

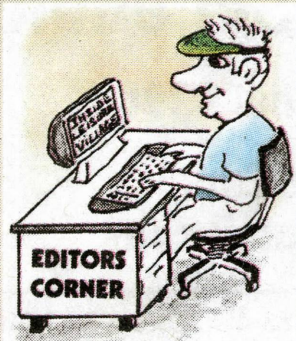
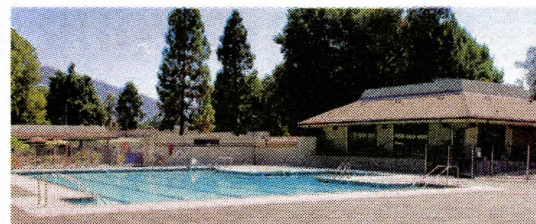
INSIDE LEISURE VILLAGE

VOL. 37 NO. 6

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JULY 1, 2016



When I took this assignment earlier this year, I didn't know if it would be for 6 months or 6 years. Well, it looks like 6 months is the winner. The July issue is my last and before I discuss the future of ILV allow me to explain why the change is happening

Many people move to Leisure Village to be closer to their children. A much smaller number move out for the same reason. We fell in the latter category. It is with great sadness, that we say good-bye.

There are many expressions that capture what recently happened. One that comes to mind is "When a door closes, A window opens". Another is that it is fate, it was meant to be! While we were anguishing over the move decision, I received a phone call from a new resident asking if we needed any help on ILV. Further discussion revealed that he just moved here from St. Augustine Florida where he was the editor of a similar community newspaper written and produced for his senior community.

Just like ILV!

With that, let me introduce my replacement and our current Associate Editor, Tim Palmer. In addition to the above experience, Tim is a retired Navy Aviator whose 30 year career included stints at the Pentagon. For someone who survived that jungle, ILV will be a cakewalk.

Finally, with this issue we are introducing a new column written by Ted Lansing. "What to do if..." will cover many facets of life in Leisure Village. You will find the first one on Page 5.

Leisure Village Board Has Three New Members



Photo by JERRY SPECTOR

The 2016 LV Board of Directors: Chuck Kiskaden, Don Marquardt, Lin Grant, Merle Ruiz, and John Mayer

After last month's election and an unexpected resignation by a Board member, the make-up of the Leisure Village Association's Board of Director has changed significantly. Don Marquardt and

John Mayer won seats on the Board in this year's balloting. 1102 Ballots were cast, more than enough to validate the election. The vote count announced at the Annual Meeting on June 23rd was:

DIRECTOR AT LARGE.

Don Marquardt - 769

John Mayer - 712

Patrick Price - 541

Ron Quick - 1

Helene Sollett - 1

A week prior to the Annual Meeting, Board Vice President Bob Riveles resigned from his position; he had one year left in his term. In his statement, he said his decision was made for personal and family considerations. The remaining Board members then appointed Merle Ruiz to serve out that term.

The first official act of the new Board of Directors was to elect officers. Lin Grant was reelected President, John Mayer-Vice President, Chuck Kiskaden-Secretary, Merle Ruiz-Treasurer, Don Marquardt-Director at Large.

Ted Lansing: The Power of One Volunteer

By Patty Ecker

Whether it's threading wires into an odd-shaped tube in the back of the family's first TV or analyzing cables for aerospace equipment or reviewing a \$100,000 check written to a concrete vendor by Leisure Village Association, Ted Lansing has always had one thing in mind: he must be meticulous. "I have these hairs on the back of my neck. When they stand up, I know something's wrong," he says. That explains the precision and attention Ted has brought to the Village for the eight years he has served on the Board of Directors, almost entirely as treasurer. He leaves that post - term-limited out after being elected to four terms beginning in 2007.

He's been easy to spot during the nearly 150 Board meetings, countless town halls and budget presentations during his tenure. Ted often sits with his eyes closed, "I have to hear exactly what people say," he explains, "And order my thinking clearly." That is the legacy from a college class - Deductive Logic - at UCLA which he describes as "the one that nailed me to my seat," a class he casually chose to complete the requirements for his degree in electrical engineering. "It taught me how to systematize my thinking, and I use it every day."

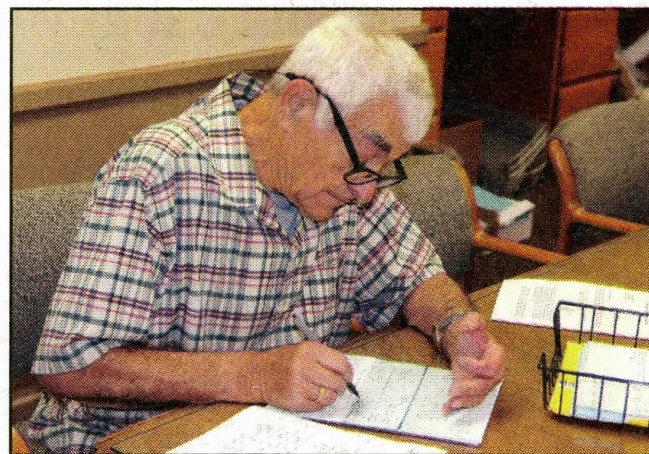


Photo by BOB BRADLEY

As Treasurer for 8 years, Ted's responsibilities included signing checks for hours every week.

For nearly four decades, Ted used his skills in major aerospace firms including TRW, Litton, and Hughes Aircraft. He moved to Leisure Village from Las Vegas in 2003 after the death of his wife. He'd served on an HOA Board there and saw things in his new Association that he didn't like. Once, when he asked during Homeowners Comments about where unspent money

Please See Page 20

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

Editor:

Bob Cohen
editorilv@yahoo.com
419-4682

Display advertising:

Stacey Janson
The Acorn Newspapers
805-484-1949 x303

Classified advertising:

Barbara Crome
482-9097

ABOUT INSIDE LEISURE VILLAGE

Editor: Bob Cohen

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Photo Editor: Rita Linsey

Photos: Bud Bradley, Bob Kaplan

Staff: Patty Ecker, Cliff Kearsley, Jean Kohut, Mickey Kohut, Larry Swartz

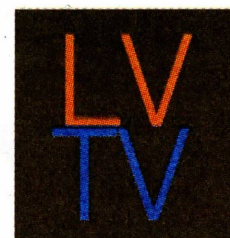
Classified Ads: Barbara Crome, Joyce Snider

Contributors: Ted Lansing, Joseph Benti

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.

JULY DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the August 2016 issue is Wednesday, July 20 at 5 p.m. The Display Advertising deadline is Friday, July 22 at 5 p.m. Publication is scheduled for Friday, August 5. 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 Rec. Center hallway.



LVTV Program Schedule

July 2016 | Channel 1390

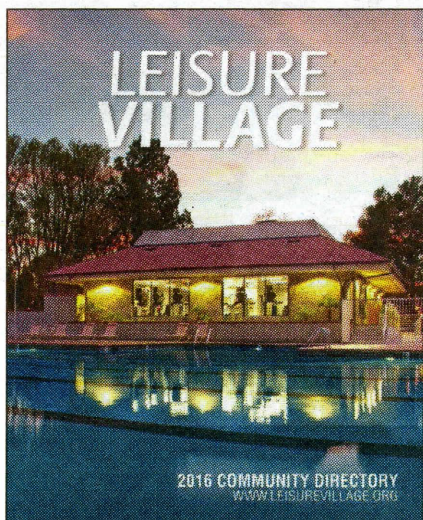
LVTV Committee Email:

lvtvcommittee@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
Fri	1	What Was My Line -Isabel Blau, Manny Davis, Peter Deller (43 min)
Mon	4	4 th of July
Tues	5	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Wed	6	LVA OPEN BOARD MEETING - TAPED
Thurs	7	Thurs. Showcase, Message Board for Shows
Fri	8	LVA OPEN BOARD MEETING - TAPED
Mon	11	Players Guild - Fiddler On The Roof -1994 (2 hrs. 8 min)
Tues	12	New York Club - Tatjana – 6/5/15 (54 min)
Wed	13	Law Talk - Consumer Rights - (29 min)
Thurs	14	Thurs. Showcase, Message Board for Shows
Fri	15	L.V. Art Show - 11/8/09 (50 min)
Mon	18	Mavericks Thrift Shop Fashion Show - 2013 (33 min)
Tues	19	What Was My Line - Marc Stone, Antonette Duren, David Harris (56 min)
Wed	20	Players Guild - A Musical Revue -2014 (48 min)
Thurs	21	Thurs. Showcase, Message Board for Shows
Fri	22	Women's Club - Fashion Show-2008 (59 min)
Mon	25	LVA 101 - #13: Architectural Committee – 2015 (52 min)
Tues	26	Wii Bowling Club - (8 min)
Wed	27	Billiards Club Presents: Jerry DeVille As Elvis - 2008 (1 hr. 50 min)
Thurs	28	L.V. Diana Allen's Miniatures - (31 min)
Fri	29	Players Guild - Beverly Wright - 2008 (44 min)
		OLD-TIME RADIO AUDIO: Thurs. 7:00 PM
		CALENDAR DIVA: 8:00AM, 2:00, 5:00, 7:00 PM

New LV Directory Due This Month



Gregg Gillmar's photograph was selected for the new 2016 Community Directory

The 2016 Leisure Village Community Directory – which many refer to as “the phone book” – will be hot off the presses by the end of July. With nearly 200 pages of information, the updated Directory will be hand-delivered to all houses. Its contents range from phone numbers and email addresses for residents and Association offices to emergency

preparedness information and Village Rules and Regulations.

The visual highlights of the Directory are photographs taken by Villagers and entered in a competition earlier this year. More than 40 pictures were submitted for the 2016 contest to find the best photo for the cover and for two prominent places inside the book.

The top prize went to Gregg Gillmar whose photo of the new pool and fitness center has become the Directory cover. The second prize-winning picture was taken by Marlene Votion. And the third prize went to Gregg Gillmar, also. The photographs were not identified by name in the judging; each was given a number. So it was a surprise when it was revealed that the same photographer took two of the winners.

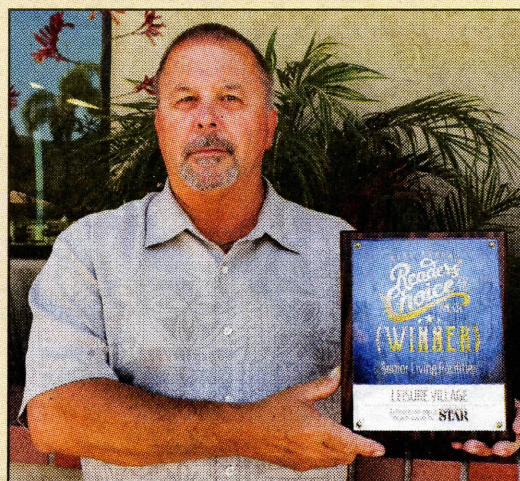
The judge for the contest was award-winning artist, Steve Stein, whose art has been juried into the prestigious International L.A. Arts shows held annually at the L. A. Convention Center.

LV Wins Readers Choice Award

In an annual survey conducted by the Ventura County Star, Leisure Village was chosen as the Best Senior Housing in the western half of Ventura County. The 2016 Readers' Choice Awards were announced in May and represent more than 170,000 votes cast in 119 categories ranging from best bagel to best veterinarian.

The award was first announced at a reception held in May. General Manager Bob Scheaffer was invited by the VC Star, as he had been in years past when the Village was listed as a favorite, not a winner. “So I was really surprised when they declared Leisure Village as the Readers' Choice,” he recalled. He was quoted as indicating that the security team is one of the reasons the community is so popular. “People feel comfortable knowing there's someone here in an emergency,” he said.

The Readers' Choice Award is posted in the Rec Center lobby.



General Manager Bob Scheaffer held the VC Star Readers' Choice Award only briefly before it was posted in the Recreation Center for everyone to enjoy.

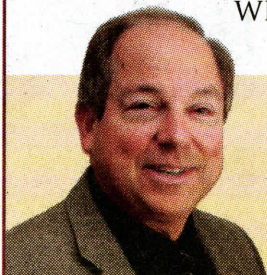
Photo by BOB KAPLAN

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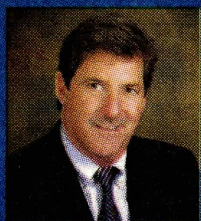


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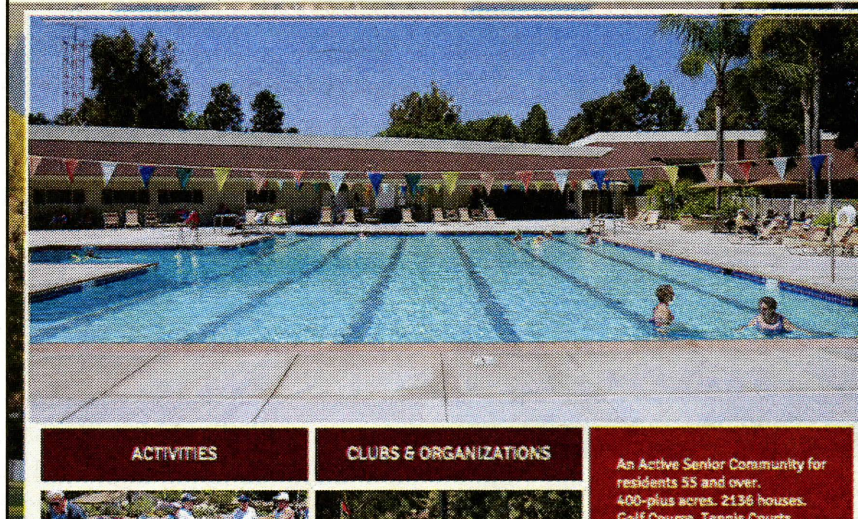
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HOME COMMUNICATION ABOUT CAMARILLO ACTIVITIES NOTICES More



Screen grab of the home page from the newly updated Leisure Village website.

LVs Website Gets a Makeover

The website for Leisure Village has been transformed from a pumpkin into a golden coach. While that may be a bit overstated, take a look and draw your own conclusions.

Like the new Fitness Center and swimming pool, www.leisurevillage.org presents a 21st century online look at our community. On the home page, there are 21 new photos plus a description about the Village. Information useful to residents such as agendas for LV Board meetings, LVTV's programming, and the Dial-a-Ride schedule are included, too. So is an extensive list of Camarillo listings such as local restaurants, movies, and the daily weather report.

The new look is the work of Vilager John Mayer. "I thought the old website was just that — old," he says.

"I had designed my personal website and found out that it was an easy thing to do. So I spoke to the General Manager and volunteered to work on the Leisure Village site." Permission was given, and a few months later, a rejuvenated, brighter, and up-to-date website is up and running.

John calls the result "a labor of love." For example, one late afternoon he got on his bicycle and rode around the Village taking pictures in what he describes as "great light." Those shots can be seen scrolling across the home page. Timeliness is crucial for a useful site, so several Association staff members will be updating the content regularly. Video clips are posted on the website that offer a sample of a Players Guild performance, the Welcome Video and LVTV programs.

IN MEMORIAM

Beatrice Andrew, V. 20

Opal Strassberg, V. 17

Martin Wiener, V. 9

Rea Williams, V. 39

To submit a memoriam call Loretta Reshes, 388-7116

BIRDS OF LV



Photo courtesy of Jean Kohut

The Return of the Pine Siskins

By Jean Kohut

"You have Pine Siskins?" A bird photographer friend of mine asked. "In your patio? Maybe I better come over there because they are too hard to find in the wild."

"Lucky you," commented birder friends of mine. "We can never find them."

Maybe everyone else was having trouble seeing them in the wild but I sure wasn't during last winter's migration season. They were all over my patio. One morning I counted 15 of them crowded into my small bird bath.

These delightful small songbirds with their wheezy twittering to one another live in large, gregarious

flocks. They are brown streaky birds like sparrows but their distinct yellow wing markings and finch-like beaks set them apart from the sparrow family.

Pine Siskins are nomadic with a wild and erratic range across the continent keeping busy following the seed crops. Every two years they make what are called irruptions, which are large numbers of them appearing in different parts of the country at once. The next year they seem to be nowhere to be found.

Siskins are small birds with the ability to pump up their metabolic systems to withstand temperatures as low as -94 degrees Fahrenheit. They eat voraciously when food is available storing large amounts of fat for the winter.

A birder from British Columbia commented to me on my Pine Siskins, "I am glad to see our Siskins made it down to you okay."

It may be another two years before I see them happily bathing in my birdbaths and twittering wheezy to one another among my bushes in the patio.

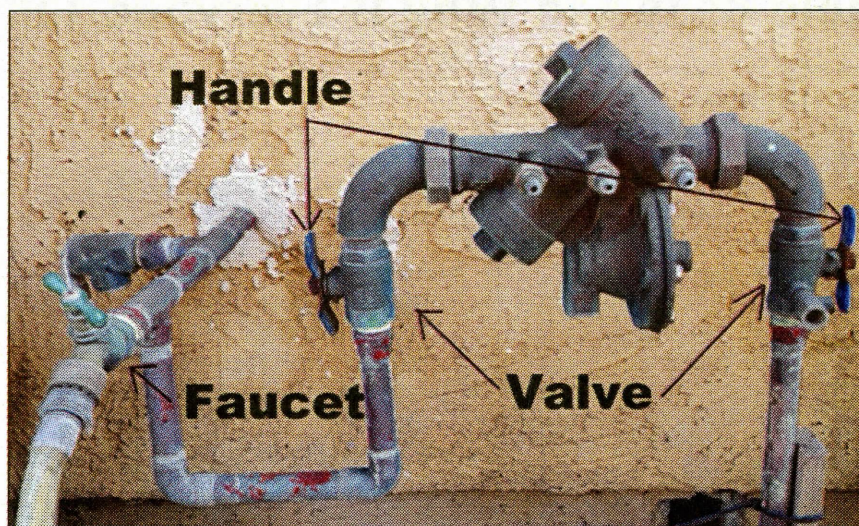
What Do I Do If---

By Ted Lansing

You wake up, roll out of bed, put your bare feet on the floor and---it's wet! You panic, dive for a telephone, punch in 911, and yell for help. Right? WRONG!

In any case of a water leak, you must stop the water flow as quickly as possible. Calling the Village Emergency number may not bring help that quickly. The available staff may be involved elsewhere, perhaps with a heart attack or other real life-threatening emergency. You need to know how to shut off all water entering your home, and quickly. The longer it leaks, the more damage it will cause.

You must know where water pipes enter the house. Walk around the house exterior and find something that looks like the picture. Every



home in LVA has this equipment.

You will see two valves as noted. Either one will stop the flow of water. Turn one of the handles clockwise so that it is cross-wise to the pipe it is attached to. It is possible that the valve handle will not turn easily. It would be wise to obtain a short piece of plastic pipe of one inch inside diameter, about twelve inches long, to slip over the valve lever to improve your leverage (no pun intended).

Keep it in the front hall closet for quick access.

Then, open the faucet shown to release water pressure in the house. It may continue to drain for a few minutes, and that will further reduce the amount of water inside the house plumbing. To finish drainage, open a faucet in the house, as far away from the entry point as possible.

Now you can deal with clean-up and repairs.

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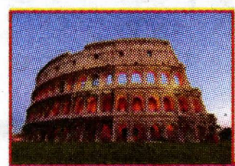


Shop Ahoy Helps Homebound Get Their Grocery Shopping Done

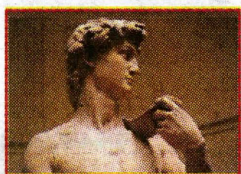
Shop Ahoy is a shopping and delivery service for homebound seniors and disabled adults. We also serve those people who no longer drive, have difficulty maneuvering through Vons or are unable to carry heavy items. Shop Ahoy is a volunteer-based nonprofit organization servicing Ventura County. A volunteer will call the customer on Sunday or Monday of each week to take their grocery order. Another volunteer shops on Tuesdays at our local Vons, and the order is delivered and paid for, along with a small contribution to help the system stay in operation.

We are always in need of volunteers. To help the growing need for Shop Ahoy's service as a volunteer non-profit organization, we welcome your support. There are three ways to participate: calling, shopping and delivering.

If you are in need of our services or interested in volunteering please call Barbara Yago at 388-0419 for additional information.



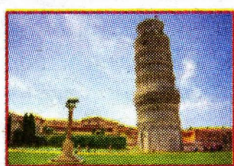
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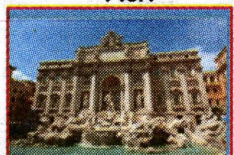
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AB139 Updates Property Transfer

By Sharron Parker

The cost to probate an estate for the transfer of a home is costly. Many California homeowners take action to avoid such costs via trusts or via property ownership which includes a right of survivorship. Due to the Assembly Bill 139, which became effective on January 1, 2016, there's a new way to avoid probate and transfer property upon death.

AB139 provides for the automatic transfer of ownership of residential real property upon the death of the owner through the use of a document entitled "Simple Revocable Transfer on Death (TOD)". The document is not effective unless the transferor signs and dates the deed before a notary public and it must be recorded within 60 days of the date of execution. The grantor does have the option to revoke a TOD at

any time.

Upon the death of the grantor, an Affidavit of Death or other evidence of death must be recorded to transfer ownership to the named beneficiary. The right of survivorship rules trump such a deed, such that a TOD would be unenforceable against an owner claiming title through joint tenancy of community property with right of survivorship.

This new law is set to sunset on January, 1, 2021 unless the bill is extended. Concern is the law could encourage elder abuse and fraud.

As always, it is highly advised that you consult with your financial and/or legal advisors prior to taking any action in this regard.

Sharron Parker is a licensed real estate agent (CalBRE#00900167) with an emphasis on Leisure Village. She can be reached at 443-1998 or www.IloveLeisureVillage.com.

PAID ADVERTISEMENT

What are Adjustable Beds and Why is Everyone Talking about them?

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 is a highly respected and well-known manufacturer with 30 years in the industry. (www.leggett.com)

What to Look For:

- A wall hugger: as your head goes up, the whole unit slides back to keep you close to the nightstand instead of propelling you forward and away from the nightstand.
- Memory set sleeping positions
- A smooth, whisper quiet motor

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CLUB NEWS



Photo by ROB SOLLETT

What's the significance of the green towel fixed to John Beiner's belt?

MEN'S GOLF

By Rob Sollett

BREAKING NEWS: *The Ed/Rec Committee voted 18-3 at their June 16 meeting not to expand handicapped motorized golf cart use on the front nine.*

John Beiner has been playing golf for a very long time. In fact, it is said that he constructed the corner stone with Old Tom Morris for the St. Andrews Golf Course in Scotland. Well, maybe I'm stretching it a bit. Regardless, he has played with the 18ers for more years than I can remember. In fact, in 2013, John Beiner won the 18ers A Flight Presidents Cup. Number one. The best of the best.

This year Beiner moved to the 9ers and pulled off the magnificent—he won the 2016 Niners Cup. Number one. The best of the best... again.

"I used the towel that I won in 2013 to clean my clubs before teeing up for the Niners Cup competition," Beiner revealed. "It's my lucky towel, now." Indeed it is. Well done, John.

Hearty congrats to Norm Chapman for winning the top spot of Grand Champion in the Regulation

Golf Tournament of Champions played at Olivas. He last won this title in 2009.

Congratulations to the top winners of the 18ers Presidents Cup. They include: Jerry Johnson-A Flight with a Net Score of 107, Pat Gunning-B Flight with a Net Score of 103, and our Grand Winner Patrick Price-C Flight with a Net Score of 101. Price had this to say: "Although my victory may seem like luck, I couldn't have done it without my team, the other members of the LVMGA and their encouragement. Golf rules!" Couldn't have said it better myself, Patrick.

Hole in One congrats to Gary Bunch and Rody Alvar who aced holes 7 and 18 during the May 24 Tuesday Tourney.

Welcome to our new Board of Directors: Jim Gaffney, President; Gerry Sarno, 1st VP; Chuck Dolan, 2nd VP and Norm Paniagua, Secretary. Dan Turner, Treasurer, is returning for another term.

Lastly, this writer regrets failing to mention the donation of a set of irons by Geoff Millar to our May Garage Sale. Sorry Geoff.

Oh, speaking of Geoff, did you hear how he saved the life of a fellow former U.S. Marine during the recent Village 13 fire? Oo-rah!

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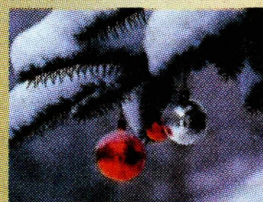
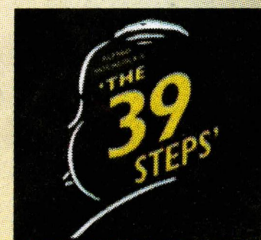


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MELODRAMA - THE 39 STEPS

October 21 - November 13, 2016

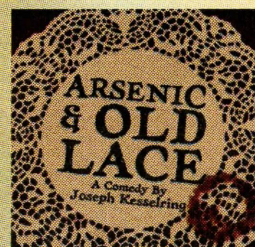


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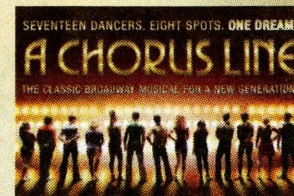


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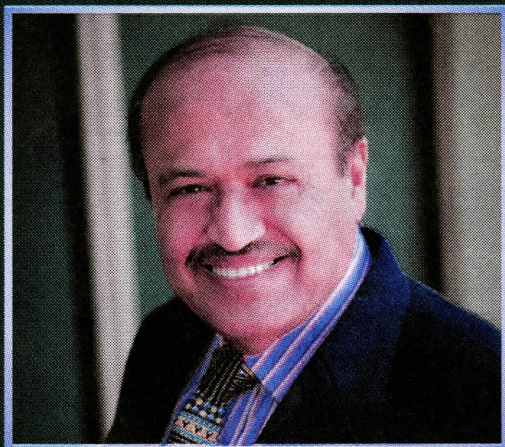
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CLUB NEWS

RACQUET CLUB

By Leslie Fox

Summer is here and with it comes longer days. This means more time to play, yeah! Besides giving you a chance to get together with friends in the evening, it is also providing us with our Friday night play. Our May 27 Friday night play was a great success. The June 17 Friday evening promised to be extra special with the return of our great friends Diane and Bob.

Hope you received an email or phone tree call for this because it was put together after I could put it in the paper. This will not happen again because here are the future Friday evening play dates; July 15, Aug. 19, Sept. 16, and possibly Oct. 21. The time is 4:30 p.m. till dark. The courts will be open for both paddle tennis, pickle ball and tennis. Bringing an appetizer and your choice of beverage is always optional, as is playing or not. Just come down and enjoy the evening with your friends.

It is time for our annual picnic. It is scheduled for July 30 and will be catered. At this time I do not have the price for each person but a sign-up sheet and further informa-

tion will be posted on the bulletin board.

Last month I left out the Spring League leaders. They are: Tuesday's leader, Ginny Lutz and Friday's leader was a tie between Jim Lutz and Len Zakas. Great playing everyone! There will be no league play during the summer but should return in fall.

The schedule remains the same as last month and is currently posted on the bulletin board.

This month stay cool, lots of water, and have a great 4th of July!

BILLIARDS CLUB

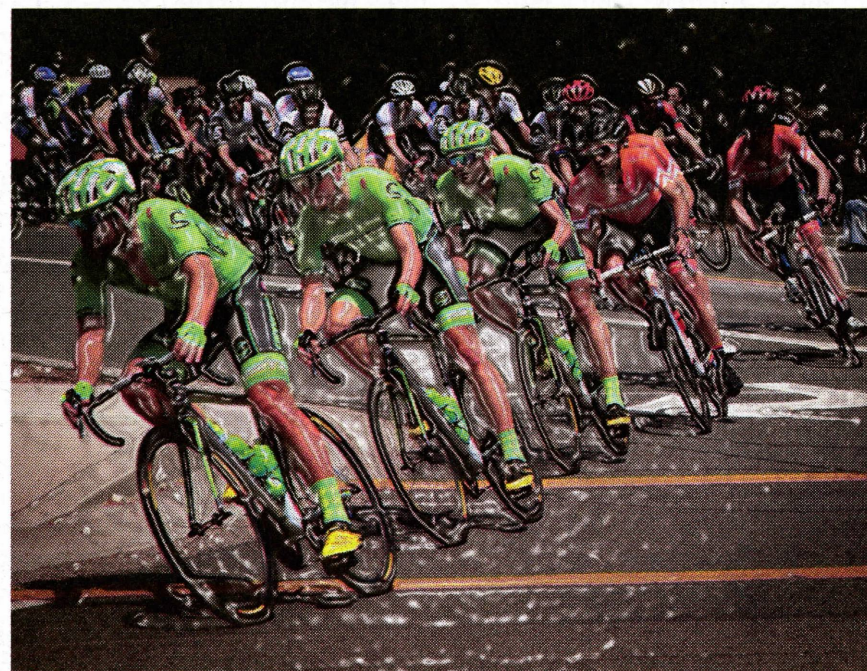
By Patrick Price

There is a Billiards Club 8-ball tournament scheduled to start Monday, July 11 at 6 p.m. Sign-up sheets will be up until Wednesday, July 6.

The Pizza Party will be on Thursday, Aug. 4 at 6 p.m. in the Pavilion area. It will be free and for members only. If you haven't renewed your \$7 membership, now is the time. Tournament awards will be given at the party.

No meetings are scheduled for July or August.

The popular Thursday night challenge continues. Be there at about 6 p.m. to sign-up.



Camera Club Winner, Blistering Fast, by Gregg Gillmar

CLUB NEWS

WOODSHOP

By Chuck Russell

No summer doldrums here! Our window is open as always two days a week to Villagers who have furniture, toys, and all things wooden that need repair. We can't guarantee that our skilled woodworkers can fix them, but we sure will try. The Woodshop in the Rec Center is open on Tuesdays and Wednesdays between 10 a.m. and Noon to accept your project. We do not charge for our work; however donations for supplies and materials are graciously accepted.

Our project totals for this year are:

Residential projects: 121

LVA/Clubs projects: 53

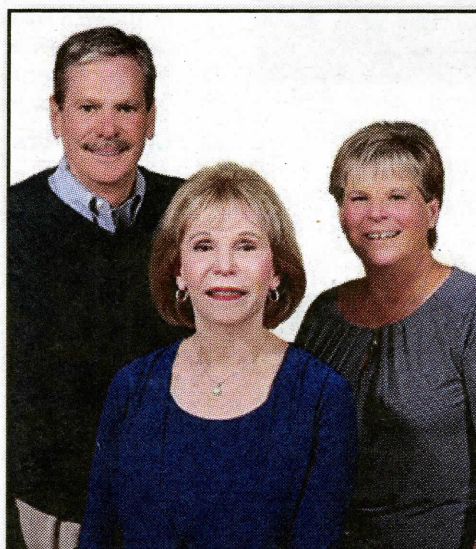
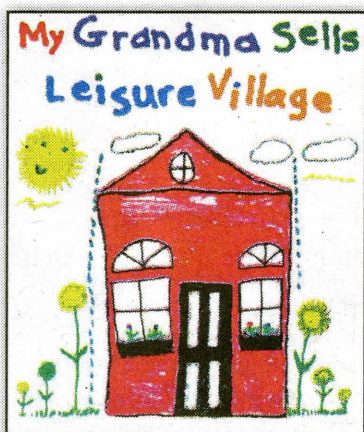
"Quickies:" 27

Newcomers to the Village who are experienced woodworkers are welcome to join our team. If you know how to safely operate power equipment, join us. Call Chuck Russell at 383-3043 to set up an appointment with one of our staff who can answer questions about the woodshop, our members, and can check you out with our equipment.



Photo by BUD BRADLEY

Two of the Woodshop Elves, (L-R) Len Zakas and Roger Williams, rebuilding a busted drawer.



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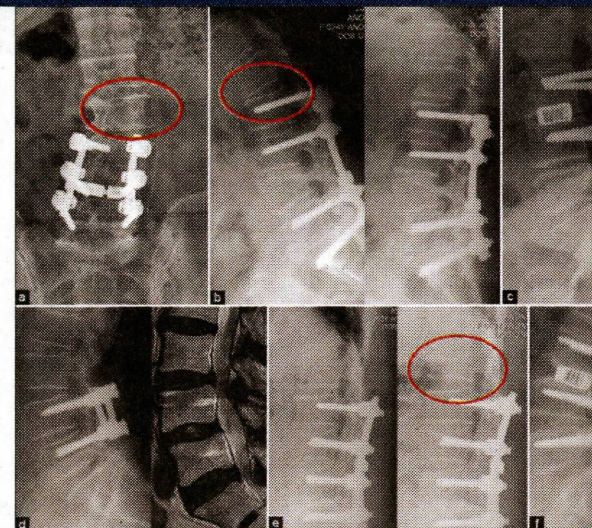
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BEEN TOLD YOU NEED BACK SURGERY?

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In this doctor's opinion, the best breakthrough treatment for serious back pain of our age is NOT surgery, but a non-surgical, safe & painless, state-of-the-art technology now available in Camarillo.



You may be thinking, "what is going to happen to me if I can't find a solution to my back pain or leg pain?" The answer to your question starts out hopeful. I'll just go to my doctor and he will take care of me. He will know what to do. But then something very odd happens to you. You discover your primary care physician, who in the past has done an excellent job treating your other conditions, is not able to get rid of your pain, even with your prescription for Soma muscle relaxers, oxycodone, neurontin, or any other of the various prescribed medications. You then take the drugs, soon to feel strangely like you're not altogether "there" or you immediately feel sick, feel nauseous and vomit the drugs as fast as you swallowed them. When you get sick of that (pardon the pun! I couldn't resist), you go back to your doctor looking for another more appealing treatment. This time it's physical therapy, the thing you already can't do!! You already can't bend over, twist, lift things and now they want you to do more of that with a bunch of other back pain sufferers! Gimme a break.

So you go back to your doctor who recommends doing shots in your back. After 1, 2, 3 shots, you're still in pain.

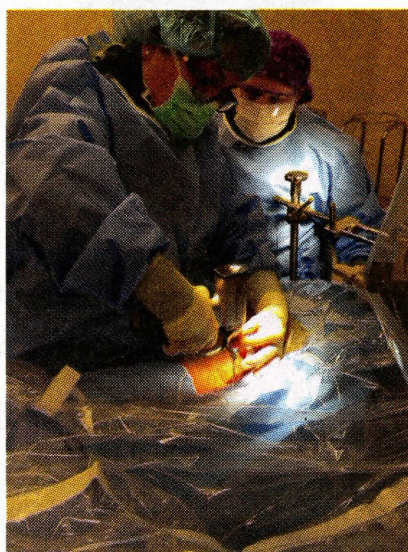
You come to the realization that pain shots will not fix the disc bulge or herniation still smashing your delicate nerves, causing you pain. Finally your doctor recommends you see a "Specialist" (back surgeon) and he can do surgery. Why even do the surgery? Risk of paralysis, death, infections and more pain. No thanks!

You may even have been told that you're not a candidate for surgery because it has either gotten too bad or because your other health conditions make it too risky. So, back to the question.

What are YOU going to do if you are stuck between serious back pain or leg pain or surgery?

GREAT NEWS! A new extremely effective non-surgical back pain treatment is available in Camarillo. If you are suffering from back pain or leg pain, having pain at the belt line, fire down your legs, numb legs, feet or toes, or feel like a knife is stuck in your back, you owe it to yourself to check out this new procedure.

If you've been suffering with back pain or arm/leg pain caused by a disc bulge, disc herniation, or squashed or



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My name is Dr. Dooman and I've successfully treated many patients with spinal decompression so there's no reason your back problem should be any different.

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Here's what some of our patients have said:

Much to my amazement, during my treatment, I began to feel some relief. I can honestly say that I am 100 percent pain free. With the help and encouragement of Dr. Dooman and his compassionate staff, I have achieved what I truly thought would be impossible without surgery. I am truly grateful, and would most certainly recommend Dr. Dooman to anyone who is experiencing back pain.

T.D. - Los Angeles

This was the best thing I ever did! I was two days away from surgery and did this as a last resort. I was skeptical but Dr. Dooman was confident he could help me. Now I can walk flat on my feet and my sciatica is gone - after over a year of pain! So amazing!! Thank you so much for fixing my back!

D.S. - Moorpark

Dr. Dooman, thank you for doing what you do. When I was first referred to you because of the herniated and degenerative disk in my lower back, I thought I would have to undergo surgery for it, as I had in 2003 for the same issue with the disk above the one that was currently at issue.

I am so grateful that after completing the treatment your provided, the pain I was experiencing is gone. Also, judging by viewing my 'post-treatment' x-ray as compared to the 'pre-treatment' one, I will not need surgery! I am amazed at the increased disk space that resulted from this treatment.

I highly recommend this treatment to anyone vs. the surgery alternative. I only wish I knew about you before I had surgery in 2003.

Thank you so much, again.

Doug Brand - Simi Valley

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CLUB NEWS

RV CLUB

By Darryl Sobelman

June 11 found about 40 RV Club members at the picnic area enjoying hot dogs, hamburgers and all the fixin's at our RV Club BBQ. Steve Ryan & Jeff Beil were our chef's manning the grill. Many side dishes and desserts were laid out on tables for our enjoyment. Susan Rockwell brought ice cream, too! Thanks Susan!

A Bocce Ball Tournament was begun, but sadly, was not completed once it was announced, "Food is ready! Come and get it!" Everyone ran to eat and forgot about Bocce Ball!

Great Job by the BBQ Picnic Committee consisting of: Jeanine Ryan, Susan Rockwell, Mary Beil and Linda Gordon

Here, again, is a listing of upcoming campouts:

Aug. 26-29 - Morro Strand,

Morro Bay
Oct. 7-9 - Newport Dunes, Newport Beach

Nov.11-13 - Pismo Sands RV, Oceano

January 2017 - Hobson County Beach Park

Club dates for this outing are Friday Jan. 27 to Sunday Jan. 29. Book however many days suit you. Nine sites with Full Hook-Up's are available now for this outing.

You book your own reservations at: <http://www.ventura.org/beach-front-parks/hobson-beach-park>

Non-Hook-up Sites are \$36 per night (Sites 8 to 28)

Hook-Up Sites are \$48 per night (Sites 1 to 7 and 29 to 31)

Reaction to the camping calendar has been overwhelming! Our Campouts are now filling up quickly. If you plan to attend a future campout you better sign up now! If the list seems full, contact our Wagon Master, Judy Hope (310)745-7911 to see if she can get

you in.

There was not Tech Talk this month as Bob Zarit, our Tech Guru, was out of town. The next Tech Talk will be at the August meeting as we are dark for the month of July.

Meetings are held on the second Tuesday of the month, at 7 p.m. and beginning in August will be held in the Santa Rosa Room in the Clubhouse. Refreshments are always available!

For more information on the club, and its activities, attend one of our meetings, or call John Kingsley, President at 484-2514.

PET CLUB

By Ruth Stubba

People and dogs filled the pavilion at our June Ice Cream and Pet Dress Up Social. Photographer Alice Williams took over 1000 photos of dogs in attendance, many of which will be included in our 2017

Pet Photo Calendar. Along with co-sponsor Beach Dog Fun, the Pet Club entertained members and guests with delicious ice cream and all the fixings, a fun doggy fashion show, and a raffle totaling \$300 in cash prize drawings and gift certificates donated by local businesses.

There is no Pet Club meeting in July. But the Pet Club's next Special Event in August will be worth the wait! Plans are underway for a PET HEALTH EXPO on Aug. 8, from 6 to 9 p.m. at the pavilion. Bring your pets! EXPO SPECIAL: Camarillo animal shelter will be on-site offering special services including licensing, vaccinating, and microchipping our dogs. Annual dog licensing is required by law and Camarillo shelter is offering our senior community dog owners a discounted license cost of \$10.00. (Bring a current rabies certificate to obtain a license.) Come meet and talk to all the local, pet-related businesses and services at our Expo in August!

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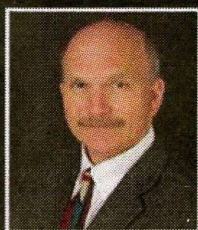
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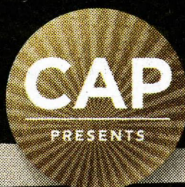
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2016 FALL SHOWS

AUGUST



5 DAVID BENOIT



21 DAVE KOZ & DAVID SANBORN:
Side by Side

SEPTEMBER



9 WHOSE LIVE ANYWAY?

17 PETER CETERA

17 CRAIG SHOEMAKER

21 ENGELBERT HUMPERDINCK

23 DANIEL AMAT
The Classical Side of Cuban Music

24 An Acoustic Evening With
AL STEWART

30 MOM-O-PALOOZA

OCTOBER



6 CLINT BLACK

22 PERLA BATALLA

25 CAPITOL STEPS



NOVEMBER

1 FOREIGNER
Unplugged Tour

5 PAM TILLIS TRIO

12 DANA CARVEY



19 THE BEACH BOYS

19 SHENANIGANS

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CLUB NEWS

WOMEN'S CLUB

By Rita Linsey

Kathy Wirtz was the first-prize winner at the June Bingo event. It's such a popular event that residents line up to get the "best" seat.

On Thursday, July 14 at 1:30 p.m. in the AR, the club will feature Bob Bolivar, Close Up Magician. He is a featured performer at the Magic Castle in Hollywood. Bob Bolivar has won numerous performance awards and was honored by the International Brotherhood of Magicians, the Society of American Magicians, Southern California Association of Magicians and the Pacific Coast Association of Magicians, specializing in close up, strolling and parlor magic.

The Women's Club Boutique is a popular 'shopping spot' in the Village. The Boutique is open on the 2nd and 3rd Tuesdays each month (July 12 and 19). On sale is a large variety of See's Candy; boxed candy is \$17.50, gift certificates \$17.50, suckers \$0.75. The monthly LV Bingo Night Boutique Sale is on the 3rd Wednesday (July 20) in the Rec. Lobby from 4:30 to 7:30 p.m.



Photo by CHI CHUN

Kathy Wirtz is the big winner at Women's Club Bingo.

Workshop: Each Tuesday, join a friendly group of craft workshop members and use your talents for knitting, sewing, crochet, etc. and other talents you would like to volunteer to create. The crafters meet in the MPR every Tuesday from 9 to 11 a.m. The Boutique accepts jewelry donations and gently used items for resale. A member of the club can pick up items you wish to donate (nothing too large). The club also collects donations for FoodShare. Contact: Sharon Loney, 419-4853.

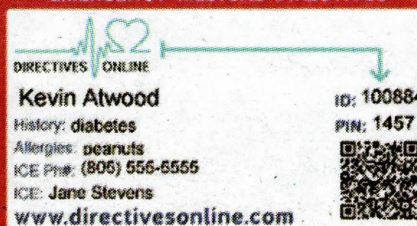
FOR THE RECORD

The June issue failed to carry photo credits for two major presentations. The photos of the Women's Club Fashion Show were taken by Rita Linsey. The daytime photos of the fire in Village 13 were taken by Gregg Gillmar. The night shots were taken by Rita Linsey.

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CLUB NEWS

SHOWTYME

By Jerry Spector

Showtyme presents THE ALLEY CATS Sunday July 17 in the AR. Show starts at 2 p.m. Doors open 1:30 p.m. Members \$10, Non-members \$15.

Every Alley Cat performance is accompanied by the sounds of laughter and voices joining in to sing the melodies we all know and love. The Cats' engaging wit and humor have won over audiences nationally as they relate directly to the crowd with jokes, stories, and audience participation that appeal to young and old alike. Tight harmonies, universal humor, and unbelievable a cappella energy have made The Alley Cats America's premier doo-wop group. By bringing their own contemporary style to tunes from the 1950s and 60s, The Alley Cats appeal to fans of all ages, breathing new life into everyone's favorite doo-wop classics.

The four members of The Alley Cats are a perfect blend both vocally and personally. The Cats have appeared at numerous fairs and festivals around the county and have been the feature performers on stages at Disneyland, Knott's Berry Farm and Hersheypark. Showtyme is proud to present the Alley Cats here in Leisure Village. Sit back and relax and enjoy the music we all grew up listening to.

Tickets are on sale in the AR lobby on Tuesday, Wednesday and Thursdays July 5, 6 and 7 and July 12, 13 and 14. Or call "the ticket lady" Roz Feldman at 383-6566.

SAS

By Zelda Greentree

Our next "Dinner Out" will take place on Tuesday, July 12 at 5 p.m. at Ottavio's Italian Restaurant. Please call Lee Edwards at 484-3289 for your reservation, which is a must.

We're anxious to meet you. We promise you'll meet some old friends and some new ones and have a great time. And you'll have a great Italian dinner. See you there.

SATURDAY NIGHT BALLROOM DANCE

By Andrea I. Moran

Hello Villagers. A fun time was held at our June Dance for 3 birthday villagers. Cake was provided for all that attended. Please remember, this is a great place to celebrate with family and friends on these special occasions. Please let Joyce or Bonnie know ahead of time so they may set up the tables.

July Schedule: 7/2 Rhythm Kings (Independence Day, red, white and blue); 7/23, Ralph Mathis Band and 7/30, Dick Parent. There are 3 ballroom dances in July.

If you have not attended our dances in a while, you will find new

friendships and a happy feeling listening and dancing to the music. Please join us in the A.R. 7:30 to 10 p.m.

Punch, coffee and fresh popcorn provided. \$7 admission per person. Keep those feet tapping to the beat. See you all there.

COUNTRY WESTERN DANCE

By Sue-Ellen Colp

Our next dance will be July 9 from 7 to 10 p.m. Come join the fun. We do a fifty-fifty drawing plus we give away two \$25 gift cards to Trader Joe's. If you don't dance, come socialize and listen to the music. If you do dance, put your request on the list and the music will be played.

Come join the fun. Cost is still only \$5. Punch, water and coffee will be served. Bring snacks to share. Looking forward to seeing everyone soon.

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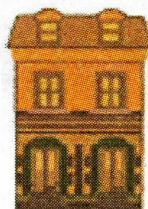
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CLUB NEWS



VETERANS CLUB

By Tim Palmer

The Veterans Club is reaching out to all Leisure Village veterans and their

spouses to join us every third Thursday at 7 p.m. for some camaraderie, story-telling and updates on what is going on in the military services. Our guest speakers have included our own Len Deutsch who recounted his combat experiences in World War II

and Kenny Nelson, who told us about his experiences with the B-29 aircraft. We expect to have presentations on a wide variety of subjects of interest to veterans and their families, including benefits available in the local area. Come share the bond of past military experience!

Our member, John McGava, US Army (Retired), was responsible for placing the wreath and flags in front of the clubhouse to commemorate Memorial Day and draw attention to the Leisure Village permanent display to those who gave the ultimate sacrifice.


LV BOWLING

By Vivian Hurst

Our bowling league is open to all residents of Leisure Village. The next season begins on Friday, Sept. 9. We are a handicap league and welcome bowlers of all skill levels to our fun league. Beginning this year, we are a 100% handicap league which means everyone starts the year with a 200 average!

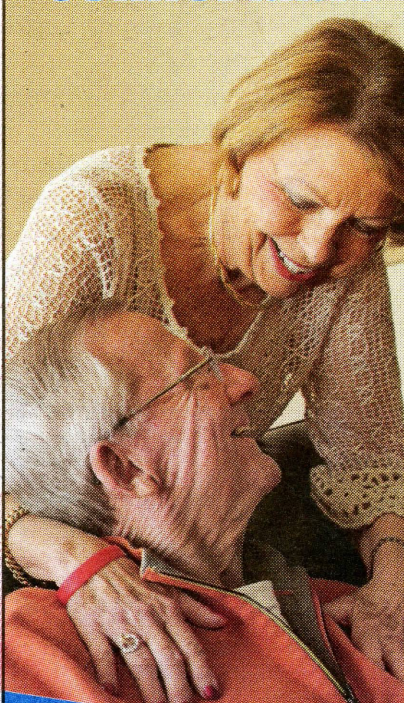
Sign up in the Sun Room on Tuesday Aug. 2 between 9 and 11 a.m. You are also invited to join us almost every Monday, Wednesday and Friday during the summer at Harley's Camarillo Bowl.

If you have any questions, please call Vivian Hurst at 910-9632.



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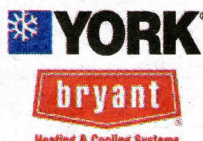
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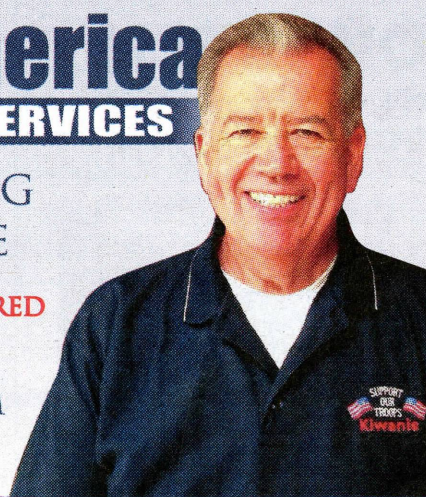
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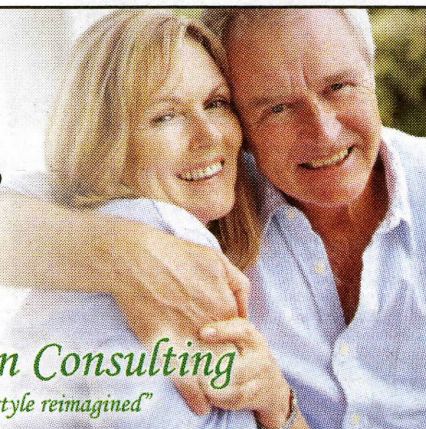
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CLUB NEWS

IN OTHER WORDS

By Frank Seiden

Our stories and thoughts, based on life experiences and written in prose or poetry, are the material for discussions of writing technique. Does the opening draw in the reader? Does the word flow fit the mood? Do descriptions paint virtual images? We are there to refresh and improve, to support and encourage. Each session ends with a lesson on a technique that individuals can try; nothing is mandatory.

In Other Words normally meets the second and fourth Wednesdays of each month from 2 to 4 p.m. in the Lanai Room. We welcome visitors. Come and see what we are like.

NEW YORK CLUB

By Frank Seiden

The New York Club invites all to our Summer Buffet and show

on Aug. 4 starting at 6 p.m. Doors will open at 5:30 p.m.. Catered by Wood Ranch, the menu will consist of: tri-tip sliders, BBQ chicken breast, peanut coleslaw, vegetarian pasta, skillet baked beans, potato salad, garlic rolls, apple cobbler and hot and cold beverages. The menu should also satisfy vegetarians. Then sit back and enjoy the songs of Joe and Debbie Green. It will be an evening to satisfy your appetites for food and entertainment. Tickets are on sale Tuesday and Wednesday mornings from 9 to 11 a.m. in the Rec Center lobby at \$20 per person for everyone. We have to limit attendance to 100 people, so it will be first come first served.

In September, the New York Club will not have its regular first Thursday meeting. Instead, on Sunday Sept. 11 at 3 p.m. in the AR, we will have a memorial commemoration for the victims of the horrific 9/11 attack on its fifteenth anniversary. It will be open to all Leisure Village residents, families

and friends. There will be appropriate music, songs and readings and a few very short speeches. We are arranging with other clubs for the talent and support they are offering. This is a public event that deserves participation. There will be refreshments in the Pavilion afterward.

We welcome all residents of Leisure Village to join the New York Club.

PLAYER'S GUILD

By Stan Reshes

Don't be fooled by the title of Players Guild's July show, "Readers Theater." It's a new concept from the usual PG fare, but is so popular it is being performed frequently off-Broadway. Cast members were allowed to bring guests to a rehearsal held last March in the Garden Room, and the select audience members were in hysterics for the length of the show.

Yes, the performers read, but they bounce off each other as they are constantly jumping up and down from their chairs.

Resident Judy Blake, who has directed productions at many of our local community theaters, is producer and director of this show. Beware, you may be having cramps from laughing, but relief will follow with the usual delicious goodies following the show.

Don't miss this unique experience, Thursday, July 21, 7:30 p.m. in the AR.

WII BOWLING

By Ginny Bryce

We Wii-Bowl on Tuesdays, Wednesdays and Thursdays. If you are interested in joining us for a fun exercise with friends, please call Joan Levy at 482-6871, or Barbara Bell at 388-2264 to schedule a time.

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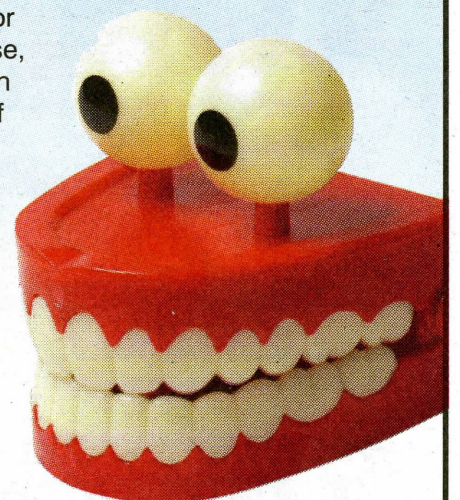
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CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

At our next meeting which will be held, July 13 at 2 p.m. in the MPR, one of our newest members, Mike D'Amore will be presenting WINMOR, a software program. WINMOR is a radio transmission protocol intended to be used by ham radio operators, marine radio stations, and radio stations in isolated areas. Come and hear how this system differs from the normal modes of communication and the role it might play in our emergency plans.

As we make more use of the Ham Shack here at Leisure Village, you can be one of those people that makes new contacts with another country or just locally. The experience gained will help us all if ever needed in an emergency situation

and in the meantime it's a fun hobby. So please join us. You do not have to be a licensed amateur radio operator to be a member. If you want, 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 377-3697 or KJ6LV@yahoo.com.

WRITERS CLUB

By Harvey Brosler

Would you like to share short stories or poems? Would you like to know about the lives of other residents, their opinions, and interests? If so, we would like to see you at the Writers Club meeting held every Monday at 1 p.m. in the MPR. No special ability or prior experience required. You may write on any topic or use the suggested topic for that day.

For July, the suggested topics

are: "A Family Tradition", "The Quality I Most Like In Others" and "The Trait I Most Deplore in Others". 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.

VILLAGE ARTS

By Gwen Zimring

Hello Village Arts members and friends. We have certainly had a busy summer so far. At the summer picnic, many of the people who attended, both members and guests, had the opportunity to take home one of Aurelie Zachary's paintings or ceramics. It was Aurelie's wish that most of her art should be given away. What a wonderful gift!!

For the July 6 meeting, hope

you do remember to bring a favorite piece of your art to be photographed for our club's 2017 calendar.

For our Aug. 3 meeting, an Art Walk is planned in the gazebo garden. You will be able to both display your work and do some plein air painting at the same time.

The Sept. 7 trip to Camarillo Ranch House is still in the planning stage. This lovely old historic home is both an historical and an artist treasure. We will keep you informed.

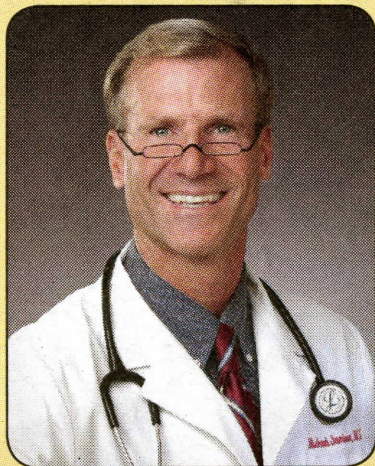
Looking ahead to our Oct. 5 meeting, Phyllis Doyen will critique one or two of your paintings.

THE MAVERICKS

By Margo Secia

Summer is here and the Mavericks are having a "Pool and Pizza Party" in

Please See Page 17



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CLUB NEWS

THE MAVERICKS

From Page 16

the Pavilion and, of course, the pool area on Friday, July 29 at 5 p.m. There will be games played in the pool, so those who want to participate in some water fun should wear your swimming suits and dive in. Pepperoni, cheese, veggie and Hawaiian pizzas will be served in the Pavilion, along with salad and ice cream. Please, BYOB.

Tickets for the evening are \$2 for paid-up members and \$7 for non-members. You can purchase tickets by calling John Wirtz at 384-8508 or Geri DeSimone at 402-1465.

Yearly dues of \$5 per person for May, 2016 to May, 2017 can be paid by calling Geri DeSimone. Please join and be a member of the Club as we are planning a really great year.

If you have any questions or comments, please feel free to contact President John Wirtz.

WOMEN'S GOLF

By Patti Crichton

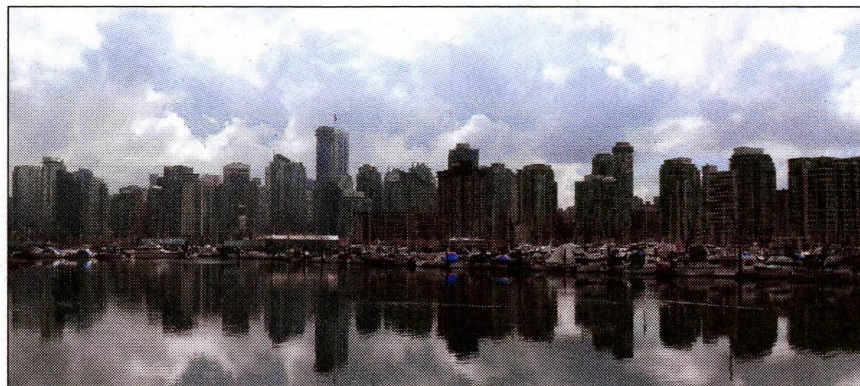
July marks the beginning of a new golf year for our Club. We celebrated our top golfers at the June 29 Installation and Awards Picnic Luncheon. Thank you Leslie Rawlings for organizing this event.

Plaques in the Golfer's glass case have been updated with engravings of our winners for 2015/2016.

The most recent Club Championship tournament results are:
18er Champion - Linda Gaffney,
and 1st Low Gross - Debbie Dolan
9er Champion - Jaclyn Claros after a Playoff with Verna Cryder who is 1st Low Gross, 2nd low Gross - Lois McCullough.

Most improved golfers for the year are Debbie Dolan for the 18ers and Patti Crichton for the 9ers. Congratulations!

Our new LVWGA handbook was distributed at the Luncheon.



Camera Club Winner, City Skyline, by Sharon Forkner

SHUFFLEBOARD CLUB

By Diane Hawrylo

High scores submitted for an eight frame game in June were: May 25, Diane Fleisher, 187; June 1, Diane Fleisher, 128; June 18, Jon Amelsberg, 154; and June 15, Ernie Petersen, 136. Diane Fleisher with her score of 187 was the second highest score ever. Bravo, Diane!

Last month Milt Krapes scored 198, which is a very astounding feat. Previously, the highest ever game was a three-way tie of 186.

We regularly play shuffleboard on Wednesdays at 9:30. Villagers are invited to join. We will teach you if you don't know how. There are no dues. You can practice at any time. Come and join the fun.

A safety note: Because of uneven surfaces, wear only flat shoes, and walk only between the lanes. Never walk across the lanes.

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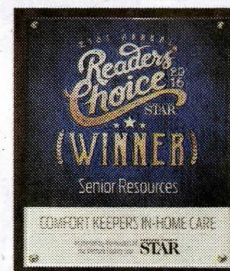
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Who Can You Trust?

By Annette Broersma, M.S.

How many times has someone been at your door selling magazines and you secretly (or not so secretly) wondered if they were casing your place so they could come back and burglarize you?

One reason seniors turn to a safe and controlled living environment is that they are tired of wondering who is knocking on the door or calling with requests for help. Most senior living communities have excellent security and a front desk entrance that screens visitors. At The Reserve, all visitors are required to sign in, and sign out, and solicitors are not allowed under any circumstances.

If one of our residents does need assistance, or suspect fraud, our staff ascertains the legitimacy of the situation and steps in where needed. For those who do not already live in assisted living, local numbers and contact agencies are listed below.

Fraud Prevention Resources:

Investment Scams – Contact SAIF (Seniors Against Investment Fraud) at the California Department of Corporations (toll-free) 1.866.275.2677.

Door-to-Door Sales/Service – Contact local law enforcement (police).

Telemarketing – Sign up on the Do Not Call Registry (toll-free) 1.888.382.1222.

Credit Card/Identity Theft – Call (toll-free) Experian 1.888.397.3742 – Equifax 1.800.525.6285 – TransUnion 1.800.680.7289.

Elder Abuse can be physical, emotional, or financial. Physical abuse is something we should all look out for whether someone is in a facility or in their own home. Emotional abuse can include isolating a senior from their family and friends. If you suspect abuse, contact the following agencies in your county. The three agencies handling **physical, emotional or financial** elder abuse are:

Adult Protective Services
Long-Term Care Ombudsman
Police or Sheriff Department

For more information on these options in the Conejo Valley, send an email to me (Annette Broersma) at ajbroersma@thereserveattho.com.

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COOKING WITH LARRY

The Banana Thief of Leisure Village

By Larry Swartz

I cook with wine, sometimes I even add it to the food."

— W.C. Fields

When I first thought of writing a food column that covered the ethnicities of people in Leisure Village who not only love to cook, but who would be willing to talk to me about the foods that grew up with, I thought I'd be lucky if I met maybe 5 or 6 people. Well, here we are 3 months into the project and I keep getting emails and calls from friends that are saying "Larry, you need to call Mary over in Village 5; she's from _____ and loves to cook... I'll keep it up as long as the world doesn't shrink.

This month's journey took us to a rather remote location of the world, Burma or is it Myanmar? The decision of which name to use is more political than linguistic. Those who prefer "Burma," as the country was known until 1989, argue that "Myanmar" lacks legitimacy because the name change occurred without the consent of the Burmese people. The Burmese government, on the other hand, has argued that the word "Burma" referred only to the country's largest ethnic group and that "Myanmar" was the more



Photo by BOB KAPLAN

Curry powder doesn't grow on a bush, Shirley explains.

inclusive term. We've decided to petition the United Nations to call it Chicken Curry with Noodles since that is one of the favorite dishes of my new cooking friend, Shirley Francis, a native of Rangoon Burma. I never met anyone from Rangoon.

Shirley was born to German and English parents before WWII. She didn't really learn to cook dishes native to Burma until later in life when her family moved to London

to escape the Japanese incursion during WWII. There, after a few years, she made a friend who would take her to the food markets and teach her to cook an interesting amalgam of dishes like Beer in Corned Beef, Indian Vegan Curry, Eggplant and Tofu and a catfish dish that uses the heart of the banana tree, an item that is not really for sale on the commercial market. Shirley sometimes finds herself driving around Leisure Village, spotting a banana tree and wondering how to get the heart out of it. Of course Shirley would never cut the heart out of anything...she is far too sweet for that.

"Burmese food is close to Vietnamese food", Shirley told me, "but I love to cook all kinds of food." She cooks for her card group, her husband, her friends and I hope soon to be able to say that includes me. Anyway, Shirley was willing to share her special Chicken Curry with Noodles recipe with everyone out there in the village. And if you happen to be walking in the vicinity of Village 31 and sniff the aroma of something exotic and stimulating, you can bet it is Shirley in the kitchen cooking up something fantastic!



Parting Gift Has a Familiar Appearance

Lin Grant presents Ted Lansing with a "retirement gift" — an autographed caricature.

Photo by
JERRY SPECTOR

SHIRLEY'S BURMESE CHICKEN CURRY WITH NOODLES

INGREDIENTS (serves 4-6)

- 2 Lbs. Boneless Chicken Breast cut into ¾" chunks
- 2 Onions diced
- 1 Tablespoon Garlic ground (or finely minced)
– Trader Joe's in a jar works
- 1 Tablespoon Ginger (Powdered)
- ½ Teaspoon Cayenne Pepper
- 1 Small can pureed Tomatoes
- 1 Teaspoon dried Lemon Grass
- 1 Tablespoon Thai Fish Sauce
- 1 Tablespoon Tumeric Powder
- 1 Tablespoon mild Curry Powder
- ½ cup Rice Flour
- 1 Cup of Coconut Milk (not coconut water)
- 3 Tablespoons Canola or vegetable Oil
- 2 cans of Chicken broth (low sodium if need be)
- Noodles – Regular spaghetti works but so would soft Chinese noodles
- Garnishes
- Chopped Scallions
- Crispy Chinese noodles
- Paper thin lemon slices
- Chopped Hard Boiled Eggs

Mix all the spices in a blender with a teaspoon or two of water until consistency of a paste. Heat the oil in a large saucepan, add onion and garlic. Sauté for 5 minutes till onion is slightly translucent. Add spice paste. Cook slowly under low heat for about 10 minutes adding a teaspoon or two of water as necessary to keep

it "liquid-y". Add chicken pieces seasoned with salt and pepper and toss to coat with spice paste, then add the coconut milk and one can of the chicken broth, slowly stirring till mixed thoroughly.

Meanwhile, whisk together the remaining can of chicken broth and rice flour till no lumps remain and slowly add to the saucepan to thicken the curry. Continue cooking on a low simmer, stirring as required, until chicken is tender but not overdone (appx. 20 minutes). Boil the noodles with a dash of salt, drain. Prep a few garnishes like sliced green onions 9 1/8" thick), paper thin lemon slices, crispy noodles, chopped hard boiled eggs.

To serve, place noodles in a large bowl (tongs for serving); the curry in a covered tureen if possible with a ladle for people to pour over their noodles; garnished available for people to help themselves as desired. If you have any left over, don't fret, it's even better warmed the next day; however, I would suggest mixing the noodles and curry together before heating. Enjoy!



John & Shawn

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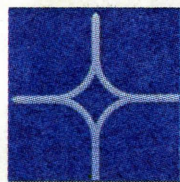
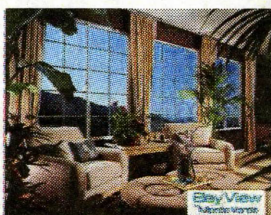


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Diabetes Myths: Separating Facts from Fiction

PART 1

When it comes to diabetes, there are many myths that get in the way of the hard facts. Here are some of the more common myths about diabetes--and the facts that follow may surprise you.

Myth: Having diabetes is not that serious.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined, and almost doubles your chance of having a heart attack. However, controlling diabetes can reduce your risks for its complications.

Myth: Overweight people eventually develop type 2 diabetes.

Fact: Being overweight is a risk factor, but family history, ethnicity, and

age also play a role. Most overweight people never develop type 2 diabetes and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease while type 2 diabetes is caused by genetics and lifestyle factors. However, research has shown that drinking sugary drinks (such as regular soda, energy and sports drinks, sweet tea, and fruit punch) is linked to type 2 diabetes. These drinks raise blood glucose and can have hundreds of calories in just one serving. A single 12-ounce can

of regular soda has about 150 calories and 40 grams of carbohydrates--the same amount of carbs in 10 teaspoons of sugar. If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. Portioning is important, and you should speak with your doctor.

Myth: Special diabetic foods should be eaten by people with diabetes.

Fact: People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar. Diabetic and "dietetic" foods generally offer no special benefit. Most still raise blood glucose levels, are more expensive, and can also have a laxative effect if they contain sugar alcohols. (To be continued)

Article provided by Ellen and Andy Smith, Comfort Keepers In-Home Care, 275E. Hillcrest Dr., Ste 145, Thousand Oaks Ca 91360. Ck426@comfortkeepers.com

TED LANSING

From Page 1

was placed at year's end, the Board Chair told him to sit down. Ted decided to run for the Board.

During his tenure as Treasurer, he estimates he's signed 95% of LVA's checks. And they are actually paper checks attached to back-up information totaling an estimated \$800,000 a month. "I look at each check," he says. He and GM Scheaffer initiated a change in the way the reserve funds were deposited so that, above all, the money would be safe and insured. He helped change procedure so that LV's Board now rarely meets in Executive Sessions, protecting the residents' right to know, and he participated in creating the original Architectural Guidelines while Architectural Committee

Chair. He also created LV101, a series of presentations explaining Village procedures, clubs, committees, and recreation.

He taught first aid for the Red Cross and a mountaineering course for the Sierra Club. As a ham radio operator he assists the County Sheriff's Department with emergency communications. Ted met his present wife Hanna Huber, a kindred spirit, attending an EPC (Emergency Preparedness Committee) picnic. They've been married over five years.

As a truly retired person, he hopes to spend more time with his radio hobbies and promises that he'll clean out the garage. There will be more time for his two daughters, three grandchildren, and three great-grandchildren. He's likely to keep an eye on Board activities, also.

THEATRE BEAT

Camarillo Skyway Playhouse:

"The Fantasticks" through July 10.
330 Skyway Dr., Camarillo,
388-5716.

Conejo Players Theatre:

"Reefer Madness" July 1 through 31.
351 S. Moorpark Rd.,
Thousand Oaks, 495-3715.

Elite Theatre Company:

"In the Midst of All That is Good" July 22 through Aug. 21. 2731
Victoria Blvd., Oxnard, 483-5118.

Moorpark High Street Arts Center

"The Addams Family"
through July 3
45 E. High St., Moorpark
529-8700

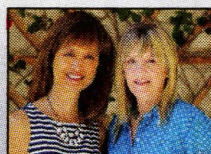
Santa Paula Theater Center:

"The Unexpected Guest"
through July 31.
127 S. 7th St., Santa Paula,
525-4645.

Simi Valley Cultural Arts Center:

"The Wiz" through July 10.
"Peter & the Starcatcher"
July 23 through Aug. 28.
3050 E. Los Angeles St.,
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ASK CLIFF / J.O.A.T*

Giving Your Kitchen Sink a Lift

By Cliff Kearsley

In a previous column we discussed garbage disposals. As it turned out, one of you actually read the column (we're never sure, you know) and called me. She said that her garbage disposal hadn't worked in years, and would I recommend a replacement. I suggested a well-known brand and said, "buy the cheapest they make." She did, and then called and asked if I would help her put it in. That wasn't my intention, but I thought, "it shouldn't take more than an hour or so, my day is mostly open, and it's an opportunity to show off." Many, many hours later, we turned it on. It worked fine, but why the lost day? Taking out the old was quick and simple. Installing the new was almost as easy. The problem was lifting the new one up into position and holding it there while making the connections. Those things are HEAVY!! And the working pace under a kitchen sink is awkwardly crowded and tight.

So what's the solution? The same one that your mechanic uses when he needs to work on the underside of your car! Right -- a jack. I should have bought one then, but you know the old saying -- "Too soon old, too late smart!" As you can see in the picture, it's a simple, inexpensive (under \$20) scissor jack to which I've now added a couple of plywood plates. The one on the bottom gives it more stability under your sink and the one on top securely supports the garbage disposal. Helps lower the old and pushes up the new.

If any of you want to take a crack at swapping out your old disposal for a new one, I'd be happy to loan my modified jack to you. But, you're on your own for the labor. Just remember who you borrowed it from, and don't let the handyman (if you need one for the labor) take our new toy home. Good luck!

While we've had a lot to say in this column and past ones about the



Photo by CLIFF KEARSLEY

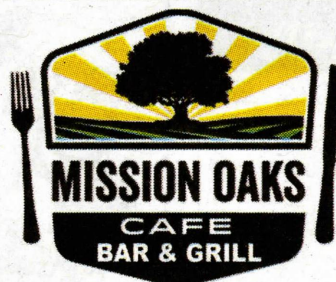
Cliff's garbage disposal jack

care of your garbage disposal and its replacement, if necessary, there's one last word that I'd like to share about the "feeding" of your GD. Starting with an empty disposal, first turn on the water flowing with some force into the disposal, then turn the disposal on. Next, start adding the food items that

you want to dispose of. When the sound tells you that your disposal has finished "chewing up" the food scraps and sounds again like it did with just water, then turn it and the water off. They've done their job as designed. Unfortunately, what many of us do (and I've been guilty too) is cram the disposal full of waste, even with water flowing, before turning it on. That's like racing your car's engine while it's in neutral, and then throwing it into gear with the emergency brake still engaged. You might get away with it for a while, but eventually something is going to give. And that's when you go shopping for a new GD!

**Jack Of All Trades*

Villager Cliff Kearsley is a California licensed general contractor, an architect, and has taught home improvement classes at Ventura College.



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Dining table, light oak with 4 matching oak chairs. 47"long x 29"wide x 29.5" high. \$145. Call for pictures. I can email. 279-0466 Steve

Village 6 Gentleman needs laundry helper and errands twice a month. Flexible hours and days. Contact son, Bryant 206-1234

Employed Senior 55+ interested in sharing my home for \$800 per month. Please leave me a message and I will return you call. 818-633-5670

Interior Designer in Leisure Village. (not decorator, academically trained) 586-4239

Wardrobe Alterations: Update your closet! Seamstress will come to you with

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.

LV references for nips & tucks to complete garment makeovers. Also mending & repairs. 479-4852

Kerry's Painting - "Careful and Clean" 310-970-2499. No job too small. In the village.

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

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If you or someone else you love needs assistance at home, please call Agnes 210-1977

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Compassionate well experienced caregiver. Ref. from the village. FT/PT long term, short term. Can drive all your errands, prepare nutritious meals. Sherry 312-4561

Caregiver dependable companion 20 years experience. References. Day or night 483-5145. Ask for Jennie Muro

Victoria Sampson - 754-4753 / 482-0410. Caring, dependable, prepare nutritious meals, bathing assistance, running errands, light housekeeping, companionship.

I would like to take you on your errands or do them for you, doctor appts or anything you need. It would be my honor to help you as I did my parents. LV refs

Linda Reiser 805-377-4601

Need help with errands, doctor appointments, all shopping etc. I am available. Linda 377-4601

Care by Carol - companion, wellness visits, respite day or overnight vacation, pet and plant care 603-6785 or carolthecat@msn.com

Dependable compassionate caregiver. 15 years in LV ready to provide you with all your care. 7 days a week, FT/PT. Mary 861-7551

Need help grocery shopping? Need driver to drive you to appointments. I can also help feed and take care of your cat when your away. Cathie 760-1401 or 987-5916

Caregiving by Charlene - Part Time - I live in the village. 276-0380

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