

INSIDE LEISURE VILLAGE

VOL. 43 NO. 1

AN ACTIVE 55 PLUS COMMUNITY

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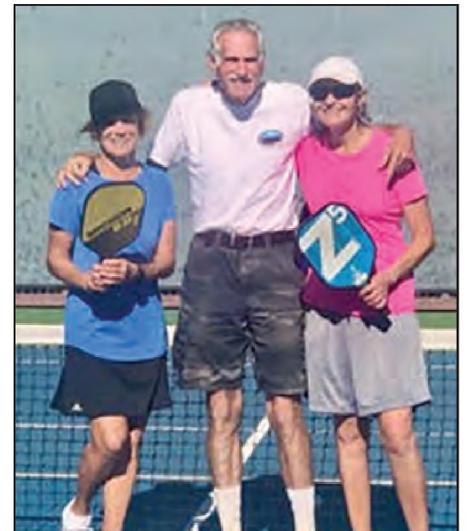
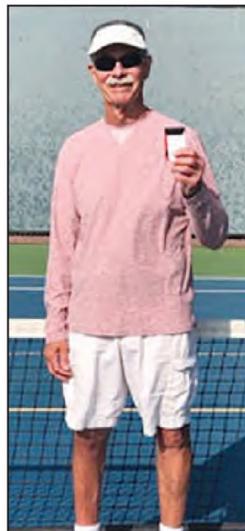
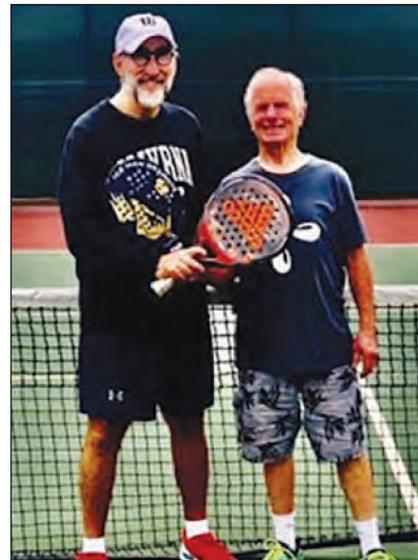
JANUARY 7, 2022

Annual Racquet Club Turkey Trot Winners

The Leisure Village Racquet Club held the annual Turkey Trot Tournament on two Saturdays leading up to the Thanksgiving weekend. The tournament is a chance for Pickleball and Paddle Tennis players to show their best for a chance to win coveted Trader Joe's gift cards. Participants played in the event and were scored in a handicapping system according to their abilities.

Winners in the tournament are pictured in the accompanying photos. Pickleball Winners Hector Sepulveda and Rose Vargani missed the photo session but were recognized nonetheless.

The club has 124 members with 65 players active on the courts playing tennis, pickleball and paddle tennis. 44 club players participated in the Turkey Trot.



Photos by PAM MALONE

ON THE COURTS—Paddle Tennis winners at top left: Roger Florio and Bob Bleicher; top right: Sunshine Peterson and Leslie Fox; bottom far left: Linda Gaffney and Sheila Gazkett; bottom left: Chuck Hall. Pickleball Winners at right: Diane Gardiner, Alex Frey and Mary Fischbach.

Storm Damage Relatively Small in Retrospect



Nerves were jangled in Village 17 when an early December rainstorm descended on Southern California. The rain was accompanied by some wind and a tree blew down on one unfortunate car. This event recalled last year's Santa Ana wind event on January 19, 2021 that did a substantial amount of damage to Village trees, roofs and homes.

A series of rainstorms in late December has put a temporary damper on the threat of another year of drought that was predicted to cause water delivery problems to the West. Some areas of Camarillo experienced over 10" of rain by December 27th with more storms predicted for that week.



Photos by CHERYL KELLY

Car damaged by fallen tree in early December storm. Rain seems to have replaced the 2021 Santa Ana winds this season.



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IN MEMORIAM

Frank Joseph Kessel, Village 17
Michelle Malkin, Village 6
Tom McAleer, Village 15
Robert 'Bob' Zarit, Village 28

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

ABOUT INSIDE LEISURE VILLAGE

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Letters

ILV has obligated itself to publish letters that are not profane, inflammatory or libelous. Views or statements expressed are the beliefs of the writer and are not necessarily supported by the staff of ILV. Letters must include name/signature, address and phone number. Please limit letters to 150 words. We reserve the right to edit, and/or condense. If at all possible, e-mail letters to 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.

February 2022 Edition Deadlines

Club News, articles, letters and classified ads: Friday, January 14. February issue will be available Friday, February 4. Send news, articles & letters to insidveditor@gmail.com.

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

VILLAGE ENTERTAINMENT

Broadway Potpourri Coming Soon

By Linda O'Neill

We had a wonderful holiday celebration on December 16. Food for the event was Catered by Brent's Deli. We want to recognize the indefatigable Richard Weiss for setting the scene and accompanying the caroling.

The first Players Guild meeting and workshop of 2022 will be Thursday, January 20th, beginning at 7:30 pm in the AR. "Broadway Potpourri," directed by Diane Carroll, is a collection of vignettes from famous plays including: Arthur Miller's *All My Sons*; Jane Anderson's *Looking for Normal*; and Joseph Bologna and Renee Taylor's *Lovers and Other Strangers*. Actors Marshall Smith, a newcomer to Leisure Village, and Richard Weiss, of piano man fame, performed double acting duties.

The Players Guild charter is

to provide a creative outlet for theatrically-inclined residents and to provide entertainment for their Leisure Village neighbors. 9 monthly business meetings and workshops are scheduled for 2022. These are held on the 3rd Thursday evening of January, February, March, June, July, August, September, October and November. Players Guild will be presenting a complete play or musical in April.

Players Guild has presented countless monthly workshops and yearly dramas and musicals during its more than 20-year existence. There is no cost for the workshops that PG provides for Villagers. The group is supported through the \$10 annual memberships as well as donations from residents. Memberships are sold during monthly meetings. Members can participate as spectators, actors, singers, dancers, backstage, set construction crew, lighting, sound or videography.

For more information on Players Guild, contact club President, Joyce Belcher.

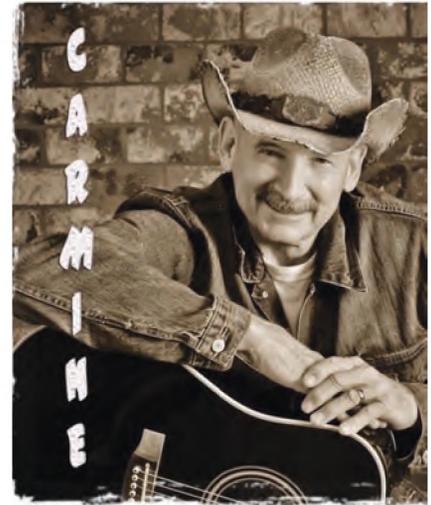
Country Night in the Village

By Jennifer Stein

Showtyme presents a unique experience in "A Little Bit Country."

Wanted...Guys and Girls to celebrate the New Year. It's going to be a Wild West Event with live music performed by Carmine. Favorite classic country love songs from Kenny Rogers, Randy Travis, Hank Williams Jr, Glen Campbell, Tim McGraw & Garth Brooks to name a few will be performed.

Put on your boots and mosey on over Friday, January 14th at 7:30pm. Doors open at 6:45pm. Showtyme membership will be available in the lobby at 6pm at \$15.00 per person. Annual membership includes admission for 10 shows during the 2022 season. If you love country music or would just like to experience something new then you don't want to miss



Entertainer Carmine will perform at the Showtyme "A Little Bit of Country" show on January 14th.

this 1st show of 2022. Western wear and boots encouraged! Any questions, please contact Jennifer at 805-383-1518.

Music Club to Show Movies

By Marci Lapair

LV Music Club presents Open "Mic" Night on the first Friday

—Please see PAGE 4



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Groovin' East Swing Band performing for Villagers. Come hear them rehearse on Tuesday evenings in the AR.

Music Club Movies

From PAGE 3 —

of every month in the AR from 7 pm to 9 pm. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests. If you are interested in performing at Open "Mic" Night and have a talent such as singing, playing a musical instrument, dancing or comedic skills we would be happy to hear from you. Please contact Dick Guttman 805-484-5806.

Movie nights, presented by LVMC are held the first and third Monday of each month from 7 pm to 9 pm in the AR. Admission is

free to all Villagers. Popcorn is provided.

On January 17 we will be showing *The Guilt Trip*, starring Barbra Streisand and Seth Rogen. They are the perfect mother-son comedy duo as they embark on a cross country road trip. The movie is rated PG-13 and is 95 minutes long.

The Groovin' Easy Swing Band rehearses on Tuesday evenings between 7 pm and 9 pm in the AR. Villagers are welcomed and encouraged to come and enjoy the music performed by this 17-piece swing band as they rehearse.

For more information on the LV Music Club please call Marci Lapair (818) 399-0843.

Entertainment



- Jan 14th 7:30pm – Showtyme - "A Little Bit Country"**
- Jan 17th 7:00pm – Music Club Movie - "Guilt Trip"**
- Jan 20th 7:30pm – Players Guild Workshop**
- Feb 4th 7:00pm – Music Club - Open Mic Night**
- Tuesday Nights 7:00pm – Groovin' Easy Rehearsals**
- All Events held in the Assembly Room**

COMMITTEE NEWS

Welcome Committee Reception for New Residents

Date: Thursday, January 27, 2022
 Time: 5:45 pm
 Location: Assembly Room

Clubs & Groups are invited to join our Committee in welcoming new residents to our Village and tell them about our

Club's activities. Help us encourage people to get involved and enjoy all that Leisure Village has to offer.

Reserve a space (one representative per club please) by contacting Bobi Shmerling 805-389-1975 bobi.shmerling@gmail.com

Architectural Committee Permits Easier to Submit

Villagers may be thinking about improving their home. Interior work does not require an Architectural Permit. However, when considering any exterior improvements, Villagers are required to ensure continuity and that architectural standards are met. Accessing the "Architectural Permit Application" along with "A Guide to Filling Out an Architectural Permit Application" is available online or at the LV Association business office next to the West Gate. To access the applications online log onto: leisurevillage.org/more/forms, look for Architectural Permit Application Form. The printable form includes information and instructions on filling out the form and having everything ready to submit your application. If working with a contractor who is familiar with the Village they can

be of assistance in this process.

Once the permit is complete, plan on going to an Architectural Committee meeting held the 1st and 3rd Friday of each month in the Garden room of the Rec Center. Consult your copy of the Village Voice to see exact dates that meetings are scheduled. Committee volunteers will be available at these sessions to help you process the permit and get you on the way to realizing your home improvement project. Fees established for your particular project are payable by check made out to the LV Association.

The Architectural Committee is committed to helping you with your project. Knowledgeable volunteers are your neighbors and friends and are dedicated to helping to improve and update the appearance of Village homes and the overall feel of the community.

Building and Grounds Committee Assisting Security

The Building and Grounds Committee volunteers will be assisting LV Security to ensure that Village homes will be identifiable from the rear of the house. By ensuring that there is a sticker on a back window with the address, emergency calls to that house will assist emergency personnel in identifying an accurate location.

Volunteers of the B&G committee will be around checking

that a sticker is on each home. If one is not easily identifiable, these volunteers will have one printed. They will be knocking on the door of the home that needs the address sticker and explaining to the occupant what the process is and how it will increase the safety of all Villagers. Volunteers will place the sticker on the appropriate window with residents' permission.



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Inside Leisure Village

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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Make Positivity Work for You

Suddenly 2021 disappeared and here we are in January 2022. We are transcending into a new phase of the COVID 19 Pandemic. The days are shorter and darkness and nightfall seem to come quicker than we want. The holidays, no matter what you celebrate, have been celebrated with safety in mind, and now they are over. New Year's celebration has come and gone, although more quietly than in past years.

Here we are, living in wonderful Leisure Village, wondering how we can achieve a positive mind set for this new year of 2022. Those of us who are sports enthusiasts can experience the Winter Olympics coming to our television sets. We

can watch all the international athletes competing from Beijing February 4-20. The Oscars will air on March 27, 2022. We can see the stars and hear about the movies we may or may not have seen in 2021. To seek a positive mind-set, focusing on these success stories and vicariously sharing them is a good beginning to positive thoughts and achievements in our lives.

Below is a list of things we can do to kick start the positive mind-set for 2022:

- Volunteer to help people and make a difference in their lives
- Go outside for a walk with your dog and/or neighbors – we are all hardwired to be in nature and be with other people

- Do some adult coloring with pencils and an adult coloring book or download a coloring app onto your device
- On a rainy or colder day, walk inside the Thousand Oaks mall for exercise, and then do a little shopping with the post holiday sales
- Call a friend you haven't talked to in a while
- Go take a walk or easy hike at Mission Oaks Park which is close to Leisure Village
- Write in a journal and express your feelings, joy and frustrations
- Visit your family or friends and go out for a meal outside in the fresh air
- Listen to music while you read your next interesting book
- Play billiards in our nice billiards room

- Go to one of our beginners line dancing classes on Fridays at 2:00 PM in the AR

• Go into our wonderful heated pool and Jacuzzi on warmer days
 No matter what you choose to do, bringing in a new year brings us hope for a better future, a vision of our lives in a kinder and more compassionate world. May we all treat one another with tenderness, grace, tolerance and understanding.

Make this year be a step in a positive direction for a bright future. Welcome to the year 2022!

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

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HISTORIC REFLECTION By Max Copenhagen

Museum of Pleasant Valley History

Have you ever imagined what it was like living here “back in the day” when this area was a sleepy bucolic paradise? You can experience what it was like living in Camarillo, Springville and Somis before the railroad, before irrigation water and before the freeway. A visit to the Pleasant Valley Historical Museum is a visit back to that time.

The Pleasant Valley Historical Museum serves the community by preserving and presenting our local history. It gives visitors a glimpse of our heritage by sharing the legacy of those who brought their dreams to life in this area we now call home.

The museum collection includes over 2,000 objects, historical photographs, maps, newspapers, and even clothing of early California. The

Fulkerson Library, with its collection of over a thousand old books and journals, an archive of rare Ventura County Quarterlies, and a trove of popular magazines dating from the '30s, contains many artifacts that cannot be found on the internet. There is even an original psychiatric manual from the State Mental Hospital. An old “card catalog” contains index cards filed for each object. [For another fun outing, you can visit the original Fulkerson Hardware store in Somis]

Museum exhibits include:

Two large maps — one of the original 1874 homesteads in “the forgotten triangle”, and the other of “The Gore” as it was surveyed in 1900, showing the names of the people we now recognize as city



Architectural rendering of the work planned on the Pleasant Valley Historical Society building.

founders.

A collection of memorabilia owned by Juan Camarillo (Adolfo's other brother)

Artifacts and information about the 1880's Scholle Ranch house and the Cawelti family farm near the early community of Springville.

Brochures for early housing tracts in the area, including Leisure Village.

Documents on how E.W. Daily's

daughters started the Livingston Memorial Visiting Nurse Association and St. John's Hospital.

Other collections include over 100 telephones from different eras, along with other historic machines, documents and other aspects of life in Paradise Valley past and present.

After exploring the museum, visit the Charles Honn Botanical Garden to see butterflies and enjoy

—Please see **PAGE 10**


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History Museum

From PAGE 8 —

native California flora in season. A beautiful mural and the Barn and Back Porch exhibits can be seen as you walk along the wide concrete pathway through this secret garden.

You might want to visit this precious resource soon, as it will be closing temporarily in March for renovation and an expansion that will double the floor space. The new exterior will reflect the craftsman style of early Pleasant Valley homes including a water tower feature. The expanded museum will have classroom space for interactive school programs, more storage for the collections and improved parking and accessibility.

The Museum and Garden is open on weekend afternoons at 720 Las Posas Road, Camarillo. For more information, see www.pvhsociety.org



A WORD ON WINE

By Don & Barbara Senior

The Search for Balance in Wine

Tannin and acid are important characteristics of wine. They work together on the palette, creating a pleasing taste and mouthfeel. As the grapes ripen, the acidity level drops as the sugar level rises. Monitoring the grapes in the vineyard for sugar level and acidity (or Ph), the winemaker decides when to harvest the grapes.

Acids are sour and found in the pulp of the wine grape. They bring freshness and cause salivation. Too much acidity makes a wine seem tart and light, while too little acidity makes a wine taste cloying and flabby. Throughout the fermentation process, acidity of the wine is monitored as the winemaker balances it with the bitterness of tannins.

Tannins are extracted from the skins, stems, and seeds of the grapes as they cold soak in their own juice immediately after harvest. The amount of tannin extracted into the wine is determined by how much



time the juice spends in contact with the skins. By themselves, tannins cause an astringent, drying sensation at the back of the mouth. To taste tannin, brew a cup of black tea for 7 minutes, then taste it. The bitterness and puckery feeling come from tannins extracted from the tea leaves.

To experience how tannins and acids interact, try this. Take a glass of lemonade, an acidic drink, and a glass of tea, a tannic drink. Combine 1/3 of each to make an Arnold Palmer in a 3rd glass. Taste all three, ending with the 3rd glass. The Arnold Palmer is mellow lower than either of its components because acids and tannin interact with your taste buds to create the sensation of balanced taste.

Some grapes are inherently more tannic than others. Some refer to red wines as “strong,” bringing to mind tannic wines like Cabernet Sauvignon or Syrah. But tannins aren’t always in your face. They can be supple and smooth, like Merlot, or finely integrated and light, like Pinot Noir. The Sextant Cabernet Sauvignon we tasted at the December Wine Club session was a great example of a perfect red wine – well balanced with a pleasant tannin backbone and delightful acidity.

Whatever your preference, don’t shy away from tannic wines. Trust the winemaker to get the right balance between tannin and acid. If your red wine is “puckery,” pair it with a steak or a creamy cheese like Port Salut or Brie. Each wine you taste adds to your palette’s memory, and if, one day, you find yourself savoring one of those “strong” wines, it will be partially due to a winemaker’s deft hand in balancing tannins with acidity.

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REAL ESTATE

By Sharron Parker

Purchasing With Reverse Mortgages

We recently had a discussion with Cindy Pena at PCL Financial Group regarding a new trend we noticed that has opened up possibilities in purchasing a new home with a reverse mortgage.

You may want – or need – to relocate to be closer to family members or move from a rental property to home-ownership. With the reverse purchase mortgage as a purchase tool, you can increase your potential buying power to purchase a home you thought might be unaffordable or unreachable. Working with a real estate agent who is certified as a Senior Real Estate Specialist along with a reputable mem-

ber of the National Reverse Mortgage Lenders Association on this type of transaction can answer the questions reverse mortgage purchase brings.

You may have heard about reverse mortgages from various media, friends and family. While there are no monthly mortgage payments, you must keep current with property taxes, insurance, and maintenance as you would do with a standard home loan. Many of the same closing costs and timeframes apply.

This is another tool Realtors have to help you navigate an unprecedented real estate market when considering purchasing a new home.

CLUB NEWS

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held their final meeting of the year on December 2nd with an Assigned Category theme of “Nature.” The judge for the month was Steve Freidman and Photo Club wishes to thank him for his time. December also was the first “hybrid” meeting, some members and the judge were in MPR and other members joined the meeting via Zoom. This new hybrid format provides greater flexibility for the judges and the members.

The December winners were: Assigned Category – Bob Pinchak with “Lunchtime in Leisure Village”; Open Category – Frank DeSimone with “Head for Home”; and Mobile Category – Doug Demurs with “Field of Lights.”

The Photo Club held the annual “Best of 2021” banquet with the installation of officers on De-

cember 16th. The winners of “Best of 2021” are: Assigned Category – Gregg Gillmar with “Riverside Cabin,” Creative category – Ron Matson with “Self Portrait,” Open Category – Gregg Gillmar with “Hope Valley Cabin 2020” and Mobile Category – David Pepper with “The Wizard of Dog.”

The new officers for 2022 are: President - Gregg Gillmar, Secretary – Penni Nussbaum, Treasurer – Bill Margulies and President Emeritus – Ken Lauchner. For further information contact gsgillmar@outlook.com.

AMATEUR RADIO CLUB

By Jonathan Fox

Our annual Holiday Party was held last month. As part of our December meeting, a slate of officers was elected to our board for 2022.

—Please see PAGE 13

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A PINCH OF SALT

By Larry Swartz

TMI

The Great News: I learned Excel... an old computer graphing program with columns and squares that will perform complicated math calculations; so I input all the foods I shouldn't eat due to my High Cholesterol, Hypertension and the "Pandemic 9" (lbs I put on in the last 2 years.)

I added in all the quantities of foods and now I know exactly what I can eat. Isn't that fabulous?

The Bad News: Water. That's all I can have on this diet. Now I only need to figure out how to fry water.

The Dilemma: Do I eat what I want and die early or try to get excited about a kale salad? There's gotta be a middle ground. I could push down a kale salad if I knew there was an order of onion rings waiting in the wings or some tofu if it smelled like French fries. These days, we're creating in the lab soy

that tastes like chicken and pea protein with beet juice that looks like ground beef.

The Resolution: That's it! – a smell implant. I implant the smells of my favorite foods into my nose, use a programmable remote so that I smell whatever it is I want to eat when I am eating what I don't want to eat.

The "but wait:" Look at this, I'm saved. According to Insider.com, "In some cases, eating kale might not be as healthy as you think. It can interact with thyroid function because it contains progoitrin, which can interfere with thyroid hormone synthesis and essentially block the iodine your thyroid needs to function."

The "meeting the Devil half way:" Kale is green and leafy, spinach is green and leafy and tastes a helluva lot better so here

we go. This is a little complicated but an incredible dish and timely since Dungeness crabs are usually plentiful this time of year.

PEA, SPINACH AND CRAB RISOTTO

2 tbs. olive oil for frying
2 small shallots, sliced
Arborio rice 12 oz
Garlic 2 cloves, chopped
White wine 5 oz.
Chicken stock 37 oz.
Frozen baby peas 5 oz.
Parmesan cheese 2.5 oz, grated
2 pats low-fat butter
Lemon ½, juiced

GREEN SAUCE

Spinach 7 oz.
Frozen baby peas 5 oz, defrosted
Extra-virgin olive oil 4 tbs

CRAB SALSA

Red onion ½, finely chopped
Crabmeat 8 oz.
Dried red chili – 3 shakes
Flat-leaf parsley a handful, chopped
Lemon ½, juiced

Step 1: Heat oil in a large heavy pan, fry the shallots on low until softened. Raise heat to medium, add rice and garlic, fry for 1 minute until rice is coated and turning translucent. Step 2: Add wine (or use all stock), stirring all the time, letting it almost fully reduce. Slightly raise heat and slowly add stock, a ladle at a time, stirring regularly, only adding more once the last ladleful is absorbed. Season.

Step 3: Meanwhile, put the spinach, peas, olive oil and 2 tablespoons of water in a blender or food processor. Blitz to a smooth sauce, add more water if required.

Step 4: When rice is nearly cooked (about 25 minutes), stir in the green sauce. Keep stirring the risotto for 10 minutes, then stir in the peas, butter, parmesan, lemon.. Simmer for 5 minutes until rice is tender.

Step 5: Mix together crab salsa ingredients. Spoon risotto into the bowl, top with crab salsa and a drizzle of olive oil. Serve with lemon wedges and parmesan.



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CLUB NEWS

Amateur Radio Club

From PAGE 11 —

As the party continued, refreshments were served and a raffle was held where each member went home with at least one prize.

There was another international gathering on the shortwave bands using Morse code. During that weekend, we made 354 contacts all over the world. Of those, we had three new countries - Kenya, Marshall Islands and Corsica.

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. Meetings are held the second Wednesday of the month in the MPR of the Recreation Center at 2pm. For more information contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

COVID Compliance
All Leisure Village activities comply with the Ventura County COVID requirements. Mask mandates and social distancing rules apply to all club meetings.

YE OLE WOODCHIPPERS

By Bud Bradley

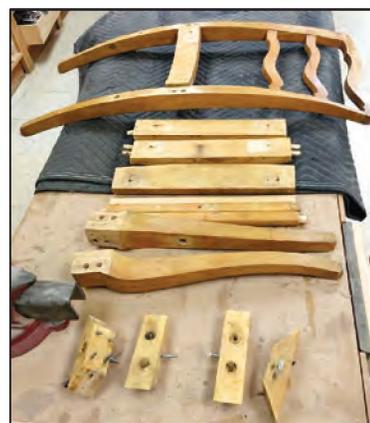
The Woodshop is open 7 days a week for keyholders. Notices and Rules of Operation are taped to the main woodshop door. Please make sure to sign in and out and clean up your workspace as a courtesy to those that follow. If you are a keyholder, your old key now works again for the main woodshop.

For October, our Committee members completed 13 repair jobs for Villagers 6 Quick Fixes and 1 Village repair. We are still looking for more volunteers for committee work on Wednesday and Thursday mornings. We have added one

talented volunteer, but could use more.

A reminder: The Woodshop is open from 10 am until noon every Wednesday and Thursday, to accept your repair requests. During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked not to work on their own projects during those hours.

For any other woodshop information, you can email Pirate at Bruce5150@gmail.com or Bud Bradley @ Hipbud2@gmail.com.



Photos by BUD BRADLEY
This month's photo montage shows some of the work required in repairing a chair for a Villager.



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Happy New Year

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CLUB NEWS

LV WOMEN'S CLUB

By Barbara Cogert

The December meeting was a dress-up affair with holiday entertainment by the Mesa Ramblers and special guest Jeanette Fisher. Elvis brought the house down singing Blue Hawaii as he introduced Jeanette, our very own Villager. Jeanette entertained the group with hula dancing and fantastic costumes.

See you on Thursday, January 13th at 1:00 PM! Stay tuned for details on our exciting New Year programs. Let us know your thoughts on program suggestions, talent we need to be aware of and topics of interest to you. Contact psmith@toast.net.

The Women's Club, first established in 1974, was organized to be a social organization that develops and maintains a spirit of good will, friendship and fellow-

ship among the men and women of Leisure Village. We contribute to in-house activities and worthwhile outside charities with our fundraising efforts (Bingo, Boutiques, etc.) We provide entertainment and refreshments at our meetings that are held on the second Thursday of the month (times vary) in the Assembly Room (AR). No meeting in July. Membership Dues are \$10.00 cash or check made payable to the LV Women's Club. Beverly Davis, our Membership Chair will be happy to speak with you. Call her at 805 216-6231 or email at bevDavis02@gmail.com.

Our next Boutique will be held on the 5th of February from 10-2 in the Pavilion.

We have new club officers: Co-President: Sharron Parker and Lin Grant, 1st VP Programs: Pam Almeida, 2nd VP Workshop: Nancy Rowe, 3rd VP Membership: Bev Davis, Recording Secretary: Debbie Gross, Corresponding

Secretary: Cheri Webb, Treasurer: Martha Foster-Custis, Parliamentarian/Boutique: Shearon Millar, Publicity: Barbara Cogert, Refreshments: Erica Sorell, and FoodShare: Susan Rockwell.

collected for 2022 at \$5 per person. Contact Geri DeSimone at 805-484-7308.

WRITERS CLUB

By Harvey Brosler

Write-Present-Participate-Enjoy Learn. A main purpose of the Club is to share our opinions on different topics with other members. We do not critique your words. The primary interest is in the substance of your presentation.

Writers Club meetings are held every other Monday at 1:00pm in the Multi-Purpose Room. Stories of the Month are displayed at the entrance to the Library. You may write on the Suggested Topic for that day or any other topic, fiction or nonfiction.

The Suggested Topic for January 10 is "One of My Treasured Possessions" and for January 24, the Suggested Topic is "Other Than My Family, Someone I Miss Dearly." Contact: Harvey S. Brosler at hsbros@roadrunner.com or 805-465-0006.

GRAPES R US WINE CLUB

By Barbara Senior

We met Friday, December 17 for a festive night with five California wines and a sparkling wine from France. Our next meeting is Friday, January 21, 2022. Jon Niemann, a wine professional, leads each session.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents are welcome, and reservations are greatly appreciated. Each session is \$15 per person. Bring two glasses and water. Join us, learn a little and enjoy some wine. Drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

MAVERICKS CLUB

By Vera Erskine

In lieu of a Winter Ball, the Mavericks will have a "Winter Blast" on January 28, 2022 at 7pm in the AR. Tickets are \$20.00 per person and go on sale January 10, 2022. Contact Vera Erskine, 805-987-4537. Music will be by DJ Muevelo, the same DJ we had for the Halloween Party. Appetizers will be served. Don't miss out on this fun event.

Membership Dues are being

WOMEN'S GOLF

By Patti Crichton

Women's Golf members enjoyed a holiday Installation luncheon on December 15th in the AR. The 2022 Board members were officially sworn in and tournament awards were given out.

Congratulations to the winners of the 2021 President's Cup: 18'rs-Marian Flosi, and 9'rs-Sandy Kassen! Also to Most Improved:

—Please see PAGE 15



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CLUB NEWS

Women's Golf

From PAGE 14 —

18'rs—Leslie Hall and 9'rs—Deb Bozajian!

The Jane Burke Low Net Tournament will be held on January 12 and will be awarded to a 9'r this year. The 18'rs and 9'rs alternate taking home the trophy each year. Our January monthly meeting will be on Wednesday, January 12th at 1:30pm in the Garden Room. Come out to hear golf updates, chat, snack and take a chance on the 50/50 draw.

WORKSHOP FOR WRITERS

By Pat Lagerstrom

Our WWF writers have been entertaining us with their poems and stories online. Allen wrote "In Rem," a poem whose dream touches the heart. Eric wrote a charming history of "The Pocket Knife." That little item has been around since 500 B.C. Frank introduced us to "Howard" and the worth of down-home smarts. But that was all online where we will remain until the all-clear. We patiently await our return to the recreation center on the second and fourth Wednesday of the month at 2pm.

Writers—don't hoard your pieces; submit them for comment straight away.

For information please call Mark Sconce 805-586-4485 or Frank Seiden 805-437-6242.

DUPLICATE BRIDGE

By George Jones

If you love Duplicate Bridge, please join us. We have a game every Monday and Wednesday in the Garden Room. We collect \$1 per person, used for prizes, supplies, and social events. If you have a partner, please arrive by 6:45 PM so we can begin by 7:00. If you do not have a partner, please contact us ahead of time and we will find a partner for you. For more information or to find a partner, call Betty Rasmussen at 805-807-8829 or Carolee Jones at 805-465-0667.

RACQUET CLUB

By Arnie Kremer

We were able to squeeze in tournaments for Tennis, Pickleball and Paddle Tennis in this really awful year. We have more planned for a better 2022. Stay tuned to our court side bulletin board for all our Racquet Club activities, including free lessons for all 3 sports we promote here in Leisure Village. For more information or to pay your \$7.00 annual Club Dues for 2022, please contact arnie.kremer46@gmail.com or note to the bulletin board.

New Officers for 2022 were elected and installed: President—Roger Florio, Vice President—Arnie Kremer, Secretary—Mary Fischbach, Treasurer—Cathy Herrera, Membership—Sunshine Peterson,

—Please see PAGE 16

PHOTO CLUB WINNER – MOBILE CATEGORY



1st — Doug Demers / Field of Lights



if you wear dentures, and they are driving you crazy — or if you are missing one or more teeth — you owe it to yourself to get more information about dental implants. Why?

Because they look and feel like real teeth. More importantly, your jawbone reacts to them just like real teeth, and that will save you so much anguish and unhappiness down the road.

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Look Younger, More Attractive—When you lose teeth, your jawbone around those missing teeth begins to shrink. That shrinkage causes a gaunt look that makes your face appear older. Dental implants, which the body reacts to just like real teeth roots, stop that jaw shrinkage, making you look younger.

Speak Naturally, Easily—Facial muscles tighten to keep dentures in place causing the slurred speech, mumbling and/or clicking noises that many denture wearers experience. Dental implants are

like normal teeth so you'll be able to speak naturally, comfortably, without concern.

Eat What You Want—With dental implants you can eat what you want, without restriction - without fear of your dentures slipping or popping loose. Apples, steak, caramel, corn, etc. are all on your menu.

Feel Better About Yourself—Many denture wearers, often without realizing it, restrict their interaction with people and avoid situations where they think their denture might embarrass them. This avoidance leads to lowered self-esteem and self-confidence. Implants will not only restore, but most likely expand your self-esteem and self-confidence.

If this sounds like something you'd appreciate and would like more information about, please call to set up a complimentary Dental Implant Consultation.

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CLUB NEWS

Racquet Club

From PAGE 15 —

Hospitality—Lynne Aune and Dirk Feild, Tournament & Lessons—Larry Griesi. Larry's trusted assistants will be Coach Gary Carroll and Roy Gardiner.

The club offers a big thank you to outgoing president Georgeanne Norton for doing such a fantastic job as Leisure Village Racquet Club President these past two years!!

Next Racquet Club Board Meeting on 2-2-22 and General Meeting on 2-9-22

GREAT DECISIONS

By Sharon Baker

Great Decisions, Foreign Policy Association, will resume its meetings in January. Please join us for stimulating discussions on interesting topics, such as Outer Space, Russia and the U.S. We meet on the 4th Monday each month at 9:30am in the Sun Room. See you on January 24th!

EXERCISE/STRETCH CLASS

By Donna Khacherian

Good morning Leisure Village! Come join our morning Exercise/Stretch Class held 5 days a week, Monday through Friday in the Pavilion (behind the pool). Join our class either at 8:30am or 9:00am. This is a 30 minute class designed

to keep us well-balanced, our joints moving and our bodies strong.

We celebrated our Holiday Breakfast, catered by DJ's, who did a wonderful job and with music provided by our talented member, Richard Weiss. Thank you Richard for sharing your wonderful talent. Come check us out and join the fun.

BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Building classes are held 6 times per week in the Santa Rosa room. Exercises are specifically geared for seniors to improve balance and to increase bone density. Free 1-hour sessions are on Monday and Wednesday at 8:15 and 9:30 am and on Tuesday and Thursday at 6:00pm.

These are not drop-in classes; registration is required. For 8:15 class, call Mamata 805-558-9360; for the 9:30 class, call Alice 805-437-6169; for the 6:00 class, call MaryAnn 805-390-1909.

SAVE OUR SIGHT & HEARING

By Gina and Terry Connor

Join us the 1st and 3rd Thursday of each month at 1pm in the Sun Room. Examples of our discussion topics include key basics on eye nutrition and eye protection to resist Age Related Eye Diseases and Hearing Health basics including

PHOTO CLUB WINNER – OPEN CATEGORY



1st — Frank DeSimone / Head for Home

FDA approved Over the Counter high value low-cost hearing aids. Residents and their caregivers are welcome. For more info contact Terry Connor 805-482-7806.

VILLAGE ARTS

By Patti Crichton

We kicked off 2022 with our monthly Meeting on Wednesday, January 5th, in the MPR. Peter Tyas, Executive Director of Studio Channel Islands Art Center, spoke to our members. This local art gallery and artist studio is located in Old Town Camarillo.

Our December watercolor class collaborated with the LV Office to showcase some winter village scenery in the Courtyard glass case.

Kathy Whitesell will be teaching watercolor on Friday, January 21st, followed by sessions on February 18th. Please text or call Patti Crichton at 805-760-7673 to sign up. You may also sign up for classes

at our monthly meeting.

Our February 2 Village Arts meeting will be an art collage demonstration by our own talented member, Barb Schwartz. Be there at the MPR at 1pm. She will be offering a follow-up class on another date, to be determined.

Membership dues for 2022 may be paid at the meeting, if you haven't done so already.

TAI CHI

By Chuck Morrow

The Tai Chi Moving for Better Balance Class begins on January 7th and is filling up but there are still some openings as of today. The classes will be held on Mondays and Fridays for 12 weeks from 3:30 until 5 pm in the Santa Rosa Room. This is a progressive class and you should be prepared to attend the majority of classes to be worthwhile. If you have an interest in the class please contact cmorrow@hotmail.com.

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CLUB NEWS

WII BOWLING CLUB

By Judy Spector

We had a General Meeting on Dec 11th. Edith Walsh received a trophy for bowling a perfect 300 game and Certificates were awarded to bowlers for picking up difficult splits. We enjoyed a delicious pot luck lunch followed by a fun Wii Bowling Tournament. 1st place winner: Jerry Kochans and 2nd place went to Charlene Spector. Congratulations!

\$10 annual dues are being collected for 2022. Wii Bowling is held on Tuesdays, Wednesdays and Thursdays in the Clubhouse. For more info call President Connie Davis 805-320-1544 or Vice President Sylvia Edmonds 805-987-1666.

ous choreographies that are safe, fun, and keep our bodies moving while listening and responding to the various kinds of music. We enjoy a warm-up and a cool down each one hour session.

Meetings are on Fridays, 9am to 10am in the AR. There is an \$8.00 per class fee. For info call Margie at 805-437-6100 or e-mail margiegrm@aol.com. Classes will resume on Friday, February 4th. We hope that you will join us on the dance floor. NO charge for a first visit.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Happy New Year and may this be the beginning of a great 2022. With the holidays behind us, let's do some activities. Our Saturday Night Dance Party is just the ticket. Live music to listen or dance.

MUSIC AND MOTION

By Margie Monroe

This class is suitable for seniors of our community. We create vari-

PHOTO CLUB WINNER – ASSIGNED CATEGORY



1st – Bob Pinchak / Lunchtime in Leisure Village

On January 8, John & John Duo will provide the music and our free lesson will be tango. On January 22, Wyatt Haupt will provide the music and the lesson will be East Coast Swing. The party starts with our dance instruction at 6:30 to 7:15pm, followed by dancing from 7:30 to 10 pm. \$10.00 admission covers the lesson and dancing.

LV BOWLING

By Gene Kinsey

Friday mornings at 9 am down at Harley's Camarillo Bowl is where the fun happens. You don't need to be a great bowler. Contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858.



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HOME TOOLBOX By Tricia Garcia

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Leisure Village Home for Sale

Leisure Village — According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why **it's critical that you read this report before you list your home.** If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether.

In most cases, you can make a

reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a FREE report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To order a FREE Special Report, visit www.HomeInspectionHurdles.com or to hear a brief recorded message about how to order your FREE copy of this report call Toll-Free 1-855-340-7832 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

02LV04D

Annual Check Presentation to the Camarillo City Council



Camarillo at the December 8 City Council Meeting. This money goes directly to support the Camarillo Public Library.

The Library will spend these dollars on books, subscriptions, community programs and much more. In addition, throughout the year the Friends of the Library directly funds all types of Camarillo Library programs for children, teens and families.

Members of the Friends of the Camarillo Library present check to Mayor Shawn Mulchay.

Thanks to generous community support in 2021, the Friends of the Camarillo Library was able to present a check for \$95,000 to the City of

For more information, visit www.friendscamarillolibrary.org.

CLUB NEWS

NEEDLE WORKS

By Marie Bowler

Remember the quilting bees of yesteryear? Needle Works is similar to that. But instead of everyone working on the same project, we work on our own individual projects. We are a group of women who love

to socialize, knit, crochet, and do needlepoint. We meet in the Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30 am.

If you're looking to meet other people with the same interests or just need help with a pattern, call Nancy Baumgarten at 805-377-2805. We invite men to join.

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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

08LV081

TAX SERVICE

DANTE TAX SERVICE

- Tax Preparation Businesses & Individuals
- Authorized IRS Tax Representation

www.dantetax.com

(805) 483-6665

01LV011

PLUMBING

ALL PRO PLUMBING

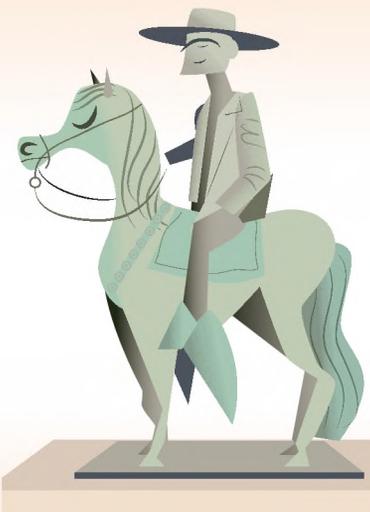
Complete plumbing maintenance and drain cleaning. Serving residents of Leisure Village for over 31 years.

FREE ESTIMATES

Licensed, Insured and Bonded

805-200-9482

02LV021



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

CLASSIFIED ADS

To submit a classified advertisement please include your full name, address and phone number (for ILV records only, will not be published unless requested). Cost per ad is \$5 for a 28 word insertion. Phone number = 1 word, email = 1 word. Enclose \$5 cash or a check or money order made payable to ILV. Place the ad in an envelope marked ILV CLASSIFIED AD in the black box next to the entrance of the LV Association office just inside the west gate (off Los Pueblos Dr). It can also be mailed to 12000 Leisure Village Drive, Camarillo, CA, 93012 ATTN: Barbara Crome. Questions regarding classified ads? Call Barbara at 805-482-9097.

DEADLINE for the next publication is Friday, January 14.

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

FOR SALE: Brand new dining room table still in boxes. 45" round glass table top. Grey metal table. Assembly required. Attraction \$150 Call 805-484-8526 or bortiff@yahoo.com

FOR SALE: 24" woman's Schwinn bicycle \$150. Brand new. Call Sue 805-484-3506

A MOBILE NOTARY: I come to you for your "NOTARY NEEDS." Leisure Village Resident. Call Chuck at 805-419-3457

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

Thinking of Selling your property? Al Fox Realtors specialize in Leisure Village. Call for a free evaluation. Prices are at an all time high. 805-377-7272

WeSellLeisureVillage.com. We love helping our clients buy/sell homes in Leisure Village! Sharron Parker 805-443-1998 #00900167; Jon Niemann 805-603-7060 #02104018; Meryll Russell 805-405-0411 #01435748 Call us Today.

Apple Computer Specialist - Laptops, desktops, iphones and ipads. Troubleshooting & tutorials. Password help. LV resident. Reasonable rates. Reliable. Easy to understand. Patient. Macs Made Easy/Louis Lapides 805-490-3127

Clothing alterations, mending, nips & tucks & garment makeovers for all ages. Seamstress with Leisure Village references. Will SAFELY pickup & deliver. Gudrun 805-479-4852

MURPHY AUTO MUSEUM NEEDS DOCENTS. Do you enjoy cars? Do you like talking about cars? You could be a volunteer docent at the Murphy. Please email fireballtimrides@aol.com

HEY FEATHERY, FURRY AND FINNY FRIENDS! Two dog walkers/pet caregivers are available now! Routine prices range from \$10-\$15. References available. Debby: 805-263-9764 Gracie: 805-910-9544

Dogzgonewalkn.com Reliable and professional dog walking or pet sitting. L.V. prices \$10 for 15 minutes, \$17 for 30 minutes. 805-484-8802 dogzgonewalkn@verizon.net

Lynn Lerz: Massage Therapist. "Let me rub you the right way to better health" In village 36 years. Exp. Best refs 805-484-2308

JDD Physical Therapy: Physical Therapist/Health Educator specializing in chronic pain and fibromyalgia, lifestyle analysis and integrative therapy in your home. Jeannie Davis PT, MPH 818-693-1002, JDDphysicaltherapy.com

FITNESS - I can help you with fitness and nutritional needs. I have been a trainer for 16 years, in Leisure Village for 6 years. Call for a free consultation. Lisa 805-402-7482

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

KERRY'S PAINTING - careful and clean. 310-970-2499. No job too small. I do ceilings. References available.

PROFESSIONAL PLANT DESIGNERS (Meets Leisure Village guidelines) All About Landscape 805-586-4239 Lic #726180, 25 years in business

Need a Driver? Experienced with patient representative care for various hospitals for 25 years. Will safely deliver you door-to-door to appointments, airports and other needs. Mendy 805-404-3535

Nancy will drive you to doctor appointments, salon, grocery store, CVS or vaccination sites. Retired UCLA health care worker. Offers personal caring service. LV resident: 805-465-0056 cell 310-433-2311

Driven by an Angel! Personal assistant will simplify your life! Excellent driver & LV Resident with many references. Dependable & punctual to all appointments, airports, events, etc. Christine 805-701-3250

AIRPORT TRANSPORTATION: Ride with John. When you want to get somewhere quickly and comfortable. Clean, reliable, Covid compliant. Simplest way to get where you need to go. 805-223-6907

NEED HELP with chores & errands? Dog walking, fixing, clean-up, moving, drive to doctors, shopping, cooking, etc. No job too small. Caring dependable Leisure Village resident Jim 805-807-1635

CHERYL'S HERE! I am here for you. Home organizing, purging. Home sale coordinator. Staging, estate sales. Decoration breakdown and repacking. 20% discount. Text/call 805-340-0723 Cheryl@Cherylishere.com

HANDYMAN/INSTALLATION - Electrical, plumbing, appliances, rain gutters, cleaning windows, repair broken things, hanging shelves and pictures, painting, hauling, any help. Call Eric at Merchandise Assembly 805-210-0489

WE BUY OLD STUFF! WE PAY CASH! Antiques vintage & collectibles. Over 20 years in business & we're nice! Call of text 805-727-7403

I'LL HELP YOU with gardening, weeding, planting, trimming, removing plants, prune roses, remove leaves/pine needles. Odd jobs. LV resident. Excellent references. Darren 818-618-1028

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

JUAN - construction. Handyman Services. Installing vinyl fences and gates. Concrete work. Patio/yard and garden, cleaning, plant trimming, removal. Hauling/dumping services, CA.LIC #754081 - 805-487-1613

I will organize your kitchen, office, closet & more. Free consultation. Senior discounts. Honest & caring. Mary 805-760-6272

JUAN handyman services - Garden, patio, yard cleaning, hauling/dumping. Plant trimming, removal. Vinyl fence and gate. Call 805-487-1613 PERSONAL ASSISTANT/DRIVER. Airport, shopping, doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or part time. Your car. References available. Art Silver 805-630-9125

B. MARON - Village resident. CAREGIVER you can count on with good medical background. Great experience (21 years) with DEMENTIA/ALZHEIMER'S. Please call or message 805-216-6072

TWO GIRLS HOME CARE - Helping Seniors with daily activities. Call us for a free consultation 805-424-9944 Licensed & bonded. Background checks, COVID trained, references on all caregivers.

IN NEED OF IN-HOME CARE? Certified/experienced/vaccinated caregivers: FT/PT available to service and fulfill all your needs. Reliable and conscientious. Call Eve 805-504-7236

EXPERIENCED COMPASSIONATE CAREGIVER. Patient, flexible, reliable, hardworking & caring. Willing to help with anything you need. Excellence in providing for daily needs. Contact Chery 805-444-2379 or Edlyn 805-402-8483

Private Licensed Caregiver - Prepare plans, basic needs, assessments. Meal preparation, housekeeping, monitor medications, transferring and mobility, appointment scheduling, shopping, transportation. Consultations available. Misty Smith 805-436-9942



LIFE BEGINS AT THE END OF YOUR COMFORT ZONE

[Neale Donald Walsch]

Humans are born curious. Ever watch a toddler as they walk around and discover things? Somehow, as the burdens and responsibility of life weigh on us, we tend to lose the youthful trait of curiosity and discovery. Well, no matter your age, you have the power to choose to spark that flame again in your life. **Make 2022 the year to try the new!**

Make a conscious decision to **step out of your comfort zone every day - either introduce something totally new or do a routine task in a brand new way** (brush your teeth with the opposite hand, drive a new way to your usual places, eat with your non-dominant hand, etc.) Don't give yourself any excuses to remain stagnant. From simple tasks to daring and challenging ones, your brain will thank you for pushing yourself to try new things, and you'll spice up your life and make memories.

DISCOVER & DEVELOP YOUR TALENTS & ABILITIES

Wouldn't it be regretful if you could dance, write, sing, bake, paint, play an instrument and more...but never did? How do you know what you can or can't do if you don't try? Learn what you're truly capable of by trying new things. And remember that success comes with failures attached. Failure is natural when trying something for the first time, so if at first you don't succeed, try, try again!

LEARN YOUR TRUE LIKES & DISLIKES

Your comfort zone is not the best source of truly measuring what you like and what you don't. When you try new things (new foods, new activities, etc.) then you can speak from experience. And, along the way as you regularly try new things, you'll surprise yourself as you add new items and activities to your "like" list.

STIMULATE YOUR BRAIN

When you try new things, you force your brain to really think. Your mind has to understand a new circumstance, process how to handle it, and develop a new set of skills. You're basically training your brain to creatively solve by regularly trying new things.

So let your sense of adventure grow! Trying new things keeps you from getting bored, expands your talents, forces you to grow, exercises your brain, opens up the possibility for you to enjoy something new...the benefits go on and on. **Make 2022 your year for trying the new!**

For fun ideas of some new things to try, check out our Barlows Got Your Back section of our website!



The Barlow Group
BRE #01945712

LeisureVillage.com

805 **987-5755**

Our Family Serving Your Family!



Serving Leisure Village Since 1979
5257 Mission Oaks Blvd. Camarillo CA 93012
Conveniently located next to CVS in Mission Oaks Plaza

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