

INSIDE LEISURE VILLAGE

Vol. 36 No. 10

An Active Senior Community

Santa Rosa Road, Camarillo, California

October 2, 2015



An *Inside Leisure Village* staff member sets the record straight on the misleading eNews notice that accused ILV of being **INCORRECT** in a September article on the fitness center. See *For the Record*, **Page 3**.

Also on **Page 3**, one Villager expresses his displeasure with Camrosa Water District's proposal to increase rates for Leisure Village residents if the District's objective for water usage is not met. Read *In My Opinion*.

Joseph Benti has a special request for one individual in the Village. Check out *Lost & Found* on **Page 4**.

Villagers enjoy the reopening of our pool on September 11, and one Villager basks in the opening of the Jacuzzi. See **Page 5**.

Don't miss viewing the pictures of the fantastic exotic animals that were brought to Leisure Village from America's Teaching Zoo at Moorpark College. Photos and story on **Page 13**.

Training gets residents prepared for a disaster

By Patty Ecker

"I wanted to learn how to take care of myself, my family and my neighbors in the event of a disaster," recalls Villager Terry Connor. "My wife told me about CERT training, and it made a lot of sense. She was right on target."

CERT is Community Emergency Response Training, a free six-session class designed to teach crucial life-saving skills.

"We learn how to help ourselves and to help others," said Sharon Loney, a CERT graduate and Chair of the Village's Emergency Preparedness Organization. Emergency Services experts agree that in a major incident, first responders – police, fire fighters

and paramedics – will likely not be available to all areas right away. That's why CERT training is valuable.

"You will be able to better protect yourself and do the greatest good for the largest number of people during and after a disaster," said Paul Wason, another CERT graduate.

The training, led by professionals from the Camarillo Fire Department, ranges from first aid and triage instruction to useful search and rescue and terrorism response. It is open cost-free to men and women who want to learn how to save lives and

See **CERT TRAINING, 21**

All his roads led to Leisure Village

By Bob Cohen

An obscure poet once wrote that life is a series of hills and valleys to be traversed. Roads not chosen and opportunities missed, or not. In any event, choices are made and consequences follow. A hard scramble life in a poorer area of London, or reservations at the best hotel in St. Moritz Switzerland — the result of choices made and opportunities seized.

So it was for recent village transplant Derek Gardner. Growing up in the Fulham district of London, he was surrounded by poverty and crime. He could have easily joined his friends in a life of crime. Instead, a help wanted ad by a large London advertising agency caught his attention. It was an entry level position: a runner or, more explicitly, an errand boy. But, it was a legitimate opportunity to get inside the world of high power ad agencies. The Dorland Agency was one of the largest — one of the best.

Gardner was on the bottom rung of the ladder; but he was only 16 and there was nowhere to go but up. He enrolled in the Chelsea School Of Art at night and found a mentor at work who taught him the art of typography. In two years he advanced to Junior Art Director; in three, he was a full-fledged Art Director with his own accounts. Life was good, and was getting

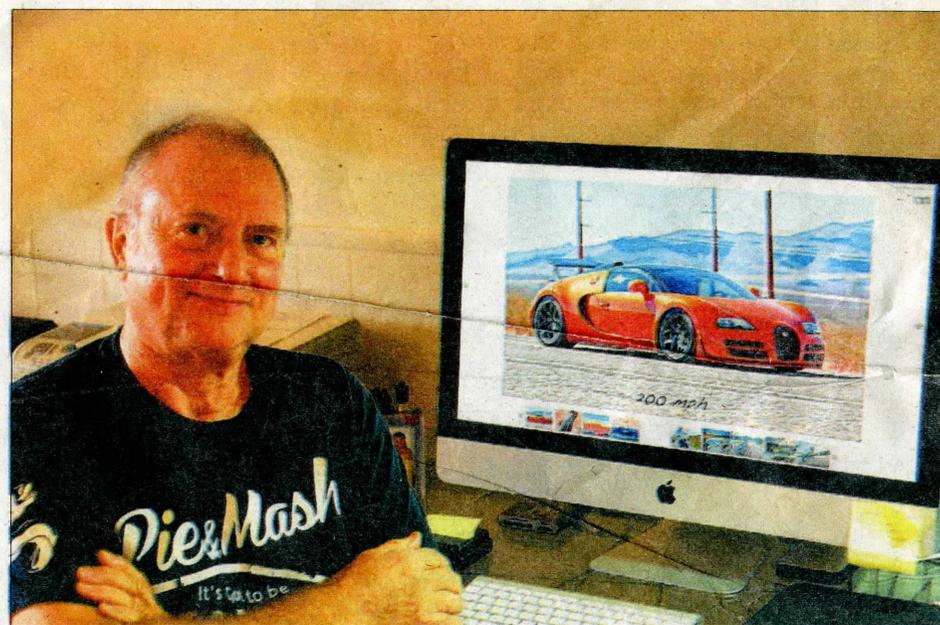


Photo by Bud Bradley

Derek Gardner with one of his signature photos — a high-performance vehicle travelling 200 mph.

better.

Dorland opened its own photo studio specializing in high-end fashion and makeup shoots. The studio was headed by a man who was a technically brilliant photographer, but perhaps a bit lacking in the art side of the equation. About that

time, Gardner borrowed some of the camera equipment and began experimenting with photography. Mostly photos of his Fulham buddies and their environment, but enough for him to realize that this was

See **GARDNER, 12**

ACKNOWLEDGEMENTS

Many thanks to all my dear friends in Leisure Village for the kind notes and cards, etc. to help me for the loss of my daughter, Sharon. You are very thoughtful and I appreciate all of you.
 — Kathy Busch, V. 25

To everyone who expressed their condolences on the passing of my husband Mike (Myron) Shapiro, my heartfelt thank you.
 — Clarice Shapiro, V. 31 & Family

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 signature, address and telephone number. Please limit letters to 150 words. We reserve the right to edit and/or condense. Place in ILV box. Space permitting, whatever was not printed in this issue due to space limitations will be considered for the next issue.

HOW TO CONTACT US

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 388-7116

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ABOUT INSIDE LEISURE VILLAGE

Editor: Stan Reshes
Associate editor: Bob Cohen
Photo editor: Jerry Spector
Photos: Bud Bradley, Bob Kaplan
Staff: Patty Ecker
Classified Ads: Barbara Crome, Joyce Snider
Cartoons: Ted Ryan

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 Ventura County Star and Journal Media Group. The Ventura County Star is not responsible for the content of ILV and does not set or monitor its classified advertising or editorial policies. In addition, the policy of ILV shall be to report and publicize LV events and activities.



LTV PROGRAM SCHEDULE OCTOBER 2015 Channel 1390

LTV Committee Email: lvtvcommittee@gmail.com



DAY		TIME	PROGRAM	*Note: OTR = Old Time Radio
Daily		<i>Calendar Diva</i>	Debra Guill & Ken Walker	8:00 am; 2:00; 5:00; 7:00 pm
Thu	1	10 & 8 *OTR 7	Thursday Showcase – See LTV Message Board for Shows	
Fri	2	10 am & 8 pm	Women's Club - 2 For the Show - 2010 (40 min)	
Mon	5	10 am	LVA OPEN BOARD MEETING - LIVE	
Tue	6	10 am & 8 pm	LVA OPEN BOARD MEETING - TAPED	
Wed	7	10 am & 8 pm	What Was My Line - Roy Badger, Sharon Hahn, Roz Feldman (46 min)	
Thu	8	10 & 8 *OTR 7	Thursday Showcase – See LTV Message Board for Shows	
Fri	9	10 am & 8 pm	LVA OPEN BOARD MEETING - TAPED	
Mon	12	10 am & 8 pm	Showtyme - 3 Blonde Moms - 2009 (58 min)	
Tue	13	10 am & 8 pm	LVA 101 - #4: The Finance Committee - 4/29/14 (44 min)	
Wed	14	10 am & 8 pm	L.V. Pet Club - Ventura County Sheriff's K-9 Search & Rescue – (52 min)	
Thu	15	10 & 8 *OTR 7	Thursday Showcase – See LTV Message Board for Shows	
Fri	16	10 am & 8 pm	Players Guild - Blackouts 3 - 2011 (28 min)	
Mon	19	10 am & 8 pm	Showtyme - Phil Jeffrey - 2008 (1 hr. 4 min)	
Tue	20	10 am & 8 pm	What Was My Line - Cathy Catt, Howard Koehn, John Totten (50 min)	
Wed	21	10 am & 8 pm	Women's Club - Carmine - 2008 (1 hr. 5 min)	
Thu	22	10 & 8 *OTR 7	Thursday Showcase – See LTV Message Board for Shows	
Fri	23	10 am & 8 pm	New York Club - Tatjana - 6/5/14 (54 min)	
Mon	26	10 am & 8 pm	LVA 101 - #1: Introduction - 1/27/14 (45 min)	
Tue	27	10 am & 8 pm	L.V. Arts Festival - 11/11/12 (13 min)	
Wed	28	10 am & 8 pm	4 th Annual Pumpkin Festival - 2008 (48 min)	
Thu	29	10 & 8 *OTR 7	Thursday Showcase – See LTV Message Board for Shows	
Fri	30	10 am & 8 pm	L.V. Musicians Presents: Great Pumpkin Halloween Party - 2010 (40 min)	

Contact: Chairman Bill Foeller at 384-4447 or for New Programming call John Mayer at 388-4642.
 LTV Committee meets the 3rd Thursday of each month at 9:30 AM in the MPR.

DAILY AUDIO ON MESSAGE BOARD: 9:00 AM, 11:30 PM, 3:00 PM, 6:00 PM, Narrated by Debra Guill.
 *OLD-TIME RADIO AUDIO PROGRAM: Thurs. 7:00 PM, featuring Jack Benny, Bob Hope, Burns & Allen, etc.

NOVEMBER DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the November 2015 issue is Thursday, Oct. 22, at 5 p.m. The Display Advertising deadline will be Friday, Oct. 23, at 5 p.m. Publication is scheduled for Friday, Nov. 6. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy, double-spaced, should be deposited in the ILV box in the Recreation Center hallway. Handwritten material should be submitted early to allow for typing.

For the record

The day after the September issue of Inside Leisure Village was delivered, Villagers who subscribe to the eNews got an email stating that Inside Leisure Village was INCORRECT (yes, it was written in capital letters) when it reported that the Fitness Center was ready for use. In fact, it was that email that was incorrect. I wrote that piece in mid-August and did so carefully knowing that there was no firm opening date. I chose wording like "consider this an advisory," "when residents participate in a simple orientation," and that "appointments for Center orientations would be made in the Rec Office" when the Center was ready. None of the information in

the article was incorrect. ILV never said the Fitness Center was open for use.

If residents were trying to sign up too early, that point could have made without demeaning what we at ILV are committed to creating: an independent reliable source for information about Village people, events and projects. We are a monthly, and know from experience that a lot more people pick up an issue during the second or third week of each month than in the first eight hours after delivery. We write with that scope in mind.

Our intent was not and will never be to mislead. And we want everyone to know that.

— **Patty Ecker**

IN MY OPINION

Comments made to the Camrosa Water District at the public hearing on Aug. 27

I am a homeowner in Leisure Village and am representing only myself here today.

Leisure Village is using less than 50 gallons of potable water per capita per day. That compares very favorably to over 140 gallons per capita per day for the total Camrosa District and the California objective of less than 55 gallons. There are many reasons for our excellent performance. One is the expenditure of \$1.8 million, several years ago, to convert our irrigation to recycled water. Since that time we have continued to reduce our potable water usage year after year. Further reductions have occurred since the declaration of the current water shortage. I think you will acknowledge that although the District is not meeting its water reduction objectives, without the help of Leisure Village it would be missing

its objective by a larger number.

Stated another way, if the entire district performed as well as Leisure Village there wouldn't need to be any restrictions, let alone on stage 3.

At the Leisure Village June Board meeting, Al Fox discussed the water shortage and said that if the District doesn't meet its objective, "Every penny we spend on water today could probably be three pennies in September."

For you to consider tripling our water rates is absurd. You should be rewarding our excellent performance and penalizing high users not the other way around. A tiered rate structure would go a long way towards solving the problem. High users should pay a higher rate.

Camrosa Ordinance 40 - 10 prohibits washing down of hard or paved surfaces including side-

walks, walkways, driveways, parking areas, tennis courts etc.

Recently I contacted Camrosa to find out if I could power wash my patio cover and posts in order to remove the dirt and grime prior to painting. The answer was no, not myself, but I could hire a contractor who could do that if they brought their own water from outside the district.

The City of Camarillo and the city of Thousand Oaks both prohibit washing down of hard surfaces but they both allow washing in preparation for the application of architectural coating or painting.

I am requesting that the district revisit this issue particularly for those customers like Leisure Village who are well within the State's and the District's water savings objectives. Thank you.

— **Ross Edmonds**

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IN MEMORIAM

Ernest Baker, V. 7
 Irving Goodnick, V. 35
 Ben Kuroki, V. 16
 Dori Prosen, V. 41

To submit a memoriam call Loretta Reshes at 388-7116

AT THE BOX OFFICE

Box Office hours are 9 to 11 a.m. Tuesdays, Wednesdays and Thursdays. The Box Office is located in the Rec Center lobby.

Currently on sale:
Mavericks Halloween SpookTacular:
 Oct. 30, \$10

Club dues we collect:

- Mavericks, \$5
- LV Musicians, \$5
- Pet Club, \$5
- Players Guild, \$10
- Showtyme, \$10
- RV Club, \$5
- Women's Club, \$5

Lost & Found

By Joseph Benti

We found a little gift bag, plain and simple, green and white, on a corner at Village Four, at the base of the light.

The last time we saw it, it was still sitting there, looking lost and forlorn, not hiding something rare.

Please, be responsible and claim it. If you must, in the dead of night — just do us all a favor and take it home! It's your job to move it out of sight!

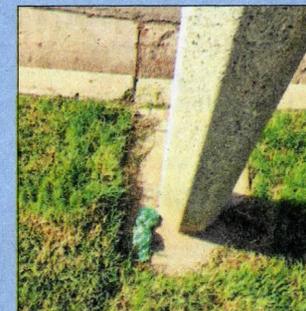


Photo by Joseph Benti

My Grandma Sells
 Leisure Village



Sharron Parker Team
805-443-1998

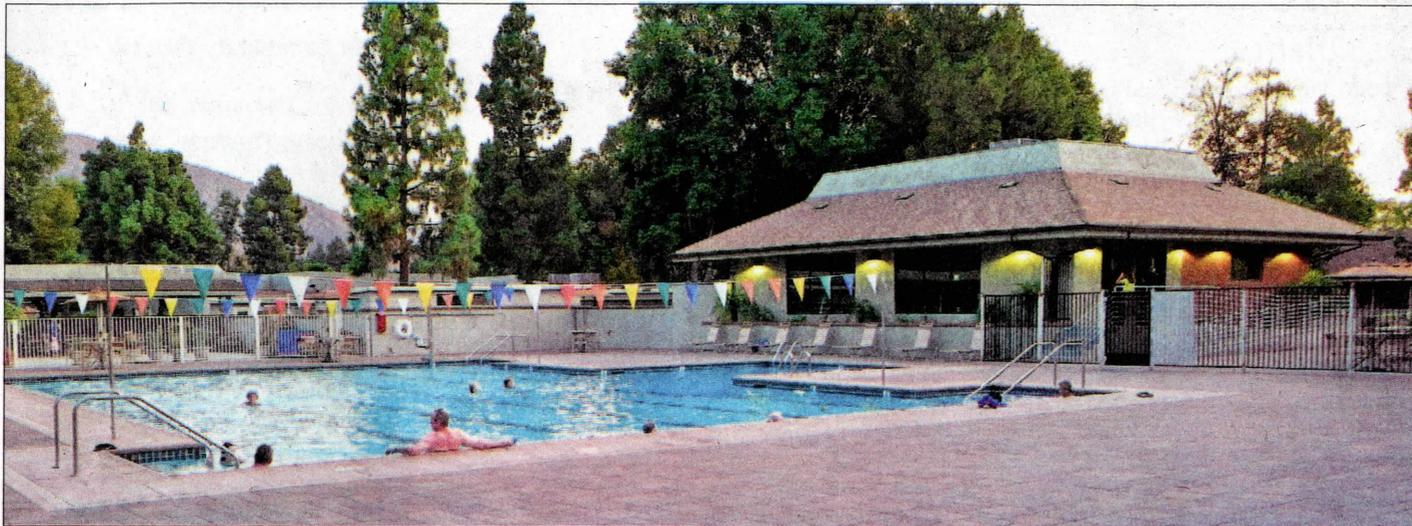
www.ILoveLeisureVillage.com



September Listings & Sales

25225 Village 25 <i>El Dorado</i>	\$425,000	SOLD
16302 Village 16 <i>Coronado II</i>	\$340,000	SOLD
24119 Village 24 <i>Del Mar</i>	\$338,000	SOLD
26113 Village 26 <i>El Dorado/patio room/perimeter</i>	\$525,000	IN ESCROW
5120 Village 5 <i>El Dorado</i>	\$489,000	IN ESCROW
25317 Village 25 <i>Monterey</i>	\$340,000	IN ESCROW
18218 Village 18 <i>Valencia</i>	\$510,000	AVAILABLE
15418 Village 15 <i>Monterey</i>	\$1900/mo.	AVAILABLE
18107 Village 18 <i>Capri/patio room</i>	\$2000/mo.	AVAILABLE

LEISURE VILLAGE'S NEW POOL MAKES A SPLASH



Photos by Jerry Spector



TOP: A day to remember — Sept. 11, 2015, 5 p.m. — the LV pool reopened.
 ABOVE: Linda Blake was one of the first residents to enjoy the opening of the jacuzzi.

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Friday, October 2, 2015

INSIDE LEISURE VILLAGE

CLASSES

AEROBICS

When: Monday, Wednesday, Friday, 11 a.m. - noon
Where: Santa Rosa Room
Cost: Free
Instructor: Debbie Woodard
Info: Debbie Woodard, 484-0280

BEGINNER'S CONVERSATIONAL HEBREW

When: Tuesdays, noon - 1 p.m.
Where: Sewing Room
Cost: Free
Instructor: Ben Racowsky
Info: Ben Racowsky, 445-8284

READING HEBREW

When: Tuesdays, 1 - 2 p.m.
Where: Sewing Room
Cost: Free
Instructor: Ben Racowsky
Info: Ben Racowsky, 445-8284

BONE BUILDERS

When: Mondays and Wednesdays at 8:15 and 9:30 a.m., Fridays at 8:30 a.m.
Where: Santa Rosa Room
Cost: Free
Instructor: Mamata Kalle
Info: Mamata Kalle, 388-9360

TAP CLASS

When: Mondays, 5:30 - 6:30 p.m.
Where: AR Stage
Cost: \$3 per class
Instructor: Linda
Info: Sue-Ellen Colp, 312-1991

STRENGTH TRAINING

When: Tuesdays, 4:30 - 5:30 p.m.
Where: AR
Cost: \$30 for 10 classes
Instructor: Sue-Ellen Colp
Info: Sue-Ellen Colp, 312-1991

BETTER BREATHING

When: Tuesday, Sept. 29, 1:30 p.m.
Where: MPR
Cost: Free
Instructors: Lorraine Comer
Info: Lorraine Comer, 383-7423

MUSIC AND MOTION

When: Mondays, Wednesdays, Fridays, 9 - 10 a.m.
Where: AR
Cost: \$5 per class
Instructor: Renee
Info: Mary Doyle, 987-9720

YOGA CLASS

When: Tuesdays and Thursdays, 10 - 11:15 a.m.
Where: Santa Rosa Room
Cost: \$5 per class
Instructors: Craig & Sheryl
Info: Bonnie or Holli, 419-4935

THEATRE BEAT

Camarillo Community Theatre: "Nine" through Nov. 1.
 330 Skyway Dr., Camarillo, 388-5716.

Conejo Players Theatre: "13 the Musical" Oct. 2 through Oct. 11.
 351 S. Moorpark Road, Thousand Oaks, 495-371.

Elite Theatre Company: "The Lion in Winter" Oct. 23 through Nov. 22.
 31 Victoria St., Oxnard, 483-5118.

High Street Arts Center: "Annie Get Your Gun" through Oct. 11.
 45 E. High St., Moorpark, 529-8700.

Rubicon Theater: "My Fair Lady" Oct. 21 through Nov. 15.
 1006 E. Main St., Ventura, 667-2900.

Simi Valley Cultural Art Center: "Fiddler on the Roof" through Oct. 18.
 3050 E. Los Angeles Blvd., Simi Valley, 583-7900.

Santa Paula Theater Center: "Nora" through Oct. 18.
 127 S. 7th St., Santa Paula, 525-4645.

Ojai ACT: "Doctor Doolittle" through Oct. 4.
 113 S. Montgomery St., Ojai, 640-8797.

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VIII 6-131
VIII 6-115
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VIII 8-102
VIII 8-150
VIII 9-158
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Brentwood \$375,000

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area including added office. Golf course
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Valencia \$549,000

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Newport \$300,000

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Stuck at the keyboard? Ask the tech center

By Judith Lavicka

The Tech Center is a premier feature among the amenities at Leisure Village. It is located in the Clubhouse and provides 11 PCs and six Macs for residents' use. An application and orientation are required to obtain a key for the Tech Center. Applications are available at the Rec Center office.

The Tech Center offers various services to residents at the Center and in residents' homes. For example, a mentor will teach a resident how to access the internet, use email and other software programs such as Windows 8.1. These services are free to residents. The Tech Center also recommends several technicians who offer paid technical support, fixes and setups. Periodically the Tech Center offers presentations on computer use.

The Tech Center computers have a genealogy program available for another year for use at no cost. Many residents use this

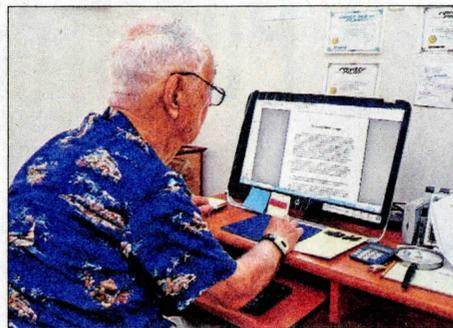


Photo by Jerry Spector

Kenney Nelson works on his computer at home after his classes at the Tech Center.

program to research their family histories.

LV power users include Kenney Nelson of Village 6 who enjoys his home PC using Windows 8.1. He wrote a book about his experiences in WWII during which he was a gunner in aerial bombing missions. Nelson wrote the text on his PC, and managed a large digital picture file, a scanner

and printer to compile other materials for the book.

Another notable user is Ernestine "Ernie" Petersen, also of Village 6. At 98 years young, Petersen learned to use the internet at the Tech Center. She accessed many articles about her father, a well known California horticulturalist.

If you would like computer help, please contact someone from the following list according to your specific need.

TECH SUPPORT MENTORS

Gail Goldman for PC 818-590-3808
gailgoldman@yahoo.com

Judith Lavicka for PC & Android Tablets 377-2675 lavicka732@gmail.com

Kathy Wirtz for MAC & PC 384-8508
jkwirtz@verizon.net

Wayne King for iPad 484-1818 wayneking@gmail.com (phone help only)

Pinky Palladino for Ancestry 987-1505
pinkeynorm@aol.com (phone only for questions; fee for ancestry classes)

Levy knows how to be a good neighbor

By Joseph Benti

Live here long enough and you'll meet quite a few new and good neighbors.

We recently met our fifth roof-mate, Sam Levy, a former Industrial Manager from Los Angeles, who bought his side of the house in December.

Levy hired a professional contractor to gut and remodel the interior, which now contains several sizable pieces of furniture he created, clues that he would leave his mark somewhere on the project.

Having built some half-a-dozen exterior doors, that's what Levy decided to do, build the front and back doors "from scratch!"

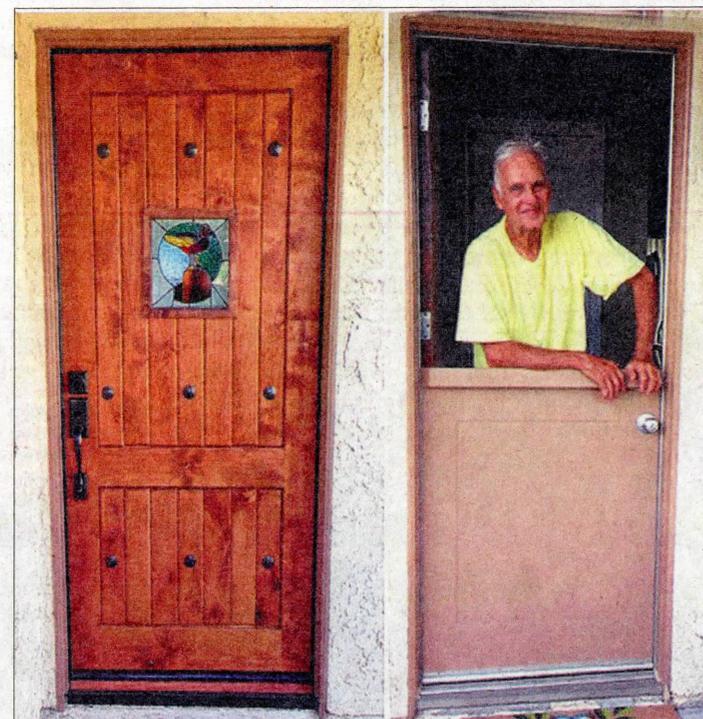
We've all heard of the homeowners who, with or without bad contractors, risked losing thousands of dollars to cut corners or to skirt or ignore the rules when making improvements to their building's exterior, which is "no-no" in the Village.

We can't do anything to the exterior of our residences without prior, written approval of the Architecture Committee, like pulling permits and building to code where most of us lived before retirement. Failure to get approval risks having to repair or replace all the work at the time of sale, to put it back as it was before it was "improved." Or to have the work just fall apart.

Knowing which end of a nail gets hit, Levy strictly followed the rules as spelled out in the Architectural Guidelines that come with all closing documents.

Having joined The Woodshop, Levy fabricated his Alder and Douglas fir doors there and assembled them in his garage, creating a homemade stained-glass insert for the front door and creating a Dutch door for the back.

Then Sam spent some big bucks for a professional door-hanger. Despite the expense, Levy insisted it was critical to him, "and worth it to do it right."



Photos by Joseph Benti

Sam Levy built new front and back doors for his home in V1.

As a result of his experience, Levy plans to join the Architecture Committee.

It'll be good to know there's another volunteer to help us get it right, "from scratch."



Photo By Jerry Spector

The residents of Village 34 enjoy a game of Screaming Monkey.

Village 34 plays with screaming monkeys

By Ruth Stubba

In case you were driving past Village 34 last month and saw what looked like monkeys flying through the air, it was just the residents playing one of several games at the Village 34 Block Party. Once the stuffed animal monkey was flung like a slingshot into the air and landed, it triggered the little guy to start screaming. Resident Clay Starr, who provided the monkeys, told us, "children love the game," and it turned out, so did the Village 34 residents. Beautiful "gold" medals, created by resident Chuck Russell, were awarded to the villager who flung the monkey the farthest and to the best thrower of the bean bag in the bean-bag-toss game. The bean-bag-toss game included a cardboard box placed on the grass in a slightly raised position with a hole cut out in the middle.

It all started with the planning team of 14 people and became a reality and success thanks to all 58 residents of Village 34, including one man who said, "It's about time we had another block party." We asked attendees for a \$3 donation and to bring a side dish. The money covered supplies, beverages and main course of barbecued ribs and chicken.

As a special treat, Village 34 resident Harry Soukiassian volunteered to get up early the day of the party and cook the ribs on his antique slow cooker. They were extraordinarily delicious, and he made homemade bread that everyone loved.

This was my first village 34 block party and I hope there will be many more. Great day, great people, great food, what a life!

Smart Driver class returns to LV

By: Paul Herman

If you want to improve your defensive driving habits and to learn how to adjust to age-related changes in your vision, hearing and reaction time, then this class is for you. After completing this AARP Smart Driver Class, you will receive a certificate that will discount your automobile insurance approx. \$100 over the next three-year period.

Class schedule for the remaining of 2015 is:

The Initial (8-hour) Class: Oct. 21 and 23. Start time for both days will be 1 p.m. in the Multi-Purpose Room.

The Refresher (5-hour) Class: Dec. 10. Start time will be 12:30 p.m. in the Multi-Purpose Room.

The cost is \$15 for AARP members and \$20 for non-members. Please make your checks out to "AARP," and write your AARP number on the memo line of your check. Preregistration is required. Please contact Paul Herman at 444-6420 to register for this class.

Enjoying life

By Jussara Penna

Sometime ago in Brazilian actress and singer Bibi Ferreira celebrated her 90th birthday with a show at Carnegie Hall in New York. It was her dream.

But the most surprising 90th birthday celebration belongs to Albertina Rego, who tandem hang glided 2,300 feet down from Pedra Bonita Mountain, in Rio de Janeiro.

I asked her how did it feel to fly. She answered, "It felt peaceful, quiet and free, like floating in the air and the view is fantastic!"

Then I asked her if she had any other dreams and she told me she would like to scuba dive, which she did two years later with a professional diver.

Dreams are so important because they keep you alive.

In spite of all the problems, life can be a party. Life has never been easy — problems have always existed — but keep your dreams.

What would life be if we didn't dream or didn't try something new? This phrase attributed to Vincent Van Gogh is dedicated to everyone, at any age, but especially to those who think they can't do anything anymore.

Don't give up. Try to do what you want, the way you can now and have fun.

Like me, writing this article.

Did you know ...

Fran Titen, V. 5, appeared on the reality TV show "Trading Spaces" with her daughter and son? The show ran from 2000 to 2008 on channels TLC and Discovery Home.

Shirley Levy, V. 28, upon graduation was voted the senior girl with the best legs in high school?

Jane Needle, V. 3, moved with her family to a new home when she was 7 years old and met a neighbor boy, Ron, who was 10 years old? He taught her how to ride a bike. They have been married 60 years.

Are You Connected?

Mitchell Semer, V. 34, born in Brooklyn, New York. Moved from Sacramento, graduated from Hamilton High School in Los Angeles. 586-4007.



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CLUB NEWS

LV Bowling

By Bob Cohen

The fall season is (barely) underway with two matches (six games) completed. And, needless to say, it is not a 14-way tie. However, it is a bit early in the season (with 33 match days remaining) to be picking the eventual winners.

There were four 200+ scratch games bowled in the first two weeks. Fred Diehl (223), Art Titen (212), Dennis Durand (201) and Bob McQuivey (201) earned the honors.

Side pot winners (high handicap score) for week one were Sharon Luberacki, Vivian Hurst, Helen Hartman, John Albany, Fred Diehl and Fuzzy Melton.

Side pot winners for week two were Vi Guzman, Ellen Neally, Gail Singer, Art Titen, Tash Guzman and John Neally.

We still have two openings for permanent bowlers. Call Bob Cohen at 419-4682 for information.

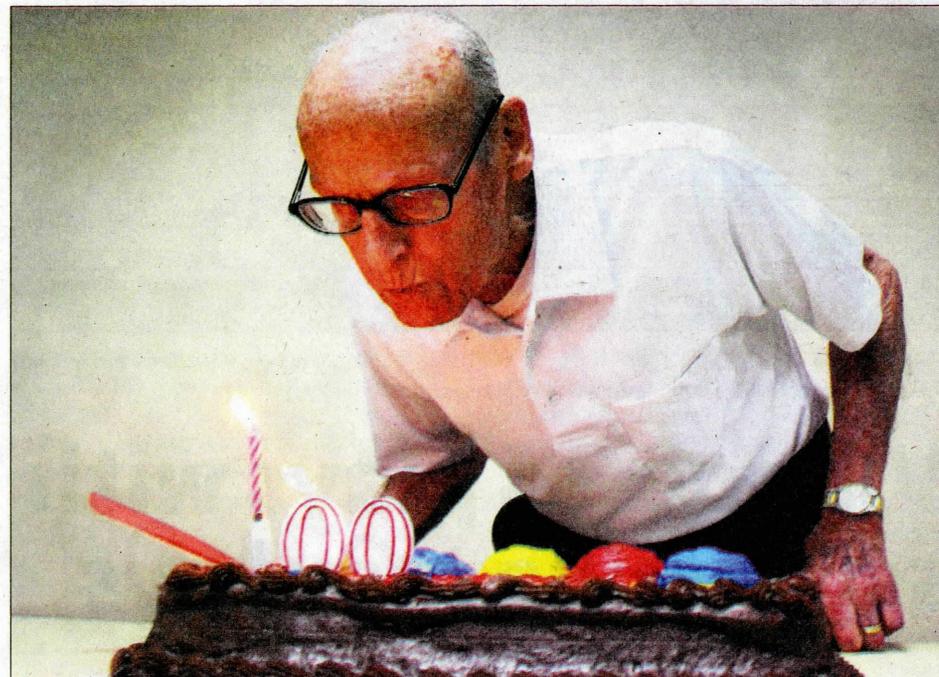


Photo by Dan Murphy

Ben Racowsky blow out the candles on his 100th birthday celebrated at the Camera Club meeting.

Camera Club

By Jackie Fishman

President Ken Lauchner announced Ben Racowsky's 100th birthday was on Sept. 17. Marlene Votion interjected that Ben has been in the Camera Club that long, and getting judges for the club, with some laughter from the club members.

Ken went on to announce that restrictions limiting the dates of our photos for competitions will be removed, for a trial month — possibly November.

Al Sarnelle shared his photos that received awards at the Ventura Fair, with one getting a 1st Place Blue Ribbon. We congratulated Al for his gorgeous photography and winnings.

Ken introduced Robert Fields as the judge of the evening, and Robert gave us a bit of his photography background. The winners for the month of September were:

From 20 entries in the Assigned category (Shadows): First Place, Jean Kohut for Under the Pier; Second Place, Rita Linsey for Getty Winter Solstice; Third Place, Marlene Votion for Courtyard Shadows; First Honorable Mention, Jackie Fishman for The Geese & The Shadows; Second Honorable Mention, John Kingsley for Shadows & Reflections of The Bean.

From 17 entries in the Open category: First Place, Gregg Gillmar for Rainy Day; Second Place, Arnold Singer for Eyes

of the Tiger; Third Place, Jean Kohut for High Flyer; First Honorable Mention, Rita Linsey for Serpentine Crescendo, Second Honorable Mention, RA Sarnelle for Jelly Fish.

From five entries in the Creative category: First Place, Jackie Fishman for Brightest Moon Breaks Thru; Second Place, John Kingsley for Harry Roots From On High; Third Place, Rita Linsey for Mrs. Belle of the Pepper's Ball; First Honorable Mention, Marlene Votion for Bicycle Wheel; Second Honorable Mention, Jean Kohut for Red Eye.

As refreshments were served, we all sang happy 100th Birthday to Ben, as he blew out the candles stating 100 years, on his beautifully decorated cake and as the cameras flashed.

Saturday Nite Dance Party

By Andea I Moran

Hi everyone at Leisure Village. Summer is rolling out and in comes fall (my favorite time). Our Hawaiian themed dance was great. We had lei's and cookies for all. October will be just as fun with our Annual Halloween party along with costumes (if you wish).

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GARDNER from 1

an area of interest. An opportunity recognized. He approached the Studio's Creative Director and volunteered to take a pay cut in exchange for a transfer to the photo studio. An opportunity seized!

The combination background of art and photography quickly earned him a reputation within the company and other Art Directors began using his services exclusively for photo shoots. Life was good and was about to get better when the top management slot in the Photo Studio suddenly opened and Gardner was tapped for the position. He managed three different studios for Dorland, photographing everything from beautiful women to beautiful cars.

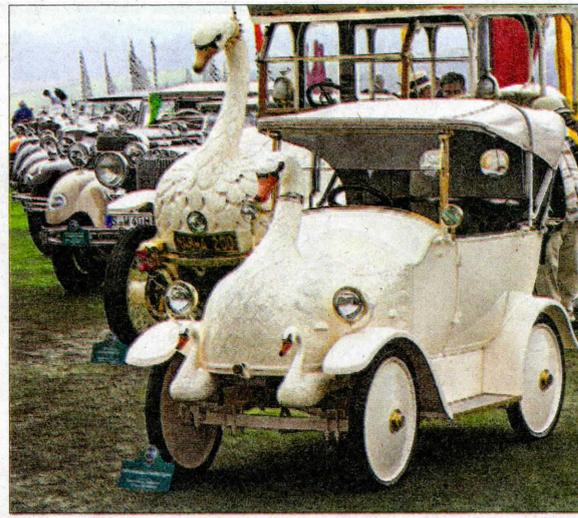
Life couldn't be better - or could it?

"I thought I was God's gift to photography," Gardner said. "So I quit Dorland and waited for the offers to come in." They didn't. Gardner had topped a hill in the road of life and was rapidly going downhill. For a year, he was unemployed. "I survived by sharing an apartment with five Scottish girls and living on cauliflower cheese," he said. The job offers weren't coming because he had not specialized in any one area of photography; not fashion, not cars, not landscape. Maybe he wasn't God's gift to photography after all.

But then, another opportunity presented itself: an ad for an in-house photographer by another London-based ad agency. The studio was located in the fashionable west end of London and specialized in beauty accounts: Max Factor, Maybelline and EyeLure were clients as well as jewelry shots for Cartier. He applied and got the job; life may not be so bad after all.

Time passed, experience was gained and Gardner was ready for the next jump.

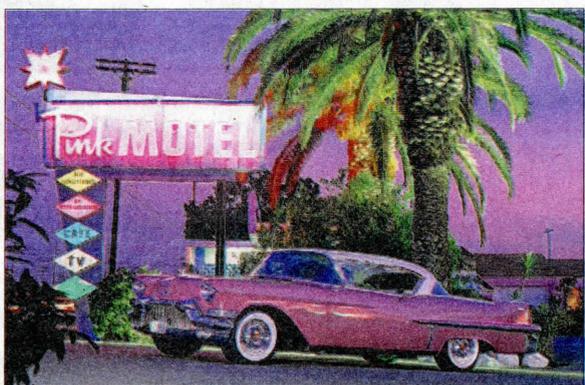
"I approached the ad agency management and offered to set-up my own studio if they



LEFT: On location in Scotland. RIGHT: All the way from India and on display at Pebble Beach.



Frozen in time: captured at 200 mph.



Photos by Derek Gardner

LEFT: A classic car at a classic motel. RIGHT: Do you remember Gilmore Gas?

would subcontract work to me at wholesale prices," he said. "They accepted and I established a studio near the Marble Arch and Hyde Park. Things progressed and I got an apartment just off of Kings Road in Chelsea, the height of the fashion district." This went on for several years. "These were the happy days," he reminisced.

All went well until one day he received a call from a rugby playing friend who owned an ad agency with an offer he couldn't refuse. "I always liked cars and here he was offering me work doing high end car shoots. The gig included all expenses paid, a flight to St. Moritz on a private plane and a room at the best hotel in St. Moritz overlooking the lake. The subjects were top end BMW sedans posed with models from London and Paris. "How could I say no?"

That was just another road to be followed, and follow it he did. He now specializes in auto photography and has travelled the world as part of his work.

"Advertising art directors like to submit their designs based on exotic locations, so that they can get to travel there and I get to go along. In some cases, they build sets of entire towns as backgrounds for the cars and think nothing of flying five or six cars to a remote location. My work has taken me to the Middle East, the Far East, South America, all of Europe and of course, North America."

Asked why he moved to the States, Gardner explained that being based in London was requiring him to travel extensively. Often cars were shipped to California for the shoots because of the weather. "By that time, I had a daughter and really wanted to be able to spend more time with my family, so I started flying to New York as often as I could to develop contacts there," he explained. The agencies may have been based in New York and Detroit, but the work was often in California. And the rest, as they say, is history. More of that history can be seen on the web at derekgardner.com.



Photos by Jerry Spector

Delilah the South African Blue Crane loves to show off.



Brutus the Black Neck Monitor Lizard follows a command.



Gunther the Nigerian Dwarf Goat is well trained.

Club hosts exotic guests

Dozier, Delilah, Brutus and Gunther seemed to enjoy being special guests at the Pet Club's September meeting. And while they – and their human compatriots from America's Teaching Zoo at Moorpark College – met Villagers up close and personal, applause, oohs and aahs from the crowd rang from the packed Pavilion as students from the elite program presented eight exotic animals.

More than 25 students brought the animals and birds that they study and work with in the two-year college program. Making presentations is a part of their curriculum, as is training wild creatures like Delilah the South African Blue Crane or Brutus the Monitor Lizard.

"I am so jealous. I'd love to do this program," said Villager Merle Ruiz as she watched Elliott and Gunther, Nigerian dwarf goats, saunter around the audience. Their trainers explained that they like having a buddy because they live in nature in herds.

"Achoo!" sneezed the Indonesian parrot on a cue from her student trainer. The Zoo on the Moorpark Campus is home to 130 animals including two lions (who did not make the trip to Leisure Village) and Dozier the skunk, a five-

year-old rescued by state wildlife officers, who sashayed through the Pavilion, sometimes on two legs, when a treat was offered. And no, nary a spray.

Another rescue that performed was Sierra, described as the Studio Dog. She was brought to a shelter by her owners who said they didn't want her because she couldn't be trained. They should see her now as she rolls over, gives high fives and is often hired by movie studios for film work because she learns her parts quickly.

"I love it," said dog owner Shirley Kovar. "It is so interesting to be up close to these animals."

More than 80 Pet Club members attended the event, taking hundreds of photos and applauding the animals and the students. One of the presenters, Josh Vallejo, is a second year student who is hoping for a job with reptiles and large animals at San Diego Safari Park.

"Our program is the only one of its kind in the nation," he explained. The competition is fierce. Selection is made by a lottery; last year 52 students were chosen from over 300 qualified applicants.

America's Teaching Zoo is open to the public on Saturdays and Sundays from 11 a.m. to 5 p.m.



And they said that Sierra could not be trained as he rolls over on command.



Dozier the skunk salutes the crowd.

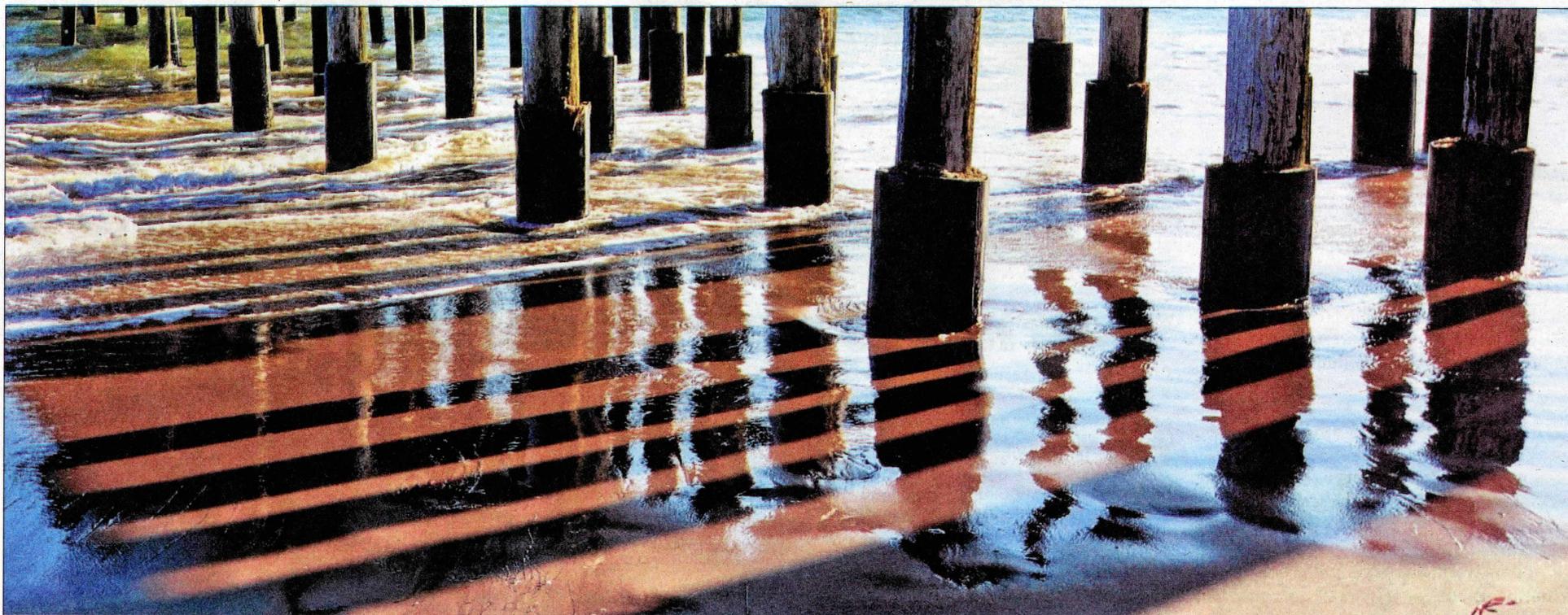


Kane the Indonesian parrot responds to her trainer.

Brutus the Black Neck Monitor Lizard is treated like a big baby 5 feet in length.



CLUB NEWS



Camera Club winner, 1st place, Assigned, *Under The Pier* by Jean Kohut.

CONTINUED from 10

There are five Saturdays in October so hope you can join us. Our schedule: 10/3 Dick Parent (ballroom), 10/10 Country Dance, 10/17 Forever young (R & R), 10/24 John/John Duo (Ballroom) and 10/31 Tropic Starr (Halloween Costume) Ballroom.

Have a great month and keep your feet beating to the music.

Writers Club

By Larry Kalisher

Do you like to write short stories or poems, or maybe just listen to others? If so, we would love to see you at the Writers Club meeting, any Monday at 1 p.m. in the MPR. You may write on any topic or use our suggested topic of the week. For October the topics are: If I Could Devote 20 Years To An All-Consuming Occupation And Be The Best In The World, Which Would I Choose?, What Is My Favorite Meal? What Am I Grateful For? and A Memorable Hospital Experience.

For additional information contact either Larry Kalisher at 465- 0042 or at larry.kalisher@gmail.com or Harvey Broslor at 465-0006.

Showtyme

By Jennifer Stein

Showtyme Presents: Dinner Theatre, Triple Treat, starring Suzanne Laughlin as Cher, Anne Murray and Karen Carpenter on Sunday, Oct. 18 in the AR. A full-course Italian dinner, catered by D'Amore's in Camarillo, will be served at 5:30 p.m. Show to follow. Cost of dinner and show is \$20 per person. Limited seating.



Photo courtesy of Suzanne Laughlin

Suzanne Laughlin sings like Ann Murrey at Showtyme's "Triple Treat" dinner show Friday Oct. 18 at 5:30 p.m.

Remaining ticket sales for everyone are on sale in Lobby: Tuesday 10/6, Wednesday 10/7 and Thursday 10/8.

For more info on ticket sales contact Roz Feldman, 383-6566.



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CLUB NEWS

CONTINUED from 14

The Mavericks

By Margo Secia

It's that time of year for the October festivities to begin, so get your costumes together for the "SPOOK-Tacular Halloween Dance" being held on Friday, Oct. 30 at 7 p.m. in the AR. Eight prizes of \$25 each will be awarded for the best costumes in several different categories. "Cinnamon and Whiskey" will be providing the music for our listening and dancing pleasure.

Tickets are \$10 per person and can be purchased at the Box Office and from John Wirtz at 384-8508, Ruth Stubba at 496-7188 or Merle Ruiz at 444-5225. This party is a favorite of everyone, so please get your tickets early, as the Club is printing only 150 tickets and no tickets will be sold at the door.

Catered hors d'oeuvres will be served. Wine, beer, coffee, tea and water will be provided and of course, as always, you may BYOB.

We hope to see everyone all dressed up in great costumes for this always very fun Halloween blast! (Costumes are optional.) If you have any questions or comments, please feel free to contact John Wirtz, Ruth Stubba or Merle Ruiz.

Due to the Thanksgiving and Christmas holiday weekends, we will be dark in November and December.

Village Arts

By Gwen Zimring

Hello friends of Village Arts. My apologies for not having Village Arts in Inside Leisure Village last month due to a computer glitch.

At the September meeting, Pat Lelie

was unable to demonstrate her Gourd Art due to a medical emergency. We hope she will do it again at a later meeting.

We did get to enjoy a video by Phyllis Doyen, teaching us how to paint flowers.

We will look forward to having Phyllis in person at our Oct. 7 meeting, when she will be giving her annual critique. You may bring one or two pieces of art for her critique. By her giving a critique of each person's art, we all can learn so much about how to improve our own work. Don't miss this very special meeting!

I hope some of you were able to take advantage of the Judith Crowe colored pencil class at the Phyllis Doyen studio.

President David Kiefer and Vice President Patti Crichton will be talking about the final plans of the Nov. 15 Art Show at the Nov. 4 meeting. Please plan to attend.

The Holiday Luncheon is planned for Wednesday, Dec. 2.

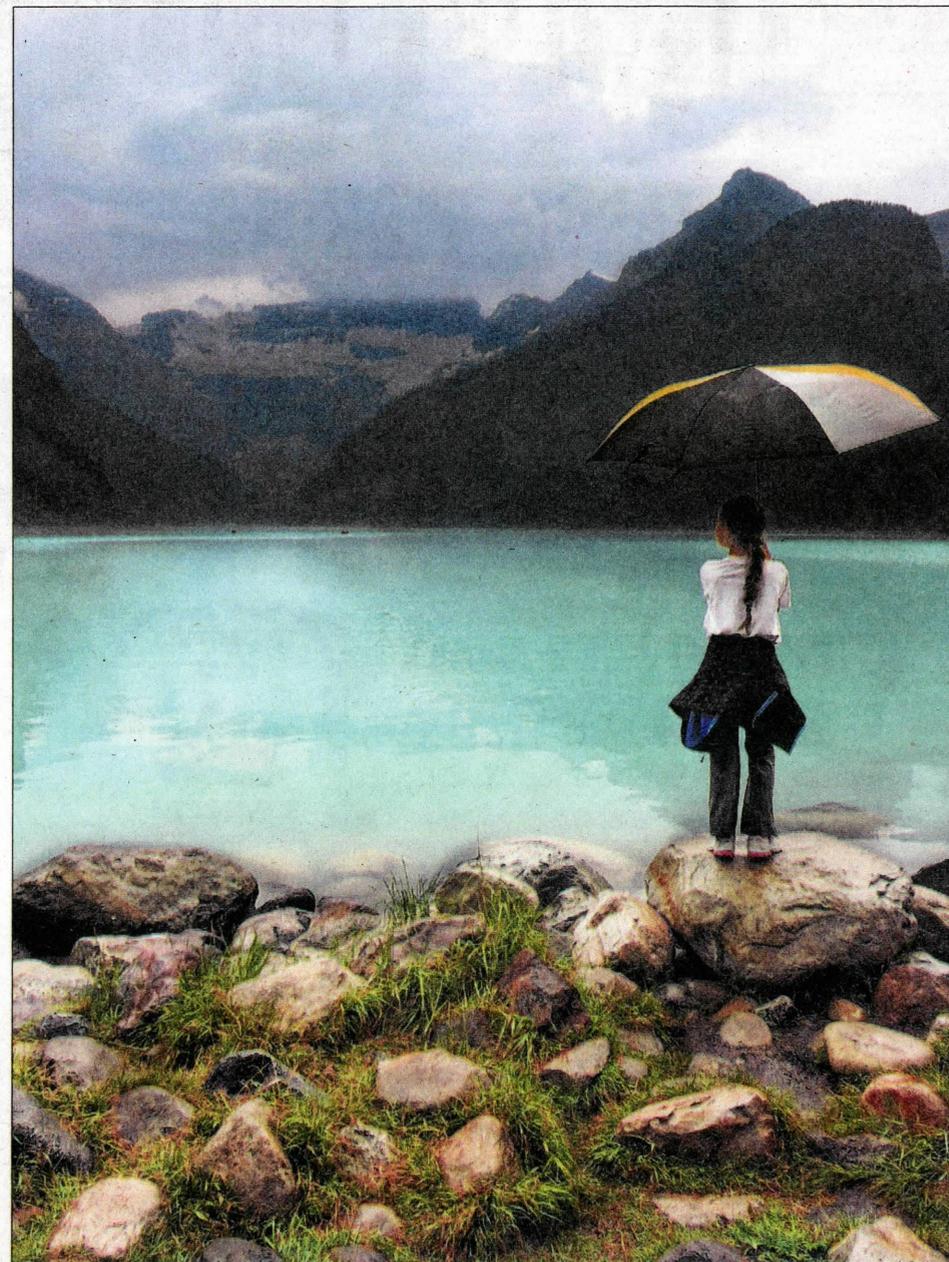
LV Pet Club

By Ruth Stubba

We had a tremendous turnout at our August Ice Cream Social. Since then, we completed the design of the 2016 Beach Days - Pets of Leisure Village calendar that includes pet photos taken at the Social by resident photographer Alice Williams. The calendar goes on sale at our October Pet Club meeting for \$10. The meeting is on Monday, Oct. 12 at 7 p.m. in the MPR. Calendars will also be sold at the Box Office.

Do you have a behavior problem with your pet? The dynamic guest speaker at our October meeting will be a Pet Club favorite, Dr. Deena Case-Pall, PhD, Companion Animal Behavior Consultant and Consulting Psychologist. We have asked her

See CLUB NEWS, 16



Camera Club Winner, 1st place Open *Rainy Day*, by Gregg Gillmar.

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CLUB NEWS



Camera Club Winner, 1st place Creative, *Brightest Moon Breaks Thru* by Jackie Fishman.

CONTINUED from 15

to talk about pet behavior problems and to educate us about the differences between service dogs and therapy dogs. Several service and therapy dogs reside in Leisure Village and one of them will be at our meeting with their owner to give us a real life story. This will be a meeting you do not want to miss!

Refreshments will be served at the meeting and there will be a 50-50 raffle. If you would like to become a member of the Pet Club, dues are \$5 per year.

WII Bowling

By Muriel Bannatz

Leisure Village is fielding a team to compete in the annual Ventura County Senior Tournament sponsored by SCAN on Thursday, Oct. 8. Come and cheer on our team. The tournament is from 9 a.m. to 2 p.m. at the Senior Center on Burnley in Camarillo. Bring some snacks and something to drink while you watch all the fun.

Congratulations are in order once again for Sylvia Edmonds who bowled a perfect 300 game on her first day back after surgery. You really set the bar high for the rest of us.

Save the date, Nov. 20, for our WII Bowling Open House here at the Village.

All are invited. If you wish to learn how WII Bowling is played or what our club is about, this is your chance. More details will be in the November issue.

As always, anyone wishing to join the WII Bowling Club, may contact either Lois O'Connor at 844-2763 or Joan Levy at 482-6871.

LVWGA

By Patti Crichton

Our September, four-week Ringers Tournament wrapped up with some steamy hot rounds. Results are being tabulated and will be posted on the Women's Golf bulletin board.

The fifth week - Sept. 30, was our last Twilight golf tournament followed by a tasty taco bar.

On Sept. 29, the Men's Club hosted the Harvest Tournament and Picnic. Thanks, guys!

October will begin with regular weekly tournament play. The highlight will be our Oct. 28 special Halloween tournament, followed by a spooky brunch. Time to start planning your costumes girls!

October start times continue to be at 8 a.m. But once November rolls around, start times will change to 8:30 a.m.

Our monthly meeting will be on

See CLUB NEWS, 17

CONTINUED from 16

Oct. 14 at 2 p.m. in the Garden Room. Newcomers are welcome.

Take a peek at the golf trophy case in the Recreation Centre courtyard, as some new championship names have been added. Congratulations!

If you have been thinking about joining Women's Golf, now is the time. Enjoy the cooler fall temperatures and special events.

LV Men's Golf

By Rob Sollett

Yes, it's October and unofficially it's Golf Month! Say what? Look at the first letter of the month, doesn't it look like white golf ball, perhaps a Titleist, a Callaway, or even a Top Flite? Try squinting your eyelids a bit ... see it? Ya know, now that I try it again, it ain't working for me either.

The Sept. 1 LV Tournament saw several of our members achieve their best. Norm Chapman broke his personal best with a score of 50 gross.

"It's weird how things happen when you least expect it," reflected Chapman. Dick Krum attributed his lowest net score of 52 to his new gripping style. Bill Foeller, using a Pitching Wedge, scored his third Hole in One, his recent on hole 11. Well done gentlemen.

We welcome two new members into our group, Dan Murphy and Sam Levy. Nice to have you, guys.

During our recent 40th Anniversary and Club Reunion Luncheon held on Feb. 18, Jerry Johnson sat next to famed WWII veteran Ben Kuroki. At that time, Johnson reflected on his long friendship

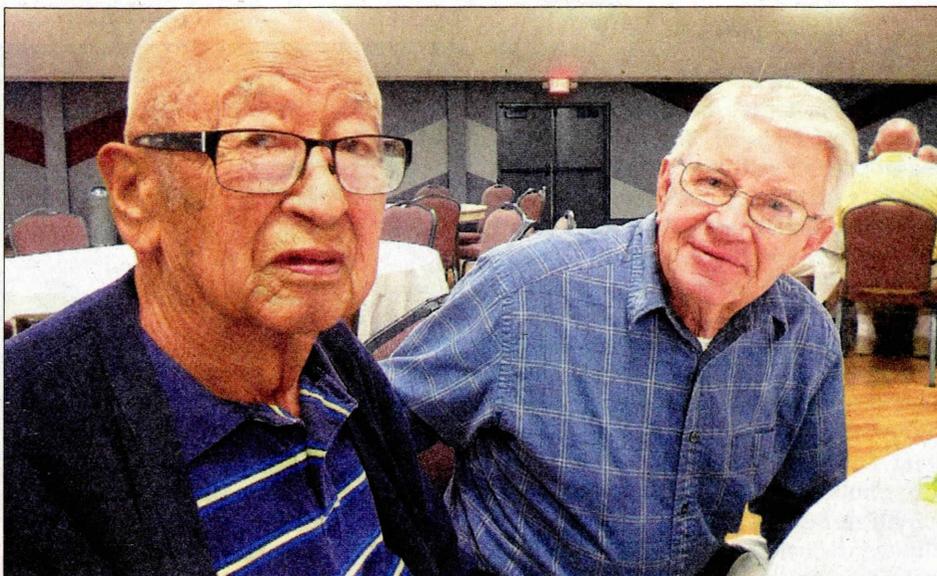


Photo by Rob Sollett

The late Ben Kuroki, left, sits next to his long time friend Jerry Johnson at a Men's Golf Luncheon held in February 2015.

with Kuroki.

"I've played golf with Ben for 19 years. Just recently he gave up the game because he just can't do it anymore — the game kept him going." Sadly, Ben passed away peacefully on Sept. 1 at the age of 98. Goodbye Ben. You will be missed. We extend our condolences to the Kuroki family.

Well, that's it for this month. Thanks for stopping by and I just know, you'll never look at the letter O the same.

Women's Club

By Chi Chun

Earthquakes, fires and other disasters fill the news. Will you know what to do if a serious disaster hits us here in Leisure Village? On Thursday, Oct. 8, 1:30 p.m. at the next general meeting in the AR, the Emergency Preparedness Organization

(EPO) and CERT will present ways to be prepared. Invite everyone you know — especially your own neighbors!

Now for happy news! Loretta Reshes and Barbara Crome have ordered SUGAR FREE See's Candy bars, milk chocolate, selling for \$1.75 each. Now everyone can enjoy See's Candies. Delicious regular bars will still be available at \$1.25 each, along with the usual wide variety of choices.

The Nominating Committee is seeking capable candidates for a slate of officers for 2016. Open positions are 1st Vice President in charge of Programs; 2nd Vice President overseeing the workshop; secretary.

Craft Boutique is open for sales on Tuesday, Oct. 13 and 20, from 9 - 11:30 a.m. in the MPR.

Contact Shearon Millar at 603-2773.

Players Guild

By Joyce Belcher

Do you love romance? Then this is just what you've been looking for. "Greatest Love Stories in History" as interpreted by Cathy Friedman and Linda O'Neill. We have all heard of many love stories of famous people. This production takes a brief look at what we imagine might have happened on one particular occasion in the lives of Anthony & Cleopatra, Bonnie & Clyde, Napoleon & Josephine, Romeo & Juliet, and in case you think we're not going back far enough in history, how about Adam & Eve? Of course we took certain liberties, such as updating the music and providing fig leaves for you-know-who. Come and enjoy this musical production and feast on the goodies after the show. Thursday evening, Oct. 15 at 7:30 p.m. in

the AR.

See CLUB NEWS, 18



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Photo by Chi Chun

Shearon Millar and actor Ken Duncan.

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CLUB NEWS

CONTINUED from 17

Billiards Club

By Patrick Price

A Billiards Club 1-15 pool tournament is scheduled to start Monday, Oct. 12. Sign-ups sheets are posted on the bulletin board. Join this challenging tournament and test your skills. The next membership meeting is Thursday, Oct. 27 at 7:30 p.m. in the MPR. Nomination of Officers and 1-15 tournament awards will take place at this meeting.

The Harvest Banquet is scheduled for Friday, Nov. 20 in the AR. This banquet is in conjunction with the men's and women's golf associations. Tickets will be \$25 which includes a meal catered by Country Harvest. More details to follow next month as well as in eNews and on LTV.

Join our popular Thursday night challenge. Sign-up is 6 p.m. And there is the fun LCR game in the Lanai room for those not playing pool.

Racquet Club

By Leslie Fox

The Racquet Club picnic was definitely a fun time for all. The catered lunch was wonderful with lots of help from the members setting up and serving. President Diane Carroll had a short impromptu meeting closing with a celebration of Marion Green's life, reading from Marion's own article in ILV on gratitude. The lunch ended with Buster Hayslitt serenading the members with his wonderful talent and great songs. In case you missed any of it, Gregg Gillmar took pictures of the whole event. Some of the pictures can be viewed at the bulletin board and at lvpaddletennis.shutterfly.com. Thanks to all who contributed their time and talents.

Another fun time was Tuesday morning, Sept. 8 when we gathered at the courts to celebrate Gary Carroll's 80th birthday, with many of the players who gladly call him "coach."

Last month, we received new pickle balls, this month we will be getting new tennis balls. Please leave these at the courts when you finish playing. And hope you've noticed our tattered net was re-

placed with a brand new one. On Oct. 22, members are going to the Oxnard Culinary School for a gourmet buffet. For information please contact Diane Carroll at 419-4325. The schedule for specified play stays the same as last month. This month remember Marion by having an Attitude of Gratitude.

SAS

By Zelda Greentree

Happy to see that we really do have people reading and responding to our invitation to join the Single Active Seniors each month for "Dinner Out." We meet at Ottavio's Italian Restaurant, on the second Tuesday of each month, at 5 p.m. The next outing will take place on Oct. 13. We enjoy having a private room and each person receives his own check. No figuring who owes what.

All you need to do is make your reservation by calling Judy Seigel at 384-9620. She is standing by at all times to speak to you. See you there.

The New York Club

By Frank Seiden

We invite you to our meeting in the AR on Nov. 5 at 7:30 p.m. when the guitar duo Don and Paul will pluck the strings of your memories and warm your blood with their brother-harmonies and humor. You are welcome to sing along to a wonderful mix of folk ballads, nostalgic pop and country favorites of the last 40 years. Listen to songs from such artists as Johnny Cash, John Denver, Simon & Garfunkel, Neil Sedaka, Elvis Presley, Willie Nelson ... and many more.

Don Erickson plays finger-style on a Rhythm Guitar and blends his baritone voice into the music of the words. Paul Christian is also accomplished on the Rhythm Guitar and other instruments. He carries the tenor range of the songs.

This high energy duo regularly entertains audiences with their songs and laughable banter at the Mayflower Club in North Hollywood, the Bluegrass Festival in Julian, the Aroyo Trabuca Country Club in Orange County and many other venues in and around the LA area.

Shuffleboard Club

By Diane Hawrylo

High scores submitted for an eight frame game in September were: Aug. 26,

Cela Foster, 97; Sept. 2, Dave Ward, 158; Sept. 9, Ernie Petersen, 144; and Sept. 16, Keith Murchland, 177.

We regularly play shuffleboard on Wednesdays at 9:30 a.m. All Villagers are invited to join. There are no dues. You can practice at any time. Come and join the fun.

LV Woodshop

By Chuck Russell

The unusual summer heat has not slowed down the members of the Woodshop nor the Villagers who ask us to fix things for them. Our open window in the Rec Center continues to be a very busy place as residents use our "Village Repair" program.

Residents are welcome to bring things that need repair to the Woodshop on Tuesday and Wednesday mornings between 10 a.m. and Noon. Projects are divided into three categories: residential, clubs and LV Association, and quick projects (such as replacing tennis balls on walkers, for example). Here's what we've repaired in the first eight months of 2015:

Residential: 168 projects
Clubs and LVA: 41 projects
Quickies: 43 projects

There's no charge for our work. Donations to help with the cost of materials and supplies are always graciously accepted.

If you want to join the Woodshop team, you should have woodworking experience and the ability to operate the power equipment safely. Contact Chuck Russell at 383-3043 who will answer questions and set up an appointment for you to be checked out on the equipment. Oh, by the way, remember that we promised to show you the remodeled ticket sales boxes that we were working on in September? See below!



Photo by Chuck Russell

The newly repaired ticket box for the Players Guild.

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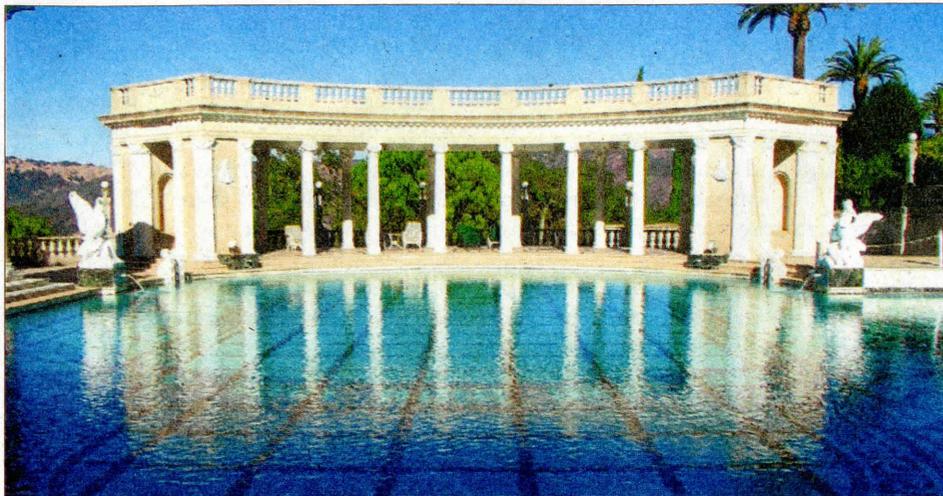


Photo courtesy of Joshua Smith

The pool at Hearst Castle.

By Carol Moody

We are excited to offer a whole new array of new and interesting trips for sale this Fall. Choose from a haunted Halloween to our own Central Coast castle or plan for the new year with an ocean voyage. Come join us on one or more. Here is a list of our current offerings. Some only have limited availability left, so hurry in.

• **CATALINA ISLAND.** There still may be a few spaces left on this three day Friendly Excursions tour. The Catalina Express brings you to Avalon where you will enjoy a city tour, glass bottom boat ride and lots of time to wander and shop in this scenic town. Includes two night lodging at the Pavilion Hotel. \$499 pp (double) - \$689 (single) Oct. 21-23.

• **HAUNTED LOS ANGELES.** Join us, if you dare, as Tucker Tours guides us through the haunts and spirits of Los Angeles. Don't fret, in traditional Halloween fashion, there will be enough treats along the way to keep your sweet tooth satisfied. Lunch at San Antonio Winery included. \$95. Oct. 27.

• **GOLDEN NUGGET/LAUGHLIN.** Casino and entertainment awaits and includes a side trip to Oatman, an old mining town known for its burros and western theme. \$168 (double), \$201 (single) Nov. 11-13.

• **HEARST CASTLE.** Central California coast at its best with a Friendly Excursions guide - three days with stops along the way, including elephant seals and a night tour of Hearst Castle. \$499 pp (double), \$699 (single) - \$200 pp deposit holds your reservation. Dec. 10-12.

• **NEW ORLEANS AND WESTERN CARIBBEAN CRUISE.** Includes round trip

transportation and airfare, two nights in New Orleans plus tour of city and seven-day cruise aboard the Norwegian Dawn. Offered through Friendly Excursions, Inc. \$2179-\$3099 pp double occupancy. Feb. 26 - March 6, 2016. \$450 pp deposit holds your reservation.

• **PANAMA CANAL CRUISE.** On sale until sold out. Includes bus and air transportation and a 15-night cruise with daylight passage through Panama Canal. Offered through Friendly Excursions, Inc. \$2399-\$3799 pp double occupancy. \$450 pp deposit holds reservation. Oct. 5-20, 2016.

• **PALM SPRINGS EXCURSION.** As we arrive in Palm Springs, we head over to a show - "A Really Big Shooo" to be exact. After a relaxing night at Las Brisas Resort, we will tour the Living Desert and have lunch before making our way back to Camarillo, all with a Tucker Tours Guide. \$304 pp (double), \$364 (single).

Get ready for more new trips in 2016, including favorites such as Santa Anita Racetrack, Glendale Theater and new casino trips. Plan for one time offerings, such as the Carol King Musical "Beautiful" in July. Your LV Travel volunteers are working with three tour operators to bring you even more choices. So save your pennies for both one-day excursions to new destinations and a trip to Switzerland, Austria and Bavaria through Collette Tours.

As always, for more information on current trips or if you want to be on our email list for advance notification of trips, please stop by at the Travel Office Tuesday, Wednesday or Thursday 9 to 11:45 a.m.

REALTOR CORNER

When buying a home, most buyers will request that the seller provide a 1-year home warranty insurance policy. This is typically included in the purchase agreement offer. The cost of this will vary depending on whether you are insuring a single-family house or a condominium/townhouse and any optional coverages that may be added.

A typical price currently for the coverage including air conditioning on a condominium/townhouse or PUD, which we have here in Leisure Village is \$365 for the year. This does not include washer and dryer coverage for an additional \$85 per year and refrigerator coverage for \$50 per year. Some buyers will request these appliances be included in their home warranty when writing the purchase agreement offer. Of course, this is all negotiable between buyer and seller.

A home warranty policy does provide some security for the new owner, in that once the escrow is closed, if anything goes wrong, the insurance less the current \$65



deductible, will most likely pay to make the necessary repairs. This also helps to relieve the seller's potential liability for any problems.

Many people do not realize that they can add a home warranty insurance policy for coverage on their existing home at any time. For more information or questions on this, you may want to contact your local Realtor.

Sharron Parker is a licensed real estate agent (Cal-BRE#00900167) and Realtor with an emphasis on selling Leisure Village. She can be reached at 443-1998 or www.ILoveLeisureVillage.com

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INSIDE LEISURE VILLAGE

19

CLASSIFIED ADS

SEE'S CANDY available. LV Women's Club 2nd and 3rd Tuesday mornings in MPR. For Information call Barbara 482-9097 or Loretta 388-7116

HAWAII TIMESHARE: want to get away to Maui, HI? Call Renee 388-5586

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See CLASSIFIED ADS, 21

Osteoporosis affects men, too

Osteoporosis gets plenty of press with older women, but men would do well to assess their risk for this disease. Osteoporosis is a disease that causes bone density loss in both women and men. Its progression is silent, and without screening it usually becomes evident when the person suffers a fractured bone from a low-impact activity. More than half, 55 percent of all senior adults in the United States have osteoporosis. Until recently, osteoporosis was seen as a disease that affected primarily white, older women, but more research has shown that it affects both women and men of all races.

Current estimates indicate that osteoporosis affects two million senior men in the United States, with 12 million more at risk. As the population ages, these rates will only increase.

While osteoporosis appears to affect fewer senior men than women (one in five men compared with one in three women), the consequences for men are more severe. For example, older men are more likely to die within a year of having a hip fracture due to bone loss. Unfortunately,

due to a lack of understanding of the disease, older men are also less likely to be diagnosed with and receive treatment for osteoporosis after a fracture occurs. Considering this, men over 50 may want to be proactive and find out if they have osteoporosis so they can receive treatment for it before a fracture occurs. They can start by assessing their risk.

The same factors that place women at risk also increases osteoporosis in men. Those with higher risk include those with the following:

- Family history of bone fractures, especially hip fractures due to osteoporosis
- Smoking
- Inactive lifestyle
- Excessive alcohol use
- Certain medications used over prolonged periods of time, such as corticosteroids, sedatives, antidepressants and medications that inhibit the absorption of calcium
- Low body weight and weight loss
- Loss of height
- Abnormally low levels of sex hormones

■ Gastrointestinal disorders that prevent the absorption of nutrients such as calcium, magnesium, vitamins D and K, phosphorous, and amino acids (all essential for bone health)

Older men who have any of these factors should discuss their risk with their doctors and request a screening, although there is some controversy as to whether those test results can be interpreted the same for men as for women.

They also can make lifestyle changes that will help decrease their risk, including decreasing their alcohol intake, stopping smoking, increasing activity levels and doing weight-bearing exercises. Any dramatic lifestyle changes should only be done, however, after consulting with a medical professional. By taking action early, older men can tackle osteoporosis before it causes significant bone density loss and help ensure they stay independent and active longer.

Article provided by Ellen & Andy Smith, Comfort Keepers In-Home Care, 275 E. Hillcrest Dr., Ste. 145, Thousand Oaks, CA 91360, ck426@comfortkeepers.com

CERT TRAINING from 1

protect others. Currently, 84 Villagers and 7 security staff members are CERT trained.

A new CERT class will be held in Leisure Village as soon as 20 people sign up. No particular physical strength is required beyond being able to walk independently. The complete instruction is presented in six, two-and-a-half hour classes in the Village, then one final session at the Camarillo Airport that includes a disaster simulation. Participants receive equipment including a vest, a helmet, flashlight and a backpack.

"I learned so much in the CERT class," said Terry Connor. "Like when should we shelter in place and "cribbing," which is when to move something heavy off an injured person and when not to. You learn real life-saving techniques for yourself and others. It's a unique opportunity."

For information or to sign up for a Village CERT class, contact Terry Connor at 482-7806.



Photos by Donna Proto

Gary Desgagnes, left, retired fire engineer teaches Leisure Village residents cribbing, (using blocks and levers to raise heavy objects off victims). Leisure Village residents Brenda Cheatham (second, from left), Paul Wason, Ken Lauchner, Peggy Rebsch, Barbara Kosch, Shearon Millar, Duane Waln and Wayne Scott.

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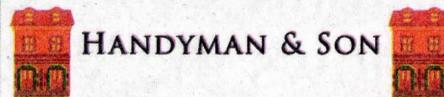
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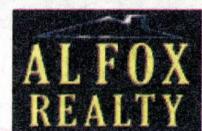
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