV has been our principal activity.

One bright spot, however: John

Palmer scored an ace at Olivas Links while playing with LV Members John Hisler and Ron Rubenstein. His magic shot occurred on hole #17, a 138 yard par 3 where the green is defended by a large, deep sand bunker. Using a seven iron, John made it over the bunker and into the hole for the ace. Congratulations John!

## YE OLE WOODCHIPPERS

By Bud Bradley

December numbers are in. We added 14 completed jobs for the Villagers, 2 more for the Village and 4 quick jobs. The numbers for 2022 total 194 completed jobs for Villagers, 20 Jobs for the Village and 49 "quick fixes." In many ways, it was a good year.

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. Keyholders are asked to not work on their own projects during these hours. There is no charge for these services unless special materials are needed to complete the repair.

The Woodshop is open 7 days a week for keyholders. Notices and

—Please see PAGE 15

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# CLUB NEWS

## Woodshop

From PAGE 14 —

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, 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.



Photo by JON

Finally, we gratefully accept donations for these services to help keep supplies and equipment up

Water service and hose bib cover for front of house. Built by Ye Ole Woodchippers for Deb Petersen.

to date. For any other woodshop information, you can email Pirate at

Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.



Editor's Pick — Sherry Pinchak / Chambered Nautilus

## Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth? Are you looking "old" before your time?

**There is a reason—AND a solution.**

Whether you've lost some, or all, of your teeth, you may turn to bridges, or dentures, to make your mouth 'whole' again. But unfortunately, over time, your face can start to look, and feel different...

**...and here's why:**

The bones in your jaw need the stimulation they get from tooth roots in order to remain strong, dense and healthy.

**Without stimulation from the root of each tooth, the bone in your jaw starts to change...and not in a good way.**

In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop...and your facial muscles start to shift out of position, adding wrinkles before it's "time," and changing what you're used to seeing when you look in the mirror.

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

In the end, your continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up – giving you a witch-like appearance.

And, unfortunately, there's more...Even if you're perfectly content with your dentures or bridges, you may have

trouble with the way they fit down the road, as your jawbone continues to deteriorate.

Over time, there will be less muscle, and less bone, to hold your dentures in place. Nerves come closer to the surface as your gums wear down...and it's possible to end up experiencing agony every time you take a bite.

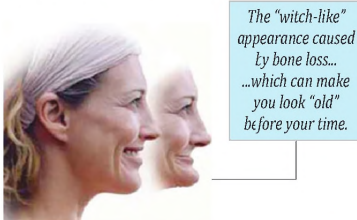
**The GOOD News Is:**

There is a way to stop bone loss. As soon as you get dental implants in your jaw, you can stop losing bone in that area.

**Your body can recognize the need to maintain bone levels around the implant, as it it were a natural tooth root!**

When your jawbone has an implant to attach itself to, it's happy, and you can maintain its volume! **So you may not have to suffer from the painful effects of bone loss.**

To learn more, come on in and talk to us. It won't cost you a thing – and you'll be glad you did!



The "witch-like" appearance caused by bone loss...which can make you look "old" before your time.

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# CLUB NEWS

## WOMEN'S GOLF

By Patti Crichton

We had a rainy start to our 2023 golf season, however, we welcomed the rain for greenery and drought worries. Our schedule has changed up a bit. The Jane Burke Memorial tournament has been delayed until conditions are suitable. An 18'r will be the winner of the trophy for this year.

Our Chili Bowl mixed tournament, hosted by Women's Golf, has been rescheduled from January 28th to February 25th. Tickets will be sold at Wednesday golf mornings on Hole 1 or at the Feb meeting. It is an opportunity to show off your famous chili recipes if you wish. Let Wilma Huston know if you would like to provide a chili entry.

It was great to catch up with members at our first meeting on January 11th. Our new President, Sharon Price, filled us in on some changes, news, a great slideshow and how to access the Women's Golf website. What a handy source of updates for us! Thanks to

Sharon Price and Sheila Bunch for their ongoing work on this.

The Club roster will be emailed to members.

Dues of \$10 for 2023 are to be paid to Geri DeSimone. The next meeting is Feb. 9 in the Garden Room at 1:30pm.

Winter Eclectic Tournament will be played on Feb. 15 and Feb 22, sign up and pay \$5.

Winter start time of 8:30am is still in effect. Window opens at 7:45am, closes at 8:20am.

Still looking for any old golf photos to show the history of Women's Golf in LV. Please bring any memories and pix to the meeting and share with our historian Kathryn Robens.

## LV PHOTO CLUB

By Chuck Morrow

The Photo Club started the new year with a recent record attendance of both old and new members attending in person in the MPR. As always, potential new members are invited to stop by the monthly meetings on the

first Thursday of the month to see what the Photo Club has to offer the photo enthusiast. The new officers were in attendance and were assisted by the past president Gregg Gillmar.

The Assigned Category for January was "Black and White" and the competition judge for the month was Dan Holmes. He is a professional photographer living in Ventura and has led photo workshops in Alaska, Nepal, Nambia, Bolivia/Chile and California. His photography can be seen on his website at <https://www.danholmesphoto.com>.

The first-place winners for the month were:

Assigned Category - Frank DeSimone - "Run Free"

Open Category - Gregg Gillmar - "Engine 509"

Mobile Category - Jim Wronkewicz - "What's That in Reindeer Power"

All of the January entries are available for viewing on the SmugMug site at <https://leisurevillage.smugmug.com/LV-Photo-Club-Pictures>. For further information regarding the club please contact Melody Zaida, at [h20baby10@gmail.com](mailto:h20baby10@gmail.com).

## VILLAGE ARTS

By Patti Crichton

Our February Village Arts Meeting was held February 2nd. We were fortunate to have an accomplished pastel portrait artist and LV resident, Peggy Davis, share her work and expertise with our members.

Annual dues of \$10 can be paid at our meetings. You will receive email updates of the latest art events and classes happening for Village Arts members. You can sign up for our monthly watercolor classes led by Kathy Whitesell.

Check out our monthly paint-

ings in the glass case of the Rec Ctr courtyard.

Please make use of our art space in the Lanai Room on weekday afternoons. Bring your own art supplies or use our group-share paints and brushes to create your art independently.

A big thank you to members who have volunteered to share their art experiences at our monthly meetings. Please contact Patti Crichton at 805-760-7673 by text or phone, if you have an idea or demonstration that you would like to present to the group.

## WRITERS CLUB

By Harvey S. Brosler

The motto of the Club is write-present-participate-enjoy-learn. A main purpose of the Club is to share our opinions on different topics with other members. The primary interest is in the substance of your written presentation. Writers Club meetings are normally held every other Monday at 1 p.m. in the multi-purpose room.

Stories of the month are displayed at the entrance to the LV library. You may write on the suggested topic for that day or any other topic, fiction or nonfiction. The Suggested topic for February 7 is "A Lesson Learned" and for February 14 is "If I Could Have Lunch With Two or Three People (Living Or Dead Other Than Family) Who Would They Be." For February 28, the Suggested topic is "It Makes Me Angry When\_\_\_\_." There will be no meeting on February 21. Microphones are furnished.

Please mark the dates on your calendars. For a copy of other upcoming suggested topics, the guidelines, or any other information contact: Harvey S. Brosler [hsbros@roadrunner.com](mailto:hsbros@roadrunner.com), 805-465-0006.



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# CLUB NEWS

## TAI CHI

By Chuck Morrow

As requested, here is a clarification of Tai chi Moving for Better Balance class descriptors, and meeting times:

The Beginners' class now meets on Mondays and Wednesdays from 3:30 to 5 pm in the Santa Rosa Room. The current class is at capacity, however, if you are interested in seeing what Tai Chi is all about, a new class will begin in early May – same times. If you are interested in the May class email cmorrow@hotmail.com to be included.

The next Tai Chi class is the newest "Review & Refresh." This class is for students who have completed the Beginners' class or have been previous Tai Chi students wishing to brush up on their skills and can perform all the Tai Chi forms without prompting but are not ready for Intermediate Tai Chi. This class meets Mondays and Thursdays from 1 to 2:30 pm in the Santa Rosa Room and meets continuously. To register contact Pat at pat.hartshorn@gmail.com.

Intermediate Tai Chi is available to anyone completing the Beginners and the Review and Refresh. This

class meets on Mondays and Thursdays from 2:30 to 3:15 in the Santa Rosa Room. This class also meets continuously, for registration contact Ruth at TaiChiRuth16@gmail.com.

## THE STONERS BEAD & CRAFT CLUB

By Felicite Barton

During the month of February, the Stoners will be displaying their handcrafted jewelry in the showcase in the atrium outside of the MPR. Also on display will be various craft items the Stoners have created. All jewelry items will be for sale, cards will be in the display case to contact the artist directly.

We meet each and every Monday, even on holidays, at 3:00 pm in the MPR. We welcome everyone. No prior experience is necessary. We are there to teach so you can learn. We welcome all crafters and jewelry makers with more ideas to enhance everyone's creative knowledge.

We look forward to welcoming new members at any time. We also do most jewelry repairs. If you are in need of this service, you may contact Fil Barton at 805-987-3637.

## Newcomers Orientation

New residents are invited to Session I on Saturday, February 18th from 10 am – noon in the Assembly Room. This orientation provides detailed information about easing into Village life including communication

sources, safety and assistance, committees, clubs, activities, water issues and more.

Contact Patti Schultz to RSVP or for Questions: pat-tischultz0732@gmail.com or 805-558-0732.

## W.H. CONSTRUCTION

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## These LV Clubs have their Regular Meetings as Follows

**Bone Builders:** Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm in Santa Rosa Room. For 8:15 class, call Mamata 805-558-9360, for the 9:30 class, call Alice 805-437-6169, for the 6:00 class, call MaryAnn 805-390-1909.

**Duplicate Bridge:** Monday and Wednesday evenings at 6:45pm in the Garden room. Vonnay Brook 805-586-7155 or cell 909-225-6100.

**Line Dancing:** Friday 2-3:30 for Beginners in the AR and Mondays 5:30-6:30 for Intermediate in Santa Rosa room. Contact Merle at merleruiz20@gmail.com.

**Music & Motion:** Fridays, 9am to 10am in the AR. For info call Margie

at 805-437-6100 or e-mail margiegrm@aol.com.

**Needleworks:** Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30am. Contact Nancy Baumgarten at 805-377-2805.

**Pet Club:** Does not hold regular meetings, but please contact Shawn Baker for information. 805-233-1725 or shawnbakerhomes@gmail.com.

**Save Our Sight & Hearing:** 1st & 3rd Thursday in Sun Room. For more info contact Terry Connor 805-482-7806.

**Workshop for Writers:** meets bi-monthly. Call Mark Sconce for further information 805-586-4485.

## Wearin' O the Green!



Courtesy Photo

Conejo Mountain in the background and the smaller range close to the Village showing green like we have not seen in awhile. Enjoy the show!

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

# 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, February 17.**

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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**Hearts are all around because of Valentine's Day and February is American Heart Month, so it's the ideal time to focus on your heart health. Having a healthy heart can help you live a fuller, healthier life. There are ways to keep your heart in great shape, even as you age. It's all about good lifestyle habits. Here are some key ways to be kind to your heart:**

**HYDRATE!** Your heart is constantly working. It pumps about 2,000 gallons of blood a day. Staying hydrated helps your heart do its job. Every day you lose water through your breath, perspiration, and basic bodily functions. Staying hydrated requires taking in more fluid from food and water than your body loses. Not being hydrated can negatively affect your organs and bodily functions, including your heart and cardiovascular system, and decreases your blood volume (the amount of blood circulating through your body), which requires your heart to beat faster to compensate, which increases heart rate and blood pressure. Lack of hydration also causes blood to retain more sodium, thickening your blood and making it harder for it to circulate through your body. So maintaining hydration helps your heart more easily pump blood, allowing oxygen to reach your muscles, which helps the muscles work efficiently.

Thirst isn't the best indicator that you need fluids. If you're thirsty, you're probably already dehydrated. The amount of fluid required for hydration varies based on health and activities, but the commonly recommended amount is eight 8-ounce glasses of water a day, assuming that about 25% of your daily fluid intake comes from food and other drinks. Remember that caffeinated drinks, like coffee and soda, can contribute to your daily water intake, BUT the caffeine acts as a diuretic and can cause you to lose more fluids. Alcoholic drinks are also a diuretic, so be sure to drink plenty of water when you're consuming alcohol or caffeine. Finally, excess sugar can inhibit your body from absorbing water, so watch your sugar consumption!

**EXERCISE! Aerobic Exercise:** Brisk walking, dancing, cycling...any type of movement that makes your heart work harder than usual benefits your heart health. Besides purposely scheduling aerobic exercise, look for ways to be more active in day-to-day activities: park further from the store and walk, take stairs instead of an elevator/escalator, bike or walk when you're going somewhere nearby, take a family walk after dinner or lunch, do yard work. **Strength training:** Higher muscle mass may lower the risk of diabetes and cardiovascular disease. Muscle mass declines naturally with age, and most people wind up replacing lost muscle with fat. Muscle-building exercises can help counteract that. Muscle tissue is more metabolically active (metabolism is the rate at which your body converts energy stores into working energy). Strength training boosts your metabolic rate, which means you'll burn more calories even when you're sitting or sleeping. One study found that healthy men who did 20 minutes of daily weight training had less age-related abdominal fat (which is especially hard on the heart) compared with men who spent the same amount of time doing aerobic activities.

**SLEEP!** Deep sleep allows periods of lowered blood pressure and heart rate, giving your heart a rest. It also allows your blood pressure to regulate, restores your body and helps decrease stress. The average adult should get seven to nine hours of sleep each night, according to the National Sleep Foundation.

**REDUCE & MANAGE STRESS!** Getting stress under control protects your heart. Stress increases cortisol, which can contribute to weight gain and can affect cholesterol and blood pressure. Additionally, high stress can lead to unhealthy behaviors like overeating or smoking. Help keep stress in check with exercise, meditation, good sleep, and breathing exercises.

**GOOD DENTAL HYGIENE!** Did you know that your teeth can affect your ticker? Studies show a link between bacteria that causes gum disease and an increased risk of heart disease. Be sure to brush at least twice daily and floss every night to help keep gum disease at bay, for the sake of your teeth and your heart.

**There are many ways to take care of your heart, so please visit the 'Barlow's Got Your Back' section of our website for links to information referenced in this article, as well as resources with more detailed information on heart health.**



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