

# INSIDE LEISURE VILLAGE

VOL. 43 NO. 3

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

MARCH 4, 2022

## LV Bowlers Love to Strike it Rich!



Photos by JON

**WAS THAT A STRIKE?**—Above left, Sue Hongsermeier waits to see if she knocked down all the pins. Middle, Bob Bliecher takes his turn, followed by Marilyn Chavin, above right. LV Bowling meets Fridays 9am at Harley's Bowl Camarillo. See LV Bowling in Club News on pg 15 for details.

## Spectrum 'New Deal' Update

By Jon Niemann

5 installations later... The installation of the new cable boxes are relatively simple. If you are replacing an existing box, simply unplug the power cord, remove the HDMI cable and unscrew the cable lead from the back of the existing box. In most cases the existing 3 "cords" can be plugged into the new box in the same spots.

Once accomplished, the box will usually power on and go through "booting," once boot is done it should turn off. At this point, turn on your TV and power up the cable box, in most cases a black screen with a phone # showed up. If you have live TV at this point you are good to go. If not, call the number on the screen and get to a live representative. Have your "pin" number ready, it is a four digit number that can be found on your Spectrum bill. They may ask you for a number called the SN (have a pair of reading glasses ready) this number is on a sticker located at the

back of the box. They will flip the switch at Spectrum and in each of my 5 installs we were up and running. If you already have existing internet there is nothing to do.

Setting up new internet is a different game. Return the old cable boxes to Spectrum as soon as you are able.

Here is the best part! I confirmed that using just two cable boxes and the basic internet (fine for most of us) is now covered in our HOA dues and no bill will be sent. The pre-new deal bills that were sent to the 5 homes I worked on ranged from \$80 - \$150 per month. There will be no more bills sent to those homes from Spectrum. If you have added services such as phone, more than two cable boxes, higher speed internet etc, there will be additional charges which you can negotiate with Spectrum directly.

### HINTS AND TIPS:

When calling Spectrum, Barbara Senior ignored the prompts

—Please see **PAGE 6**



**KEEPING THEM HONEST**—Bobi Schmerling writes down the teams' scores while Gene Kinsey chats with players.

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**Maria Matheson, Village 37**  
**Fritz Niemann - Village 38**  
**Elizabeth "Betty" Tierney - Village 29**  
**Howard Wullschlager - Village 39**

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

## ABOUT INSIDE LEISURE VILLAGE

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## Letters

ILV has obligated itself to publish letters that are not profane, inflammatory or libelous. Views or statements expressed are the beliefs of the writer and are not necessarily supported by the staff of ILV. Letters must include name/signature, address and phone number. Please limit letters to 150 words. We reserve the right to edit, and/or condense. If at all possible, e-mail letters to [editorilv@yahoo.com](mailto:editorilv@yahoo.com). Typed copy should be placed in the ILV box in the Rec Center hallway. Whatever is not printed in the next issue because of space limitations will be considered for the following issue.

## April 2022 Edition Deadlines

Club News, articles, letters and classified ads: Friday, March 11. March issue will be available Friday, April 1. Send news, articles & letters to [insidelveditor@gmail.com](mailto:insidelveditor@gmail.com).

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

## VILLAGE ENTERTAINMENT

### What Time Is It?.... It's Showtyme!!

By Jennifer Stein

The March Showtime event is starring Tony Odell Rogers. If you enjoy high energy, a crowd favorite and a man who has credits for vocalist, musician and actor, then you don't want to miss this March event.

Tony performed in the Lou Diamond Phillips HBO film "Dangerous Touch" where he sang the classic song "Little Bitty Pretty One." Tony is a native of St. Petersburg, Florida, but has lived in Southern California for the last 26 years. After moving to California, Tony was the lead singer for several oldies rock & roll bands. He also performed at the Orange County Pavilion Theater in Santa Ana in a show called "50 years of Rock & Roll" that was produced by Bill Medley of the Righteous Brothers.

Rogers performs for thousands

of people at numerous events, and for a variety of clubs and organizations. Tony is definitely a go see for a fun evening of great music.

Come join the fun on Friday, March 11th @ 7:30 pm. Doors open at 6:45pm in the AR. Annual membership will be available at 6pm in the lobby. Membership is \$15 per person. 50/50 will have 2 winners with 1 surprise gift certificate provided from a local merchant. All annual membership, donations & 50/50 proceeds go 100% towards Showtyme's continued success. It's the month of March with shamrocks and shades of green. Add a little theme to your evening, wear a touch of green.

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



Tony Odell Rogers

### Doing the Schedule Shuffle

By Linda O'Neill

Players Guild has re-grouped, shuffled its schedule and we're back on track. The fun and fabulous February 17th show "A Village Valentine" (produced and directed by Joyce Belcher; staging by Richard Weiss) included 13 songs sung by 12 performers and was quite successful. Vivian Hollander started the evening off (accompanied by pianist, Richard Weiss), singing a lively "It's Almost Like Being in Love" from Lerner and Lowe's 1947 hit musical, Brigadoon. The next performer was Roger Florio playing guitar and singing his own composition, "Sad Song." This is a little tune he says he wrote for his wife because she has made his life so wonderful that he became unable to write a sad song! Look forward to more in the coming months from Roger and his talented wife, Anne Marie.

If an award was given for songs seldom sung in our venue,

the prizes that evening would go to Paul Newman for choosing Amos Lee's 2006 "Sweet Pea" and 1947's "Perhaps, Perhaps, Perhaps" (Spanish language hit "Quizas, Quizas, Quizas" by Cuban composer Osvaldo Farres; translated to English in 1948); and Buster Hayslett for George Strait's 1990 release "I'm Drinking Champagne" which was recorded by many voices in Country Western music, but was also sung by 50's pop singer, Dean Martin. The evening's program included Richard Weiss playing AND singing Harry Warren and Al Dubin's "I Only Have Eyes for You" from the 1934 musical Dames. Because not all love lasts a lifetime, Buster and Linda ended the evening with their duet of the heartbreaking "You Don't Bring Me Flowers," a musical collaboration by Neil Diamond and Alan and Marilyn Bergman first released in 1978 for a TV sitcom All That Glitters. There were at least six other great performances—you should have been there.

Coming up this month on  
—Entertainment Continues on **PAGE 4**



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## VILLAGE ENTERTAINMENT

### Players Guild

From PAGE 3 —

Thursday, March 17 at 7:30 in the AR is "Broadway Potpourri." This collection of drama and comedy was originally scheduled for January, but moved due to COVID concerns. Directed by Diane Carroll and produced by Joyce Belcher, this presentation is a collection of vignettes from famous plays including Arthur Miller's 1947 *All My Sons*, Joseph Bologna and Renee Taylor's 1970 *Lovers and Other Strangers*, Neil Simon's 1975 *Prisoner of Second Avenue* and Jane Anderson's 2002 *Looking for Normal*. Included in the cast of 16 is newcomer Roger Florio, who debuted on the Leisure Village AR stage for the first time just this past February. This month finds him in his acting debut. Another newcomer to Leisure Village is Marshall Smith. He comes to us with many years of acting, singing and directing experience and most recently appeared in our November show. It is worth noting that both he and Richard Weiss do double acting duties this month as they have each been cast in two of the vignettes.

The "big show" in April of this year was to be Bob Merrill's *Carnival*. It was cancelled because COVID caused some late changes to the cast and because the closure in January cut into rehearsal time. Instead, Players Guild will present a one-night shortened, but charming version of this musical on Thursday, April 21st at 7:30. If you already bought a ticket to the original mu-

sical, Players Guild will reimburse you. Simply present your ticket to Barbara Stone and she will be glad to process your refund.

Players Guild is dark in May due to Candidates Night, but we're back June 16th, that's the third Thursday at 7:30 with our salute to beautiful show tunes "Broadway Melodies." Please plan to join us.

### Come and Groove Easy Tuesdays

By Marci Lapair

Exciting News! With the re-opening of many Village activities, the L.V. Music Club is pleased to announce the return of Movie Night on March 7th at 7:00pm in the AR. The movie will be the recent *Respect* starring Jennifer Hudson as the incomparable Aretha Franklin. The movie follows the rise of Aretha Franklin's career from a child singing in her father's church choir to her international superstardom. *Re:pect* is the remarkable true story of the rise of the music icon's journey to become the Queen of Soul. The movie is rated PG-13 and runs 2 hours 25 minutes.

On March 21st, we are pleased to show the original *West Side Story*. This 1961 movie won 10 Academy Awards including Best Picture. With the recent release of the new Steven Spielberg remake of *West Side Story*, you will enjoy seeing the original version of this memorable musical – rated PG-13

—Please see PAGE 5

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# AROUND THE VILLAGE

## A Good Deed

By Rosemary Vine

It was a typical, busy Friday at noon. Suddenly traffic on Leisure Village Drive by the AR was stopping on both sides of the boulevard. What's up with that? A tawny colored Chihuahua with a grey muzzle and pink collar was running up the road by the east parking lot against oncoming traffic! People were getting out of their cars and trying to catch the little dog, but she was way too fast. She turned and started running back toward the main intersection and took a right heading straight out the Village to certain death on Santa Rosa Road.

One of the residents in hot pursuit called the main gate where Officer Danny Camacho leaped out of the guard house in the nick of time and got the dog to run back towards the AR. Once she reached Leisure Village Drive, she turned left racing against oncoming traffic again. One



of the irrigation technicians driving by, Fernando Chaidec, turned his cart around, parked and gave a hot pursuit. He was faster than the little dog and quickly swept her into his arms. Officer Camacho caught up with them and called the number on her collar tag. In no time at all "Ginger" was reunited with her doggie mom. Our thanks go out to Officer Camacho and Fernando for their swift action – A Good Deed that touched our hearts and saved a precious little dog! Thank you.

*Editor's note: If you see something, say something – We like telling about Good Deeds in the Village!*

## Music Club

From PAGE 4 —

and runs 2 ½ hours. We will start the movie promptly at 7:00 pm.

And there is more! We are happy to announce that the Groovin' Easy Swing Band has resumed their rehearsals as of the beginning of March. For many years the Groovin' Easy Swing Band has provided musical entertainment to the Village on Tuesday eve-

nings between 7:00 and 9:00pm rehearsing in our AR. The rehearsals are open to all Villagers. Last December they performed a special holiday concert for the Village. Come and enjoy the easy listening music performed by this 17-piece swing band.

After careful consideration, the LV Music Club has decided to cancel Open "Mic" night until next month. Questions: Call Marci Lapair - (818) 399-0843.

## Entertainment



**Fri, March 11<sup>th</sup> 7:00pm – Showtyme - Tony Odell Rogers**

**Thurs, March 17<sup>th</sup> 7:00pm – Players Guild - "Broadway Potpourri"**

**Tuesday Nights 7:00pm – Groovin' Easy Rehearsals**

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## VILLAGER PROFILE

By  
Colleen Cole

# A Happy Ending (Beginning) Village Story

Bob Pegg was born and raised in New Jersey. At 18 he enlisted in the U.S. Navy where he met a Navy Wave from California named Peggy. He describes her as having "The WOW Factor" and was elated when they ended up together in the Navy "Big Band." He played the bass fiddle, and she was one of the band's three singers; think The Andrews Sisters.

Time passed, and they went their separate ways. Twenty years later as a career electronics engineer with Lockheed Aircraft, he left Jersey with a transfer to their California office. He looked up Peggy's parents who immediately put them in touch. They weren't the least bit surprised when Peggy and her daughter became a family with Bob and his two sons. Refusing to be known as "Peggy Pegg," she would change her name to Margo.

By 2008, decades of wonderful memories had been made, the children were grown, and it was time to sell the big house. Bob wasn't ready. At one point Margo declared, "The only way I'm going to get him to move from here is if this house burns down!" Be careful what you wish for - two weeks later it burned to the ground!

Timely as it was, longtime friends Conrad and Therese Kaiser of Village 7, convinced them (actually, it was Bob that needed the nudge) to take a tour of Lei-



Therese Kaiser and Bob Pegg capturing a moment of the love that keeps them strong and vibrant.

sure Village. They were hooked. They bought a place in Village 30 in a matter of weeks. Much to their delighted surprise, they discovered a whole new "lifestyle." Each day was full of social engagements - golfing, dancing, billiards and so much more. There was no doubt this move had given them renewed vitality.

In January of 2015, Bob, Margo, Conrad and Therese had celebrated New Year's Eve together with friends and family. A few days later, Conrad tripped on a parking lot curb, hit his head and passed away quickly after. It was an instant void Therese could not fill. Gratefully, she was embraced in a Village of support.

In November of 2016, Bob and Margo celebrated their 50th

wedding anniversary, both in their 90's! And then they shared one last Christmas, one last New Year's and one last Valentine's Day. Margo passed in late February 2017 - Bob felt the void himself. Fate would offer a smile on him, and yes, on Therese, too. The months passed. They would spend time together, keeping each other strong through their shared grief and loss. It became clear—they had both been given another special person to stand by their side, another special person to love—each other.

Bob Pegg, approaching 97, is still active in the Village; he can be seen on the Golf Course, playing a round with the guys. He and Therese attend entertainment events and can be occasionally spotted walking hand-in-hand, living Village life.

## Spectrum Update

From PAGE 1 —

and said "representative" repeatedly until she connected with a live person.

Make sure the representative understands that your account is a "bulk account" with Leisure Village in Camarillo.

It might be a good idea to call Spectrum if you are not planning on changing anything, i.e. keeping the boxes you have, to make sure your account reflects that change and that you have the best equipment available.

The best number to call Spectrum Customer Service has been 833-697-7328.

*Editor's Note: The writer of this story wants to commend the crew at the Village Association who negotiated this contract. The service offered is a great deal for us at a spectacular price reduction overall (even including the fees paid through our HOA bill). Join me in thanking them for a good outcome.*

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## THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

# Posture and Body Mechanics for a Better Life

Using proper posture and body mechanics can help prevent low back pain and other joint pain. Whether your back hurts or not, using proper body mechanics and paying attention to your posture will help minimize injury and spinal pain.

Good posture protects you from injury, boosts your comfort and energy, and is the basis for good posture in motion (body mechanics). Good body mechanics is the safest way to bend, lift, reach and move throughout your day. Posture exercises build strength and flexibility in the muscles that support your spine and allow you to have good posture. The goal of good posture is to maintain the natural curves of your spine in their normal, balanced alignment. To keep your spine aligned, you need strong, flexible muscles to hold your spine in position. By learning how it feels to be in good posture,

you will develop the body awareness that helps you stay in good posture and alignment.

### NATURAL CURVES OF THE SPINE:

#### GOOD POSTURE:

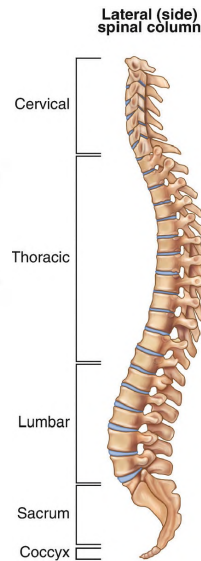
Maintain the center of your ear lobes directly above the center of the tip of your shoulders

Have your shoulders relaxed

Keep the pelvis in a neutral position – not tucked or arched, tummy

Have your knees straight, but not locked

Have feet pointed forward



Distribute weight evenly on feet toward the balls of your feet

### PRINCIPLES OF BODY MECHANICS

#### Lifting

Bend with your knees, not your back

Get close to what is being lifted, feet apart

Tighten your stomach muscles

Lift with your arms and legs

Don't twist when lifting

#### Walking

Walk TALL

Wear comfortable, flat shoes

Pull stomach muscles in and squeeze your buttocks

Don't shuffle – lift your feet off the ground

Watch where you are walking, observing uneven ground, curbs and stairs

#### Sitting

Sit in chairs low enough to place both feet flat on the floor with knees

level with hips

Sit against the back of the chair and don't slouch; can place pillow or roll behind your low back

Pay attention to your sitting posture

Avoid sitting without back support for any length of time

Avoid overstuffed chairs and couches which give poor support

If at all possible, NEVER sit for more than one hour at a time

By paying attention to your posture and body mechanics you can prevent low back pain and keep your posture as normal as possible as you age.

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

  
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# THE NATURAL VILLAGE

By Max  
Copenhagen

## Friendly Neighbors, the Flying Kind

We enjoy sitting on our patio in the late afternoon watching birds. We have many regular visitors. They hop around on the golf course, sit in trees and scratch on the ground for something to eat.

The Conejo Valley Audubon Society has identified 195 species of birds in this area. I saw 21 recently while on a one-hour walk. Some birds, like Crows, are year-round residents. Others, like the Cedar Waxwing, move thru the area with the seasons. Exotics, like the Eurasian Collared Dove, were introduced from other places.

I see Allen's Hummingbirds (with rusty sides) grazing on lavender blooms outside my kitchen window. Such tiny flowers; how do they eat so quickly? We also see Anna's Hummingbirds (with a red patch.) The Dark-eyed Junco (a sparrow) is easily identified by its

dark head. The California Towhee is fun to watch as it hops (skulks) about moving leaves to find things to eat. We have five kinds of finches, including the House Finch and the American Goldfinch. They love thistle seeds and it is fun to see a bunch of these pretty little birds crowding on a hanging sack of seeds.

If you live on the east side of the Village near Conejo Creek, you can see waterfowl like the Ring-necked Duck, American Wigeon and Mallard. White Egrets find food near the stream and often roost in a tall tree near the main gate. Western Gulls graze in the grassy parks at night.

We occasionally have geese on the golf course. I saw a flock of about 20 Canadian geese grazing near the 5th tee. They must fly up Conejo Creek and think they

found a meadow. Ducks in the swimming pool! Have you ever seen ducks in the swimming pool? See the article about this in the August 2021 edition of ILV.

We have some raptors (birds of prey). A Red-shouldered Hawk often sits atop a tall pine tree near the Fourth Hole where it has a fine view of squirrels and rabbits on the golf course. A few weeks ago we saw the hawk flying around and screeching. What was that about? We occasionally see large birds soaring way up in the sky. I hope they are Eagles, but they are probably Turkey Vultures with the white marking under their wings. You may see an American Kestrel (a falcon.) I often hear a Great Horned Owl in a nearby tree just before dawn. Sadly, I recently found a small Cooper's Hawk dead on the ground where it apparently

flew into a window.

Other birds you may see in the Village are: Black phoebe, Ruby-crowned kinglet, Western Scrub Jay, Western Bluebird, Barn Swallow, Bushtit, American Robin, White-crowned Sparrow, Townsend's Warbler, Yellow-rumped Warbler, Starling, Northern Mockingbird, House Sparrow, Mountain Bluebird, Western Tanager, Heron and Roadrunner.

Although overall bird populations are generally in decline, we still seem to have a lot in the Village. For an interesting movie about bird watching, you might enjoy watching "The Central Park Effect."

For a checklist of birds you can expect to find in this area, go to [www.wp.conejovalleyaudubon.org](http://www.wp.conejovalleyaudubon.org) and for good photos, see [www.inaturalist.org/check\\_lists/](http://www.inaturalist.org/check_lists/)

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## A PINCH OF SALT

By Larry Swartz

# "It Only Took Me 50 Years"

After 50 years, I finally figured out why I never got along with my former spouse. All along I thought we were very much alike when in reality we were very different. There is a big difference between neat and clean. She was clean, I was neat. OK, so I kinda resemble "Monk." If you don't know the show/character, he is an organized neat freak. If the umbrellas are hanging in different directions, he has to fix them before he walks out the door. Nirvana to him is when all the tools in the garage are all hanging up organized by function and size and they all fit together nicely.

I swept stuff under the rug... she mopped it up. I blew the dust away, she "windex-ed" it away. It was insane, but there are times when I think I'm insane.

So how does all this relate

to the incredible salmon cakes I made last week? IT DOESN'T, other than when I cook, I clean as I go along so that when dinner is ready, I can sit down and eat in peace knowing all the dishes are done except my plate.

My son gave me a dozen frozen wild salmon filets and I got tired of just broiling them, so one night I decided to make salmon cakes. Wild salmon is better for you and the environment than farm raised but can be dry...a bit of olive oil fixes that.

### Spinach and Wild Salmon Cakes

One 5-6oz. Wild Salmon filet

¼ cup sautéed spinach

1 lg. garlic clove

1 celery stalk

¼" thick slice of red onion

½ tsp Fresh or dried dill

¼ tsp dried basil rubbed between

your hands into finer pieces  
2 leaves fresh basil for garnish  
2 tbsp. fake eggs (eggbeaters)  
2-3 tbsp. bread crumbs  
Zest from ¼ lemon  
1 tbsp. extra virgin olive oil  
Sea salt & fresh ground black pepper to taste  
Canola oil for browning

Finely chop celery, onions, garlic and sauté slowly in olive oil until almost translucent. Remove, allow to cool. Sauté spinach until done, chop finely - add to celery mixture.

Meanwhile skin the salmon with a sharp boning knife. Using either a chef's knife or food processor, chop the salmon into small pieces. In a mixing bowl, add all ingredients, stir well. Salmon needs to be sort of gummy so it will form patties and stay together so you may need to adjust the bread



crumbs/eggs to allow for this.

Form the mixture into patties appx. 1/3" thick, 3" in diameter. You should get 3 from this amount of salmon. Dust with more bread crumbs and brown on medium heat for about 2 minutes per side. Watch closely, it will cook fast and you want to make sure it doesn't dry out. Make burgers or serve with a side salad or green veggie and steamed organic baby potatoes.

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## HOME TOOLBOX By Tricia Garcia

### 27 Quick and Easy Fix Ups to Sell Your Leisure Village Home Fast and for Top Dollar

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To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

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will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

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# A WORD ON WINE

By Don & Barbara Senior

## Terroir – A Wine’s Sense of Place

Terroir is a French term that means “a sense of place.” It’s driven by climate, topography and soil. When someone says a wine exhibits terroir, they mean the wine tastes the way a wine grown in a particular region should taste.

Daily temperature swings, humidity, wind and proximity to the ocean all contribute to a region’s climate. Wines from grapes grown in different climates have distinct differences. Cooler climates produce lighter wines with more acidity and crisper flavors. Warmer climates produce bolder wines with more body and juicier fruit flavors. Even soils matter. Clay, sand, limestone or volcanic soils retain moisture differently, influencing the grapes.

California has a broad range of terroirs, and it’s no surprise

that the same grape from different regions produces wines with different characteristics. In the North Coast, the fog and chill of Sonoma’s Russian River Valley is perfect for the finicky Pinot Noir. In Paso Robles, acres of Zinfandel and Cabernet Sauvignon thrive in the scorching days with a marine influence that, every afternoon, pushes cool air in from the coast. In the Sierra Foothills, the granite/shale soils are much like France’s Rhône Valley, producing Syrahs of great depth.

But how do you “taste” terroir? One way is to compare wines of the same grape from different regions side by side, first by nose alone, then by tasting. You’re teaching your palette, and over time (if you drink enough wine,) you’ll come to associate where a wine came from

(or its terroir) with its particular taste. On a long cruise around New Zealand, we had enough Sauvignon Blanc from the Marlborough Region to know it would be crisp, intensely fruity and herbaceous. And we’ve been to the Paso Robles so many times, we know a Paso Zinfandel will taste like jam followed by spice and tobacco.

It’s mainly through experience that the taste profile of a specific region becomes clear. So pick a grape you enjoy and have fun tutoring your palette. And, like beef stew and beef bourguignon, the differences can be subtle, but also amazing.

For more in-depth information on terroir in California, check out this web site to search wineries by region, county or varietal - <https://discovercaliforniawines.com>.

## POETRY CORNER

### The Wearin’ o’ the Green

“O Paddy dear, and did ye hear the news that’s goin’ round?  
The shamrock is by law forbid to grow on Irish ground!  
No more Saint Patrick’s Day we’ll keep, his color can’t be seen  
For there’s a cruel law ag’in the Wearin’ o’ the Green.”\*

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

Sure, join in the hilarity,  
Enjoy a pint or two  
And drink to solidarity  
With Paddy and his crew.

We welcome then  
Saint Patrick’s Day  
From every town to Galway Bay.

Submitted by Mark Sconce  
\*Anonymous Irish street ballad, 1798

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## AROUND THE VILLAGE

### Bingo!

By Bobi Shmerling

Bingo, Bingo, Bingo! Who wants to play Bingo on Wednesday nights at the Recreation Center in the Assembly Room? Minimum buy-in is \$13 for 18 games with payouts ranging from \$40 to \$300. Doors open at 4:45pm and close at 5:45pm. Play begins at 6:00 and ends shortly after 9:00pm. Come spend the evening with friends and a chance to win.

BINGO! Needs Volunteers; It is one of the most popular activities in the Village - Wednesday evening BINGO held weekly in the AR. And the BINGO game needs help now that the games are back in full swing. What is most needed now is callers, John will be available to train for this fun position.

For complete information about how volunteers can par-

ticipate, call John Herrera at 805-419-4195. Who knows? You may be a winner.



Photos by JON

At left, John Herrera after paying Linda Weth her winnings. Above, Helen Hartman calls the Bingo numbers. At right, Linda showing her winning card.



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# CLUB NEWS

## RACQUET CLUB

By Arnie Kremer

Hello to all tennis, paddle tennis, and pickleball players! If you want to find out more about the Racquet Club or play some practice games, sign up and join us for one of our 'open play' days. Look for Roger Florio (President) or Sunshine Peterson (membership) and we will help you. If we are not available when you come, please give your name and contact info to any one of the players and they will contact us. *Open Play is:*

Tennis: Mon-Wed-Sat at 9am

Paddle Tennis: Tue-Thu-Sat at 9am

Pickleball: Mon-Wed at 9am

We are currently working on developing our own website. Stay tuned.

*Our Next tournaments:*

Pickleball: Saturday April 23rd

Paddle Tennis: Saturday April 30th

Tennis: May 2023- exact date TBD

Please regularly check the court bulletin board for tournament sign-ups, important club news, and lesson sign-ups for all 3 sports. Remember lessons are ALL offered at the very low price of FREE. Leave a note for one of us on the board. We will respond.

Pu-Pu parties will be here soon (Hawaiian for pot-luck.) They will be held the 3rd Friday each month May thru October, from 4pm to dusk. Great opportunity to meet active members, get some playing time in and enjoy some good food.

## AMATEUR RADIO CLUB

By Jonathan Fox

Meetings are held the second Wednesday of the month in the MPR of the Recreation Center at 2PM. For more information contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

## LV WOMEN'S CLUB

By Barbara Cogert


We hope you all have an opportunity to visit our Spring Fling Boutique on March 5th from 10am-2pm at the Pavilion (weather permitting.) If you weren't able to join us, keep an eye out for information on our Holiday Boutique.

We can always use donations to be sold at our Boutiques. We will gratefully accept new or gently used jewelry, new or barely worn clothing, newer shoes, seldom or new accessories, new toys, NEW socks, newer sewaters and jackets. Please do not send old or stained, unwashed, ripped or torn garments. No broken jewelry or damaged items. All proceeds from the Boutique will be donated to one or more of our local charities. If you are uncertain, give us a call. Call Shearon Millar at 805-603-2773 or Nancy Rowe at 805-419-3436.

Our next general meeting will be held on Thursday, March 10 in

the Assembly Room from 1-3pm. Doors open at 12:45. Light refreshments are included.

At this month's meeting, Joy Todd from the Pleasant Valley Historical Society will share a historical review of Pleasant Valley pioneers and some of the many influential women who helped shape Camarillo history.



**Leisure Village Women's Club**  
General Meeting  
Thursday, March 10  
1:00 pm - 3:00 pm  
Doors open at 12:45 pm  
Assembly Room  
Light Refreshments

Meet Joy Todd from the Pleasant Valley Historical Society. Joy will share a historical review of Pleasant Valley pioneers and some of the many of influential women who helped shape Camarillo history. As an added bonus Joy will bring artifacts from the time including a history of the beginning of Leisure Village.

Members of L.V.W.C. receive free admission. (A benefit of membership)  
Non-Members \$10 per person

Please bring a can or box of food that can be donated to Food Share.

For more information call:  
Pam Almeida 314-283-8172

Masks will be required

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**Friday, March 18**

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**Friday, April 8**

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# CLUB NEWS

## WOMEN'S GOLF

By Patti Crichton

February wrapped up with a two week 'Eclectic Tournament' where players had the opportunity to improve on their score for each hole, the second time around. Awards will be given at the March 9th meeting. Come at 1:30 for snacks and chats. The meeting begins at 2pm.

We are grateful that the winds seem to have subsided for now and we can complain about something different - the heat! Or?

On March 30th, we have the opportunity to try out 'Match Play.' Be sure to sign up for this tournament as special cards need to be made for pairs playing, according to their handicaps. As always, if you do not want to play in the tournament of the day, you can follow the players.

Welcome to all of our new members!

## YE OLE WOODCHIPPERS

By Bud Bradley

January's numbers got us off to a good start for the year, with 18 repair jobs for villagers, and 6 quick fixes. We also had 1 chair repair for the Village. A table that was repaired shows what can be done when restoring an old family heirloom while strengthening it up to be passed on to the next recipient, when the time is appropriate.

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

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

A reminder that the Woodshop is open from 10am until noon, every Wednesday and Thursday, to accept your repair requests. There is no charge for these services unless special materials are needed to complete the repair. We gratefully accept donations to help keep supplies and equipment up to date.

During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked to not work on their own projects during these hours. For any other woodshop information, you can email Pirate at Bruce5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

## BILLIARD CLUB

By Vera Erskine

The "1 & 15" tournament awards were presented to the winners at the Membership meeting on Feb. 22. Winners were SA's (Paul Kirkwood, Frank DeSimone and Gary Bunch); A's (Ray Flores, Fumi Nagaoka and Tom Nordquist) 1st, 2nd and 3rd place respectively. Thank you all for your participation. Hope to see more of you in April for the next tournament. Sign-up sheets will go up in mid-March.

REMINDER: Must be a Club member to participate in tournaments and other Club activities. 2022 dues are (\$7.00). Kathy Wirtz is responsible for Club Membership 805-384-8508. For more information, contact Vera Erskine, President, at 805-987-4537.

## PHOTO CLUB WINNER – MOBILE CATEGORY



1st — Penni Nussbaum / Walking the Line

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Spring is around the corner. To celebrate this occasion we are pleased to announce our dances for the month. March 12, Eric Ekstrand Trio will provide the music and the lesson will be Cowboy Cha-cha. March 26 will be John & John and the lesson will be Waltz. The dance lesson is from 6:30 to 7:15, the dance is 7:30 to 10:00pm to live professional musicians.

\$10.00 admission includes the lesson and the dance. We hope you give us a try for a great evening.

## WII BOWLING CLUB

By Judy Spector

Exciting news! LV Wii Bowling resumed play the first week of March. Sessions are played on —Please see **PAGE 15**

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# CLUB NEWS

## Wii Bowling

From PAGE 14 —

Tuesday 9:30am and 11am, Wednesdays 1pm and Thursday 11am. Membership dues of \$10 are due (cash or check) and can be turned in to your coordinator. New members are welcome.

For information, contact Connie Davis 805-320-1544 or Sylvia Edmonds 805-312-1037.

## LV PHOTO CLUB

By Chuck Morrow

The Photo Club Zoom meeting for February was held on February 3rd, with a well-attended meeting by club members. The theme for the month was "Seascapes" with a large number of entries. Judging the photos for the month was Tim Hauf, a professional photographer at [www.timhaufphotography.com](http://www.timhaufphotography.com). Tim has published photos from all

across the world with the Channel Islands as one of his subjects.

The winners for February were: Assigned Category – Gregg Gillmar – "Point Mugu at Sunset"

Open Category – Frank DeSimone – "Candy Bandit"

Mobile Category – Penni Nussbaum – "Walking the Line"

Photography education makes its comeback to the Photo Club, with Gregg Gillmar conducting a Lightroom class on February 17th, for interested members. Lightroom is a commonly used photo editing program available to both desktop and mobile users. Gregg commented that "Lightroom is surprisingly easy to learn and can make a huge difference to a photo with very little effort."

The March meeting of the Photo Club was held on March 3rd, with an Assigned Category theme of "windows." For more information contact [gsgillmar@outlook.com](mailto:gsgillmar@outlook.com). Visit [leisurevillage.smugmug.com](http://leisurevillage.smugmug.com) to view the winning photos.

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us has monthly sessions to taste wines from different regions and varietals. Jon Niemann, a wine professional, leads each session. Five wines are poured, one at a time, and we have a lot of fun.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents are welcome, and reservations are greatly appreciated. Each session is \$15 per person. Bring two glasses and water. Join us, learn a little and enjoy some wine. Drop a line to Barbara at [grapesruslvwineclub@gmail.com](mailto:grapesruslvwineclub@gmail.com) or call her at 805-303-1518.

## LV BOWLING

By Gene Kinsey

We are in the second half of our season but could still use some more bowlers. You don't have to be good; you do have to be able to laugh. This is a handicapped

league so we add the difference between your actual average and 200 as a handicap. So if you are a 120 bowler, your handicap is 80.

Top bowlers for January are as follows: Fuzzy Melton 236, Gene Kinsey 239, Ray Flores 225 and Bob Blicher 249 for the men and Denise Lee 225, Linda Neth 220, Bobi Shmerling 236 and Gail Singer 248 for the women.

Cost is \$12 per week. See you at Harley's Camarillo Bowl on Friday mornings from 9-12. Call Bobi Shmerling 805-389-1975 or Gene Kinsey 805-796-5858 for more info.

## GREAT DECISIONS

By Sharon Baker

Great Decisions, Foreign Policy Association, meets on the 4th Monday of each month, except for July, August and December. The meetings are at 9:30am in the Sun Room. Please join us for stimulating discussions on interesting topics such as Outer Space, Climate Change, and Russia and the U.S.

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# CLUB NEWS

## VILLAGE ARTS

By Patti Crichton

Members enjoyed the colorful, interesting art demonstration at our February meeting by Barbara Mathis. She provided a follow up class later in the month.

Our March 2nd meeting featured Pat Lelie, who shared some techniques to transform gourds into works of art.

Many thanks to both presenters who are also Village Arts members.

Please contact Patti Crichton 805-760-7673 if you would like to share an art demo with our group at the monthly meeting.

We have had some lovely displays in the LV Library, including art by Carol Rayle and Alexis St. John, so far this year.

Monthly watercolor classes with Kathy Whitesell have been well attended. The next sessions will be March 18th at 1pm and 2:30pm,



Photo by PATTI CRICHTON

Part of the LV Library display.

\$10. Please contact Patti Crichton (text or call 805-760-7673) to sign up. The next watercolor sessions will be on April 15th.

We have the opportunity to experience a special collage class with renowned Camarillo artist, Phyllis Doyon, on Tuesday, March 29 at 1pm, \$45. Contact Patti to sign up.

Kathy Whitesell is offering an

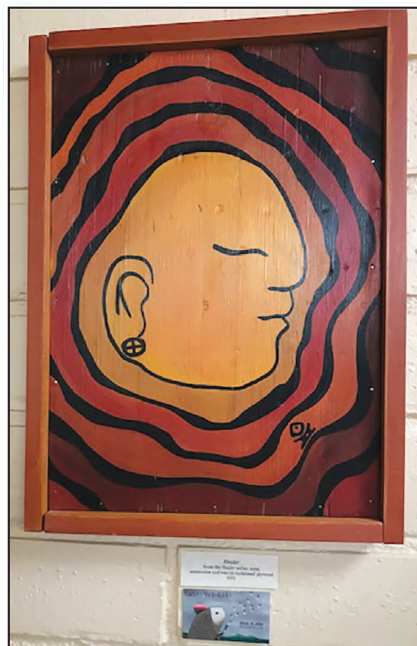


Photo by PATTI CRICHTON

Alexis St. John displayed her artwork in the LV Library in February.

acrylic pour demo and workshop class at the CAC on April 2 from 9am-1pm. Please contact Kathy at 805-390-6267 or email kathywhitesell@aol.com.

Our April Village Arts meeting on Wednesday, April 6th will take place off site at the Camarillo Art

## PHOTO CLUB WINNER – ASSIGNED CATEGORY



1st – Gregg Gillmar / Point Mugu at Sunset

Center at 3150 Ponderosa Drive. Our members are invited to bring paintings to the CAC and we will meet and set up the gallery for the April 9-24th Leisure Village Art Show. There is some paperwork for participants to fill out which you can pick up at the March meeting or at the CAC. We will be asking members to volunteer to sit at the gallery on the weekends from 1-4pm, when the public is invited to come and view the Show. Prize ribbons will be awarded on April 10th at 1:30pm.

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## Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth?

Are you looking "old" before your time?

There is a reason—AND a solution.

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

...and here's why:

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

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

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

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

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

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

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

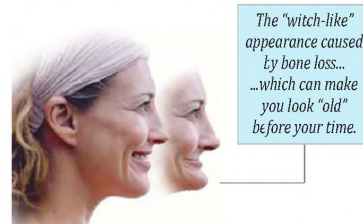
The GOOD News Is:

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

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

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

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



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

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# CLUB NEWS

## BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Building classes are held 6 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 on Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm. These are not drop-in classes; registration is required.

For 8:15 class, call Mamata 805-558-9360; for the 9:30 class, call Alice 805-437-6169; for the 6:00 class, call MaryAnn 805-390-1909.

## MAVERICKS CLUB

By Vera Erskine

Spring Dance is scheduled for March 25. Music by a DJ from 7-10pm. Coffee, water, beer and wine will be served. BYOB is ac-

ceptable. Tickets will be sold at the door for \$10 per person. Put on those dancing shoes and join us.

Membership dues are \$5.00 per person. Contact Geri DeSimone at 805-484-7308. Must be a member to attend future events.

## WORKSHOP FOR WRITERS

By Mark Sconce

It's time to check your closet and dresser drawers for the Green you will need on St. Patrick's Day. It's just around the corner. Ireland is the greenest country I have ever visited. It is beautiful.

I'm writing a story about my adventures in the Emerald Isle. What's your story? Why not write about it and join us at our next meeting March 9th and 23rd. We meet on the second and fourth Wednesday of the month. Call Mark Sconce 805-586-4485 for more information.

## SAVE OUR SIGHT & HEARING

By Gina and Terry Connor

Join us the 1st and 3rd Thursday of each month at 1pm in the Sun Room. Examples of our discussion topics include key basics on eye nutrition and eye protection to resist Age Related Eye Diseases, and Hearing Health basics including FDA approved over the counter high value low-cost hearing aids.

Residents and their caregivers are welcome. For more info contact Terry Connor 805-482-7806.

## NEEDLE WORKS

By Marie Bowler

Remember the quilting bees of yesteryear? Needle Works is similar to that. But instead of everyone working on the same project, we work on our own individual projects. We are a group of women who love to socialize, knit, crochet and do needlepoint. We meet in the Garden Room on the 1st, 3rd and 5th Friday

and on the 2nd and 4th in the Lanai Room always from 9:30-11:30 am.

If you're looking to meet other people with the same interests or just need help with a pattern, call Nancy Baumgarten at 805-377-2805. We invite men to join.

## EXERCISE/STRETCH CLASS

By Donna Khacherian

We would like to take this opportunity to invite all new and old residents to join our morning Stretch Class held five days a week, Monday through Friday. Currently our times are 8:30am and 9am. This is a 30 minute class of stretching from head to toe and a wonderful way to start your day. The exercises are easy and very beneficial to keep our joints moving and our bodies strong. We meet outside in the Pavilion (area behind the swimming pool) rain or shine.

This is a fun way to make new friends and acclimate yourself to Village Life. Please come and check us out.



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06LV04S

## CLUB NEWS

### PLAYERS GUILD

By Linda O'Neill

Players Guild's purpose is to provide a creative outlet for theatrically-inclined residents and to provide entertainment for their Leisure Village neighbors. Members can participate as spectators, actors, singers, dancers, backstage, set construction crew, lighting, sound or videography. Nine monthly business meetings and workshops are scheduled for 2022. These will be held on the third Thursday

evening, beginning at 7:30 in February, March, April, June, July, August, September, October and November.

Players Guild has presented countless monthly workshops and yearly dramas and musicals during its more than 20-year existence. There is no cost for the workshops that PG provides for Villagers. The group is supported through the \$10 annual memberships as well as donations from residents.

Before most performances, Sandy Curran, Players Guild Director of Fundraising, sells jewelry that has been donated, with the proceeds go-

ing to Players Guild. She wishes to acknowledge the assistance that was given her by the late Marsha Rubenstein for which Players Guild, as a whole, is very grateful.

### MUSIC AND MOTION

By Margie Monroe

This class is suitable for seniors of our community. We create various choreographies that are safe, fun, and keep our bodies moving while listening and responding to the various kinds of music. We enjoy a warm-up and a cool down each one hour session.

Meetings are on Fridays, 9am to 10am in the AR. There is an \$8:00 per

class fee. Classes resumed on March 4th. We hope that you will join us on the dance floor. NO charge for a first visit. For info call Margie at 805-437-6100 or e-mail margiegrm@aol.com.

### PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Frank DeSimone / Candy Bandit

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# SERVICE DIRECTORY

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by Mark

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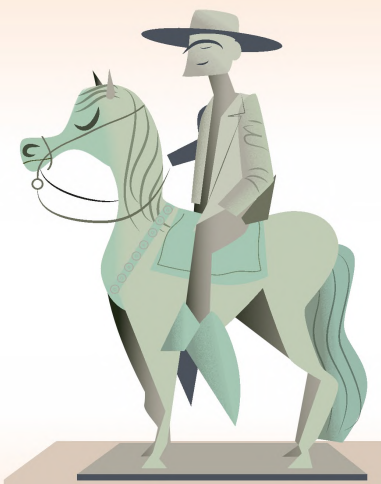
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**To Include Your Listing, Please Contact Mary  
at The Acorn Newspapers Today: 805.484.1949**

# CLASSIFIED ADS

To submit a classified advertisement please include your full name, address and phone number (for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion. Phone number = 1 word, email = 1 word. Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD in the black box next to the entrance of the LV Association office just inside the west gate (off Los Pueblos Dr). It can also be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome. Questions regarding classified ads? Call Barbara at 805-482-9097.

## DEADLINE for the next publication is Friday, March 11.

Schwinn, Meridan blue 3-wheeler \$150. Call Larry 805-484-2463

HillBilly electric golf cart, lithium battery included. Controls on handle, cart folds for easy storage. Used one Year. Like new \$500. Call Bill 503-757-6797

Looking for rental: Two LV renters are seeking a 2-bedroom 2 bath rental with an April 1 lease date. Please call Deb 805-263-9764 or Grace 805-910-9544

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

MURPHY AUTO MUSEUM NEEDS DOCENTS. Do you enjoy cars? Do you like talking about cars? You could be a volunteer docent at the Murphy. Please email fireballtimrides@aol.com

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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Dogzgonewalkn.com – Reliable and professional dog walking or pet sitting. LV prices \$10 for 15 minutes, \$17 for 30 minutes. 805-484-8802 dogzgonewalkn@verizon.net

Lynn Lerz: Massage Therapist. "Let me rub you the right way to better health" In village 36 years. Exp. Best refs 805-484-2308

JDD Physical Therapy: Physical Therapist/Health Educator specializing in chronic pain and fibromyalgia, lifestyle analysis and integrative therapy in your home. Jeannie Davis PT, MPH 818-693-1002, JDDphysicaltherapy.com

FITNESS – I can help you with fitness and nutritional needs. I have been a trainer for 16 years, in Leisure Village for 6 years. Call for a free consultation. Lisa 805-402-7482

Nancy will drive you to doctor appointments, salon, grocery store, CVS, or vaccination sites. Retires UCLA health care working. Offers personal caring service. LV resident: 805-465-0056 cell 310-433-2311

PROFESSIONAL PLANT DESIGNERS (Meets Leisure Village guidelines) All About Landscape 805-586-4239 Lic #726180. 25 years in business.

Driven by an Angel! Personal assistant will simplify your life! Excellent driver & LV Resident with many references. Dependable & punctual to all appointments, airports, events, etc. Christine 805-701-3250

I provide stress free rides for airport, doctor appointments, special events, weddings, restaurants, anywhere. Excellent references within Leisure Village. Call 303-502-7052 Mike Collins. Mention ad for special discount.

NEED TRANSPORTATION? Doctor, surgery appointments, shopping, whatever you need! I have shots, booster, newer car. Leisure Village resident, Call Sue cell 702-858-0044 home 805-465-0061

NEED HELP with chores & errands? Dog walking, fixing, clean-up, moving, drive to doctors, shopping, cooking, etc. No job too small. Caring dependable Leisure Village resident Jim 805-807-1635

WE BUY OLD STUFF! WE PAY CASH! Antiques vintage & collectibles. Over 20 years in business & we're nice! Call of text 805-727-7403

WILL BUY – golf bug cart, golf items, large plant stand, plants, desk, office chair, antique chair, tables, craft items, beads, misc love knick knacks LV resident Sam 805-379-5653

I'LL HELP YOU with gardening, weeding, planting, trimming, removing plants, prune roses, remove leaves/pine needles. Odd jobs. LV resident. Excellent references Darren 818-618-1028

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

JUAN - construction. Handyman Services. Installing vinyl fences and gates. Concrete work. Patio/yard and garden, cleaning, plant trimming, removal. Hauling/dumping services, CA.LIC #754081 – 805-487-1613

Juan handyman services – Garden, patio, yard cleaning, hauling/dumping. Plant trimming, removal. Vinyl fence and gate. Call 805-487-1613

HANDYMAN/INSTALLATION – Electrical, plumbing, appliances, rain gutters, cleaning windows, repair broken things, hanging shelves and pictures, painting hauling, any help. Call Eric at Merchandise Assembly 805-210-0489

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Caregiver looking for part time. Reliable and trustworthy support highly experienced and compassionate. Text or leave a message Charlene 805-276-0380

If you need a caregiver I'm available. Please all me at 741-301-1150 Lucina Irog. Thank you

Caregiver, driver part time. I live in the village and am fully COVID vaccinated. 20 yrs. Experience and excellent references 805-844-8377

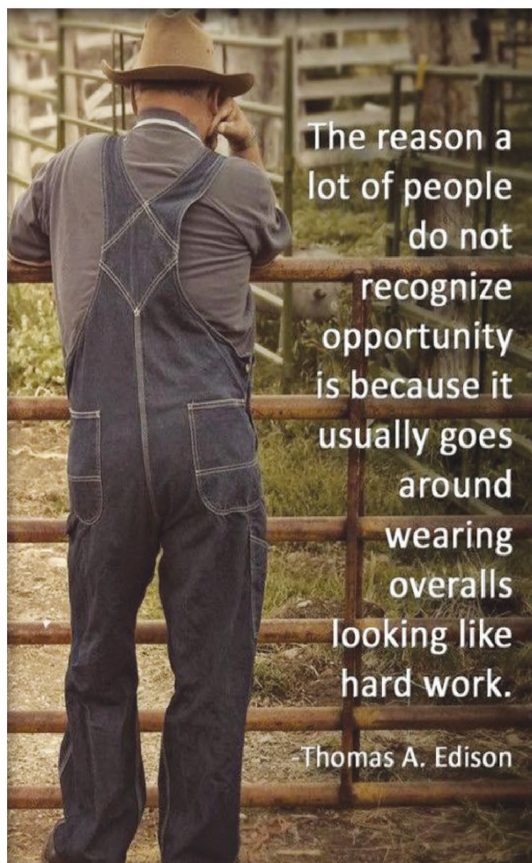


**I AM A GREAT  
BELIEVER OF LUCK.  
I FIND THE HARDER I WORK,  
THE MORE OF IT I HAVE.**

-THOMAS JEFFERSON

**Luck is when  
hard work  
meets  
opportunity.**

March brings the green of spring in nature, and green of 4-leaf-clovers decorating stores and homes for St. Patrick's Day, symbolizing LUCK. **Most of the time, what people call LUCK is the result of a prepared person being in the right place at the right time to avail themselves of an opportunity that presents itself.** There are things we can incorporate into our lifestyle that can increase this type of LUCK.



✿ Make a list of goals you'd like to achieve, then work backwards and list what skills, knowledge or attributes would prepare you for achieving that goal. Get to work on those lists one thing at a time.

✿ Meet, greet and talk...then listen and learn! Network everywhere you are, whether it's in line for a ride at an amusement park, the grocery store, out for a walk...literally everywhere you go. Aim for speaking to someone new at each place you find yourself. People are a valuable resource for knowledge, experience, ideas and connections, so learn from everyone around you and make as many human connections as you possibly can every day.

✿ Be positive! When you're positive, it motivates and inspires you, and it also attracts others towards you. They will support you and be more willing to go above and beyond to help you in your endeavors. (The opposite is also true – negativity saps your energy and drives people away, making it difficult to get support from others.) Attitude is everything, so pick a good one!

✿ Be flexible – willing to adapt, change and step out of your comfort zone. Many opportunities require embracing a different way of thinking about something, or doing something extraordinary and unprecedented like a major life or career change.

✿ Don't just passively await opportunities – be constantly on the watch for potential opportunities and chase them relentlessly. And listen to your inner voice. Never rule out Divine Providence to help you recognize crossroad moments. Many people look back on life, and recognize missed opportunities in the rear-view mirror because they didn't follow what their inner voice prompted them to do at the time.

**So, work hard to become and remain prepared. Then, when opportunity arrives on your doorstep and knocks, be willing to step out of your comfort zone to take it, and luck will be on your side!**

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