

INSIDE LEISURE VILLAGE

VOL. 44 NO. 11

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

NOVEMBER 3, 2023

VILLAGER PROFILE

Living the Village Dream

By Carol Nelson

As with so many instances, timing is everything! Jonathan and Valerie met at a church program in Bel Air and their mutual attraction was immediate. However, because they were dating someone, they didn't begin dating for another year. When Valerie and her date at the time attended a Christmas party hosted by Jonathan, she had no idea that they would marry and live together in that same home 3 years later. In 2000 they married.

The Fox's reason for moving into Leisure Village echoes that of more than a few Villagers. Jonathan's parents lived in a retirement community in Tampa, Florida, but by 2006, they needed to be closer to family. Jonathan and Valerie found them a home in Leisure Village, just 15 minutes from their own home in Agoura Hills. About 12 years later, both parents had passed away, so in 2019 Jonathan

& Valerie decided to remodel the LV house & move in.

Jonathan's career took a more direct path than Valerie's. After graduating from the New Jersey Institute of Technology with a degree in Electrical Engineering, he began working for CBS in NYC, but after working on two long-term projects in Hollywood, he decided to transfer to Television City. Before retiring, he had been with CBS for 40 years, working as Chief Engineer of their Audio Post Studios.

Valerie earned a degree in English from UCLA and a Masters degree in School Counseling from the University of Colorado. After working in schools for 6 years, she then moved on to a career in designing and developing (mostly technical) instructional programs for several large companies including Toyota, Nissan and Northrup Grumman (TRW). She had particular fun designing training for body shop technicians on how to



Courtesy Photo

Valerie and Jonathan Fox sharing the Village life.

repair the paint on damaged cars by mixing the right combination of paints. In order to do this, she first had to undergo her own training with a major paint manufacturer. Other enjoyable jobs she had included arranging hardhat tours and orientations of the Westlake Village Four Seasons Hotel & Spa while it was still under construction.

One of the highlights of her

professional life was creating a new Veterans' Center at Oxnard College. Here the vets had a place where they could improve their education, network & be offered counseling, all of which were designed to be appropriate to their needs. She felt it to be an honor to spend time with those vets.

Jonathan has been president of the Ham Radio Club since 2015.

—Please see **PAGE 7**

Celebrations and Honors for Village Veterans

By Jon Niemann and Pam Almeida

The ILV crew like to set aside a section of the paper each November to honor our Veterans. This year Tom Logan and Tommy Drifill of the local State Farm Insurance Agency also took time to honor a Leisure Village Veteran on National Purple Heart Day. Jack Bozajian V24 received his Purple Heart award while serving in Vietnam in 1969. Celebrated on each August 7, National Purple Heart Day offers Americans a special opportunity to say "Thank You" to the nearly two

million brave men and women who fought for our nation's freedom, and bear the physical scars of war. The National Purple Heart Honor Mission who established this special day, is dedicated to paying tribute to our nation's combat wounded through special outreach and educational programming.

The LV Womens club has been celebrating and honoring U.S. Veterans with a day set aside to thank our "LV Vets." Each year a large cadre of volunteers sign up to help with the event. We have been

—Please see **PAGE 7**



Photo by JON Tom Logan, left, and Tommy Drifill meet with Jack Bozajian, center, to honor his status as a Purple Heart recipient on National Purple Heart Day.

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IN MEMORIAM

**There were no
entries submitted
for this issue.**

In Memoriam entries, please submit name and village number of the person who has passed to: insidelveditor@gmail.com ATTN: In Memoriam

ABOUT INSIDE LEISURE VILLAGE

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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 insidelveditor@gmail.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.

December 2023 Edition Deadlines

Club News, articles and letters: Friday, November 17. December issue will be available Friday, December 5. Send news, articles & letters to insidelveditor@gmail.com.

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

COMMUNITY NEWS By Dennis Doolittle

Paint Project – The original whole house stucco and trim paint project is underway in Villages 6, 8 and 17. Work is now progressing in Village 17.

An agreement has been reached on the next phase of the paint project. Villages 7, 9, 19 are in the next phase. Work will start once Village 17 is completed.

Roofing - The roofing contract from last fiscal year is complete. A new roofing contract has been approved by the Board. Work will begin in late October. Individual homeowners will be notified when their home is to be

re-roofed.

LV Web Site – Issues of the Village Voice are now available online on the secure log-on portion of the web site. After the November issue, the Village Voice will no longer be printed and mailed to residents. The on-line version will be available. Printed copies will be available at the Administration office, on request.

The initial streaming videos are now available on the web site, including the 50th Anniversary play “50 Years in Paradise”. Look for much more Leisure Village content

to become available over the coming months.

Concrete – The Village maintains the concrete in the common areas, driveways, sidewalks, gutters, etc. A proposal for concrete replacement was presented to the Board, and it was sent back to staff to change the scope of work and reduce the price. Check the next Board meeting for the update.

Research and Advisory Committee (RAC) – A Town Hall meeting on being wise energy users is in preparation. The date for the meeting has

been changed to January 17, 2024, at 10AM to Noon in the Assembly Room (AR).

“Frontsteps” – The Village has purchased a new software application for the management of the Village Administration. The first feature to be implemented will be a license plate recognition system which will replace the window decals we currently use. Many new features will be implemented over time and Frontsteps will become the primary interface for all residents and owners for forms and requests, financial information, etc.



The Leaning Tree of LV

Photo by VALERIE FOX
Work on the trees is getting close to the end of Phase 1. This precarious looking image was captured by Valerie Fox.

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AROUND THE TOWN

AI Assisting Caregivers and Dementia Patients

Camarillo Health Care District is offering a series of classes for caregivers, a dementia simulation and four opportunities for one-on-one assistance with your digital device. These offerings are exclusive to Leisure Village residents.

Powerful Tools for Caregivers

Powerful Tools for Caregivers will be offered 10-11:30 am on Tuesdays, Jan. 30-March 12 (excluding Feb. 13) in the Leisure Village Recreation Center's Sun Room. This educational program is designed to help caregivers maintain their personal well-being to better care for their loved one or friend. To enroll in the six-week series, call 805-388-1952 and specify it's the Leisure Village class offering. There is a \$25 materials fee.

DEMENTIA LIVE: A high-impact dementia simulation experience developed by AGE-ucate Training Institute, will be offered

at no charge in 45-minute time slots between 9am and noon on Feb.16 in the Recreation Center.

Dementia Live engages participants in what it's like to live with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Class participants put on items that simulate the loss of different functions, giving them an immersive experience that elevates quality of care, compassion and empathy, as well as a deeper understanding of the challenges one faces when living with dementia.

After the experience, there is a small-group post-discussion about what the experience felt like, how the caregiver must be the change agent as the person with dementia can't change, and what can be done to improve communication and care processes, empowering caregivers

with practical tools and techniques that will ultimately make them better caregivers.

Sign up for one of three sessions offered at 9, 10 and 11 am by calling 805-388-1952 and asking for the Dementia Live appointments designated for Leisure Village.

DIGITAL BRIDGE: this isn't a game of Bridge on your digital device, as one may assume. It's one-on-one assistance, helping you to use online services, therefore bridging the digital divide.

This program is designed to assist you in understanding the virtual word a little better. Camarillo Health Care District staff offer pressure-free, respectful, step-by-step assistance in learning about navigating online and understanding your digital device, whether a smartphone, tablet or laptop computer. This could include sending text messages, gifs and emojis; downloading applications; setting alarms or activating notifications; choosing ringtones; using a calendar application; sorting and organizing your digital photos; using Zoom or FaceTime, and more.

Individual appointments are available 11:30 a.m. to noon and noon to 12:30 p.m. on Jan. 30 and Feb. 27 in the Recreation Center. There is no charge for this service. Call 805-388-1952.

Camarillo Health Care District is your partner for community-based health services, and is recognized throughout California and the nation as an innovative champion of wellness and aging services. As a leader in collaborative health options, disease prevention, and health promotion since 1969, Camarillo Health Care District offers a broad range of interactive, evidence-based health and wellness programs designed to enhance long-term support and services that educate people about chronic health conditions, and guide people toward healthy life choices. Learn more at <https://www.camhealth.com>.



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TECH AND THE VILLAGER By Louis Lapidés

Do Not Click The Link

I must confess. Despite my computer tech expertise, I still fell for a fake USPS text sent to my iPhone. The message contained an alluring link. I clicked on the link and carelessly opened my wallet to scammers. Sound familiar?

Here's what happened; It was during the COVID season. I ordered a health-related item online. I expected the package to arrive in a few days. After a week, the package was late. I concluded the mail had slowed down because of the reduced workforce slamming our country. While anxiously waiting for the package, I received what looked like a USPS text message. The electronic memo informed me my precious cargo was stalled out at a local post office branch. For \$3.00, I can release my package and accelerate a quicker delivery.

I didn't think twice. After all,

I believed the text came to my cell phone from the trustworthy USPS. Though the included link looked strange, I bought into the scammer's disguise as a valid government agency. I clicked the link. I was transported to a legit-looking website complete with the USPS logo. I used my credit card and paid the \$3.00 "redelivery" fee. Mistake. Mistake. Mistake.

Once the bandits had my credit card data, they started to party on my dime. An expensive trip to Best Buy. Several treks to various SoCal gas stations. Thanks to my bank, they crashed this illicit party. The only thing I lost was time and embarrassment.

This postal fraud scam is called smishing. It is a form of phishing that uses a text message (Short Message Service [SMS] or ShMiSh) to hook the unaware. This smashing



scam aims to entice you to provide your personal or financial information to bad characters.

Why was I so susceptible to this racket? I discovered a few vulnerabilities that caught me off guard. Sadly, it can happen to anyone. First, are you waiting for a package? Chances are you often check your front door, hoping to find a box containing merchandise you ordered. How does the scammer know you are expecting precious goods? Most likely, he or she doesn't. However, they are taking a long shot, hoping you are in the waiting mode.

Next, these cyber pirates trip you up by informing you that your package is in Postal Service limbo. The delay of your package may be due to a wrong address, not enough postage, or no one was home to accept the delivery. The final part of the scam caters to your emotions: the fear of not receiving a package you paid for. To remedy this situation, you click away with abandonment. You end up handing your personal information over to this counterfeit outfit.

What should you do if you receive a sham text from USPS? Think

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Jonathan & Valerie

Continued From **PAGE 1** —

At that time, there was a single crooked and broken vertical antenna in the radio “shack.” So Jonathan sought and obtained \$10,000 from other clubs and other donations - and voila! A brand new 40 ft antenna which functions exactly as it should! This has increased the range for both emergency communications & club radio contacts around the world. As if that wasn’t enough, Jonathan then upgraded the LVTv transmission to HD and tapeless recording. It should come as no surprise that Jonathan has a passion for absolutely anything electrical! Nonetheless, his interest recently turned to pool/billiards. With his usual focus on achieving goals he has set for himself, he won first place in the Beginners’ Pool Tournament.

Valerie has involved herself in Village life in many different ways: Tai Chi classes, ceramics, Grapes R Us and the Ed & Rec Committee. Outside the Village, she participates in Bible studies and is a member of the Conejo Cactus and Succulent Society. She is a bit of a cell-phone shut-

terbug and you can catch a photo or two that she submits to ILV on occasion.

Together they have enjoyed several trips to Southeast Asia and Europe. On a vacation in China, they went to the remote town of Guilin to view the beautiful Karst mountains with their peaks emerging from the soft mists. However, almost no one spoke English. This became a real problem when they went to a local restaurant and the menu was in Chinese only, so they pointed to food items going to other diners. When it came time to pay, they found the restaurant didn’t take credit cards and they didn’t have enough cash. It was to their great relief when an English-speaking man came in, observed what was going on, then directed them to the nearest ATM (which was anything but near!) It was all quite embarrassing as everyone was watching, but looking back, it was all just part of the fun of overseas travel. (More travel is planned, but this time in the U.S. where communication is not so challenging!)

Like most of the rest of us Villagers, the Foxes love the cooler weather, the numerous clubs, the security, the friendly neighbors and just “living the Village Dream.”

Veterans

Continued From **PAGE 1** —

fortunate to have color guards from a Boy Scout troop, Oxnard Union High School Cadets, the Channel Island National Guard just to name a few of the organizations that present the flag formally to our guests.

The LVWC has meetings throughout the year that are fundraisers for this event. One year we honored Paws for Purple Hearts, which is a program for Veterans that helps place service dogs with wounded soldiers. A donation of more than \$3000 was made to PPH and the WC has sent donations each year thereafter. The LVWC also presents a small memento to each veteran to mark the day. We have placed medallions around each neck, we have given dog tags and

this year we will present challenge coins as our 2023 gift. In addition to a complimentary lunch, each veteran can bring a guest with them. There is no charge to the Veteran and their guest at this event.

The 2023 event is scheduled for November 9th in the A/R. There will be three entertainers this year: Don Freisen, a comedian, Robert Van will provide live music and Rod “Rocket” Wormer, a retired fighter pilot, test pilot and program manager will speak. Another feature will be a looping video with images of our Veterans during service, a presentation of all those young, bright-eyed and innocent faces.

If you have a picture that you would like to share, or if you are or know a Veteran who would like to attend, call Pam Almeida @ 314-283-8172 or email psmith@toast.net.

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VILLAGE ENTERTAINMENT

Unexpectedly 80

Players Guild – Linda O'Neill

Coming Thursday evening, November 16 at 7:30 pm, Players Guild will present *Unexpectedly 80*, title willfully stolen from Judith Viorst's latest book. Joyce Belcher, Players Guild President, will direct and produce this epic workshop which will be an evening of comedic skits and song. Mick Jagger of Rolling Stones fame turned 80 this past July and much has been made of the age of the current United States President. Joyce Belcher actually received eight cakes during her birthday month of September. Consensus dictated that we would go with a cast who are all in their 80's! Look for Dave Flood's parody of "When I'm 64," Irv Feiles "Young at Heart," Julius Hirsch's "I Don't Look Good Naked Any More" and Helene Cohen's original skit, written for this show. We're loud; we're proud; we're over 80!

Kudos to Readers' Theater director and producer, Roseanna Bellino-

Strickland for staging a new show model in October, emphasizing the works of one particular writer. In this case, scenes from six Neil Simon plays: *Come Blow Your Horn*, *Barefoot in the Park*, *The Odd Couple*, *Jake's Women*, *London Suite* and *Rumors*. Though all the large cast did well, a special mention should be made of Judie McAskill, Irv Bergman, Loretta Pisaniello, Julius Hirsch and Denise Pepper.

Please see our Club News article for important LVPG announcements.

Jam Packed October Open Mic

LV Music Club - Marci Lapair

The Music Club's October Open "Mic" Night was a jam packed evening of entertainment by talented performers. Roger Florio reprised his original song as a tribute to Leisure Village's 50th Anniversary. He updated the lyrics to include the new trash barrels. Ninety-two-year-

old resident David Flood received a standing ovation singing songs to commemorate Leisure Village's anniversary. David was accompanied by Geri Levy. New residents Scott Jacobs, Jeff Brown and Judy Gobble sang Annie's Song. New to performing at Open "Mic" Night were Dorene Blair and Marlene Cooper who performed a beautiful piano and violin duet of Canon in D Major by Pachelbel. Denise Pepper accompanied by Richard Weiss entertained the audience singing I Could Have Danced All Night. In honor of Halloween Bob Bueling and Pat Cronin performed the Monster Mash. Bob delighted the audience by reciting the lyrics to the song.


The next Open "Mic" night is Friday, November 3 at 7:00 pm in the AR. Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks. If you have a talent that you would like to share for our December Open "Mic" Night, please call Debbie Goodman (818) 523-0731 no later than Wednesday, November 29.

The movie to be shown on

Monday, November 20 at 7:00 pm in the AR, will be *About My Father*. Generations collide in this hysterical comedy starring Robert De Niro and Sebastian Maniscalco. The film centers around Sebastian (Maniscalco) who is encouraged by his fiancée to bring his immigrant, hairdresser father (De Niro) to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family. The movie is rated PG-13 due to language and partial nudity. It is 90 minutes long.

On Monday, December 4 at 7:00 pm in the AR, we will screen the movie *The Secret*. The movie is a powerful drama about a family haunted by a terrible secret. Kirk Douglas stars as Mike Dunmore, a well-liked man in his community. When he is asked to be a City Councilman, he wants to do it, but he has a secret. His grandson is his life and Mike's son Patrick resents him, so does he tell the truth? The movie is 92 minutes long.

—Please see **PAGE 9**



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VILLAGE ENTERTAINMENT

Music Club

Continued From PAGE 8 —

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

Musical Tribute

Showtyme - Jennifer Stein

Showtyme Presents "A November to Remember", A John Denver Tribute. The last Fab Friday of 2023 goes out with a bang. And who could deliver such an event, none other than Jim Curry. Jim, after winning a full Rotary International scholarship to study music and voice and being selected to sing as the voice of John Denver in the CBS Television Movie "Take Me Home, the John Denver Story," there was no doubt that he would continue to sing

the praises and songs of America's Troubadour. As a lifelong fan, Curry dedicated himself to continue John Denver's legacy of songs and his message of love and caring for our planet to future generations. It's an experience you don't want to miss. Jim Curry is not an impersonator he looks and sings with his natural voice and delivers a true tribute to John Denver like no other. Songs like Rocky Mountain High, Annie's Song & Take Me Home Country Roads are classics that generations have held dear to their hearts. Take a trip down memory lane, you just might be swept away.

If you see one concert this year, take this opportunity to hear and see John Denver's tribute, it will be an amazing evening. It all starts on Friday, November, 10th at 7pm. Doors open at 6:15pm. Admission is \$10.00 per person. Bring your friends & family to join you for an evening of entertainment. For your convenience Showtyme will

—Please see PAGE 10

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Amalfi	Village 29	\$720,000
Amalfi	Village 42	\$750,000
Brentwood	Village 39	\$475,000
Capri	Village 42	\$605,000
El Dorado	Village 25	\$635,000
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11LV07S

AROUND THE VILLAGE By Marlynn Block

That Was a Great Party!

Villagers sure know how to party! At the 50th Anniversary event on October 1, hundreds of Villagers spent the afternoon together in what can only be called a love-fest.

Invited dignitaries included Assemblymember Jacqui Irwin, Camarillo Council members Kevin Kildee and Tony Trembley (via video), Elaine Magner, chair of the Pleasant Valley Recreation & Park District board, Kara Ralston, CEO of the Camarillo Healthcare District, Beth Miller, Pleasant Valley Historical Society board member and Captain Jason Hendren, representing the Ventura County Sheriff's Office. Each of these speakers regaled the full house in the AR and those watching the live LTVV broadcast at home with stories and anecdotes that reflected the decades-long relationships between Leisure Village and the special districts and community to which we belong.

Attendees then walked off to explore the displays created by over 40 clubs and association teams that surrounded the atrium area, the AR and the MPR with their history, artifacts and photos. Grapes 'R Us, the Village's own wine club, even provided wine tasting samples as part of their display for the day.

The Garden Room was magically transformed into the Village Bistro, where Villagers listened to live music and were treated to a catered spread that was promoted as "light refreshments", although it rivaled any wedding or Bar Mitzvah meal in its breadth, creativity and volume. Folks spent the remainder of the day raving about the food, marveling at the rich history and diversity represented by so many clubs and catching up with friends and neighbors.

The events of the day will be captured in different media, begin-

—Please see **PAGE 11**



Photos by JON
Clockwise, from above: 1) Richard Loomis and Don Marquardt. 2) Harold Howarth, Jan Bender & Don Senior sharing wine from the Grapes R Us Wine Club. No wine snobbery allowed. 3) California State Assemblymember Jacqui Irwin presents a Resolution recognizing Leisure Village's 50th Anniversary. 4) Left to right - Harriet Lit, Anne Goldman, Vera Erskine, Sue Lind, Marlynn Block, Rosanna Brown. 5) Patti Crighton and Nana Morris in the courtyard.



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Photos by JON

At left, Kay Finch, Meryll Russell and Fanny Forman enjoying the party. Above, photo opportunity for presentation of the Resolution.

50th Celebration

Continued From PAGE 10 —

ning with a video that is in progress and that will soon be available for viewing on LTVTV as well as streamed on demand via YouTube. For those who were unable to make it that day, or for anyone who wants to relive the memories of the past

50 years, the joy and camaraderie will be available to appreciate over and over again.

This event was brought to fruition after a year of planning and dedicated brainstorming among a team of volunteers who became friends and even more – we are family. That's the way we roll here – it certainly does take a Village!

Smishing

Continued From PAGE 6 —

before you respond. Are you actually waiting on a package? Where is this text coming from? Did you sign up with USPS to receive text messages to track your arriving package? If not, this is a clue someone is trying to shake you down.

Do Not Reply. You will be taken to a fake website if you reply and click the link. Remember,

this website only exists to steal your money. Prize your personal info. Protect your credit/debit card numbers, the three-digit code on the back of your cards, four-digit PINS, and your Social Security number. Hand nothing over to these swindlers.

In the next article, we'll look at several foolproof tips on how to make yourself "smishing proof."

Remember, Do Not Click The Link!



I Miss Tasting My Food!

Does this sound familiar?
Want to TASTE your FOOD Again?



You're Not Alone!
If you wear dentures, you've probably noticed that your food just doesn't taste the same anymore. Granted your ability to taste will change as the years go by. But if you're wearing denture(s), that thick layer of plastic covering your entire palate doesn't improve the situation – and the strange taste of adhesives you're using to keep your denture 'up and in' doesn't help either! Generally speaking, it's the upper denture that tends to prevent someone from truly tasting their food. When the roof of your mouth is covered, your food can't touch it. This lack of contact robs you of the 'eating experience... and when you add your dentures' sticky goop into the equation, your ability to taste doesn't stand much of a chance.

Many denture sufferers give up on taste. They simply move forward with the belief that tasting food is an experience that they've lost to their youth. **But you CAN get it back!** It is possible to taste your food once again, and regain your 'long lost' enjoyment of eating. **Implant-supported replacement teeth** don't cover the roof of your mouth with thick plastic in order to stay 'in' – and because implants are anchored in your jawbone, you can say goodbye to those nasty-tasting

gunks and glues as well! Implant-supported 'teeth' are the closest thing to nature that you can get. This means that you will be able to eat your favorite food again, with all the taste and texture you've been missing. (You'll also be able to smile and laugh at dinner parties without worrying about your dentures poppin out and onto your plate!) Wouldn't it be nice to enjoy a crunchy apple, sink your teeth into a nice steak, or eat corn right off the cob again?

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TILVTS

THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Stress — What You Can Do to Help Yourself

All of us experience stress in our lives, and without it we wouldn't be able to function, and life would not be fulfilling. The body reacts differently to acute stress vs. chronic stress, and we all react differently to stress. Stress and distress are different types of stress. You can have good stress when your grandchild gets married and negative stress (distress) when you experience grief when you lose a loved one.

Chronic stress can take a toll on your mental and physical well-being, placing you at increased risk for high blood pressure and cholesterol. Some causes of situational stress can include retirement, loss of a loved one, too much unstructured time, declining physical abilities, financial concerns, caregiving for a loved one, and moving to a new residence. As we go through life's continuum, it becomes more chal-

lenging to cope with stress and anxiety.

The good news is there are many natural strategies to help us deal with stress and facilitate a relaxation state. Relaxation is part of the balancing process along with other aspects of lifestyle such as nutrition, physical activity and how you handle stress. Learning to relax involves some time and concentration. It is valuable to learn relaxation techniques to help unwind and bring our tensions and anxiety under control.

When we feel stressed and anxious, our breathing pattern changes, so awareness is the first step. Whenever you feel stressed and anxious, try diaphragmatic breathing techniques, meditation, and other natural ways to combat those stressful feelings.

Meditation is several techniques

used to still the mind, relax the body and produce a state of inner harmony. It differs from sleep, hypnosis, or other types of relaxation simply because your mind remains alert. Sit in a comfortable chair with arms or place arms on a pillow on your lap. Focus on a single word or phrase (of your choice – perhaps "peace" or "one" or a religious word), and ignore or disregard all other thoughts. If your mind wanders, go back and repeat that word/phrase over again and again. When we focus on a single word, thought or image, we produce a state of calm that increases mental alertness, while relaxing other body systems. Meditating twice a day for 15 – 20 minutes has been shown to

be the most effective. Try to practice every day even if it is initially for 5 minutes. You may find it's easiest to meditate first thing in the morning and last thing at night.

Be aware of your stressors, only be concerned about the things you can control and don't be too concerned about the things you can't control. Consider our various classes at Leisure Village to assist with stress management, such as Tai Chi, Yoga and Meditation.

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

Showtyme

Continued From **PAGE 9** —

be selling pre-admission tickets on the following days: Oct. 31st, Nov. 1st & 2nd 10-1pm; Nov. 6th, 7th & 8th 10-1pm. They will be sold in the Rec. Center lobby. If you are new to Leisure Village come and see what Showtyme is all about. Meet your neighbors and other residents & have a fun and memorable evening.

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A WORD ON WINE

By Barbara Senior

S'Up In Paso?

Last month we spent a few days in Paso Robles getting wine for the November 17 Grapes R Us Tasting. We enjoyed our time there and returned with five cases of outstanding wine for the tasting. Many things in Paso were familiar, but there are changes afoot.

Harvest was in full swing with lots of activity at all the wineries we visited. The harvest started one month later than usual, and continuing mild weather has slowed the ripening of grapes, promising a longer and later harvest season. Winemakers have their collective fingers crossed that fall rains will hold off until all

the grapes are in.

We've been going there for 30 years and have seen the region evolve from 20 wineries to 250 today. Early entrepreneurs turned ranch land into vineyards and proved that great wine could be made there. Passionate wine enthusiasts soon followed, and today's Paso landscape is endless vineyards, carpeting the gentle hills and valleys. People with deep pockets eye the area as a great investment and a fun lifestyle.

Gone are the days of walking into a winery, stepping up to the tasting bar and paying a few dollars to taste wines. Now reservations are highly



Photo by SEXTANT VINEYARD HOST

Don Senior, Barbara Senior, Bruce Elyea, Diane Elyea and Jon Niemann at Sextant Vineyards performing the hard task of finding wines for the Grapes R Us November tasting.

recommended, and walk-ins may not be welcome. The format of the tasting has also changed, as more wineries offer seated tastings with a choice of several flights of wine or premium tasting options with higher fees. The cost of Paso wines has also risen dramatically in the last few years. In short.... it seemed like Paso is becoming more like Napa Valley—overcrowded and overpriced.

But there may be a silver lining. We found the seated tasting much more enjoyable, and I don't mind

making a reservation. The pouring hosts are very attentive, quite knowledgeable, and there are more of them, making the tasting experience tailored to each group. By pure luck we had a private tasting at Tablas Creek that was outstanding and possibly the best I've ever experienced. Many wineries also have small cafes, so you can enjoy some tasty food as you sip your wines. Change is sometimes difficult, but for Paso, it's mostly good. And you just can't beat the beautiful drive up and back to Paso on 101.

ART IN THE VILLAGE

By Nicole D'Amore

LV Library Art Exhibit

Portrait artist Nomi Wagner will be exhibiting her work in the library during November and December. She says painting portraits is more a calling than a career, a way to keep loved ones close even after they are gone.

After years of working as a photographer, Wagner discovered the magic of technology and now uses the computer program, Corel Painter and the iPad program, Procreate, to paint portraits for her clients. Using elements from reference photos clients send her, she makes a sketch and the painting evolves from there. She can mix colors from a palette on the screen in every shade and variation



Photo by JON

Nomi Wagner with a painting of her grandchildren.

imaginable. The resulting painting looks like a fine watercolor or oil painting.

Wagner's Website is: <https://nomi-wagner.com>.

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ART IN THE VILLAGE

By Nicole
D'Amore

Handy With His Hands - Making Art From Wood

The art of woodworking begins with taking material from the earth and turning it into something not only beautiful but useful as well.

A group of fellows in the wood shop here in Leisure Village set aside their own creative pursuits a couple days each week to repair items villagers bring in to them.

One of them is Chris Bjornberg who is also treasurer of Ye Ole Woodchippers, the wood workers' club here. He recently finished a coffee table with an inset of the owner's handmade mosaic from their previous house. On the practical side, he showed a piece he made to cover water turn-off pipes outside someone's house.

Problem solving has always been one of Bjornberg's strengths. He remembers a fifth grade teacher who brought in a box of lawn mower engine parts.

"If you got done with your

schoolwork early you could mess with it," he said. "I put it back together! My mind's always worked that way, I figure things out."

Bjornberg grew up in Palm Springs. His father was a carpenter and his uncle a cabinet maker, so that's where he learned about the tools and techniques.

In woodworking, it's the steps that he enjoys. "I just like drawing up the plans, figuring out how something is going to work and the best way to put it together," he said. "What order to put things together is important. I have always been handy with my hands."

After graduating from Palm Springs High School, he went to trade school and started working at service stations.

But a serious accident in his Baja Bug on Christmas Eve in 1986 ended up putting him on a different track as an auto mechanic.



Photos by NICOLE

Chris Bjornberg working in the Woodshop Annex. Creating is his passion. Above right, an outdoor plumbing cover for a Village home.

"I had four skull fractures, herniated disks, cracked ribs, all kinds of stuff," he said. "I was messed up." He wasn't expected to live, but defied expectations. "My boss was afraid to let me come back to work full time, so I had to look for work," he said. "I made a phone call and the next day I got a job at a dealership. I worked at dealerships for the rest of my career — on Cadillacs, GMCs, Oldsmobiles, Pontiacs."

He has been married to Deborah for 42 years and they have two children, a son and daughter. They lived in Riverside, then in Ventura for 10 years before moving to Camarillo five years ago. They bought their house in Leisure Village after selling the one in Riverside. They rented it out and Bjornberg managed the property and got a job at Q Corp

in Camarillo, a design and manufacturer of custom environmental testing and conditioning systems.

"I had worked on electronics on cars and ended up running the electrical panel department before I left Q Corp," he said, another opportunity to use his problem solving and building skills.

They remodeled the house in Leisure Village before moving in, doing much of the work themselves.

The wood shop here was a big draw for him.

"I always wanted to have my own wood shop but it never really happened," he said. "But when I got over there, it was like, Oh!"

One of the first things on his list was building a new dining room table. They had donated theirs be-

—Please see PAGE 16



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CLUB NEWS

PLAYERS GUILD

By Linda O'Neill

Important announcement: This is a change in start time. The auditions for *Fiddler on the Roof* are to be held in the MPR on Monday and Tuesday nights, November 27 and 28 beginning at 6:30 pm. The second night is specifically for "call backs." Good luck all. It's a wonderful musical.

Using our greatest Shakespearian voice: Hear ye! Hear Ye! The LV Players Guild Membership Drive kicked off with the October 2023 show and continues throughout 2024. Membership dues are \$10 per year and "early birds" gain access to attending, acting in and directing the remaining 2023 shows as well as the eight monthly shows in 2024.

On Thursday evening, December 21, Players Guild will open the AR doors for this year's holiday dinner. Ticket price is \$30 per person and Barbara Stone is at the helm of ticket sales. Buffet will begin at 5:30 with gluten-free/vegan options available. The evening's entertainment will be directed by Richard Weiss.

This year is coming to an end and so we are planning for 2024. President Joyce Belcher held a meeting for prospective workshop directors. Here are the assignments to date: February - Joyce Belcher - the Valentine show; March - Richard Weiss; April (our big play) *Fiddler on the Roof*; director Diane Carroll; May is dark; August - Diane Carroll; September - Readers' Theatre, directed by Roseanna Bellino-

Strickland; October - Vivian Holander who plans to do a Halloween show (ooooo-spooky); November - Helene Cohen's Acting Class; December - our annual holiday dinner. If you have a desire to direct a show, contact Joyce Belcher as January, June and July are available.

WOMEN'S GOLF

By Patti Crichton

We had a great time at the special Halloween golf event on October 25th! 9's and 18's got together for scramble play. Costumes and decorations were extra spooky. We had a baked potato bar afterwards to continue the festivities. Many thanks to the organizers and assistants for all of the good times!

November is President's Cup month! This year is a new format of Match Play. Participants need to sign up with Betty Ericsson and the entry is \$10. You will be assigned a starting time and a partner to play on Nov. 1st and Nov. 8th. The charted results will be posted on the Clubhouse bulletin board and online. Finalists will need to schedule their own times for play-offs. Members can still play golf on Wednesday mornings even if they don't join the competition.

The November meeting is on Wednesday, Nov. 8th in the Garden Room. Social time begins at 1:30pm and the meeting starts at 2pm.

Remember to sign up for the December 13th Holiday Luncheon, which will include the New Board installation and Awards.

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held the October meeting on October 5th in the MPR. The judge for the month was Steve Friedman, a member of the Thousand Oaks Photo Club. Steve brought to the club his years of photography experience and a perspective on possible improvements to the photographs submitted by the members. The Assigned Category for October was "Textures" which proved to be interesting. A list of themes for next year is being compiled, members are urged to send their suggestions to Melody at h20baby10@gmail.com. Winners for October were: Assigned Category - Bill Margulies - "Bark and Rock" Open Category - Frank DeSimone - "Woof! Off the Telephone" Mobile Category - Chuck Herrera - "Waiting for My Train"

The Photo Club is looking at the future needs of the photographers in Leisure Village and any improvements or enhancements. A working group has been reviewing what they

think the future of the club should reflect. Photo Club members with comments and suggestions should contact Bill Margulies at billmargulies@gmail.com.

The November Assigned Category will be "Travel." Any questions regarding the Photo Club or membership contact Melody Zaida at h20baby10@gmail.com.

RV CLUB

By Eugene E Elder

Happy Thanksgiving! Make it a point to call 3 family members over the holiday. If you want to get away for a short trip, come to one of our monthly meetings. Many locations we go to have cottages for rent - you do not have to own an RV to have camping fun. We have both monthly meetings and monthly outings.

Being a member of the RV club also gives you access to the club tool shed, adjacent to the wash rack. We have soft water for washing your RV, a gas power washer, Soft Brushes, and various cleaning supplies. There

—Please see **PAGE 16**



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CLUB NEWS

RV Club

From **PAGE 15** —

is also a rolling soap bucket and various tools. Come to one of our monthly meetings and check us out.

RV Trips for the remaining year.
November 15-20 - Pahrump lake-side RV Park & Powwow Event
December 5-8 - Golden Village Palms RV Resort, Hemet CA

VILLAGE ARTS

By Patti Crichton

It is a busy month ahead for Village Arts.

Our annual Autumn Art Show takes place on Sunday, November 5th from 10am-2pm.

Please remember that Daylight Savings Time change will take effect and time will fall back one hour as of Nov 5th at 2am.

We will have various arts and crafts displays in the AR. Ceramics will sell their wares on the BBQ pa-

tio. The Stoners will have jewelry in the MPR and Garden Room. What a great opportunity to get your holiday shopping done!

We have been gifted with some of deceased member Florence Gillman's paintings. She specialized in Asian style art. We will be sharing them for viewing and for sale at the Art Show. Florence requested that donations go to her chosen charity.

Our monthly Village Arts meeting took place on Wednesday, November 1st in the MPR at 1pm. We tied up the final plans for the Art Show. Members were asked to bring an interesting artsy object to share with the group. It was amazing to see some hidden treasures.

On Wednesday, November 8th at 6pm, some of our members will participate in an Art and Poetry event at the Newbury Park Library off Borchard exit. Any LV residents are invited to attend. You can also attend by ZOOM. We have collaborated with this poetry group before and they have written poems inspired by

our artwork, which is quite a talent!

Watercolor classes with Kathy Whitesell are Monday, November 13th at 1pm and Friday, November 17th at 1pm and 2:30pm. Text Patti Crichton at 805-760-7673 to sign up.

Happy Thanksgiving!

GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines of different varietals and to explore wine regions around the world. The October tasting featured wines from the historic Rancho Sisquoc Winery near Los Olivos.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents and guests are welcome. Bring two glasses and water. Each session is \$15 per per-

son. Reservations are highly recommended. To get our monthly email invitation, drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

RACQUET CLUB

By Sharon Wilson

Fall is here along with the end of daylight savings time. For some of us that means one less time to play. We will adapt.

The winners of the paddle ball tournament were Rosie, Gary V, Roger, and Sunshine. The winners of the pickleball tournament were Marg, Roger, John, with Sunshine and Catherine tying. Another great job by Roy and assistants. The Turkey Trot tournament will be on November 11th and November 18th. Sign up sheets are on the bulletin

—Please see **PAGE 17**

Art from Wood

Continued From **PAGE 14** —

cause it was too big for the space.

"I took plans and changed them around for what I wanted to do. I redesigned some things," he said.

For another project, he redesigned some barstools someone discarded into three small tables for outdoor plants.

When Debbie saw them she said, 'Im not putting those outside!' he said.

At the wood shop he has fixed a lot of chairs, he said.

"A lot of people have antiques and the glue goes bad," he said. A lot of drawers are made from pressed wood, which is sawdust or wood chips pressed together with glue and the glue starts disintegrating, he said. "A lot of them aren't repairable — I've had to rebuild a lot of drawers." They won't work on fiberboard.

"You don't know what you're getting into. You don't have any history.

"We repair broken things but we don't like to do refinishing, there is so much involved, color matching, other things. We're not allowed to use spray finishes," he said.

"We don't charge for repairs, except for any material we use, everything else is donations," he said. "Some pay us very little for a lot of stuff, or will just say thank you and



Photos by NICOLE

Top, table created from a mosaic provided by Villager. Bottom, wine barrel table.

walk away.

Other people will want a piece of wood cut, it will take us five minutes and they'll give us 20 bucks. We've had people give us money just because they are thankful for what we're doing, even if we didn't do anything for them," he said. "It's fun to be there."



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CLUB NEWS

Racquet Club

From PAGE 16 —

board at the courts.

Pickleball lessons with Dirk and Lynne continue through the week of Nov 20th. A sign up sheet for paddle ball lessons is on the bulletin board.

Our Fall potluck last month was enjoyed by many. Lots of food, fun and friends. The Wine and Games Night will be in the Santa Rosa room November 8th at 7pm. December 13th will be our Holiday Wine and Cheese party at 7pm in the Santa Rosa room. Annual club dues of \$7 will be collected in December.

A friendly reminder that the paddles and balls at the courts are there for your enjoyment but must not be taken off the courts at anytime. Same goes for items in the equipment room. If you use it, don't lose it, return it to the equipment room.

See you at the courts.

MAVERICKS CLUB

By Vera Erskine

A bewitching evening of haunting characters dancing to the disco music of "Tropic Star" gathered for a daunting evening of frivolity and fun at the Mavericks annual Halloween Party. Cash prizes were given out for the scariest, funniest, most original and best overall Halloween costumes. A ghostly time was enjoyed by all!

Our annual Winter Blast is scheduled for Friday, January 26, 2024. Dave the Piano Man will be providing the music for this semi-formal catered dinner dance. More

information on the Winter Blast event will be in the December issue.

Mavericks will be presenting the annual Village Christmas Parade on Saturday December 16, 2023. Mark your calendars.

LV BOWLING

By Gene Kinsey

It's here! The Fall Bowling season has begun! We have six teams of excited bowlers showing up weekly to have fun and laugh. We bowl every Friday morning at Harley's Camarillo Bowl from 9 to about 11:30. There is still time to sign up as a regular or as a sub.

Outstanding bowlers from the opening month are as follows for the women: Peggy Rebsch 160, Bobi Shmerling 128, Nancy Owens 145, Bobbi Herbertson 189, and Clancy Martel 153. For the men: Dick Fisher 165, Art Titan 178, Gene Kinsey 176, Myron Jones 168 and Bruce Anderson 168.

As a reminder, club dues are \$20 for the year and weekly bowling is \$14. This is a fun and friendly group just waiting for you to join in. Call Bobi Shmerling at 805-389-1975 for more info. See you there!

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hi to all Villagers. Happy Thanksgiving. The Saturday Night Dance Party is giving FIRST time Villagers to our dance a complimentary ticket. We want you to have fun

dancing or listening to the music.

November 11 – Ralph Mathis – FoxTrot lesson.

November 25 – John & John Duo West Coast Swing Lesson.

Admission \$10.00 per person includes dance lesson, 6:30 – 7:15. Dancing 7:30 – 10:00. We hope this season of the year brings family & friends together. Bless America and our troops.

BILLIARD CLUB

By Patrick Price

Although the Billiard Club doesn't have anything planned for November,



Photo by PATRICK PRICE
Tom Niemann lining up a shot.

of course, the new year (2024) will bring more tournaments and activities starting in January. With 32 participants, all of them winners, victorious for the October 14-1 tournament are Joe Ellis first, Gary Bunch second and Paul Kirkwood third in the Super A category. In the A1 category 1st was Fumi Nagaoka, 2nd was Ruth Stubba and 3rd to Don Nicksay. First was Tom Niemann, second went to David Butler, and third was Kathy Wirtz in the A2 category. For the B's, Jonathan Fox was first, Skee Ziesenlenne came in second and Phil Kennedy was third.

So, join the Billiard Club for \$10 and fun. Contact Kathy Wirtz 818-445-1057 for membership.

WII BOWLING

By Lois O'Connor

The Wii Bowling club bid farewell to summer and ushered in autumn with the Harvest Bowl Tournament. The tournament was held September 19 through September 21. A bowler must have played at least nine games to participate. The scores from the

—Please see PAGE 18

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CLUB NEWS

Wii Bowling

Continued From **PAGE 17** —

regular weekly bowling sessions were used for the tournament. Thirty-nine bowlers signed up to participate. The bowlers were divided into three groups based upon averages. Handicaps were added to the scores and winners identified. The three top bowlers in each group were recognized and received prizes. The following scores listed include handicap.

GROUP A WINNERS: First place, Ann Seltzer (Tues. 11:00) bowled 869; Second place, Diane Hawrylo (Wed.) bowled 845; Third place, Judy Spector (Thurs) bowled 827.

GROUP B WINNERS: First place, Gary Reissman (Tues. 11:00) bowled 957; Second place, Kay Finch (Thurs.) bowled 814; Third place, Barbara Cranfill (Wed.) bowled 800.

GROUP C WINNERS: First place, Cheryl Staszewski (Thurs.) bowled 887; Second Place, Ron Lucio (Tues. 11:00) bowled 846; Third place, Joan Cressman (Tues. 9:30) bowled 836.

Our next tournament will be held during the upcoming Holiday Season.

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

MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf had some great golf in September! The Al Fox Harvest Golf and Picnic event was a huge success with over 90 people in attendance at the picnic. This mixed tournament saw some very low team scores in both the 18ers and 9ers categories.

The first place 18er team scored an impressive 51 gross (54 is par for 18 holes) and 43.1 net. The team consisted of Chuck Dolan, Deb Dolan, Leslie Hall and Chuck Hall. The 9er team of Jack Bozajian, Deb Bozajian,

John Palmer and Patti Crichton also scored an impressive under-par nine holes of 23 gross (27 is par for nine holes) and 20.1 net. At the follow-on picnic, Al Fox was recognized for his many contributions to the community and Men's Golf.

The LVMGA September Regulation Tournament was held at the Olivas Golf Links, with Chuck Kiskaden winning the A-Flight and Dan Turner winning the B-Flight. Dan and Chuck also scored the only Birdies of the round.

The October Regulation Tournament was held at the Soule Park Golf Course in Ojai, a very popular venue for the LVMGA.

Live Theater for All Ages

Catch Me if You Can opens November 10 and runs through December 3. Based on the hit film and the incredible true story, *Catch Me If You Can* is a high-flying musical comedy about chasing your dreams and not getting caught.

Check out what's coming up in 2024 on our website.

Conejo Players Theatre is located at 351 S. Moorpark Road, Thousand Oaks. For tickets and more information, visit conejoplayers.org.

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To submit a classified ad please include your full name, address and phone number (info for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion (phone number = 1 word, email = 1 word). Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD. The envelope can be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome, or placed in the wood box next to the garden and sewing room in the LV Recreation Center. Questions? Call Barbara @ 805-482-9097.

DEADLINE for the next publication is 5pm on Friday, November 17.

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

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

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POSTAL MAGIC: 5235 Mission Oaks, 805-586-4047 Visit us this October. Receive 15% off purchases of \$20 or more. Receive 10% off 6 months mail box rental

PATRON MEXICAN BAR & GRILL: 5227 Mission Oaks, 805-702-4164 Come and enjoy a delicious dinner and receive a \$5 off on \$50 or more. Expires 11/30/23

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HANDYMAN – Nathan 805-440-5536 References

SPARKY'S Car detailing 805-603-7599 References

Are your windows in need of a good clean? Call Island View Window Washing for sparkly clean windows. 805-825-8709 Islandviewwindowwashing@gmail.com

Hugo's Garden Services: lawn and garden maintenance. Cleanup, tree pruning and removal, sod/seed installation. Over 23 years working in Leisure Village, LV references 805-482-0985 or 805-216-8835

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November: A Time of Gratitude

A time of personal reflection on all our many blessings.

Veteran's Day—Saturday, November 11th

We are SO grateful for all of our Veterans. Thank you for your service. Thank you for making it possible for us to live and work in this great country. It is an honor for us to fly our flag in honor of our great Military.



Thanksgiving Day—Thursday, November 23rd

Our hearts are filled with gratitude for our many blessings. Family, Freedom, Friends and good health are at the top of the list. We work hard to serve all our clients and in turn we are blessed by great referrals. Thank you for all your good words.

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