

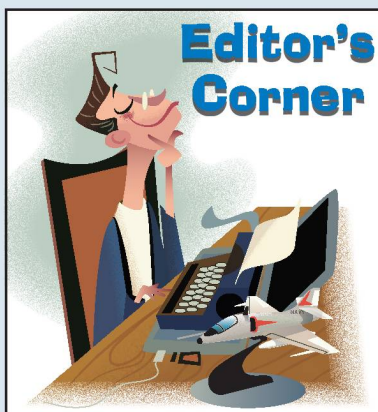
Happy 2020 Inside Leisure Village

VOL. 41 NO. 1

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JANUARY 3, 2020



Can you believe it? We are now in 2020 – a whole new decade in front of us. We have a lot to look forward to as time marches on. With the New Year comes new opportunities for participation in our clubs and our governing body, the Board of Directors. There will be two vacancies on the Board of Directors that will need candidates for election this spring. 2020 will be the ideal year to get involved in the community and use your talents for the benefit of everyone. Serving on the Board of Directors is an opportunity to participate in governing Leisure Village by giving your time and intellect for our greater good. You can make a difference!

I have discussed our excellent library in past columns. The library has a specific shelf for books authored by Village residents and those authors have contributed their books to the community. Unfortunately, those books have not been returned by their readers for others to enjoy. Nuff said?

— Tim Palmer

The Science of New Year's Resolutions

By Larry Swartz

I decided to forego writing a recipe this month to share a portion of a wonderful article read in Psychology Today by Susan Weinschenk, Ph.D. "How many New Year's resolutions have you made in your life? How many have you successfully accomplished? The estimate is that less than 10% of New Year's resolutions are actually achieved (University of Scranton Psychology Professor John C. Norcross, Ph.D.).

A lot of New Year's resolutions have to do with making new habits or changing existing ones. If your resolutions are around things like eating healthier, exercising more, drinking less, or any number of other "automatic" behaviors, then we are talking about changing existing habits or making new ones. Here's what you need to know about the science of changing behaviors:

- Contrary to popular opinion, it's not hard to change habits if you do so based on science.



- To change a habit you essentially have to create a new one, so whether you are changing an existing habit or creating a new one, the "scientific" method for doing so is the same.

- You have already created literally hundreds of habits that you have now, and you don't even remember how they got started, so creating habits can't be that hard or you wouldn't have so many of them!

To create a new habit, you have to follow these three steps (based on B.J.

Fogg and Charles Duhigg).

1. You must pick a small action. "Get more exercise" is not small. "Eat healthier" is not small. This is a big reason why New Year's resolutions don't work. If it's a habit and you want a new one, it must be something really small. For example, instead of "Get more exercise" choose "Walk 1/3 more than I usually do" This is a relatively small action.

2. You must attach the new action

— Please see Page 4

The World is her Stage-Especially at the Rec Center

By Patty Ecker



Photograph by BUD BRADLEY

Helene Cohen (left) shares her love of acting with other Villagers. Here she coaches Cathy Friedman and Joe Feig.

The audience is laughing; the actress performing for them is, too. Her monologue is about seniors struggling with online dating. It's LV's weekly acting class: a dozen Villagers stepping away from themselves and into a spotlight. Their teacher is Villager Helene Cohen, a professional actress for nearly forty years, who created the class here because she wants to share the life lessons of acting.

She started acting in high school. As an athlete, she opted into modern dance instead of PE because sports "wasn't cool for a girl" in those days. Her dance teacher was also the school's drama teacher and asked Helene, "Have you ever thought about acting?" And so she took drama. Helene studied at UCLA, became a nurse practitioner, got married, had two daughters, and then moved the family to Hawaii where her husband was stationed. It was 1970, and she saw a notice about auditions for "Rosencrantz and Guil-

— Please see Page 7

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12LV071

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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Barbara Crome
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ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer

Staff: Patty Ecker, Larry Swartz, Patrick Moore, Janey Rifkin, Jean Lang

Photos: Bud Bradley, Art Akkerman

Classified Ads: Barbara Crome

Contributors: Joseph Benti, Jerry Sortomme

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

February Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the February 2020 issue is Friday, January 17 at 5:00 p.m. The Display Advertising deadline is Friday, January 24 at noon. Publication is scheduled for Friday, February 7, 2020. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (a last resort for submissions) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.

UPCOMING EVENTS

Welcome Reception for New Residents

New residents are invited to the Welcome Reception to meet our Board of Directors, Administrative Staff, Club representatives and other new residents on Thursday, January 23rd at 6:00 p.m. in the Assembly Room (AR). Club and Committee representatives are encouraged to attend the reception and introduce new residents to their programs. Contact: Bobi Shmerling at 805-389-1975

BRIEFS

Temporary 2020 Census Jobs Available

The US Census Bureau is recruiting for a variety of local workers to assist with the upcoming count. The positions in field work and office work are temporary with flexible hours and pay competitive wages – up to \$20 an hour. For information, go to 2020census.gov/jobs.

Nominating Committee to Begin Search for Board Candidates

LV's Nominating Committee is looking for homeowners who are interested in running for positions on the Board of Directors. Two seats will be up for election in June, 2020. Candidates running through the Nominating Committee must be a homeowner. This year, homeowners can nominate themselves by submitting a form obtained from the Association Office.

Camarillo Art Center to Host LV Artists

The talent of Leisure Village artists will be featured at a special exhibition at the Camarillo Art Center during the month of February. All the artwork on display from February 9 through February 23 will be the work of Villagers. This is a judged show, and awards will be presented at the opening reception on Saturday, February 9 at 2:00 p.m. The public is invited; admission is free. The Camarillo Art Center is located at 3150 Ponderosa Drive and is open on Saturdays and Sundays from 1:00 to 4:00 pm. For more information, go to www.camarilloartcenter.org.

Camarillo Area Transit (CAT)

The Fixed Route Service runs Monday through Friday, 8:00 a.m. – 4:30 p.m., making pick-ups and returns at a variety of stops in the Village. The service is free to Villagers for transit to nine locations in Camarillo – including Mission Oaks Plaza, the Camarillo Library and the Post Office. Not included is Trader Joe's or Target. No service Saturdays and Sundays. A complete schedule is available in LV's Rec Office. The Tuesday Shuttle is no longer in operation. Dial-A-Ride is by reservation only (made the day before) for a pick-up at home to anywhere in Camarillo and Somis for \$3 round-trip. For information, call 805-988-4228 or online at camarillotransit.com.

IN MEMORIAM

Betty Cochran, V. 5
Ann Rossine, formerly V. 1
Jim Thurmond, V. 7

To submit a memoriam call Loretta Reshes, 805-388-7116



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01LV304S

LV TRAVEL CORNER

By Carol Moody

Six weeks ago, a full busload of Villagers traveled to Sony Studios to watch the taping of Jeopardy and had a fantastic time. A few weeks later, a small group flew to San Antonio, Texas to enjoy the holiday festivities of the famous Riverwalk.

We have added several new trips, so stop by the Travel Office for more information and to sign up. If you are interested in either our Blue Grass/Smokey Mtn and/or Scandinavia Tours, please join us on January 28 at 1:30 p.m. in the Garden Room. Here are our current offerings:

Celebrating Hollywood and the Oscars (tentative March 3, sign interest list)

Arizona Spring Training: Baseball	March 8-12
Spectacular South Africa	March 19 – 31
Best of Texas	April 12-19
Best of Eastern Canada	April 26 – May 3
Sedona & Grand Canyon	May 17 – 21
Yosemite	June 10-12
Best of Chicago	June 14-20

The Travel Office Window is open Tuesday, Wednesday and Thursday mornings 9:00 to 11:45, so please stop by to pick up flyers and brochures for all the trips we offer. As always, check LVTv (channel 1390) and eNews for notice of the trips currently on sale.



Photograph by CAROL MOODY

San Antonio Tour travelers - L to R: Rosalie, Nancy, Aleta, Harold, Ellie and Mira.

RESOLUTIONS *From Page 1*

to a previous habit. Figure out a habit you already have that is well established. For example, if you already go for a brisk walk three times a week, then adding on 10 more minutes to the existing walk connects the new habit to an existing one. The existing habit “Go for walk” now becomes the “cue” for the new habit: “Walk 10 more minutes.” Your new “stimulus-response” Go for a Walk (stimulus) followed by “Add 10 minutes.”

3. You must make the new action easy to do for at least the first week. Because you are trying to establish a conditioned response, you need to practice the new habit from the existing stimulus from three to seven times before it will “stick” on its own. Make it as easy as possible. Write a note and stick it in your walking shoe that says “Total time today for walk is 30 minutes”.

If you take these three steps and you practice them three to seven days in a row, your new habit will be established.

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All For a Good Cause

In what has become an annual event, several LV Security Officers stopped shaving in September. It wasn't laziness. It was their effort to raise money to fight prostate cancer. Chief of Security Manny Segovia challenged the men: if they put their razors away until the end of December, he would make contributions in their names. Officers Paul Gomez, Danny Rivas, Tony Winter, and Gaston Tucker met the goal, and the donations were made. (l-r) Danny Rivas, Manny Segovia, and Paul Gomez with their "valuable" beards.

—Photo by Bud Bradley



Dog Owners Live Longer After Heart Attack

■ New research credits canines in reducing fatalities

By Janey Rifkin

Score another one for Fido! And for the hundreds of Fidos living among us in Leisure Village! Of course we've long known that a dog is a good companion; in fact he or she increases their owner's amount of physical activity daily, and fills the daily routine with joy and unconditional love. And while health benefits, ranging from low-

ered blood pressure and improved immunity, have already been linked to dog-ownership, researchers have now gone a big step further in dis-

Dog owners who lived alone were 33% less likely to die from a heart attack the study showed.

covering promising statistics for people who have suffered a heart attack or a stroke.

Results of two studies, conduct-

ed in Canada and Sweden (where dog owners in both countries are required to register their canines) were published in a recent Journal of the American Heart Association. Compared with people who didn't own dogs, each 11-year study found:

1. Among those having suffered a heart attack and living alone, dog owners were 33% less likely to die during the study period.

2. Among those who had suffered a stroke and live alone, dog owners were 27% less likely to die during the study years.

3. For stroke survivors who lived with a spouse or child, dog ownership reduced the risk for death by 12%.

Not surprisingly, the researchers theorized that men and women who owned a dog – got more exercise to extend their longevity. True. Then the AHA specialists studied the histories of recurring patients, whose histories involved several heart attacks or cardiovascular-related events. Turned out, the dog owners in this category were a whopping 65% less likely to die than those patients without a dog.

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HELENE COHEN *From Page 1*

denstern are Dead.” She answered the ad, and “The moment I stood on that stage, it felt like home,” she recalls.

In the years that followed, Helene balanced family, nursing, and acting. When her girls went to college, she went to Israel and decided “to call myself an actor, not a nurse. I got the only English-speaking job in ‘All My Sons’ and toured in it for six months.” In 1988, Helene came back to LA, continued acting, and worked part time as a nurse at UCLA. “I did research there because I could run out to auditions during the day,” Helene laughs. She earned membership in Actors Equity, SAG and AFTRA and was cast in TV and film including a national Levi’s commercial. “I have loved it all,” she says.

And that helps explain why she delights in bringing acting to Villagers. “I wouldn’t trade this class for anything,” she says. “We do acting games I’ve used in my work, like throwing and catching an imaginary ball. This is a safe place to take risks like when we do improvisations. Or scenes from Shakespeare.”

Helene continues to act outside the Village in community theatres. She wrote and performed in her play, “Push-Pull,” that sold out for three weekends at Studio Channel Islands. But she is always back in the Rec Centre for the class on Friday afternoons. She says, “Theatre teaches teamwork and builds confidence. Acting allows us to do things we might never do as ourselves. And, of course, the applause is nice, too.”

Do You Know Where Your Fire Extinguisher Is?

The California Fire Code says it clearly: A minimum of one fire extinguisher is required in all multi-family buildings. In Leisure Village, that means all LV triplexes (3-connected units) and quadraplexes (4-connected units) must have at least one fire extinguisher in each home. Safety officials and LVA staff recommend that Villagers living in duplexes and stand-alones have fire extinguishers, too, to keep everyone safe in our Community. Firefighters advise that the purpose of a fire extinguisher is to make a pathway away from the fire. It is not to put the fire out.

The Fire Code requires a minimum size for the extinguisher: 1A:1OBC, which can be purchased at local stores like Home Depot or Target. The next size (2A:10BC) is acceptable, too. However, larger sizes are not recommended because they can be heavier, more expensive and harder to handle. California Fire Code (Section 906.1 of the 2016 CA Fire Code) can provide more specifics. LV residents were notified of the code requirements last month.

A functioning smoke alarm is also encouraged for residents and required for newcomers to Village homes. The American Red Cross can install free smoke alarms, which is particularly important to those who might not be physically able to install one. Go to EndHomeFires.org to schedule an appointment with the Red Cross for a free smoke alarm.



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CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

This past month we had our holiday party, complete with appetizers, mini sandwiches and desserts.

As always, we had our annual prize giveaway. Everyone won something to take home.

In late November, we had a chance to participate in a worldwide gathering of Morse code operators on the air. During this contest, we added six more confirmed countries to our awards list. They were Greenland, Montserrat, Nicaragua, Saint Kitts & Nevis, The Gambia, and Sweden.

Our next meeting is January 8 at 2:00 p.m. in the MPR. Everyone is invited. No license is required. In fact, you can participate in club events using the Leisure Village call sign,

KJ6LV. For details, contact Jonathan Fox at KJ6LV@yahoo.com.

DUPLICATE BRIDGE

By Betty Ericsson

The duplicate bridge club meets Monday and Wednesday evenings at 6:30 p.m. Join us anytime - new players are always welcome.

For Monday evenings, contact Betty Ericsson at 760-779-8782. For Wednesday evenings, contact Betty Rasmussen at 805-807-8829.

BILLIARDS CLUB

By Patrick Price

Welcoming the New Year, Billiards Club also wants to welcome all of our new members and welcome back all members who have renewed this year. You, too, can become a member of the Billiards Club. We have 4 tournaments a year followed by our membership

meeting. Also, there is the Thursday evening Round Robin competition at 6:00 p.m. to help people new to and returning to (after many years) playing pool. You'll also want to be a member for our gala 40th Anniversary party in October. Stop by and check us out.

PLAYER'S GUILD

By Stan Reshes

What a way to start off the New Year! Players Guild will be presenting "Entertainers Night" where all the singers choose their own songs to sing, and tell us the story of why they chose them. Some are new to Players Guild, and this is an opportunity to showcase their talents. As always, there is no charge, and membership is still only \$10 for the year, a true bargain to keep these shows coming. Free refreshments after the show and a display of fine jewelry in the lobby before each performance. It all happens 7:30 p.m. in the AR Thursday, January 16. Enjoy!

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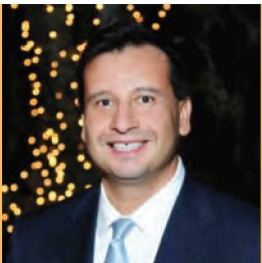
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01LV305S

Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth?
Are you looking "old" before your time?

There is a reason—AND a solution.

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

...and here's why:

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

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

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

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

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

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

trouble with the way they fit down the road, as your jawbone continues to deteriorate.

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

The GOOD News Is:

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

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

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

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

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



01LV308S

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CLUB NEWS

THE MAVERICKS

By Margo Secia

The Mavericks' "Winter Ball" Dinner Dance will be held on Friday, January 24, at 6:00 p.m. in the AR. Tickets are available now for \$30 "FOR MEMBERS ONLY". Your tickets may be purchased by calling Vera Erskine at 805-987-4537. The last day of ticket sales will be Tuesday, January 21. There are 150 tickets available for this event and NO TICKETS WILL BE SOLD AT THE DOOR, so make your plans early.

The evening will begin at 5:30 p.m. with hors d'oeuvres station, with dinner being served at 6:00. We are happy to have the great music from "FamDamly" for your dancing and listening pleasure.

Our caterer for this wonderful dinner is "Command Performance", which is the exclusive provider for food events at the Reagan Library. The choice of entrée is Slow Roasted Beef Burgundy Tips, Chicken Marsala and Butternut Risotto Cakes. Included with each entrée is an Epicurean Salad, Mashed Yukon Gold Potatoes and Grilled Vegetables. Dessert platters will be served at each table. Wine, beer, coffee and soda will be provided but, as always, you may BYOB.

Please calendar this dinner/dance and come enjoy the very special party and start the New Year off

right with great food, friends and entertainment.

MEN'S GOLF

By Joseph Benti

At the regular meeting (pizza served), members voted overwhelmingly to end the Club's future sponsorship involvement with the Annual Harvest Moon Ball. The move came on a voice vote after Treasurer Max Chopra reported the treasury took an approximate \$650 hit as the only remaining sponsor this year. Earlier, Women's Golf and the Billiards Club had ceased their financial sponsorship to cover preparations and decorations. There was no complaint about how the money was spent, just that the club failed to exercise sufficient control to limit its costs in advance.

There was also a reminder of one argument against the recent decision to allow handicapped golfers to use carts on the course. Several members repeatedly warned that carts could tear up the course. In general, there have been minor cases of some damage by drivers not paying attention. However, there was real damage created by the carts after recent rains soaked the course. Some fairways suffered deep rut damage and, in some cases, cart operators dug ruts right up to the greens. As a result, the Village posted a new sign to restrict course play to walkers only. From now on, when the ground is judged to be saturated, carts will not be allowed on the course.

PHOTO CLUB WINNERS • CREATIVE CATEGORY



■ 1st — Deb Beltran | *The Infamous Strawberry Thief*

CLUB NEWS

LV BOWLING

By Alan Singer

Well, hello Leisure Village Bowlers. We are in need of some new bowlers. Some slots have opened up, so if you think you might be interested in joining a team or being a substitute, please give me a call. My phone number is 818-292-4439. It's fun - give it a try.

The ladder tournament results are in: the winners are Dennis Potter, Nora Potter, and Leslie Fox. Congratulations to all of you. You still have time to join before the spring brunch and the amazing banquet. I know you'll have fun and get exercise as well. Have the happiest, healthiest New Year to you all.

Side pot winners for the last period: D. Berardis, N. Potter, Bobi Smerling, B. McQuivey, J. Hitchcock, I. Bergman, C. Martel, L. Neth, N. Potter, Art Titan, A. Singer, B. Foeller, G. Kinsey, G. Singer, P. Rebsch, C. Hartman, S. Reshes, I. Feiles.

200 Games: Bob McQuivey, 225,

205, John Hitchcock 222, Art Titen, 215, G. Kinsey 209.

PET CLUB

By Cathy Michaels

Veterinarian, Dr. Andy Miller, will speak at the Leisure Village Pet Club, January 13, 7-8:00 p.m. in the Multi-Purpose Room. Dr. Miller will provide current information about the best pet care, as well as respond to questions about our pets! Join us! Gain new information, chat with other pet owners and enjoy refreshments! We welcome all visitors!

The Pet Club meets monthly on the second Monday of the month from 7-8:00 p.m. in the Multi-Purpose Room. Our speakers and activities range widely, including pet care, therapy animals, the Ventura County Animal Shelter, exotic animals and endangered species like the once threatened Channel Island foxes. A \$5 annual member dues supports club programs.

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CLUB NEWS

LV MUSIC CLUB

MONDAY MOVIE NIGHT: Hollywood films are shown in the AR on the first and third Monday from 7:00 p.m. to approx. 9:00 p.m. On January 6, the movie will be “ET.” On January 20, the movie will be “You Got to Stay

Happy.” Complimentary popcorn provided by the LV Music Club. Admission is FREE to residents and their guests. Questions: contact Marci Lapair 805-399-0843.

FANTASTIC FRIDAY “OPEN MIC” NIGHT: “Open Mic” night is scheduled in the AR from 7:00 p.m. to approximately 9:00 p.m.

on the first Friday of each month. The next “Open Mic” night will be held in the AR on Friday, January 3. Complimentary refreshments including wine provided by the LV Music Club. Admission is FREE to residents and their guests. Questions: contact

Dick Guttman: 805-484-5806.

‘GROOVIN EASY’ SWING BAND: Practices for the seven-teen -piece ‘Groovin Easy’ Swing Band are scheduled for Tuesday Jan. 7, 14, 21, and 28 between 7:00 and 9:00 p.m. in the AR. Enjoy listening, and dancing if you wish. Complimentary refreshments provided by the LV Music Club during the break at eight p.m. Admission is FREE to residents and their guests. Questions: contact Sharon Hames at 805-445-7178.

CLUB MEMBERSHIP IS TEN DOLLARS FOR CALENDAR YEAR 2020 . Membership covers the cost of complimentary refreshments provided by the Club and any uncovered costs for Special Events. Members receive special e-mail updates on current activities and information on future events. Questions: contact Sharon Hames at 805-445-7178 or Marci Lapair at 818-399-0843.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Happy New Year to everyone. Now, after the parties, we need to shed a few pounds. Dancing is great exercise for your body and mind. The volunteers have worked hard to make sure you have a good time at the dances. We have professional musicians and a professional dance instructor for our dance lessons, hosts for the ladies, decorations and great refreshments. We would like all villagers to give us a try. Our dances are the second and fourth Saturday of the month. Lessons are at 6:30 p.m. and dance starts at 7:30. January schedule: 1/11 Dance Masters (tango) Kick off the new year; 1/25 John and John (cha cha) Winter wonderland.

Thank you for coming to our dances. On behalf of Jackie and Andrea (myself), we hope to see you there with a big smile and happy feet.

PHOTO CLUB WINNERS PERSPECTIVES CATEGORY



■ 1st — Art Akkerman | Boo! Toying With Perspective

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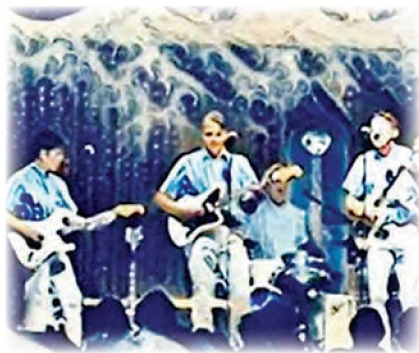
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File Photo

"High Tide"

SHOWTYME

By Jennifer Stein

BREAKING NEWS! 2020 starts off with a new season of Showtyme. Grab your beach ball & join the fun for a Fab Friday with strong vibrations. A returning favorite... High Tide, a Beach Boys Show. Memorable songs such as "California Girl," "Wouldn't it Be Nice," "Help Me Rhonda" and "Kokomo" will energize your emotions. Mark the date for Friday, January 10 at 7:00 p.m. Doors open at 6:15 p.m. Admission is \$10 per person, with 50/50 raffle & custom cookies to enjoy. Pre-admission and 50/50 tickets as well as membership are for sale in the lobby on Tue & Wed. Jan. 7 & 8 from 9-11a.m. Don't miss the first show of January 2020.

It's an evening of entertainment and the start of new memories. Support Showtyme and keep the tradition going; become a member!! Any questions, please contact Jennifer at 805-204-8324.

RACQUET CLUB

By Carolee Jones

The 2019 year was a successful one with tournaments, outings and great fun. The annual wine and cheese party was so special in the way our outgoing hospitality team of Parker and Alan planned everything with the incoming chairs.

Our new board for 2020 is: President - Georgeanne Norton; Vice President - Arnie Kremer; Secretary - Mary Fischbach; Treasurer - Sharon O'Connor; Membership - Sunshine Peterson; Hospitality - Ken and Catherine Haxton.

CLUB NEWS

A correction from the Turkey Trot, the Pickleball winners were Debbie, Sunshine, Alan and Dirk. The Paddle Tennis winners were Georganne, Sunshine, Pat and Marg.

Be sure and check the bulletin board for sign-ups for pickle ball and paddle tennis lessons.

The outgoing president John wants to thank all for a great year!!

Coach's corner; for tennis and paddle: when playing doubles, and you are at the net when your partner goes wide for a shot, back up a little and go to the middle. Most return shots will be hit there. Take a lesson and get out and play.

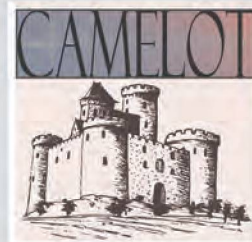
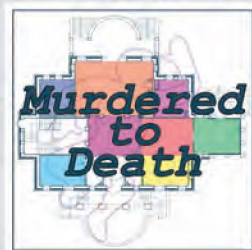
WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. A main purpose of the Club is to share memories of our lives, the lives of our family, and our opinions on

different topics with other residents. The Club is unique in that you become self-aware and aware of what others think on the same subject. Come to the Writers Club meetings held every Monday at one p.m. in the MPR. The first meeting in 2020 will be held on Jan. 6. We do not critique your words. We are interested in what you have to say. You may write on any topic, fiction or nonfiction, or use the Suggested Topic for that day. For example, the Suggested Topic for Jan. 13 is "My Goals for 2020." The more you write, the better writer you become. Microphones are provided. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate. Stories of The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 805-465-0042, larry.kalisher@gmail.com, or Harvey Brosler 805-465-0006, hsbros@roadrunner.com.

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Top: President's 9 Hole Awards: L to R: Betty Sefer, Top Place Jaclyn Claros, Sue Lind, Louise Knoedler, Sue Davanzo. Bottom: Kathy Whitesell, Course Record Holder Jan Gerk, First VP Kerry Williams



Photos by PATTI CRICHTON
Gillmar; Secretary - Louise Knoedler; Treasurer - Geri DeSimone; Correspondence Secretary - Marge Sarno.

WOMEN'S GOLF

By Patti Crichton

First of all, welcome to our LVWGA executive board for 2020: President - Kathy Whitesell; 1st VP - Kerry Williams; 2nd VP - Jan Gerk; 3rd VP - Sue

The team was officially sworn in at our Holiday/Awards luncheon in December. President's Cup winners were announced. Jan Gerk took first place for 18 Holes and Jaclyn Claros won first place for 9 Holes. Jan Gerk also received a plaque for setting a new LVWGA course record of 57 gross for 18 holes! Highlights for January include the Edith Dowsing Memorial Tournament on January 8. The winner will

be an 18 hole player this year. (We alternate from 9 to 18 hole trophy winners each year). Men's Golf will host the Chili Bowl on Saturday, January 25. Mark your calendars! Jan. 15 and 22 are regular tournaments; Jan. 29 will be a special tournament as it is the 5th Wednesday. Happy New Year!

LV RV CLUB

By Jean Tucker

Looking to join a group of action-people? The RV Club is just for you! We are a travel and social club that doesn't require RV ownership since many of our campout events offer cabins onsite and hotels nearby. Meetings: second Tuesday of each month in the Santa Rosa Room of the Annex Clubhouse @ 7:00 p.m. (unless shown otherwise below). Join for a \$5 yearly membership fee. The next meeting is January 14. Events: January 24 – 26: Hobson Beach Campout; make reservations

at www.venturaparks.org. February 27- March 1 Camp Comfort near Ojai; make reservations at www.venturaparks.org.

WORKSHOP FOR WRITERS

By Frank Seiden

With "Ho-ho-ho" and Chanukah candles behind us, there might be some new stories to write, updates to an ongoing series or reminders of other events that have something in common with recent happenings. Whatever the subject of your prose or poem, we'd love to hear and discuss it. We have had two members of our workshop publish the stories we critiqued: Jay Balter and Dan Turner. Our meeting dates in January are the 8th and 22nd. As always, we meet at 2:00 p.m. in the Lanai Room and finish by 4:00 p.m. We welcome all who are interested in writing.

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CLUB NEWS

PING PONG

By David Sakata

On November 23, the L.V. Ping Pong Club held its second ping pong demonstration in the A.R. It was a big success as there were many who attended, played, watched and ate. Although our goal was to increase interest in the game of table tennis both inside Leisure Village and outside, we also made a profit from sales of food items. Originally, we had scheduled two current senior national table tennis champions in both men's single and women's doubles but unfortunately, neither ended up coming. However, with the players from Freedom Gym (Camarillo Senior Citizen's Center) in attendance, the skill level was quite high and equally as impressive. Plus, there were intermediate and beginning players who used our tables too. Our thanks to everyone for increasing interest in the fun and social game of ping pong. Wishing you the Happiest Holiday Season ever!

PHOTO CLUB

By Chuck Murrow

The LV Photo Club will hold its monthly competition meeting on February 6t at 6:30 p.m. in the MPR. The theme for the Assigned Category will be "Humorous" and all members are encouraged to submit their photos. All residents are welcome to attend the Photo Club meetings to view the entries and watch the judging or become

PHOTO CLUB WINNERS MOBILE CATEGORY



■ 1st — Bob Pinchak, *Shapes & Shadows*

members and submit their own photos in one of the four monthly categories. The winner of the December Assigned Category of "Perspectives" was Art Akkerman; Gregg Gillmar was the winner of the Open Category; Bob Pinchak was the winner of the Mobile Category and Deb Beltran was the winner of the Creative Category. The Photo Club wishes to thank our professional photographer and judge for the month, Nancy Lehrer from Thousand Oaks. The photography judges provide feedback on the entries submitted to include areas that could be improved. Check out all of the winning photographs displayed in the MPR and hallway of the Recreation Center. Questions: Contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

VILLAGE ARTS

By Patti Crichton

Welcome to a new year of art and creativity! Our first meeting is Wednesday, January 8 and will feature a demo by Bonnie Mills. She will show us how to do acrylic pours. There is a change in location: We will meet in the Santa Rosa Room at the Clubhouse – 1:00 p.m. You will not want to miss this!

We can see the talents of Bonnie Mills and her mom, Pat McGregor, at the Camarillo Art Centre for the month of January, open each weekend from 2:00-4:00 p.m. Be sure to stop in to view their 'Like Mother, Like Daughter' show. The artist reception is on Sunday, January 5 at 2:00 p.m. The CAC is located at 3150 Ponderosa Drive at the corner of Eston.

Members, please start thinking about 2 or 3 of your paintings that you would like to display at the Camarillo Art Centre for the month of February. Village Arts has been invited to show their art. The theme is Open and our work will be judged. We will meet at the CAC for our February 5 meeting to hang our art, instead of the MPR. Member Kathy Whitesell, who is also President of the Camarillo Art Centre, will be doing a watercolor demo for us that day. Refreshments are welcomed.

Happy New Year!

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Photo by BUD BRADLEY
Patio cabinet crafted for a Villager.

WOODSHOP

By Bud Bradley

This month's photo is the result of a villager's need for a cabinet on their patio. The new cabinet gives them useable counter space, while enclosing the myriad of items normally stored on a patio.

The Woodshop welcomes residents who are interested in joining our group of woodworkers. We have recently added 3 new key-holders to our roster. If

you have interest and can demonstrate basic safety skills with equipment you wish to use, please call Ron Quick at 805-603-8456. We've added some new equipment to the main shop. Come see the new Wood Bending Steamer, Dovetail Jig, Finger Joint, Lock Miter and Drawer Lock Miter Bits.

On Tuesdays and Wednesdays, between 10:00 a.m. and noon, you will find our Woodshop Committee members available to repair most wood items for Villagers. We gratefully accept donations to help defray the cost of normal materials and supplies.

Completed Jobs for November 2019 with year-to-date totals, are as follows:

Resident Projects	31	YTD 291
LV/Club projects	14	YTD 70
Quickie projects	5	YTD 66

The Annex is set up with basic power tools and continues to add and update equipment and supplies. If you are a skilled craftsman and can demonstrate those skills, you can gain access to more complex tools and equipment in the Main Wood Shop.

CLUB NEWS

WII BOWLING

By Ginny Bryce

Our Annual Meeting and Potluck Luncheon was Saturday, December 7, at 11:30 a.m. in the Santa Rosa Room.

Highest Bowled Series – Prizes: Medals

Gold Medal was awarded to Sylvia Edmonds with a series total of 890 pins

Silver Medal was awarded to Barbara Bell with a series total of 879 pins

Bronze Medal was awarded to Edithe Walsh with a series total of 870 pins

300 Games – Prizes: Christmas Ornaments

Sylvia Edmonds with eleven 300 games

Edithe Walsh with three 300 games

Barbara Bell with one 300 game

Three Games with An Identical Score – Prize: Christmas Ornament

Ginny Bryce Bowled 181 – 181 – 181

Best Attendance Award – Prize: Christmas Ornament

Carla Barbula played 145 games
Most Improved Bowler – Certificate
Edithe Walsh improved by 50 points from 178 to 228

Wii-Bowling is held Tuesdays, Wednesdays and Thursdays in the Club House. It is open to all. Come join us. For information, please call Barbara Bell at 805-388-2264 or Betty Tierney at 805-300-6105.

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

Our monthly dinners continue on the second Tuesday of each month. In January our meeting is on the 14th at 5:00 p.m. at Ottavio's. Please call me to confirm your reservation at 805-484-3289. I hope to see you in January.

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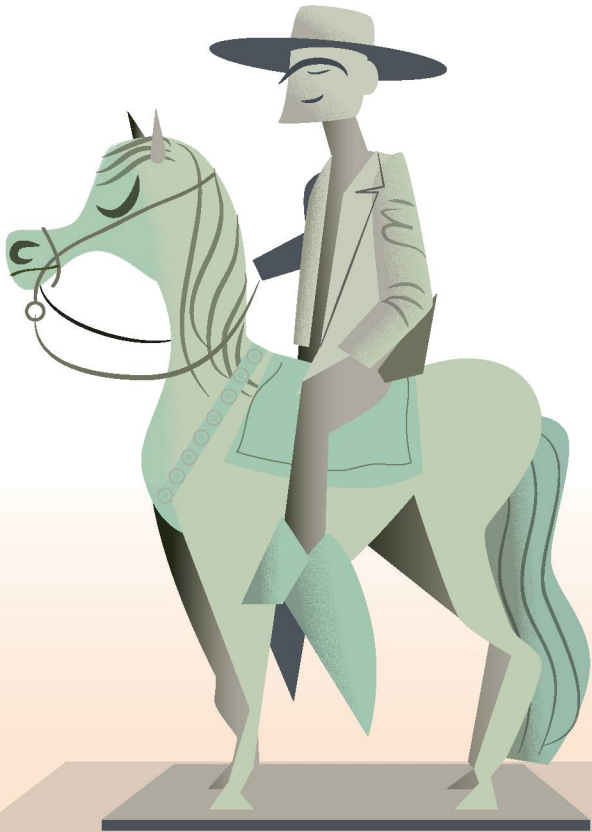
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Barlows Got Your Back

A New Year AND a New Decade are here! It is both a time to reflect and a time to look ahead. We love where we have been in the past but true success comes when you can “learn from the past, plan for the future, but live in the present.” The Barlows have a *‘clear vision’ for 2020 and beyond*. Starting this year we will be bringing you helpful information in our new *“Barlows Got Your Back”* section of our publications.

You probably already have a list of resolutions, and you may have already crossed some off (or tossed some off) your list. Some resolutions create stress, so we came up with a list of things to work on throughout the year that will actually reduce stress for both you and your loved ones. Our hope is these helpful tips will allow us all to learn from the past, plan for the future and totally and thoroughly enjoy the present.

Join us every month and let the Barlows become a valuable resource for you and your families.

Some of the topics this year will include:

- ☐ Estate Planning
- ☐ Fraud prevention
- ☐ Cyber safety
- ☐ Disaster preparedness
- ☐ Fun things to do locally
- ☐ Home repairs and upgrades



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- ⇒ We will utilize our website as a place for ongoing and updated information, So be sure to visit **LeisureVillage.com** often for helpful tips and links in addition to the current contact there with homes, HOA info, floorplans, etc.
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