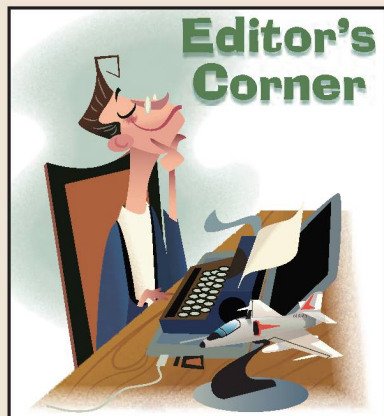




The Board of Directors meeting and the follow-up Town Hall Meetings provided more perspective on the upcoming community paint project. More than anything, the presentation by the colorist from the paint contractor and the questions from the residents made it apparent that the Board is going to have a real challenge choosing colors and trim that will satisfy a majority of our residents. We should keep in mind that Board Members are our representatives in making the color decisions and any concerns should be voiced to them through written correspondence. When the final decision is made, we should trust that their deliberative process was fair, impartial and in the best interest of the entire community.

We have a variety of informative articles in this issue that should pique your interests. Should you have an idea about a particular item of interest that you would like explored in ILV, please contact me at editorilv@yahoo.com and I will evaluate whether it will be of interest to the community as a whole.

Thank you for your readership.

— Tim Palmer

The Village Paint Project is Explained

It is a complicated issue. The proposal to repaint all 2136 homes in Leisure Village is before LV's Board of Directors, who will make the final decisions. The project has been considered by the current Directors as well as those serving on two previous Boards. The estimated cost for the project is \$4,500,000; the work is expected to take ten years to complete.

Some decisions have been made. A paint contract has been approved and locked in for two years. And bids for the labor involved in painting the first 218 homes have been submitted. However, the question of what colors – generally described as a warm palette or a cool palette – will be chosen for LV's makeover has not been answered yet.

Research toward a resolution to that question has been ongoing. Several presentations by a professional colorist from PPG, the corporation that will provide the paint, have been



Photograph by BUD BRADLEY

The presentation of various color palettes by Pam O'Toole, a professional colorist with PPG Paint Corporation, drew a large audience to the AR last month.

made – including one videotaped and replayed on LVTv. Color palettes of possible hues were displayed in the Rec Center. Sample colors were applied to the wall of a Village house, and two Town Hall meetings have been held to give homeowners opportunities for questions and answers.

Repainting will involve choosing colors for the exterior walls

and also the trim and original front doors. Garage doors will not be repainted, nor will the brick work on some models. The BOD has not yet made a decision as to who will choose individual colors. Such choices were described at a recent Town Hall as “the hard part because we know there is a tremendous variance of opinion.”

The Wilkman Mantra: “Let’s Make it Better”

By Patty Ecker



Photograph by BUD BRADLEY

Inset by SHARDELL WILKMAN

Rick Wilkman's commitment to protecting and improving the look of the Village means this dedicated volunteer walks miles each week.

If you see Rick Wilkman walking in the Village, you can bet that he's not just out for exercise. Since he and his wife Shardell moved here in 2014, he has been busy working on ways to protect (and improve) the quality of life around us. It comes naturally, he says, “I like solving problems.”

His focus was honed by a lifetime of tackling problems that ranged from how to buy a brand new ten-speed bicycle for himself (Rick was 13 at the time) to overseeing thousands of insurance claims after the 1994 Northridge earthquake, to looking for a way to use water wisely across LV's 440 acres. That

— Please See **Page 6**


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10LV01D

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.

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ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer

Photo Editor: Rita Linsey

Staff: Patty Ecker, Larry Swartz, Patrick Moore

Photos: Bud Bradley, Art Akkerman

Classified Ads: Barbara Crome

Contributors: Joseph Benti, Jerry Sortomme, Janey Rifkin

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."

April Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the April 2019 issue is Friday, March 15 at 5:00 p.m. The Display Advertising deadline is Monday, March 25 at noon. Publication is scheduled for Friday, April 5, 2019. 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.

BRIEFS



UNITED BLOOD SERVICES - BLOODMOBILE LOCATIONS IN CAMARILLO

Monday, March 11, Carmen and Burnley, 1605 Burnley, 2:00-6:00 p.m.; Monday, March 25, Carmen and Burnley, 2:00-6:00 p.m.; Thursday, April 11, Ventura County Fire Bloodmobile at Camarillo Airport, 555 Airport Way, 9:00 a.m.-1:00 p.m.; Tuesday, April 16, Ventura County Office of Education Bloodmobile, 5100 Adolfo Rd, 9:00 a.m.-1:00 p.m. Questions concerning eligibility to donate, other sites, dates and times, and for appointments, call United Blood Services at 800-715-3699. Appointments can be made on line www.unitedbloodservices.org.

CAMARILLO AREA TRANSIT (CAT)

The Dial-a-Ride must be personally requested the day before your trip. The CAT fixed route schedule is in the Rec Office. It is FREE to Leisure Villagers. There is no service on Saturday and Sunday. (988-4228)

UPCOMING EVENTS

MAVERICKS CHARADES NIGHT

Charades Night is coming to Leisure Village on April 26! Villagers are already signing up to be team captains, so don't miss your chance! Even if you have forgotten the hand signals, the Mavericks will refresh your memory. If you remember the fun you used to have, watching your friends act a little crazy playing Charades, we want you to join us! If you want to be a captain, contact Larry Swartz for details: (tascosa@earthlink.net or 818-577-3896)

AARP SMART DRIVER CLASS

By Paul Herman

Leisure Village will be hosting a five-hour Refresher Class of the AARP Smart Driver Program on Wednesday afternoon, March 20, from 12:30 p.m. to 5:30 p.m. in the MPR. Contact Paul Herman at 805-444-6420 for details.

IN MEMORIAM

Barbara Pollack, V. 4

To submit a memoriam call Loretta Reshes, 388-7116

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Women's Club Gives Inside and Outside the Gates



At every Women's Club meeting, members drop off extra change, food products, and toiletries to be donated to organizations outside of LV.

Photography by BUD BRADLEY

The generosity of one of the Village's largest clubs is easy to spot around our grounds: the sensor doors to the Rec Center, LVTV's sound system in the AR, numerous bus and golf benches, to name a few. What may not be as prominent are the donations from the Women's Club to support good works outside the walls – in Camarillo and Ventura County. "We are proud of our vision beyond our gates," explains Marilyn Thompson, Co-Chair of the Club's Donation Committee. "Since our

beginning, we've donated almost \$250,000 to organizations that serve our community neighbors. And we've paid for more than \$184,000 worth of projects inside the Village."

That totals more than \$407,000 in donations made by the Club from 1977 to 2018. "It's an impressive number," says Club President Lin Grant. The contributions outside the boundaries of the Village range from money for disaster relief by the Salvation Army, the local chapter of the Special Olympics,

the Somis Food Pantry, and money for local girls to go to a science camp. Projects inside LV included a new cabinet for Bone Builders, the redecoration of the MPR, and chairs for the Sewing Room.

The funds for this community and Village support come from the programs sponsored by the Women's Club. Proceeds from the Boutique and See's Candy Sales held regularly on Tuesday and Wednesday in the MPR go into the donation fund, as does money from special events.

"Committee members bring suggestions, explains Co-Chair Thompson. "We discuss them and make our choices. It's not a difficult process. It makes us feel good."

Two new features have been added to the 2019 Club donations. "Change for Change" asks members to drop whatever change they bring to each meeting in a basket for Food Share. And those who travel are asked to bring home the small hotel containers of shampoo and lotion to go to a local women's shelter.

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Valued LV Employee Retires After 33 Years

Marcel Hernandez, a 33-year employee of Leisure Village, has retired. A friendly, smiling individual, he was hired by the Village Association in December 1986 and has been a valued employee the entire time.

Marcel emigrated from Mexico in 1972 and worked in the furniture business, construction and janitorial services for a variety of companies. When his employer lost a contract at the Port Hueme Base, Marcel was let go, but over the following weekend, he saw an ad for a janitorial position at Leisure Village. He responded on Monday and was hired on Tuesday, December 9, 1986.

Marcel had nothing but good things to say about his employment in Leisure Village. In addition to good words about his fellow employees and supervisors, he particularly appreciated the positive attitude he experienced with the residents.

Marcel plans to travel with his wife to visit his six siblings, who are spread throughout the country. We wish them the very best!



Marcel Hernandez

Wilkman —From Page 1

first problem was simple; he got a job after his middle school classes as a dishwasher in a San Fernando Valley restaurant for \$1 an hour. It took a while, but eventually the slick bike was his.

Rick's contributions in the Village are as often cerebral as they are concrete. After he and his wife finished updating their home here, he began to look outside. "I saw old irrigation equipment, lots of lawn, and water being wasted," he recalls. He joined the Residential Landscape Committee and helped to revise its Guidelines to clarify what residents can do with garden space around their homes. It was a natural jump for Rick to volunteer for the Buildings & Grounds Committee, where he led the effort to plant a water-wise demonstration garden on the edge of the West Parking lot. "It includes plants of color and diversity yet conserves water. It's a sample of what can be done," he says.

Now Rick's mission includes

serving as the Co-Chair of the Architectural Committee, the important group that evaluates and decides on permits for exterior improvements and construction in the Village. "I want people to understand what they can do to their homes," he explains. He's proud of his work at — you guessed it — helping to revise the Committee's Guidelines. "People can get permits to do a lot, like remove wing walls or covering roof rafters in some models. I'm a behind-the-scenes guy. I like to work on solutions," he says. "Homeowners have lots of options."

Rick also has his eye on the future of Leisure Village. "Some of the systems like the sewers and irrigation are old as the hills," he says. "We don't have to tear everything up at once. But we should consider upgrading in sections." But he is quick to add, "This is a good place to live — secure, friendly, lots to do. Where else can you go to get so much green?" he adds with a smile.

Inside Leisure Village

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Generous Members Give LV Golf Course 20 New Trees

By Patrick Moore

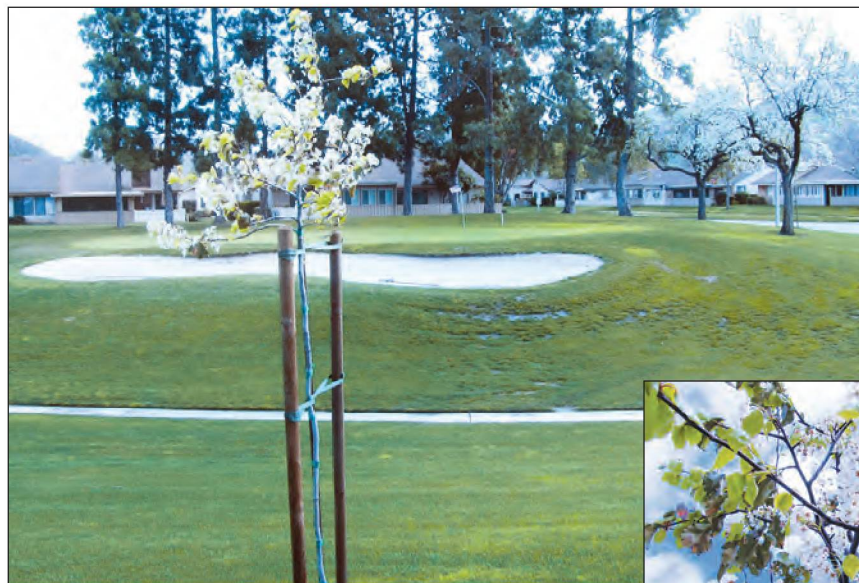
With an ample dose of SoCal sunshine, continued early season rainfall, and a little luck, Leisure Village will see a growth explosion of healthy, new trees in coming years, thanks to the generosity of our LV Men's Golf Association.

Gerry Sarno, LVMGA president, said organization members began scratching their collective heads last May, regarding what use might be made of a small fund surplus sitting idle in the club kitty.

Member Harvey Harris immediately lobbied for an on-course new tree plan, Sarno said. "Harvey came up with the suggestion and everyone kind of jumped on it."

Noting that the LV golf course had lost its share of trees to the elements in recent years, the "Harris Postulation" was unanimously adopted, setting the mighty LV Association wheels in motion.

Sarno said an initial \$500 LVMGA tree allocation grew to \$700 once



Photograph by PATRICK MOORE

Trees will double in size in two years.



Don Marquardt, golf club member, and full-time landscape architect in a "past life," agreed to ramrod the effort, elevating enthusiasm for the idea.

Marquardt met with Mike Undum, Association Landscape Superintendent, to discuss details, "... And it worked out perfectly; I did the de-

sign, specified the trees (we wanted) and we spent about two hours driving a cart around the golf course spotting tree locations," Marquardt said.

The club's point man, as it turned out, had little reason for concern; all went smooth, as a well-oiled wedge. Marquardt said with Undum's as-

sistance in re-prioritizing his work schedule, association grounds personnel were able to plant an allocation of 20 trees within a two-week period in December, just in time for the substantial rainfall that occurred in December, January and February to provide water needed for fresh, new trees to establish a strong root system.

Set at strategic locations throughout the course, most are expected to flower for the first time within a two-year period, Marquardt said. Most of the new trees measure just over six feet tall at present. Marquardt estimates they will double in size within two years.

Plans are to continue installing trees on the course this year, as budget allows, Sarno said. "I think the board will propose that any surplus funds we have will go for the same purpose. Don says we could do this for two or three more years, easily, without running out of places to plant trees."

LV TRAVEL

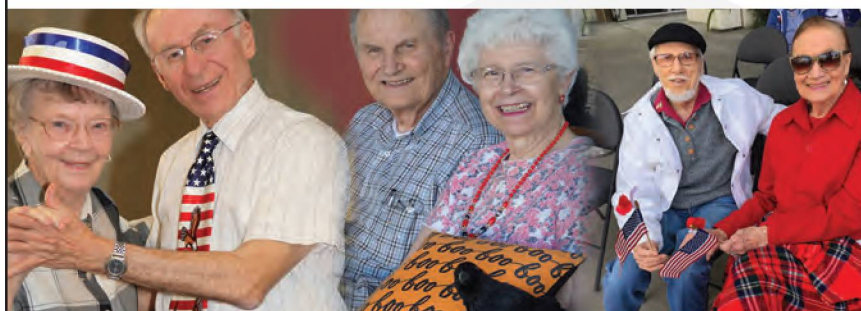


By Carol Moody

In case you are unaware, Leisure Village Travel (LV Travel) is a sub-committee of the Ed & Rec Committee. We arrange a wide variety of educational and entertainment trips. Whether we are exploring glaciers, enjoying lunch at a horse race, or taking a quick jaunt up the coast to Santa Barbara, our passengers give us top reviews and the comradery is apparent in the photos we share. Weekly bulletins are posted outside the Travel Office Window as well as on the Travel Display board near the East parking lot of the Rec Center. LVTV and eNews also carry notice of the trips currently on sale. Consider stopping by the Travel Office Window (in the main hall of the Rec Center near the AR and next to the Rec Office) for more information. The travel window is open Tuesday, Wednesday and Thursday mornings 9:00 to 11:45.

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Laughter is the Best Medicine

■ A cure for many of our ailments is a joke

There is a nefarious gaggle of four elements lurking in the hood that tends to gang up on us at times: depression, anxiety, anger and fear, climbing into our consciousness to play havoc with contentment, especially when times are tough. It's a pack of negative emotions that can be our worst enemy, persistent in its attack on body and spirit.

Much as exercise can be used to invigorate and revive a sagging body and spirit, however, there is a somewhat similar remedy for the damage done by this vile little gang of four: Laughter.

Not to be confused with the chirping giggles associated with coffee shop social sniggers, but rather the surging guffaw, a roaring howl that originates deep down in the lower tract.

There exists some strong scientific evidence that such laughter will relax the muscles, increase alertness and memory, reduce pain, lessen emotional stress, optimize function of the immune system, lower blood pressure, improve circulation, defuse anger and even produce those mysterious endorphins that provide a natural high. To expand on this statement, Google is your friend.

Other research suggests that children laugh 150 to 450 times a day, depending upon which studies are considered, while adults will laugh just eight to 15 times daily. Why? Because laughter depends largely upon surprise and incongruity; a thing can occur only so many times before it becomes invalid. As result, a joke is never again as funny as when enjoyed for the first time. Point being, as with the passing of years and exposure to popular culture ebbs as we age, there is less to laugh at, unless we actively seek to discover life's never-ending roster of surprises and incongruities.

To that end, the following is offered by teacher, humorist and author Stephen Leacock (1865-1944) as a four-step search engine to uncover ways to inject a dose of humor into one's life, and thereby life's laughter benefits mentioned above.

First, Leacock says (I paraphrase here) find a laughing buddy; someone who makes you laugh and vice versa – and spend as much time as you can with this person in humorous situations.

Tactic number two: include levity as a part of your surroundings by posting cartoons on the fridge, framing humorous pictures of family and friends, hanging or displaying light-hearted artworks.

Then, open up to see the humor in your own foibles and shortcomings, and tell those stories on yourself. Loosen unrelenting ideals a tad, to allow an atmosphere that promotes laughter in your life. "Comedy is tragedy plus time," Woody Allen said.

And finally, remember that laughter is contagious. So, associate with cheerful people and avoid the grouchy folk. One way to do this is to hang when you can with pre-schoolers. Young kids are natural laughers who don't put a negative spin on setbacks. Let their attitudes rub off on you.

To put Leacock's suggestions simply, just do that which is uniquely human; give it a giggle. I believe it was Voltaire who pointed out, "Man is the only animal who laughs, who drinks when he's not thirsty, and who makes love all seasons of the year." Live up to that proud heritage, fellow Homosapien.



REAL ESTATE

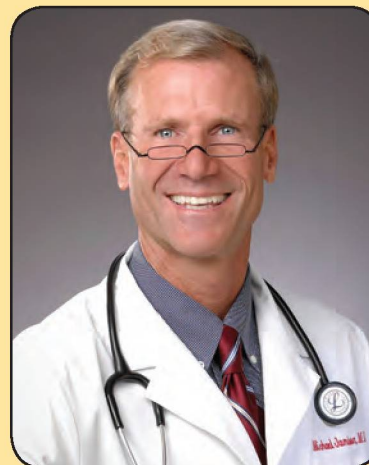
When Thinking of Selling

By Sharron Parker

If you are thinking about selling or leasing your Leisure Village home, you will want to make sure your Realtor completes and has you sign the Leisure Village Association Authorization form which tells the office staff that you are selling your home and acknowledges your Realtor contact information. This information goes to our security gate and alerts the staff to allow your agent to call the gate for you. This will let other agents through the gate so that they can show your home, as well as potential handymen and contractors who may need to do some correcting and upgrading.

When our Leisure Village Association staff receives this Authorization Form, an exterior inspection will be completed and you will receive a letter in the mail to let you know what exterior corrections modifications, permits will be required before a new owner can move in. It is very important that you forward this to your Realtor as soon as possible! Your Realtor will be able to assist you in getting estimates so that you can comply and complete the requirements before the close of escrow.

Your Realtor can also assist with installing the required safety items - Carbon Monoxide Detector, smoke detectors, water heater strapping, and a self-closer from garage door to interior of home. Taking care of these requirements before you put your home on the market will make the sale much easier for you.



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CLUB NEWS

BILLIARDS CLUB

By Patrick Price

Well, I hope everyone enjoyed the February 8-ball tournament. The victorious had not been determined at the time of this article, but the top three in each category (A and Super A) will be in the April Billiards Club story (maybe pictures too!). March has no activities scheduled but April has a tournament starting on the 1st for two weeks: Monday, Tuesday and Thursday (no fooling). It will be a BC President and 2nd Vice President favorite -1 & 15-8 ball. Join this tournament to not only improve your shooting skills, but to learn very important strategy too. Sign-up sheets will be up on the bulletin board by mid-March. The Thursday night Billiards socials continue. Scheduled at 6:00 p.m., some shoot pool in the round-robin play while others join in the LCR game in the Lanai room. Non-club members are welcome to come by to participate and perhaps join this fun club. More skilled players are always glad to give advice on what shot to take and how to make it. No reason to feel you're 'not good enough'. You'll get better as you play.

WORKSHOP FOR WRITERS



By Frank Seiden

In the warm afternoon sun, a flowering tree that looks like a giant white, fluffy dandelion stands next to a barren tree still in winter hibernation. In another month or so the hibernating tree will awaken and sprout bright green leaf buds. This is how words come to

PHOTO CLUB WINNERS • ASSIGNED CATEGORY



■ 1st — Art Akkerman — Long Live the King

the writer when a thought warms the inspiration. The words come warily at first, and then flow like the rapidly growing leaves. Write these words and charm us with them. We'll tell you why we enjoy your writing. If appropriate, we'll help you polish it.

Topics we plan to present in March are presenting characters in a story and the use of passive and active verbs. Let the reader see the characters in his or her mind's eye and move with the active flow of your written words.

Our meetings are on the second and fourth Wednesdays of the month, which, in March, are on the 13th and 27th. So come to the Lanai Room at 2:00 p.m. We finish when readings and discussions finish, but not later than 4:00 p.m.

For any questions, call:
Frank Seiden 805-437-6242
Mark Sconce 805-699-0419

LV BOWLING

By Alan Singer

2019 Bowling is off to a good start. We had our ladder tournament, and this time we had some new winners. They were, in Group A - Gail Singer, my lovely wife; in Group B - Bob Argast; in Group C - Greg Cannon; and in Group D - Sue Hongsermeier.

Congratulations, ladies and gents.

That was fun, and you still have time to join and compete for the next ladder. It's only a dollar to get in and you could win a nice prize, but you have to join the league. Our holiday brunch was interesting. It was hard to concentrate on bowling, the food was so good. We are about to start the second half, but you still have time to get in; we have the second half brunch, the ladder tournament, the finals and the sweeper. Call me, Alan Singer at 805-987-7896 if you are interested. Don't miss out!

Side pot winners: Dorothy Berardis, Vi Guzman, Linda Neth, Gail Singer, Dyane Ryder 2, Peggy Rebsch, Clancey Martel, Laura Schweers, Art Titen 2, Alan Singer 2, John Albany, Al Feldman, Bill Foeller, John Hitchcock, Joe Quackenbush.

200 Games Alan Singer 243, 212.

DUPLICATE BRIDGE

By Hemu Kalle

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 Hemu Kalle at 805-388-9360. For Wednesday evenings, contact Betty Rasmussen at 805-807-8829

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CLUB NEWS

THE MAVERICKS

By Margo Secia

The month of March is bringing us to our always popular "Cash in the Attic" on Friday, March 22, at 7:00 p.m. in the AR. We hope everyone will bring one or two of their "treasures" they wish to be auctioned off on that evening. These "usable" and "sellable" items will be displayed for all to see before the start of the auction. The AR doors will be open at 6:00 p.m. if you would like to bring your things early, and then the auction will be starting at 7:00 p.m. The money from this auction will go into the Club's treasury so we may continue to provide entertainment and fun events in the future. Our auctioneer will be the always entertaining John Wirtz, so we hope everyone will come to join in all the fun and laughter this night always generates.

Coffee and water will be provided by the Club but, as always, you may BYOB.



Photo by JOSEPH BENTI

Somewhere in this crowd of golfers, it is hoped there are volunteers who became next year's Club Officers.

If you have any questions or comments, please feel free to contact President John Wirtz at (805) 384-8508.

MEN'S GOLF

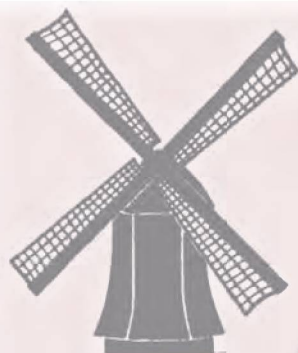
By Joseph Benti

A larger-than-usual turnout expressed overwhelming support for recommending to the Ed & Rec Committee that the current age restrictions, limiting play to those no younger than 14 (see Rules &

Regulations on page 138 of your current telephone book) be eliminated. The expressed sense of the Membership is that, like the limited pool hours, children of any age should be allowed access to the course during certain time periods. The only requirements would be that they wear non-damaging shoes, and be accompanied at all times by a Village resident, should be allowed to play on the course and to use the putting green.

Members stood in a moment of silence to mark the recent passing of member

Tom Flosi. Despite the large turnout, none of those in attendance indicated any interest or willingness to accept nomination to replace the current Board, which has served two terms. The apparent lack of interest mirrors that reported by other clubs in the Village that have encountered general disinterest by their members to assume leadership roles that are vital to the ongoing success of the organizations. Both issues will be reported back at the next regular meeting on March 12th when members are treated to free pizza.



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CLUB NEWS

LV MUSIC CLUB

By Harvey Brosler

LV MUSIC CLUB MOVIE NIGHT: Hollywood films are shown in the AR from 7:00 to approximately 9:00 p.m. on the first and third Monday. On March 4, the movie will be “Indiana Jones And The Raiders Of The Lost Ark”(1981) (directed by Steven Spielberg with music by John Williams). On March 18, the movie will be “The King’s Speech”(2010). England’s Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. His wife, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. Complimentary popcorn will be provided. Contact: Dick Guttman 805-484-5806.

LV MUSIC CLUB “OPEN MIC” NIGHT: “Open Mic night” is scheduled in the AR from 7:00 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, March 1. Play your own musical instrument or play the organ or piano located in the AR before an audience of appreciative listeners. Admission is FREE to residents and their guests. Complimentary refreshments and wine will be provided. Contact: Dick Guttman 805-484-5806.

GROOVIN’ EASY BIG BAND: Rehearsals by the 17 piece “Big Band” are scheduled for Tuesday evenings, March 5,19, and 26 between 7:00 and 9:00 p.m. in the AR. Complimentary refreshments during the break at 8:00 p.m. Admission is FREE to residents and their guests. Contact: Sharon Hames: 805-445-7178.

LV MUSIC CLUB ST PATRICK’S DAY DANCE: On March 12, the LV Music Club will hold its annual St. Patrick’s Day Dance in the AR between 7:00 - 9:00 p.m. Listen and dance to the great music of the Groovin Easy Band, accompanied by a new singer to the Village. Admission is two or more canned goods per person, to be placed in Food Share barrels at the entrance to the AR, or five dollars or more per person to benefit Food Share. Tickets are required so that the Club may be aware of the number of residents and guests attending. Attendees will be eligible to win a great door prize. Tickets will be available in the Rec. Center Lobby, Mon. March 4 through Thursday. Seating will be available on a space available basis. Refreshments will be available. Arrangements have been made for an Irish Dance Company to perform during intermission. Contact: Harvey S. Brosler 805-465-0006 or Millie Seidman 805- 388-9892.

CLUB MEMBERSHIP IS \$10 FOR CALENDAR YEAR 2019.

PET CLUB

By Jubli Newkirk

Like cats? Care about getting rescued pets adopted? Want to hear about interesting activities nearby such as Cat Yoga? Join us at 7:00 p.m. on Monday, March 11 in the MPR to hear about the Purrfect Cat Cafe. Peg Hicks-Moore will talk about the programs offered, successful adoptions and other cat related information. Purrfect for all animal lovers. You may arrive as early as 6:30 for refreshments, to socialize and to buy 50-50 raffle tickets. Membership is only \$5, but non-members are always very welcome.



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March - LVTV Program Schedule
Spectrum Channel 1390

DAILY AUDIO: 9:00 and 11:30 AM, 3:00 and 6:00 PM, narrated by Debra Guill. on 2nd and 4th weeks on Tues. and Thur. Village Voices (New) and (Vintage) 10:00 AM and 8:00 PM.

Day	Date	Time 10 AM and 8 PM
Mon	4	LVA OPEN BOARD MEETING – LIVE (10 AM only)
Tue	5	LVA OPEN BOARD MEETING - TAPED
Fri	8	LVA OPEN BOARD MEETING - TAPED

CLUB NEWS



Entertainer Bonnie Bowden

PLAYER'S GUILD

By Stan Reshes

It's March and that means Players Guild will be presenting a guest performer for this month's show. And who better than our perennial favorite, the fabulous Bonnie Bowden? Versatile and melodic, from Jazz to Pop and Broadway to Classical, the lilting voice of Bonnie has graced stages and media across the globe. Performing with the likes

of Stevie Wonder, The Mills Brothers, Steve Lawrence and Eydie Gorme, and countless other musicians and entertainers, Bonnie is a multilingual performer, singing in many languages. This is a show not to be missed! Thursday, March 21, 7:30 p.m. in the AR. The after-show refreshments are just another bonus for PG members. So sign up now if you haven't already. Let's keep Players Guild thriving with your support.

LV RV CLUB

By Jean Tucker

Interested in the world of traveling and camping in a recreational vehicle? Come join a like-minded group of people for an evening of convivial conversation and fun activities on the second Tuesday of every month at 7:00 p.m. in the Santa Rosa Room of the Clubhouse Annex. Join us on Tuesday, March 12th for Jack Miller's Santa Anita Race Party to get in the racing spirit. Bring a small snack-plate

to share with your table mates during the games that are planned. Coffee and water will be provided. BYOB.

Upcoming club events are:

March 8 - 10 Camp-out at Camp Comfort in Ojai. There will be pot-lucks, electronic scavenger hunt, and the Ryan's famous biscuits & gravy on Sunday morning! Make your own camping reservations at www.venturaparks.org website.

April 5 - 7 Camp-out at the Santa Anita Race track for the Derby Day Races. Reserved seating in the Sky-view boxes with a buffet lunch on Saturday, race day. Contact Jack Miller at 818-535-6406 for availability.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hi Villagers! Hope you are all enjoying the rain and cold weather - soon it will all change. We had a

great February with a wonderful Valentine's Day Dance, including all the trimmings. My thanks to all the volunteers who made this a special event. We danced to great music - waltz, fox trot, swing, Latin and two line dances. Also, a waterfall, where you line up and have a new partner to dance down the floor. The three male hosts were there to dance with all the ladies, so no one was left out.

Our schedule for March - three dances for your pleasure: 3/9 - Tropic Starr (Masquerade); lesson - east coast swing; 3/23 - Eric Erickson (Saturday Night Fever); lesson - Waltz, and 3/30 - Ralph Mathis Band (Denim & Diamonds); lesson - Country Western Two Step.

We hope you will come and join our fun. It's a great way to spend a Saturday Night. \$10 admission includes the dance lessons at 6:30; dance starts 7:30. We hope to see you all there. So put on your bells and dancing shoes and kick up your heels!

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CLUB NEWS

RACQUET CLUB

By Carolee Jones

The Racquet Club supports three sports: Tennis, Paddle (or POP) Tennis and Pickleball. Each uniquely provides exercise, cardio workouts and friendly social time. Leisure Village Residents and Racquet Club members will find the latest information about events and approved court designated playing time schedules on the bulletin board at the courts. Contact President John Peterson at (805) 388-1230 for more information.

The Open House held on January 26 was a huge success. About 20 new members have signed up to take lessons in either paddle tennis or pickleball. Many thanks go out to all those who helped.

Those who are taking lessons should check the bulletin board for rain-delay information. There are planned tournaments for pickle and paddle in March for club members.

Sign-ups will be on the bulletin board. Keep checking!

Experienced tennis players are invited to play on Wednesdays and Saturdays, 9:00 -10:30 a.m. Former players are invited to join in, but there are no lessons for beginners.

The next general meeting will be on Wednesday, March 10. Be sure and bring your ideas and \$7 membership dues to give to Sunshine. Guests are welcome to join us. Refreshments will be served.

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

You know we always meet on the second Tuesday of each month. In March that is the 12th and I hope to see you at Ottavio's at 5:00 p.m. Please phone me to reserve your reservation at 805-484-3289.

Be well! Hope to see you on March 12.

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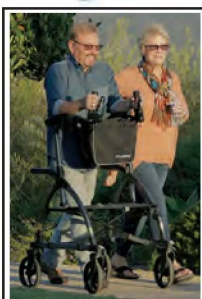
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CLUB NEWS



SHOWTYME

By Jennifer Stein

It's the First Fab Friday of 2019 at Showtyme, and it's a really big show: the ultimate experience with the music of John Denver. Jim Curry is not an impersonator; he sings with his natural voice and delivers a true tribute. "Rocky Mountain High," "Annie's Song" and "Take Me Home Country Roads" are classics that generations have held dear to their hearts. Take a real trip down memory lane; you just might be swept away. If you see one concert

this year, take this opportunity to hear and see a John Denver tribute in your own back yard. It all starts on Friday, March 8 at 7:00 p.m. Doors open at 6:15 p.m. Admission is \$5 per person. Invite your friends & family to join you for an evening of entertainment. For your convenience, Showtyme will be selling pre-admission tickets in the Rec Center Lobby on the following days: March 4 and 5 from 9:00 a.m. to 11:00 a.m.

If you are new to Leisure Village, come and see what Showtyme is all about. Meet your neighbors and other residents for a fun evening. There is 50/50 raffle with two winners, and lots of goodies after the show to satisfy that sweet tooth. For more info, Contact Jennifer at 805-204-8324.

WOODSHOP

By Bud Bradley

The Woodshop welcomes residents who are interested in joining our group of woodworkers. If you have interest and can demonstrate basic safety skills with



Photograph by BUD BRADLEY

A villager's daughter lost everything in the recent fires, including a highly-prized, hand-made jewelry box. She was unable to replace the jewelry, but the treasured box - recreated from a photograph by a Woodshop member - was gratefully received.

equipment you wish to use, please call Ron Quick at 805-603-8456. We added two more key-holders to the woodshop in January. We are planning another Yard Sale for this spring. We are currently accepting donated items, with an emphasis on tools. Should you have any, please contact any member of the Woodshop committee.

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. We gratefully accept donations to help defray the cost of normal materials and supplies.

We continue to make improvements, with an eye towards safe working conditions. The entire Woodshop dust collection system is now automatic.

The completed Jobs for January 2019 are as follows:

Resident Projects 33
 LV/Club projects 5
 Quickie projects 7

The Annex is set up with basic power tools and continues to add and update equipment and supplies. If you are a skilled craftsman and can demonstrate those skills, you can gain access to more complex tools and equipment in the Main Wood Shop. "Alexa" keeps us alert to daily chores. Come by and meet her. 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.

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CLUB NEWS



The Camarillo Art Center featured the work of LV artists for the month of February. Shown here at the Opening Reception are Villager painters (top l-r) Gwen Zimmer, David Kiefer, and Kathy Whitesell, and (below l-r) Susan Riba, Deb and Jack Bozajian

Photographs by
PATTI CRICHTON

VILLAGE ARTS

By Patti Crichton

We had a busy month in February, featuring our Art Show at the Camarillo Art Center. Volunteers who hosted at the gallery on weekend afternoons are much appreciated.

Stephanie Fielden taught a watercolor class the first Tuesday in February, where we learned to paint a bird and learn texture techniques for an old wood post. Check out the glass case in the courtyard for our display. Stephanie will be back on Tuesday, March 5 to teach her monthly class. Contact Patti to sign up at pcrichton77@hotmail.com or ph. 805-760-7673. Class size is limited to 10. Price is \$10, to be paid at class.

Susan Riba will be displaying her oil paintings in the LV Library for the month of March. Susan will also be giving a demo of oil painting at our Wednesday, March 6 meeting in the MPR at 1:00 p.m. Lee Truman will share his talents painting landscapes and skies at our Wednesday, April 3 meeting.

VETERANS CLUB

By Lou Cappadona

THE INTERNET; HOW IT CAN HELP YOU AND IT CAN HURT YOU. This is the subject of our next general Meeting on March 28, 2019 from 11:30 a.m. to 1:00

p.m. in the MPR. Our speaker will be Scott McIntyre, Owner of My Computer EMT.

Scott will explain the pros and cons of using smart technology like Email, texting and social media sites Facebook, Twitter, Instagram, Pinterest, LinkedIn, Nextdoor and YouTube. As often reported in the news, smart technology can violate your privacy rights, share your data with other organizations and once your information is out there, it could go Viral. You can learn what programs each of you want to use and how to use them wisely.

All residents and their guests are invited to attend. It's a great way to learn about topics of interest and to meet new people.

WII BOWLING

By Ginny Bryce

Wii-Bowling for Dollars Tournament on February 5, 6, and 7 - winners were:

GROUP A - First: Jerry Kochans, Second: Edith Walsh, Third: David Kiefer; GROUP B - First: Sharon Lubacki, Second: Sandy Rosenthal, Third: Carole Warren; GROUP C - First: Mary Rose, Second: Betty Tierney, Third: Richard Lubacki

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

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CLUB NEWS

WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. We all have significant events in our lives. A main purpose of the Club is to document and share good and bad 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. You may write on any topic, fiction or nonfiction, or use the suggested topic for that day. 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



Photo by PATTI CRICHTON
Kerry Williams hole in one on 13th hole

WOMEN'S GOLF

By Patti Crichton

The Women are on a roll with another Hole-in-One, this one by Kerry Williams! Great shot, Kerry, on hole #13! Get your \$1 to Marge Sarno for your opportunity to win the next Hole-in-One pot.

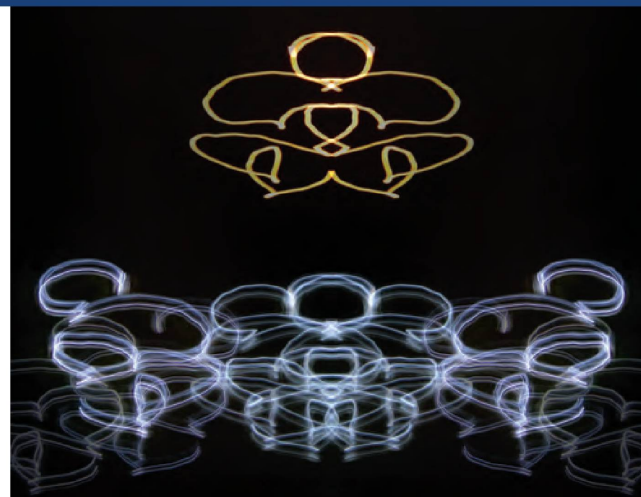
Congrats to Geri DeSimone who was voted first prize in the Chili Cook Off.

The Winter Eclectic Tournament finished up on March 6. Check the golf bulletin board for results. Regular weekly tournaments are scheduled for March 13, 20, and 27. Our monthly meeting is on March 13 in the Garden Room at 2:00 p.m.



The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 465-0042, larry.kalisher@gmail.com, or Harvey Brosler 465-0006, hsbros@roadrunner.com.

PHOTO CLUB WINNERS • CREATIVE CATEGORY



■ 1st— Bill Margulies — The Yogi

Did You Know? Your Pharmacist is Golden!

By Janey M. Rifkin

Did you know that your neighborhood pharmacist is the most accessible, the most prescription-savvy, and the least costly health resource for a brief consultation? In fact, you can drop in most anytime without an appointment, and your pharmacist will interrupt whatever he or she is doing – to answer your questions. Especially at a time of outrageous health care costs, that is truly extraordinary!

A good pharmacist should be your health consultant, in a brief manner, and be counted as one of your good friends. (Incidentally, almost 80% of pharmacology school grads are women these days.) Licensed professionals, they will advise you about every “new” prescription, how to take it, and any side effects which may arise. By contrast, medical school graduates take just one or two classes in pharmacology. This is important

to note: the pharmacy staff has been schooled in matters such as contra-indications of drugs, allergic reactions to medications, as well as variances – should they be found, – between brand prescriptions and the less-costly generics.

A common error used to be when different doctors prescribe for the same patient. No longer! Today’s prescriptions are checked at the pharmacy before being released to the patient. This policy prevents duplications, and prevents interactions which may exist among drugs – a wonderful safeguard indeed!

Retail chains as well as larger independent pharmacies are truly one-stop shopping centers. Specific locales try to serve their community of shoppers. The non-pharmacy aisles are equipped with most every item for which the family shops. And medical equipment, from canes to walkers, and from all over-the-counter medicinals (of just about every brand) are conveniently available.



Formerly we were required to make a trip to the doctor’s office for periodic injections; no longer. The neighborhood pharmacy will oblige; sometimes requiring an advance appointment. All such conveniences portray advances in this particular part of the field of medicine.

Rumor has it that some chain pharmacies are now providing home delivery. And your pharmacist may save you money. Some pharmacy-assistants are aware of discount and assistance programs, as well as generic alternatives and brand name therapeutic equivalents for your prescribed meds.

My Grandma Sells
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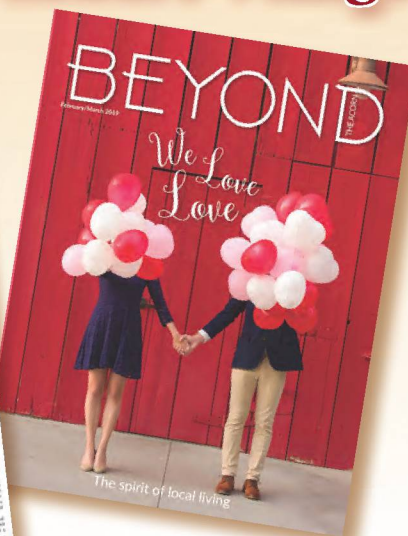
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LV Players Guild to Present 'Harvey'



"Harvey" is coming to the Village in April! That invisible six-foot rabbit and his best friend Elwood P. Dowd will be entertaining Villagers when "Harvey," the Pulitzer Prize-winning comedy, is brought to life by the cast from LV's Players Guild. Performances will run from April 17 to the 21st. Tickets are \$12 and go on sale March 6. Can you see Harvey? L-R: Paul Newman, Joe Feig, Gina Conner, Richard Weiss, "Harvey", Rosanna Brown, Fred Vajda, Linda O'Neill. Front (sitting) Ken Walker, Mary Anderson, Nancy Hullihan, Sandy Jacobson, Macey Zarit and Bob Zarit

Photograph by
RITA LINSEY



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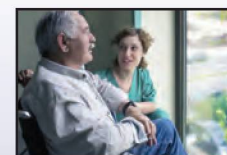
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COOKING WITH LARRY

Chicken That Definitely Passes the Mustard (Sauce)



ABOVE: My new friend Virginia who loves to cook, and me.

LEFT: Virginia's delicious Mustard Chicken.

Photographs by
BUD BRADLEY

By Larry Swartz

I met Virginia from Village 16 in T'ai Chi. She seemed very friendly and we began to chat. When you chat with me, you have to always be prepared for the conversation to drift around to food. So, I asked Virginia if she liked to cook. I told her that I write a column for Inside LV and I'd love to interview her. She was game and offered her recipe for homemade tamales - something I absolutely love. So, we set a time to meet. We found that we have one very interesting characteristic in common - when we are invited over to someone's house for dinner or party; we always end up in the kitchen helping.

I have this theory that due to the diversity of the ethnic population in this country and because many generations have grown up not as "attached" to their mother country, they don't have a cooking connection to their native land. This is a long way of saying, Virginia's daughter asked her mom to show her how to prepare authentic homemade tamales and I was certainly ready for Virginia to show me. But as we chatted about

food and cooking, she happened to mention that she was making dinner tonight. I asked her what she was cooking. "Chicken in mustard sauce," she said. Since I figured it was easier to make that than homemade Tamales, here goes:

Virginia's Chicken with Red Potatoes in Yellow Mustard Sauce (for 2)

- 2** legs or thighs and ½ breast frying chicken
- Juice from two lemons
- Olive oil
- 4** small red potatoes quartered
- ¼** cup flour
- 1** cup chicken boullion
- 23** tablespoons of yellow mustard dissolved in ½ glass water
- Salt & pepper
- Chopped Parsley for garnish

Marinate the chicken in lemon juice, salt and pepper. Next day, drain the chicken, pat dry and brown in Olive oil. Remove from pan when just browned. Add potatoes to the pan and brown, then remove to a separate plate. Remove pan from heat. Add a tablespoon

or flour in the remaining oil (add more oil as required) and whisk until smooth.

Replace pan on a low heat and gently stir until the "roux" becomes lite tan. Add black pepper to taste. Add yellow mustard/water mixture to the pan, slowly stirring until it is infused with the roux. Return chicken and potatoes to the pan.

Add appx. 1 cup chicken boullion, or just enough to reach ½ way up the chicken. Cover and cook slowly until chicken is done, app. 30-45 minutes. Check after 15 minutes to make sure sauce is not sticking the bottom, stir if necessary, turn and add more boullion if required. Check for doneness by inserting a toothpick into the leg/thigh. Juice should run clear.

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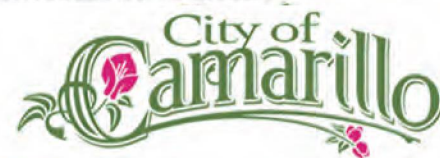
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03LV01T

Community Directory Contest 2019

Since the beginning we have restricted the pictures in the community directory to places, things and residents of the Village. In an effort to inject new blood and interest in the directory we are opening up the subject matter this year to **the CITY OF CAMARILLO** - places, things, events. If the name of a business establishment is reflected in the picture it will not be used.



NEEDED FOR THE PHOTO CONTEST:

- ❖ Photos may be of any place/thing/event located within the City of Camarillo
- ❖ Size 8x11"
- ❖ Portrait style (NOT landscape)
- ❖ Front cover winner -- \$200
- ❖ Introductory page of Residential Listings -- \$100
- ❖ Title Page of Rules & Regulations -- \$50

ALSO NEEDED FOR THE PHONE DIRECTORY:

- ❖ Photos of anything/place/event within the City of Camarillo
- ❖ Any size - to be used within the directory

ALL PICTURES:

- ❖ Must have a resolution of 300 dpi (dots per inch).
- ❖ Must be original images. Digitally altered pictures will not be accepted.
- ❖ Photos must be submitted digitally to leisurevillage200@gmail.com.
- ❖ Do not put your name on the actual photos if they are being submitted for the contest. Staff will put a number on the back of the photo. A login sheet will be set up with corresponding numbers and the names of the contestants will be listed there until after the judging.
- ❖ The deadline for submitting photos in both print and digital form is 5:00 PM on Monday, April 1, 2019.
- ❖ Judges will view the photos, without knowing the names of the photographers, and select ones they feel most suitable for the directory.

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

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DogzGoneWalk.com Pet Sitting, walking, Mail, plants, reliable, insured, experienced. \$10 for 15 minutes, \$17 for 30 minutes. 805-484-8802

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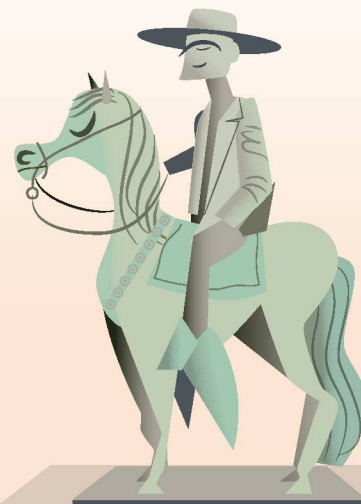
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