

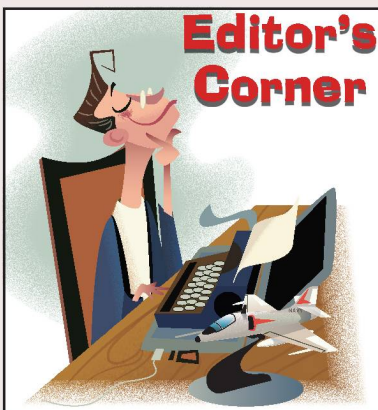
Inside Leisure Village

VOL. 41 NO. 2

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

FEBRUARY 7, 2020



As we commence this new decade, I think it is time to make some changes to Inside Leisure Village. I believe we have a good publication that informs the community of what is happening in the confines of the Village, but I am interested in hearing reader comments on how we can make a good product better. I'm sure many of you have questions about why certain things are done, or opinions about how the layout could be changed. I have challenged the ILV staff to identify changes that will improve the look of the paper and make it more entertaining. That said, I want reader input to give us a perspective we may not see as we assemble the paper. Please contact me at editorilv@yahoo.com with your comments and suggestions. Let's work together to make ILV serve the community in the best possible manner.

Remember also, we have an election coming up to fill two Board of Directors positions. Now is your time to help make Leisure Village even better.

Enjoy this edition!

—Tim Palmer

2020 Is a Year That Counts

■ Census provides important information to determine federal funding

Every Villager has a responsibility this year to participate in the U.S. Census, the national mandate required by the U.S. Constitution (Article 1, Section 2) to count every person living in the 50 states, the District of Columbia, and five U.S. territories. Each home will receive a Census request to answer a few questions by mail, by phone, and – for the first time – online.

Once every ten years, all residents are asked to respond to a short questionnaire; the 2020 Census marks the 24th time that the country has



counted its population since 1790. It provides important information used to determine federal funding for projects like roads and schools, and it will determine the number of seats for each state in the U.S. House

of Representatives.

The task of counting the population requires an enormous temporary workforce, and the 2020 Census is hiring now. Several Villagers have

— Please see Page 4

He Makes Music Wherever He Goes

By Patty Ecker



Photograph by BUD BRADLEY

"Music transports us," says Villager Richard Weiss, who shares his talent with audiences often.

Entertaining before Leisure Village Board Meetings and Town Halls, performing at Open Mic Nights and at the Somis Culture Club, or directing LV's Spring Production, – Richard Weiss can be considered the Music Man of Leisure Village. It seems that he never says "No" to providing good music to his community.

Richard's love of music – specifically classical and opera – began with piano lessons when he was five. Those lessons ended when he was fourteen; at \$25 an hour, they were too expensive. But he never stopped playing and progressing. As a teen, he was hired as an accompanist at a ballet school for \$3.50 an hour. He graduated from UCLA with degrees in history and theatre and was never far from his piano. "Classical music is so uplifting," he explains with a smile. "It does so much for me. There's always more to learn." Which explains why he has no TV at home and why he seems to know so many musical selections by heart. Just watch him; he rarely uses sheet music.

— Please see Page 7

Camarillo Health Care 1/2 Vertical

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:
Tim Palmer
editorilv@yahoo.com
805-377-5591

Display advertising:
Stacey Janson
The Acorn Newspapers
805-484-1949 x303

Classified advertising:
Barbara Crome
805-482-9097

ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer
Staff: Patty Ecker, Larry Swartz, Patrick Moore, Janey Rifkin, Jean Lang
Photos: Bud Bradley, Art Akkerman
Classified Ads: Barbara Crome
Contributors: Joseph Benti, Jerry Sortomme

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

March Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the March 2020 issue is Friday, February 14 at 5:00 p.m. The Display Advertising deadline is Friday, February 21 at noon. Publication is scheduled for Friday, March 6, 2020. Please e-mail stories and photos to editorilv@yahoo.com. Typed copy (a last resort for submissions) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.

UPCOMING EVENTS

Newcomers Orientation – Part 1

New residents are invited to the NEWCOMERS ORIENTATION PROGRAM (Part I) on Saturday, February 15 from 10:00 a.m. to noon in the Multipurpose Room (MPR). This program provides detailed information about the workings of the Village and resources that are available, as well as providing some helpful hints for easing into Village life. Contact: Bobi Shmerling 805-389-1975.

BRIEFS

Nominating Committee Searching for Board Candidates

LV's Nominating Committee is looking for homeowners who are interested in running for positions on the Board of Directors. Two seats will be up for election in June, 2020. A candidate running through the Nominating Committee must be a homeowner. Homeowners can nominate themselves by submitting a form to the General Manager. Nominations can also be made from the floor.

Camarillo Art Center to Host LV Artists

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

Camarillo Area Transit (CAT)

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

IN MEMORIAM

Marty Bernstein, V. 44
 Josette M. Dietrich, formerly V. 6
 Paul Herring, V. 24
 Marvin Kay, V. 28
 Erena Leonard, V. 17
 Arthur Thomson, V. 38

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

Paid Political Advertisement

KELLY LONG
 for SUPERVISOR

RE-ELECT KELLY
MARCH 3RD



EXPERIENCED VENTURA CO. SUPERVISOR

- ✓ BUSINESSWOMAN & LONG-TIME CAMARILLO RESIDENT
- ✓ ACTIVE PARENT & MOTHER OF TWO
- ✓ SCHOOL BOARD MEMBER & PAST PRESIDENT

★ Protecting Camarillo

- Focused on Public Safety
- Endorsed by Current & Former Sheriff

★ Protecting Taxpayers

- Fiscally responsible businesswoman
- Working to produce more local, good-paying jobs

★ Protecting Our Local Quality of Life

- Protect our environment & green spaces
- Improve highway conditions & reduce traffic for less gridlock
- Working to resolve the persistent issue of homelessness

SR9/306S

Website: www.KellyLongForSupervisor.com

Email: kellylongforsupervisor@gmail.com • Facebook: [VoteKellyLong](https://www.facebook.com/VoteKellyLong)

Paid for by Kelly Long for Supervisor 2020, FPPC #1417089

Thinking of Selling your Home? Know Someone that wants to Move to Leisure Village?

Give us a call, we're happy to help!

John Baker
 805-233-1525
johnbakerhomes@gmail.com

Shawn Baker
 805-233-1725
shawnbakerhomes@gmail.com



John & Shawn
 BAKER REAL ESTATE TEAM

LIC #01804388 LIC #01945168

REALTORS® & Leisure Village Residents



BERKSHIRE HATHAWAY
 HomeServices
California Realty

JohnandShawnHomes.com
 350 N. Lantana G-1, Camarillo

02LV306S

A New Connection Between Leisure Village and City Hall

■ Camarillo City Councilman seeks input from LV residents

It's been six months since Camarillo City Councilman Tony Trembley began coming to Leisure Village for monthly conversations with residents. "I wanted input from Villagers – opinions, questions, and answers about issues important to you," he recently told a group in LV's Rec Center. He admits he's learned a lot from the dozens of people who attend the events held on the 4th Tuesday of each month. "I knew the Village was 2136 homes, all electric, lots of clubs, and uses recycled water. I didn't appreciate the vibrant sense of community and the depth of knowledge and experience here until we began meeting," he said.

LV input was particularly helpful recently, Trembley said, regarding the issue of SoCal Edison's PSPS, the proposed emergency power shutoff in high-risk fire areas. He had discussed it with Villagers before the Edison representative came to the Camarillo City Council meeting. "I had a lot of terrific questions for SCE that came from here," he said. "Same is true regarding the hemp problem. I'd heard from Villagers about the smell and health effects before the Council took up the issue."

For Trembley, who now is also the Mayor of Camarillo (mostly a ceremonial position), a priority is improving communication between the City and its residents. A "Community Engagement" plan includes an online platform, more workshops and town hall meetings. "I see the value of that here with Villagers, where we talk about what you want to see the city do and do not do," he explains. "You've told me 'We Matter.' You do. Now I'm asking everyone to become engaged."



Photograph by BUD BRADLEY

The next LV conversation with Councilman Tony Trembley will be Tuesday, February 25, 4pm in L.V.'s Garden Room

2020 CENSUS From Page 1

given up retirement time to work in the Camarillo Census office, in part attracted by the ad on the website that says flexible hours, a \$19-\$20 an hour pay scale, and veterans will be considered first. There are many different positions to be filled. www.2020census.gov details the positions available.

The Census notices will arrive

by April 1. The questions include how many people live or stay in the home, their age, gender, race, ethnicity, and relationship, and if the home is owned or rented. No questions are asked about money, bank or credit card accounts, or Social Security numbers. All answers are confidential and required by law. 2020census.gov details the positions available.



See 20/20 in 2020

★ FREE DINNER SEMINAR ★

Presented by Khanna Vision Institute



5800 Santa Rosa Rd #140
Camarillo CA 93012

Khanna Vision Institute cordially invites you to meet Dr. Khanna at our next free dinner seminar on PIE

MUST CALL
805-250-4530 to RSVP

WEDNESDAY | FEB 12, 2020 | @ 6:00 PM



We all know about Lasik and most of us even know someone who has undergone Lasik surgery but most people over 45 are not candidates for Lasik eye surgery. You'll be happy to know that Lasik has morphed into PIE surgery. **PIE is an acronym for Presbyopic Implant in Eye.** This informational seminar is designed for people over the age of 45, who want to see better at all distanc-

es without dependency on glasses or contact lenses. This seminar will explain:

- How PIE is superior to Lasik
- How PIE is superior to Mono vision
- How PIE is different & superior to cataract eye surgery

"Learn How PIE is Superior to Lasik"

You will be hearing from one of the pioneers of the surgery and he, in fact, coined the term PIE. Dr. Rajesh Khanna brings two decades of experience of interacting with patients, performing surgeries and most importantly listening to patients' concerns, their desires and their

feedback. Dr. Rajesh Khanna is a skilled surgeon with a great bedside manner. He has performed PIE over his many years of experience on such important patients as his own mom, physicians, celebrities and other professionals. He utilizes the latest technology and is supported by a warm and caring staff to make the process an enjoyable, life-altering experience.

"No More Glasses"



Dr. Rajesh Khanna



Please call
805-250-4530
to reserve your seat.
Space is limited!

www.KhannaInstitute.com

SH063020



How do you define heart?

Sage Mountain is an exceptional senior living community that embodies the quintessential California lifestyle you love.

Our amazing care team gets to the heart of the wants and needs of our residents each and every day.

We strive to give outstanding care, a lifestyle calendar that reflects fun-filled days, and of course lots of hugs.

Come see what all the fuss is about.



**Contact Sage Mountain today at 805.375.0695
and let's get to the heart of the matter – together.**

3499 Grande Vista Drive
Thousand Oaks, CA 91320
805.375.0695
SageMountainSeniorLiving.com

License #565802462



MAGIC SHOW
Saturday, March 14, 2020
3pm & 7:30pm
37th Annual Show

6 Magic Castle Magicians
Get your Tickets Today!
Tickets \$45 (Tax Deductible)
Proceeds Benefit Local Charities

Tickets Available at
Merlin Medical Supply
 699 Mobil Ave, Camarillo
 or Call Paul Dwork
 805-388-7669

High Street Arts Center
45 High Street, Moorpark
 "The Magic of Merlin" • Member of the Magic Castle
www.magicmagicmagic.com

SALES • RENTALS
 Rehab Equipment and Showroom

- Scooters
- Lift Chairs
- Walkers
- Hospital Beds
- Bath Benches
- Grab Bars
- Portable Oxygen

Invacare Hospital Bed

Walk Upright with
 Comfort & Better Posture
New Upwalker!
 Safe & Easy to Use
Try it!

Sigvaris Compression Stockings

Get your SpeediCath or Intermittent catheters locally—no more delays with mail order. We accept insurance.

10% OFF Any Single Item
 Excludes the Upwalker, insurance and installed items. Excludes labor. Not valid with special offers. With coupon, only at Merlin Medical Supply. Expires 3-31-20

699 Mobil Avenue, Camarillo
805-388-7669
www.merlinmed.com

An Easy Way to Help Ensure Online Safety for Seniors

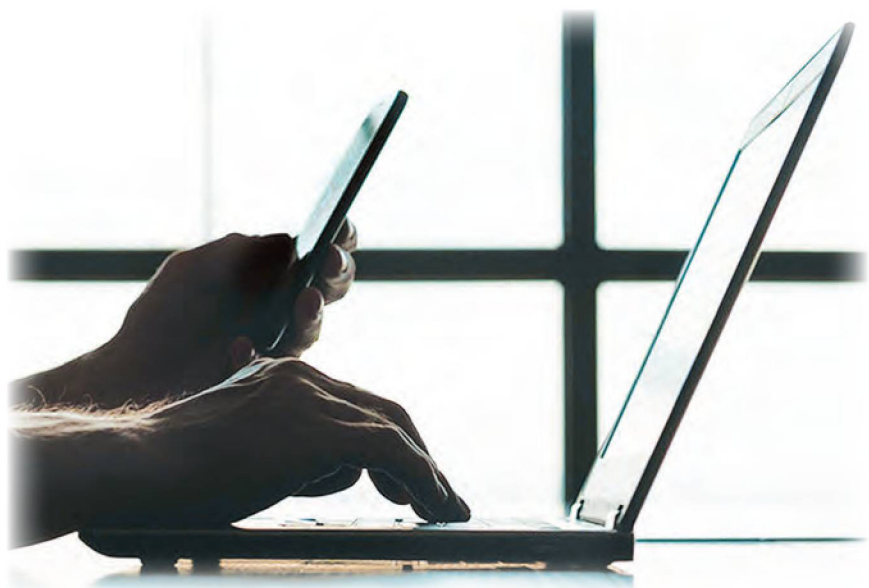
■ When a Secure Password Is Not Enough

By Louis Lapides

During the rush of the Christmas holidays, I received a panicked email from a friend claiming her Facebook account was hacked. To prove her point, my friend sent me a link via Facebook Messenger to a video. She claimed I appeared in the clip. Out of curiosity, I clicked on the link. I was directed to login to Facebook once again. Therefore, the link was merely a ploy to persuade me to enter my login credentials so they can grab the information.

I told my acquaintance to secure her account since someone was using her account to send phishing messages to her friends. Unfortunately, my friend believes whenever she is hacked, she only need change the password assuming that will guard her from hackers. Eventually a hacker will guess her new password using special software. Thus she is never safe from hackers.

What can she do to avoid this annoying situation? Turn on Two Factor Authentication or 2FA. You are saying, "Not another layer of



protection to deal with?" As PC-Mag's lead security analyst Neil J. Rubenking puts it, "There are three generally recognized factors for authentication: something you know (such as a password), something you have (such as a cell phone), and something you are (such as your fingerprint). Two-Factor means the system is using two of these options. In the majority of situations, the extra authentication is simply a numeric code sent to your mobile phone via text or voicemail.

If you set up 2 FA on your Face-

book account, the first time you log into that account on your device, you will be sent a special one-time login code to your mobile device. If a nefarious hacker does not have access to the code by not possessing your mobile devices, they cannot access your Facebook account. Sure, it is a hassle having to enter a Facebook username, passcode and now a third authentication code. Yet if you refuse to add this security measure, you will be like my friend who writes me every few months to tell me her account was hacked again.

NOTES

Calling All Aspiring Playwrights

Have you ever wanted to write a play and see it produced? Player's Guild Acting class is calling for original script submissions of 10 minutes or less with four or fewer characters. The deadline for submission is June 1. We hope to choose four or five short plays. If your script is selected, it will be performed by the acting class for one of the Player's Guild monthly shows. Most plays require some edits before they are produced, and the authors will have help with that process, if necessary. For more information or to submit a script, contact Helene Cohen at (805) 389-4866 or by email at helene.lifebound@gmail.com.

LV TRAVEL

Travel Broadens the Mind

By Carol Moody

We have added several new trips. So stop by the travel office for more information and to sign up. Here are our current offerings: Celebrating Hollywood and the Oscars (tentative March 3, sign interest list)

Arizona Spring Training: Baseball	March 8-12
Spectacular South Africa	March 19-31
Best of Texas	April 12-19
Best of Eastern Canada	April 26-May 3
Sedona & Grand Canyon	May 17-21
Yosemite	June 10-12
Best of Chicago	June 14-20
Spectacular Scandinavia	Sept. 24-Oct. 7
Albuquerque Balloon Fiesta & Santa Fe	Oct 9-14
Blue Grass Country/Smokey Mtns.	Oct. 15-23

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

What Does a Heart Attack Look Like?



By Andy Smith

Most of us have a specific idea of what a heart attack looks like: someone feels an abrupt, strong pain that causes them to stop in their tracks and clutch their chest. While some heart attacks do happen suddenly, many start slowly, with pain or discomfort. A person can have symptoms for hours before they even realize they're having a heart attack.

Knowing what signs to look for can save critical time, and it's important to be aware of the signs:

- Chest discomfort- The chest pain associated with a heart attack doesn't feel the same for everyone. Some people experience squeezing, discomfort or a feeling of fullness.

- Pain or discomfort throughout the body- Heart attack pain isn't limited to the chest area. Heart attack symptoms can include soreness

in the neck, arms, jaw or back, or a combination of these. Women are more likely than men to experience jaw and back pain when suffering from a heart attack.

- Shortness of breath- Shortness of breath is a heart attack symptom that is not usually recognized as one. However, those vulnerable to heart problems should be aware of any sudden breathing problems, especially if combined with other symptoms.

- Nausea- Lightheadedness, vomiting, cold sweats and nausea are also symptoms that are not often associated with a heart attack, but can signal the onset of one.

Early detection of a heart attack can help prevent damage to the heart, brain and body. If you witness someone having these symptoms, or you feel them yourself, it's important to call 911 and seek medical attention immediately.

MUSIC MAN *From Page 1*

He's lived in Leisure Village for 13 years. He was building an opera company in Las Vegas when he got the call that his mother, who lived here, was ill. Richard moved in to care for her. "We were very close; it was precious time," he says. She was 91 when she died three years ago.

Currently, he is preparing a cast of 35 Villagers for the musical production of "Carnival," an award-winning Broadway show to be presented this spring. "It's a good fit for us. We have people who sing and dance and – this is new – people who will be onstage

as part of the set," he says, without giving away the "set" secret. "We're going to make this show look and sound terrific."

In addition to his LV musical activities, Richard is sharing classical music enthusiasm beyond our gates. His monthly concerts at the Somis Culture Club feature professional opera and instrumental musicians. And he is creating a plan for more regularly scheduled classical presentations – maybe even an opera company - in Ventura County. "I want to bring more professional performances here. Classical music gives us so much to appreciate in our lives," he says.

LEADING THE WAY IN VENTURA COUNTY SINCE 1979.



Your health is our priority.
Your happiness is our success.

6D Robotic Cancer Treatment

For Image-Guided Radiation Therapy (IGRT) and Stereotactic Body Radiotherapy (SBRT). This 3-5 day cancer treatment, currently used at UCLA, is now available right here in Camarillo.

It's important to understand all of your treatment options, so you can make an informed decision.

Contact our office today or visit rocvc.com to request a consultation.

Your health is our priority.



Timothy A. O'Connor, M.D.




Henry Z. Montes, M.D.


www.rocvc.com

OXNARD CENTER ■ 805-988-2657
CAMARILLO CENTER ■ 805-484-1919

11LV309S

The New
**COMMUNITY
MEMORIAL
HOSPITAL**
Now Open



 **Community Memorial Health System**

805/948-5011

OurNewCMH.org

02LV06I

IRS PROBLEMS!

CALL NOW FOR *FREE* CONSULTATION



CLIENT TESTIMONIALS

"... We regained our piece of mind"

"...Kash saved our marriage"

"...I can sleep peacefully now"

"... We strongly recommend Kash Chandani CPA"

Former IRS Agent

With Over 35 Years of Experience

- Settle Back Tax Debt
- Offer In Compromise
- Installment Agreements
- Audit Representation

- Stop IRS Levy & Seizure
- End Wage Garnishment
- Innocent Spouse
- Tax Preparation & Expert Advice



**Kash Chandani
and Company CPAs**
Certified Public Accountants

1-800-LESS-4-IRS • 1-800-537-7447

WWW.LESS4IRS.COM

Visit our website for client testimonials.

2815 Townsgate Rd. Suite 335 • Westlake Village

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

03LV07I

REAL ESTATE

Photo T/K —

What to Expect at your Home Inspection

By Sharron Parker

Your agent will most likely have a short list of inspectors that they have worked with in the past that they can recommend to you. HGTV recommends that you consider the following five areas when choosing the right home inspector for you:

1. Qualifications – find out what’s included in your inspection and if the age or location of your home may warrant specific certifications or specialties.
2. Sample Reports – ask for a sample inspection report so you can review how thoroughly they will be inspecting your dream home. In most cases, the more detailed the report, the better.
3. References – do your homework – ask for phone numbers and names of past clients whom you can call to ask about their experiences.
4. Memberships – Not all inspectors belong to a national or state association of home inspectors, and membership in one of these groups should not be the only way to evaluate your choice. Membership in one of these organizations often means that continued training and education are provided.
5. Errors & Omission Insurance – Find out what the liability of the inspector or inspection company is once the inspection is over. The inspector is only human, after all, and it is possible that they might have missed something they should have seen.

The inspection typically takes a couple of hours for an average Leisure Village home.

Many buyers like to come to the inspection at the end so the inspector can point out anything that should be addressed or fixed. Don't be surprised to see your inspector climbing on the roof or crawling around in the attic and on the floors. The job of the inspector is to protect your investment and find any issues with the home, including but not limited to: the roof, plumbing, electrical components, appliances, heating & air conditioning systems, ventilation, windows, the fireplace and chimney, the foundation, and so much more!

Bottom Line: They say, 'ignorance is bliss' but not when investing your hard-earned money into a home of your own. Work with a professional whom you can trust to give you the most information possible about your new home so that you can make the most educated decision about your purchase.

ILV_issue02 - 08.indd 1

1/31/2020 4:14:08 PM

A Closer Look at Strokes

Strokes are the fifth leading cause of death in the United States, and a major cause of disability. While people at any age may be susceptible to suffering from a stroke, nearly three quarters of strokes occur in people over the age of 65.

Risk factors for a stroke include high blood pressure, genetics, gender, tobacco use, heart disease, diabetes, weight, age and the use of some medications.

There are three main types of stroke that can occur:

- Ischemic stroke - Most strokes fall into this category. In an ischemic stroke, arteries narrow or are blocked, reducing blood flow to the brain.
- Hemorrhagic stroke - During a hemorrhagic stroke, a blood vessel leaks or bursts, causing damage.
- Transient ischemic attack– Sometimes referred to as “mini-strokes,” this is a condition that is also caused by a narrowing of the arteries, but only causes temporary symptoms.

Symptoms can include:

- Trouble speaking
- Confusion or trouble understanding
- Paralysis of the face, arms or legs
 - Trouble seeing • Headache
 - Trouble walking • Vomiting
- Neck stiffness • Dizziness

It’s important to note that medical attention after a stroke is critical, and time is of the essence. Anyone suffering from the symptoms of a stroke should not wait for the effects to go away or get worse. They should call 9-1-1 or visit their physician immediately. Quick treatment can minimize damage and potentially save someone’s life.

Be Safe About Shingles Vaccine: Shop to Bypass Short Supply

By Janey Rifkin

If you had chickenpox as a child, you might think the disease is behind you, but the virus that causes chickenpox, varicella roster, can remain dormant in the body and resurface later in life, causing an often debilitating condition called shingles. It affects up to a third of adults, most cases occurring in people 50 and older, according to the Centers for Disease Control and Prevention (CDC). Because the condition is caused by a virus that’s already inside you, the only way to protect yourself is by vaccination.

The older you are, the more likely the condition will cause severe pain and rash that can linger for months or years. You should get the vaccine whether or not you had chickenpox, and even if you’ve had prior vaccine injections, or shingles itself. The CDC recommends that people 50 and older get two doses of “Shingrix” two to six months apart.

But therein lies the medical conundrum – a vaccine shortage across the U.S. The preferred shingles vaccine, Shingrix, may not be easy to find, and the wait may be indefinite. Be sure to check with your doctor or pharmacist before you head out, to be sure Shingrix is in stock. The CDC has a vaccine finder too (vaccinefinder.org) that might be helpful.

As stated, the CDC recommends two doses two to six months apart, as this newer vaccine is more than 90% effective – while Zostavax (available since 2006) was only 51% effective. If you can’t locate a 2nd dose within the six-month time frame –there’s no need to restart the series. Just get it as soon as you can.

To my children:

Never make fun of having to help me with computer stuff
I taught you how to use a spoon.



When your kids won't help... ours will.





TUTORS4TECH
simple advice for every device

(805) 218-4100
www.tutors4tech.com

02LV021



7 Questions you Should Ask Yourself

Before making your 'Yes' or 'No' Dental Implant Decision

Are Dental Implants Right for You?

It is important that you don't rush into a dental implant decision (either to get implants or to forego them) before you get all of the facts.

You should weigh those facts based upon your wants, needs and desires. And you should understand exactly what's involved in the process... exploring the alternatives... and asking yourself these seven questions:

☐ **Question 1** – Am I using dentures that I'm not satisfied with - or am I missing one or more teeth that I haven't yet replaced?

☐ **Question 2** – Am I willing and able to practice good oral health, flossing and brushing regularly?

☐ **Question 3** – Do I want teeth replacements that look, feel, function and last just like real teeth - or am I satisfied with what I have?

☐ **Question 4** – Am I in reasonably good health?

☐ **Question 5** – Am I willing to visit the dentist for check-ups after the procedure so that s/he can professionally check my implants, gums and bones for health and stability, and remove all the plaque I can't reach?

☐ **Question 6** – What do I feel deep down? Would I likely be happier and feel better about myself if I had dental implants versus what I have now?

☐ **Question 7** – Am I willing to pay a little extra for the higher quality of life that dental implants will give me?

If you answered YES to all of the questions, **your decision is an easy one**—dental implants are perfect for you.

If you only answered YES to one or two of the questions, your decision is not as clear-cut and might require more information and thinking.

I will be happy to meet with you, answer any questions – at no cost, no pressure, no obligation – and to help you objectively sort through the confusion.

I'll provide all the information you want and explain your options and fees involved, so you can make the right decision for you.

FREE

DENTAL IMPLANT CONSULTATION

• Get Your Questions Answered
• Discuss Your Treatment Options
• Receive a No-Obligation Estimate

Take the First Step Towards Your New Smile!

Call Today!
805-386-3199
Visit: www.DrScholler.com

Charles E. Scholler, DDS
General, Cosmetic and Implant Dentistry

02LV310S

\$100 Value

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

CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

Our club promotes a fun hobby that is enjoying a renaissance today as more people discover the ability to make contacts with fellow Hams in both local and distant lands. Others join our club as a way to help with service to the community by working with state, county, and local agencies to provide communication in times of need.

If you are curious about becoming a member of the club, please join us at one of our meetings. You do not have to be a licensed amateur radio operator to join. We will provide help in getting your license and it's now easier than ever since Morse code is no longer required. In fact, you can participate in club events using the Leisure Village call sign, KJ6LV.

Meetings are held the second Wednesday of the month in the Multi-Purpose room of the Recreation Center at 2:00 p.m. For more information, contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

BILLIARDS CLUB

By Patrick Price

The first Billiard Club tournament of 2020 is in progress. After that, our Membership Award meeting is scheduled for Tuesday, February 25 at 6:30 p.m. in the MPR. We've planned this as a pot luck, so bring your favorite dish. 2020 Billiard Club books and schedules are available in the Billiard Room. Also, there is the Thursday evening Round Robin competition, at 6:00 p.m., to help people new to, and returning to (after many years) playing pool. You'll also want to be a member for our gala 40th Anniversary party in October. Stop by and check us out.

DUPLICATE BRIDGE

By Betty Ericsson

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

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



VOW RENEWAL

Ceremony & Dinner

GET MARRIED AGAIN VEGAS STYLE

Take a gamble & let Elvis renew your wedding vows!

Thursday • Feb 13th, 2020

CEREMONY WILL START AT 3:30PM & DINNER TO FOLLOW AT 4:30PM

\$25 per couple (includes ceremony and dinner)


Menu Prime Rib or Salmon with Soup, Salad, Dessert & Champagne

Please RSVP to Whitney at (805) 388-5277 by Feb 10th



2500 Ponderosa Drive North
Camarillo 93010

PHOTO CLUB WINNERS • CREATIVE CATEGORY



■ 1st — Deb Beltran | *Beauty and the Beast*

CLUB NEWS

WOMEN'S CLUB

By Pamela Alameda

In our General Meeting, Mike Malone made a terrific presentation with details about our own Santa Monica Mountains. It was a wonderful program with loads of information about the mountains we see every day.

Our February 12 meeting will be "From Our Hearts to Yours." We are planning an afternoon filled with heartwarming tidbits that will be quite entertaining as well as beneficial to you and your loved ones. Join us and celebrate an early Valentine's Day. Did you know that we have a Bingo boutique on the second Wednesday of every month (except July?) Stop by and check us out!

The WC is actively looking for donations of gently used jewelry that will be cleaned, restored or repaired and sold during our monthly JEWELRY BOUTIQUE fundraiser. If you have costume jewelry or the "real deal," we



Photo by BUD BRADLEY

At left, Women's Club holiday party. Above, Mike Malone's presentation on the Santa Monica Mountains.

will be thrilled to accept your donations. If you wish to donate for one of our many charitable projects, please call Nancy Rowe 805-216-4396.

Interested in joining the LVWC? Call Susan Rockwell 805-279-0613; dues are \$10 per-year.

We carry a nice but limited assortment of yummy See's Candy, on sale during our General Meetings. Place orders by calling either: Barbara at 805-482-9097 or Loretta at 805-388-7116. Remember...we deliver!

PLAYER'S GUILD

By Stan Reshes

Join us for coffee, tea, or bring your own (non-alcoholic) beverage as the Players Guild takes you back to the days of Coffee Houses, folk music, and poetry. Sing along to the songs of Peter, Paul, and Mary, Woody Guthrie, Bob Dylan and more. Grab a friend or two and

come on down to the AR for a trip down Memory Lane with our very talented Village neighbors. As imagined by co-directors Paul Newman and Irving Feiles, this all takes place Thursday, February 20, 7:30 p.m. in the AR. There will be a display of beautiful costume jewelry on sale in the lobby before the show and scrumptious goodies after the performance. And please join our group, only \$10 for a year of entertainment. Peace!

CASH AVAILABLE FOR RESIDENTS OF LEISURE VILLAGE- USE A REVERSE MORTGAGE AS PART OF YOUR FINANCIAL PORTFOLIO

NO MORTGAGE PAYMENTS | YOU RETAIN TITLE TO YOUR HOME | THE CASH YOU TAKE OUT IS TAX-FREE

I HAVE AN EXCLUSIVE REVERSE MORTGAGE PROGRAM FOR RESIDENTS WHO ARE 60 YEARS OF AGE. YOU DO NOT HAVE TO WAIT UNTIL YOU ARE 62 TO OBTAIN A REVERSE MORTGAGE

I OFFER REVERSE 2ND MORTGAGES

A REVERSE MORTGAGE DOES NOT EFFECT YOUR MEDICARE
TAKE YOUR CASH PROCEEDS IN A LUMP SUM,
A LINE OF CREDIT, OR MONTHLY PAYMENTS, YOU
CHOOSE WHAT IS BEST FOR YOU. PAYOFF DEBT.
I OFFER NO CLOSING COSTS AND NO FHA MORTGAGE
INSURANCE PROGRAMS.

FREE NO OBLIGATION CONSULTATION IN YOUR HOME
WITH A PRINTOUT OF YOUR ELIGIBLE FUNDS AND
ANSWERS TO YOUR QUESTIONS

YOU CAN ALSO PURCHASE A NEW HOME
WITH A REVERSE MORTGAGE



GARY LACHMAN
REVERSE MORTGAGE SPECIALIST

OPTION FUNDING, INC.
5655 LINDERO CANYON ROAD # 626
WESTLAKE VILLAGE, CA. 91362
(805) 358-3960 DIRECT
GARY@OPTIONFUNDING.NET
CA. BRE # 00953305 NMLS # 252231

01LV03D

CLUB NEWS

LV MUSIC CLUB

By Harvey Brosler

MONDAY MOVIE NIGHT: Hollywood films are shown in the AR on the first and third Monday from 7:00 p.m. to approx. 9:00 p.m. On Feb. 17, the movie will be “Chariots of Fire.” Complimentary popcorn

provided by the LV Music Club. Admission is FREE to residents and their guests.

FANTASTIC FRIDAY. “OPEN MIC” NIGHT: “Open Mic” night is scheduled in the AR from 7:00 p.m. to approximately 9:00 p.m. on the first Friday of each month. The next “Open Mic” night will be held in the AR on Friday, Feb. 7. Complimentary

refreshments including wine provided by the LV Music Club. Admission is Free to residents and their guests. Contact Dick Guttman: 805-484-5806

‘GROOVIN’ EASY SWING BAND: Practices for the seventeen-piece ‘Groovin’ Easy

Swing Band are scheduled for Tuesday evening, February 11, 18 and 25 between 7:00 p.m. and 9:00 p.m. in the AR. Enjoy listening and, dancing if you wish. Complimentary refreshments provided by the LV Music Club during the break at 8:00 p.m. Admission is FREE to residents and their guests.

CLUB MEMBERSHIP IS TEN DOLLARS FOR CALENDAR YEAR 2020.

THE MAVERICKS

By Margo Secia

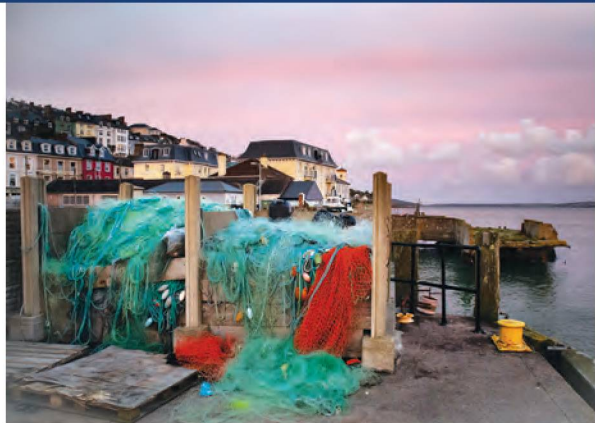
Dig that “Lucky Charm” out of the back of the drawer because the Mavericks are hosting “Casino Night” on Friday, February 28 from 7:00 to 10:00 p.m. in the AR. “Casino Knights” will provide the game tables and dealers for three-card Poker, Blackjack, Craps and Texas Hold’em. For those who don’t know how to play, we’ve

been assured that the dealers will be very helpful. Tickets are on sale now for \$25 and can be obtained by calling John Wirtz at 805-384-8508. At the door, your tickets will be exchanged for \$500 in “funny money” and can be turned into any dealer. No tickets will be sold at the door.

There will be prizes awarded at the end of the evening. For each \$100 you have won, you will be given a raffle ticket for drawings. The top three prizes are a three-day/two-night trip to Las Vegas, and there will be four other great prizes to be won as well. The Club will provide all snacks along with wine, beer, coffee and water, or you may bring your own BYOB. For questions or comments, contact John Wirtz at his phone number shown above.

Save the date of Friday, March 27 for “Cash in the Attic.” Further details will be forthcoming in the March “ILV” issue and e-News.

PHOTO CLUB WINNERS • OPEN CATEGORY



■ 1st — Greg Gillmar | Fishnets at sunset

My Grandma Sells
Leisure Village



RE/MAX BRE #00900167

**Sharron
Parker
Team**

805-443-1998

5-Star Zillow reviews

Helped 500+ LV clients past 20 years

Internet Marketing-Social Media

Complimentary accent staging

Website - LV video tour & events calendar

Professional Photography

www.ILoveLeisureVillage.com

02LV3015

Thinking about assisted living or in-home care?

**You do have options
and we are here to help**

We will personally guide you through the process of navigating, negotiating & transitioning you or a loved one to a senior care home or bringing in a caregiver

**We are a Free Community Service!
There is absolutely NO COST TO YOU
and No Obligation!**

Call today for a free consultation: 805-601-6600



Aaron Ralstin
Senior Care Consultant
805-601-6600
SVentura.CarePatrol.com

Care  **Patrol**
Safer Senior Living. Your Goal, Our Mission.

02LV3035

CLUB NEWS

"Just Us" will entertain our Showtime audience with romantic songs

FILE PHOTO



SHOWTYME

By Jennifer Stein

Showtyme Presents "Let's Celebrate Love." One of our favorite groups is making a return performance for the celebration of Valentine's Day. "Just Us" is a group who truly sing from their hearts. They harmonize and make you feel warm all over. They will be performing all of our favorite songs that convey the true meaning of love, friendship & fun!

To make the evening even more fun, come to the event wearing your reddest outfit & have your picture taken with loved ones, friends & the performers by our photographer. Begin Valentine's 2020 memories with a photograph (pictures are free & returned to the owner). Mark the date for Friday, February 14 at 7:30 p.m. Doors open at 6:45. Admission is free to members; non-members \$5 per-person donation. Membership is \$12 per person and it's available at the door. Remember, your membership is the heart beat of Showtyme; please support us. 50/50 raffle with 2 winners and goodies after the show. Any questions, contact Jennifer at 805-204-8324.

MEN'S GOLF

By Joseph Benti

President Paniagua reported that Landscape Superintendent Mike Undem had a positive response to the Club's request that the water fountain on the 14th be repaired or

replaced—it's a question of money. Jerry Johnson is spearheading an effort to restore recognition for our "hole-in-one" golfers who have managed to slip between the cracks in recent years, part of Jerry's and others' attempts to have the Club do more to reward membership through greater awareness of the game and individual achievements. Speaking of great shots, how about Pat Gunning at the last meeting being chosen by ticket sales maven

Robert Malinow to reach into the ticket stub can for the fifty/fifty door prize raffle and, don't wait, here it is—Pat pulls out the winning ticket, HIS OWN! Surely, that deserves recognition. That's a hole in one.

Finally, a reminder to all: if you use a cart, be careful—don't tear up the fairways; avoid wet spots. Everybody, use tees (preferably wood) and, please, replace/repair your divots. No wonder Mike Undem has a headache—some of our tee boxes look like we stable horses on them.

ACTIVE SENIORS

By Lee Edwards

Come join the Active Seniors (you no longer have to be single to join us) for dinner at Ottavio's on February 11 at 5:00 p.m. Please call Lee Edwards at 805-484-3289 to confirm your reservation.

Happy New Year!!

"THEY SAY IT TAKES A VILLAGE TO CARE FOR A CHILD."

WHAT ABOUT AN 82-YEAR-OLD WITH ARTHRITIS?"



Ida Williams
Interim HealthCare

For over 50 years, Interim HealthCare® has been a National leader in home care, providing patients with trusted, experienced caregivers. From skilled care to personal assistance, our services are available 24 hours a day, seven days a week.

- ACCOUNTABILITY • INTEGRITY • IN-HOME TRIAL
- SPECIALS FOR LEISURE VILLAGE

CALL TODAY FOR A FREE HOME EVALUATION
(805) 506-3310

Interim
HEALTHCARE®

HOME CARE

500 E. Esplanade Dr. Suite 860 Oxnard 93036
www.interimhealthcare.com

Honesty & Integrity 24/7 Al Fox is Here!



Leisure Village
Residents

AL FOX
REALTY
Santa Rosa Plaza

CINDY & AL FOX

#00684953

Realtor

#00570029

Broker

987-4369 | 987-4-FOX

alfoxrealty@gmail.com

5800 Santa Rosa Rd. #126
in the Santa Rosa Plaza

FOR SALE

Amalfi \$549,000

Updated, close to rec center.

Amalfi \$535,000

Private location.

Bel Air \$479,000

Remodeled, private patio.

Brentwood \$359,000

Plantation, granite
counters, newer appliances.

Capri \$449,000

Close to rec center.

Coronado \$589,000

2-car garage, remodeled.

Del Mar \$410,000

New paint, updated kitchen, has
addition.

El Dorado \$525,000

Updated throughout.

Galaxy \$675,000

Completely remodeled. 2-car
garage.

5059 Galano Dr \$550,000

Vaulted ceilings plus den.

SOLD

Amalfi \$425,000

Balboa \$240,000

Balboa \$285,000

Bel Air \$480,000

Bel Air \$360,000

Bel Air \$332,000

Del Mar \$382,500

El Dorado \$419,000

Holmby \$450,000

La Jolla \$555,000

Valencia \$535,000

Valencia \$660,000

RENTAL

Brentwood \$2350

Capri \$2350

Galaxy \$2300

Monterey \$2200

CALL FOR FREE HOME EVALUATION

SAVE MONEY &
SAVE YOUR BUYER MONEY
CALL ABOUT OUR 4% SOLUTIONS

SALES
PROPERTY MANAGEMENT
RENTALS - NOTARY



021V3135

021V3115

CLUB NEWS

Bonnie Mills demonstrating acrylic pour.

Photo by
PATTI
CRICHTON



VILLAGE ARTS

By Patti Crichton

Members were amazed to see Bonnie Mills create three stunning paintings in her acrylic pour demo at our Meeting on Jan. 8. Thank you, Bonnie! She has promised to return and teach a class to our members, so that we can try this unusual technique. We will notify members by email when a date is decided.

Meanwhile, Bonnie and her mom, our own Pat McGregor, showed their artwork at the Camarillo Art Centre for the month of January in their ‘Like Mother, Like Daughter’ show. Village Arts members have been invited to display their paintings at the CAC in February. The CAC is located at 3150 Ponderosa Dr. at the corner of Eston. We will be bringing one to three pieces of art each to hang for the month of February. On Sunday, February 9, there

will be a reception at the CAC and ribbons for best art will be awarded by CAC judges. All Leisure Village residents are invited to come and see the Village Arts display each weekend in February from 1-4 p.m. Kathy Whitesell is offering watercolor classes to members the second Tuesday of each month in the Lanai Room for \$10, supplies included. Susan Riba will offer an introduction to oil painting on Friday, Feb. 21 in the Lanai Room for \$15. Contact Patti Crichton to sign up at 805-760-7673.

RACQUET CLUB

By Arnie Kremer

Please check out our Court schedules for Open Play and Beginner Round Robin Play on the Bulletin Board at the courts. This is for Pickleball and Paddle Tennis. Tennis (Doubles) Open Play is on Wednesdays and Saturdays at 9:00 a.m. on the tennis courts.

For beginner/intermediate lessons info, sign up with Dirk (pickleball) or Coach Gary (tennis and paddle tennis) on the courtside bulletin board. Any questions or concerns please contact me: arnie.kremer46@gmail.com; 310-874-0525. The next General Meeting will be Wednesday February 12 at 7:00 p.m. in the MPR. Exciting news for 2020 upcoming tournaments, group events, etc. will be covered.

KEEP YOUR EYES PEELED! — There have been several recent cases of suspected vandalism on the paddle/pickle courts. If you see anything suspicious, please contact the front office or myself. Security has already been made aware of this issue.

COACHES CORNER: Note: This is courtesy of Coach Gary Carroll. Gary is a REAL tennis coach and owned and ran his own tennis club in New York for many years. Tip #3 - Tennis/Paddle: Learn the proper grips for forehand, backhand, volley, serve... “Take a lesson and get out and play.”

TREMBLAY FINANCIAL SERVICES

SINCE 1997

“There can be no friendship without confidence, and no confidence without integrity.”
—Samuel Johnson



Tim and Marcia Tremblay

3902 State Street, Suite 101
Santa Barbara, CA 93105
32129 Lindero Canyon Rd., Suite 107
Westlake Village, CA 91361

805.569.1982

HOURS: 7am-4 pm
Monday-Friday, or by appointment



ACCOUNTS AVAILABLE

If you are interested in an account not listed below, please contact us for specific details. Also, with some types of accounts, we offer check writing privileges, a debit card, and online access to your account upon request.

- | | |
|---|----------------------------|
| • RETAIL —Cash —Margin | • NON-PROFIT |
| • IRA —Individual —Roth —Individual (k) | • TRUST MANAGEMENT |
| • CORPORATE RETIREMENT PLAN —401 (k) —403 (b) | • THIRD PARTY MANAGEMENT |
| —Simple IRA —SEP IRA | • 529 COLLEGE SAVINGS PLAN |
| —Defined Benefit —Profit Sharing | |
| —Money Purchase | |

Tim Tremblay offers securities and advisory services through Centaurus Financial, Inc. Member FINRA and SIPC. A Registered Investment Advisor. Tremblay Financial Services and Centaurus Financial, Inc., are not affiliated.

Please check our website for upcoming Seminars • www.tremblayfinancial.com

04LV061

CLUB NEWS

WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. A main purpose of the Club is to share memories of our lives, the lives of our family, and our opinions on different topics with other residents. The Club is unique in that you become self-aware and aware of what others think on the same subject. Come to the Writers Club meetings held every Monday at 1:00 p.m. in the MPR. We do not critique your words. We are interested in what you have to say. You may write on any topic, fiction or nonfiction, or use the Suggested Topic for that day. For example, the Suggested Topic for Feb. 24 is “What Would Have Been My Second Choice for a Career.” The more you write the better writer you become. Microphones are provided. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate. Stories of The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 805-465-

0042, larry.kalisher@gmail.com, or Harvey Brosler 805-465-0006, hsbros@roadrunner.com.

VETERAN’S CLUB

By Lou Cappadona

What military lawyers do in 2020; it’s a lot more than we see in the movies and TV. Brian Nomi is a lawyer here in Camarillo and also a LT. Colonel in the Army JAG Reserves. After serving his active duty time, he was called up twice as a Reservist. His last deployment was in Iraq. Most of us see only the criminal law aspects of being a JAG officer; Brian will give us a full explanation as to all of his responsibilities as a military lawyer. Brian is our guest speaker on February 27 at 11:00 a.m. in the MPR, and he will enlighten our audience on the complexities of his Army profession. All LV residents are welcome to attend this free program. It’s a great opportunity to learn new things, catch up with friends and meet new people.

PHOTO CLUB WINNERS • ASSIGNED CATEGORY



■ 1st — Gregg Gillmar | Picture Window

Senior Homecare By Angels®

We Care Every Day, In Every Way®

Errands
Shopping
Light Housekeeping
Meal Preparation
Friendly Companionship
Flexible Hourly Care
Respite Care for Families



805-383-6483
www.VisitingAngels.com

08LV302S

Each Visiting Angels agency is independently owned and operated.

PODIATRY & FOOT CARE HOUSECALLS!!!

Bridget Tester, DPM

562-260-3535
bridgettester@hotmail.com
Fax: 805-418-7090

Medicare Accepted!

02LV302S



AdvantagePlusCaregivers.com®



Helena Mossembekker, CFO
Melanie Farber, CEO, CSA

Elderly, Rehab, Disabled
We're All About the Care!

805-322-8822

“Personal” Caregiver Services

Locally Owned/Managed by Geriatric Care Managers • Over 25 years Experience!

- Home Care Aides/Companions
- CNA, CHHA
- 24 Hour Coverage by the Hour or Shift
- CA Licensed - All Caregivers State Registered

- Worker Comp/Long Term Care Insurance Accepted
- Transitional Care Team - Hospital to Home



CA License #564700019

01LV301S

HIRING EXPERIENCED CAREGIVERS!



RENOVATIONS BY RICK

Specializing in Kitchen & Bathroom Remodel



Plumbing • Water Heaters
Electrical • Lighting
Skylights • Windows
Doors • Tile
Handyman Projects



Rick Trefry • General Contractor
Call me anytime at (805) 377-9251

Lic #1025421

05LV061

Best Interest Financial 1/4 Horizontal

Meadowlark Service League

Charity Luncheon & Island Dreams... Tennis or Pickleball Tournament

- Ladies Luncheon
- Tennis or Pickleball & Luncheon
- Great Girl-time!

**Monday
March 2,
2020**

Proceeds benefit many local
Ventura County charities

Luncheon, Boutiques (Opens at 10 am) & Auctions - Las Posas Country Club
Women's Doubles with Partner Round-robin Tennis or Pickleball - 8:30 am
Las Posas Country Club, Spanish Hills Country Club or Private Courts

Registration Forms available at local tennis clubs and MSL outlets.
Please visit our website for outlet information or to register online.
Contact Gwen at 805 630-7257 for more information

www.MeadowlarkServiceLeague.org 

02LV3095

CLUB NEWS

PHOTO CLUB

By Chuck Murrow

The LV Photo Club will hold its monthly competition meeting on March 5 at 6:30 p.m. in the MPR. The theme for the Assigned Category will be "Mood/Emotions," and all members are encouraged to submit their photos. All residents are welcome to attend the Photo Club meetings to view the entries and observe the judging or become members and submit their own photos in one of the four monthly categories, Assigned, Open, Creative and newer Mobile Device.

The Photo Club has two sets of winners to announce. The first winners were the "Best of 2019". Art Akkerman won the Assigned Category, Gregg Gillmar won the Open Category, and Ron Matson won the Creative Category. These winning photos are hanging in the MPR along with the monthly third place and honorable mention winners. The January competition meeting photo submissions were judged by George "Hutch" Hutchinson and the winners were Gregg Gillmar in the Assigned Category, also Gregg

Gillmar in the Open Category, Deb Beltran in the Creative Category and Chuck Herrera in the Mobile Device Category. The January winning photos can be found in the Rec Building hallway.

Questions: Contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com

WII BOWLING

By Ginny Bryce

We are having another Bowling for Dollars Tournament - February 18, 19, and 20. The entry fee is \$2.

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

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hi Villagers! This month is Chinese New Year, the year of the Rat, so come celebrate at our wonderful dance and bring in a year that is good for all.

We decorate according to the theme each month for your pleasure and enjoyment, so join us for a fun Saturday night. Our schedule is: February 8, Ralph Mathis (My Valentine) and the lesson is the Fox Trot. February 22 will be Tropic Starr (Mardi Gras) and the lesson is the Waltz.

Being on the dance floor is great exercise and we have wonderful refreshments as well. Admission is \$10 per person. The lesson begins at 6:30 p.m. with dancing from 7:30 to 10:00 p.m. Let's start the New Year with a bang and kick up your feet. See you all there.

PHOTO CLUB WINNERS MOBILE CATEGORY



■ 1st — Chuck Herrera | Searching for Nature



Photo by PATTI CRICHTON
Marg Peterson accepting the Edith Dowsing Memorial Trophy from Edith's son, John.

WOMEN'S GOLF

By Patti Crichton

Congratulations to 18'r, Marg Petersen, who won the Edith Dowsing Memorial Trophy on January 8. This Low Net Tournament is played each January, and 9's and 18's take turns winning the trophy to enjoy for the year. Marg was presented the

CLUB NEWS

trophy by Edith Dowsing's son, John Dowsing, at the January 8 meeting. All members enjoyed the cake as well. Hats off to the Men's Golf for hosting the Chili Bowl Tournament and Luncheon on Jan. 25, and thanks to all of the chili chefs from Men's and Women's Golf. Good times. February for us will be regular tournaments on February 12 and 19. Our Winter Eclectic Tournament starts Feb. 26 and finishes up on March 4. The Women's Golf monthly meeting will be in the Garden Room on Wednesday, Feb. 12 at 2:00 p.m. Come early to enjoy snacks, visit, and buy 50/50 tickets.

PET CLUB

By Cathy Michaels

Leisure Village Pet Club welcomes a VCAS (Ventura County Animal Shelter) representative to speak February 10, from 7-8:00 p.m. in the Recreation Center Multi-Purpose

Room. All are welcome! Refreshments served! Update yourself about VCAS, its programs and resources. Plus, hear how our community can support VCAS, challenged by a compelling number of sheltered dogs and cats. In December 2019, the number of sheltered dogs was 129, and cats, 95, totaling 224! Successful, despite the high volume of homeless animals, VCAS transitioned 97% of dogs and 91% of cats to adopted homes and rescue organizations in 2019. Note - numbers exclude other sheltered animals--rabbits and farm animals. Volunteers and fosters contribute greatly to VCAS success! Hear how a large group of volunteers walk, groom, and provide enrichment for sheltered animals. Moreover, community members also foster dogs, cats and rabbits in their homes, supported with food and necessary care items by VCAS. Join us, February 10, to learn about and donate to VCAS! Bring towels, blankets (no stuffing or electric blankets), dryer sheets, empty toilet paper and paper towel rolls

(rabbit toys), and unused pet items, like cat trees and pet beds.

LV BOWLING

By Alan Singer

Hello current and future Leisure Village Bowlers. We are in need of new bowlers - some slots have opened up. If you think you might be interested in joining a team or being a substitute, please give me a call. My phone number is 818-292-4439. The holiday brunch was great - lots of goodies and good food as well. I hope you all had a Merry Christmas, Happy Hannukah, or whatever you celebrate. On Friday, January 17, Alan Singer picked up the difficult 7-9 split. Anyway, we have a lot of fun and strive to improve. Side pot winners for the last period were: S Hongsermeier 219, L Fox 241, Dyane Rarder 222, B Foeller 226, Wayne Beal 223.

The care begins *when you call.*

For yourself or your loved one, the search for assisted living or memory care can feel better in a hurry when you talk to someone who understands. That's us. We'll listen because that's where it starts, and tirelessly attentive care in our friendly community follows. Need an informed, truthful answer fast?

Call Meadowbrook at Agoura Hills.

We're here to listen and serve. Schedule a visit and conversation now by calling **818-570-0879.**

5217 Chesebro Road | Agoura Hills, CA 91301
Assisted Living | Memory Care | License #197608878

WWW.SENIORLIFESTYLE.COM



MEADOWBROOK
SENIOR LIVING
AT AGOURA HILLS

a Senior Lifestyle community

CAMARILLO SKYWAY PLAYHOUSE
PRESENTS

MURDERED
TO
DEATH

WILL WE FIND OUT WHODUNNIT
BEFORE THE AUDIENCE DIES OF LAUGHTER?

Feb 7 - March 8

For information or to order tickets
go to www.skywayplayhouse.org

805-388-5716
330 Skyway Drive
Camarillo, CA 93010

CLUB NEWS

WOODSHOP

By Bud Bradley

This month's photo is the result of a villager's need for a custom art board to be used as a canvas. The stool is used as a size comparison.

The Woodshop welcomes residents who are interested in joining our group of woodworkers. If you have interest and can demonstrate basic safety skills with equipment you wish to use, please call Ron Quick at 805-603-8456.

On Tuesdays and Wednesdays, between 10:00 a.m. and noon, you will find our Woodshop Committee members available to repair most wood items for Villagers. There is no charge for these services, except for the cost of any special materials we might need to complete the repair. We gratefully accept donations to help defray the cost of normal materials and supplies.

The completed Jobs for December 2019 with final totals for 2019 are as follows:

Resident Projects	20 YTD	311
LV/Club projects	15 YTD	85
Quickie projects	6 YTD	72

Finally, a reminder to current key-holders: should you have completed a project that you would like to highlight, we will post a photo of it on the bulletin board outside the shop. Email your photo to Bud Bradley at Hipbud2@gmail.com, or bring a photo to the woodshop Tuesday or Wednesday a.m.




Photo by BUD BRADLEY

Custom Art Board made for Villager's canvas.



Handyman
& Son

Helping people in Camarillo since 1990



PLUMBING

ELECTRICAL

CARPENTRY

Thank you for the opportunity to have served
our friends and family in Leisure Village
for the past 30 years!

All of us at Handyman and Son wish you
a happy & healthy New Year.
We look forward to serving you for the next 30 years



Office: 805-384-1981
24 Hour Message Center: 805-359-1621

COOKING WITH LARRY



FILE PHOTO

Pam's Holiday Stuffing needs lengthier caption here.

It's Usually the Strangest Things That Get My Attention

By Larry Swartz

It wasn't long after I got a garden patch that I planted some arugula... my favorite leafy green. I was not prepared for how explosive it would get. It grew really fast and soon I had more than I could use. I offered some to a fellow named Al who always seemed to hang out in the garden. He accepted but it was what he said he was going to do with that really caught my attention. "Ever make Arugula pesto?" Al asked. Well, I never made it, but I sure ate it once in Italy, and it was killer.

I decided it was time to get to know Al a little better. He is a man of few words but the few are quite often gems. "What kinds of dishes do you like to cook? I asked. "Usually things you can't catch on fire" he said. "I live alone and occasionally get carried away."

What carried you away last week that you'd like to share with ILV readers? "Brisket!" he exclaimed. I know that tri-tip is a popular selection in California, but, in my house, it was always Brisket, and whether it was my mom's baked in the oven or my dad's smoked on the BBQ, it was always fabulous. Turns out Al's Brisket is baked and seared and pretty fabulous.

Al's Baked Brisket

- 6-8 lb. flat cut brisket
- 1 lb. fresh mushrooms
- 2 medium sweet onions
- 1 package dry mushroom soup mix
- Salt/pepper
- Olive oil for browning
- 1-2 cups water for baking
- Wine for drinking while you're cooking

Salt & pepper the brisket on both sides and rub in. Add approximately 1/8 cup of olive oil to a hot heavy sauce pan, then add the brisket. Brown on both sides. Meanwhile, grate the mushrooms and onions on medium in a food chopper.

Carefully remove the brisket to a large glass casserole dish. Add veggies, soup mix and water; cover with foil and cook at 325 for 2-3 hours or until fork tender. Do a taste test after 2 hours and adjust cooking accordingly. Remove brisket from oven to a cutting board and let cool for about 20-30 minutes. Slice against the grain with an electric knife, 1/2" thick pieces. Put onto a serving platter, pour the mushrooms, onions and drippings over the brisket and cover with foil till ready to serve. Yummy!

MOORPARK'S HISTORIC HIGH STREET COMEDY ARTS CENTER

7:30 Saturday • March 7, 2020

HOSTED BY MARK CHRISTOPHER LAWRENCE

An international headliner, Mark has worked with Robin Williams, Jerry Seinfeld, Sinbad, Rodney Dangerfield, Jeff Foxworthy and more. His major film roles include *Terminator 2*, *Crimson Tide*, and *Pursuit of Happiness*.



HEADLING COMEDIAN SEAN MCBRIDE

After retiring from NFL Network in 2009, Sean hit the road, performing at every comedy club, college, casino and dive bar on earth. Today he's one of the fastest rising comics in LA, host of Cosmic Comedy and Hair-Time Live



AND FEATURING



JOSH DAMIGO



D'SEAN ROSS



SHELAGH RATNER

3-SHOW MINI SEASON

PETER PAN BROADWAY'S TIMELESS MUSICAL

January 24, 2020 - February 23, 2020

The DROWSY Chaperone A MUSICAL WITHIN A COMEDY

April 10, 2020 - May 10, 2020

IN THE HEIGHTS

May 29, 2020 - June 28, 2020

(805) 529-8700 • www.HighStreetArtsCenter.com

02LV051

Stay Safe from Trips and Falls

By Janey Rifkin

loss of independence. your feet when walking, tripping and falling. To not falls, wear sturdy shoes. vision checked yearly; ate obvious home hazards ippery floors, loose rugs, check your bedding. Many pens when one leg gets in a bed-sheet as you get at. (Most home accidents the bathroom – use caution up your way.) If you are prone to falling, being off-balance, or experiencing dizzy spells, speak to your doctor about whether one of your medications could be the culprit. Suspect medications include diuretics, beta-blockers, ACE inhibitors, antidepressants, and sleeping pills. The latter can be a trigger, and some actually are the cause of delayed reactions, such as when driving off to work the next morning, or taking the kids to school. Numerous accidents occur while driving – and sleeping pills are notorious for slow-

ing down one’s reaction time – thus possibly being responsible for trips and falls the day after taking the sleeping aid. Needless to say, narcotics being especially strong, are frequent causes for loss of balance and falling. This valuable information – keeping us safe – has been in the medical literature for some 30 years, but many doctors do not advise their patients about the consequences of losing muscle strength. Take Away: Sarcopenia can be reversed at any age!

W.H. CONSTRUCTION

- Kitchen & Bathroom Remodeling
- Acoustic ceiling removal/Texture
- Wood & Laminate Flooring
- Windows & Doors
- Room Additions
- Electrical
- Plumbing
- Tile
- Painting
- Drywall

Leisure Village Discounts
Call NOW for details!

11LV313S

805-485-9662 • 805-469-4629

Lic #751293 fully bonded and insured





805-484-1333
3901 Las Posas Road, Suite 204 | footsurgeon.com

Your Experts For All Your Foot Care Needs

Orthotics • Ankle Pain • Fractures • Athlete’s Foot
Ingrown Toenails • Flat Feet • Bunions • Hammer Toes
Foot Pain • Toenail Fungus • Neuromas • Wounds



**Brayton Campbell, DPM • Todd Matthews, DPM
Nasim Kalhor, DPM • Andrew Langroudi, DPM • L. Mae Chandler, DPM**

07LV308S

Camarillo | Oxnard | Ventura
Santa Barbara | Westlake Village

Most Insurances Accepted





CLASSIFIED ADS

To submit an ad for Inside Leisure Village, give your full name, address and phone number. These are for ILV records and will not be published unless requested. Cost is \$5 for for 28 words; phone numbers and emails count as one word. a maximum of six lines. Enclose cash, check or money order, payable to ILV. Place an envelope with the ad and payment in the left box next to the sewing room in the Rec Center before deadline. Each month's deadline is listed on page 2. ILV will accept ads from LV residents for properties they own personally, or ads that offer jobs or services to villagers. ILV does not investigate the ads and makes no endorsement of them. For advertising in the classified section contact Barbara Crome at 482-9097

SEE'S CANDY available. LV Women's Club 2nd and 3rd Tuesday mornings in MPR. For information call Barbara 805-482-9097 or Loretta 805-388-7116

SEEKING TO RENT in Leisure Village bedroom, share kitchen/laundry. 76 year old retired school administrator, widower, responsible. Responsible 805-377-4307

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

REAL ESTATE BROKER. Ahumada Realty. Full service. Buying or selling HOMES. DRE.01990009. CALL TODAY 805-200-8416

I ORGANIZE AND DIGITIZE FAMILY PHOTOS! Let's get your photos out of your phone and those dusty albums and bins! Create keepsakes, slideshows and photo books! 805-427-4265 Cindy@FocusAfterPhoto.com

DRUM LESSONS: LV resident. Teaching beginners through advanced. Lessons customized for you. Drum set technique, rudiments, stick control, rhythm. Styles such as Rock, Jazz, Blues and more. Darren 818-618-1028

WE PAY CASH FOR YOUR CAR. Running or not. We come to you. Safe, no dealing with strangers. No annoying phone calls, Curtis 805-300-9997 or 800-274-6447 curtisantin@gmail.com

WE BUY STUFF – downsizing or decluttering and want to sell stuff? We need furniture, knick-knacks, pictures, silverware, jewelry (even broken), craft items and more! Sam 805-379-5653

I will organize your kitchen, office, closet & more. Free consultation.

Senior discounts. Honest & caring. Mary 805-760-6272

Wardrobe alterations, repairs, mending, make-overs for all ages by seamstress. Free pickup and delivery; LV references Call Gudrun 805-479-4852

CAT SITTING, dog walking and watering plants. Dependable and trustworthy. References from your neighbors. Marlene Collins. Village resident 818-419-2159

PET SITTER, dog walker: Leisure Village resident. 12 years experience. Take care of your home, plants, mail while you're away. Reassuring daily updates! Excellent LV references. Karen 805-437-6660

PET SITTING, walking, mail, plants. Reliable, experienced, insured, Bonded \$10 for 15 minutes, \$17 for 30 minutes. 805-484-8802 Dogzgonewalkn@verizon.net Dogzgonewalkn.com

NEED HELP WITH CHORES & ERRANDS? Dog walking, fixing, cleanup, moving, drive to doctors, shopping cooking, etc. No job too small. Caring dependable. Leisure Village resident. Jim 805-807-1635

Need help with clutter or moving? Senior discounts, free consultation. Honest, caring, dependable Mary 805-760-6272

Apple Computer Specialist: Laptops, desktops, iPhone and iPad. Troubleshooting & tutorials. Password help. LV resident. Reasonable rates. Reliable, easy to understand, patient. Macs Made Easy/Louis Lapidis 805-490-3127

COMPUTER HANDYMAN- Windows 10 upgrades – software/hardware installs or repairs. Virus and malware removal. LV resident. Affordable friendly service. PC specialist Jonathan 805-377-3697

Lynn Lerz: Massage Therapist. "Let me rub you the right way to better health"

In village 36 years. Exp. Best refs 805-484-2308

CPR/First Aid Certification: Over 30 yrs. Exp teaching individuals, groups and now for pet owners. Call resident Terry 818-692-5854 Website: www.ThePergamosFactor.com; Email: terryshirokoff@gmail.com

Driven by an Angel! Personal assistant will simplify your life! Excel driver & LV res w/many refs. Dependable & punctual to all appts, airports, events, etc. Christine 805-701-3250

DRIVER: L.V. resident, experienced former uber driver. Will drive to any airport, anytime, anywhere. Email: allgolf111@gmail.com Call Elliott 805-388-5999

DRIVER: dependable, trustworthy and friendly. Excellent driver will get you to your appointments on time. Will take you to stores and errands. Leisure Village resident. Darren 818-618-1028

Driver: going your way will take you to all airports, cruise terminals L.A., the valley. LV resident call Ron 412-817-9840

Scandinavian housecleaning. Reasonable & reliable. Working in Leisure Village 12 years. Diane 805-815-0197

Experienced housekeeper will clean your house and or drive you to planes, appointments, stores or errands. Christina 805-832-3476 Ioana 805-388-0798

I provide exceptional and professional housecleaning services: Free estimates. 14 years of experience. I have recommendations. Interested call Yolanda 805-832-8839

Housekeeping – will keep up and maintain your home with great quality and care. Veronica 805-663-1062

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

MERCHANDISE ASSEMBLY HANDYMAN Electrical, plumbing, appliance installation. Rain gutters, repair broken things, doors, walls, shelves, molding/trim, painting, cleaning, assembly, wall hanging, all helps. Please call Eric 805-210-0489

JUAN - Handyman Services: Garden, patio, yard cleaning, hauling/dumping or repair. Plant trimming, removal or install patio, fence and gate repair CALL TODAY 805-487-1613

Global Green Carpet & Tile Cleaning. Operator Jeffrey Goetz 888-774-2547. Affordable expert carpet, tile and upholstery cleaning. Serving LV 12 years. LV Ref. Risa Ross 805-484-5570

Car washing, butter cleaning, window washing, patio cleaning. Call Ramon 805-612-8361

Garage, storage cleanout, organizing, fix-it to do lists. Delivery and hauling. Call Ramon 805-612-8361

Tree Removal, landscape, gardening. Ramon 805-612-8361

Do you know a senior who is struggling? Our little non-profit organization wants to help. Helping Hands Senior Foundation. 805-330-2148 helpinghandsla.org

Comfort Keepers, world leader in in-home care hiring caregivers. Apply online: ckthousandoaks.clearecareonline.com/apply or apply in person M-F 3249 Old Conejo Road. Newberry Park. 494-9900 ext. 2

Affordable Care Service 19 years experience with medical background. Honest, trustworthy. Always within your reach. Please call Teresita. Leave message Cell 805-216-6072 Home 805-383-6814

CAN/Caregiver for 25 years. Good references (L.A., Beverly Hills) Live-in or hourly you need. Please call Grace 310-801-3755

"Garden of Eve" providing in-home health care senior services. FT/PT 24 hour care, offering unlimited services. Dementia care certified Eve 805-504-7236

Love ones in need of help? 24 hours or hourly? Honest, trustworthy, licensed, bonded and insured. Please call Ed 818-359-2966 or Baby 805-216-6072

My name is Theresa. 25 years caregiving in Leisure Village. It is my passion to care for the elderly. LV references. Call if you need help with anything 805-402-6588

Need a Caregiver? 20 years experience, reliable, trustworthy, good driving record, excellent cook. Will do laundry, light housekeeping, Care for pets. References available. Call De-De 805-807-2494

Experienced caregiver – dependable and honest. 20 years experience. References Available Jennie Muro 805-983-5145

NEW ad to go here

SERVICE DIRECTORY

Help Support Your Local Businesses

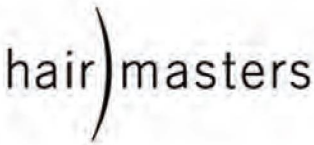
ATTORNEY



DON STEVENS, ESQ
PROBATE AND
TRUST ADMINISTRATION
In Our Camarillo Office
or in Your Own Home
Call 805-497-4662

02LV011

BEAUTY



Your neighborhood salon
for all your styling needs.
Call today for our
introductory special.

Santa Rosa Plaza
805-987-5377

06LV010

CAREGIVERS



**Home Caregivers
Management Inc.**

A True Measure of Tender Loving Care

Personalized Home Care Services
24/7 Care – Hourly or by Shift

Framie Criz Santos
(805) 204-1222

criz@hcmicare.com

Locally Owned & Operated
Licensed, Bonded & Insured HCO License #564700020

11LV011

HAULING

Waste Disposal
-appliances
-furniture

Clean Ups
Hazardous
waste Removal

(805)312-6821

EJ hauling

Junk be gone!
We haul it all
ejhaul4you@gmail.com

LANDSCAPING



805-300-1442

Landscape Design,
Installation & Maintenance,
Tree Pruning & Removal

Licensed and Insured
LV References Available.
Lic# 1033762

gardengenie2@gmail.com

03LV041

MEAL DELIVERY

Dinners
by Mark

Home Cooked Meals Delivered
Right to Your Door

\$12 per Dinner

Dinners Include:

- Entree • Salad with your choice of dressing
- Chef's vegetable of the day • Dessert
- All meals are low in fat and sodium

Meals packaged in microwave-safe containers

Contact Mark for info & menu

MSL9CATERING@GMAIL.COM

805-384-1536

01LV011

PLUMBING

ALL PRO PLUMBING

Complete plumbing
maintenance and drain
cleaning. Serving
residents of Leisure Village
for over 28 years.

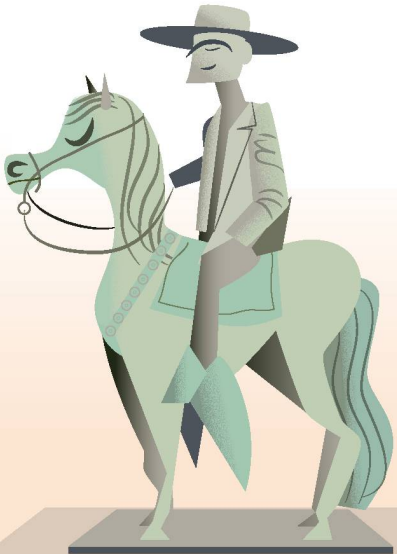
FREE ESTIMATES

Licensed, Insured and Bonded

805-200-9482

06LV010

**To Include Your Listing,
Please Contact Mary
at The Acorn Newspapers
Today: 805.484.1949**



Barlow Realty
Full Page