

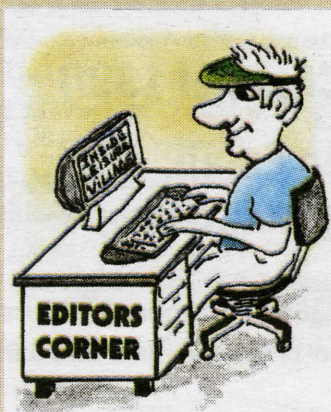
Inside Leisure Village

VOL. 37 NO. 9

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

SEPTEMBER 2, 2016



We have a lot of good information in this issue that you, our readers, should find interesting and useful. Of particular note is Joseph Benti's article on volunteerism, a key ingredient in running a successful, vibrant community. Additionally, there are several public service announcements and helpful articles on day to day living. Jean Kohut shares with us details about our fine feathered friends and Larry Swartz makes us hungry reading about another delicious recipe.

From time to time I receive poems and autobiographical articles from readers wishing to be published in ILV. I do read them and add them to my bank of filler pieces in case space should be available in future editions. My preference is that for articles about people, they should be written by an interviewer as opposed to being autobiographical.

All in all, I think we have something for everyone. Enjoy!

HELP WANTED—VOLUNTEERS MAKE A DIFFERENCE

Clubs and Committees Need Members

By Joseph Benti

The other day a member of the Women's Golf Club called double-checking my handicap for an upcoming tournament. She is a volunteer and a club officer. She has served on several committees and in other clubs and the Board of Directors.

Friday nights, my wife (a volunteer on three committees and an officer) and I (also on three committees) attend a potluck dinner with five other couples, all volunteers on various committees and clubs—three having served on the Board Directors, as did three

former members who since left the group.

As a teen-aged volunteer in the Army, despite "Barracks Lawyers" telling us not to volunteer, one of my efforts earned me a life-time, marketable skill that has served me well for more than 65 years. Beyond that, a stint as a cub-scout leader and Little League coach for a few years, before moving to the Village, I rarely volunteered for anything.

Why do I tell you this? Because fewer residents are volunteering for the various committees and clubs that depend on volunteers for vitality and their continuation, as well as affecting our quality of life by

Please See Page 23

FIRST ELECTION FORUM TO FOCUS ON CAMARILLO BALLOT

The municipal ballot in the November election will ask voters to choose two City Council members and to decide on a Save Open Space and Agricultural Resources (SOAR) measure that would protect area agricultural land from further development. In the first Election 2016 forum here in Leisure Village, residents will have the opportunity to evaluate the five candidates running for those City Council slots and to hear opinions on the ballot measures.

Villagers will hear and question the Council hopefuls on Sunday, September 25 at 2:00 PM in the AR. Five people filed applications to compete for the two seats available on the Council. They are:

Kevin Kildee – incumbent
Jameson Lingl – policy educator – mediator
Bill Little – incumbent
Matthew Lorimer – business manager
Tony Trembley – environmental attorney

Leisure Village is considered an important voting constituency within the City and Ventura County because residents turn out to vote in high numbers. The City Council candidates' event is sponsored by our Current Issues Forum. The format will provide the candidates with time to make opening and closing statements and to answer written questions submitted by the audience. More information about the candidates is available at ci.camarillo.ca.us.

Electric Carts To Be Allowed on Entire Golf Course

On August 1st, the Leisure Village Association's Board of Directors discussed action to allow access to the entire golf course for electric golf carts, operated by owners with handicapped status, in accordance with the American Disabilities Act and the Federal Fair Housing Act. This would be an extension of the rules that were implemented for cart use on the back nine of the course.

For someone wishing to use an



FILE PHOTO

A new addition to the front nine

electric golf cart (gasoline powered carts are prohibited) on the golf course, they must be driven by the owner of the cart and display a blue handicapped flag. Only the owner of the electric cart must be the driver at all times. Golf carts not displaying the handicapped flag will be prohibited.

Individuals operating electric carts on the golf course should be attentive to the other player's line of play and, upon reaching the green, park the cart to the side or back of the green. Carts are not allowed on the green surface.

Be safe, and have fun.

WE'VE GOT YOUR NUMBERS

Here are some important Village phone numbers and email addresses.

The Main Gate: 805-482-0716 (for guest passes, a security question, etc.) or www.gatepass@leisurevillage.org

LV's Emergency Number: 805-388-3636 (for medical problem, fire, major property problems or an intruder, not minor events like a tree branch down) LV security officers simultaneously call 911 as they respond to a resident call.

Ventura County Alert: To sign up for the Emergency Notification System - 805-648-9283 or www.vcalert.org or text 313131 - to receive 'reverse 911 calls' and alerts to major emergency situations.

Ventura County Disaster Information Hotline: 805-465-6660 or register online at www.vcemergency.com.

LETTERS

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

HOW TO CONTACT US

Editor:

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editorilv@yahoo.com
904-826-5945

Display advertising:

Stacey Janson
The Acorn Newspapers
805-484-1949 x303

Classified advertising:

Barbara Crome,
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ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer

Photo Editor: Rita Linsey

Photos: Bud Bradley, Bob Kaplan

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

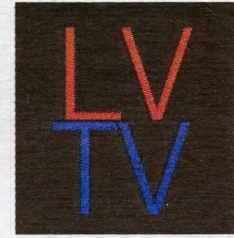
Classified Ads: Barbara Crome, Joyce Snider

Contributors: 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.

OCTOBER DEADLINES

Deadline for letters, club news, stories, photos and classified ads for the October 2016 issue is Tuesday, September 20 at 5 p.m. The Display Advertising deadline is Monday, September 26 at noon. Publication is scheduled for Friday, October 7. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (only if email is not available) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.



LVTV Program Schedule

September 2016 | Channel 1390

LVTV Committee Email:
lvtvcommittee@gmail.com

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

Day	Date	Program date time 10 am and 8 pm
Thurs	1	L.V. Musicians: Channel Air Chorus - (82 min)
Fri	2	1 st Annual Pumpkin Festival - 2005 (45 min)
Mon	5	L.V. Art Show - 11/2/14 (15 min)
Tue	6	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Wed	7	LVA OPEN BOARD MEETING - TAPED
Thu	8	Thurs. Showcase, Message Board for Shows
Fri	9	LVA OPEN BOARD MEETING - TAPED
Mon	12	Pacifica High School Dancers - 2006 (41 min)
Tues	13	What Was My Line - Jennifer Stein, Mira Fontes, Jerry Spector (52 min)
Wed	16	Players Guild - Buster & Friends (45 min)
Thurs	15	Thurs. Showcase, Message Board for Shows
Fri	16	Women's Club - Razzmatappers - (49 min)
Mon	19	LVA 101: Corporation Codes & Davis Sterling (42 min)
Tues	20	Cooking with Larry: A Chicken In Every Pot - (18 min)
Wed	21	Mavericks Thrift Shop Fashion Show - 9/26/14 (17 min)
Thurs	22	Thurs. Showcase, Message Board for Shows
Fri	23	Players Guild - Barbershop Quartet - (40 min)
Mon	26	Law Talk - Judges & Judging Part 2 - (29 min)
Tues	27	Women's Club- Linda Fern Fay - (52 min)
Wed	28	4 th of July - 2008 (1 hr. 15 min)
Thu	29	Southern Village People Cook - 2014 (31 min)
Fri	30	LVA 101- #5: Elections - 5/28/14 (38 min)
		OLD-TIME RADIO AUDIO: Thurs. 7:00 PM CALENDAR DIVA: 8:00AM, 2:00, 5:00, 7:00 PM

SAVE THESE DATES – FOR YOUR HEALTH

As another flu season approaches, residents can get their flu shots without leaving the Village. Kaiser patients can receive the injections on Thursday, September 15 from 9:00 a.m. 'til noon in the MPR. They must show their Kaiser card to qualify.

On Friday, October 7, Livingston Nurses Association will give flu shots to non-Kaiser patients in the AR from 9:00 a.m. to 1:00 p.m. Villagers must bring proof of insurance or Medicare cards. Your Neighbors' Care Group sponsors this annual service.

When proper medical cards are presented, there will be no charge for the shots at both events. Flu shots will be given to people without insurance as well; the charge will be \$25.

Two other healthcare events are upcoming. Medicare officials will hold a seminar to explain open enrollment opportunities and procedures on Friday, September 9 from 1:00-2:00 p.m. in the MPR. On September 30, representatives from St. John's Pleasant Valley Hospital will host an informational meeting to explain the current construction at Pleasant Valley Hospital to Villagers and how the new facilities will impact available healthcare. That forum will begin at 9:30 a.m. in the MPR on Friday, September 30.

NOTE TO READERS

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

LETTERS

DEAR EDITOR,

My new knee is healing nicely, and I feel very lucky to live in Leisure Village. Thanks to everyone who sent cards and thoughtful messages to me and Bob as we traversed through surgery and rehabilitation. With your encouragement, I expect to be up and dancing in no time.

*Renee Kaplan
Village 28*

DEAR FRIENDS,

Jerry and I want to thank everyone for their get well, happy anniversary and birthday wishes. The cards, calls, donations and goodies were most appreciated. We both hope to back in the swing of things soon.

Thanks again and we love you all!!

Natalie & Jerry Rosen

IN MEMORIAM

Carolyn Berry, V. 33

Barbara Chapman, formerly V. 1

Selma Weiss, V. 42

Charlotte White, V 40

To submit a memoriam call Loretta Reshes, 388-7116

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SENIOR MALNUTRITION

By Andy Smith, Comfort Keepers In Home Care

As we age, our bodies require fewer calories, yet we require more protein, calcium, B vitamins, and other nutrients. Unfortunately, there remains a surprising lack of awareness about the specific dietary needs of seniors and how nutrition plays a key role in their well-being and longevity.

Seniors are particularly susceptible to malnutrition, because not only do they have unique nutritional needs, they also take more medications and have higher rates of chronic medical conditions such as diabetes and heart disease. They also may be experiencing a change in their taste buds, a lack of appetite, a lack of interest in cooking, a lack of mobility to get to the store, a limited income to buy nutritious food, trouble eating due to poor dental health or sore gums, depression, or dementia. A restricted diet such as low sodium or low fat can be a factor too.

EIGHT WAYS YOU CAN HELP A SENIOR GET THE PROPER NUTRITION:

Identifying and treating nutrition issues early can promote good health, senior independence, and increased longevity. Take steps now to ensure your loved one's nutrition.

1. Talk to the senior's doctors. If a senior is losing weight, work with his or her doctors to identify and address contributing factors. Changing medications that affect appetite, curbing or eliminating any diet restrictions until the nutritional problem passes, and working with a dentist to treat oral problems can help. Ask for screenings for nutrition problems during routine office visits, and inquire about nutritional supplements.

2. Encourage him or her to eat nutritious foods. Spread peanut butter or other healthy spreads on toast and crackers, fresh fruits, and raw vegetables. Sprinkle finely chopped nuts or wheat germ on yogurt, fruit, and cereal. Add extra egg whites to scrambled eggs and omelets and encourage use of whole milk. Add cheese to sandwiches, vegetables, and pasta.

3. Liven up bland foods. Add lemon juice, herbs, and spices to foods. If the senior is experiencing

a loss of taste and smell, try some new seasonings and recipes.

4. Encourage healthy snacks. A piece of fruit or cheese, peanut butter by itself or as a spread, or a fruit smoothie can provide healthy nutrients and extra calories.

5. Make meals social events. Visit at mealtimes, or invite seniors for dinner at your home or out at a restaurant. Encourage seniors to join programs and senior centers where they can dine with others.

6. Make sure seniors get regular physical activity. Even light daily exercise can stimulate appetite.

7. Boost hydration for overall good health. Seniors should get at least 64 ounces of healthy fluids per day.

8. Consider outside help. If necessary, hire a caregiver to shop for groceries or prepare meals. Consider Meals on Wheels, the Area Agency on Aging, a county social worker, or other community services.

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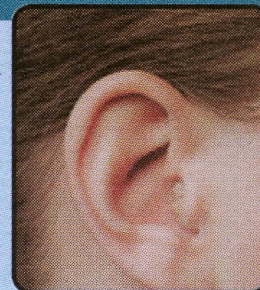


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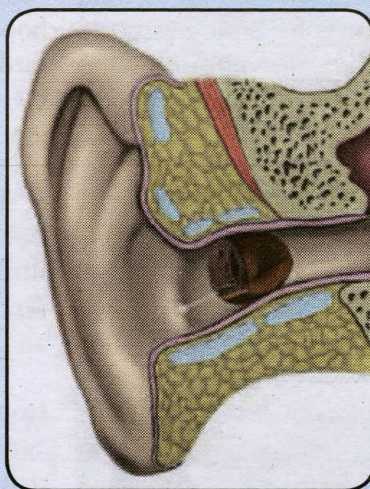
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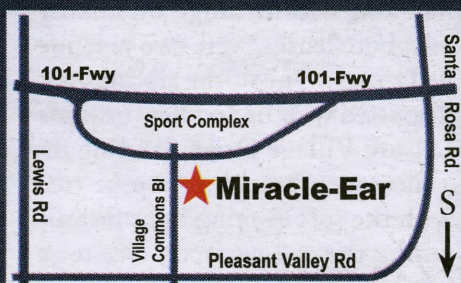
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BIRDS OF LV

The Bad Boys of the Neighborhood

A great specimen of our feathered neighbors

By Jean Kohut

Commonly known as the “bad boys” of the neighborhood, nobody messes with the Great Horned Owls. The crows call in alarm when they are around and have to mob them in groups to scare them away from their nesting young. But, other than the crows brave mob attempts, these powerful raptors fear no other birds of prey, often taking them down for a meal. In fact, the crows approach with great caution and alarm as they too can be caught up in the deadly talons of the Great Horned Owl.

They can be heard at night up

and down the village with their deep calls, males calling “ho-hoo-hoo, ho-ho-hoo-hoo.” Females answer with deep “guwaay” and a nasal barking noise.

When clenched on prey, it requires a force of 28 pounds to open their large talons that can sever the spine of large prey. In spite of their fierce talons, these owls are covered in extremely soft feathers that help them fly silently in pursuit of a meal.

My birding friend, Paula Raissner, recently told me to walk down towards her house at dusk. Fledging owls, the young ones out of the nest, were in the neighbor-



Photo by JEAN KOHUT

A Great Horned Owl observes the neighborhood from its vantage point.

hood calling for their parents to feed them at night. I joined her one evening to find six of the youngsters clearly visible on rooftops near the house numbers and sitting at the edges of branches of smaller trees along the curbs. An adorable little bat was flitting in the evening air, catching insects. It was quite an enjoyable collection of wildlife.

A few days later, two residents from Village 42 came to my door carrying a copy of the recent ILV paper. They had been reading my column on the Birds of Leisure Village and came to tell me their greenbelt had a family of Great Horned Owls living across from their patio. I informed Derek Gardener, a professional photographer and neighbor friend of mine and, near sunset, he and his wife Sue Gardener and I all walked down with 42 cameras in the ready. Much to our delight, clearly visible and within range of smaller telephoto lenses, were two juvenile fledglings. One of the siblings got disgusted with us and flew towards Leisure Village Drive, landing on a nice open branch of a pine tree with the soft evening light illuminating the owl perfectly. We took

photos to our hearts content. But, as the light faded and night came closer, we had to give up.

The owls had the advantage at this point. With their large eyes and pupils that open widely in the dark and retinas containing many rod cells giving them excellent night vision, we could not compete. Their eyes do not move in their sockets, but their heads can swivel more than 180 degrees to look in any direction. Their hearing is extremely sensitive due in part to facial disc feathers that direct the sound waves to their ears.

You may hear the Great Horned Owls at night, right outside your windows and go out to try and find them, with no luck. They heard you coming long before you reached where you think the sound is coming from and they can see you standing in the street, craning your neck to see them. You have just put a “crick” in your neck for nothing. They are well hidden in the branches in the darkness of the night.

Don't put your jammies on too early. Take a walk near dusk and you might just get lucky and be able to see one of these magnificent creatures that call Leisure Village home.

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Photo by HARVEY BROSNER

Coming soon to your neighborhood, an opportunity to donate blood and in the process help save a life.

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BLOODMOBILE LOCATIONS IN CAMARILLO: Wednesday, September 14, City of Camarillo, 601 Carmen Drive, 12:30 p.m.-4:00 p.m. and Thursday, September 22, Ventura County Fire at Camarillo Airport, 555 Airport Way, 8:00 a.m.-12:00 p.m. Questions concerning eligibility to donate, other sites, dates and times, and for appointments, call 800-715-3699. Appointments can be made on line at www.blood4life.org and entering your zip code.

AARP SMART DRIVER CLASS

By Paul Herman

Leisure Village will be hosting a 5-hour Refresher Class of the AARP Smart Driver Program on Thursday, September 8th, at 12:30 p.m. to 5:30 p.m. in the MPR. You must be within the three year window from your last AARP Smart Driver Class to register for this Refresher Class. Contact Paul Herman at 444-6420 for details..

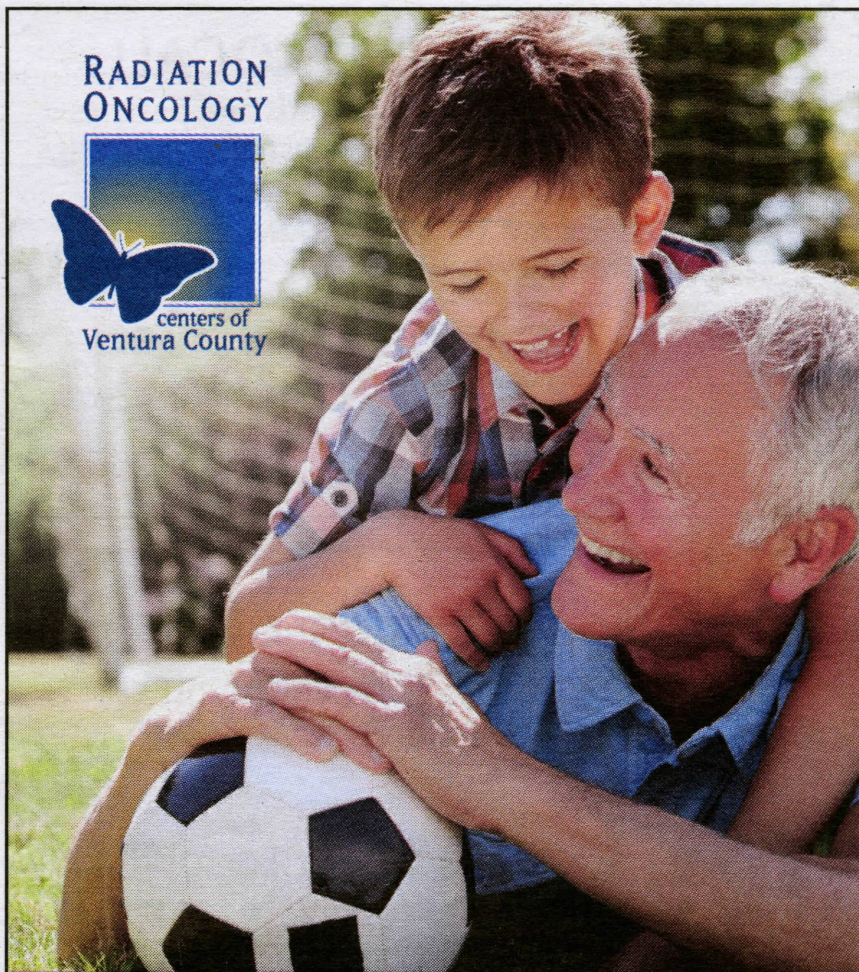
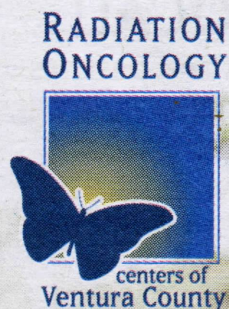
EMERGENCY PREPAREDNESS COMMITTEE

By Sharon Pfeiffer

The purpose of the Emergency Preparedness Committee is to provide residents of Leisure Village with information that will assist them in surviving the aftermath of an emergency or disaster.

The Federal government, precisely FEMA, offers classes to the community that teach survival skills. Twenty people are needed to sign up so that Leisure Village can qualify for our own training right here on site. A fall 2016 Class is being requested, sometime between September and late November. The timing of this class should not interfere with summer vacations and end of year holidays. The classes are usually from 6 p.m. to 9 p.m., one evening a week, for six weeks. If all six classes are attended, attendees will qualify for certification as CERT (Community Emergency Response Team). When 20 people are signed up, class dates can be finalized! Also, if you have previously taken the classes, this is a good way to refresh your skills.

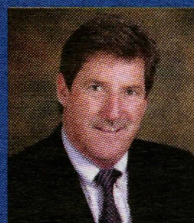
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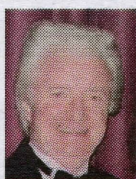
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CLUB NEWS



Gazebo Art Walk gords, below, Gazebo Art Walk.

Photo by RITA LINSEY

VILLAGE ARTS

By Gwen Zimring

Hello Village Arts members and friends. At our August 3 meeting we enjoyed having our annual Art walk in the Gazebo Garden. Again, we must thank Margie O'Hair and all the wonderful people who brought cookies and lemonade for everyone to enjoy on a perfect summer day. Visitors and guests were able to browse at the variety of the art displayed there by our members.

For the September 7 meeting, Patti has discovered a multi-talented

young artist who will demonstrate some of his particular art forms. You may have already seen what he does at the Saturday Farmers' Market, so this should be a very interesting meeting.

For the October meeting, we hope you have chosen a few pieces of your own art for Phyllis Doyen to give you a gentle critique. Her suggestions are always very helpful for all of us.

Thanks go to Rita Linsey for the photo collage she created showing five artists working in five different medians at the Monday workshop. In September Nana Morris will have some of her lovely paintings in the library. Don't miss it!



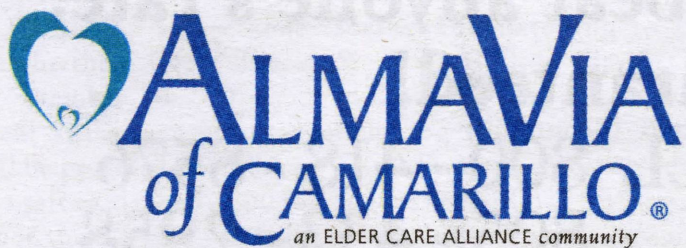
Photo by PATTY CRITCHON

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AlmaVia of Camarillo, an Elder Care Alliance community, is a nonprofit, faith-based assisted living and memory care program cosponsored by the Sisters of Mercy of the Americas Midwest Community & the Sierra Pacific Synod of the Evangelical Lutheran Church in America.
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CLUB NEWS

WOODSHOP

By Chuck Russell

There were no summer doldrums in the Woodshop last month. As usual, our members were busy with personal projects as well as repairs for Villagers. We now have 168 current key holders and fourteen of them also serve on a governing committee that makes shop decisions, keeps an eye on all the equipment and greets our resident customers on Tuesdays and Wednesdays. We are a busy team. The project totals for the year keep increasing:

Residential projects: 183

LVA/ Clubs projects: 60

"Quickies:" 37

Our Village Days are Tuesdays and Wednesdays when residents can bring broken furniture to us and we'll do our best to fix it. Our repair window accepts these projects from 10:00 a.m. – noon. There's no

charge for the work; donations for materials are always welcome.

Men and women who left work benches behind when they moved to Leisure Village and miss the challenge are welcome to join the Woodshop crew. If you have ex-

perience with power equipment, call Chuck Russell at 383-3043 to set up an appointment with one of our members who can answer your questions about the shop and can also check you out on our equipment.



Armchairs

Photo by BUD BRADLEY

BILLIARDS CLUB

By Patrick Price

The next tournament begins Monday, Oct. 3. Sign-up sheets will be up in mid-Sept. The next Billiards Club meeting is Tuesday, Sept. 27 at 7:30 p.m.. Events for the coming year will be discussed at that meeting. Snack donations are always welcome for the 'after party' in the Garden Room. The popular Thursday night challenge continues. Be there at about 6 p.m. to sign-up. Left, center, right is back up and running for those not playing pool on Thursdays.

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09LV04R

CLUB NEWS

WOMEN'S CLUB

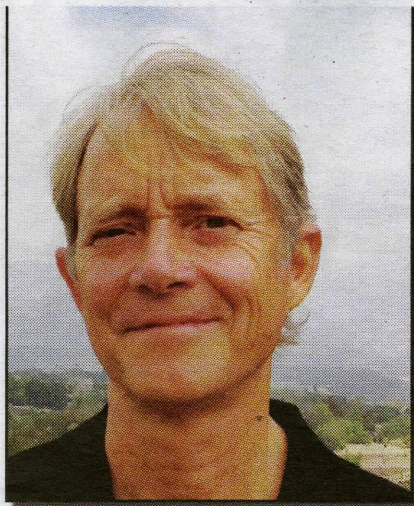


Photo by RITA LINSEY

Brock Travis

By Rita Linsey

The September Club meeting will be an evening event, on Thursday, September 8 from 7:00-9:00 p.m. in the AR. The club will feature a presentation by Brock

Travis called "Mindfulness." The \$5 admission includes wine and cheese.

Brock is a psychologist, specializing in human spirituality, offering spiritual counseling and meditation instruction appropriate for schools, centers, clinics and agencies. He has spent most of his life helping people actualize their truer, deeper potentials, which includes navigating through life changes, losses and crises. He assists individuals in the transition toward authentic romance and personal success, as well as becoming conscious of their own spirituality. A few of the agencies he has worked with are: Mindfulness for Veterans, Ancient Wisdom classes, Ventura County Behavioral Health - Recovery Innovations and Lake County Behavioral Health - Mental Health & Alcohol & Other Drugs, and "Burnout & Beyond."

COUNTRY WESTERN DANCE

By Sue-Ellen Colp

We had a fun night at the dance and even all got up to do a new line dance to YMCA. Great snacks - thank you to everyone who brought them. Next dance will be September 10 7-10 p.m. Cost is still \$5.00; punch, water, coffee will be provided. We have a 50/50 and gift cards for \$25.00 to Trader Joes. Come join the fun; get your dance on the list and we try to get to all the dances. It is nice to see everyone having such a fun time. Marshall, our DJ, keeps us all hopping. Even if you don't dance, come watch, socialize and enjoy the snacks. See you all at the next dance! For more information, Call Sharon at 805-910-9428. See you soon!

PLAYER'S GUILD

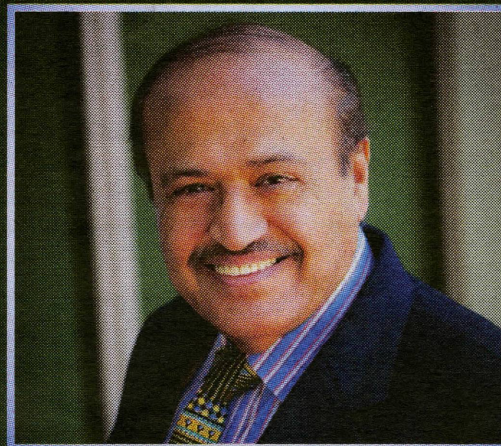
By Stan Reshes

It's that time again...nostalgia time. Players Guild will be taking you back with "Thanks for the Memories", songs and skits from the days of yore. You'll be seeing and listening to Frank Sinatra and Dean Martin, going to Broadway with Ethel Merman, laughing with Lucille Ball and Carol Burnett. And, oh yes, just for the men, Marilyn Monroe will also be making an appearance. It's the brainstorm of Judy Kiskaden and Joyce Baker, making their first collaboration with Players Guild.

Thursday evening, September 15, 7:30 p.m. in the AR. No need to mention the great refreshments after the show (even though I just did). And if you're not a member, now is the time to join. Let's keep these great shows coming.

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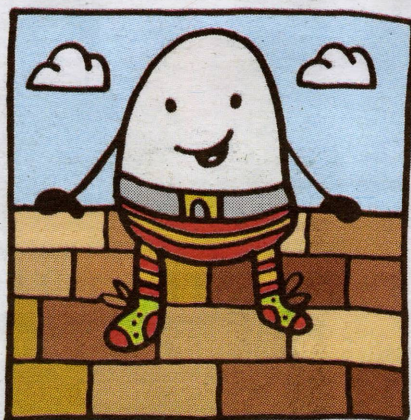
"We Can Help! Don't ignore the IRS,
they will not go away."

CLUB NEWS

SINGLE ACTIVE SENIORS (SAS)

By Zelda Greentree

Once upon a time, Mrs. Dumpty of Humpty Dumpty fame, had a great fall while taking out her trash in Village 44, on Friday, July 8th. Well, she fell right on her right hip and, miraculously, news of this great fall traveled throughout Leisure Village as fast as the original fall her husband had off the other great wall. All the great men from Camarillo's Fire Department, the village great gate and all the other great guys came to her aid, but they couldn't put Mrs. Dumpty together



again. So, they took her by ambulance to Camarillo Pleasant Valley Hospital where the great Dr. Calderrone found his great hammer and nails, and put her back together just like that!! Of course Mrs. Dumpty couldn't go to Ottavio's Italian Restaurant for the monthly SAS great dinner, but almost everyone else did and they all had a great time. I hope

everyone can come to the next one in September on the second Tuesday of the month at 5p.m. at Ottavio's Italian Restaurant for that delicious meal. Please call for your reservation to the great Lee Edwards @ 484-3289 and tell

her you will come that night.

I really hope to see all of you that night even if I am in wheel chair.

PET CLUB

By Ruth Stubba

The Pet Club is having a Summer Picnic and Live Animal Show on Friday, September 16, at 11:30 a.m. in the Pavilion. Students from the Moorpark Exotic Animal Training Management program will give a presentation of animals from the zoo. All are welcome to come and enjoy a potluck lunch and see the show. Please bring a summertime dish to share. Plates, napkins, silverware and soft drinks will be provided by the club. For more information, please contact Ruth Stubba at 496-7188.

*Daliah
Moorpark Bird*

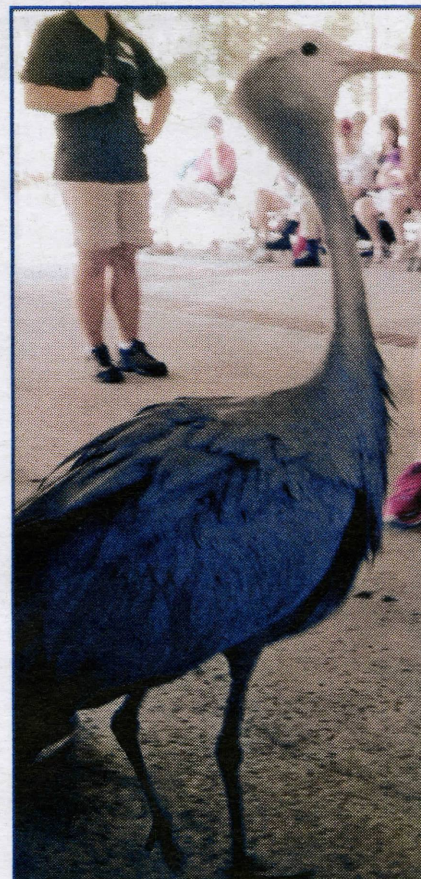
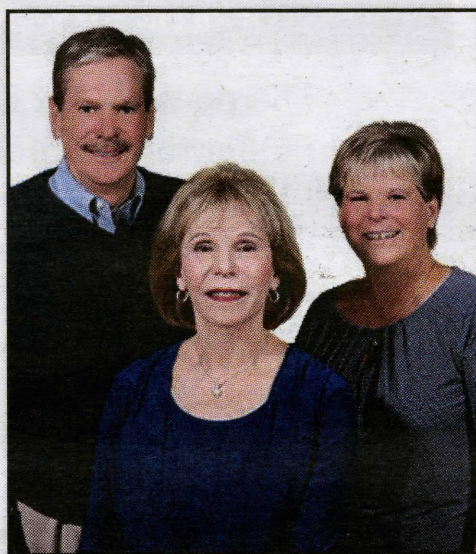
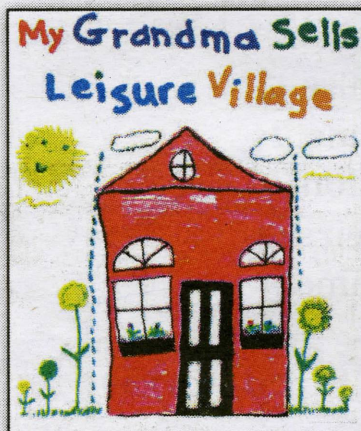


Photo by RUTH STUBBA



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CLUB NEWS

LV RV CLUB

By Darryl Sobelman

Our August RV Club meeting was held in our new meeting place, The Santa Rosa Room in the Clubhouse. We almost filled the room to capacity!

Mary Beil ran the meeting for our ailing President, John Kinglsey. Acting Treasurer, Pam Ronge gave the Treasurers Report for Julie Kingsley, while she takes care of her husband, John. GET WELL, JOHN! WE MISS YOU!

The main topic of conversation was about our upcoming Champagne Pancake Breakfast! This breakfast will be held Saturday, September 17 from 8 a.m. to 11 a.m. in the AR. On the menu are pancakes with toppings, sausage, ham, bacon, coffee, orange juice and, of course, Champagne! Tickets are available in the Rec Center Lobby from 9 a.m. to 11 a.m. Tuesday, Thursday and Saturday. A donation of \$7.00 gets any or all of the menu items! Bring your family! Invite your friends! We also welcomed some new members: Jan Tap, who has lived in the village for several years and Michael & Roxie Gross who just moved into

Village 42 in July. Carolyn Harrington joined as well, but could not stay to be introduced. WELCOME ALL!

Our Wagon-master, Judy Hope, spoke about the upcoming campouts. Here is the list:

August 26-29 – Morro Strand RV Park, Morro Bay-Hosted by Burt & Arlene Sedlak

October 7 to 9 – Newport Dunes RV Park
November 11-13, Pismo Sands RV, Oceano
January 26-29, 2017 the club is going to Hobson County Beach RV, Ventura. For availability for this campout, call Judy Hope at (559) 696-4680

Bob Zarit gave a Tech Talk about the safety issues of traveling with the refrigerator turned on. Bob strongly suggested that the refrigerator be turned off while driving and especially when fueling. Everything will stay cold inside as long as the fridge door is not opened too often. He also mentioned the importance of correct tire pressure based on weight distribution of your RV.

Our next RV club meeting will be Tuesday, September 13 at 7 p.m. in the Santa Rosa Room. Remember, you do not need an RV to belong to the LV RV Club. Many RV parks now have cabins and trailers to rent, or you can join the group by staying in a nearby hotel.



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07LV11D

CLUB NEWS

SHUFFLEBOARD

By Diane Hawyrlo

We have had a lively summer season on our shuffleboard court with Villagers shooting some of the highest scores in our history. Milt Krapes scored 198, the highest game ever-recorded in Leisure Village. Diane Fleisher, Keith Murchland, Cela Foster, Ernie Pattersen and Jon Amelsberg are also burning up our lanes.

We bowl every Wednesday at 9:30 a.m. and all Villagers are invited to join. The shuffleboard court is a beautiful place to spend the morning while you get valuable exercise and meet great people. There are no dues, we will teach newcomers how to play and you can practice anytime. One safety note: because there are uneven surfaces, wear only flat shoes, walk only between lanes and never walk across the lanes.

WII SPORTS

By Ginny Bryce

The recent Wii-Bowling for Dollars contest winners were:

GROUP A

1st Place: George Lueke
2nd Place: Barbara Bell
3rd Place: Sylvia Edmonds

GROUP B

1st Place: Diane Hawyrlo
2nd Place: Helen Hartman
3rd Place: Lenore Stern

GROUP C

1st Place: Joe O'Connor
2nd Place: Jack Richardson
3rd Place: Gale Richardson

Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House. It is open to all. Come join us. For information, please call Joan Levy at 805-482-6871, or Barbara Bell at 805-388-2264.

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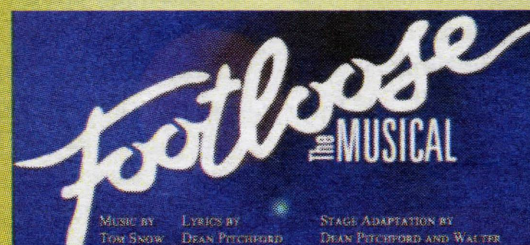
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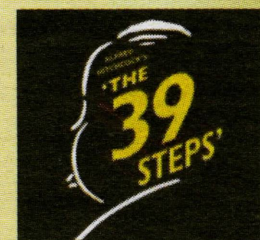


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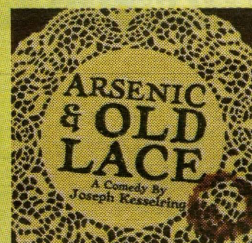


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Beauty and the Beast

February 3 - March 5, 2017

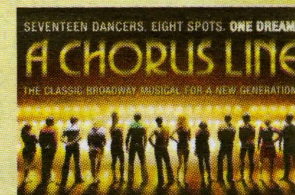


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07LV041

PAID ADVERTISEMENT

Surgery, the only Alternative for a Disc Problem?

If you've been told your only hope of removing the pain caused by disc problem is surgery, you might want to read on...

Hi this is Doctor Dooman. You might want to consider the following: if you've been a carpenter for thirty years, everything looks like a nail and you want to hit it with a hammer. The same is probably true in many cases of folks with disc problems. I want to let you know that there is a new technology that has saved thousands and thousands of folks across the country from going under the knife. This new technology marries an old technology with a new, state-of-the-art technology. What is this new technology, you ask? The new tech is Spinal Decompression. Computers have been put in control of the process that allows for a very gentle, effective treatment. The treatment is so subtle; the disc doesn't realize what's being done to it. The patient gets the benefit of the treatment without the pain that used to be associated with treating of painful disc. It is a well accepted fact that you always want to try the least invasive procedures first. Studies have shown that surgery is not a "slam dunk" and there are side effects to drugs.

What should you do?

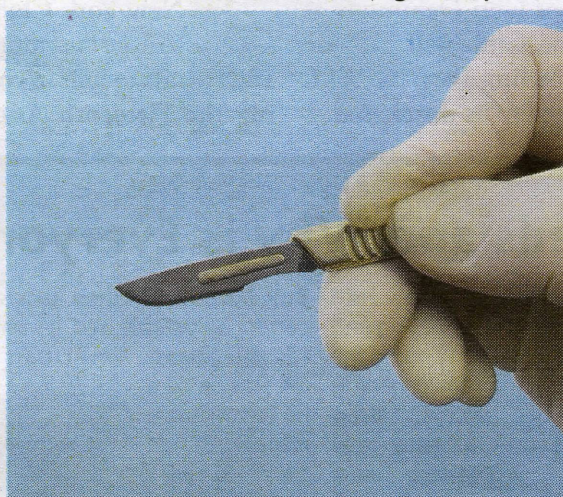
If you've been diagnosed with a disc problem or you suspect you have one, call today and make an appointment for our FREE four point evaluations. What you will receive if you qualify: an in-depth consultation, a complete orthopedic/neurologic exam, x-rays if indicated, examination of any MRI's, a report of our findings and our recommendations for care.

Why you should take advantage of this offer:

1. The qualifying assessment is FREE.
2. If you have a disc problem and you wait, it will only get worse, harder to help, and more costly.
3. If it's not a disc problem you won't have to worry.
4. If you do have a disc problem and we relieve your symptoms, you can resume your normal life. Offer expires on 9-30-16.

Now in the Camarillo, Ventura, Oxnard tri-city area, one doctor has what may be the most important breakthrough in non-surgical treatment for back pain.

One of the most common consequences of back pain is sciatica. Sciatica is characterized by lower back pain which usually, but not always, travels into the buttock or down the back of the leg. Sometimes this condition will lead to pain in the testicles of males, or pain in the groin. Getting up off the toilet or up off a soft couch will usually aggravate the condition. In most cases sciatica is caused by swelling of a disc, which in turn, puts pressure on the nerve roots exiting the spine. If



the swollen disc is in the area of L4, L5 or L5-S1 that causes irritation to the sciatic nerve. In the "old days" the only medical solution was surgery or transition.

The new state-of-the-art treatment

In the last few years a new form of treatment has been developed which is state-of-the-art and has saved thousands of Americans from going under the knife. This new form of treatment (Spinal Decompression) is very painless. The beauty of this new technology is that the treatment is applied very gradually by the computer and actually 'sneaks up' on the disc so it doesn't realize what is being done to it. There is no painful 'splinting' of muscles. The treatment causes a vacuum in the disc, which pumps it up. By pumping the disc, this takes pressure off the nerve root relieving the pain.

Where can I take advantage of this new technology?

This new technology is available at the Camarillo Spine & Nerve Institute. To take advantage of this offer, you must call the office for our qualifying evaluation.

The best form of recommendation is what our patients are saying:

Before I saw Dr. Dooman, I was experiencing left leg pain and tingling in my left arm and I was unable to sleep at night. With the decompression treatment I received with Dr. Dooman, I no longer feel any pain or tingling and I am able to sleep better at night. Thank you to all the staff for their services. I was never left alone on treatment machines and I was treated well by all the staff. I would recommend Dr. Dooman's office to anyone.

G.P., Santa Paula

Dr. Dooman is the greatest! I was in so much pain before I went to see Dr. Dooman that I planned my suicide every day. But, after decompression treatments, I was almost back to normal. I highly recommend Dr. Dooman.

P.F., Ventura

4 Reasons to Take Advantage of this Offer

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2. If you have a disc problem and you wait, it will only get worse, harder to help, and more costly.
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09LV307S

CLUB NEWS

RACQUET CLUB

By Leslie Fox

My bad; last month I had a Leisure Village moment! On July 4th, the Racquet Club had a fun and delicious "Potato salad tasting contest". The originator, Larry Gries, came out with the first place award of a mounted "Mr. Potato Head". Larry was one of eight entries. Do you think he knew he made a "to live for" potato salad. Great idea! Maybe a "Chili Cook-Off" or "Bake-Off" is in our future? Whoa! Whoa!

Our thanks to the thoughtfulness of Twila Alexander. In case you hadn't noticed, we now have a clock on our bulletin board.

The only news for September is: Friday night play is September 21, starting at 4:30 "ish." This could be our last one, so let's make it the

best one yet!

Our next meeting is scheduled for October, details in next month's ILV. The set play schedule remains the same and is always posted on the bulletin board.

Have a wonderful Labor Day and relish the last days of summer!

THE MAVERICKS

By Margo Secia

The Mavericks are hosting a "Bowling Night" on Friday, September 23, 2016 at the Camarillo Bowl from 5:30 to 8:00 p.m. Tickets are available at \$12.00 per person, which includes bowling and shoe rental. They can be purchased by contacting John Wirtz at 384-8508 or Geri DeSimone at 402-1465. The Club will provide pizza at the bowling alley, but ALL drinks will need to be purchased at

their bar. Pizzā will be served at 5:30 p.m. and bowling will begin at 6:00. If you are planning to come, please get your tickets soon, so we can alert the bowling alley as to how many lanes we will need to reserve.

We hope lots of bowlers (and audience members to root them on) come to join in this really fun night.

Please save the date of Friday, October 28, 2016 for our always-popular "Halloween Party" and start planning your costumes. All further details will be in the October "ILV" issue.

THE NEW YORK CLUB

By Frank Seiden

The New York Club invites the Leisure Village community, families and friends to join in commemorating the Fifteenth Anniversary of

9/11, the world-shaking event that still affects our lives. Except for those on the fourth plane, the people who died that day didn't know they were our front line troops. Now they are memorialized at the new World Trade Center, at the Pentagon and in a field in Pennsylvania.

Join us in keeping their memories alive. The memorial commemoration will be on Sunday, 9/11/2016 in the AR at 3 p.m. The presentation, lasting about an hour, will include a couple of very short speeches, slide presentations, songs and instrumentals. Afterward, all are invited to the Pavilion for light refreshments and socializing there and in the adjoining picnic area. In order to plan the required seating and refreshments, we ask that one person from each party write the number of people in their group (no names needed) on a piece of provided paper and drop it in a box in the Rec. Center lobby on September 6, 7 or 8.

PAID ADVERTISEMENT

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

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

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

Are adjustable beds the same

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

Buy American! When choosing the correct adjustable bed, it's important to purchase American Made adjustable beds. Low price import brands can break down easily. Leggett and Platt is a highly respected and well-known manufacturer with 30 years in the industry. (www.leggett.com)

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

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CLUB NEWS

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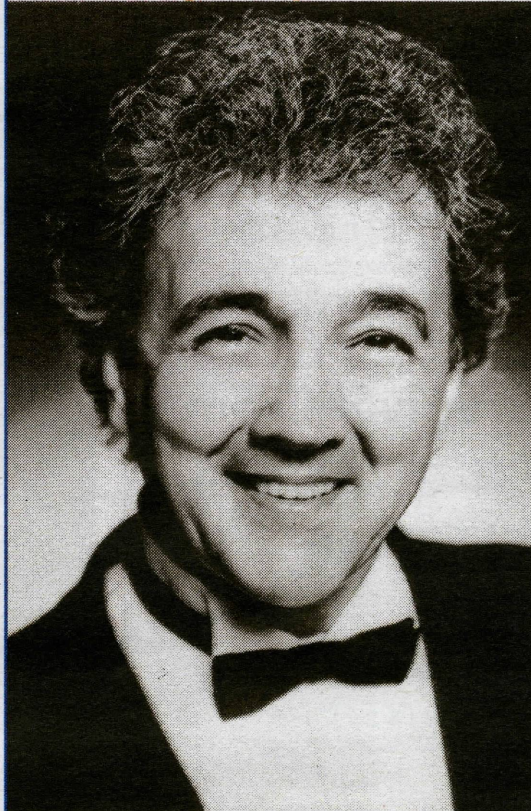
By Jerry Spector

Showtyme is proud to present Jimmy Chapel. Rarely does a performer come along who possesses the talent, energy and charm of RCA recording artist Jimmy Chapel. A smooth, powerful voice, an ability to capture the singing style of Frank Sinatra, Tom Jones, Neil Diamond, Tony Bennett, Michael Buble and many others, with a flair for comedy that makes him a great all-around entertainer. This versatile, world-class entertainer and RCA recording artist combines a smooth, powerful voice with the ability to capture all styles of music. His flair for comedy has his audiences laughing, crying and participating as Chapel wins their hearts at every turn! "Watching Jimmy Chapel perform is like eating an excellent meal; you get a little bit of everything, from appetizers to dessert."

The show is Friday, September 9 in the AR. Show starts at 7:30 p.m. Doors open 6:45 p.m. Members: no charge; non-members, a \$3.00 donation. Refreshments served; 50/50 with two winners

Photo by
JERRY SPECTOR

Showtyme presents



Jimmy Chapel

THEATRE BEAT

Camarillo Skyway Playhouse:

"Don't Dress for Dinner"
through Sep. 18.

330 Skyway Dr., Camarillo,
388-5716.

Conejo Players Theatre:

"Farragut North" through Sep. 17.
351 S. Moorpark Rd., Thousand
Oaks, 495-3715.

Elite Theatre Company:

"The Tempest" Sep. 2 through 22.
2731 Victoria Blvd., Oxnard,
483-5118.

High Street Arts Center:

"Footloose" through Sep. 18.
45 E. High St., Moorpark,
529-8700.

Ojai Art Center:

One-Act Festival,
Sep. 9 through Oct. 2.
113 S. Montgomery St., Ojai,
646-0117

Rubicon Theater:

"Moonlight and Magnolias"
through Sep. 18.
1006 E. Main St., Ventura,
667-2900.

Santa Paula Theater Center:

"The Night Alive" through Oct. 2.
127 S. 7th St., Santa Paula,
525-4645.

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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

Greetings, golfers! The Tee Timers Tournament and luncheon hosted by the Women on August 17 was a successful and fun event. Thank you to our organizers!

The four week Ringer Tourna-

ment kicked off on August 31, and will continue on September 7, 14, and 21. Ladies, you will play the same holes each round with the opportunity to improve your scores for Low Gross and Low Net.

The monthly meeting is September 14 at 2 p.m. in the Garden Room.

A new group has formed for women golfers who are interested



Kathleen Craige and Sandy Norton farwell Photo by PATTY CRITCHON

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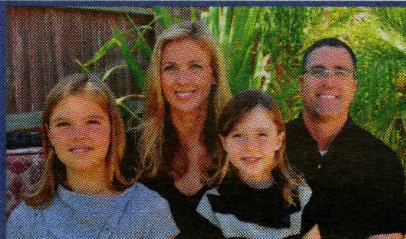
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in a casual, low impact Pitch and Putt, nine-hole play. This group goes out to golf after the 18's on Wednesday mornings. Any questions, please call Verna Cryder.

Best of luck to Sandy Norton, who moved back to Indiana. Fellow golfer and long-time friend, Kathleen Craig, teamed up for the road trip east. Look out, Route 66!

Mark your calendars for September 27! The Men are hosting the Harvest Picnic Tournament. Buy your tickets!

September 28th wraps up the month with a regular weekly tournament.



POETRY CORNER

DEAR LORD, THIS I ASK

By Aleta Trogon

To be big enough
 To understand my fellowman
 Strong enough
 to help carry his load when I can.
 Tall enough
 to stand up for what's right
 to accept the gray
 when there's no black or white.
 Brave enough
 not to hide my fears
 Kind enough
 to bend to dry a child's tears.
 Wise enough
 to help others find their way
 And take time enough
 to give thanks for each day

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COMFORT Dental implants will allow you to once again speak and eat with comfort and confidence. They are secure and can offer freedom from the troublesome clicks and wobbles of loose dentures. Say goodbye to misplaced dentures and messy pastes and glues.

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CLUB NEWS

IN OTHER WORDS

By Frank Seiden

In Other Words, the name of our club, is a reminder that there is more than one way to say something. Creativity in writing includes choosing unusual words to express an idea. It is a pleasant surprise to the reader and often opens thinking to more than one meaning. Since people seldom think the same way, words often have subtle differences in meaning which can expand on the intended concept. A creative writer must be clear where clarity is important and to allow some subtlety where it might be effective.

In September, In Other Words meets on the second and fourth Wednesdays, Sept. 14 and 28. All are welcome to visit and listen. If you would like, bring something you have written and we will be glad to discuss it. (It is helpful for the discussion to have about 10 copies to hand out.

We can help you make the copies if needed.) You are welcome to call Frank Seiden (437-6242) or Peter Davies (388-5749).

SATURDAY NIGHT BALLROOM DANCE

By Andrea Moran

Hello to everyone! Fall is around the corner and the changing of the seasons. We have two dances this month, the second to celebrate the fall season: September 3, Rhythm Kings, and September 24, Dick Parent (harvest-fall). So please join us for dancing or listening to live professional musicians playing ballroom music.

I know you will enjoy your Saturday Night with us in the A.R. \$7.00 admission per person. Fresh popcorn, punch and coffee provided. So put on your dancing shoes and join the party. See you there!

VETERAN'S CLUB

By Tim Palmer

Leisure Village veterans – come to our meetings and share your military experiences with your neighbors. We have had some interesting presentations from our members about combat in World War II, grooming the B-29 for war

and recent heavy weather Navy carrier operations. While you are listening and learning, you can enjoy some coffee and snacks provided by the club.

We are always interested in a good story about your military service, so join us for an enjoyable evening of camaraderie and friendship on the fourth Thursday of every month at 7:00 p.m.

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Choosing Your Next Contractor

By Cliff Kearsley

I'm convinced that the Leisure Village Association has taken a significant number of steps to protect us from unscrupulous contractors.

Let me explain. First, they require all contractors to have a California contractor's license in the specialty field that they practice. For example: a Plumber's license for all plumbers, etc., and a GC license for a general contractor. This is no small thing. Back in the 80's when I got my GC license (535928), the testing took two full days. One day devoted to construction law and business practices, and a second day was devoted to the specialty. The success rate was not much more than 50%, and I can't imagine that the state has relaxed the requirements since then.

Second, LVA requires all contractors to have a City of Camarillo

business license.

The third level of protection is provided by the LVA list of approved contractors. The LVA Board's requirements for inclusion in the list include the insurance and bonding requirements.

Finally, the Architectural Committee, with its cadre of plan/project examiners, completes the umbrella of protection when the work is more than simple repairs.

How, then, do unlicensed and/or unscrupulous "contractors" manage to get on campus? The answer is simple: we invite them in! We call the front gate and instruct Security to allow them in. As good as they are, our Security people have no way of knowing that the person that they have just admitted is up to no good. All they know is that he is vouched for by one of us. When the person does show up at our door, we do

have another level of protection that few of us know about and, therefore, seldom utilize. California requires all licensed contractors (of whatever trade) to have their company name on both sides of their truck in letters large enough to be easily read from your front door. And that goes for their license number, too. If they are not there, send him packing. If he is reluctant to leave, call security again and they will give him an escort to the nearest gate.

Last step, do what I've done for the last 50 years. It's called "due diligence". Get at least one more quote (two or three would be better) for the same work, using the same safeguards that you used with the first guy. Then, compare all the quotes, being especially careful about vague phrasing. Hopefully, one of these quotes will stand out as a clear, honest assessment of your problem with an accompanying reasonable price. If so, you've found your guy! Congrats!

A Leisure Village Community Commemoration of 9/11

To be held in the AR on Sunday, 9/11/2016 at 3 p.m., prepared by the New York Club.

The event will last about an hour.

Refreshments will follow in and near the Pavillion.

All are invited to bring family and friends.

In order to prepare seating and refreshments, please have one person in each party write the number people in their party on a piece of paper (no names needed) and drop it in a labeled box in the Rec. Center lobby on Sept. 6, 7 or 8.

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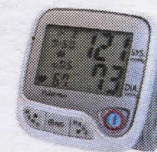
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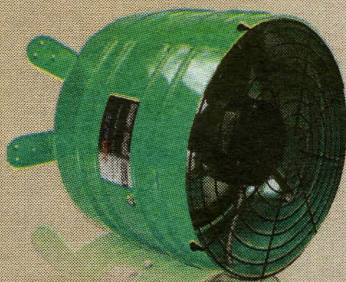
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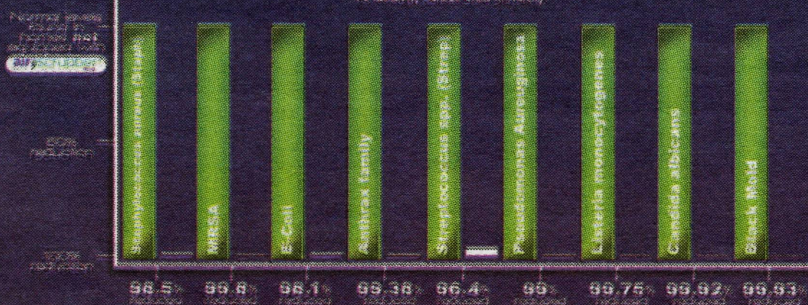
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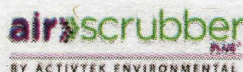
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COUNTY FAIR WINNER



Photo by BUD BRADLEY

Judy Young, LV's Contracts Supervisor, shares her winning oil painting and the County Fair's Best in Show Ribbon in the Village's Association Office.

County Fair's Best of Show Winner Comes to Leisure Village

By Patty Ecker

For years, painting in oils has been a pleasant hobby for Judy Young. A "respite" she calls it from her busy days as the Contracts Supervisor for Leisure Village. In her free time, she works with her color palette and brush at home making paintings for her family and herself. "I never thought I was..." She pauses, "I knew I was technically good, but not beyond that." The judges at the 2016 Ventura County Fair beg to differ.

Judy's oil painting of her horse Tilly won the coveted Best of Show Award, chosen over 552 other amateur art entries. "It was thrilling!" she says, "to walk into the exhibit hall and see my painting displayed with the Blue Ribbon on its own tower right out in front." Judy's daughter was responsible for her entry into the Fair's competition. She took the oil from her mom's garage studio (without asking her), had it framed, and then drove Judy

to the Fair to enter it. Three weeks later, they drove back to retrieve it and discovered it was THE winner of the VC Fair's amateur art contest.

As a child in Illinois, Judy loved to watch her aunt paint and did some oil painting as a young woman. "Then I had a family and put the brushes away for years." Her kids were grown when she retrieved them. "I was divorced and stressed out, so I dragged out my oils.

"It brought peace for me then; painting has always relaxed me," she recalls. "I always have something in the works," often for her daughter and son who live nearby.

Judy's award-winning painting is now hanging in LV's Association Office with the Blue Ribbon and the Best in Show plaque. And Villagers are asking to see it up close when they spot it from the front desk. Judy smiles as she watches visitors respond to her work. "I'm beginning to feel special," she says quietly.

**"I knew I was
technically good,
but not beyond that."
The judges at the
2016 Ventura County
Fair beg to differ**

HELP WANTED*From Page 1*

diminishing our amenities. Add to that, those who join clubs and Committees but then avoid becoming officers, thus crippling the organizations, even causing some to disband.

As one longtime volunteer put it, "It's a case of Entertain me; feed me, but don't ask me." Committees have a similar problem—too often the volunteers have no interest in learning how to run the Committees. And with our self-governing system, when we volunteer to serve on sub-committees we help to reduce the cost of what attracted us here. Volunteers on our Board of Directors, or as members of

the more than one dozen Committees, help reduce the need for a paid professional to do the work.

The same is true for our clubs and their contributions to the quality of our lives, adding to Village amenities. Right now, two of our largest clubs, Showtyme, with 450 members, and the Women's Club, with some 250 members, rely on a handful of members to do the actual work of running things.

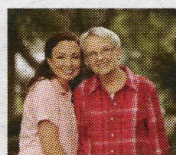
Next month, a closer look at some of the people who make all our lives better - and, by the way, as I happily admit, enrich our lives by becoming more deeply involved in our community, by volunteering to do so many things that I'll bet a lot of residents take for granted.

JOINING A COMMITTEE*By Ted Lansing*

As a concerned LVA Citizen, you are watching a Board Meeting on LVTV and, during the Committee Reports, you suddenly think "I wonder what the (fill in) Committee actually does". Whatever committee tickles your fancy, you may want to investigate further. To begin, a visit to the next meeting is probably worthwhile. If you check the latest Village Voice, you will find committees listed, including names of their chairpersons and their telephone numbers. The Calendar page shows dates and locations.

So, you attend a meeting, or two. After one, or two, or several, visits, you then decide you would like to join the committee and contribute your significant skills and experience to its activities. You should then approach the Committee Chairperson with your request. This step often can be eliminated, as the Chairperson, having seen you in attendance on one or more occasions, may well be pursuing you to join. However this event progresses, you will need a form titled 'Volunteer Committee Membership Form'. You fill it out as best you can and return it to the Chairperson for acceptance and forwarding to the Board of Directors for approval. All committee members must be so approved. Most committee memberships are now for five years.

Committee members must each receive a copy of the LVA Committee Handbook. This pamphlet describes the functions of each committee and the duties, responsibilities and authorities of the committee and its members. Do not fail to get one. They are available in the Association Office, newly issued sometime after the seating of new Board members in the Annual Meeting of the Association at the end of June. The Handbook is also available online at www.leisurevillage.org, in the 'Documents' section. The volunteer form is found as 'Attachment B' of that booklet.

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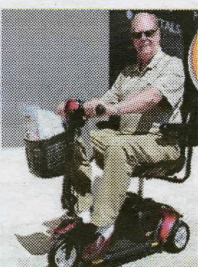
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By Larry Swartz

*"If you're afraid of butter, use cream."
— Julia Child*

I know South Carolina is not legitimately "ethnic" and my original goal...here at Leisure Village, was to find all the ethnicities that exist here at Leisure Village so please, cut me a break.

Everybody has a favorite movie... For me, it's "My Cousin Vinnie". I love all the dialogue but here is the scene I love the most. Joe Pesci as Vinnie is cross examining the local cop.

Vinnie: *It took you five minutes to make breakfast?*

Tipton: *That's right.*

Vinnie: *Do you remember what you had?*

Tipton: *Eggs and grits.*

Vinnie: *How do you like your grits?*

Vinnie: *You like 'em regular, creamy or al dente?*

Tipton: *Just regular, I guess.*

Vinnie: *Instant grits?*

Tipton: *No self-respecting Southerner uses instant grits.*

Vinnie: *So, Mr. Tipton. How could it take you five minutes to cook your grits, when it takes the entire grit-eating world twenty minutes?*

Tipton: *I dunno. I'm a fast cook, I guess.*

I had this in my mind when I interviewed Martha Lee Sanders from Sumter South Carolina in Village 20. Martha is a fifth generation English/Scottish American. She buys heirloom organic grits from a specialty grain store in South Carolina and guarantees it takes 45 minutes of constant stirring to make the best grits. Martha remembers standing at the stove on a stool watching her dad in stir the grits. "My dad had a bakery and just loved to cook. I don't remember my mother cooking much at all"

Here's Martha Lee's recipe for Low Country Shrimp and Grits (serves four).



Martha Sanders of Sumter with some of the ingredients in Shrimp & grits

MARTHA LEE'S GRITS:

- 4 cups milk
 - 1 teaspoon salt
 - 1 teaspoon coarse ground black pepper
 - 1 tablespoon butter
 - 1 cup stone-ground yellow grits
 - 2 ounces grated Cheddar
- Shrimp:**
- 1 1/2 pounds (21 count) shrimp, peeled and deveined
 - 2 tablespoons Cajun-style seasoning
 - 1/4 cup extra-virgin olive oil

- 2 teaspoons diced garlic
- 1/4 cup butter
- 1 teaspoon cayenne pepper
- 1 teaspoon red pepper flakes
- 1/4 cup white wine
- Salt, pepper
- 1/4 cup chopped fresh parsley, thyme, basil
- Sliced scallions

Bring milk, salt, pepper, and butter to a slow rolling boil. Reduce heat to low, add grits slowly, stirring regularly.

When consistency is creamy, approximately 45 minutes, add cheese and continuing stirring. (Use grits package instructions if not using stone ground). Meanwhile toss shrimp in Cajun seasoning; set aside. In a sauté pan over medium heat, heat oil. Add garlic, stir for two minutes. Add shrimp, butter and sauté for two minutes or until done. Add cayenne pepper, pepper flakes, half the wine (drink what's left) and fresh herbs. Simmer for two minutes. Salt and pepper, to taste. Plate grits in shallow bowls with shrimp over the top; dribble the juices that have accumulated in the saucepan. Garnish with scallions and serve.

REALTOR CORNER

Closing the Sale

By Sharron Parker

CLOSING THE SALE ON YOUR HOME: Once a listing for a home receives an acceptance from the seller, the agent will open escrow by providing the written offer and any counter offers to the escrow company. The buyer will deposit their Good Faith Deposit and the escrow company will then issue escrow instructions based on the agreement for buyer/seller acknowledgment. The title company will provide a search to verify that the property has no liens and verify the legal owner.

The buyer's agent will typically order an inspection on the property, paid for by the buyer. The inspector will provide a written report with pictures identifying safety items that are not in compliance with code or maintenance items that require attention. Based on this report, the buyer's agent will prepare a Request for Repair requesting correction.

Typically, the buyer has 17 days to review all documents, complete any inspections, negotiate the Request for Repair and 21 days to get full loan approval. At the end of this time frame, the seller will request that the buyer remove all contingencies. The buyer will sign all documents and the lender will fund the loan and the escrow will be closed and recorded.

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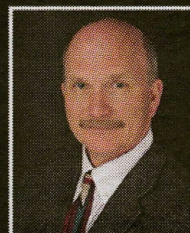
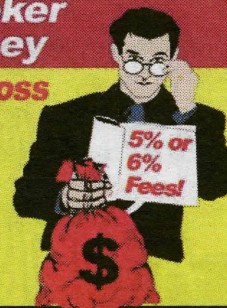
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Inside Leisure Village

For Display Advertising contact
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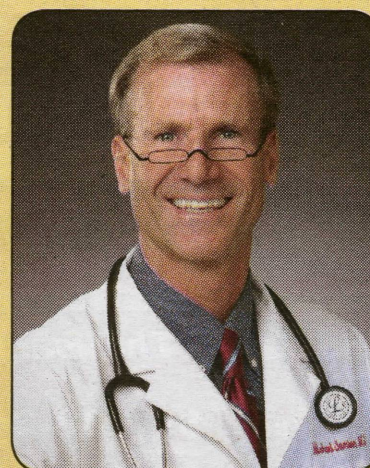
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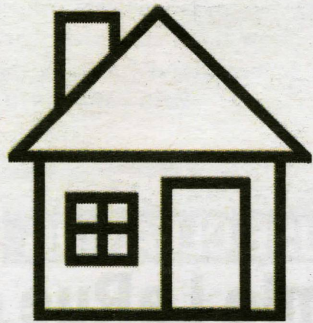
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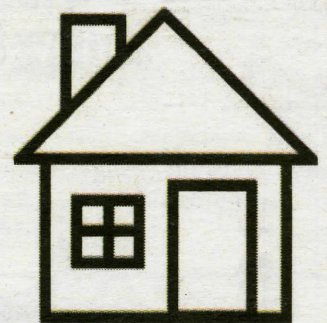
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07LV011

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