

Inside Leisure Village



VOL. 37 NO. 10

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

OCTOBER 7, 2016



It's hard to believe that summer is gone and we have but three months remaining in 2016. For me and Laura, this month is our one year anniversary since arriving in Camarillo from St. Augustine, Florida. In that year, we have grown to appreciate what a great community Leisure Village is in which to live.

It is apparent from Joseph Benti's articles that we need more of our good people to step up to the plate and use their life experiences to fill in behind those who have gone before us. He will quantify the benefit to residents next month.

This edition enjoys Patty Ecker's profile, recognition of a combat veteran, review of the 9/11 Anniversary Commemoration and plenty of information about what is happening in the Village. Read and enjoy!

As November approaches, we are in election season, which means plenty of political advertising. Along with that, I have received several letters to the editor extolling the attributes of various candidates for a variety of offices; I will not publish those letters. I believe Inside Leisure Village should be totally neutral in the political environment and such letters detract from that effort.

Thank you for a great year!
—Tim Palmer

Volunteerism: Becoming One with your Community

■ Joining committees and organizations is a vital part of who we are as both individuals and community

By Joseph Benti

When we moved into the Village thirteen years ago, kicking back in retirement, certain faces in and around the Rec Center soon became familiar. We figured they were old timers, in on everything. That "outsider" feeling, which most of us first felt in kindergarten, was just part of being a newcomer, even past the age of 55.

Again, we learned that "outsiders" become, insiders, old timers, usually by becoming "volunteers," a choice that makes us more important. And, probably, while helping to maintain our uniqueness, it helps to keep down our annual costs.

"Without volunteers, we would



Photo by JERRY SPECTOR

Every Tuesday morning, entire aisles at Vons Market in Mission Oaks are crowded by Shop Ahoy's "Village Volunteers" loading carts with lists of selections made out by clients who can no longer market on their own.

soon see our assessments start to go up," says Ernie Ohmstedt, longtime Chair of the large Education and Recreation Committee. Over the 37

years he has lived here (his parents were among the first families to locate here in the mid '70's). Ernie has

Please See Page 28



Photo by BUD BRADLEY

Much has changed in Leisure Village since Gertie Dorward moved here but not her enthusiasm for living here.

A Long View from the Village

By Patty Ecker

As she stands on the patio of her home in Village 1, Gertie Dorward smiles. She's been chatting with neighbors and waving to passers-by for nearly 39 years from here. "This is a great place to live," she says. "I have a very good life here." Her life here in Leisure Village is a chronicle of what was, as well as what the Village is now.

In 1977, Gertie and her husband Fred lived in Ventura. His work selling roofing equipment took him to a construction project named Leisure Village. He came home and said to Gertie, "Let's move to Leisure Village!" She answered quickly, "No! I don't want to move in with old people." As

she recalls that scene, she laughs, "Now I am one." Fred eventually convinced his wife and they bought their Village 1 house still being built for \$41,500. There was no landscaping, no sprinklers, no West Gate, and only one neighbor.

In the early years, LV was friendlier, freer, she says, "We had Greeting Committees to make sure no newcomer was left out." She adds that Resident Services had a "Here, I'll do it for you," attitude. The bocce, tennis, and shuffleboard courts were new and always busy.

"We were part of a giving culture," she says. When people asked, volunteers stepped up. Gertie served as chair of the Safety and Security Committee, co-chair (with Fred) on

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WE'VE GOT YOUR NUMBERS

Here are some important Village phone numbers and email addresses.
The Main Gate: 805-482-0716 (for guest passes, a security question, etc.) or www.gatepass@leisurevillage.org
LV's Emergency Number: 805-388-3636 (for medical problem, fire, major property problems or an intruder, not minor events like a tree branch down) LV security officers simultaneously call 911 as they respond to a resident call.
Ventura County Alert: To sign up for the Emergency Notification System - 805-648-9283 or www.vcalert.org or text 313131 - to receive 'reverse 911 calls' and alerts to major emergency situations.
Ventura County Disaster Information Hotline: 805-465-6660 or register online at www.vcemergency.com.

LETTERS

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

HOW TO CONTACT US

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editorilv@yahoo.com
 904-826-5945

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 805-484-1949 x303

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Barbara Crome
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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.

NOVEMBER DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the November 2016 issue is Tuesday, October 18 at 5 p.m. The Display Advertising deadline is Monday, October 24 at noon. Publication is scheduled for Friday, November 4. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (only if email is not available) should be double-spaced and deposited in the ILV box in the RC.



LTV Program Schedule

October 2016 | Channel 1390

LTV Committee Email:
ltvcommittee@gmail.com

Contact: John Mayer, Chairperson at 388-4642, meet 3rd Thurs. 9:30 AM MPR. **DAILY AUDIO:** 9:00 and 11:30 AM, 3:00 and 6:00 PM, narrated by Debra Guill.

Day	Date	Program date time 10 am and 8 pm
Mon	3	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Tue	4	LVA OPEN BOARD MEETING - TAPED
Wed	5	LV Musicians – Great Pumpkin Halloween Party (40 min)
Thu	6	Thurs. Showcase, Message Board for Shows
Fri	7	LVA OPEN BOARD MEETING - TAPED
Mon	10	Players Guild: A Musical Evening (38 min)
Tues	11	What Was My Line - Barbara Krohta, Duane Waln, Irv Jacobs (65 min)
Wed	12	FYI (For Your Information) #1 (41 min)
Thurs	13	Thurs. Showcase, Message Board for Shows
Fri	14	Women's Club - Fashion Show – 2016 (19 min)
Mon	17	LVA 101: #8: Reclaimed Water - (34 min)
Tues	18	Cooking with Larry: Soup To Nuts - (18 min)
Wed	19	2 nd Annual Pumpkin Festival - 2006 (50 min)
Thurs	20	Thurs. Showcase, Message Board for Shows
Fri	21	Players Guild - Reader's Theater – (56 min)
Mon	24	Law Talk - Legislation - (29 min)
Tues	25	Women's Club - Bob Bolivar Magic Show (49 min)
Wed	26	Seniors & The Law Part 1 – 2016 (45 min)
Thu	27	Thurs. Showcase, Message Board for Shows
Fri	28	NY Club Presents: Stu & Laurie – (62 min)
Mon	31	Waste Not - 2004 (10 min)
		OLD-TIME RADIO AUDIO: Thurs. 7:00 PM CALENDAR DIVA: 8:00AM, 2:00, 5:00, 7:00 PM

LETTERS

Dear Editor,

The 9/11 Memorial Event held in our Village on the 15th anniversary of our generation's world-shaking tragedy was one of the finest presentations I have had the privilege of attending. Congratulations and "Thank You" to Brenda James, Frank Seiden, the New York Club and all who participated in this soul-stirring commemoration.

Many who attended and reflected on the 9/11 tragedy had tears in their eyes, as I did; but, more importantly, we stood together on this September Sunday to reflect on the goodness of this great country and its founding ideals. Hooray for you, Leisure Villagers.

Dick Guttman
Village 17

Thank You Joseph Benti

I applaud Joseph Benti's article HELP WANTED — VOLUNTEERS MAKE A DIFFERENCE. The Leisure Village committees and clubs are the rivers and streams that give life to Leisure Village. Every drop is important to their flow. A couple of clubs recently disappeared, The Boosters being the most recent. Their only mission was to raise money for Leisure Village projects and to fund special events such as Veterans Day and The Fourth of July. Like California, Leisure Village is developing a drought. How will resources be directed: to the most important efforts, to the efforts to which volunteers gravitate? The time could come when Leisure Village might look like a forest whose streams have dried up and leaves are brown and withered.

Frank Seiden
Village 22

NOTE TO READERS

Due to recent changes, many villagers aren't getting the ILV because it is no longer included with their morning newspaper delivery. If you're reading this and know some of your friends and neighbors in that predicament, let them know they can get their copy at the Rec Center; better yet, bring them a copy. Spread the good word and thank you for your help.

Inside Leisure Village



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LETTERS

Corrections to previous articles

I am writing to correct two misstatements in the September 2 issue of ILV. First, in my article titled "Joining a Committee" I stated that committee appointments were effective for a period of five years. The article was written during the brief period between the June and August meetings of the Board of Directors. For that brief period, the statement was true. The new Board of Directors revisited that subject in the August meeting and re-established the requirement to renew committee rosters on an annual basis. I did not carefully review my article before submitting it and I apologize to you and your readers for this error.

The second error, or rather, possible misrepresentation, appears in Cliff Kearsley's article titled "Choosing Your Next Contractor". With all due respect to Mr. Kearsley's background and experience, I must correct the implication contained in the sen-

tence "The third level of protection is provided by the LVA list of approved contractors". (emphasis mine) The list referred to does not support the implication that contractors listed are in any way 'approved' by the LVA. That is absolutely not the case. Those listed have only provided to LVA documented proof that they are in fact licensed as a contractor in the State of California in good standing, that they are insured to a level demanded by the Association, and that the licensee carries sufficient insurance policies to protect the Association and its members. Those who must by law have Workmen's Compensation insurance (not all need it) must provide proof of that also. It is a common error of villagers to treat the list as an approval of the listed contractors but it just isn't so. Selection and engagement of a contractor is completely dependent on the evaluation and 'due diligence' performed by the employer.

Ted Lansing, Village 3
Cal Contractor License 442623 (IA)

AARP SMART DRIVER CLASS

By Paul Herman

Leisure Village will be hosting an 8-hour Initial Class of the AARP Smart Driver Program on Wednesday and Friday afternoons, October 19 and 21, at 1:00 PM to 5:00 PM in the MPR. Contact Paul Herman at 444-6420 for details.

IN MEMORIAM

Bill Abshere, V. 30
Tom Appleford, V. 6
Eleanor S. Armstead, V. 9
Leonard A. Beckel, V. 18
Brian Donnelly, V. 38
Francis Gilbert Henning, V. 39
Mary Kovach, V. 35
Annette Mintzer, V. 20
Charley Torrence, V. 1
Joel Thrope, V. 19

To submit a memoriam call Loretta Reshes, 388-7116

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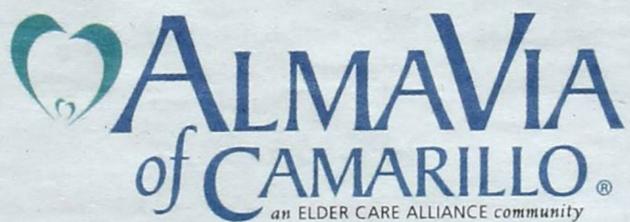
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COMBAT AWARD ARRIVES 70 YEARS LATE

By Tim Palmer

Leisure Village resident Al Feldman experienced the very horrors of war when he was captured during the Battle of the Bulge during World War II. His experiences were recounted in a two-part article in the July and August, 2014 ILV by former editor, Bob Cohen. What was not known at the time was that Al had been awarded the Bronze Star for his combat service.

The award, which arrived about a year ago, stated "For meritorious achievement while serving with the 422d Infantry Regiment, 106th Infantry Division in the European Theater of Operations on 15 December 1944, in military operations against an armed enemy of the United States. Private First Class Feldman's exemplary performance of duty in active ground combat was in keeping with the finest traditions of military service and reflects great credit upon himself, the 422d Infantry Regiment, and the Army of the United States." The Bronze Star recognizes heroic achievement, heroic service, meritorious achievement or meritorious service in a combat zone. It ranks above the Purple Heart in medal precedence.

Al received his award citation, but it did not include the red, white



Photo by JERRY SPECTOR

Al Feldman with Bronze Star

and blue ribbon and medal that goes with the actual award. After waiting several months for the medal to arrive, Al sent a letter to the Army asking its whereabouts. About a month ago a package arrived in the mail containing the medal. Given the over 70 years that elapsed from Al's combat action to formal recognition, it is apparent that our Greatest Generation, of which Al is a part, is not only courageous but patient.

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Inside Leisure Village

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Another weird symptom we see occasionally is the feeling of 'sponginess' on the soles of the feet or toes. Again, this is an indication that there is a problem with the sensory nerves.

What do these symptoms indicate and what should you do?

These two symptoms could be the harbinger of more serious problems and should be checked out. The first step is an in-depth consultation to determine if there are other symptoms which would give the examiner a better idea of the root of the problem. If there are other symptoms like sharp stabbing pains in the feet, tingling,



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WHAT TO DO IF...

By Ted Lansing

Medical Emergency

We are very fortunate to have medical help so close at hand. VCFD Station 52 is just outside the village at the intersection of Santa Rosa Road and Woodcreek Road. American Medical Response (AMR) has an ambulance located in the strip mall just outside our main gate, except when it is on a call. They can, and most often do,

arrive within a few short minutes of a call to 911. Our Security patrol has several EMT trained officers as well, and "911" radio dispatch is monitored 24/7 to catch Village problems before Engine 52 and AMR can get here. Our Security Patrols carry 'sports bottles' which are Oxygen bottles that can legally be used by them to assist persons with breathing or related problems until the 'pros' arrive.

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Why Engine 52 you may ask? The engine carries several fire persons. If the ambulance crew needs any type of physical help with a problem, the manpower is then available. Some problems require some heavy lifting to extract a person from a fall, or other

mishap. Station 52 is often referred to as "Leisure Village Station".

When an emergency occurs you can call "911" or you can call 388-3636, the LVA "Real Emergency" number. This latter will bring Security to you very quickly, and they can help make the decision to call "911". Either approach will bring needed medical assistance in a very short time.



Photo by JERRY SPECTOR

Firehouse 52 – Life savers for Leisure Village

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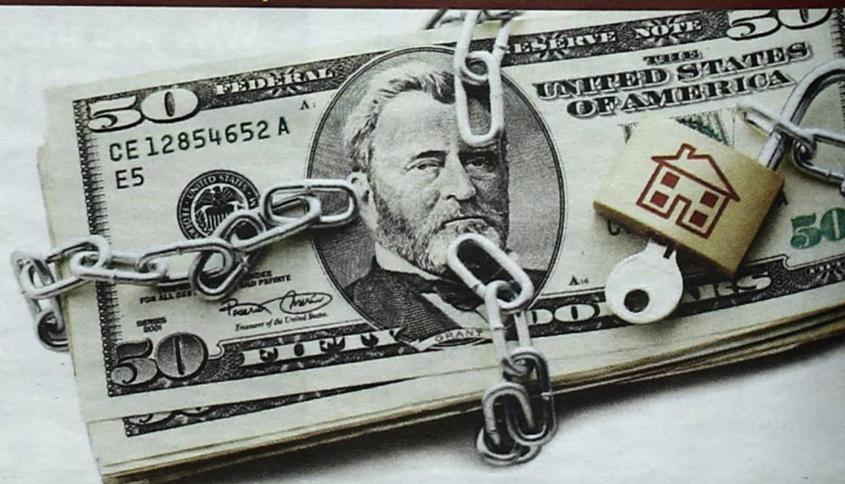
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Vill 33-111
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15-Year Commemoration of 9/11 by the New York Club

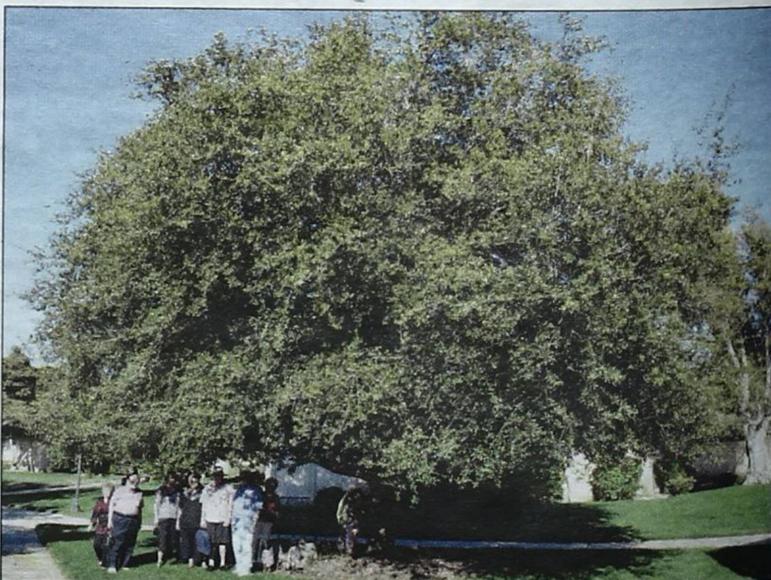
By Frank Seiden

On September 11, 2016, almost 400 people relived the emotions of the attack of radical terrorists. The very meaningful commemoration program, planned and directed by Brenda James, started with singing *The Star Spangled Banner*, the LV Veterans Club color guard marching down an aisle from the rear of the AR, posting the colors on the stage and saluting during the Pledge of Allegiance. The members of the color guard (from left to right in the photo on page 11) are: Cdr. John McGava, Dick Levine, Ed Vasquez, Irv Bergman and Frank Katz. They continued to salute while ten chimes were sounded by Brenda James (in the background of the second picture) and listed by Frank Seiden; in brief: one for each of the World Trade Center towers, the Pentagon, the four airplanes, police, firemen, paramedics.

Frank Seiden, the club president, then set the theme with his talk *We Are Here to Remember* while a few slides of the 9/11 destruction were projected on a screen. Diane Carroll presented two moving poems: *That Day* and *Who Am I*. Fred Vajda brought in a patriotic feeling by narrating *Ragged Old Flag* accompanied by Mike Schmok on the guitar. Shirley Levy read the sentimental piece *Moments in Life*.

Lin Grant provided some historical comments and presented a slide show on the progression of events on 9/11/2001, which ended with pictures of some of the world's memorial monuments. Richard Weiss played a medley of classical piano music with soulful spirit. Debra Guill, accompanied by guitarist Mike Schmok, sang *We Shall Overcome*. Ida Roberts presented a poem and a reading, both untitled and anonymous, that gave thought to the emotional impact of the tragic events of that day. Chuck Kiskaden, accompanied on guitar by Mike Schmok, sang a moving rendition of *In the Promised Land*. Sam Arouesty and Dick Guttman gave homage to 9/11 victims with a moving musical medley. Frank Seiden returned to the podium to give thought to the proliferation of hate with his poem *Hate* and memorial thoughts for victims' families in his poem *Meditation on Love*. Mike Morgan, mayor of Camarillo, shared thoughts on the impact of the tragic events of 9/11. Buster Hayslett sang an emotional rendition of *Amazing Grace* with guitar accompaniment by Mike Schmok. All who made presentations joined on the stage to sing *Amazing Grace* with the audience joining in.

The program ended with a moment of silence punctuated by Jim Bailey sounding *Taps* from the rear of the auditorium.



Photography by JERRY SPECTOR

Beautiful California Oak donated by the New York Club and planted on 9/11, 2002.

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Frank Seiden



Diane Carroll



Fred Vajda



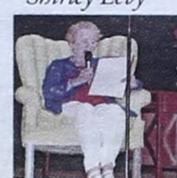
Shirley Levy



Lin Grant



Richard Weiss

Debra Guill
Mike Schmok

Ida Roberts

Chuck Kiskaden
Mike SchmokDick Guttman
Sam Arouesty

Frank Seiden



Mayor Mike Morgan



Buster Hayslett



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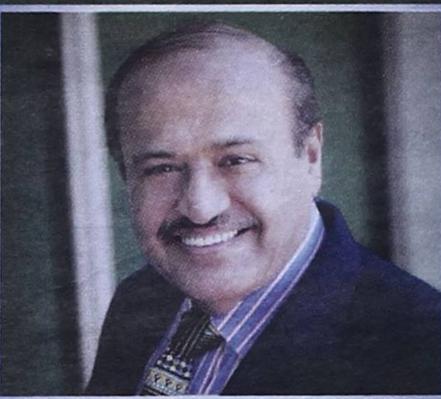
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07LV304S



GOLF CART COURTESY

By Tim Palmer

Now that golf carts will be more prevalent around our golf course, there are some items of courtesy that should help everyone continue to enjoy the game.

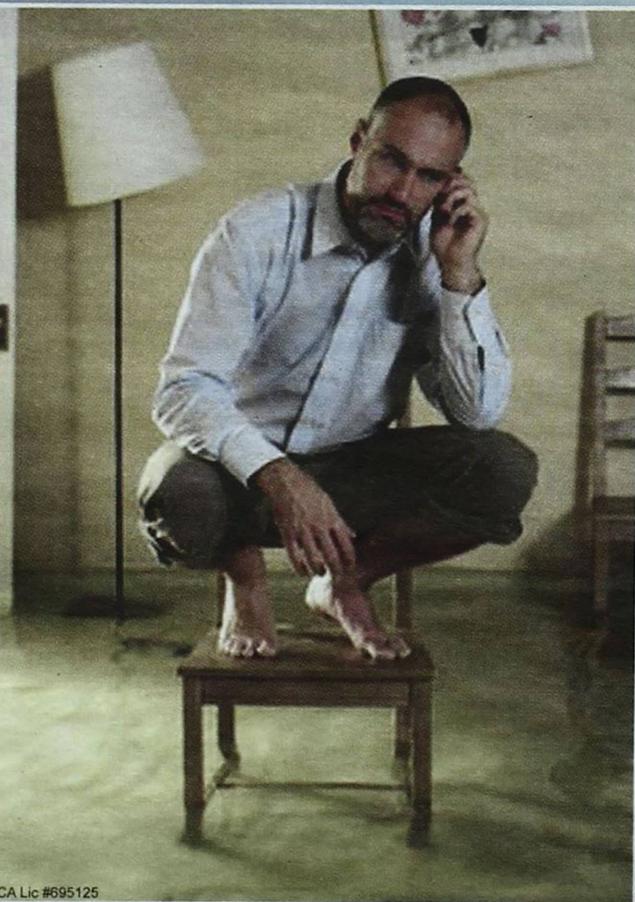
Have you ever noticed that the parking brake on a golf cart only works about half the time and it always makes a lot of noise during both engagement and disengagement? It can be heard throughout the fairway and is particularly loud when it is done during your takeaway for that bunker clearing, shot of the round. My theory is that golf carts are designed and manufactured by tennis players who have no idea that golf is a game of focus. Fortunately, they are driven by people who understand that a sharp noise, such as setting or releasing a cart parking brake, is very distracting to a golfer during the time from ball address through the swing. The wait of those additional few seconds while your fellow player makes the shot will

not slow down the round and will definitely improve your chances of being invited back to play with the group again.

While you are freewheeling that cart around the course chasing your ball, keep in mind that one of the other big distractions to golfers besides noise is motion. Driving your cart in near proximity to the player addressing the ball can cause enough of a distraction that he or she will not make the perfect swing and will make a much bigger deal out of your thoughtlessness than you think it deserves. The best place to park is 90 degrees from the line of flight of the other player's ball, in front of the player and at least 15 to 20 feet away. This allows the golfer to be "alone with his or her ball" and able to concentrate on their perfect shot.

Tee boxes and areas around the greens are meant to be kept smooth. Because we do not have cart paths, parking beside or behind tee boxes and greens is the right thing to do to maintain their condition.

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CLUB NEWS

LAPIDARY IS BACK

Fred Ervast

The Lapidary Room, long a location for Villagers to express their creativity, has reopened for hobbyists and for newcomers. The Room was temporarily closed while new equipment was installed. "Now there's no end to the beauty that can be created here," says Fred Ervast, who teaches the process. "Lapidary involves cutting, polishing, and engraving rocks – from those picked up along a trail to semi-precious stones."

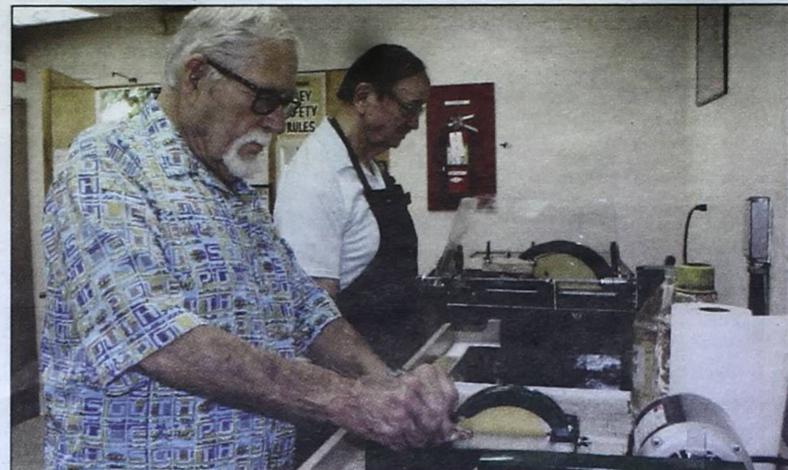
The results become unique jewelry, bookends, and displays. One Villager is carving a bear from a rock. Fred invites all residents to come in for lessons, which include the proper use of equipment and safety procedures. In addition to

Lapidary Room regulars Martin Linsey and Fred Ervast are back at the polishing bench.

Photo by RITA LINSEY

learning how to make natural rock jewelry, one can learn how to polish slabs, make solid rock bookends, and use rock tumbling equipment. There is a one-time fee of \$3.

The schedule is Monday, Wednesday, and Friday at 1:00 p.m. in the Lapidary Room in the Rec Center. For those LV residents who are "key holders," you may continue using the equipment anytime the lapidary room is open. For additional information on classes, please call Fred Ervast, V26, 805-389-0787.



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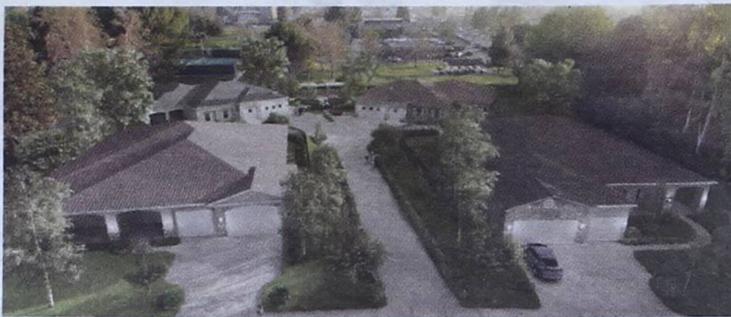
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10LV031

CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

Hello fellow golfers! We wrapped up the four week Ringer Tournament on September 21. Please check the bulletin board at the Clubhouse for results and other important updates.

The Men hosted the Harvest Tournament and Picnic on September 27. Thank you for a fun event!

October 12 and 19 are regular weekly Wednesday tournaments, topped off by our annual Halloween celebration on October 26. Dress up in playable costume and enjoy Scramble Better Ball with a mix of niners and eighteeners, followed by a brunch in the Santa Rosa room.

The monthly golf meeting is October 12 at 2 p.m. in the Garden Room. Important Notice: November 2, start time for winter golf changes to 8:30 a.m.

The President's Cup Tournament

also takes place on November 2 and continues on November 9. Please give Joyce Ehrhart \$5 by October 26 to participate. Good luck!

"May the course be with you."



Camera Club Winner, Bed Time Story
by Don Treadwell

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CLUB NEWS



Photo by PATTI CRICHTON

Artist Patrick Fisher Displays Paintings

VILLAGE ARTS

By Gwen Zimring

Hello Village Arts members and friends. What a really fun afternoon we experienced with the artist Patrick Fisher at the September meeting. He talked very candidly about his personal art history with video and a demonstration of his abstract art. He seemed to have enjoyed himself as much as everyone.

By the time you read the October edition of club news I'm sure you will have received the professional critique of your work by Phyllis Doyen. We trust you will have found it very helpful. Don't miss the November 2 meeting; David and Patti will be telling us what we need to know regarding your entries in the annual Arts Show to be held Sunday November 13. You will be able to either just show or show and sell your work. Try to present some examples of your recent work. Also, at the November meeting, you will still be able to nominate members for various positions on the board or you can volunteer for any chair position you may wish to hold.

Alice Williams will have our club calendars ready for purchase at a future meeting.

The year 2016 has just been flying by and has been full of interesting meetings and club happenings. We can look forward to our holiday

luncheon on Wednesday, December 7. Patti and David will tell us more at the November meeting.

For everyone's enjoyment, Lindy Stein will be showing some of her artwork in the library during November.

VETERANS CLUB

By Tim Palmer

The Veterans Club continues to have interesting presentations covering military service events and experiences our residents encountered in a war-time environment. Our membership draws from World War II veterans, Korean War and Vietnam veterans, as well as members who have served in more recent times. Regardless of time in service, the bond of people who have served our country is strong and respected. Family members also understand the sacrifices of military service and the support it requires.

Veterans Club meetings are open to all Leisure Village residents. For those who have U.S. flags that are worn and frayed, they may be brought to our meeting for proper disposal of in accordance with flag etiquette.

Come to the Veterans Club meetings on the fourth Thursday of each month at 7:00 p.m. in the MPR and be with people who participated in making history for the USA.

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CLUB NEWS

PLAYER'S GUILD

By Stan Reshes

Get ready for a little bit of everything...comedy, drama and romance as Players Guild presents "Broadway Potpourri". Thursday evening, October 20 at 7:30 p.m. in the AR. Director Diane Carroll has assembled a cast of 14 that will perform scenes from eight memorable plays, including "Brighton Beach Memoirs" by Neil Simon, "Save the Tiger," "Same Time Next Year," "Chapter II" and others. There will be many new faces on stage as Players Guild attracts many resident actors new to our stage but familiar to local theaters in our community. If you haven't attended a Players Guild show, see what you've been missing. As always, refreshments follow the show.



Camera Club Winner,
Boxed Tomatoes, by Rita Linsey

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CLUB NEWS

SHOWTYME

By Jerry Spector

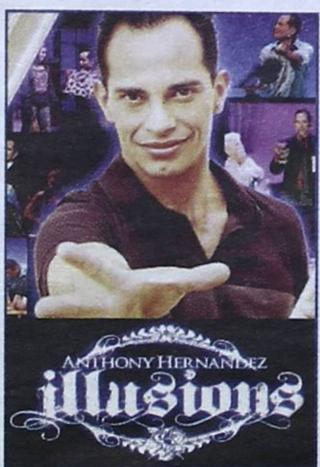
Showtyme presents Anthony Hernandez Friday, October 14 in the AR.

Anthony Hernandez is known nationally as one of the most refreshing, energetic illusionists performing today! His shows are exciting, interactive, filled with comedy and very charming. His interaction with the people he brings onto the stage is unlike any other performer you have seen! You will fall in love with this dynamic show! Be it his award-winning strolling magic or his internationally

recognized stage show, Anthony will keep everyone amazed and entertained. His shows are universally entertaining for all and include clean comedy. Anthony is asked for again and again because of his easy-going personality, his commitment to excellence and to his ability to keep his shows fresh and current. Anthony Hernandez will bring to Showtyme, "a performance that has never been done in Leisure Village."

You do not want to miss this outstanding performance! Show starts 7:30 p.m., doors open 6:45 p.m. Members

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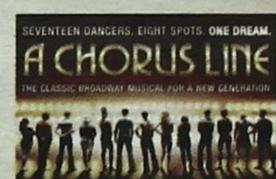
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10LV04W

CLUB NEWS

RACQUET CLUB

By Leslie Fox

Racquet Club members - save your tricks for the courts; October is our month for treats!

Wednesday, October 19, is our Pot Luck dinner and meeting. It will begin at 6:00 p.m. in the MPR. Sign-up sheets will be posted on the bulletin board for the dish you choose to bring. Our second treat will be Friday, October 21, 4:00 p.m. for our first annual Chili Cook-Off. If you think you have the best Chili, we'll be ready to taste it. Everyone else is welcome to bring a side dish or condiment, cheese, onions, etc. This will also be our very last Friday night play for the season, which means bring your paddles for early play and your best tricks.

Look for new changes in the schedule which will be printed in next month's ILV and on the bulletin board. Any special requests should be brought up at this month's meeting. This month "TREAT" yourself and others with kindness and have a Happy Halloween.

NOTE TO ALL RESIDENTS

In early September, on a Sunday morning, a player came on to the paddle tennis court to find the pickle paddles and balls strewn across the courts. Our game counters were also purposely torn and had to be replaced. The courts are here for everyone to enjoy, but let us and our guests be respectful in our use of all of our LV facilities and equipment.

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Bon APPÉTIT! ENJOY! Best for you!

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Food Service begins at 11:30 am

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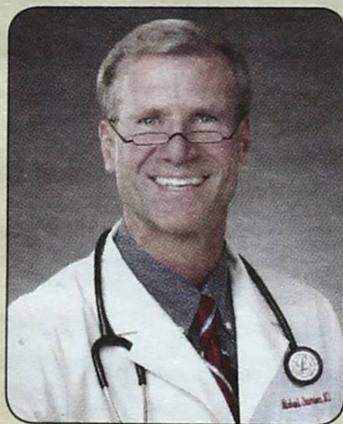
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Join your Leisure Village neighbors, including Bob Merrilees, Cathy Osgood, Millie Seidman, and Thom Tibor in supporting Carla Castilla for Supervisor.

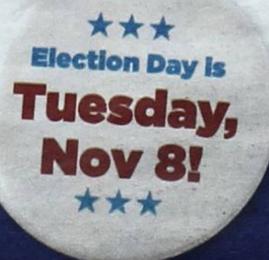
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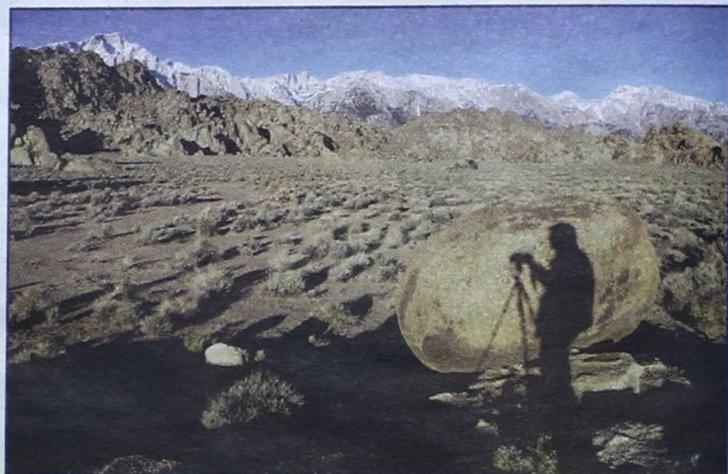
IN OTHER WORDS

By Frank Seiden

With the onset of fall, we'll have new topics to which we can apply the writing techniques offered in the lessons of each session. As a result of the critiques and discussions, we see changes in the writing styles even of some writers who

aren't trying to do the suggested exercises. Our perspective is to provide a supportive environment within which people will expand as they choose. We enjoy hearing both what people have written and the ensuing critique discussions.

So join us on October 12 and 26 from 2 to 4 p.m. in the Lanai Room to observe or join in. We are always happy to have guests.



Camera Club Winner, *Me And My Shadow*
by Larry Weinberger

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There seems to be a lot of confusion about adjustable beds and what they can do for you. Here's the lowdown.

Adjustable beds are simply a specially designed mattress on top of a motorized base. This base allows the user to elevate the head and foot sections of the bed. Generally, the head up position is for reflux and snoring. The foot area raises for better blood flow and circulation. When both the head and foot sections are raised, it is known as the Zero Gravity Position. This allows for no pressure on the lower lumbar spinal region.

Are adjustable beds the same

as hospital beds? Definitely not! Hospital beds are used for raising and lowering the patient's body out of the bed and have permanent retaining rails. In hospital beds, you can't sleep with a partner, as they only come in twin size. On the other hand, adjustable beds come in ALL sizes, including a range of basic to deluxe models. They are designed to fit YOUR lifestyle. For example, some of today's modern adjustable beds come with massage units, programmed sleeping positions, iPhone compatibility, whisper quiet motors, and heaters. They are engineered to withstand thousands of adjustments and come in a variety of firmness levels. Another great feature is that you can even use your current furnishings.

Buy American! When choosing the correct adjustable bed, it's important to purchase American Made adjustable beds. Low price import brands can break down easily. Leggett and Platt

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- Memory set sleeping positions
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CLUB NEWS

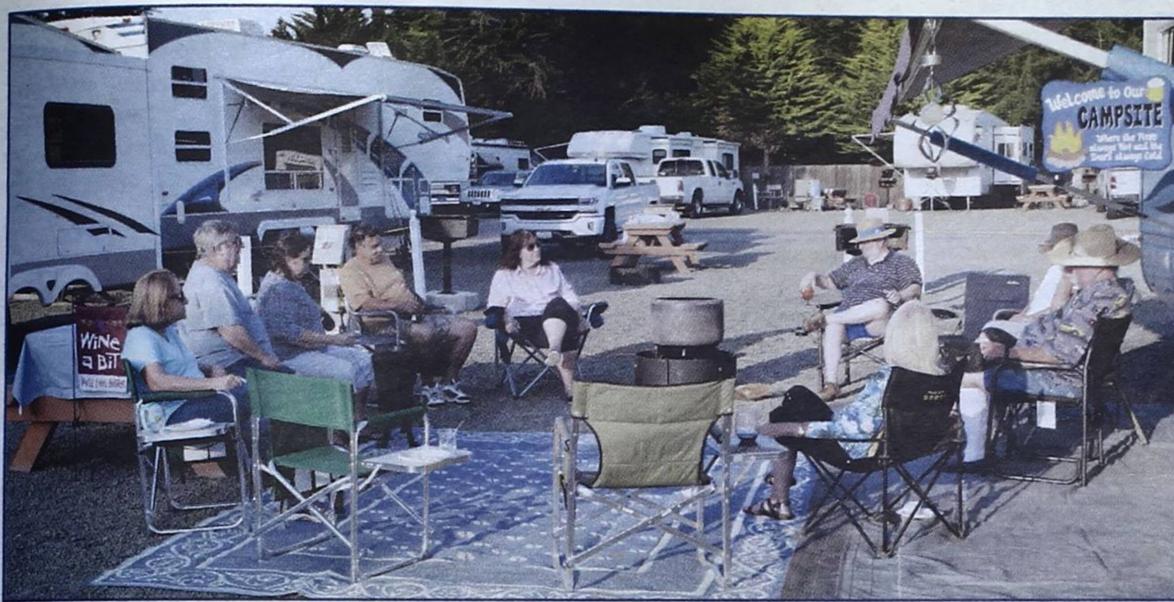


Photo by JACK MILLER

Enjoying the Morro Strand RV park are – Left to right around circle: Jean Tucker, Steve Ryan, Janine Ryan, Bryce Garrick, Patti Smith, Jeff Beil, Judy Hope, David McCutcheon, Cyndee Miller.

LV RV CLUB

By Darryl Sobelman

Our September LV RV Club meeting was held on Tuesday the 13th in our new meeting place, The Santa Rosa Room in the Clubhouse. We almost filled the room to capacity! We also welcomed new members David Glauser & Jean Tucker, who immediately signed up to join the Morro Bay Campout!

There were eight LV RV Club members who attended the campout to Morro Strand RV Park in Morro Bay. Friday night was a potluck dinner and Dave Glauser broke in his new smoker by making smoked salmon for everybody. It was delicious! The weather was beautiful as was the sightseeing!

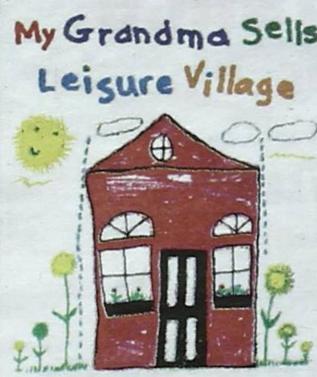
Our Wagonmaster, Judy Hope, spoke about the upcoming campouts. Here is the list:

November 11-13, Pismo Sands RV, Oceano

January 26-29, 2017 the club is going to Hobson County Beach RV, Ventura.

Our next RV club meeting will be Tuesday, October 11th at 7PM

in the Santa Rosa Room. Remember, you do not need an RV to belong to the LV RV Club. Many RV parks now have cabins and trailers to rent, or you can join the group by staying in a nearby hotel.



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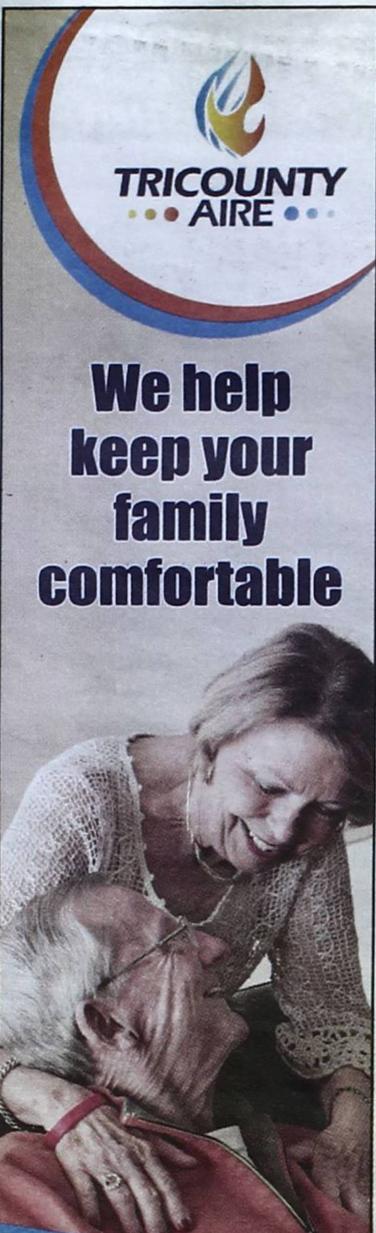
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CLUB NEWS

SATURDAY NIGHT BALLROOM DANCE

By Andrea Moran

Hi to all Villagers. The beautiful fall colors are here. We are so blessed to live in this free country and here at Leisure Village.

Our dances are for the villagers and friends to enjoy. You may dance or just listen to the live music and enjoy new friendships. We have three dances this month as follows: 10/01 Jerry Dokken, 10/22 John/John Duo, and 10/29 Tropic Starr (Halloween – wear your costume -optional)

We hope to see you all there. Dancing is great exercise for the mind and body, so keep those feet moving. \$7.00 per person admission in the A.R. Coffee, punch and fresh popcorn provided. See you there!

THE MAVERICKS

By Margo Secia

It's that time of year for the October festivities to begin, so get your costumes together for the "SPOOK-Tacular Halloween Dance" being held on Friday, October 28, 2016 from 7:00 p.m. to 10:00 p.m. in the A.R. Prizes will be awarded for the best costumes in several different categories. The "Generation Gap" will be providing the music for our listening and dancing pleasure. Tickets are \$10.00 per person and can be purchased by contacting John Wirtz at 384-8508, Ruth Stubba at 496-7188 or Geri DeSimone at 402-1465. This party is a favorite of everyone, so please get your tickets early, as the Club is printing only 150 tickets and NO TICKETS WILL BE SOLD AT THE DOOR.

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

We hope to see everyone all dressed up in great costumes for this always very fun Halloween blast!

THE NEW YORK CLUB

By Frank Seiden

At the time of this writing, we could not know the results of the October 6th meeting of the New York Club. That meeting was to develop a slate of officers for 2017. Then, too, this issue was distributed the day after the New York Club's October meeting, so the results are probably known by the time you read this article. The formal statement of the results will be in the November issue of Inside Leisure Village. Our effort to develop a slate of officers underscores Joseph Benti's article on Help Wanted Leisure Village is what the residents make it into. If everyone waits for someone else to volunteer, Leisure Village will lose its vibrance and property value.

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Camera Club Winner, *The Assassin*
by Don Treadwell

CLUB NEWS

SHUFFLEBOARD

By Daine Hawrylo

We've had a great shuffleboard season. Here are the high scores for an eight frame game so far:

Milt Krapes – 3/23, 159; 4/6, 122; 4/20, 179; 4/27, 178; 5/4, 198; 5/11, 163; 6/22, 142; 6/29, 137; 7/13, 135; 7/20, 189; 8/3, 151; 8/10, 164, 9/7, 149; 9/14, 186

Diane Fleisher – 3/30, 153; 5/25, 187; 6/1, 128; 6/27, 167; 8/31, 146
Keith Murchland – 4/13, 157; 7/6, 120; 7/13, 135

Cela Foster – 5/18, 176

Jon Amelsberg – 6/8, 154; 8/17, 131; 8/24, 157

Ernie Petersen – 6/15, 136

Previously, the highest ever game was a three-way tie of 186. Milt Krapes scored 198 on 5/4, which is a very astounding feat. Bravo, Milt! On 7/20 Milt Krapes did it again, with the second high-

est score of 189 on 7/20. Wow! Diane Fleisher scored 187 on 5/25 for the third highest score. Bravo, Diane! On 9/14 Milt Krapes made a 186, which makes a four-way tie for fourth place. Awesome!

We play shuffleboard on Wednesdays at 9:30 a.m. There are no dues. Come join the fun!



Camera Club Winner,
Shadow on the Wall
by Gregg Gillmar

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Priority #3 — Congested 101 Freeway — Partnering with state agencies, to promote ride share and better bus schedules. Only candidate opposed to the tax increases of Measure AA



Matt has been a resident of Camarillo for over 22 years and has been the only non-incumbent to attend 8 years of City Council meetings.

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CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

Leisure Village needs the Amateur Radio club. The city and county needs volunteers who are able to set up communications in emergency and disaster situations. This would be a great way to help the community. As far as it being "Amateur" Radio, the only reason it's called amateur is because we don't get paid for the volunteer work that we are doing.

Our last two meetings continued with that emergency service theme. At our August meeting, one of our new members, Mike D'Amore, gave a great presentation on a software program that would allow us to use our higher powered radios to transmit messages from the Ham Shack to anywhere there is a working email system. So if our power, Internet and cell phones were down, we could still summon help from the city, county or state. We could also get messages to the email addresses of our relatives outside of the affected area to let them know of our status and well-being.

At our September meeting, our guest speaker was Paul Strauss, an engineer who has set up repeater systems that allow us to use our hand-held radios to communicate

throughout Ventura and Los Angeles counties. Working with the EPO, our combined efforts are a valuable asset to all of Leisure Village.

There will be no October meeting due to the Jewish holiday but you are invited to our next meeting in November. You do not have to be a licensed amateur radio operator to be a member. If you wish, we will provide help in getting your license and it's now easier than ever since Morse code is no longer required. For more information contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

SINGLE ACTIVE SENIORS (SAS)

By Zelda Greentree

Get your costumes ready. Halloween is nearly here and our next "Dinner Out" will be held on Tuesday, October 11 at Ottavio's Italian Restaurant. We meet at 5 p.m. but reservations are required. Please call Lee Edwards at 484-3289, to let her know if you will be there! Now that summer is over, more of our singles will be coming to the dinners and we are anxious to see all of you.

By the way, Mrs. Dumpty is getting better every day and she did come to the July meeting. We'll see you in Oct.



Camera Club Winner, Sacramento River Star Fall-2
by Sharon Forkner

CLUB NEWS

WRITERS CLUB

By Harvey Brosler

WRITE, PRESENT, PARTICIPATE, ENJOY, LEARN. We have all seen obituaries that are short and sweet. A person was born on a certain date, had a certain occupation, and then died on a certain date. Obviously something happened in between. Was there not something significant in their life? Would you like to share the interesting aspects of your life and your opinions with other residents? If so, we would like to hear about them. Come to the Writers Club meeting held every Monday at 1 p.m. in the MPR. No special ability or prior experience required. If you can talk, you can write. If requested, suggestions about drafting a good presentation will be provided. You may write on any topic or use the suggested topic for that day. Microphones are provided.

For October, the suggested topics are: "A Prior Presentation," "Is Traffic Congestion a Problem for Me?" and "My Favorite Magazine/Newspaper/Periodical," "Should Non-Diet Sodas State That Sugar May Be Harmful to Your Health?" and "Should Supreme Court Justices Be Appointed for Life?" Stories of the Month are displayed just inside the entrance to the Village library.

Contacts: Harvey Brosler 465-0006, hsbros@roadrunner.com or Larry Kalisher 465-0042, larry.kalisher@gmail.com

WOODSHOP

By Chuck Russell

Nothing goes to waste in LV's Woodshop. Recently a resident had new flooring installed in his home, and he brought the old floor boards to the Woodshop to see if they might be of use. Take a look at how our guys repurposed them! It's not magic, it is skill.

It's no wonder our project numbers keep shooting up. Here are the latest totals:

Residential projects: 183
LVA/Club projects: 61
"Quickies:" 40

There's always time for helping Villagers with old, broken, or challenging furniture repair issues. Bring a needy project to the Woodshop in the Rec Center on Tuesdays or Wednesdays between 10:00 a.m. and noon. There's no charge for the work; donations for materials are graciously accepted.

Residents who enjoyed woodwork before they moved to the Village are invited to join our group. If you have experience with power tools, call Chuck Russell at 383-3043 to



Photos by BUD BRADLEY

Two 'Cinderella' projects from the Woodshop: a stool made by Steve Alnes and a chair by Zvi Ben Aharon.

make an appointment with one of our members who can answer your questions as well as check you out on our equipment.

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Pet Club Health Expo

Photo by RITA LINSEY

PET CLUB*By Ruth Stubba*

The next Pet Club meeting is Monday, October 10 at 7:00 p.m. in the MPR. The featured guest speaker will be Lara Shapiro-Snair from Ventura County Animal Services (VCAS), who will present their Community Outreach Program. Lara and her volunteer staff will explain how

they assist with the care, comfort and promotion of the animals in the shelter and what we can do to help. At the meeting, be sure to get your 'Pet Pak-It' and 2017 Pet Club Calendar! There will be refreshments, 50/50 raffle and free pet related items and information. Club membership cards for 2017 will also be available. The Pet Club promotes responsible pet ownership and makes donations to local animal causes. Contact: Ruth Stubba, 496-7188.

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Does Your Pet Have a Pet Pak-It?

Bettie Hallett clearly has earned the label of dog lover. She has trained twenty-three dogs for Guide Dogs of America. She always has at least one pup of her own; her current pet is Tootsie, an eleven-year-old pug. And she is at the center of a project to protect all the pets in Leisure Village.

That project began when paramedics roared up to her neighbor's house. Bettie knew her neighbor and his German Shepherd well. The LV Security officers put the dog in a bedroom, and EMTs ministered to the man, then lifted him onto the gurney to be transported away. Bettie asked if his File of Life had a contact number she could call about the dog. The paramedic, who had taped the File of Life information to the patient, provided the number and headed for the hospital.

"Because I had that information, I was able to call his daughter who lived in Washington and assure her that I would care for his dog until the family got here," Bettie remembers.

But the circumstances chilled her. What if there was no contact listed or no File of Life at all or no one knew the dog was locked in alone? "I realized we can't have that," says Bettie. So she designed a pet equivalent to LV's File of Life for residents.

Bettie singlehandedly designed a magnetic Pet Pak-It and has made hundreds of them. She bought the heavy paper and the magnetic striping. She created the information pa-

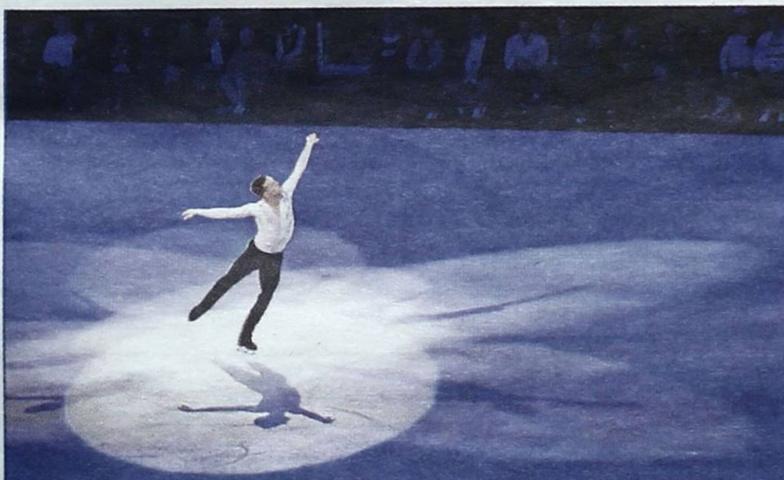


Photo by BUD BRADLEY

Bettie's File of Life and Tootsie's Pet Pak-It

per held inside. She cut, folded, stapled and marked each one; she put it on her refrigerator next to her own File of Life. "I am a Village Coordinator for the Emergency Preparedness Committee, and we know how crucial such information can be," she explains. "So I started with my village."

The Pet Club has embraced the project, too. So has LV's Association's Security Staff. Residents can pick up free Pet Pak-Its at any Club meeting (held the second Monday of each month). Pet Club President Ruth Stubba applauds Bettie's initiative, "She has raised awareness that we must be as diligent about our pets' safety as we are of our own," Ruth adds, "The Pet Pak-It is an important aspect of that."



Camera Club Winner, Stars on Ice
by Gregg Gillmar

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GERTIE DORWARD

From Page 1

an effective Women's Club Trading Post, which raised \$100,000 for local charities, and served on several nominating committees. She created the popular Spring Sale – the Village's ongoing model of a massive garage sale. Her years leading the Women's Club she describes as "the most rewarding."

From Gertie's vista now, Village attitudes have changed, partly, she suspects, because more residents are still working outside and participating less inside. "The Village always had complainers. But now people seem to think someone else will take care of things without increased costs – in money or personal effort – to them," she explains. "We aren't as giving as we were."

Many current issues are not so

BECOMING ONE OF THEM

From Page 1

served on numerous clubs and committees and is clear that while his involvement helped to invigorate the



1992 Camarillo Fiesta Parade, with Gertie Dorward representing Leisure Village.

then and now.

But Gertie's take from her patio is still bright. "What we have here, you can't beat it. I miss the closeness we had. But the world is moving faster, and we're all trying to keep up. I could never feel as safe and free of worry as I do here in the Village."

current, according to Gertie. "The question of having a coffee shop in the Village has come and gone and come again," she says. The use of solar heating for the spa was researched, donations offered, but nothing happened. Landscaping and sprinkler systems raised resident ire

community, it also enhanced his life.

Volunteering involves all our interests. For example, in the photo with this story, we see some of the work of the volunteers of "Shop Ahoy," a Village-centered grocery-shopping service for folks who can't get out to the market themselves. Shopping for some two dozen residents of the Village, the group's President Barbara Yago notes the organization services all of Camarillo.

But something is happening to volunteerism—and that means something is sure to happen to the quality of Village life. Fewer of us are joining the Committees that are the life blood of the concept behind this community. Emergency Preparedness, for example, the folks who check our safety and help recovery after a disaster, cannot get enough members to have coordinators for each Village.

It is much the same for others, such as Buildings & Grounds, the Architecture Committee, Education & Recreation—more than a dozen

Committees in all. With lower membership, important posts are not filled and direction is strained as fewer members volunteer to lead.

It is worse for some of the premier clubs, such as the Women's Club and Showtyme. With hundreds of members, increasingly, they find it difficult to get those members to volunteer for leadership positions—Shearon Millar cites "leadership fatigue" in the Women's Club; Jerry Rosen, who wears two hats, President & Talent Coordinator for Showtyme, is physically wearing out but keeps trying to find energetic volunteers to take over the reins of that club—new leaders bring new vitality and new challenges, the life blood of all groups.

Walt Kelly, in his cartoon strip, "Pogo," created the famous quote, "We have met the enemy and he is us." For Leisure Village, the texture of life outside our homes, depends on us: us not being the enemy; us not being outsiders; us becoming friends, volunteers and all of us becoming "insiders."

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Inside Leisure Village

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TAI CHI CLASS COMING IN OCTOBER

By Lynne Aune

An introduction to Tai Chi will be held on Monday, October 10th at 1:00 in the Santa Rosa room for anyone interested in learning about and practicing this mild form of meditative exercise which has been in use in China for centuries by all ages, but especially the elders, due

to its wonderful health benefits.

From The Harvard Medical School: "The health benefits of Tai Chi:

"This gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life."

Tai chi is often described as "meditation in motion," but it

might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from

surgery."

Come join us in the Santa Rosa room if you want to see and hear what all the fuss is about. 1:00 p.m., Monday, October 10. You can even try a few moves yourself to see how it feels.

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Wednesday, October 12, Carmen and Burnley, 1605 Burnley, 2:00-6:00 p.m.; Monday, October 17, Carmen and Burnley, 1605 Burnley 2:00-6:00 p.m., and Saturday October 30, Mt. Cross Lutheran Church, 102 Camino Esplendido, 8:00 a.m.-12:00 p.m. Questions concerning eligibility to donate, other sites, dates and times, and for appointments, call United Blood Services at 800-715-3699. Appointments can be made on line at www.unitedbloodservices.org

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To submit an ad for Inside Leisure Village, give your full name, address and phone number. These are for ILV records and will not be published unless requested. Cost is \$5 for a maximum of six lines. Enclose cash, check or money order, payable to ILV. Place an envelope with the ad and payment in the left box next to the sewing room in the Rec Center before deadline. Each month's deadline is listed on page 2. ILV will accept ads from LV residents for properties they own personally, or ads that offer jobs or services to villagers. ILV does not investigate the ads and makes no endorsement of them.

for an appointment today. 217-2714 9203 or 384-4447 great condition
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Kevin Kildee

- Small-business owner
- Councilman since 1996
- Camarillo schools grad



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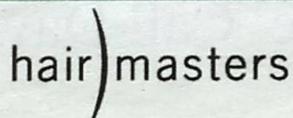

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