

INSIDE LEISURE VILLAGE

VOL. 45 NO. 6

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JUNE 1, 2024

VILLAGER PROFILE

By Carol Nelson

A Colorful Career in Media

Bob Koster's lineage is such that a career in film was all but inevitable. His mother (Katalin Kiraly) was the daughter of two famous Hungarian performers, one a matinee idol and the other a songstress & comedienne.

His father (Henry Koster) was initially a screenwriter in Europe, but when he migrated to the U.S. (thanks to Joe Pasternak) he then became a director. Because of this, Bob had the opportunity to meet many actors and actresses, one of whom was Marlon Brando. Marlon was playing Napoleon in "Desiree" and Henry was directing. The two men became friends, so Marlon would often drop by the Koster home. On one such occasion, Bob was playing chess with a friend. Marlon watched for a while, then gave Bob some very sound advice which helped the latter greatly in finessing his game.

Bob started his tertiary education at Pomona College where he majored in English. His father wanted Bob to become a journalist as he thought it would be a good basis for screenwriting and later for directing. However, Bob had little interest in his college courses. Thus his

grades were poor and so he quit.

Eventually Bob became a student at UCLA where he took a summer course: "Introduction to Motion Pictures." There he learned how to look at cinema as art. He changed his major from English to Theatre Arts with motion picture as a specialty. He graduated with honors in 1961.

Thoroughly enjoying his work in film, Bob was involved in the making of about 60 movies as either a Production Manager or Assistant Director. He also worked on quite a few commercials. (Perhaps you remember the Colgate Palmolive one about Madge the Manicurist who had her clients soak their nails in dish-washing liquid. Interestingly, when I was living in Australia, I saw that same commercial, though the actors were Aussies.)

Don't think that making commercials for TV is always a tedious business. There are almost always laughs along the way. One such instance occurred when Bob was making a commercial for the Tourist Board of the Bahamas in Nassau. Bob had made a request to the Board for 12 strong men to fill and place bags. Imagine his



Photo Courtesy of Bob Koster

Bob Koster discussing his book "Adventures in Hollywood."

surprise when 12 prisoners, complete with ball & chain, descended from a van!

Another string to Bob's bow was lecturing on Movie and TV Production, and then on the History of Media, especially Cinema. First of all, he taught film production, computer basics

—Please see **PAGE 8**

2024 Leisure Village Board of Directors Elections

By Kelly Nelson

It's that time of year where we cast our votes for the Candidates running for the two open seats on the LV Board. This year we have four Candidates: Marlynn Block and Ruth Stubba, running for re-election for their second two-year term, Bob Bueling, back from his required one year off following a full four-year term, and Robert Kulick.

If you happened to tune in or attend Candidates Night on May 16th, you had a chance to hear the individual points of focus from

Marlynn Block, Bob Bueling and Ruth Stubba (Robert Kulick was not in attendance):

Block is concerned about the aging infrastructure of Leisure Village and describes it as having two components, Hard and Soft. According to Block's perspective, the hard infrastructure represents the irrigation systems – buildings and such, that are now fifty years old and are sure to need attention in the not-to-distant future. She wants to make sure LV is continually looking ahead for this inevitability of wear and tear and making plans

along the way to address it. This concern extends to the forecast of water and sewage rate increases that could have a significant impact on LV's bottom line. She goes on to describe the soft infrastructure as the people residing here. She contends the multi-generational needs in LV must be considered in all village-wide decisions.

Stubba continues her pledge to bring LV current in technology and communications, including the recent launch of Front Steps on the LV website – She says "this is just the beginning of things to come."



Photo by JON

Bob is back, ready to serve another term on the LV Board of Directors.

Her vision extends to all elements of communication between residents and LV personnel, Committees and

—Please see **PAGE 9**

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IN MEMORIAM

Tai Demers - Village 44
Hanna Huber - Village 3
Dr. Allen O. Leland - Village 25
Joan Mc Connell - Village 16
Betty Stallman - Village 32

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

ABOUT INSIDE LEISURE VILLAGE

Editor: Jon Niemann
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July 2024 Edition Deadlines

Club News, articles and letters: Saturday, June 15. July issue will be available Friday, July 5. Send news, articles & letters to insidelveditor@gmail.com.

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

VILLAGE NEWS

By Dennis Doolittle

Leisure Village Board of Directors – Several months ago Chuck Kiskaden resigned his position on the Board of Directors for personal reasons and Merle Ruiz was appointed to the Board. In the May Open Board Meeting Merle Ruiz resigned from the Board and Chuck Kiskaden was re-appointed. This position was filled in June 2023 with a term until June 2025.

It is election time again. Running for two Board seats are Marlynn Block, Bob Bueling, Robert Kulick and Ruth Stubba. Ballots have been mailed to homeowners. Ballots will be counted during the Annual Leisure Village meeting on June 20th with results announced at the end of the meeting.

We often struggle to get a quorum for Board elections. Please cast your ballot so we have a great turnout this year and a clear quorum.

Water and Sewer – Camrosa is in the process of concluding a 5-year rate study which proposes significant increases in our sewer, water

meter and potable water rates. The General Manager has written a letter to Camrosa outlining the significant increase in cost to Leisure Village residents and requesting a reduction in the rate increases. A public hearing on the new rates will have been held by the time this article is published. Once the new rates are approved, ILV will publish a comprehensive summary of the impact of Camrosa's new rates.

Association Information Form (AIF) – If you are a long time resident or you have a new email address or phone number – please fill out an AIF form and submit it to the office. Much of their contact information is out of date. This contact information will be necessary when using the new FrontSteps software system within the Village.

Finance – The Village's fiscal year ended on March 31, 2024. End of year unaudited financial statements have been reviewed by the Finance Committee and submitted to the

Board. At the May Open Board meeting the services of an auditor were authorized. The financial results will be audited, revisions made as required by the audit, and audited results will be mailed out to owners by the end of July.

Concrete – The new Concrete repair contract was approved at the May Open Board meeting. The project start is being negotiated, most likely to start in July.

Garage Doors – Any change to the open garage door policy has been terminated. There will be no rule.

In Ground Garbage Vaults – Nothing is ever as easy as it sounds. Staff has been investigating how the in-ground vaults can be removed. They have found that the concrete walls of the vaults have encased wiring and irrigation pipes. Please do not remove the vaults yourself. No project to remove all vaults has been proposed/approved. At this time staff is investigating what will be required in order to develop a removal plan which will include an initial evaluation project within the Village.

Paint Project – The start date

for a new stucco and trim Paint Contract is negotiated. Work will start in Village 7, then move on to Villages 9 and 19.

Administration Building Sewers – The Admin building is experiencing serious problems with its sewers and bathrooms which will require major repair. Plans for the repairs have been submitted to the City of Camarillo for permit approval. The city has applied additional ADA requirements which are now in design with the architect.

FrontSteps – A note on the Residential Directory, the Village wants to encourage signing up for the directory. The FrontSteps version of the directory is replacing the directory on the Village web site. At the moment about 200 users have signed up for the FrontSteps directory listing. Note, you can control what information is provided in the listing.

Storm Drains – Negotiations between the Village and the County continue over who is responsible for the various elements in clearing the drainage from our storm drains.



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AROUND THE VILLAGE

Don Marquardt's Tree of the Month

■ The Beautiful Bottlebrush

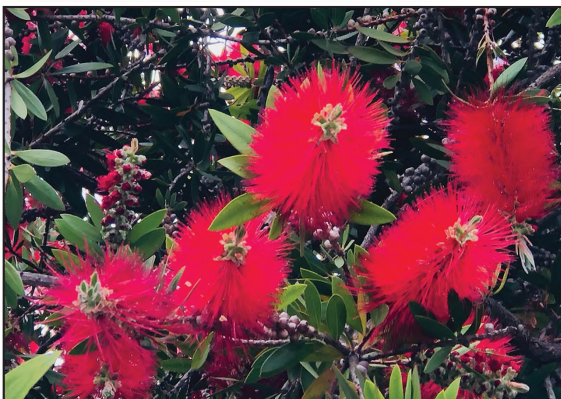
There are 2 varieties of the Bottlebrush Tree in LV: 1) Lemon Bottlebrush (*callistemon citrinus*) compact round shape 15 ft. tall with 3 in. narrow leaves; 2) Weeping Bottlebrush (*callistemon viminalis*) - tall weeping shape 30 ft. high with 6 in. narrow leaves.

Both species are native to Australia and suitable for Southern California climate as they are drought tolerant. These evergreen trees bloom several times a year. Their bright crimson flowers resemble kitchen bottle-brushes, hence their name. The sugary nectar attracts hummingbirds and bees. The flowers are very unusual; take a close look next time you are walking around Leisure Village.

A living sample of the Lemon Bottlebrush is located at the rear of the west parking lot of the Recreation Center. (see photo).

The Weeping Bottlebrush is amply visible on both sides of Leisure Village Drive and Mountain View Drive, as well as sporadically throughout other areas within the Village.

June is the month for the beautiful Bottlebrush to put on a great show.



Photos by DON MARQUARDT,
Landscape Architect

At right, Lemon Bottlebrush Tree near the west parking lot of the Rec Center. Above, closeup of bottlebrush flower.



LV Ballroom Class a success

The first LV Ballroom Class went very well. In all, 28 Villagers and five teaching assistants attended. They were introduced to several dance steps in the hour - culminating in a waltz.

Villager Joan Robinson, who arranged the series of classes, had asked Dance Instructor Rachel Seward to conduct a warm up as people

were checking in. The fun music and "Movement to Music" was very well received. She thought our Villagers were very talented and a delight to teach.

Joan's daughter, Cheryl Griffith, took over the ballroom portion at 7:30 pm. Villagers excelled at dancing while rotating among new partners.

—Please see **PAGE 7**



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VILLAGE ENTERTAINMENT

No Girly Girl

LV Music Club - Marci Lapair

If you missed May's Open "Mic" Night you missed a wonderful show. We were happy to welcome back Dick Guttman who played "Close to You" on the piano. Bob Bueling and Pat Cronin performed an original composition about Villager Roger Florio. The audience was pleased to welcome Henry Becker, who just recently moved into the Village. To the delight of everyone Henry played the guitar and sang "Today I Started Loving You" and "Won't You Mind Your Own Business." Scott Jacobs playing bass, Jeff Brown playing guitar, and Scott Mitchell playing the soprano saxophone, sang "Norwegian Wood" and "Kokomo." The Music Club would like to thank Richard "Bogey" Boghosian for taking over as the Emcee for the evening.

The next Open "Mic" nights are

tonight, Friday, June 7 and Friday, July 5 at 7:00pm in the AR. Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks.

On Monday, June 17, we will show the movie Laws of Attraction. Romance has never been funnier in this battle of wits and will. Pierce Brosnan and Julianne Moore star as rival divorce lawyers who are complete opposites. She relies on the law while he relies on personality. They are hired to represent opposing sides of a celebrity divorce case involving a rock star, a dress designer and a custody dispute over an Irish Castle. The movie is rated PG-13 and is 90 minutes long.

On Monday, July 1, we will screen the comedy Miss Congeniality starring Sandra Bullock, Michael Caine and Candice Bergen. When a terrorist threatens to bomb the Miss USA pageant, the FBI rushes to find a female agent to go undercover as a contestant.

Unfortunately, the only female agent (Bullock) who can "look the part" lacks any refinement and femininity. She prides herself as being "just one of the boys" and is horrified at the idea of becoming a girly girl. The movie is rated R and is 1 hour 40 minutes long.

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

Cohen Original Play June 20

Players Guild - Linda O'Neill

After the theater being dark in May, Players Guild returns on Thursday, June 20, at 7:30 pm with Helene Cohen's gem of an original play entitled "Little Pharma." Richard Weiss and Joyce Belcher play an aging couple who get into trouble with the law while trying to help a neighbor find medication at a reasonable price. This theme could not be any timelier. Judie McAskill plays the drug-seeking neighbor. The show opens with the couple's arrest and finds Dorene Blair advising as their attorney. Rosanna Brown is their tech-savvy granddaughter. Nobody in this cast is new to the stage and they are directed by author Helene Cohen who has been acting and directing professionally for many years.

In July, Paul Newman will present "A Funny Thing Happened on the Way to the Village" on Thursday,

July 18. To that end, he held an audition on Monday, May 13 at 4:30 pm. Really it was more like a discussion than a formal audition. Mr. Newman has asked his son, Clay Newman, a professional comedian, to emcee and now he's looking for funny songs to add to the merriment.

The purpose of these columns is to update Leisure Village residents on Players Guild happenings; they are not formal reviews of our presentations. Having said that, it has come to our attention that some playgoers resented the lack of review on the performances in *Fiddler on the Roof*. In the April edition of this column, it was noted that playgoers could be...prepared for a masterful Tevye as played by Richard Weiss." At the time, the author of this column had not seen the final product. Suffice it to say, the prediction was correct. Actor Weiss led the cast to a standing ovation after every performance. Tevye is an extremely demanding part as this character carries the play through the entirety. Golde, as played by Vivian Hollander, was a touching and realistic support to Mr. Weiss. In fact, his excellence set a high standard for the entire cast which sang and acted with professional authority. This production was one of the two best-selling shows in Players Guild history, even coming on the heels of Covid. If you saw it, it's a good bet you came away amazed and delighted.

Rat Pack Tribute

Showtyme - Jennifer Stein

Showtyme's back and we're ready to make June 2024 a very

—Please see **PAGE 11**



7 Questions you Should Ask Yourself

Before making your 'Yes' or 'No' Dental Implant Decision

Are Dental Implants Right for You?

It is important that you don't rush into a dental implant decision (either to get implants or to forego them) before you get all of the facts.

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☐ **Question 2** - Am I willing and able to practice good oral health, flossing and brushing regularly?

☐ **Question 3** - Do I want teeth replacements that look, feel, function and last just like real teeth - or am I satisfied with what I have?

☐ **Question 4** - Am I in reasonably good health?

☐ **Question 5** - Am I willing to visit the dentist for check-ups after the procedure so that s/he can professionally check my implants, gums and bones for health and stability, and remove all the plaque I can't reach?

☐ **Question 6** - What do I feel deep down? Would I likely be happier and feel better about myself if I had dental implants versus what I have now?

☐ **Question 7** - Am I willing to pay a little extra for the higher quality of life that dental implants will give me?

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Ballroom Classes

Continued From PAGE 5 —

A second class saw Newcomers dancing a waltz around the room, regularly switching partners. By the end of the month, students should be able to dance the waltz, foxtrot and rumba very comfortably. Dancers new to Ballroom dancing received focused attention

and are coming along. Anyone who would like to join the fun and entertaining set of classes in June should contact Joan at joandanceforlife.com or 818-951-1516. Classes are on Wednesday nights at 7:30 p.m. in the Santa Rosa Room. The cost is \$5 per class, new attendees will be offered a free private lesson or two to catch up.



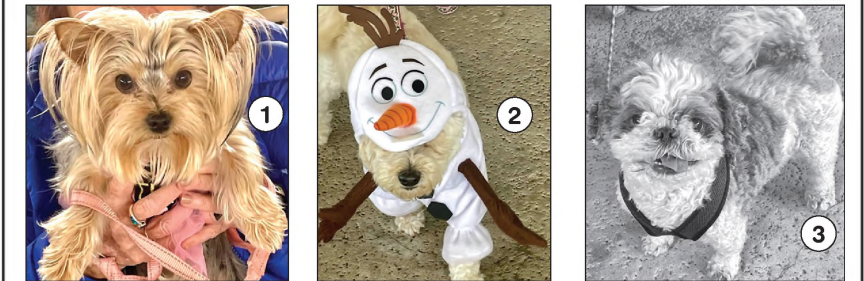
Photo by JON

Group of men and women after their ballroom class.

LV Pet Club Parade a Success

Members and non-members of the Leisure Village Pet Club met in the Pavillion for a meetup and parade celebrating our Village Pets.

Prizes were offered in several categories, the furry companions enjoyed the spotlight for a day. Some awards were given, see photos.



Photos by SHAWN BAKER
1) Angel won Best Puppy award; 2) Olaf won Best Dressed award; 3) Bunny won Best Smile award; 4) Ruby Tuesday won Oldest Dog in Attendance - aged 17 years

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Bob Koster

Continued From **PAGE 1** —

and computer use for scheduling and budgeting at Columbia College in Hollywood. Later he lectured at CSUCI, USC, UCLA and the Directors' Guild.

Bob's father Henry and step-mother Peggy moved into Leisure Village in 1980. After Henry passed away, Bob and his then wife Sarah wanted to be near Peggy to keep an eye on her, so in 2000 they moved into an LV house that was within walking distance of her house.

Before becoming a resident in LV, Bob was a volunteer with the

LA County Sheriff's Department, working in the Media Unit (not surprising at all!) After this, he became a member of the Citizen Patrol with the Camarillo Police Department. He has been doing this for the last 21 years.

In amongst all of the above, Bob managed to find the time to write his memoir. Initially its purpose was to tell his life story in full to his two adult sons, but in 2012 he decided to publish it as "Adventures in Hollywood: A memoir by Bob Koster." So if you want to fill in the blanks which, of necessity, I have omitted in this profile, you know what to do!

Courtesy of BOB
KOSTER
Deanna Durbin,
Bob's Mother
(Kate Kiraly) and
Bob at 6 months
(give or take).



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LV Elections

Continued From **PAGE 1** —

Clubs. She looks forward to continuing her work leading the Communications Committee in streamlining and automating routine procedures, including how you start a new Club in LV. She commits, “things should be easier, and automated where possible.” She is dedicated to finding and implementing ways to simplify LV processes and procedures for everyone’s benefit.

Bueling continues the debate on the major (and increasing) expense of painting the stucco on LV buildings. He says “this was never fully vetted from its inception years ago” and insists, “here at almost one-third the way into this, it’s time the project was thoroughly reviewed.” He stated “this isn’t about some owners wanting new colors, but the cost of this to all owners.” In his view, the long-ago case of mold in one corner, of one house, in one Village was not proof of necessity to paint 2,136 homes. He asks again for an in-



Photo by JON
Marlynn Block and Ruth Stubba after their 2024 win.

depth review from outside experts of cost vs. return-on-investment, forecast of years before RE-painting, and alternatives for the stucco, i.e., fog-coating, patch/repair, power washing etc. He says on major projects, such as re-roofing, “LV has an expert inspect the homes in each Village for the need of repair or full replacement, and stucco should be evaluated in the same way.” He’s not budging on these issues.

It’s clear, LV homeowners have a decision to make on their choice for the next two Board members serving the next two years. With that said, LV still needs to meet the required

Quorum of ballots cast: The total number of homes in LV, times 50%, PLUS ONE = The Quorum. $2,136 \times 50\% = 1,068 + 1 = 1,069$ ballots needed – **PLEASE VOTE!**

Editor’s Note: Kelly Nelson has been a champion of the process of keeping a viable and healthy board

of directors for Leisure Village. She has hosted “Meet the Candidates” at informal but targeted events in her home. Three of the four candidates attended these events and the Candidates night in the A/R in May. We echo her call for all LV homeowners to participate in this important process.

AROUND THE VILLAGE

Memorial Day Display of U.S. Flags

We found Ed Vasquez carefully placing U.S. flags around the memorial he created in 2000 to commemorate the many Veterans who have been and who are residents of Leisure Village. The tiles set in the stone are representative of the ribbons showing rankings, highest on top, of our local Service Members.



Photo by JON
Ed Vasquez standing in front of the Veterans Memorial he created after placing flags.

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AROUND THE VILLAGE

New Theater Group in the Works

A new theater club under the leadership of Nancy Hullihan has been approved by the Leisure Village Ed & Rec Committee. Village Theater is the vision of Nancy Hullihan based on her experience

participating in local community theater programs. She reached out to other like minded Villagers who are excited to start producing live theater for the Leisure Village community to enjoy on a regular basis. Village Theater will focus on scripted plays with an emphasis on dialog and storytelling through well-rehearsed acting and presen-

tation of the chosen material. The group is planning to produce three plays per year starting with its first play later in 2024.

Photo by JON
Nancy Hullihan speaking to her new theater group at her home in February. The first show is in the works.



Rat Pack

Continued From PAGE 6 —

memorable evening for Leisure Village residents and friends. Our entertainer embraces his tribute to this iconic performer. Actually, it's not one performer, they were the coolest of cool, handsome, talented and funny icons that mesmerized the entertainment world in the 1950s and 60s. Have you guessed yet? They were Hollywood's most unpredictable stars who dominated stage, film, talk show hosts and

Vegas. While the magic of all of them performing together only lasted about four years, each would continue to find success in their own solo careers. They were known as "The Rat Pack." June's entertainer pays a velvety smooth tribute to many of the great male vocalists, you might call him a true crooner. He's performed at the Tournament of Roses, the Rose Bowl Gala, The Philharmonic, American Veterans Award Special, Sony Pictures Fundraiser, Cruise Ships and countless private and cor-

porate functions. This evening's entertainer is, Danny D. Why not dance in your seat or better yet in the aisles while listening to Danny D perform New York New York, The Way you Look Tonight, My Way, Come Fly with Me, My Kind of Town, That's Life just to name a few. Let's not forget Dean Martin's & Sammy Davis Junior's timeless songs. It's an evening you don't want to miss. And the best part is it's at Leisure Village, you can't get any closer than that. Bring your family, your neighbors, friends and of course your-

self to timeless classic songs from the great entertainers. Mark the date for Friday, June 14th at 7:30 pm. Doors open at 6:45pm in the Rec. Center. Admission is free to 2024 Showtyme members. Non-members pay a \$5.00 donation per person. Membership is available for \$20.00 per person and a 50/50 raffle is available with 2 lucky winners. It's all happening at Showtyme. Thank you again for all the support Showtyme receives over the years. If you have any questions please contact Jennifer @ 805-383-1518.

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A WORD ON WINE By Barbara Senior

Poor, Maligned Merlot

Recently I asked a friend about her favorite wine, and her voice dropped almost to a whisper, “I know this may be a little controversial, but I really love...Merlot.”

Despite its long history as one of the great noble grape varieties of Bordeaux, Merlot’s reputation has taken a significant hit in recent decades. By the late 1990s, Merlot was the most widely planted red grape in California. While there are many premium Merlots, the significant acreage resulted in California Merlot widely being made into inexpensive, high-volume wines.

The 2004 movie *Sideways* didn’t help. It dealt a crushing blow to Merlot when the main character, Miles, famously exclaims “If anyone orders Merlot, I’m leaving. I am not drinking any (expletive) Merlot.” A few years after the film, a study

found the movie was directly responsible for a massive blow to the Merlot market, which flourished at an unprecedented level just prior.

Merlot is the most widely planted grape in Bordeaux, its old-world ancestral home, particularly in the appellations of Saint-Emilion and Pomerol. While Bordeaux red wines can be made from five grapes, Merlot and Cabernet Sauvignon take a front seat in the blending process. In fact, one of the rarest Bordeaux wines in the world, Château Pétrus, is made entirely from Merlot.

Merlot is a classic blending partner to Cabernet Sauvignon. It is lower in tannin and contributes softness along with ripe blackberry and plum flavors. It tames the more tannic Cabernet Sauvignon, helping the blended wine be more drinkable without aging.

Merlot is also incredibly food-friendly and pairs well with a range

of dishes. Its softer tannic structure and fruit-forward flavors make it a natural partner to grilled vegetables, gamey meats and beef, pasta with red sauce, and even Chinese Stir-Fries.

So next time you’re looking for a versatile wine to enjoy by itself or with Sunday supper, consider Merlot. The most important consideration when choosing a wine is what YOU like, not what some movie says is correct.



(P.S – It’s an ironic movie twist that Miles’ most highly prized wine is Château Cheval Blanc, a Merlot-forward blend from Bordeaux.)

AROUND THE TOWN

Never Stop Learning

If you have been curious about OLLI (Osher Lifelong Learning Institute), now is a great time to try it for only \$15 per class. OLLI is offering the acclaimed Taste of Summer term for six weeks starting on June 10th. We have a variety of 25 one-time classes taught by expert instructors.

Step back in time and explore life and love in Roman Britain or the art and architecture of Pompeii. Be a part of examining recent decisions of the supreme court.

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elephants.

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Enrollment for OLLI classes began on Tuesday, May 28th. For additional information visit the OLLI website - go.cusci.edu/olli. Or call 805-347-2748.

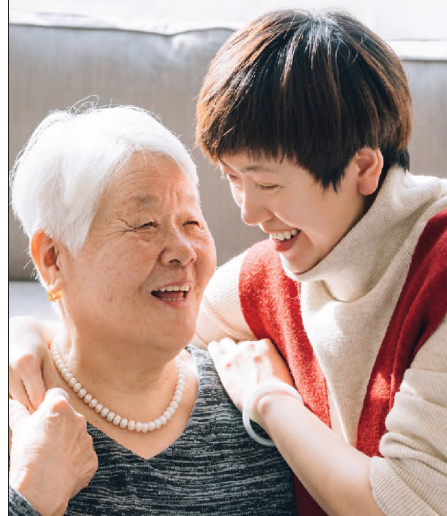
The classes are in person in Camarillo, Ventura and the CSUCI campus, and on Zoom. OLLI also offers day trips and social events for its members.

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02LV302S

THE HEALTHY VILLAGER

By Jeannie Davis, PT, MPH

Skin Cancers: What You Need to Know

Many of us over our lifetime will get skin cancer, especially if you were a sun worshiper like me. We used to go to the beach on Long Island with reflectors and baby oil and of course our transistor radios to hang out and get “tan.” Many of us fair folks also got burned and some got tan. All that sun exposure adds to the risk of getting skin cancer. Research shows there are many changes to your lifestyle that can help take care of your skin and help prevent skin cancer.

The most common types of skin

cancers are basal cell carcinoma, squamous cell sarcoma, and melanoma. Basal cell is the most common type of skin cancer, occurring in more than 3 million people each year in the United States. It develops in the basal cells which produces new skin cells and is depicted as a bump or lesion usually in a place that has had a lot of sun exposure. This type of cancer is usually easy to remove and tends to be encapsulated and not spread. Squamous cell sarcoma is also usually caused by too much sun and UV exposure and if

caught early has a good prognosis. Melanoma occurs in the pigment producing cells of the skin, and even though fair people are more prone (especially if eyes are blue), anyone can get this form of skin cancer. This type of skin cancer is the most aggressive type and can be serious if not treated early. About one third of melanomas start in a mole, but the majority can occur in normal skin. Pay attention to your skin, moles, lumps and bumps and see a dermatologist (skin doctor) yearly for body checks if you suspect sun damage.

Prevention is the key to taking care of our skin, and that starts with our nutrition and diet. Eating a rich plant-based diet with lean protein and minimal processed food enriches the health of our skin. Healthy options include green tea, salmon and tuna, beans/lentils,

tomatoes, watermelon, asparagus, red cabbage, whole grains including steel cut oatmeal, quinoa, brown rice and whole wheat pasta. If you are outside between 10:00am-3:00pm wear sunscreen, avoid excessive exposure to the sun, wear protective clothing, sunglasses, stop smoking and avoid being exposed to chemicals without wearing protective equipment. Our skin will dry and get wrinkled at some point and that occurs differently in each of us, but wearing sunscreen daily, using appropriate moisturizers and eating real food will help take care of the largest organ in our body - our skin.

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

Village Arts Show and Sale Great Turnout

On May 5th the popular Village Arts Show and Sale event took place in the A/R. Several of the Arts related clubs showcased

the creations of talented LV artists and craftspeople. The show was well attended and Villagers brought some unique items home.



Clockwise from left, Village Arts member, Alice Williams, had a fabulous display at the May art show, photo by PATTI CRICHTON; Sally Wason going over jewelry repairs with Mary Landroth; View of the Show from the stage; Art Club President. (Top 3 photos by JON)

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05LV03S

ART IN THE VILLAGE

By Nicole
D'Amore

Adventures of an LV Artist

Francy (Mary Frances) Walsh is a free spirited artist who describes her work as from the heart. That can be seen in her colorful paintings of people, animals and scenery that cover the walls in her Village 15 home. She works in just about all painting media: oil, acrylic, watercolor, monoprint, mixed media and pastel, has also done ceramics and is always up for trying something new.

"I like everything," Walsh said. "When I'm being creative, I'm happy."

Born in Omaha, Nebraska, Walsh was raised in Newport Beach, California. Drawn to the arts from an early age, she studied dance as a child and then musical theater.

"It was always about art," she said.

"I had an uncle who was a painter. For my 10th birthday he gave me canvases and paint and he gave me a lesson. I liked it right away and I have kind of always painted since then."

But between then and now, adventure intervened.

In her early 20s, Walsh went to Hawaii to visit her sister. She decided to stay a while and got a job at a restaurant, where she met two men who had restored a 118-ft. Baltic trader sailing ship, the Klaraborg, and were circumnavigating the globe. Built in Sweden in 1860, it was considered the oldest ship still sailing, she said.

"I basically signed on as a cook for my passage. I didn't know how to cook, bought two Sunset Magazine cookbooks, one on bread making, and just figured it out," she said. She was one of eight people on the ship, all working crew members.

"I baked bread every day," she said.

The trip from Lahaina, Hawaii to American Samoa was 28 days and included a strong Pacific storm.

"The main boom broke from dry rot and the sails ripped to shreds," she said. "They jerry-rigged small sails



Photos by NICOLE

Above, Francy with two of her paintings in her LV home. Below, painting of the Klaraborg, the ship she worked on.

together and we finally ended up in Samoa."

"You really don't know if you'll ever see land again," she said. "We smelled land before we saw it. When you reach land after that, it's like you can see things growing, you can smell the earth."

After five months on that boat, Walsh signed on to another, a 28-ft. ketch, the Mei Mary, going to Fiji, New Zealand and Australia. In New Zealand during hurricane season, boat owners all moved their boats to a safe shelter.

"I thought this was boring so I was young and silly and hitch-hiked to Auckland and flew to Sydney," she said. She worked for two years as a cocktail waitress.

"I was saving money to go home but then decided to go on," she said. She visited Indonesia, Malaysia and Southeast Asia. "I worked my way along and would stay in youth hostels," she said.

She rode an elephant in Bangkok and watched sea turtles come ashore to lay eggs in Malaysia.

"Each part of the journey changed me," she said. "The many peoples and



cultures have shaped my life and art."

She came back to the United States because her sister was getting married and sent her a ticket. She intended to go back, but joined a girlfriend to audition with the American Conservatory Theater. She got accepted into the ACT program, was with them for two years, then did summer theater at the Old Globe in San Diego. She moved to New York City where she spent five

—Please see **PAGE 18**

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CLUB NEWS

GRAPES R US WINE CLUB

By Jan Bender

In May we tasted exceptional wines from Monterey County presented by Jon Niemann. We started with two different chardonnays, which we were able to compare. Interestingly, about half the members thought that the Bernardus Chardonnay from the Carmel Valley AVA was the better wine, while the other members thought that the Cru Chardonnay from the Santa Lucia Highlands was best, so there was no clear preference. Both wines were similarly priced in the \$30 range. Then came a delicate Rosé in the style of Provençal wine makers – light and fresh. We finished our evening with two very different Pinot Noirs, which we were also able to compare. They were each priced at approximately \$40, but this time, most members preferred the Wrath wines 2021 Estate Pinot Noir. All these wines were fantastic value for our \$15 tasting fee.

Our June 21 meeting is a members only evening with dinner and Italian wines, Montepulciano and Chianti, among others. A ticket for this special event must be purchased in advance by June 14. No walk-ins.

Grapes R Us welcomes new ideas for tasting themes. If you have an idea, please contact the club and we will help you bring it to life. To get our monthly email invitation, or to suggest a tasting theme, drop a line to Barbara at: grapesruslvwineclub@gmail.com or call her at 805-303-1518.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hi Villagers. Summer is the love season, so bring your honey and join the fun at our Saturday Night Dance Party. We dance to different music by professional musicians and learn new steps with our lessons. June 8 - Tropic Star - Cowboy Cha Cha lesson. June 22 - Ralph Mathis - Rhumba lesson. Admission \$10.00 per person includes a lesson. A complimentary admission to 1st time residents. 6:30 - 7:15 lessons, 7:30 - 10:00 dancing.

Kick off the summer with a fun Saturday night at Leisure Village.

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held their monthly competition meeting on May 2nd at 6:30 pm in the MPR. The theme for the Assigned Category was "My Happy Place." The judge for the month was Robert Fields. Robert specializes in fine arts photography, and you can view and purchase his work at www.robertfields.com.

Robert also agreed to present a mini seminar for the Photo Club on May 16th for the Photo Club members, where members were able to have their specific photography works evaluated by Robert as well as covering several photographic tips. The winners for the month were:

Assigned Category – Frank DeSimone - "My Peaceful Place"

Open Category – Jeannie Davis - "Scarletmacaw"

Mobile Category – Chuck Herrera - "Gordon's Trattoria on High Street, Glasgow"

The Assigned Category theme for June is "Leading Lines." Members are reminded the club is still looking for a Vice President, a Secretary and a Photo Processor for the club.

If any club member is interested in an open position, please contact our over-worked Club President Roya Parsay at 831-869-7698. You can also contact Roya for any of the Photo Club photos on the Rec Center hallway walls and in the MPR – yes you guessed it call Roya.

VILLAGE ARTS

By Patti Crichton

Our annual Potluck Picnic was held on June 5th, instead of our monthly meeting.

Watercolor classes with Kathy Whitesell are Monday, June 17th at 1pm and Friday, June 21st at 1pm

and 2:30pm. Text Patti to sign up at 805-760-7673.

Be sure to visit the LV Library to see the artwork of Nana Morris during May and June.

There will be NO meeting in July.

We meet again on Wednesday, August 7th at 1pm in the MPR Pamela Salem will be demonstrating the process of pastel art.

MAVERICKS CLUB

By Dan Turner

Mouthwatering and delicious pizzas will be featured at our annual Mavericks Pizza Party on Friday, June 28th in the Pavilion. The fun begins at 6:00pm with a variety of pizzas served with salad and your choice of beer, wine or water. Live music will be provided by the popular "Richard and Janice." Tickets are \$15.00 and will be sold in the AR lobby on June 10th, 12th and 13th from 9:30am-11:30am. Tickets may also be purchased by telephoning Marge Sarno at 805-437-6944.

—Please see **PAGE 16**

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CLUB NEWS

Mavericks

Continued From **PAGE 15** —

Looking ahead, Mavericks' Independence Day parade will take place on July 4th featuring decorated golf carts and custom cars. So, get ready curbside when the red, white and blue extravaganza leaves the East parking lot at 10:00am.

LV WOMEN'S CLUB

By Barbara Cogert

We held our Boutique/Yard Sale on Saturday, June 1st. It was a successful sale with many Villagers getting some bargains.

On Thursday, June 13th we will be offering another afternoon of GAMES. This will be an informal organizational meeting (in addition to playing games) get-together to form regular meetings of our common interest groups. Doors open in the AR at 12:30; we will begin the games by 1:00 pm. Bring your favorite game/

cards or play with ours. We will offer Dominos, Mexican Train, Rummy Q, etc. Hope to see you there.

Change for Change is always welcome as well as Food Share donations. Our donations support the Lighthouse charity.

BILLIARD CLUB

By Patrick Price

The Billiard Club happening for June is the 'Picnic-in-the-Park.' The picnic is held in the picnic area behind the Pavilion. It will be on Saturday, June 22 at 12pm. The tickets are \$15 and that will provide food and all the beer, wine, soda and water you might want.

Tickets will be available starting June 1st at the Thursday evening Social Night Round Robin and at the Wednesday morning league. When you purchase your ticket, select from chicken, hot dogs, or veggie burgers. Other items served include chips, potato salad, Wilma's famous cole-

slaw, baked beans, tomatoes/lettuce and all the condiments. There will be a dessert 'bake off' (with prizes).

Also planned is a 50/50 with prizes in addition to the money, plus a Trivia Game with a reward to the winning table. We do have a good number of volunteers pulling this together but there is always room for more. Let Sheila Bunch 818-631-1649 know if you can help.

Also, the 9-ball tournament will begin on July 8. Sign-up sheets were posted on June 1st. Tournament awards will be presented at the Billiard Club membership meeting on July 23 at 6:30pm in the MPR. Contact Kathy Wirtz 818-445-1057 for membership.

WII BOWLING

By Lois O'Connor

The Wii Bowlers have enjoyed the delivery and installation of the fourth TV. Bowlers were able to bowl with their established group.

The bowlers bowl with the same group each week. We are teams, but we do not compete to determine which is the better team. The participants try to improve their bowling skills and raise their scores. The weekly goal is to improve one's average and to bowl a 200 game so your name appears on the white board. The other sessions can view the board and see who achieved the 200 goal. Some bowlers score 200+ for all three games. What an achievement!

In May we had the Spring Fling Bowling Tournament. The tournament was held May 21st thru May 23rd. The results of the tournament will be in the July issue.

Our annual Potluck dates have been announced. Wii Bowlers mark your calendars.

The summer Potluck is Saturday, July 13th at 11:00am in the Santa Rosa Room and the Winter/Holiday Potluck is Saturday, December 7th at 11:00am in the Santa Rosa Room.

More information will be forthcoming as the dates approach.

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

MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf (LVMGA) is seeing some excellent golf by the members. At a recent tournament at Simi Hills, 24 members plus eight members from the LVWGA participated in a challenging round of golf. Mike Oitker shot an impressive four over 75 to win A Flight low gross. Mike McGann shot a net 68 for second place and scored an eagle on hole number seven. Max Chopra won the B Flight with a net 74 and Carl Gregory shot a net 75. Eight birdies were made during the round.

The LVMGA weekly play on Tuesdays has been special as well. Recently, on Tuesday, May 14, seven players scored a net 50 or less during the scheduled tournament. President Jon Hall led all with an impressive even par score, only to be tied by John Verosco with 54 gross score as well. Both B and C Flight players scored net under par or better during their round. These guys are good!

Mike McGann has done an excellent job of setting up an LVMGA website, eliminating the booklet we use for many years. He updates it weekly and records the latest tournament scores. Thanks for the great work, Mike!

RACQUET CLUB

By Sharon Wilson

The winners of our first paddleball tournament held in April are: Georganne N, Mark Z, Mary F, Jon S, Sunshine J. Stand by for more tournaments and lessons posted on the court bulletin board.

Our first Happy Hour was on Friday May 17th. More of those to come, every third Friday through October.

Be thinking about the Summer Picnic August 10th. Sign up sheets for tickets and volunteering will be available at the next general meeting June 12th, 7 pm in the MPR.

Fun fact: 17 year old Anna Leigh Waters is the #1 ranked female pickleball player. Singles, doubles and mixed doubles. She went pro at 12 years old.

See you at the courts.
Coaches Corner: "Use the right grip"
—Please see **PAGE 17**

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CLUB NEWS

Racquet Club

Continued From **PAGE 16** —

If the ball is NOT going where you want it to go, it probably is your grip...For tennis and paddle the proper grip is an eastern forehand (shake hands grip). Run your hand down from the top of the racquet to the handle as if you are shaking hands...You can use this grip for a forehand volley also...Next edition the backhand and serve grip...

WOMEN'S GOLF

By Patti Crichton

The Club Championships were played in May for the 9's and 18's. Check the Clubhouse bulletin board for results. Congratulations to the winners!

Thank you to Men's Golf for hosting the Tee Timers mixed golf and luncheon on May 21st.

Our monthly meeting is Wednesday, June 12th in the Garden Room. Come at 1:30 for snacks and 50/50 tickets. Meeting starts at 2pm.

Weekly play begins at 8am Wednesday mornings. Please sign in with your \$2 at the Clubhouse between 7:30-8am.

LET'S DANCE CLUB

By Patrick Price

Let's Dance is back in June with music from Coastal Drive. The June dance, which is the third Saturday of the month, is on June 16 from 7:30-10pm. Admission to Let's Dance

is just \$10 per person. For that low price coffee, water and punch will be provided as well as dancing the night away. It's BYOB for anything else.

Let's Dance wants to thank all the great volunteers that are caring for us. More are always welcome. Contact Sue Lind at 559-304-1650 if you would like to help the others. We'd also like to thank all the dancers and spectators for the support shown. See you there!!

YE OLE WOODCHIPPERS

By Bud Bradley

April was a bit slower for the shop. Totals were 13 jobs completed for Villagers, 3 repairs for The Village Management and 5 quick jobs. We are still in the midst of a perfect storm with our cadre of Wood Chippers. One of our group members is still on hiatus, and both Pirate and Chris are dealing with some medical issues that are probably going to linger a bit. There will probably be a backlog build up, so if you have something that requires help, bring it in early. We expect to be reinforced with a skeleton version of our core group within the next few months and are looking for more active volunteers.

If any keyholders are interested, please contact Bud or Chuck. There is always someone at the shop every Wednesday and Thursday between 10am and noon. Many times, a little earlier and later.

This month's photo shows a custom planter box containing some

treasured memorabilia that a family member crafted many years ago. A nice mixture of old and new materials.

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



Photo by BUD BRADLEY
Custom planter box created by "Ye Ole Woodchippers."

tact Pirate or Bud on Wednesdays or Thursdays at the shop to make an appointment to be checked out.

You can also reach us by email at the addresses below.

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

LV MUSIC CLUB

By Marci Lapair

The Music Club is supported through our \$10 annual membership dues. All our members receive email reminders and advance notice of upcoming club events. The Music Club has 7 monthly activities for the enjoyment of the Village residents. Our monthly activities include Open "Mic" Night, movies twice a month and the 17-piece Groovin' Easy Swing Band every Tuesday evening.

Your membership dues help cover the cost of the complimentary refreshments that we serve at all of our events. You can join or renew your membership at all Music Club activities. We would appreciate your support. For more information call Marci Lapair 818-399-0843.



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Francy Walsh

Continued From **PAGE 14** —

years doing theater and commercials.

She married twice and had two sons, Adam and Franklin.

Back in California, she worked in financial services to support her family, but continued to paint. She moved to Perris in 2005, built an art studio with a vineyard, fruit trees and lots of animals.

She was active in the Riverside Art Museum and for years exhibited her paintings at Ripsik's Mediterranean and American Grill in Riverside where some friends had noticed the bare walls and told the owner about her paintings.

"So I went down there and took a few pieces and ended up doing the whole wall and then the whole restaurant," she said. "I would go every Friday night and talk to people. It was a lot of fun."

After her son suffered a brain bleed in 2021, she sold her property and

they moved to Leisure Village two years ago upon the recommendation of a friend living here.

Through the years Walsh continued taking classes in figure drawing and painting.

"A couple years ago I took up pastel and that just caught me, I did that quite a bit and now I'm just starting back using oils," she said. She recently discovered water-based oil and is taking an open studio class with Barbara Shannon at Conejo Valley Adult School in Thousand Oaks.

Here in Leisure Village she is in the art club and ceramics and had an exhibit last year in the library. She is active with the Camarillo Art Center where she recently won best of show in an exhibit.

"I kind of never run out of things to do," Walsh said.

She is happy to share her art and does commissions. For more information, visit her website: francyheartson.com.

Regularly Scheduled Club Meetings and Activities

Bingo - Wednesday @ 6PM in the A/R. Doors open at 4:45. Contact: John Herrera - 805-419-4195

Line Dancing - Friday 2-3:30pm for beginners in the A/R. Deborah at: c_dbjornberg@yahoo.com.

Bone Builders - RSVP (Retired Senior Volunteer Program) sponsored Bone Builders Classes are held 8 times per week in the Santa Rosa Room. Exercises are specifically geared for seniors to improve balance and to increase bone density. Free 1 hour sessions are Monday and Wednesday at 8:15am, 9:30am and 5:30pm. Tuesday and Thursday at 6:00pm. These are not drop-in classes; registration is required. For 8:15am class, call Mamata 805-558-9360, for 9:30am class, call Fan 805-405-5018, for 5:30pm class, call MaryAnn 805-390-1909, for 6:00pm class, call Marie 732-407-1816.

Great Decisions - 4th Monday 9:30am in the Sun Room.

Music and Motion - Fridays 9am to 10am in the A/R. Info: Margie @ 805-437-6100 or margiegrm@aol.com.

Needleworks - 1st, 3rd and 5th Friday in the Garden Room. 2nd and 4th Friday in the Lanai Room. All meetings schedule at 9:30am - 11:30am. Info: Nancy Baumgarten - 805-377-2805.

Save our Sight and Hearing - 3rd Thursday of the month in the Sun Room. Info: Terry Connor, 805-482-7806.

Duplicate Bridge - Monday and Wednesday evenings at 6:45PM in the Garden Room. For info call Vonnay Brook @ 805-586-7155 or 909-225-6100 (mobile).

Workshop for Writers - meets bi-monthly. Info: Mark Sconce @ 805-586-4485.

Do you wish to volunteer your time helping community theater and see a show for free?

Conejo Players Theatre in Thousand Oaks could use your help! If you wish to volunteer with our front of house staff to usher or take tickets, please contact vicepresident@conejoplayers.org. Must be willing to stand for 30 minutes at a time. If you have a knack for building sets or general carpentry, contact rick@conejoplayers.org.

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DEADLINE for the next publication is 5pm on Saturday, June 15.

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

INDOOR stationary bike – make offer. Debbie 805-484-5446

Wanted to buy: retired broker and wife are looking to buy (and move to) a home in Leisure Village. Need garage. Have loan letter for \$500,000. Bob Stock 808-464-2750

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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HOUSE CLEANING: regular and deep cleaning offered. Attention to detail. References upon request. Call or text Holly 805-479-9946 to book an appointment or for an estimate.

If you need your house cleaned call me. I have 20 years' experience. 805-236-1154 Juana

Professional Carpet Cleaner – Jeff G with Global Green 888-774-2547. Services include carpets, area rugs, tile and upholstery cleaning. Serving LV for over 20 years. LV Referral Resia Ross 805-484-5570

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