

INSIDE LEISURE VILLAGE

VOL. 44 NO. 4

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

APRIL 7, 2023

VILLAGER PROFILE

BBQ Bob's Last Exit

■ Driving off into the Ventura County Sunset

By Patty Ecker

He was probably the most recognizable person in the Village - until this month. Bob Scheaffer, the General Manager of Leisure Village for sixteen years, has turned in his keys, and, like most of us, is now retired. His black pickup with BBQBOB2 license plates has driven into the sunset. He holds the record as the longest serving GM in the Village's fifty years.

His first job was as a dishwasher in a pancake house; he was fourteen years old. As a 20 something, he became a union carpenter, honing skills that served him well from then on. His last job was managing a corporation with an annual budget of nearly \$16 million, that employs 60 full-time employees, and is home to more than 3000 residents. It was 2006 when he was recruited by the Leisure Village Association: the GM at that time, Randy Watkins, told him "It's a great job." By then, Bob had more than a decade of experience managing a smaller association in Ventura. He knew Leisure Village

meant large scale management, and he took the challenge.

After sixteen years here, "I am going to miss the people," Bob says. "The staff is like family to me. And I've made a lot of friends here, too. Talking and listening are what I have done most because I believe that residents and employees should be heard. I needed rhinoceros skin sometimes. But I learned they weren't angry at me. They didn't like the answers."

He's proud of how the Village has changed - he prefers the word "modernized" - over these sixteen years: the new Fitness Center, the renovation of the entire Clubhouse, improvements to the street lighting and signs, the pool upgrade and the reclaimed water project. "That \$2 million dollar project was paid off in less than two years and enables irrigation of hundreds of landscaped acres with non-potable water. We're all proud of that," Bob says that the best thing he did was bring Christi Moore into the administration. "She is so smart and a much better listener than I am. She'll be a great GM."

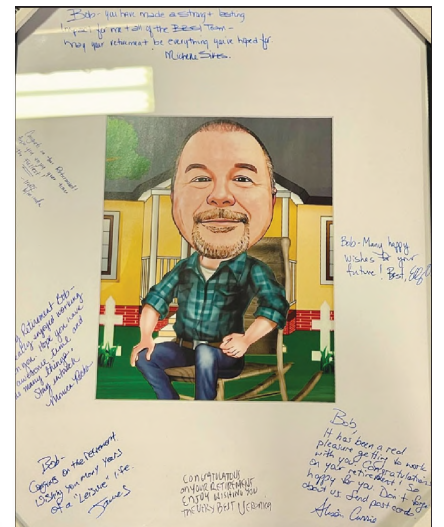


Above Photo by JON
Above, Bob gets ready to drive off in his iconic truck, into the Ventura County sunset. At right, a special card that was created by the crew Bob has worked with, wishing him well in retirement.

The Village is behind in technology, he adds. He's disappointed that the Security Gates system hasn't been upgraded. But he says that a new method is coming using artificial intelligence to read license plates, thus eliminating the windshield stickers.

Bob has no regrets. He's ready

—Please see **PAGE 3**



THE YANKEES ARE COMING!

Damn Yankees,
5 April Performances!
performed by Players' Guild

Photos by FRANK DESIMONE
Rosanna Brown, Macey Zarit, Roseanne Bellino-Strickland, Naloni Carson, Mike Sternfeld, Gina Connor and Helene Cohen posing for their baseball team photos.



—See Story in the Entertainment Section on **PAGE 4**

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Lorraine Corner - Village 13

Peter Rosam - Village 20

(We mistakenly spelled Peter's name wrong in a previous issue.)

In Memoriam entries, please submit name
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to: insidelveditor@gmail.com ATTN: In Memoriam

ABOUT INSIDE LEISURE VILLAGE

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May 2023 Edition Deadlines

Club News, articles and letters: Saturday, April 15. May issue will be available Friday, May 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."

AROUND THE VILLAGE

Community News

By Dennis Doolittle

Board Elections – Board elections are coming. There are three seats up for election, with four individuals currently self-nominated for election at the time of this writing. The election ballots will be available soon, the results will be announced at the June 23rd Annual Meeting.

Paint Project – Stucco and trim painting has begun (although impacted by the recent rains) in Villages 6, 8 and 17. The trim only project is not yet started, it will be conducted in Villages 4, 7, 9, 11, 13, 18 and 22. New LVA Plant List – The Residential Landscape Committee has revised the approved plant list for the Village. The list is now out for review and comment.

LV Web Site – Through the work of the Communications Committee a secure log on for village residents has been added to the LV web site. The Resident Directory and a trash bin selection page are currently up and running. "Green Sheet" submission will soon be added. 500 people have signed up, how about you? Go to leisurevillage.org and sign up. The functionality behind the log-on will continue to increase over time.

Roofing – A roofing contract for multiple residential units and for carports has been issued and work has started. Buildings that are scheduled for re-roofing are spread around the Village, work schedule based on need and then on age of the roof. A letter has been sent out to all residents who are scheduled to have their roof done.

LV 50th Anniversary – the Village's anniversary is coming with much planning in process for a celebration on Sunday, October 1st. The team is collecting information, photos and other artifacts to be displayed at the Recreation Center.

Clubs are a vital part of our life in the Village. The anniversary celebration is an opportunity for each club to express its purpose, interests, and achievements. The committee wants to include something on the history of each club, including information on how and when it started, membership, significant events, short stories, awards, photos, etc. Please contact

Judy Spector at 805-404-5773 with any questions and information you can offer.

Water – Congratulations!!! As of mid-March the Village continues to consume less household water, meeting our goal of 55 gallons per person per day. Keep it up! Our use of irrigation water is also down significantly thanks to all the rain we have been getting. There are three water related PSA's now available on the web site and on LVTv.

Pool Resurfacing – Due to all the rain, our contractor is way behind on his work. The re-surfacing that was planned for late March has been delayed. No new date has been set, but the delay is at least one month. A new date will be announced when it has been set. Staff is aware that warmer weather is coming, so the sooner the better.

Long Range Planning (LRP) – We had a significant rain and windstorm last month with downed trees and damage to homes. The Executive Committee is meeting to address the

issues of tree removal and replanting.

Finance – With the FY 23/24 budget completed, the committee now has the responsibility to lead the creation of a Board approved 5-Year plan for the Village.

Health Fair – Set your calendar – the Village is holding a Health Fair on June 16th.

Walkway Lights – The Village has approved the replacement of the lighting on the walkway through a section of the Village. Planning for this project is underway.

Two New Trucks for Security – We need reliable trucks for security operation in the Village. At the same time, our fleet of trucks for Village maintenance are getting old and unreliable. In recent years staff has been buying pick-up trucks for Security, the idea being that when the trucks are no longer usable by Security, that they go to the maintenance departments and the oldest, least reliable trucks are phased out. In this vein, the Board has approved the purchase of new trucks for Security.

BBQ Bob

From PAGE 1 —

to retire, he says, "I'm tired. I am here at 7:30 am and often the last to leave - to get work done that I couldn't get to during the day or to prepare for Board meetings. I wanted to have answers for the Board members even if they didn't ask the questions," he adds with a smile.

Bob and his wife Holly are planning to travel this spring - first stop: Nashville. He'll have more time to spend at his favorite hobby - barbecu-

ing - especially his super-secret recipe for "3-2-1 Ribs." But Bob admits that last exit through the Gate on April 1st was an emotional one, "Even after all these years, I still get that same reaction. I love to see how beautiful the Village is."

Editor's Note: The Villager Profile column is set aside to feature Villagers and their interesting stories and lives. We made an exception with this entry. With the effect that Bob has had on the daily lives of Villagers during his tenure, the ILV crew have declared Bob Scheaffer an official Villager.



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VILLAGE ENTERTAINMENT

Music Club Offerings

Music Club – Marci Lapair

The Music Club is pleased to invite you to a performance by the Adolfo Camarillo High School Jazz Band on Sunday, April 30th in the AR from 2:00 pm to 4:00 pm. The tickets are free.

Tickets are available at all Music Club activities. For more information about obtaining tickets, please call Marci Lapair 818-399-0843 or Debbie Goodman 818-523-0731. Refreshments will be served after the performance. At the event, contributions and/or pledges to the ACHS Music Program will be gratefully accepted by the ACHS Boosters Club.

The audience who attended the Music Club's March Open "Mic" Night were delighted by the return of the Anacapa Ukulele Ensemble. This ten-member group, including Villager Harvard Horiuchi, performed Under the Boardwalk, California Dreamin' and Mustang Sally. A large group of line dancers from the audience had fun dancing to Mustang Sally. Ninety-two-year-old Villager David Flood sang Just the Way You Are. He was accompanied by Scott Mitchell on the saxophone and Ryan Kimery on guitar.

The next Open "Mic" nights are Friday April 7 and May 5 at 7:00 pm in the AR. Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks. If you have a talent that you would like to share for our May Open "Mic" Night, please call Dick Guttman 805- 484-5806 no later than Wednesday, May 3.

The movie to be shown on Monday, April 17 at 7:00 pm in the AR will be the musical *Chicago*. The movie won six Academy Awards including Best Picture and Best Supporting Actress. It stars Renee Zellweger, Catherine Zeta-Jones, Queen Latifah and Richard Gere. *Chicago* is based on the 1975 stage musical of the same name. It explores the themes of celebrity, scandal and corruption in Chicago during the 1920s. It is rated PG-13 and is 113 minutes long.

The Groovin' Easy Swing Band rehearses Tuesday evenings between 7:00 and 9:00 pm in the AR. Come and listen to their easy listening music.

For more information about the LV Music Club, call Debbie Goodman 818-523-0731 or Marci Lapair 818-399-0843.

Damn Yankees: Now and Then

Players' Guild – Linda O'Neill

This year, Players Guild will present *Damn Yankees* for five performances: Wednesday, 4/19 at 2pm; Thursday, 4/20 at 7:30 pm; Friday, 4/21 at 7:30 pm; Saturday, 4/22 at 7:30 pm; with a last performance on Sunday, 4/23 at 2 pm. Tickets are on sale every Monday, Wednesday and Friday outside the AR from 9 to 11 am. Tickets will also be sold for one hour before each performance.

This musical is based on the Douglas Wallop hit novel *The Year the Yankees Lost the Pennant* "fashioning a combination of baseball and

—Please see **PAGE 5**

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LV Residents



01LV02S

VILLAGE ENTERTAINMENT

Players' Guild

From PAGE 4 —

the Faust legend.” This is not the first time Leisure Village has presented this phenomenal Broadway hit that ran over 1000 performances. It opened here on May 17, 1995 and Helen Hartman played the lead Lola. Helen, who was then new to Leisure Village, was drafted right off the bowling team by popular director, Joan Johnson. Helen told ILV that at that time she had no show business experience whatsoever! When asked, “What did you do?” Helen offered that she lost 30 pounds and took dance and singing lessons. After that, Helen also appeared in four more Players Guild productions, including the Leisure Village version of Annie. Is she still in Players Guild today, you ask? Having fallen in love with the theater, Helen has maintained a presence in Players for the past 28 years. Helen says she stopped acting about 23 years ago, because she couldn’t memorize as well as she had

originally. It was then that she became the principal stage manager for Players Guild productions with the assistance of husband, Charlie.

Richard Weiss, director and his assistant director, Kathy Wien, began rehearsals in the first week in January 2023. The cast of 23 is made up of newbies and experienced performers. The role of baseball player Joe Hardy will be played by Buster Hazlett who has performed on the Players Guild stage since 2008.

Not a novice, Irv Feiles plays Joe Boyd who only dreams of beating

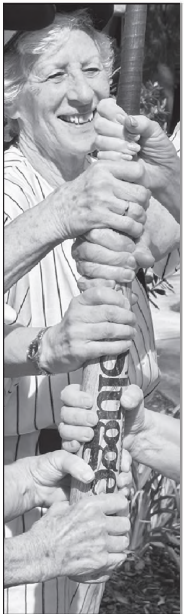


Photo by FRANK DESIMONE
All hands on deck — or the bat in this case, for members of the baseball team.

—Please see PAGE 13

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AROUND THE VILLAGE

A Quick Stop Followed by Nearly 50 Years of Pleasure

By Patty Ecker

They had just begun their vacation trip in 1974 - driving from home in Oxnard to Mexico - when Joe and Charlotte Romero saw a sign beside the highway, Leisure Village - For the Time of Your Life. Joe said, "Let's stop in and see what this is." And they liked what they saw! By the time they resumed their drive an hour later, the Romeros had left a down payment for what would become their house in Village 9 and became enthusiastic LV Pioneers for the next 50 years.

For more details, just ask Charlotte, who is 102 years old. She still lives in the Village, is bright and healthy ("I haven't seen a doctor in two years.") and loves to chat about their life here. "Joe retired right away," she recalls. He was busy immediately. "Joe became an unofficial handyman, always helping the neighbors. Not for pay, just for fun."

She laughs when she remembers those early days. "The HOA on our Eldorado was \$48 a month. I asked Joe if he thought we could afford it."

Charlotte added to her own Village fun by belly dancing. "I saw an ad for lessons and signed up. Soon I was performing here. Joe played the tambourine, and I danced." Other Village women joined in, creating a Cabaret group that did several kinds of Middle Eastern dancing. "We made beautiful silk costumes with



Courtesy Photos
At left, Charlotte Romero dressed to the 9's and above, Charlotte in a recent photo.

bells," she recalls. "It was wonderful. I gave it up when I turned 80. But I still meet with some of the girls who danced with us."

Dancing was a love of both Romeros. So, Charlotte and Joe organized what has become the Saturday Night Dances. Theirs were held on Fridays, a weekly get-together of about 25 Village couples. "At first, the AR was too big and cold for our little group," she says. "So, we set up screens to make a smaller room...until the dances grew in size, which they did pretty quickly. It

was a wonderful way to meet new Villagers." She describes herself as a perpetual student. For many years, she belonged to a Village discussion group. Now she is the only surviving member.

The Romeros had two daughters and were married for 62 years. After Joe died in 2005, Charlotte moved into another smaller house that they owned in the Village. In 2009, her daughter and son-in-law moved in with her to watch over her and tend to her needs.

Charlotte remains proud of the decision she and Joe made fifty years ago. She praises LV Security especially, "I fall sometimes, and they always respond to help me." She makes regular trips on her scooter to the nearby CVS Pharmacy, and she has a trainer who comes to the house weekly. Charlotte, this unique Village Pioneer, pauses, smiles and adds, "I wouldn't change a thing here."

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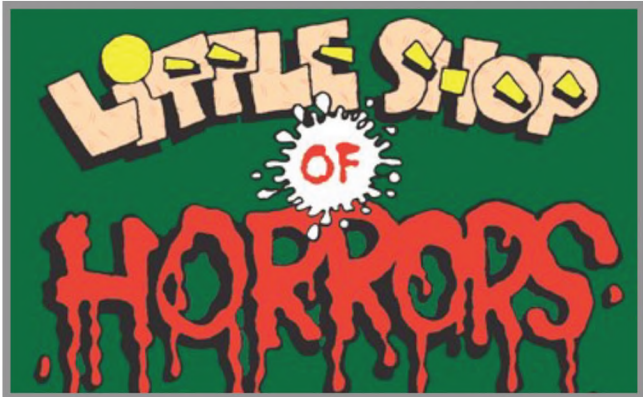
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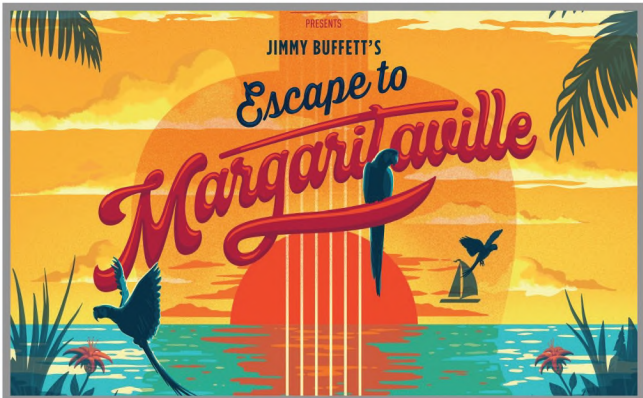


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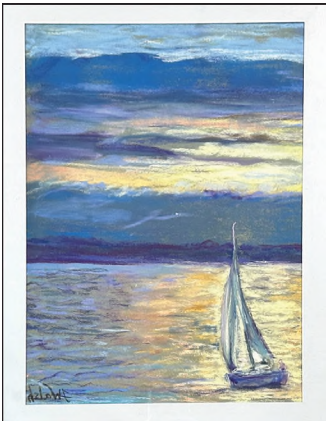
04LV07C

ART IN THE VILLAGE

Francy Walsh Art Exhibit in LV Library

By Nicole D'Amore

Mary Frances (Francy) Walsh works in pastel, acrylic, watercolor and mixed media. Calling herself a student of the world, she has traveled extensively throughout her life and says the many peoples and cultures have shaped her life and art. Her website is: www.francyheartsong.com. Her email address is: francywalsh1@me.com. Stop by the LV Library next to the A/R to view an exhibit of some pieces.



Courtesy Photos
Some of
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off the coast at
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A WORD ON WINE

By Barbara Senior

How Covid Changed Our Wine Club Pick Up Parties for Good

Wineries have long had pick up parties, where club members come to the winery to learn about the upcoming shipment and have a guided tasting with winemakers. During the Covid lockdowns, wineries were challenged to offer their wine club customers touchy feely events, without gathering. We rarely went to those events, but that has now changed because we can participate in a virtual event.

In the fall of 2020, Tablas Creek winery introduced virtual pickup parties for their wine club shipments. The winery found that having people connect from afar was greeted with enthusiasm and gratitude. We loved connecting from home and learning about the wines we'd be receiving. The virtual events were so popular that Tablas Creek decided to make them a permanent part of their member communications.

From the beginning, it was clear that an option to taste along from



Photo by BARBARA SENIOR

The collection of Tablas Creek 187 ml bottles for the virtual tasting that the winery offers.

home was needed, but how to do it? The idea was to create a sample kit with 187 mL bottles and folks who ordered it could taste along with the staff during the virtual event. While it sounds simple, it's not. Rebottling wine must be done with care, so the wine is not changed in the process.

Then there's the regulations on labeling, shipping and so forth.

That's when Tablas Creek discovered Master the World (MTW.) Founded by a couple of Master Sommeliers, MTW was created to help sommeliers studying for exams taste wines from around the world with-

out having to deal with the cost and challenge of sourcing full bottles. MTW rebottles 750 mL bottles to 187 mL format and builds and ships tasting kits all over the country.

It was a perfect fit. MTW rebottles under a layer of inert gas, so the wine gets into the 187ml bottles in good shape. All the winery needs to do is send them a few cases of the wines in the club shipment, and they take it from there. The kits are ordered directly from MTW and Voila! Club members have samples of each wine in their shipment and can join the on-line guided tasting.

Our spring shipment of Tablas Creek wine has been announced and we have our sample kit. We're looking forward to joining the upcoming Virtual Tasting. It makes us feel more connected to the winery and the staff. What seemed a huge obstacle led instead to a big windfall for customers, the winery and even Master the World. It's a Win-Win-Win.

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THE HEALTHY VILLAGER

By Jeannie Davis, PT, MPH

Self-Care - 5 Things You Need to Know

Feeling your best is the greatest gift you can give to yourself and others because you will have the vitality to share your gifts and talents. The mind and body connection is a real phenomenon. When you are caring for your body and mind, you will think and feel better. Self-care is important across our lifespan, but even more important as we age to provide us with the best quality and possibly the most quantity of life. There are 5 basic self-care practices that will make a difference in everyone's life.

The five self-care practices include:

- Nutrition
- Exercise
- Sleep
- Stress management
- Socialization

Eating real food on a consistent basis is the framework for good nutrition. Stay away from the fast-food places and eating packed foods for most of your food intake. Make

better choices when you eat out, looking at the menu online before you visit the restaurant and plan and customize your order. Eat lean protein, lots of vegetables (fresh or frozen), some fruit, hydrate well with water and limit your alcohol intake. Be mindful of the liquids you consume as juices, sweetened drinks and soda can add unhealthy calories to your diet. Limit butter and use extra virgin olive oil for cooking. Fat is very important for proper brain function, but it needs to be the right kind of fat and recent research indicates that extra virgin olive oil is that right kind of fat.

We all know that exercise is a part of a healthy lifestyle, and some of us have limitations that make exercise difficult, challenging and/or painful. If it is uncomfortable to exercise on land, consider exercise in the water. At Leisure Village we have a wonderful large, heated pool that is a kind medium for

most of us to exercise in. Regular exercise such as walking and pool exercise can help prevent diabetes, high blood pressure, high cholesterol and prevention of certain types of cancers and more. The recommendation for adults to exercise is a minimum of 30 minutes most days of the week to prevent disease. The 30 minutes can be all at once, two 15-minute bouts of exercise or three 10-minute exercises that increases your heart rate continuously. We need to be more motivated to exercise as we age as most of us have hypokinesia – we feel comfortable not moving as much, and this is physiological as we age for most people.

Good sleep improves concentration and memory. The recommended amount of sleep for seniors is between 7-9 hours, and hopefully by this point in our life, we know how much sleep we need. Make sleep a priority and have a regular bedtime and wake up time for the best quality of sleep. An hour before, no computer/tablet/smart phone, and do a calming activity such as meditation, mindfulness, gentle stretching, or deep breathing. Lie in a dark room for at least 30 minutes before you want to go to sleep, so the brain's natural melatonin will be released to promote sleep.

Stress is the way you react physically and emotionally to changes in your life and can be positive or negative. Your automatic physical reaction to a stressful situation is the same whether you are experiencing positive or negative stress. You cannot always control what happens to you, but you can control how you interpret those events and the way you react to them. If we feel stressed, there are many natural ways to decrease our stress, such as deep breathing, meditation and mindfulness.

Your overall survival rate increases approximately 50% if you have strong social relationships. One of the main stressor's humans face is loneliness. Research has linked social isolation and loneliness to higher risks of high blood pressure, heart disease, obesity, weakened immune system, anxiety and depression, and cognitive decline. We are so lucky to live in Leisure Village where we can walk our dogs and meet neighbors, join clubs, attend classes, concerts and dances and more. Sometimes it is challenging to go to clubs and

—Please see **PAGE 13**



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03LV025

AROUND THE VILLAGE

Muscle Strengthening Flexibility and Improved Mobility

■ Just a few benefits of Tai Chi

By Nicole D'Amore

Tai Chi students in Leisure Village are eagerly preparing to demonstrate their newly-acquired skills at World Tai Chi Day on Saturday, April 29th in the picnic area.

World Tai Chi Day is celebrated annually on the last Saturday in April. As the name indicates, practitioners of Tai Chi around the world will meet at 10 am local time to do Tai Chi.

In Leisure Village, the World Tai Chi Day program will begin at 9:30 am with demonstrations by the Beginner and Review and Refine classes. At 10 am everyone is invited to participate with the students. That will be followed by a demonstration by the Intermediate class.

Although there are over 100 forms in the mind/body exercise that began in ancient China and originated in martial arts, the program in Leisure

Village is geared to seniors and called Tai Chi Moving for Better Balance, instructors say. Students are taught just eight forms that emphasize balance, coordination and strength, leading to greater self-awareness and body/mind connection. They are taught one form at a time, building on skills learned as they go along.

Tai Chi involves slow, gentle movements and participants can adapt the practice to their physical limitations and strengths. There is no age limit.

One of the students in the current Beginner class is Don Nicksay who will be 95 next month and got off the stationary bike to talk about Tai Chi. He enjoys the class, although at first he didn't know what

to think.

"It has a funny name and it looked like a girls' dance class," he said, but he gave it a try. He says he switched from a regular bike to the stationary bike because of balance concerns and thinks Tai Chi has helped with that.

"I'm not particularly good but I really think it helps with my balance," he said.

"The instructors are great. I'm going to continue with it."

Sometimes he feels tired at the end of the class. "There is a workout feature to it," he said. "I feel it has helped me mentally too." When you get to be 95 there are a lot of things you can't do, he said, but Tai Chi isn't among them.

Some of the benefits of Tai Chi include muscle strengthening, flexibility and improved mobility which can lead to fall prevention, instructors say. It's also a mental workout where participants learn to be present in the moment, aware of their surroundings and in tune with their bodies.

Pat Hartshorn, one of the certified Tai Chi instructors in Leisure Village, said some students choose to repeat the Beginner class and others plan to move on to the the Review and Refine class, where they continue to improve their mastery of the forms and begin to include more self-awareness. A strong body plus a strong mind equal a greater whole, she said, as represented by the yin and yang symbol, a Chinese philosophical concept that describes opposite but interconnected forces.

For more information about Tai Chi and the Tai Chi Club, contact Chuck Morrow at cmorrow@hotmail.com.



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HISTORIC REFLECTION

By Max Copenhagen


Snow Day in Camarillo

In the Pleasant Valley Historical Society publication ECHO, the following article was published recalling the strange Winter of '49, it seemed to fit in with the unusual weather patterns we have experienced this year. The article was published in the 2007 edition and was penned by Eric A Daily of the Daily Ranch family.

It's wintertime! For most of the country it's a time for snow balls, snowmen and shoveling sidewalks. While people are digging out in the east, midwest and northern states, many people here in Camarillo are digging in their flower beds and vegetable gardens preparing them for the coming spring. I'm not saying we don't get a little winter weather now and again, but the only thing that falls from the sky around here this time of year is that liquid snow we call rain! But nearly sixty years ago mother nature threw the people of the Pleasant Valley and the surrounding area a real winter curveball.

By all accounts the first couple of days in January of 1949 seemed a bit colder than most of the people could remember. Many a rancher were readying or placing smudge pots in their citrus orchards to prevent any frost from damaging the delicate fruit. But it was on January 4th that the weather really took a turn. That afternoon the strangest atmospheric conditions started to arise. People who looked toward the ocean could see an ominous wall of black clouds drifting in toward the coastal cities and towns of Ventura County. As the clouds approached, temperatures dropped, and a very cold wind began to blow at about 20 mph. About 10 o'clock that night the people who were still awake and about noticed this whitish stuff falling from the sky. It was snow! The next morning there was about four inches of snow all over the ground. Icicles were found hanging from the roofs of houses and barns. For many Camarillians this was the first time that they had seen snow in their lives. Adults and children threw snowballs and made snowmen.

For most of the county the snow lasted about two days, with the snow lasting longer in the backcountry. We've had some close calls since then but nothing like we had in 1949.



Editor's Pick — Ray Laser / Misty Morning

(Chosen by ILV Editor from the March submissions)

Welcome Reception for New Residents

Clubs & Groups are invited to join our Committee in welcoming new residents to our Village and tell them about our Club's activities. The Reception will be held on Thursday, April 27 at 1:30 pm in the Assembly Room. Help us encourage people to get involved and enjoy all that Leisure Village has to offer.

To reserve a space (only one representative per Club) contact Bobi Shmerling 805-389-1975 (home) bobi.shmerling@gmail.com

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05LV115

Healthy Villager

From PAGE 10 —

events on your own, but once you get there, the Villagers will welcome you.

If we concentrate on the 5 things you need to know for a healthy longer life, we will hopefully feel better, have better mental health, better sleep, a better immune system, and a more joyful life. It does take

motivation to take care of ourselves as we age, and sometimes we don't feel like it and would rather stay in our comfy home, but a healthy lifestyle is worth it as we want good quality of life as we age.

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

Players Guild

From PAGE 5 —

the Yankees. Nancy Hullihan, who plays Lola, also played the female lead in Players Guild 2019's Harvey. Very new to solo singing and the Players Guild stage is Anne Marie Florio who plays Meg. Anne Marie has performed with her husband, Roger, and he has kindly lent her to our stage for this season. Judy Hope plays reporter Gloria Thorpe and is a veteran of several "big" shows and too many workshops to count. Applegate (the Devil) is played impressively by

Lynn Kremer who has performed for several clubs here in the Village with her ukelele. The team owner, Mr. Welch is played by Bill Davis and Players Guild veteran Vivian Hollander is his glamorous wife. Playing the team's coach, Van Buren, is the Honorable Howard Wien. Loretta Pisaniello and Lorie Richards bring baseball groupies Sister and Doris to life. The baseball team includes both veteran and novice actors: Rosanna Bellino-Strickland (long time community theater actress), Rosanna Brown, Nalani Carson and Gina Conner (all veterans of too many

65 years of Entertainment

Conejo Players Theatre continues to bring the community wonderful plays, musicals, and other special events.

Please visit *The Secret Garden*. Adapted from the novel by Frances Hodgson Burnett, this musical features music and lyrics by Marsha Norman and music by Lucy Simon.

Various times, through April 16.

On May 13, CPT celebrates its 65th birthday. Sock-hop style, with burgers, 50's music and auctions (both silent and live) for FUNdraising. Conejo Players Theatre, 351 S. Moorpark Road, Thousand Oaks. 805-495-3715; conejoplayers.org.

Players Guild productions to mention), Helene Cohen (who teaches the Leisure Village Acting Class), Macey Zarit (veteran of Guys and Dolls and Harvey) and Mike Sternfeld (fresh out of the Acting Class) comprise the group of baseball players who comprise the struggling (and amusing) Washington Senators. Mark Holland and his booming voice will act as the announcer. Look forward to several "new to Players Guild" folks: Carol Gold, Carolee Jones, Erica Sorrell and Marilyn Carlsen.

Thank you to the creative genius of Richard Weiss (Director);

the organizational ability of Kathy Wien (Assistant Director); and the unending involvement of Players Guild President, Joyce Belcher (Producer). Other stand-outs include Judy and Chuck Kiskaden for costume and creative design; and stage managers, Helen (of "Lola" fame) and Charlie Hartman. This cast and crew have been busy since the beginning of January.

Players Guild will be dark in May due to Board elections. In June, Diane Carroll will present several play vignettes; and, in July, Linda O'Neill will direct a workshop musical called "Celebrate the States."



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CLUB NEWS

LV WOMEN'S CLUB

By Lin Grant

Ventura County True Crime!! That's the subject of our next meeting with guest author Deborah Larkin. Originally from Ojai, she was witness to her father's involvement as a newsman with the murder of Olga Duncan who was killed by her mother-in-law's hit men; Elizabeth Duncan was the last woman in California executed. Deborah wrote a detailed account in her book "A Lovely Girl." Deborah will share with us the details and history in a slide presentation as well as discuss her journey from educator to author as a senior citizen. Members get in free; non-members are \$10—which is the price of membership. So join and enjoy the rest of the year's meetings for free.

Save the date for our "Very British Tea Party and Fashion Show" May 11th in the AR. We are bringing back a club tradition, so grab a

big hat, get gussied up and join us for a fabulous light lunch and a runway show with lovely new clothes. Stay tuned for information on ticket and/or table sales.

Our next meeting is April 13th, 1:00pm in the AR, doors open at 12:30. Bring your sundries for the Lighthouse, canned goods for FoodShare plus pocket 'Change for Change'. And, as always, thanks for supporting the Women's Club.

TAI CHI

By Chuck Morrow

Registration for the Tai Chi Beginners' Class is available for the class starting May 1st. The class will meet on Mondays and Wednesdays from 3:30 to 5 pm in the Santa Rosa Room. To register for the upcoming class email Chuck at cmorrow@hotmail.com.

The ongoing Review & Refine and Intermediate Tai Chi classes also continue to meet in the Santa Rosa Room. Both classes meet on Mondays and Thursdays, Review & Refine meets from 1 to 2:30 pm and the Intermediate class meets from 2:30 to 3:30 pm. To participate in the Review & Refine students must have completed the Beginners Tai Chi class and perform all forms without prompting, contact Pat at pat.hartshorn@gmail.com. The Intermediate Class is open to everyone completing Review and Refine for more information contact Ruth at taichiruth16@gmail.com.

All of the Tai Chi classes wish to invite those interested in watching

and participating in Tai Chi to World Tai Chi Day (WTCD) on April 29th. The demonstration is to be held in the Picnic Area beginning at 9:30 am, followed by WTCD where everyone who wishes will be asked to join all the Tai Chi classes in doing Tai Chi as part of a worldwide event.

BINGO!

By Bobi Shmerling

Join us for a fun night of Bingo, you can be a winner too. In the past few weeks some of your friends and neighbors who have won between \$100 and \$300 plus are Joe Miller, Carla Barbula, Rudy Magnolia, Gail Hillesheim and Judy HerreraeHeH.

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

LET'S DANCE CLUB

By Patrick Price

Come join us for "Let's Dance!" It's the new dance with lots of Rock & Roll - held in the AR, on the third Saturday of the month, from 7:30 to 10:00.

The band for April is.... is.... On The Tip of My Tongue. They're a seven-piece rock band with a lead and backup singer, lead, rhythm and bass guitar players, a drummer and a

—Please see **PAGE 15**

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CLUB NEWS

Let's Dance

From PAGE 14 —

keyboard player. Please join us on April 15th for a rocking and dancing good time.

Admission will be \$10 per person. Coffee, water and punch will be provided. So, it's BYOB for anything else.

Although the new dance club has some volunteers, more are always better. Contact Sue Lind at 559-304-1650 if you would like to help out.

THE STONERS BEAD & CRAFT CLUB

By Felicite Barton

On Sunday, May 7th, The Stoners will be having their annual Craft Fair fundraiser in the AR, from 10:00 am - 3:00 pm. Please come by and see the amazing jewelry and craft creations the Stoners have available. Other participants include Ceramics and Village Arts.

In the morning, we will have pastries and coffee available for your enjoyment. In the afternoon, for a small donation, we will be serving hot dogs and chili.

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

VILLAGE ARTS

By Patti Crichton

Village Arts members have been invited to display their paintings at the Camarillo Art Center for the month of April. The CAC is located at 3150 Ponderosa at the corner of Eston. (Lots of parking when you turn on Eston.) The Art Center is open on weekends only from 1-4pm for viewing. ALL Villagers and friends are invited to come on over and visit the gallery. The reception and judging for our Show will take place on Saturday,

April 8th at 1:30pm.

There will be NO April meeting. We meet next on Wednesday, May 5th in the MPR at 1pm. Member Barb Mathis will be demonstrating Mixed Media Abstract Collage composition. This will be interesting.

The Spring Art Show, hosted by The Stoners, will be Sunday, May 7th from 10-3 in the AR at the Rec Center. There will be a variety of Clubs participating with arts and crafts on display and for sale, including jewelry, ceramics and paintings.

Village Arts members are to call (no text) David Kiefer at 805-419-4688 or email lvaclub2019@gmail.com to reserve A-Frames and tables for your display.

Thank you to Francey Walsh for her lovely pastels in the LV Library during March and April.

RACQUET CLUB

By Sharon Wilson

Rain, rain and more rain. Diehard club members found breaks in the weather to get time on the courts. The March 11th paddle ball tourna-

ment was rescheduled to March 18th due to weather. The winners will be posted on our website and in May's Inside Leisure Village.

The March 4th pickleball tournament went off splendidly under the direction of Larry Gries. Thanks to all who helped out especially Roy, the always reliable procurer of donuts. The pickleball tournament winners were Sue Easterlin, Catherine Haxton, Marg Petersen, Roger Florio, John Peterson and Jane Luhrs.

Our next general meeting is April 12th in the MPR. All Villagers are welcome to play or watch tennis, paddle and pickle. Schedules are on the bulletin board along with group lesson information. See you on the courts.

PET CLUB

By Shawn Baker

The Pet Club is hosting an Ice Cream Social on April 20th, 2:00 - 4:00 pm in the Pavilion.

Join us for delicious ice cream sundaes and guest speakers. Constance Howell will share a presentation on

—Please see PAGE 16



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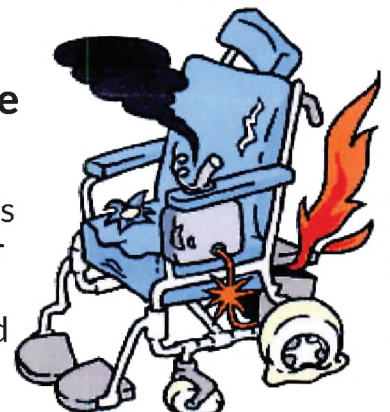
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CLUB NEWS

Pet Club

From PAGE 15 —

Raising Guide Dogs and demonstrate commands. Cathy Derley will share about Animal Charity Support Group and their work in raising funds for local animal charities.

The Ice Cream Social is Free for Pet Club members, \$5 for non members. For more info contact Shawn Baker 805-233-1725 or Cecelia Castoro 805-402-6238.

WOMEN'S GOLF

By Patti Crichton

Chili Bowl has been rescheduled for Wednesday, April 26!

The Eclectic Tournament took place on Feb 15th and 22nd. Awards will be announced!

Well, March was quite a month for crazy weather. The course was closed multiple times for wet conditions and trees down. Many thanks to

the grounds maintenance crew for all of your clean up work on the course!

Congratulations to the winners of the Eclectic Net Tournament announced at the March Meeting: 18rs Flight A - Kathy Whitesell, 18rs Flight B - Patricia Turner 9rs Flight A - Kerry Williams, 9rs Flight B - Maureen Hall.

April Wednesday mornings will be our regular Net games.

Winter (Nov - April) start times are still in place with some flexibility. The starter will be in the Golf Shack from 8:15 - 8:50am, so you may tee off between 8:30 and 9am. Don't forget your \$2! Lift, clean and place allowance is in effect Nov - April, on the fairways.

Summer (May- Oct) start time remains the same at 8am. Check in with the starter by 7:50am.

April 12th is our scheduled monthly meeting in the Garden Room. Come for chats and snacks at 1:30 and buy your 50/50 tickets. The official meeting begins at 2pm. Kathryn Robens is still collecting any

photos or golf stories from the past to celebrate LV's 50th anniversary.

Men's Golf is hosting the mixed Tee Timers Tournament and Luncheon on April 18th. Be sure to check out the recent updates on our Women's Golf Association website for members.

We play every Wednesday morning. Check in at the Golf Shack at 8am or come to a monthly meeting to join. Dues are just \$10/year. We put in \$2 each Wednesday for the opportunity to win some prize money = fun and exercise! Questions? Call Lynne Sack at 707-490-7668. Club Website: sites.google.com/view/lvwga

MAVERICKS CLUB

By Vera Erskine

Bowling Night: Mark your calendars for Friday, April 28, 2023, from 6-8pm at Harley's Camarillo Bowl. This has been a popular event. Come join us for an evening of fun. More details to come through E-Blast. If you haven't paid your Club membership dues of \$10, contact Geri DeSimone 805-484-7308.

the Billiards Room. So, hurry and sign-up if you haven't already. There is a \$3 entry fee for each player.

Our March membership meeting was a success with plenty of snacks and the awards for the 1 & 15 tournament top 3 for each level - A1, A2 and Super A.

For Membership (tournament participants must be Billiard Club members), contact Kathy Wirtz 818-445-1057. For other information, contact Vera Erskine 805-987-4537.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello to all Villagers. The flowers are blooming and leaves are sprouting. It's beautiful in Leisure Village. We only have one dance on April 8th. Ralph Mathis - lesson - waltz

Come to the party & learn the steps to a variety of dances. It's fun and great exercise for both the mind & feet. \$10.00 admission includes the lesson & dance. 6:30 - 7:15 lesson, 7:30 - 10:00 dancing. Put a smile on your face & dancing shoes on your feet.

BILLIARD CLUB

By Patrick Price

The Billiards Club is having another tournament in April. It will be an 8-ball competition starting on April 10th for 2 weeks on Monday, Tuesday and Thursday at 6:00 pm.

Also, the Club will be featuring a 'B' level tournament at 2 pm the same days. We would like some 'referees' for the 'B' tournament to keep the rules straight for newer shooters. Sign-up sheets were posted in March on the bulletin board in

LV BOWLING

By Gene Kinsey

We are in week 23 so only 12 weeks of this season left. Here is the good news: you can still join as either a regular or a sub. Try us out; you may be excited enough to join again next season. We meet at Harley's Camarillo Bowl every Friday morning from 9-noon. Cost is \$13/week. If you need a ball or shoes, Harley's can fix you up. This is one of the most

—Please see PAGE 17



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CLUB NEWS

LV Bowling

From **PAGE 16** —

fun things you can do at Leisure Village.

Top bowlers for the month are the women: Helen Hartman 212, Nancy Owens 233, Peggy Rebsch 269, Gail Singer 229, Bobi Shmerling 206 and Leslie Fox 214. For the men: Charlie Hartman 220, Dick Fisher 210, Gene Kinsey 230 and Ray Flores 221. Remember these are actual scores plus handicap so you can make this list too.

For information call Bobi Shmerling 805-389-1975 or Gene Kinsey 805-796-5858. See you there!

MEN'S GOLF

By Tim Palmer

Men's Golf had a frustrating month of March with several rain-outs. We did record two holes-in-one on hole number 13 (separate dates) — Harvey Harris and Barry Doyle. Congratulations, gentlemen!

The LVMGA had a delightful

golf day at Soule Park in Ojai on March 2. Jerry Price won "A Flight" and Dave Bengtson conquered the course in "B Flight." While the Soule Park golf course was impacted by the recent storms, only one hole had a temporary green, which the LV guys negotiated with no problem!

The Chili Bowl Tournament, which combined LVWGA and LVMGA players in a scramble format that was previously scheduled for February, was played on March 29 after a series of cancellations due to weather.

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held the March meeting at the new start time of 6:30 pm on the first Thursday of the month with Melody Zaida in charge of the gavel. The photo judge for the evening was Steve Friedman, a member of the Thousand Oaks Photo Club. The Assigned Category theme for March was

Creative/Photoshopped.

The first-place winners were:

Assigned Category — Bill Margulies — "The Blue Mask"

Open Category — Don Treadwell — "Rebecca"

Mobile Category — Chuck Herrera — "Book Street in Saigon"

Be sure to see all of the March winners on the hallway walls in the Recreational Building and the MPR. All entries for the month can be found on the Leisure Village website at <https://leisurevillage.smugmug.com/LV-Photo-Club-Pictures>.

The Assigned Category Theme for the April 6th meeting was "Fences" and the photo judge was Dan Holmes. For more information regarding the Photo Club and membership contact Melody Zaida at h2obaby10@gmail.com.

GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines of different varietals and to explore

wine regions around the world. Our March tasting featured five white wines from Navarro Vineyards near Mendocino. Made in the Alsatian style, the wines were dry and very aromatic. We enjoyed Pinot Grigio, Riesling, Gewurztraminer, Muscat and Grenache Blanc.

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

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

PLAYERS GUILD

By Linda O'Neill

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

—Please see **PAGE 18**



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04LV155

*** NOTICE ***

On Sunday, Feb 19, 2023, on Mountain View Drive and Village 17,
my husband Larry had a bike accident.
We are looking for the kind couple who saw Larry fall and helped him.
We are grateful for caring neighbors.

Please contact Savina, Village 19
805-484-2463

Editorial Content

A Caddyshack Moment



Photo by VALERIE FOX
Gopher rears his/
her head from the
sandtrap on the 8th
hole. Bill Murray was
not present.

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Players Guild

From **PAGE 17** —

The story is the modern retelling of the Faust legend... in this case our “Joe” makes a deal with the devil so that he can help his team win the pennant. The story takes place in the 1950s when the New York Yankees dominated major league baseball.

Our musical will play five performances in the AR, beginning on

Wednesday, April 19 at 2 pm; Thursday, April 20 at 7:30 pm; Friday, April 21 at 7:30 pm; Saturday, April 22 at 7:30 pm; and ending our run on Sunday, April 23 at 2 pm.

Richard Weiss is directing. Joyce Belcher is the producer and Kathy Wien is assisting the director. We expect our show to be a gem among the community theater performances, and to that end, rehearsals began on January 2.

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

DEADLINE for the next publication is 5pm on Friday, April 21.

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

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Want house in Leisure Village. Sold home have Money to buy! Jerry 805-312-1504

FOR RENT/SALE – Monterey style house in village for sale \$539,000 and for rent \$2,900 all utilities included except electricity. Please call Glory 831-869-7698

I BUY GUITARS If you have any old instruments you no longer need give me a call. I will pay fair prices. Gary the guitar man 702-849-1035

WANTED TO BUY MILITARY & WESTERN - all items, memorabilia, accoutrements, etc. Resident collector. Call or text 805-551-5449

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

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, JDD-physicaltherapy.com

NEED HELP- I am a vegetarian. I would like to hire someone to wash, cut, prepare vegetables to be eaten raw. If interested please call: Cindy Linz 805-910-0209

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Healthcare Services Qualified caregiver full or part time. Providing quality of life care and peace of mind. Fulfilling all aspects of activities of daily living. Call Eve 805-504-7236

Caregiver: 35 years experience 30 years in Leisure Village. Certified in dementia care, first aid, CPR and CNA. I am here for your everyday needs. Call Teresa 805-402-6588

Experienced caregiver with 18 years working with elderly. Honest, hard-working and reliable. When you are in need of quality caregiving, please call Lyn L. at 805-402-8483

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Caregivers/CAN's – Home with Heart will provide you with all your head-to-toe needs. 30 years' experience Loving, caring, patient caregivers without agency prices. Call Theresa 805-402-6588



Spring has arrived!

Are you ready to begin spring cleaning?

SANITIZING vs DISINFECTING

Most people use the term 'sanitize' and 'disinfect' interchangeably, but did you know there's a difference? Sanitizers are agents that destroy 99.999 percent of bacteria in 30 seconds during the Official Detergent Sanitizer Test (a public health test). Sanitizing is a chemical process that lessens and even kills germs on surfaces to make them safe for contact like a kitchen counter, baby toys or your hands. Disinfectants are products that destroy all organisms in 10 minutes during the AOAC Use Dilution Test (a test regulated by the EPA to determine the efficiency of disinfectants). Disinfecting requires a stronger solution to destroy germs rather than simply reduce them. Some uses would include certain areas of bathrooms, surfaces in hospitals, or any home surface

that has been contaminated. We put a list of germ-y things you should never forget to clean on our website – please check it out.

CLEANING

Some items to include in your deep cleaning: carpet, tile, grout, natural stone, blinds, ceiling fans, windows, window ledges, & rain gutters. Please call us for names of local professionals that we have grown to trust who can help in each of these areas.

ORGANIZING

A Place for Everything & Everything in its Place

MESS CAUSES STRESS

According to professionals, people tend to feel like life is out of control when they surround themselves with more things than they can manage.

"Clutter in our homes can affect us in surprising ways...having too much clutter can harm our ability to focus, disrupt sleep, and increase anxiety levels." [Libby Sander, assistant professor of organizational behavior at Bond University in Australia]

"The more clutter a person has, the less life satisfaction they have and the more emotional distress they have." [Joseph Ferrari, professor of psychology at DePaul University in Chicago]

YOUR WAY IS THE BEST WAY - No single method of organizing/decluttering appeals to everyone, so the best way is the method that appeals to you. Realize that your definition of what's worth keeping will be different from others. Acknowledge that many items will be related to memories, and that getting rid of physical things does not mean getting rid of the memories. Only you can decide what is important enough to keep long term, and you have control over what you keep.

BREAK YOUR PROJECT DOWN INTO SMALLER PARTS

- **Do one room or one space at a time.** If you still feel overwhelmed, break it down even further into one drawer or one cupboard at a time.
- **Set a timer for small increments of time to make it more manageable** (like 15, 20 or 30 minutes). It will feel better to know there's an end time for your current task, and it will prevent you from getting lost in the project and wasting time. Stop when the timer goes off and decide if you want to start another block of time right then or decide the time you will come back for another increment of organizing in that space.

SORTING METHODS

- Gather 4 colors of Post-it notes and designate a separate color for each category: keep, sell, donate, throw out. Then go around your home assessing items and sticking the color you decide onto each item.
- Create sorting piles with either bags or boxes. Label each one. Some ideas for labels include: Keep, Toss, Store, Donate, Sell.

For our clients to dispose of documents properly, Barlow Realty is sponsoring a Document Shredding Day at our office on Saturday, June 3rd from 9:00 a.m. – 1:00 p.m. Call today for an appointment to drop off your items.

Remember, BARLOWS GOT YOUR BACK!



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