

INSIDE LEISURE VILLAGE

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AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

SEPTEMBER 6, 2024

ART IN THE VILLAGE

By Nicole D'Amore

Collage is Art of Choice

Imagination, generosity and passion go into Barbara Mathis' mixed media collage art, and indeed, define her as an artist. Wearing her blond hair long and loose, she prefers bright colors and flamboyant styles in her clothing and she radiates joy and creativity. She calls her work, appropriately, "Art from the Heart."

"Art's been my whole life," Mathis said. Throughout her Village 7 home are examples of her artwork, mostly abstract but with some realism peeking through in the numerous mixed media collage paintings.

She moved to Leisure Village five years ago from Westlake Village.

"When I came here, the first thing I looked for was art stuff," she said. In addition to Village Arts, she is also active in the Players Guild, ceramics, writing and other groups here.

After giving some demos at Village Arts club meetings, Mathis wanted to share her technique with others and has started teaching collage workshops twice a month in the Lanai Room.

"People just have a good time, I make it fun," she said.

Mathis says she always loved art and in fourth or fifth grade, she was asked to do a mural of the gold rush.

"That was my big start," she said with a smile. "Then I started drawing pictures of people and whatever I could find as a kid."

She went to California State University, Northridge, majoring in history and minoring in art. She earned a life teaching credential in 1970 and started teaching fifth and sixth grades. Along with teaching, she was responsible for getting the kids to do special projects for holidays and special occasions, something that suited her just fine.

She went on to earn a Master's degree in language arts in 1973 with an emphasis in language development and served as a language specialist for all levels with the Los Angeles Unified School District.

Mathis also did some tutoring and taught workshops in mixed media.

After retirement, she became



Photo by NICOLE

Barbara Mathis at home with 2 of her collages.

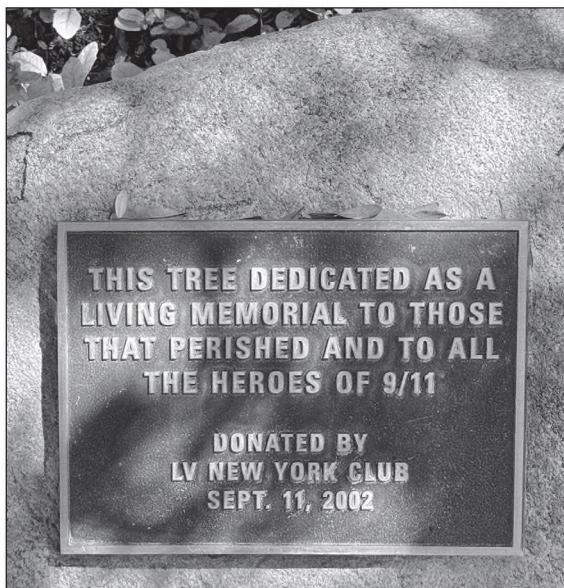
active in art organizations including Women Painters West, the Westlake Village Art Guild, the Los Angeles Experimental Art Association and Collage Artists of America where she still serves as workshop chair.

A defining moment for her artistically came when she began

studying the experimental art form of assemblage.

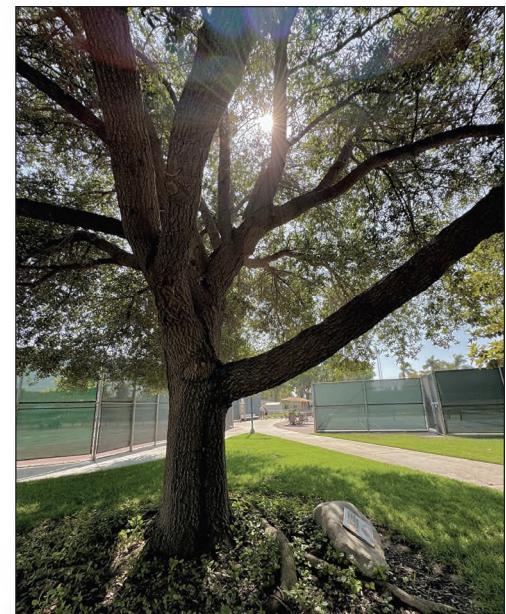
"I decided to try reconstructing and recycling an old book into a canvas to make a collage," she said. The subject she chose was the Holocaust with depictions of Anne Frank. She

—Please see PAGE 6



A Memorial to Heroes

On September 11, 2011 our nation experienced an attack by enemies of Western Civilization, the idea of freedom and the existence of the United States. A landmark building in New York fell, the Pentagon experienced substantial damage and a hijacked plane on the way to take out the White House was averted by some action of the first of the heroes. 2997 people perished as a result of the monstrous actions, our nation watched in stunned disbelief as the catastrophe unfolded on live television. On September 11, 2002, the LV New York Club dedicated this tree next to the Racquet courts to the heroes and victims of the terrorist attacks on the United States.



Photos by JON

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October 2024 Edition Deadlines

Club News, articles and letters: Monday, September 16. August issue will be available Friday, October 4. Send news, articles & letters to insidelveditor@gmail.com.

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

VILLAGE NEWS

By Dennis Doolittle

Roofing Project – The current roofing project was completed in August; The Board approved a new roofing contract for 51 buildings at the cost of \$1.17 million.

Paint Project – The Paint project has started with painting in Village 7.

Concrete – Work on the Concrete Project started in mid-July and is expected to be complete by the end of August.

Streets Project – The streets and parking lot rehabilitation project is in progress.

Finance – The Village's fiscal year ended on March 31, 2024. End of year unaudited financial statements have been reviewed by the Finance Committee and submitted to the Board. The annual audit of the Village's books is complete, revisions per the auditor's instructions complete, and the year-end audited financial results mailed to all homeowners.

Administration Building Sewers – The Administration building is experiencing serious problems with

its sewers and bathrooms which requires major repair. A broken sewer line caused much internal damage. The permit process with the city required that we upgrade our building access to meet ADA requirements. Repair started in August. It is expected that the Administration office will re-open in mid-September. Temporary Administration offices are currently in the Sun Room of the Recreation Center until the Admin Building re-opens.

Fencing – The Board has approved a contract for the repair of the fencing along Conejo Creek. Start date for the project is TBD.

Insurance – Due to the work of Village staff and our HR contractor (BBSI) our "mod rate" for worker's comp insurance has dropped significantly over the past three years. This means a significant drop in our Worker's Comp insurance premiums. A job well done!

Storm Drains – Basically no change at time of publication, ne-

gotiations between the Village and the County continue over responsibility for maintaining the various elements in the storm drain system.

Lawn Irrigation – A couple of months ago, Camrosa installed a new water meter on the irrigation (non-potable) supply line. The filtering on the meter is different from that of the old meter. Since the replacement of the meter, the Village has experienced numerous problems with clogged sprinkler heads and other irrigation equipment. This is a cause of much of the brown grass in the Village. The Village is working to 1) adapt and maintain the filtering system to the new meter and 2) conduct a major effort to clean (unclog) sprinkler heads and other equipment.

Carport Policy – Years ago the CC&Rs of the Village were revised. One of the changes was to change the definition of carports from "common use" areas to "exclusive use common areas". Patios, for example, are "exclusive

use common areas". This means that the Village is responsible for painting, roofing and replacement. Homeowners are responsible for damage they caused, for damage from termites, and other internal problems. The Board authorized the termite repair of twenty-two carports for termite damage based on Village responsibility for the damage repairs up to the point of policy change. The policy was reviewed by the Board, and it was decided to edit the policy to make it clearer what the responsibilities are. The new version is on the Frontsteps resident portal for homeowner review.

Monthly Additional Person Fee – In order to address the significant increases in water and sewer costs from Camrosa the Board is considering an increase in the monthly additional person fee from \$10 per month to \$20 per month. The new version of the policy is on the Frontsteps resident portal for homeowner review.

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A photograph of a smiling woman with long brown hair hugging an older man from behind. Both are wearing plaid shirts. The woman is smiling broadly, showing her teeth. The man's head is resting against her shoulder. In the background, there are other people, suggesting a social gathering or event.

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VILLAGER PROFILE

By Carol Nelson

Rocket Man/Car Collector and His Wife

Anyone who knows Bill O'Neil will be well aware of his interest in classic cars and of his significant collection of them. If you have driven or walked in Village 37, you will most likely have noticed one parked out front of the house he shares with his wife of 66 years, Diane.

What may be less well-known about Bill is his highly significant work at JPL. It all began with Bill receiving his degree with distinction in Aeronautical Engineering from Purdue University in 1961. His first professional work was with the Boeing Airplane Company in Seattle and also the Lockheed Missiles & Space Company in Sunnyvale. His employment with JPL began in 1963. He earned his Masters' Degree in Aerospace Engineering from USC while working for JPL. No summary of his work there could do Bill true justice. Nonetheless, I will do my best.

His assignments at JPL included: Trajectory Design & Navigation for "Surveyor," the first soft-landing lunar spacecraft; Navigation Chief for "Mariner Mars 1971," the first U.S. spacecraft to orbit another planet; Navigator Chief for "Viking," the first soft-landing spacecraft on another planet: Mars; Project Manager of the "Galileo Project" during its primary mission. (The Galileo spacecraft reached Jupiter in 1995 after a 6 year journey from Earth, becoming the first to penetrate an outer space atmosphere and the first to orbit an outer planet. The "Galileo Orbiter" successfully completed its primary mission in 1997, but it continued gathering scientific information until 2003 when it was intentionally crashed into Jupiter.)

Bill has been honored with NASA's highest award – the Distinguished Service Medal – for his management of the "Galileo Project." Among other awards, he received an Honorary Doctorate in Astronomy from the University of Padova, Italy; it was Galileo's university. Another Honorary Doctorate (this time in

Engineering) was awarded to Bill by Purdue University.

The O'Neils have traveled overseas many times, mostly because of Bill's work. As Project Manager of the first mission to orbit Jupiter, there was a great demand for Bill to give presentations. As Chairman of the International Astronautical Federation Space Exploration Committee, Bill attended every annual Congress in capital cities all over the world, including Paris, Jerusalem, Melbourne, Berlin, Buenos Aires and Beijing. Lucky Diane got to accompany him and they became unofficial ambassadors for NASA.

The highlight of these travels was an audience with Pope John Paul II in 1997 at the Vatican. Bill showed the Pope photos of Jupiter and its moons. The latter's response was "Wow!" The Pope then proceeded to individually greet all of the 100 astronautical attendees and their spouses in their native languages.

Bill had been all but obsessed with aircraft since 8th grade; his interest in classic cars came much later. Bill's introduction to cars was pumping gas, grease jobs and washing car windows in his dad's Shell station in Hartford, Wisconsin (home of the Kissel Kar) from the age of 12 to 21. When Bill started dating Diane in high school, she was disappointed that he could only take her to a few football and basketball games because of his job. However, he would come to her family's dairy farm and fly his model airplanes in the surrounding fields of hay. Then Diane would brag about all the tractor driving she did while rolling hay for many years.

Bill's interest in classic cars blossomed and bloomed when, in 1994, he and Diane visited their daughter Christine in New Jersey and Christine thought her dad would enjoy it if she took him to his first car show; he most certainly did!

About a year later Bill and Diane went to the Hot August Night Clas-

—Please see PAGE 12

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Collage

Continued From PAGE 1 —

was stunned when a woman offered her \$500 for the work.

"I hated parting with the piece," she said. "But the sheer appreciation imprinted itself within me. I realized my work could have emotional impact."

Mathis actually started doing collage in her undergraduate days at CSUN and calls it her forte.

"The collages were mixed media: different shapes, different sizes, different papers, sometimes realism like food, but in different colors," she explained. Her focus was abstract. "Just the fact that I could do what I want to and something happens ... You can really put yourself into it," she said.

"I started loving the feel of different papers, shapes and textures, sizes of lines, and I realized that's what our world is made up of," she said. "It's made up of organic things but you can find geometry in it and that's what I teach them."

"I got into fabrics when I took a

quilting class and I realized I could do pictures with fabrics. I started doing that, sewing them by hand and by machine."

She subscribes to "Kolaj" magazine, a quarterly art publication of contemporary collage with an international perspective. She shares that with the class to show them how they can explore different ideas.

She also is happy to share the many art supplies she has: strips of multicolored fabric, different types of paper, mounds of brightly colored tissue paper — a piece of which her 7-month-old puppy excitedly grabbed and started shredding on the floor.

Mathis takes it all in stride and talks about the different techniques she wants to teach.

Among them is bleeding tissue: colored tissue paper which takes on patterns when dampened and twisted.

"We are going to make our own papers," she said.

Stored in her home are boxes and bags of paper of many types and colors: parchment paper, washi (a Japanese paper made from natural



Photo by NICOLE

A collage Barbara made from a book with a poignant Holocaust trope.

fibers), textured and mulberry paper, even sheet music.

People are learning in her workshops that collage is fun.

They start with some kind of composition — a shape or form or something organic. But from there they are on their own, she said.

"Everybody has their own interpre-

tation. What I love about art is the ability to use your emotions instead of thoughts," she said.

"To me, everyone is an artist — there is no such thing as 'I can't do it.' Work from your emotions, work from your heart, don't worry about following the lines. That's when success comes in."

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VILLAGE ENTERTAINMENT

Dynamic Dianne Miller

LV Music Club - Marci Lapair

The Music Club is excited to announce that the Dianne Miller Band will be performing on Thursday, September 26 at 7:00pm in the AR. Dianne Miller is known for her powerful vocals and magnetic stage presence. She has captivated audiences across the region. Her dynamic performances blend elements of soul, rock, rhythm and blues, creating an irresistible sound that gets crowds on their feet. Her band, led by her husband Bill Miller, perfectly complements her vocal prowess, creating an unforgettable live experience. When Dianne takes the stage, expect to be swept up in the rhythm, as she dances alongside her fans, embodying the joy and energy of her music. Come enjoy listening or dancing to the music of the 60's, 70's and 80's. Admission is \$10 per person. Admission includes wine, coffee and cookies. The tickets are now on sale at all Music Club events. You can also purchase your tickets by calling Marci Lapair at 818-399-0843 or Frank Jimenez at 805-836-2498.

The audience attending the Music Club's August Open "Mic" Night enjoyed a fun evening of entertainment. Pat Cronin and Bob Buelling opened the evening singing the title song to the movie *Where the Crawdads Sing*. The trailer for the movie was shown on the screen while they sang. The movie *Where the Crawdads Sing* was shown on Movie Night. Villagers Nellie Uichanco, Nimfa Schmitz and Eunice Bersley performed six hands on the piano. The title piece they played was the Filipino "Candle Dance." Jeanette Fisher danced to the song while holding candles in each hand. Villager Jo Ann Leed's granddaughter Ana MacAller delighted the audience singing "Jolene."

The next Open "Mic" nights are tonight, Friday, September 6 and Friday, October 4 at 7:00pm in the AR. Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks.

On Monday, September 16 at 7:00pm in the AR, we will screen the movie Yesterday. Jack Malik (Himesh Patel) was just another

struggling songwriter, but that was yesterday. After a mysterious blackout, Jack discovers he is the only person on earth who remembers the Beatles! As he rockets to fame by passing off the Fab Four's songs as his own, he risks losing the one person who has loved him and believed in him from the start. The film also stars Lily James, Joel Fry, Ed Sheeran and Kate McKinnon. The film clearly demonstrates that people all over the world in any era are still affected by the uplifting and joyful power of the Beatles' songs. The movie is rated PG-13 and is 1 hour and 57 minutes. The movie has closed captions.

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

Weiss Directs VT Debut

Village Theatre - Roger Florio

Richard Weiss is well known to many Villagers for his keyboard virtuosity and his turns on the AR stage as an actor. Recently I sat down to talk with him about his interests in music and theatre, and his role as Director of *Crimes of the Heart*, a drama which will be staged in the AR in October by the newly created Village Theatre.

Richard's interest in theater dates back to his New Jersey childhood. His parents regularly made the trip into New York to see Broadway shows, and Richard would devour the programs and cast albums they brought home. Richard's musical talent was recognized early on; he received a scholarship to study with a respected piano teacher when still in his early teens, but surprisingly, never had any music lessons after age 14.

Richard began formal theater studies at Pierce Junior College, where he recalls the theater was so small you were forced to learn to act and move in an intimate space; learnings that proved valuable as he entered UCLA's theater program in his Junior year.

—Please see PAGE 8

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Capri	22	\$580,000
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VILLAGE ENTERTAINMENT

Village Theatre

Continued From **PAGE 7** —

After doing post-graduate work in both Theatre and History, Richard began selling silk flowers out of a small shop in Los Angeles, but found his customers were just as interested in buying the furniture and props he used to display his wares; thus a small flower shop eventually morphed into antique stores in Los Angeles and Santa Barbara.

All the time he was selling antiques, Richard continued to pursue his musical and acting interests on the side, and developed a niche helping opera singers prepare for roles in which they had been cast. This led to a move to Las Vegas, where Richard was involved in efforts to establish an opera company there. Fate intervened, however, and Richard moved back to California and into the Village to assist his mother following his father's passing.

Since moving to the Village, Richard estimates he's been involved in



Photo by JON
Richard Weiss, director of the upcoming Village Theatre play *Crimes of the Heart*.

some fifteen plays on the AR stage, in addition to performing in various variety shows, open mics, concerts etc. Be it directing, acting, or assisting with music and choreography, Richard enjoys sharing his knowledge with the other cast and crew, many of whom are getting their first opportunities to help put on a show. In his view, one of the joys of theater is creating something, in the form of compelling entertainment, out of nothing - simply a few words on a page.

Richard is excited to be directing

—Please see **PAGE 10**

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THE HEALTHY VILLAGER

By Jeannie
Davis, PT, MPH

Telomeres - The Shoelace Tips of Our Lives

Most of us have never heard of the term, telomeres which can be paramount to having a long, healthier life. Telomeres are structures at the ends of a chromosome of our DNA. Think of telomeres as the tips of shoelaces that prevent the shoelaces from unraveling. They protect the ends of our chromosomes from eroding and getting tangled. Telomeres help protect our genetic data, allow cells to divide and influence how we age and get cancer and other conditions. Every time a cell divides, the telomeres of that cell become slightly shorter. Research shows that our telomeres fray or shorten as we go through our life span.

Some studies show that the shorter the telomeres, the shorter the life of the individual, but telomere length alone is not reliable to project how long one will live. Telomeres are synthesized by telomerase, an enzyme and protected by proteins in the body. Research also shows that longer sleep results in longer telomeres. Telomerase keeps telomeres from wearing down too much and can add bases to the ends of our telomeres. As we go through our life, telomerase decreases and there is not enough made so the length of the telomeres are reduced and the cells age. Telomerase has a good side and a bad side as higher levels can be associated with increased risk of certain types of cancer such as brain tumors, melanoma and lung cancers in nonsmokers. Chronic stress can affect telomeres in a negative way and may result in earlier shortening and a decrease in telomerase. Animal

studies have shown that restricting calories and practicing intermittent fasting can increase telomerase and improve telomeres in certain tissues in the body. Shorter telomeres occur primarily because of poor lifestyle choices. If you live a sedentary lifestyle, are overweight with a poor diet or who smoke, you may experience more telomere shortening and a shorter lifespan.

There are strategies that we can implement to slow down telomere shortening. Focus on a plant-based diet, engage in physical activity, use natural approaches to manage stress, and consume foods with folate such as dark green leafy vegetables and other vegetables, fruit, eggs, whole grains, legumes and avocados. Don't sit in one place more than one hour and get up and walk and move around for at least a couple of minutes. Get enough quality sleep and stop smoking if you are a smoker.

Take supplements that can lengthen telomeres such as vitamin D, Omega 3 fatty acids and vitamin C. Manage cholesterol and sugar levels with yearly blood work.

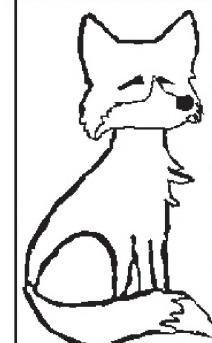
More research is needed to gain a better understanding of telomeres and telomerase and how these and other related structures influence our lifespan and health. If we concentrate on living a healthy lifestyle and manage our sleep and stress, our telomeres should have increased length. Living in Leisure Village affords us to be active and manage our style of living well especially when we are outside and participating in the activities available in our wonderful Village.

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

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CORRECTION

OOPS!! We goofed in the August issue of ILV and misnamed one of our Village Vets. In the photo we claimed that the image was that of Brad Bradford. The actual name was pointed out to us by Mary (Pinky) Palladino as her husband, Norman K Palladine photographed with his F86D plane in 1958. Thank you for the correction Pinky! And thank you for your service Norman!

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VILLAGE ENTERTAINMENT

Village Theatre

Continued From **PAGE 8** —

Village Theatre's debut presentation of *Crimes of the Heart* in October. In his own words, "this is a beautifully written play that sits right on the fence between drama and comedy."

Richard goes on to say he feels lucky to have a great cast and crew who are willing to work long hours on rehearsals and are very responsive in exploring new and creative ways to stage a given scene. "By producing a full length drama that has played on Broadway and stages around the country we are doing something a bit different to anything previously performed in the Village. I believe we have a discerning audience and I think they will enjoy the finished result."

ED. Note: Please see the Village Theater article in the Clubs Section for more information about this group.

songs and scenes together, designed to enhance audience satisfaction. Beginning with a favorite from the musical, *Oliver!*, the cast will sing "Consider Yourself at Home." Next is a scene from a very important work of American literature, *To Kill a Mockingbird*, starring Irv Feiles, Loretta Pisaniello and Irv Kodamer. Now cue the music of "Menopause Rhapsody"(the tune of "Bohemian Rhapsody") for the next scene, "Four Old Broads" with Dorene Blair, Lorna Bowen, Judie McAskill, Rosanna Bellino-Strickland and Lorie Richards. "Dancing in the Dark", the beautiful old 20's tune as sung by Irv Feiles introduces "Dancing Lessons," a melancholy lament about the descent into dementia, featuring Nalani Carson, Sandy Curran, Julius Hirsch and Lorie Richards. The familiar love song, "My Funny Valentine" as sung by Dorene Blair lays a path for the adorable "Shirley Valentine" (Roseanna Bellino-Strickland).

Last, but not the finale, Judie McAskill sings "Poison Ivy" to introduce the hysterical 1930s comedy, *Arsenic and Old Lace*, starring Joyce Belcher, Kathy Wien and Howard Wien. Bringing it home, the cast will sing "Together" by Jules Styne and Stephen Sondheim from 1959's *Gypsy*. Director Helene Cohen has a long history in teaching, directing and acting. You won't be disappointed.

If you showed up in the AR on the 15th, the third Thursday of August, you would have found the AR dark. Why? Not because we hadn't planned and sang and danced in preparation for our monthly show. No, in fact, it happened slowly,...relentlessly. The

—Please see **PAGE 12**

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04LV141

OUT WITH LEE

By Lee Boyles

Beatlemania Rocks the Village

Sunday afternoon, August 4, on a lark, I went with my neighbors Phyllis and Tanzy to a Music Club sponsored concert with a Beatles musical theme, not really knowing what to expect.

The full house with 350 in attendance rocked the Recreation Center. The Beatles (actually the tribute band, "4 Lads from Liverpool") live on stage, brought us all back to the days when the "Fab Four" took the world by storm and changed rock n' roll forever. The

band was great!

They weren't singing along with recorded music, they each played musical instruments live: Ringo (Eugene Martin) on the drums, Paul (Jay Nixon) and George (James Pou) with guitar and John (Howard Pattow) with guitar, harmonica and keyboard. Hosted by Leisure Village Music Club, the two hour concert had the audience clapping and singing along, many were up on their feet dancing in the aisles. It was a blast!

The response was so positive that the Music Club is in search of more classic rock cover bands. Stay Tuned...We'll keep you posted.

Newcomers Orientation

Who do you call when you don't know what to do? What do you need to do to make changes on the exterior of your home? Where do you go to meet new

friends? Come to the Newcomers Orientation on September 14th from 10-noon in the Assembly Room and find out. For Questions call Patti 805-558-0732.



Don Marquardt's Tree of the Month

■ The Gold Medallion Tree

GOLD MEDALLION TREE (*Cassia leptophylla*). This tree is native to Brazil. Its graceful canopy is covered with spectacular bright yellow flowers in clusters of 8"-10" in diameter during summer. It reaches 20'-25' in height, producing long woody pods 1" thick after the flowers have bloomed. The bright flowers attract bees and butterflies. This tree loves sun and is drought tolerant.

You can see the Gold Medallion Trees throughout Leisure Village—in particular in Villages 17, 23, 28, 37, and three in Village 44 (see the above photo). A close look is worthwhile.

Photos by DON MARQUARDT,
Landscape Architect

Above, closeup of the Gold Medallion. Below, the Gold Medallion tree showing nice bright summer yellow colors.



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Villager Profile

Continued From **PAGE 5** —

sic Car Show event in Reno. This was the true beginning of a long-lasting love affair with classic cars! The following year, the O'Neils returned to this event and it was then that Bill bought his first classic cars: a 1936 and a 1937 Packard. (He still has the 1937 model, his all-time favorite.)

Over the last three decades, Bill has owned 26 classic cars including 7 Packards, 4 Cadillacs, 3 Oldsmobiles and a 1994 Rolls Royce Silver Spur. (Diane much enjoyed being chauffeur for wine charity events in this elegant vehicle.) Bill has owned as many as 18 classic cars at one time, but now his collection is down to 10.

Both Bill and Diane have loved driving cars in his collection in local parades from Sierra Madre (where they lived for 24 years) to Paso Robles. In Leisure Village, they drive their vehicles in both the Christmas and Fourth of July parades.

Diane's former profession and current interests vary markedly from Bill's. She is a retired high school

English teacher who became deeply involved with NAMI (National Alliance on Mental Illness) when their youngest child was diagnosed with bipolar disorder at age 17. She has been president of the San Gabriel Valley chapter of NAMI, a group support leader for families, a writer for the NAMI Journal and a speaker at various local organizations. As a strong advocate for mental health, she delivered a presentation titled "Mental Health Matters" to the LV Women's Club.

After their retirement, the O'Neils moved from Paso Robles to Leisure Village in 2019. Here Bill's interest in cars and planes continues unabated. Unsurprisingly, his business card reads "Planes, Trains and Automobiles." Bill likes to joke that he was a rocket scientist and now is a used car salesman; he was much more successful at the former! Currently he serves as a docent at the Commemorative Air Force Museum at Camarillo Airport. He is a member of Paso Robles Estrella Warbirds which has an aviation museum displaying military aircraft, vehicles and memorabilia. He has participated

in the Estrella Warbirds, Wings & Wheels Car Shows where his classic cars have won Best in Show three times. It was here that he got to check off an item from his bucket list: a one hour ride in a WWII P-51 Mustang. It would seem that there is no slowing this 85 year old man down! As they used to say in Australia, "Good on yer, mate!"

ED NOTE: In the August issue of ILV Villager profile we goofed. A date referring to Carol Goldman's 35TH grandparents should have been the 770s, not the 1770s, which would have made its own story due to remarkably short generations. Thank you Carol for pointing this out to us, but the editor will probably say it was due to AI autocorrect.

VILLAGE ENTERTAINMENT

Players Guild

Continued From **PAGE 10** —

first person to go down was Vivian Hollander who was to sing "Sera! Sera!" She had a bad fall. Kathy Wien agreed to sing her song. Next Rosanna Brown just could not go on and tested positive for Covid. This created a need to move singers around and Debra Guill had to be placed on stage instead of orchestra pit and she opted out. Then Joyce Belcher, producer, director and performer, tested Covid positive and then Linda O'Neill did, too. Well, try as she

might, Kathy Wien simply could not replace everyone! Players Guild August 2024 had to be scrapped! Joyce says we'll run this next year as it's a cute show in which a lot of time has already been invested. So stay tuned for Buster and his girls to sing "Hit the Road, Jack" and do his imitation of Jerry Lee Lewis "Goodness, Gracious, Great Balls of Fire." I'll sing my version of the famous Platters song: "Only You." And Kathy Wien will sing the old Mama Cass favorite, "Dream a Little Dream" when we all gather together again at Leonard's Café.

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ART IN THE LIBRARY

Kathy Whitesell, Artist in the Library September and October

Although many people are familiar with Whitesell as a teacher of the popular watercolor classes she presents every month in the Lanai Room, Whitesell is an artist in her own right, known for her bright and colorful florals, birds and scenes highlighting nature's beauty. She has won awards and does commissions.

Whitesell says she loved art even as a child.

"I was always the one the teacher would select for creative projects," she said.

But when it came time for college, she chose business management because it was more practical.

Despite having a busy career in

banking, she found time to paint on weekends and even had a studio in her garage. She discovered the Westlake Village Art Guild in the 1990s when members started exhibiting at the bank she worked at. She joined and exhibited with the guild and served on its board of directors.

After moving to Camarillo, she got involved with the Camarillo Art Center in 2012 and was instrumental in making it the popular showcase of art in the community it is today. She still serves as its president and teaches classes there.

Whitesell says her exhibit at the library will feature mostly florals and seascapes in watercolor and acrylics.



Photos by JON

Left, ILV writer and gal about town Patti Crichton at a watercolor seminar for the LV Art Club members. Right, Kathy Whitesell giving instruction on watercolor technique at one of her Art Club sponsored seminars. Kathy's watercolor images will be featured in the LV Library for September & October.

AROUND THE VILLAGE

Q&A Sessions with LV Association GM Christi Moore

The first Q&A session will take place on Friday, September 27 in the Multi-Purpose Room (MPR) at the Recreation Center. Set to run for one hour on the 4th Friday of every month at 1:30pm, the GM will respond to questions that have come in via email and if there's time, she'll also listen to questions that are brought up on the spot. Come in person to hear your question answered. If you can't be there, a team

member will be sure you receive the response by email or voicemail.

Send your questions to GM Moore at townhall@leisurevillage.org, dated no later than 3 business days in advance (9/24), so that they can be reviewed and organized for the session. Questions received after that date will be answered if there is time, moved to the following month or delegated to an appropriate team member for review.

"My award-winning paintings are inspired by my love of nature's color and shapes," she said. "I am always trying to push myself out of my comfort zone by playing with colors, texture and techniques, but really just

want to paint and have fun.

"I want to share with my students to try something creative just for themselves," she added. "Those who have taken my classes know my saying, 'Just let it flow.'"

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Photos by HAROLD & ALETA HOWARTH

ILV Travels Pix - Alaska

On a recent cruising trip through Alaska, Harold Howarth brought along the June copy of Inside Leisure Village. Howard said the trip was amazing and fellow cruisers enjoyed browsing through the copy of ILV. If you are planning a trip, local or otherwise, please bring a copy of ILV on the journey. Photograph yourself and/or some family & friends with the paper visible. Send us a jpg with a description, location and names of the people in the pictures.



At left, ILV in Dutch Harbor. Above, June 2024 issue of ILV sailing through Prince William Sound and enjoying the spectacular Dutch Harbor. Below, Harold Howarth with the June issue of ILV on the College Fjord in Alaska.

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CLUB NEWS

YE OLE WOODCHIPPERS

By Charles Russell

Gone but not forgotten. One good guy, Bud Bradley, long time Woodshop keyholder passed away unexpectedly in July, leaving his fellow woodworkers without a key member of the group. Bud was a member of the Woodshop Committee, did the photography and wrote the Woodshop articles for Inside Leisure Village. He also served as the Vice President of the Ye Ole Woodchippers woodworkers club since its inception. He was well known to many residents because of his regular attendance as a volunteer during the woodwork repair service on Wednesday and Thursday mornings. He will definitely be missed, but not forgotten.

MEN'S GOLF

By Tim Palmer

The LVMGA August Regulation Tournament was held at Olivas Links Golf Links course. The Regulation Tournaments are events held each month at local par 72 golf courses. The participants also include some members of LVWGA. Jack Bozajian is the organizer of these tournaments and he does a lot of work to make them happen. He selects the golf course to be played, schedules the tee times, identifies the participants, publishes the tee sheet, collects the money to pay the course and the prize money, identifies the winners of each category after play and distributes the winnings. The tournaments provide some great competition at the larger golf venues in the area. The LVMGA definitely benefits from Jack's hard work.

Chuck Kiskaden won the A Flight at Olivas with a gross score of 81 and Geoff Millar won the B Flight. Eight birdies were scored and some very long putts were recorded.

The Summer Match Tournament play is down to the last two players to determine the winner. Mike Lake and Hank Becker will duke it out to determine the champion, but the match had to be delayed while Hank recovers from COVID. Check next month to see who prevailed!

WII BOWLING

By Lois O'Connor

Bowling has its own terminology or slang. I would like to share some of the scoring terminology: Frame – a section of a bowling game. There are ten frames per game. A bowler has two opportunities to knock down all ten pins per frame. Split – Some of the pins are knocked down on the first throw. At least two pins are left standing where the pin between them fell. Open Frame – a frame without a strike or a spare. Spare – Two throws of the ball were needed to knock down all ten pins. Strike – One ball was thrown and all ten pins fell. Double – two strikes in a row. Turkey – three strikes in a row. Six-Pack – Six consecutive strikes. Deuce – Game with 200 or more points. Perfect game – Bowling twelve strikes in a row for a 300 game.

Four bowlers scored a 300 game this year: Barry Chass, Sylvia Edmonds, Denis Potter and Millie Seidman.

The following bowlers bowled close to a 300 game. Their scores indicate that eleven strikes were probably achieved during the game. One of the twelve frames was a spare or an open frame. Ron Cattanach (279), Barbara Crome (288), Connie Davis (276), Chris Finch (277), Judy Spector (278), Matt Varav (278), Edith Walsh (279) and Barbara Wright (278).

This month the club members will be participating in the Labor Day Bowling for Dollars Tournament. The tournament will be held the first week of September. Bowling will occur on regular designated bowling days. Good luck participants.

The club has four bowling sessions.

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

WORKSHOP FOR WRITERS

By Mark Sconce

Fifty-one thousand years ago, a primitive human felt the need to make permanent the confrontation that he and two other hunters had with a wild boar. He told the story by painting the encounter on his cave wall, according to scientists who discovered it recently in the Indonesian island of Sulawesi. Thus begins the long and honorable tradition of telling stories both real and imagined.

Members of WFW feel very much a part of that tradition whether we are practitioners of prose or poetry, the highest branch of literature. We cuss and discuss the proven techniques of compelling story-telling, a craft of particular interest to retirees who want to make their own stories permanent by way of memoirs. We meet for two hours every other Wednesday in Pat's Literary Salon.

Contact Mark Sconce for details at 805-586-4485 or msconce@gmail.com.

open at 6:30 pm with a \$10 charge for any LV residents but FREE for members. Wine and snacks will complement this evening of fun and laughter. Enjoy your fellow villagers portraying Fifties groups and artists like the Everly Brothers, the McGuire Sisters and Marilyn Monroe. In addition, you will enjoy singing along to your favorite Fifties singers including Doris Day, Hank Williams, Connie Francis and of course, the King himself, Elvis.

Don't forget to bring your Food Share donations, Change 4 Change and new items for the Women's Lighthouse. Thank you!

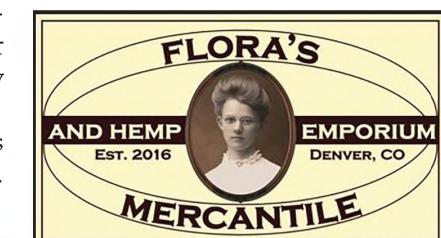
Save The Dates: September 10 Movie Group, September 16 Game Day, September 18 Lunch Out, September 26 Happy Hour, September Book Club TBD. And don't forget our Boutique on the 26th of October. Watch for emails regarding our special interest groups.

VILLAGE ARTS

By Patti Crichton

Our September 4th meeting was replaced by the annual Art Walk in the

—Please see PAGE 16



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A WORD ON WINE

By Barbara
Senior

The Case for Screw Cap Wines

Many wine drinkers associate screw caps with lesser quality, and it's simply not true. The association of screw caps with cheap wine originated from the use of screw caps on 3-liter jug wines. However, as awareness grows, wine drinkers and restaurants alike are realizing that screw caps do not reflect on the quality of the wine. Just as the price of a bottle isn't the sole indicator of quality, neither is the type of stopper. Advances in screw cap technology have led to improved designs that allow for controlled air exchange, enabling the wine to age well with a screw top closure.

There are many advantages to a screw cap closure. Screw caps are significantly lower cost than importing traditional corks from Europe, especially for countries in the Southern Hemisphere like New Zealand and Australia. With natural cork, there is a potential for cork-related contamination. Since there is no organic material involved with screw

cap production, the risk of cork taint is almost eliminated. Also, wines closed with a screw cap can be left upright whereas corked wines need to be laid on their sides to keep the cork moist.

With the increasing number of wines under screw caps, there still will be those who miss the ritual of opening a corked bottle and hearing the "pop" as the cork is removed. But rest assured, a screw cap does not reflect on the quality of the wine, and should you want to store a partially used bottle, it's a few twists, and the wine is closed and ready for the fridge.

As an aside, it is a myth that there is a shortage of wine corks. Cork is a renewable resource that comes from the bark of cork oak trees, which live up to 300 years and can be harvested without damaging the tree. The bark grows back after nine years and can be harvested again. The rise of screw caps has created less of a demand for real corks, affecting the cork industry, but not actual cork trees.

CLUB NEWS

Village Arts

Continued From PAGE 15 —

Gazebo Garden across from the pool. All Villagers are invited to stroll the gardens and see some beautiful artwork done by Village Arts members.

Watercolor classes for members will take place on Monday, September 16th at 1pm and Friday, September 20th at 1pm and 2:30pm. Text Patti at 805-760-7673 to sign up.

Barb Mathis will be offering collage classes also. September dates are to be decided and will be emailed to members.

Our October 2nd meeting will be in the MPR at 1pm. This meeting will showcase some members who will share a special talent or skill. I'm sure this will be an informative session. Don't miss it! Signups for the November 17th Art Show will be available also.

Kathy Whitesell will be displaying her paintings in the LV Library for September and October.

repairs. This money goes to the Lapidary to help pay for costs for the repairs and upkeep of the lapidary equipment. If you need this service, you may drop in on a Monday afternoon in the MPR at approximately 3:30 pm. Otherwise, you may contact Fil Barton at 805-987-3637.

We always welcome new people. Drop in on a Monday and check us out. Our dues are only \$5.00 per year. No experience is necessary. Members are there to help and teach. Also, bring your craft ideas with you. Everyone has an opportunity to bring new ideas into our group. Hope to see you soon.

LV PHOTO CLUB

By Chuck Morrow

The August meeting of the Photo Club was held on the 1st in MPR. The judge for the month was Robert Fields. Robert is a Fine Arts Photographer traveling the world to practice his photography craft and is a frequent judge for the Photo Club. If you wish to see some of Robert's extensive photography talent visit his website at www.robertfields.com.

The Assigned Category theme for the month was "Water." The winners for the month were:

Assigned Category - Catherine Boutell - "Stormy Sea"
Open Category - Frank DeSimone - "Double Dragon"

Mobile Category - Tom Pizza - "Dexter"

With the Assigned Category theme for September of "Black & White," there was a discussion of changing color photos to black and white. The members were provided with a YouTube video explaining how to convert cell phone pictures to black and white. Additionally, members were provided with instructions on how to use "wetransfer" by Richard Boghosian. This allows the transfer of large files up to 2 GB for free.

Members are reminded that the Photo Club meets on the first and third Thursdays at 6:30 pm in the MPR. Non-members are invited to stop in and participate in the meetings. For more information regarding the Photo Club contact Roya, President at 831-869-7698.

THE STONERS BEAD & CRAFT CLUB

By Felicite Barton

The Stoners continue to meet in the MPR every Monday afternoon from 3:00 pm until approximately 4:30 pm. We meet even if the LV staff have the day off.

We are not only working on creating jewelry pieces, we are also creating amazing craft items. Some of our most current craft projects have been: patriotic earrings, glass containers decorated with dried flowers, wind spinners, needle felting Nemo.

Each month, we celebrate our members' birthdays by going to a restaurant of their choosing. We also have bar-b-que pot lucks throughout the year, with an entree of either hot dogs or tri tip.

Recently, we tried something different. We had an ice cream social with all the trimmings. The members loved this idea so much that we plan to have another one in the near future.

On Sunday, October 17, we will be participating in the Arts & Craft Show. Our members will be displaying their jewelry and craft items for purchase.

We are able to do most jewelry repairs and ask for donations for the

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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

August was a busy month with the two week Summer Eclectic Tournament, followed by the fun mixed Tee Timers event hosted by Women's Golf on August 21st. A huge turnout of men and women golfers enjoyed the golf, followed by a tasty Establos taco truck luncheon and awards.

September will feature the Women's President's Cup competition. This will be a match play low net pairing. Good Luck!

The September golf meeting will be in the Garden Room on September 11th at 1:30pm for snacks and the meeting agenda begins at 2pm.

GRAPES R US WINE CLUB

By Jan Bender

Our August tasting led us on a virtual tour of the Foxen Wine Trail in Santa Barbara County. Jon Niemann, fresh from a tour of the trail, brought back five very different wines to taste: a Chardonnay, an Esperance Rose, a Grenache, a Pinot Noir and a Chenin Blanc (which interestingly came from a three acre vineyard of old vines, planted in 1966.) The grapes in the Chenin Blanc were hand harvested followed by a gentle crush.

We had a chance to taste the Foxen 2020 pinot noir, made without filtering or fining, which produced a delicious wine selling at \$37. It's always good to have the opportunity to taste a wine before splurging.

Our club tasting sessions are held on the third Friday of the month, in

the AR at 7pm. All LV residents are welcome. Each session is \$15. Bring two glasses and water. Our September tasting will be led by Deidre McDermott. It will be "Not-your-bottom-shelf screw top wines" from Headsnapper. Not to be missed!

VILLAGE THEATRE

By Roger Florio

Some may wonder, what is this new theatre group, and why was it formed? In short, the goal of Village Theatre is: First, to provide more opportunities for those who have an interest in theatre to get involved in a production (especially those who haven't yet had a chance to be in or assist with a show, or who don't sing); Second, to provide additional theatrical entertainment to Villagers.

The goal of Village Theatre is to mount two or three dramas or comedies each year, with an emphasis on productions which require only small casts or relatively simple sets. Village Theatre also plans to offer the occasional workshop or presentation on theatre. To that end, our first Workshop was held in July featuring professional actor and director Tony Torrisi, and our first production, the Pulitzer prize-winning play *Crimes of the Heart*, will be staged this coming October.

Village Theatre has a rotating, elected Board; all proposals are voted on by the Board and the President is not a voting member. We encourage any Villagers – with or without prior experience – who are interested in getting involved in acting in or staging a play, on any level (lights, sound, backstage crew, sets, props, direction, production, etc.) to contact us and/or

to present proposals to the Board for future productions. Village Theatre may be contacted through its current President Nancy Hullihan nancyhullihan@yahoo.com.

tennis, paddle ball and pickleball is scheduled for October 12th, 10 am to noon.

See you at the courts.

LV BOWLING

By Gene Kinsey

It's here! The Fall bowling league is starts today, Friday September 6 at 9am in Harley's Camarillo Bowl behind the 99 Cent Store. Annual dues are only \$20 and weekly bowling costs just \$14.

We welcome both experienced bowlers and novices. This is a great way to make new friends and learn to laugh at yourself. There are six teams so far but we have openings for both regular and substitute bowlers. Better call soon if you want to join the most fun you can have. Contact Bobi Shmerling by August 25 at 805-389-1975. See you there!

LET'S DANCE CLUB

By Patrick Price

The next musicians for your dancing pleasure at Let's Dance are Vinyl Gyp-

—Please see PAGE 18



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CLUB NEWS

Let's Dance

Continued From **PAGE 17** —

sies for the September dance. The September dance, which is the third Saturday of the month, is on September 21st from 7:30-10pm in the AR. Admission to Let's Dance is just \$10 per person. For that low price coffee, water, and punch will be provided as well as dancing the night away. It's BYOB for anything else. from 7:30-10pm.

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

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hello to all the Villagers. The summer heat is here and what better way to stay cool but in our Assembly Room at the Saturday Night Dance Party.

September 14, Wyatt Haupt, Waltz lesson.

September 28, Tropic Starr, Tango Lesson.

The admission is \$10.00 and includes the lesson from 6:30 to 7:15 and the dance from 7:30 to 10:00. A complimentary ticket will be given to first-time attendees. A big part of the dance are the volunteers. If you would like to volunteer, call Jackie at 805-340-9513.



Photo by PATRICK PRICE

Billiard Club players, L-R: Glen Noorda, Jon Hall, Maureen Hall, Gerry Sarno, Kathy Wirtz (front), Max Chopra (back), Rosie Calderon, Tom Niemann and Gary Bunch.

BILLIARD CLUB

By Patrick Price

Although Billiard Club doesn't have any actual events in September, the 14.1 Continuous tournament is scheduled for the first week in October and starts on September 30. Sign-up sheets will be up mid-September. Also,

it's likely there will be lessons and the rules on 14.1 Continuous near the end of September.

The Wednesday League (10 am Wednesdays) and the Thursday night Social Round Robin at 6:30 (be there by 6 to get your name on the list) continue. Thursday Night Round Robin needs coordinators to oversee the Social night. Contact Kathy Wirtz 818-445-1057 for membership.

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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 Monday, Sept 16.

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

ESTATE SALES & LIUIDATIONS – Let us help you clear your home! Buying silver flatware and tea sets, vintage ladies purses, costume jewelry. Call or text 805-206-4101 Melanie-Moves.com

Senior needs to buy house! Call or text 805-312-1504

Retired broker and wife are looking to buy (and move to) a home in Leisure Village. Need garage. Have loan letter for \$525,000. Bob Stock 808-464-2750

MOBILE NOTARY: Offering notary services in the comfort, convenience and privacy of your own home. Call for an appointment today 805-217-2714 Kathleen Simpson

A MOBILE NOTARY: I come to you for all your "Notary Needs". Leisure Village resident. Call Chuck 805-419-3457

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GARAGE SALE: Many items suitable for Christmas, birthday and Hanukkah gifts. Saturday September 28, 2024 – 11am to 4pm 17306 Village 17

FLOWERS: I design stunning floral arrangements for every occasion, let me design the perfect flowers for you! Delivery available. LV resident. Sofia 805-630-6479

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

INTEGRATIVE PHYSICAL THERAPY IN YOUR HOME: Specialist in chronic pain and mobility issues and lifestyle analysis; energy/holistic healer. Leisure Village homeowner Jeannie David PT, MPH 818-693-1002, JDD-physicaltherapy.com

CBD – Have you been searching for a company you can trust? One who uses organic ingredients and tests each batch? You found it! www.FloraMercantile.com (970-393-2186 Chris: LV resident

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MOBILE CAR WASH and Detail. Many clients in the village. Appointments, Barney, text or call 805-844-2404

Need help with clutter or moving? Senior discounts, free consultation. Honest, caring, dependable. Mary 805-760-6272

DOG grooming by appointment in the Village 714-813-7072

CAT SITTER dependable village resident. References Marlene Collins 818-419-2159

DOG WALKER – Harry 303-601-2137 Leisure Village (15), available for all types and sizes of dogs. Reasonable rates, punctual & professional. Short or long term. Available for emergencies.

PERSONAL ASSISTANT/DRIVER: Airport, shopping doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or part time. Your car. References available. Art Silver 805-630-9125

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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

Handyman – painting, electrical, appliance repairs and used appliance hauling, cleaning garage. Clean out and organize. Tom Cruise 425-589-7142

Lisa's Senior Services – I'm here to help you with errands, chores, light cleaning and food prep, tech help, organization and simple repairs. Call me for more info 805-402-7482

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35 years experience worked in the village 30 years. Can help with your everyday needs and wants. Compassionate, caring, dependable, background cleared. Available all shifts. Theresa (Home with Heart) 805-402-6588

Parttime caregiver/driver with 30 years experience. Excellent references and a resident of the village. Toni 805-844-8377

I'm an experienced caregiver available to assist with daily care, cooking, doctor's appointments. Experience with dementia. Abby 949-899-7770

Victoria Sampson 805-754-4753 experienced caregiver. Activities of daily living, bathing, preparing meals, running errands, companionship. References available 10 years experience



Disasters don't plan ahead, but **YOU** can!

In a disaster, local officials and first responders cannot reach everyone immediately. You and members of your community need to be prepared ahead of time.

Be prepared at all times to shelter in place.

September is National Preparedness Month, increase your readiness weekly.

Week 1: Make a Plan. Plan ahead and talk about how you, your family and friends will respond and communicate during and after a disaster.

Week 2: Build Kits. Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Have kits at home, in your car and at your workplace. Update your kits and supplies regularly.

Week 3: Prepare for Disasters. Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of earthquakes, storms and other common hazards. Act fast if you receive a local warning or alert.

Week 4: Teach youth about preparedness. Talk to youth in your life and prepare them for emergencies so they know how to respond. Plan what to do in case they are separated from others. Reassure them and help them feel capable of responding in a variety of situations to reduce the chance of panic.

Earthquake Readiness

Home preparation before an earthquake:

- Place earthquake putty under fragile keepsakes on shelves to help hold them in place.
- Do not hang heavy items near beds, couches and any place people sleep or sit.
- In pantries, closets & shelves, store large, heavy, breakable or messy items on the lowest shelf closest to the floor. (example: in the pantry, think of items like soy sauce, oil or syrup and anything liquid, heavy or messy and place those at the bottom to reduce the messy damage that would come from them falling to the ground,
- Use earthquake straps to anchor top-heavy, tall and freestanding furniture to wall studs to keep them from falling over (bookcases, china cabinets, etc.)
- Have fire extinguishers handy. Fire is a common hazard after earthquakes.

During an earthquake:

DROP, COVER and HOLD ON

- Pick safe places in each room of your home & workplace (under a large piece of furniture or against an interior wall away from windows – learn about the 'triangle of life.')
- Practice drop, cover and hold on in each safe place so that it comes naturally.
- If you are in bed, stay in bed. Curl up, hold on and cover your head.
- If you're outside during an earthquake, try to get as far away as possible from buildings, power lines, trees and streetlights as possible.
- If you're in a vehicle, pull over to a clear location and stop. Stay inside with your seatbelt fastened until the shaking stops. After the shaking stops, avoid bridges, overpasses and ramps that may have been damaged.

Lightning Readiness: Until historic lightning occurred in August 2020, lightning wasn't something many Californians talked much about. According to National Geographic, between August 15-19, over 20,000 lightning strikes occurred in CA, which contributed to hundreds of fires.

- Surge protection – Protect electrical equipment and appliances with surge protective devices (think TVs, computers, appliances, and any life-sustaining devices that rely on electricity.)
- "When thunder roars, go indoors!" Seek shelter in a substantial building or a hard-topped metal vehicle as fast as you can.

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