

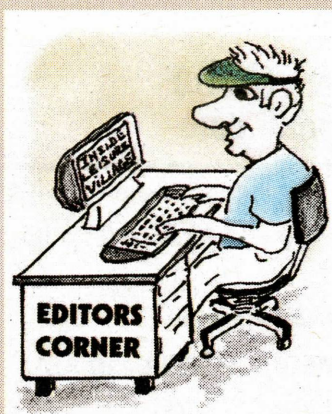
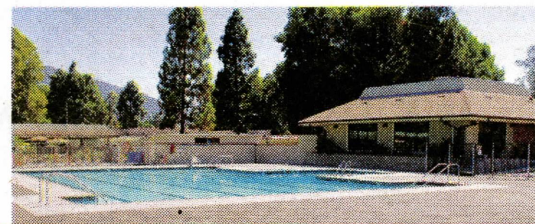
# INSIDE LEISURE VILLAGE

VOL. 37 NO. 5

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

MAY 6, 2016



Well, here it is: the 'new' Inside Leisure Village, delivered on-time as promised. This is the first of what we all hope will be many issues of the paper produced in conjunction with our new partner, **The Acorn**. As part of that transition, I would like to remind you that we are no longer being delivered to your home. And, when you pick up your copy in the Rec center, remember to get one for your less mobile neighbor.

The paper may look the same to you, and if it does that's good. Actually it is a little different, but great efforts were made to keep the traditional look while refreshing the appearance. Just part of the evolution that I promised in February.

In today's issue, we are introducing yet another new column, Ask Cliff. It may be found on page 18. This column, along with Larry's food lovers column and Jean's Birds of Leisure Village will be rotating through our issues as space dictates.

The Farmers Garden makeover is finally complete. You will find the information and pictures on page 5.

On a more serious note, there was a sad event that occurred last month that requires your attention. Please read Miss Bella's column on page 3.

## Election Season Begins as Candidates for LV's Board of Directors Are Announced

The candidates running for two seats on the Leisure Village Board of Directors are Don Marquardt, John Mayer, and Patrick Price. They were introduced at the Open Board Meeting on May 2 by Ted Lansing, Chairman of the Nominating Committee. All three have experience on the Board. Their biographies and personal statements are posted in the display case in the Rec Center Atrium.

On **Thursday, May 19**, Candidates Night will provide the opportunity for residents to hear the candidates and to ask questions of them. The event will be held in the AR beginning at 7 p.m. and will be televised live on LVTV and replayed during the month. Dick Guttman will be

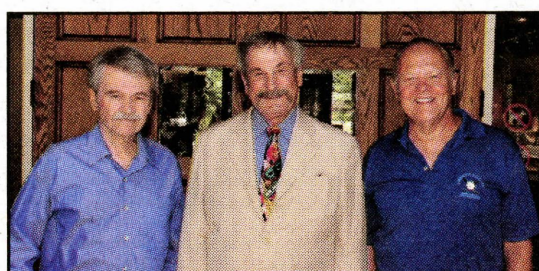


Photo by BUD BRADLEY

*Candidates for the two seats on the LVA Board of Directors are: (l-r) John Mayer, Don Marquardt, and Patrick Price.*

in person can do so in the MPR on **Thursday, June 23** between 8 and 10 a.m. A quorum of 1069 ballots must be submitted to validate the election.

Leisure Village's Annual Meeting will be held on **Thursday, June 23** in the AR beginning at 10 a.m. The votes will be counted and the results will be announced.

the moderator.

On **May 20** election ballots will be mailed to homeowners. Voters have two choices. They can cast an absentee ballot by depositing it in ballot boxes located in the Rec Center Lobby and in the Association Office. The deadline for absentee ballots is **Wednesday, June 22** at 5 p.m. in the Association Office. Those who choose to vote

## Villager Chosen As CLU's Commencement Speaker

By Patty Ecker

Later this month, nearly ten thousand proud family members and friends will cheer the graduates of California Lutheran University's Class of 2016. It will be an awesome experience for Commencement Speaker Pia Jacoby, one of two students chosen from more than 800 graduates to speak at this happy event. Awesome because – unlike her classmates – Pia is 68 years old, is completing a personal journey that began 51 years ago, and is likely the only current resident of Leisure Village to be honored as a college commencement speaker ever.

"It has been an amazing experience for me," she says. She has been enrolled in CLU's Bachelors' Degrees for Professionals Program, an intense curriculum aimed at working, older students with night classes that meet

year-round. "It's a deeper experience for us; we all want to be here," Pia explains. The average age of students in the group is 38; that makes her laugh. "I've always been the oldest, but that's very motivating." Dr. Lisa Buono, who directs the CLU Program, calls Pia special, "Right from the beginning, she stood out; she is astute and charismatic."

Pia first enrolled in college as a teenager in 1965 at what is now Cal State University, Northridge. "It was the wild '60's, I was a terrible student, I played more than I studied and transferred several times before I walked away from college," she recalls. She got married and had a son, all the while working in the advertising field.

Life changed for Pia when her son – then a teenager – had problems with drug use. "We went to family groups. At first I just listened. But

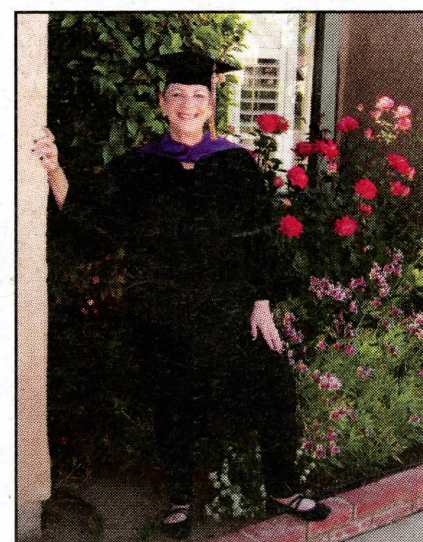


Photo by BUD BRADLEY

*Trying on her graduation cap and gown is just the beginning of Villager Pia Jacoby's well-earned Commencement experience.*

then I began to contribute and could see that I could help people," she says. That led to work in a treatment center as a volunteer. Pia knew she was effective, but she was also working without credentials. So she went back to school to become certified as

*Please See Page 5*



## 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](http://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](http://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](http://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](mailto: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.

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The Acorn Newspapers

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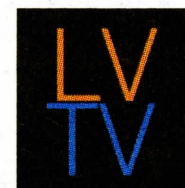
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**Contributors:** Susan Amerikaner, Joseph Benti

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.

### JUNE DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the June 2016 issue is Wednesday, May 18 at 5 p.m. The Display Advertising deadline is Monday, May 23 at noon. Publication is scheduled for Friday, June 3. Please e-mail stories and photos to [editorilv@yahoo.com](mailto: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

May 2016

Time Warner Channel 1390

[lvtvcommittee@gmail.com](mailto:lvtvcommittee@gmail.com)

**Contact:** John Mayer, Chairperson at 388-4642, meetings on 3<sup>rd</sup> 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 time, 10 am and 8 pm   |
|-------|------|--|
| Mon   | 2    | LVA OPEN BOARD MEETING - LIVE (10 AM only)   |
| Tues  | 3    | LVA OPEN BOARD MEETING - TAPED   |
| Wed   | 4    | Cooking Show Larry Swartz - Eat Right Or Be Eaten - 2/2011 (17 min)                      |
| Thurs | 5    | Thurs. Showcase, See Message Board for Shows   |
| Fri   | 6    | LVA OPEN BOARD MEETING - TAPED   |
| Mon   | 9    | Players Guild, Can-Can   |
| Tues  | 10   | Showtyme - Beatles Tribute Band - 2009 (1 hr 53 min)                                     |
| Wed   | 11   | What Was My Line - George Lueke, Joe Feldeisen, Judy Spector - (54 min)                  |
| Thurs | 12   | Thurs. Showcase, See Message Board for Shows   |
| Fri   | 13   | Women's Club - The Family Caravan - 2008 (24 min)  |
| Mon   | 16   | Shared Experiences - Jack Whalen & Guy Moshier - (58 min)                                |
| Tues  | 17   | What Was My Line - Mary Kraus, Sharon Millar (39 min)                                    |
| Wed   | 18   | Shared Experience - Rube Davis & Paul Kelwin - (1 hr. 6 min)                             |
| Thurs | 19   | Thurs. Showcase, See Message Board for Shows   |
| Fri   | 20   | LVA-101 - Emergency Radio Station  |
| Mon   | 23   | New York Club - Henry Samuels - 10/4/07  |
| Tues  | 24   | Tech Center/Computer Club - Genealogy - 5/22/11 (1 hr. 9 min)                            |
| Wed   | 25   | Players Guild - Damn Yankees - 1995  |
| Thurs | 26   | Thurs. Showcase, Message Board for Shows   |
| Fri   | 27   | Women's Club - Raspberry Jam Dixie Land Jazz Band - 2007 (55 min)                        |
| Mon   | 30   | LVA 101 - #11: The Budget Process - 11/20/14 (30 min)                                    |
| Tues  | 31   | Showtyme - Jimmy Chapel - 2011   |
|       |      | OLD-TIME RADIO AUDIO: Thurs. 7:00 PM, featuring Jack Benny, Bob Hope, Burns & Allen etc. |



## IN MY OPINION

By Rick Wilkman,  
Village 34

As a homeowner, I am pleased to see the Village move forward into the 21<sup>st</sup> Century, particularly in the area of water management.

There is an abundance of grass growing throughout the Village perimeters. This form of landscape was fine 30 years ago, but drought and other environmental changes challenge the wisdom of continuing to maintain large grass areas.

The perimeter areas of the Village are primarily landscaped with grass and pine trees. ...Some diseased or dying trees could be removed. These areas can be replanted with drought

tolerant plants and trees which use much less water and require little maintenance.

Use of decomposed granite and mulch combined with a walking trail would make these areas a "destination" place for walkers and Village neighbors. Concrete benches could be installed for people to stop and enjoy the surroundings.

Research in urban tree recycling could help with the removal of trees. A company in Glendora takes urban trees and mills them for use by builders. They do not cut the trees down, but work with the tree trimmer to ensure the cuts are appropriate for their use. This saves the cost to grind and remove the tree trimmings.

## A DOG'S LIFE

By Miss Bella

A tragedy occurred in Village 18 last month: a life was lost. Nobody wanted it to happen.

An unguarded moment, a minor violation and in minutes, the deed was done. Mini, an eight year old teacup Chihuahua was enjoying her morning routine on the front lawn when a pit bull escaped from a neighbor's house and charged across the lawn. What happened next was inevitable; my canine-cousin was severely mauled.

Yes, people tried to separate the dogs, but the damage was done. A trip to the nearest Vet was to no

avail; the injury was so severe that poor Mini had to be put to sleep.

A few days later, a resident walking in another village was attacked by yet another dog. This time the damage was very minor but, needless to say it had an emotional impact on the resident. And that was compounded the very next day when yet another dog jumped on the same resident. Again, no physical damage but certainly emotional damage to the extent that she is reluctant to walk our village.

There are many lessons to be learned from these events, but they can be summed up in one sentence: people control your dogs!



### DEAR EDITOR:

It has come to my attention that the request to expand the use of motorized golf carts to the front nine golf course has reared its head, again.

In the April issue of ILV, a photo was published of an operator and a passenger who were "nabbed"

for using such a vehicle on the front nine. If security didn't respond, this operator would have gotten away with this illegal action.

This is a prime example that the rules currently in place are not followed by permitted users who seem to do as they wish. If expanded to holes 1,

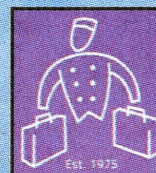
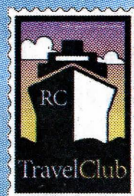
2, and 9, I have no doubt abusers will begin using holes 3, then 4 and so on. The rules are in place for no usage on the front 9, a rule that some have broken and most probably will break again.

Keep these carts on the back nine.

- Rob Sollett, Village 17

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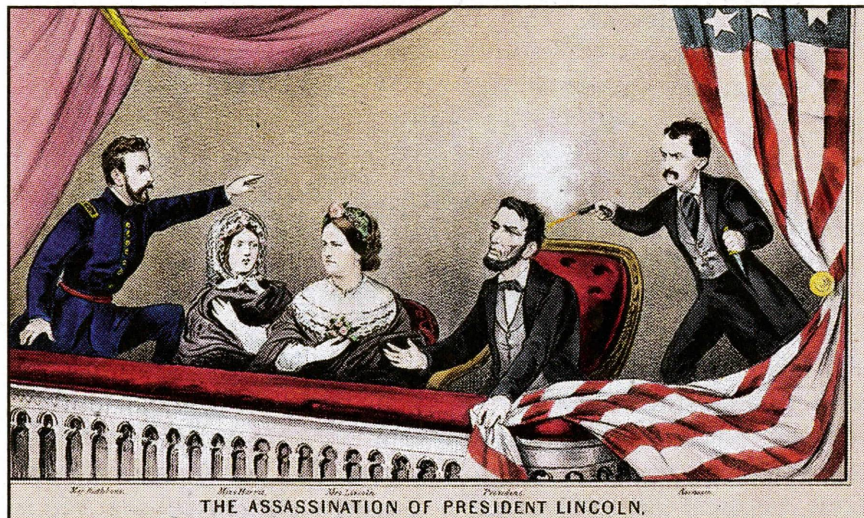
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## Lincoln Assassination is the Focus of June 6 Civil War Presentation



THE ASSASSINATION OF PRESIDENT LINCOLN.

Lithograph by CURRIER & IVES

Currier & Ives lithograph depicting the assassination of Abraham Lincoln by John Wilkes Booth at Ford's Theater. Because of the rush to produce a print to show Americans what happened, there were factual mistakes.

The deadly bullet was fired 151 years ago. Yet the crime seems as familiar as if it happened yesterday. On April 14, 1865, Abraham Lincoln was shot, just a month after he began serving his second term as President. "Everybody thinks they know what happened," says Villager and Civil War student Don Marquardt. "So did I, until I began to study the story behind the headlines. The details are fascinating."

Don Marquardt will share those details in a dramatic retelling on Monday, June 6 at 6:30 p.m. in the AR. It will be his fifth Civil War presentation for Villagers and, as always, the story will be told by Don

who portrays a Civil War character.

"I was always interested in the Civil War," Marquardt explains. "Then three years ago I visited Gettysburg and was grabbed by the history that I didn't know. After that I went to 25 battlefields, read a lot, and became immersed in what this conflict did to the country." He adds that the story of Lincoln's assassin, John Wilkes Booth, is full of details most people never learned. "For example, Lincoln was not the only target," Marquardt says. "Booth had an incredible – and chilling – master plan," which the LV audience can hear and see on June 6.

## IN MEMORIAM

Nina Fenster-Smylie, V. 18

Marilyn Gressman, V. 34

Janet Karner, V. 39

Robert Mason, V. 16

Harriet Rosenberg, V. 39

Shirlee Stone, V. 33

Sarah Tuttle, V. 42

Aurelie Zachary, V. 24

To submit a memoriam call Loretta Reshes, 388-7116

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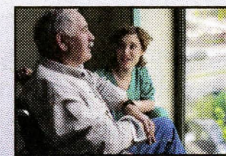
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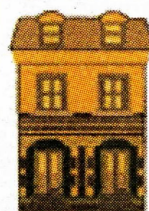
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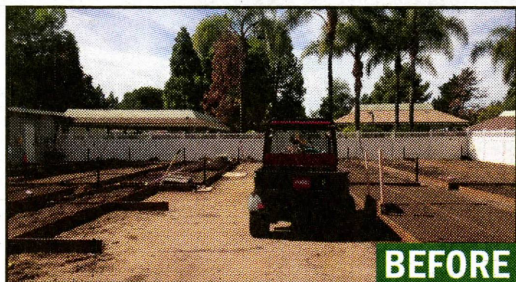
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# Complete Makeover for the Farmers Garden



**Before:** In January, workers scraped away old soil, rotten wood, and crumbling sheds.

**After:** Spring has sprung with new soil, wooden dividers, and walkways, and farmers are adding new plants



Photography by RITA LINSEY

First came the brand new Fitness Center and the remodeled swimming pool and spa followed closely by totally rebuilt shower rooms and bathrooms. Now add to that the completely refurbished Farmer's Garden, the latest upgrade among Village activity centers. For the first time in twenty years, the Garden – protected from critters and intruders by a six-foot fence – is all new except for its location and most of its farmers.

The transformation took one month; the work was done by LV's workers led by Landscape Supervisor Mike Udem. "We removed every-thing: 200 cubic yards of soil, all

the old sheds, and the rotting wood that framed the patches," he reports. It's suspected that the soil and wood were there from the beginning. The new soil is Veggie Mix, the walkways are decomposed granite, the frames are made of "a Douglas Fir product with a wood preservative treatment," he says. "Our choices should mean fewer disease problems (because the old soil held onto the pathogens year after year) and fewer weeds in the walkways." Also the water system was re-piped, and more hose connections were added. The only disappointment of the project: no buried treasure was found when the decades-old garden

was dug up. The estimated cost of the project is \$11,000.

"We are ready to go forward," says Farmers Club President Al Pinto, whose crops this year will include tomatoes, zucchini, dill and beets. There are 103 tended patches in the Farm, and many are beginning to show tiny green shoots as the spring planting begins.

It's a popular activity; all patches currently are assigned. There is a waiting list for prospective LV farmers. Recreation Director Shelly Runge is the farmer-in-chief who can answer questions about the Garden and keeps that list of hopeful planters.

## CLU SPEAKER

From Page 1

an addiction treatment counselor. Still it wasn't enough. "I knew I was good at dealing with patients and families, but I always felt like I was faking it because I had no degree," she explains. In an example of great timing, Pia and her husband Allen had just moved to Leisure Village, and she applied to CLU's Program in 2013.

"It was real school, and I was so terrified I overstudied," Pia says. But the program is small and personal, about 300 students in small classes who form a tight bond. Her major is psychology. She's always been at the top of her class and will go on to graduate school – that license is now in sight.

In a twist on usual family tradition, it will be her grandchildren who will be cheering their Cum Laude Grandma as she receives her diploma. Pia smiles as she reviews her commencement speech. "Mine is a simple message: It's never too late."

*In the event of a real emergency, placing the OK sign in the window will communicate everyone in the house is safe. If there's no sign, emergency responders will be notified.*

# OK

## Do You Have Your O.K. Sign Ready?

On May 19, Village residents and the Emergency Preparedness Committee will test how we all might react to an earthquake or flood or other disaster. A Disaster Preparedness Drill will begin at 8:45 a.m. on that day coordinated by the Emergency Preparedness Committee (EPC). And residents must play a role in the drill by placing the large yellow "OK" sign in their front windows (facing the street) by that time.

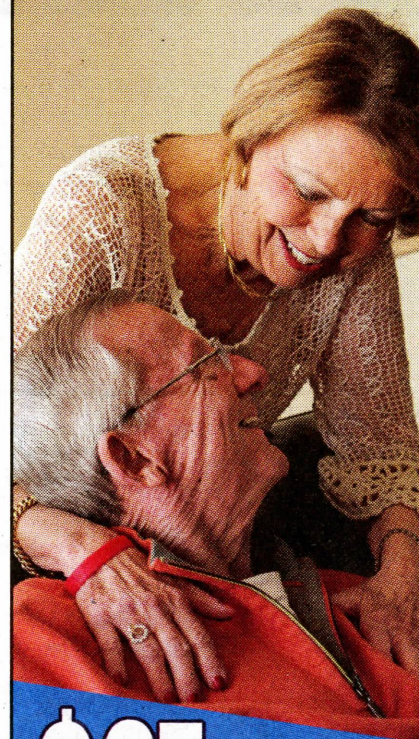
In the event of a real emergency,

that OK sign will communicate a resident's well-being. By placing it in the window, the message is that everyone in the house is safe. If there's no sign, emergency responders will be notified.

Checking the signs visually and reporting them to the Drill headquarters is the job of each Village EPC coordinator. The sign can be removed by 1 p.m. Contact your Village Coordinator – they are listed in the Village Voice – if you don't have an OK sign.



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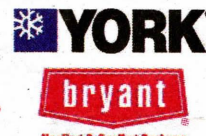


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# Saluting 25 Years of Service



Photo by BUD BRADLEY

More than 100 years of service to Leisure Village were honored at the April Board Meeting when four employees received recognition for working for the Association for a quarter century each. Those receiving the 25 year Award were (l-r) Debra McAdams, Administrative Assistant, Security; Shelly Runge, Recreational Facilities Manager; and Jerry Salas, Landscape Foreman. Martin Rivera, Resident Services, also received the 25 Year Pin, but was not available for this photograph.

## REALTOR CORNER

### The Home Insurance Dilemma

By Sharron Parker

Homeowners insurance helps to avoid dealing with out-of-pocket expenses in the case of a major (or minor) catastrophe. When one occurs, homeowners are always faced with the same dilemma: to claim or not to claim. Do you make a claim and risk raising your premium rates or do you pay for the damages yourself?

It is typically wise to utilize your policy for losses that you cannot financially absorb on your own and require the specialized assistance of a claims professional. Plumbing problems can cause damage to your personal property in addition to the required correction of the broken pipe and should usually be an insurance claim. Injury on your property such as a dog bite which can be a significant liability claim should be handled by a professional claims adjuster. If a house fire takes place, it all

comes down to whom or what may be its cause. If you think the fire may have been your fault, you may want to think more than once before filing a claim.

Always assess the situation. Is there a responsible party, such as a manufacturer of a defective appliance that the carrier can go after, or was the fire caused by a candle that you forget to blow out before leaving home? Consider filing a claim if you feel that someone or something else is at fault.

It is typically advised to save insurance for a big disaster. Keeping your deductible high and not filing small claims will give you a lower premium (cost of insurance) and prevent increased cost or cancellation of your policy.

Sharron Parker is a licensed real estate agent (CalBRE#00900167) and Realtor with an emphasis on selling Leisure Village. She can be reached at 443-1998 or [www.ILoveLeisureVillage.com](http://www.ILoveLeisureVillage.com) and [sharronbparker@aol.com](mailto:sharronbparker@aol.com).

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### CURRENT LISTINGS & SALES

|                       |                  |                  |
|-----------------------|------------------|------------------|
| 22212 Village 22      | <b>SOLD</b>      | <b>\$530,000</b> |
| Valencia w/patio room |                  |                  |
| 19224 Village 19      | <b>SOLD</b>      | <b>\$525,000</b> |
| La Jolla              |                  |                  |
| 18130 Village 18      | <b>IN ESCROW</b> | <b>\$525,000</b> |
| Valencia              |                  |                  |
| 9212 Village 9        | <b>IN ESCROW</b> | <b>\$480,000</b> |
| El Dorado             |                  |                  |
| 25201 Village 25      | <b>IN ESCROW</b> | <b>\$469,900</b> |
| El Dorado             |                  |                  |
| 38033 Village 38      | <b>IN ESCROW</b> | <b>\$399,900</b> |
| Holmby II             |                  |                  |
| 39114 Village 39      | <b>AVAILABLE</b> | <b>\$379,000</b> |
| Bel Air               |                  |                  |
| 13105 Village 13      | <b>AVAILABLE</b> | <b>\$359,000</b> |
| Del Mar               |                  |                  |

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# CLUB NEWS

## LV BOWLING

By Bob Cohen

The season may be winding down but our players surely are not. During the reporting month, there were twelve 200 games rolled. Leading the pack this month with an impressive 4 games was Alan Singer (200,205,216,216). Dennis Durand was close on his heels with 3 games including a really outstanding 243! His other scores were 202 and 206. Five other players scored one game each: John Albany (203), Fred Diehl (210), Al Feldman (206), Art Matter (211) and Bob McQuivey (203).

Side pot winners for week 27 were Ellen Neally/Vivian Hurst (tie), Sandy Rosenthal/Gail Singer/Vi Guzman (tie), Helen Hartman, John Hitchcock, Stan Reshes and John Albany.

Side pot winners for week 28 were Karen Levitt, Vi Guzman, Joyce Belcher, Alan Singer, Dennis Durand and Tash Guzman.

Side pot winners for week 29 were Wilma Hutson, Vi Guzman, Elaine Hitchcock, John Neally, Art Matter and Alan Singer.

Side pot winners for week 30 were Susan Kusak, Billie Stimac, Joyce Belcher, Bob McQuivey, Fred Diehl

and Dennis Durand.

Only 4 weeks to go. Season final results will be available in the next issue of ILV.

## THE NEW YORK CLUB

By Frank Seiden

June 2 is an evening to put on your calendar. For the meeting, which starts at 7:30 p.m. in the AR, our entertainer will be a couple known to Leisure Village: the husband and wife team of Stu and Laurie. They perform a variety show which consists of singing, comedy and impressions. The impressions include Dean Martin, Elvis Presley, James Cagney, Humphrey Bogart, Jimmy Durante, Marlon Brando and many more. They have performed in several Del Webb City ballrooms, the Braemar Country Club, the Horizons at Calabasas, and various exclusive senior developments in Palm Desert and Palm Springs — and the list goes on. They also performed at a benefit honoring Dick Van Dyke. We look forward to seeing you on June 2 when this enchanting couple will lift our spirits and fill us with music. We welcome new members; membership is only \$10 for the year which brings you wonderful entertainment and discounts on dinner-shows.



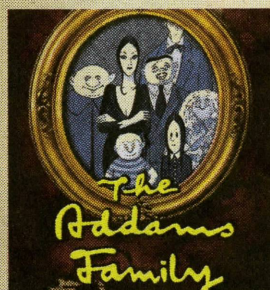
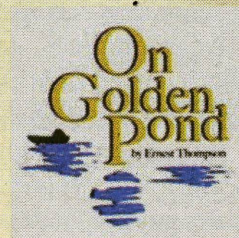
Camera Club Winner, Best of show by Bill Margulies.

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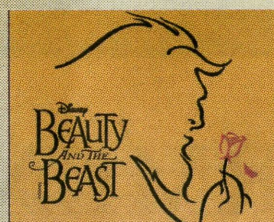


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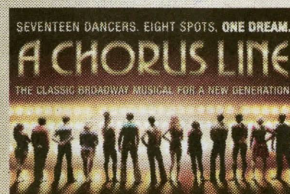
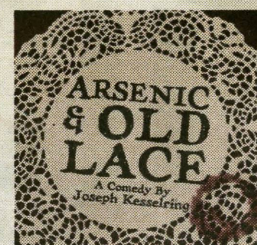


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## MEN'S GOLF

By Rob Sollett

"I'm not sure about this, but this may be a first," Pat Gunning stated after a momentous event for the LVMGA. "It was exciting to watch," he said reflecting on the multiple "hole in one" activities he witnessed on the tenth hole during the March 22 Tournament.

New member Bob Driscoll recalls: "I knew I hit it straight off the tee. I really didn't watch the ball, but heard it hit the pin. Suddenly the others guys yell it's in the hole!" Being very modest about his first LVMGA ace, he adds: "After the rest putted out, I placed the pin back in the hole and started to walk to the next hole. I probably got ten yards off the green when I heard them yelling back to me, "a hole in one." I was thinking they're still yelling about mine. I didn't know there was

*Please See Page 10*



*Why are Bob Driscoll (L) and Ron Rubenstein (R) congratulating one another? Read about their extraordinary LVMGA moment on the tenth hole.*



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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.

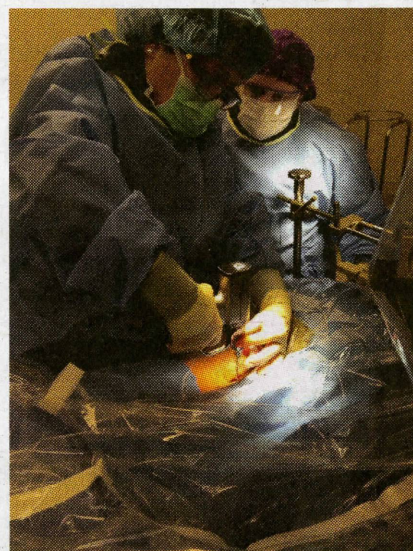
You come to the realization that pain shots will not fix the disc bulge or herniation still smashing your delicate nerves, causing you pain. Finally your doctor recommends you see a "Specialist" (back surgeon) and he can do surgery. Why even do the surgery? Risk of paralysis, death, infections and more 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:

*After dealing with severe sciatic pain and on the advice of a good friend, I contacted the Camarillo Spine & Nerve Institute for a consultation. Dr. Dooman explained the problem clearly and laid out a treatment plan that would take care of the problem and not just ease the pain. The treatments did everything Dr. Dooman explained they would, and by halfway through, my sciatic pain was almost completely gone. After completing my entire treatment my sciatic pain was gone and the cause of the pain was fixed. Dr. Dooman and the entire staff at the Camarillo Spine & Nerve Institute were very helpful and professional the whole time. Thank you Dr. Dooman for treating the problem and not just masking the pain.*

**T.Z. - Camarillo**

*It was in mid-November 2014 when the pain in my lower back and left leg prevented me from working. I actually showed up to work 'ready,' but just could not stand the intense, unrelenting pain.*

*So I did the most prudent thing I could think of, I went to my doctor, tried a couple of treatments with his suggestions, including an MRI. The MRI indicated I had a herniated disc at the L4/L5 area of the spine.*

*With that information I went to see an orthopedic surgeon, whose first course of action was to schedule an 'epidural' to combat the swelling and hopefully shrink the herniation.*

*Well, the first one did not do as anticipated, so another one was scheduled, without local anesthesia since I had a bad reaction to the first shot.*

*The second one was just as ineffective as the first and now I was looking at surgery. I did have the surgery, a 'microdiscectomy,' but that too was not as successful as hoped it would be.*

*After 'recovering' from the surgery, and suffering from overwhelming unbearable sciatic nerve pain, it was recommended that I have another surgery, a more comprehensive procedure. I was in so much pain I just wanted the pain to go away, so I agreed to the second surgery. Meanwhile, friends from a local church encouraged me to check out Dr. Dooman and his Spinal Decompression. After suffering with this pain for at least nine months, I saw Dr. Dooman. His low key demeanor and friendly attitude gave me a glimmer of hope. After examining the x-rays, he said he could 'help me'...without surgery! I said "yes, let's do it" with the most enthusiasm I had in months.*

*I completed the course of treatment and I am so MUCH BETTER now than I was previously. The treatments are really pain-free, easy to do and the treatments WORK!*

*Dr. Dooman's staff is friendly, courteous and knowledgeable.*

*I regret that I did not seek his help any sooner, or I probably would not have missed so much work and an active social life, but it is with much praise to Dr. Dooman that I did the Spinal Decompression treatment.*

*So if you are suffering from back pain associated with a herniated disc, seek out the office of Dr. Dooman, his treatment really does work. Spinal Decompression really works!*

**David Miller - Camarillo**

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## MEN'S GOLF

From Page 8

another one." Yes, readers another one!

Veteran member Ron Rubenstein, in the next group, hit his tee shot and recalls: "The ball went remarkably straight, it hit the green and rolled right in." A second "hole in one" just minutes later. We had people behind us and they all started screaming and yelling at the same time. It was a big deal, indeed.

Congrats to Bob Driscoll and Ron Rubenstein. Two hole in one's, on the same hole, minutes apart. Extraordinary.

### What? Want more excitement?

A round of cheer for Jerry Johnson who scored his fifth hole in one on his opening shot during the April 12 tournament. Johnson confessed the Curse of the Ace threw him a seven later in the round.

Amid all this celebratory activity, we welcome new members Dennis

O'Connell and Tom Flosi into our group. Hit 'em straight, guys.

The new Board of Directors takes to the big chairs on July 1. Congrats to Jim Gaffney, President; Gerry Sarno, 1st VP; Chuck Dolan, 2nd VP; Norm Paniagua, Secretary. Returning for another go around, Dan Turner, Treasurer.

Well, that's it for now. I'm off to play in the Tee Timers Tournament.

## RV CLUB

By Darryl Sobelman

The RV club just returned from a campout at Flying Flags RV Park in Buellton April 1-3. Once in the campsites, everyone was given an outline of the weekend's activities and a "goodie" wrapped in lavender cellophane. This was going to be a very sweet weekend. But after opening the cellophane, a single Brussels sprout was found. April Fools!

Surprisingly, some people ate their Brussels sprout raw and really

enjoyed them. The rest were collected and roasted for the Saturday night potluck. It was the perfect touch for the rest of a very delicious meal that everyone helped to provide.

Saturday included a range of activities such as swimming, thrift store shopping, hiking to the Nojoqui Falls, biking and just hanging out.

Besides the excellent food, the evening campfires were a real hoot. We listened to "Rock & Roll" music and tried to guess who the artists were. A lot of senior moments.

Fifteen campers attended in nine rigs. The campers included John & Julie Kingsley, Jack & Cyndee Miller, Judy Hope, David McCutcheon, Linda Gordon, Polly Pride, Robert & Macy Zarit, Bob Banfill, Michelle Hoffman, Bryce Garrick & Patti Smith, Beverly Manzo.

We had quite a nice turn out at our April meeting! Much business was discussed along with the notice that it is time again for our RV's to receive new decals! Decaling dates are: Wednesday, May 18 from Noon

to 6 p.m. and Saturday, May 21 from 9 a.m. to 8 p.m. You are to drive your rig to the front of the Recreation Center. Bring your Driver's License, Vehicle Registration and Proof of Insurance with you. RV's must be driven by the owner!

Jeanine Ryan, Chair of the Special Event Committee announced our next event. The club will host a Burger & Dog BBQ on Saturday, June 11 by the Community BBQ Pits. The club will supply the burgers, dogs, buns, condiments and paper goods. There will be a sign-up sheet for attendees to bring side dishes. As usual, BYOB! Jeanine's committee, Mary Beil, Susan Rockwell & Linda Gordon have decided to hold one event every other month. This will give our members a chance to meet one another, even if they have not been able to attend a campout.

Bob Zarit gave a talk on tire safety & maintenance and the importance of weighing your RV. Very good information! Thanks Bob!

Please See Page 11

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# CLUB NEWS

## RV CLUB

From Page 10

The club is happy to welcome the following new members; Allen and Marcia Zarkin, Steve and Nancy Alnes, Jack and Betty Fennell, Daniel and Elaine Isingberg/Peterson, Polly Pride, Mati and Rita Varay, Dave Glauser/Jean Tucker and Lee and Ruth Truman. We are now 106 members strong!

### Here, again, is a listing of upcoming campouts:

May 6-8 – Wine Country RV, Paso Robles, Hosted by the Millers  
Aug. 26-29 - Morro Strand, Morro Bay

Oct. 7-9 – Newport Dunes, Newport Beach

Nov. 11-13 – Pismo Sands RV, Oceano (Newly added)

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!

Meetings are held on the second Tuesday of the month, now at 7 p.m. in the MPR. 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.



Camera Club Winner, *Mirror, mirror, on the wall* by Don Treadwell.



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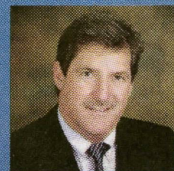
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# CLUB NEWS

## VILLAGE ARTS

*From Page 12*

a Rummage Sale in the Pavilion. Hot dogs and other goodies are available free.

In our regular meeting May 4, Patti and David told of their plans for our summer picnic luncheon in the Pavilion on June 1. They showed a DVD on Art History. Looking ahead: make plans to bring in your favorite piece of art at the July meeting. Alice Williams will be photographing the art of club members for the 2017 club calendar.

## IN OTHER WORDS

*By Frank Seiden*

We had new members and visitors at our meetings who added new thinking and ideas to the discussions of writing technique. The friendly atmosphere makes for comfortable participation. The next meetings

will be on May 15 and 29 based on our schedule of the second and fourth Wednesdays. The meetings are from 2 to 4 p.m. in the Lanai Room.

## THE MAVERICKS

*By Margo Secia*

The month of May brings us to the "Annual Meeting" on Friday, May 27, at 7 p.m. in the AR. President John Wirtz will give us an over-all view of the upcoming year for the Club. He will go month by month and any and all questions will be answered. We would also like to hear from anyone who may have some ideas of any new events they would like the Board to consider putting on the calendar.

There will be no tickets to purchase for this night, but we are requesting that everyone bring an hors d'oeuvres or a dessert to share. The Club will provide coffee and water, but as always, you may BYOB. We

will have a DJ for your listening and dancing pleasure.

Yearly dues of \$5 per person for the upcoming year, May, 2016 to May, 2017, can be brought to this meeting and you will be a member for the fun year ahead.

If you have any questions or comments, please feel free to contact President John Wirtz at 384-8508 or Vice-President Ruth Stubba at 496-7188.

## SAS

*By Zelda Greentree*

Our next Dinner Out will take place on Tuesday, May 10, at 5 p.m. at Ottavio's Italian Restaurant. Reservations are a must so please call Lee Edwards at 484-3289 for your reservation. Come meet with old and new friends and enjoy a delicious Italian meal with us. Hope to see you there.



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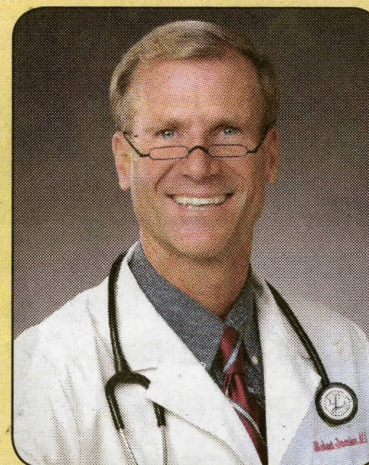
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## SHOWTYME

By Jerry Rosen

Showtyme presents The Folk Collection on Friday, May 13 in the AR. The Folk Collection grew up loving folk music, and the turnouts at their shows confirm that they have struck a "chord" with audiences of all ages, who really like listening to the words and harmonies - and joining in when the mood and song fit. Their show is centered around folk music and good clean jokes. Their shows are family friendly, and their audiences are often multi-generational - children, parents, grandparents, and even great-grandparents often enjoy The Folk Collection together. Don't miss an opportunity to share an evening with The Folk Collection. You will leave singing, toe-tapping, and smiling.

Remember the date: Friday, May 13. Show starts 7:30 p.m.



Photo by JERRY SPECTOR  
The Folk Collection Singers.

Doors open at 6:45 p.m. As always, members are free. A minimum \$3 donation from non-members is

appreciated. Refreshments will be served and we will continue having our 50/50 drawing with 2 winners.

## SATURDAY NIGHT BALLROOM DANCE

By Andrea Moran

Hello Everyone. What to do on a Saturday night at Leisure Village? Well I would like to suggest coming to our dances. The dances always have live music for your enjoyment. Whether you dance or just listen, I know your Saturday night will be fun.

### May Schedule

5/7- Ralph Mathis Band (Ballroom)  
5/14- Country Dance  
5/21- Forever Young  
5/28- John/John Duo (Memorial Day Tribute- Ballroom)

It takes many volunteers to put on the many dances and I want to personally thank all of them.

See you there.

## COUNTRY WESTERN DANCE

By Sue-Ellen Colp

The next Country Western Dance will be on May 14, 7 to 10 p.m. If you missed the last dance, you missed a great time. We gave away gift cards to Trader Joes, movies, Wood Ranch, Lure, Good Morning Cafe and more for our 6 year anniversary. For those who attended, thank you for supporting our club. Cost is still \$5. Punch, coffee and water are provided. Bring snacks to share. I want to thank Merle for getting all of the gift cards, wine, cheese and crackers that were so good. Hope to see you all at the next dance.

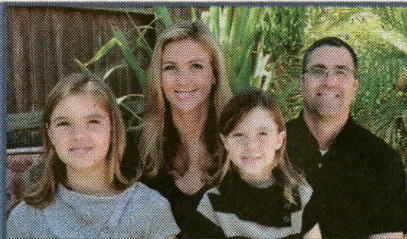
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# CLUB NEWS

## WRITERS CLUB

By Harvey Brosler

Do you like to present short stories or poems? Do you like to know about the lives of other residents and 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. You may write on any topic or use the suggested topic for that day. For May, the suggested topics are: "Are Movies Better Today than They Were Years Ago", "Did I or Do I Have a Close Relationship with My Siblings", "Should There Be an Established Tipping Format", and "The Favorite House I Lived In". 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.

## RACQUET CLUB

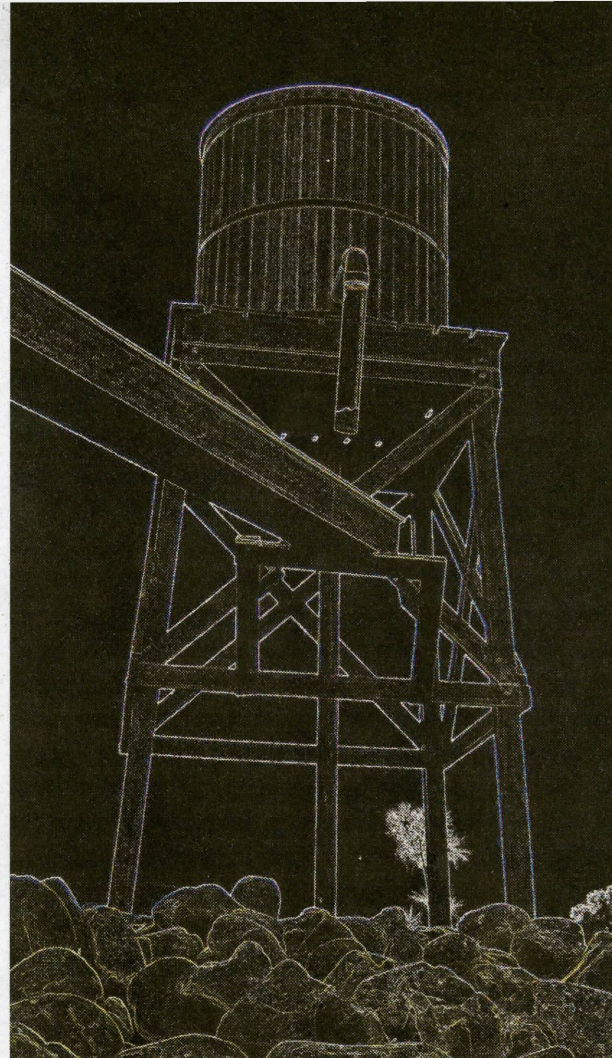
By Leslie Fox

Big news, in case you haven't heard, our May 11 meeting is also our annual Bar-B-Q. It will be held in the LV Park at 5:30 p.m. Hamburgers, hot dogs, and all the goodies that go with it are being provided by the club. To provide enough food, make sure you sign up at the bulletin board. Your spouses are absolutely welcome to join us. It is always a good time!

Spring league is still going on Tuesday afternoon and Friday mornings. The results of the leaders will be posted in next month's issue. Speaking of the league leaders, I goofed, OOPS! I misspelled two names. Tuesday's leader was Parker Vizzard, and Thursday's leader was Marg Petersen. So Sorry!

Friday April 29 is our fond farewell party at the courts for Ginny

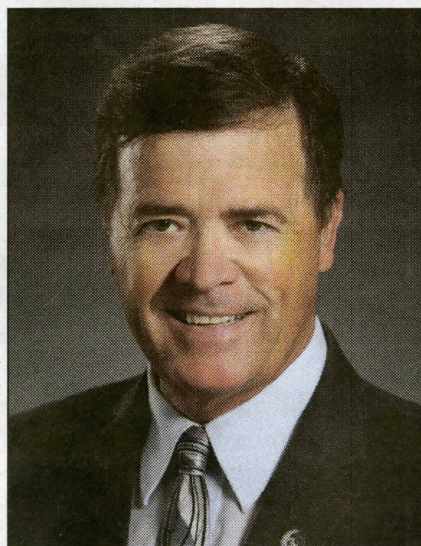
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Camera Club Winner,  
*Sleuth*,  
by Verna Cryder

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- Flood Control Assistance
- Chairing Camarillo's Successful Growth Control Initiative
- Establishment of California State University at Channel Islands
- Founding the Camarillo Arts Council to provide Free Concerts in the Park
- Creation of the Camarillo Library

Mike has received many honors including:

- Anti-Defamation League Public Servant of the Year Award
- California Nevada Lions Int'l Certificate of Appreciation
- Optimist Club Community Service Award

"Mike Morgan thrives on interaction and has more energy than any other person I know. He directs that energy to what he thinks will make our community a better place... I know of no other person who has spent so much time getting out and feeling the pulse of the community than Mike Morgan."

Charlotte Craven, Camarillo City Councilmember





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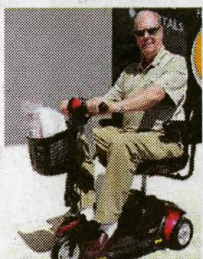
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## RACQUET CLUB

*From Page 15*

and Jim Lutz. Although they have been here for too short of time, they have become good friends and great pickle ball, paddle tennis and tennis players. We will truly miss them but wish them all the best in their new home in Menifee.

The schedule for all play remains the same, and is posted on the bulletin board. It is official: pickle ball is on the schedule for 3 p.m. on Tuesday and would even enjoy getting Saturday and Sundays at 4 p.m. Tennis players have asked me to remind you that they play at 9 a.m. on Mondays and new players are always welcomed.

Have a wonderful month and enjoy the May flowers!

## WOMEN'S GOLF

*By Patti Crichton*

May is a significant month for golfers, as we play for the 'Club Championship' on May 18 and May 25. Please pay Debbie Dolan your \$5 entry fee. We will meet for breakfast at 7:30 a.m. in the card room before our final round. Good luck!

Regular tournaments are scheduled for May 11, where we can sharpen our skills for the winner's circle. Important notice: Golf start time changed to 8 a.m. on May 4! Our monthly golf meeting is on May 11 at 2 p.m. in the Garden Room. Join us for updates, snacks and 50/50 draw. We welcome new players!

Congratulations to new member, 82-year-old Betty Sefer, who awed our group and surprised herself, with 3 pars on the back nine, one of which was a chip-in. What an impressive start!

Mark your calendars: June 29 Installation and Awards Luncheon in the Picnic area at noon. Cost is \$12 to Leslie Hall.

Twilight golf kick off is June 22 at 3 p.m., so we can sleep in that day. May the fairways and greens be kind to you!

# CLUB NEWS



Photo by BOB KAPLAN

*Spring is here and the roses are awake.*

## PLAYERS GUILD

Players Guild will be dark in May due to Candidates Night on May 19. Our April production of "You Can't Take it With You" was a rousing success, and the Players Guild thanks all who attended for their outstanding support.

## WOMEN'S CLUB

*By Rita Linsey*

Tickets are sold out for the Women's Club Fashion Show "C'est si bon, Paris Fashionista", presented by Saks 5th Avenue - Off Saks. There may be a waiting list - contact Susan Rockwell at 279-0613 or Wilma Hutson at 905-0844.

Mark your calendar for our next event, the annual Bingo game on Thursday, June 9.

### Monthly Activities

Workshop: Join a friendly group of craft workshop members and use your talents for knitting, sewing, crochet, macramé, decoupage, etc., and any new craft ideas in the MPR every Tuesday from 9 to 11 a.m.

Boutique OPEN: On the 2nd and 3rd Tuesdays each month, (this month it will be May 10 and 17) from 9 to 11:00 a.m. Come stock up on a large variety of SEE's Candy.

Boxed candy \$17.50, gift certificates \$17.50, suckers \$0.75 and very yummy candy bars.

Bingo Night Boutique Sale: Is on the 3rd Wednesday in the Rec. Center Lobby from 4:30 to 7 p.m.. Feel free to donate items to the Boutique such as jewelry and gently used items for resale. The club also collects for Food Share, and Box Tops for Educations. Contact: Sharon Loney at 419-4853.

## BILLIARDS CLUB

*By Patrick Price*

The Billiards Club Picnic-in-the-Park is scheduled for Saturday, June 4. Tickets will be on sale in May. Look for more information in eNews and on LVTv.

The Billiards Club 1-15 tournament has finished. The top three in SA were Jack Quinn, Gerry Sarno and Joe Miller. In the A1 bracket, Ron Loney was first, Vera Erskine second and Max Chopra third. Ruth Stubba was first, Art Matter second and Kathy Wirtz third in the A2 flight.

The popular Thursday night challenge continues. Be there at about 6 p.m. to sign-up. The next Billiards Club meeting is Tuesday, May 24 at 7:30 p.m. in the MPR. Snack donations are always welcome at the 'after meeting' in the Garden Room.



## BIRDS OF LV



*A Lincoln's Sparrow visits a Village birdbath.*

# Lincoln's Sparrow

*By Jean Kohut*

The grayish color, the broad gray "eyebrow", the buffy breast with fine dark streaks, the dark spot on the breast—it couldn't be anything but the Lincoln's Sparrow in my birdbath.

I had a very busy patio December 2015 to January 2016 with all sorts of birds migrating in from everywhere and visitors I had never seen before. I spent quite a bit of time at my laundry room window that overlooks the birdbaths with my telephoto lens.

Sparrows are notoriously hard to pinpoint, there are many different kinds with all sorts of different markings that to the untrained eye look exactly the same. In the birder's world, they are known as "brown, streaky birds". But to the trained eye of the Conejo Valley Audubon birders, there are unique species within the Sparrow family that are identifiable by their markings and their songs.

This bird was new to me. I had never seen one like him before. Like the Ruby Crowned Kinglet of the last column, he seemed to be traveling alone.

I couldn't figure out what kind of sparrow he was from illustrations online. I asked one of the Conejo Valley Audubon members by emailing him a photo.

He said, "You've got a Lincoln's Sparrow. That is nice yard bird." Once I had the name of my brown, streaky friend, I used the Cornell Lab of Ornithology's online page and here is what I found out about my sparrow.

"Breeds in bogs, wet meadows, and riparian thickets, mostly in northern and montane areas. Winters in brushy areas, thickets, hedgerows, understory of open woodlands, forest edges, clearings, and scrubby areas."

Doesn't sound like a description of my patio, nevertheless he came every day for his bath and drink of water.

The Lincoln's Sparrows spend their summers breeding as far north as Alaska and their winters as far south as Southern California and Baja California.

I was delighted to find out my "brown streaky bird" was a great yard bird and that he had a name-Lincoln's.

Next column's visiting migrator will be the rarely seen Pine Siskin. One day I counted 15 of them in my birdbath.

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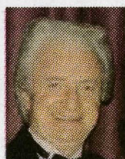
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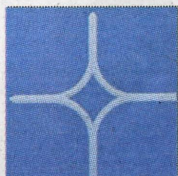


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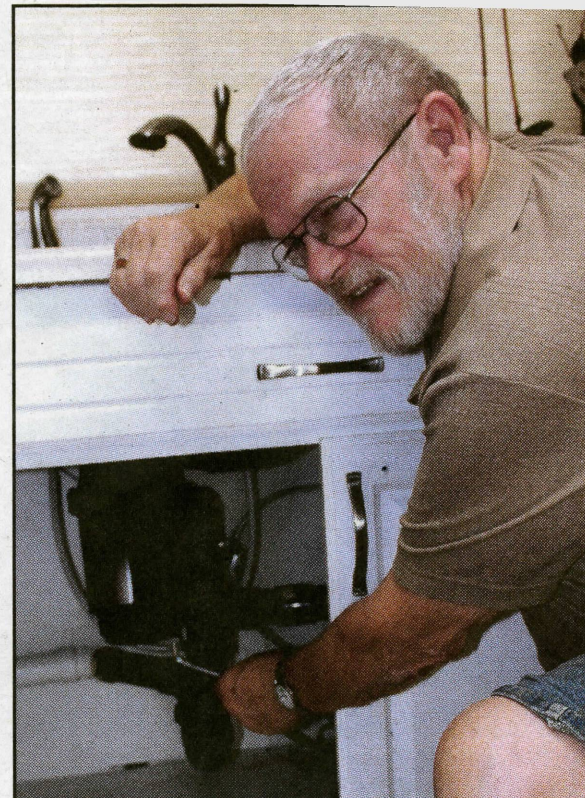
By Cliff Kearsley

It's not always necessary to call a contractor to deal with many of the minor home repair "emergencies" that come up from time to time. In this column, I hope to help you deal with many of them by yourself.

Problem: a clogged garbage disposal. No, don't try the old broom handle approach. It seldom works, and if it ever does, that hunk of wood could fly out and hurt someone.

Before assuming that it is not functioning because of a clog, hold a mirror beneath the disposal and check for a 1/4" square button that may be protruding from the

flat underside. This is a built-in circuit breaker. If it is flush with the bottom of the disposal, it has not been tripped. If it protrudes, it has been tripped and may be reset by pushing it up so it is flush with the bottom. (If you prefer, you can push it back up using a wooden spoon or stick.) Some brands have a small slide switch on the bottom. This is an on/off switch that functions much the same way as the circuit breaker. Try moving it to the



*Cliff says we can dispose of this garbage disposal malfunction ourselves.*

alternate position. You should feel a slight click. If the problem continues, continue below.

First determine that the power to the disposal is on (the disposal hums when you throw the switch, but does nothing else). Then, before you spend good dollars calling a plumber or handyman, get out the little (5 1/2") tool that came with the disposal.

Make sure that the disposal switch is off. Insert one end of the tool up into the hole in the bottom of the disposal and crank – alternately clockwise and counterclockwise – until the disposal moves a few inches each way. Now try the switch again with the tool removed. Repeat until the disposal not only hums when you turn it on, but also actually disposes of its contents.

Tip: If your disposal crank has been lost over the years, a replacement can be found at any hardware store for a few dollars. To prevent this tool from being lost again, tape it to one of the drainpipes under your sink.

*\*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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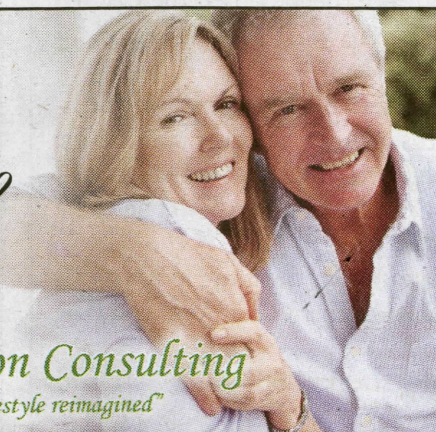


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05LV14D



## VOLUNTEERS WANTED

Volunteerism has long been considered the catalyst that makes Leisure Village what it is—a vibrant, active adult development. But that may not be true since a catalyst, by definition, causes other things to change without changing itself. A recent Forbes Magazine article found that volunteering offered many life-changing benefits, all for the better. Clearly then, volunteering is a win-win situation. And here are some wonderful volunteer opportunities just waiting for you!

### LVTV COMMITTEE, Channel 1390

Is looking for residents who would like to be involved in LV's closed circuit channel TV station in a position such as; sound, planning, interviewing and technical. Contact John Mayer at 388-4642.

### BUILDINGS AND GROUNDS COMMITTEE

Combine a good walk with the pleasure of keeping the Village beautiful. Requires spend a few hours ever so often keeping a caring eye on the grounds around our homes and common area. When needed, we gently remind homeowners of their responsibilities. Our meetings held once a month. Come as a guest. Contact Susan Rockwell at 437-6941.

### Clubs, Committees, Groups

**YOUR AD HERE.** Contact Rita Linsey  
484-8653 or [rdlinsey@gmail.com](mailto:rdlinsey@gmail.com)

### PRODUCER SHOWTIME

Do you want to be a producer? Showtime is looking for a qualified individual to produce monthly shows. Must have some experience with selecting and engaging talent. Contact Jerry Rosen at 484-3523.

### WOMEN'S CLUB BOUTIQUE CRAFTERS

Looking for crafters for knitting, sewing, crochet macramé, decoupage and any new craft idea. The Boutique is a fundraiser. We are there every Tuesday in the MPR from 9:00-11:00 PM join us. Contact Sharon Loney for more info at 419-4853.

### EMERGENCY PREPAREDNESS COMMITTEE

Looking for volunteers to be as an coordinator assigned to a Village to provide residents with info to help them learn how to take care of themselves in the case of an emergency. Meetings are on the third Thursday at 4:00 PM in the MPR. Contact Sharon Pfeiffer at 419-6042.

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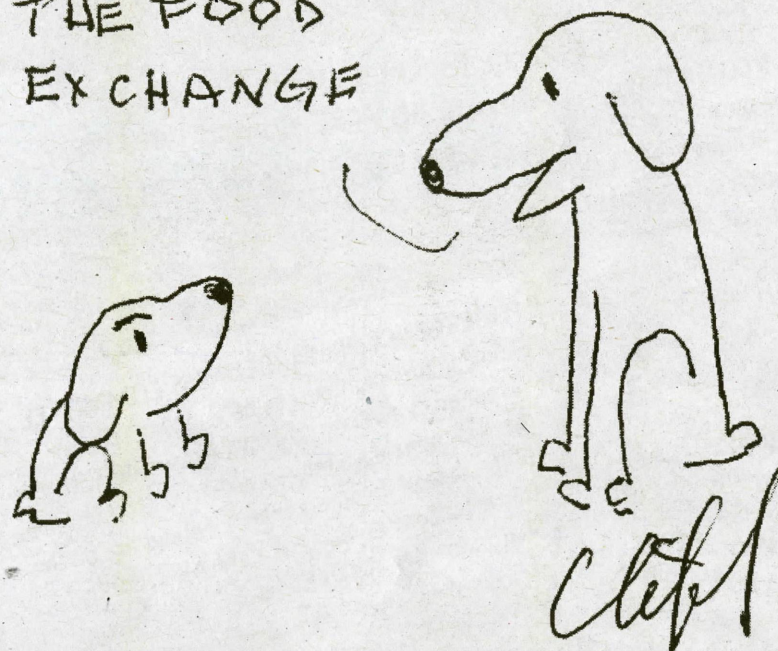
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05LV04W

## Poet's Corner

### Let There Be Another Spring

by Mindy Gail Learn

*Spring awaits us like a breeze  
Waiting to be felt  
The sun wakes up  
And reaches down  
For buttercups to melt.*

*The lilacs with the softest scent  
Will make you want to pause  
Of all the seasons, Spring is best  
Not only just because.*

*Those lazy days with lemonade  
And bunnies in the grass...  
The joggers and the bicyclists  
All wave as they go past.*

*Oh, Please, let there be one more Spring,  
So I can feel your touch,  
Just One more moment  
I can say, "I love you so, So, much!"*

### Community of Friends

By Frank Seiden

Having lived in Leisure Village for some time now, my wife and I find that it is a community of friends. Friends who help each other, watch out for each other, make it safe for single seniors to live alone. Extended friends that we may not know personally who make LV alive; those who serve in the administration and its committees, who run and work in the myriad of clubs and smaller groups that provide services for all of us in Leisure Village. It is for this community of friends that I offer the following: they chose to be.

### Friends

*The richness in the soil of life.  
They hold it firmly  
When times's terrible torrents  
would wash it away.  
They are the rain and sun  
that make the soil fertile.*

*Friends are the reliable tides  
that start a ship on its journey  
and usher it back to home port.  
They are the compass that guides it,  
The ballast that gives a stable keel.*

*Friends are the warmth of a balmy day  
the single shaft of sunlight  
that breaks through gloom.  
They are extended family----  
not born to be,*

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05LV14S



## Covering the World with Food

By Larry Schwartz

I thought I would begin this by explaining why the Persians that I have met in Southern California identify themselves as Persian and not Iranian, but it's far beyond the scope of this column, which as you may recall, is all about food, food and more food.

Many nutritionists consider the Middle Eastern diet as one of the healthiest in the world, along with the Mediterranean diet, and by using the word diet I simply mean the foods people eat. I continually search for healthy, great tasting dishes and I sure hit the jackpot over in Village 44 when I had the good fortune to meet Shala Afsari.

One common thread so far in these interviews is the fact that in Brazil and Italy and now Iran and most European nations, people make a meal a social and cultural event sometime going on for hours. According to Shala, "food is the connection between human beings".

My exposure to Persian food began when I lived in Woodland Hills when I started eating at a nearby Persian restaurant. There were so many unusual and tasty foods I tried there; I was very excited to meet Shala. She invited me in to her comfortable home, offered me a cup of Persian tea and we started right in discussing the foods of Persia, which started with the tea, a lovely blend of 2 kinds of black tea, Earl Grey tea and the spice Cardamom.

Geographically, Iran has many regions. Just to mention a few - Western Iran is the Coldest, Northern Iran is where most of the garlic comes from and Iran near the Caspian Sea is known for its wonderful seafood dishes.

Shala was a very independent 10 year-old who was born in Shiraz... hmmm what's the connection to the Australian wine???

Wine 101 Lesson 1

In modern Iran, no Shiraz wine is officially produced today. The



*The finished product: koubideh*

vineyards of Iran are instead used for the production of table grapes and raisins. As a whole, Iran is not a wine producing country, but rumor has it that villagers that live nearby Shiraz produce small quantities in secret. The modern-day red grape variety "Shiraz" is a homonym used in Australia and some other countries for the grape variety Syrah, which apparently originates from northern Rhône valley in France.

Anyway, Shala learned how to cook native dishes by watching the people in her household cook. Rice, the Basmati variety (a much less starchy product than other most rice), is a main element in almost every Persian dish. It is served along with stews, grilled and roasted meats and a special dish called Tahdig, which is the crispy rice left at the bottom of the pot. You gotta try it.

Other important elements of Persian cooking are yogurt, eggplant, fava and wonderful herbs and spices, including the most expensive spice in the world, saffron. One of the dishes I loved at that Woodland Hills restaurant was Persian Eggplant Dip

made with roasted Italian eggplants, yogurt or whey, with fried dried mint and onion mixed in. OMG (that's computer speak for Oh My God), what a flavor.

It seemed like with every question I asked, Shala would disappear into the kitchen and return with some jar or tin. So I thought, I wonder if that will work with anything. Was this my Aladdin moment? So I tried and I asked "Shala, now what is Koubideh?" I know what it is, but this was just my bait question. Just a minute she said, heading into the kitchen. Could it be? She returned a few minutes later with a plate for me (see photo). It contained chicken koubideh, a beautiful dark roasted tomato, and a piece of sangak bread and sprigs of cilantro. OMG...it didn't take long for it to disappear into my mouth.

I was going to include a Koubideh recipe here, but since you may only use some of the ingredients once a year, I decided to omit it. So treat yourself and go have it at a Middle Eastern Restaurant. As Mikee says, "try it, you'll like it." Guaranteed.

### Monthly Costs: Renting vs. Assisted Living

By Annette Broersma, M.S.

As we consider the options for our parents or ourselves, the price of renting in Thousand Oaks would likely be as follows: Rent amount: \$1600-\$2200; utilities (gas/electric): \$200; Cable TV/Internet/phone: \$125; auto maintenance (with no payment): \$50/month; Gas for car: \$150; Insurance and DMV fees for car: \$100; Food: \$500. Total: Average \$3,200/month without entertainment (movies, travel, dining out, etc.).

The Reserve at Thousand Oaks has studio apartments at \$3450/month and One Bedroom Garden apartments with full kitchens at \$4,200/month. This price includes: 3 meals/day in the restaurant, weekly housekeeping/linen service, fitness program, transportation, utilities/cable TV, medical supervision, and all activities.

The nutritional benefits of having balanced meals prepared is a great comfort to family members who worry that singles living alone do not put proper effort into cooking. The socialization, exercise classes and intellectually stimulating programs are also healthy and necessary to living a long, healthy, and happy life.

In Assisted Living, there is someone not far from your front door who will be there in less than 3 minutes if you push a button; or one can call the Front Desk to ask a question to hear a friendly voice.

One last factor: Rentals require a lease agreement that is usually for one year. If the tenant vacates for health reasons (including death), the senior or their estate must pay the rent for the duration of the lease until the landlord can find replacement tenants. If one departs from The Reserve for health reasons, their rent ends the day the apartment is emptied. Call or stop by any time with questions or comments on these articles; we appreciate your input.

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