

# INSIDE LEISURE VILLAGE

VOL. 43 NO. 11

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

NOVEMBER 4, 2022

## LV Artist and Humanitarian Honored at City Hall



Photos by JON  
Ed Vasquez presenting 'Camarillo Grade' painting in the Camarillo City Hall council chambers.

Lt. Ed Vasquez has produced a painting inspired by a vision he had from the base of the Camarillo Grade while his wife was in a shop. The painting is of the 101 as it snakes its way up the hill. Ed saw the lights at dusk as a string of jewels leading into his beloved Paradise Valley.

Ed has been a resident of Camarillo since 1960. He and his wife moved to Leisure Village and during their time here Ed created the Veterans Club, was active in the creation of the Radio Club and many other activities. He created the memorial to Veterans that stands outside the main entrance



Ed flanked by Council members as they accept and celebrate his contribution to Leisure Village and the City of Camarillo.

to the Rec Center, "Consecrated Colors," in 2000.

When Ed presented the Camarillo Grade painting to the City of Camarillo at a recent city council meeting, Mayor Shawn Mulchay

commented that he often sits with his morning coffee as the sun rises over the mountains, contemplating the view depicted in "Camarillo Grade." The painting will be hung at Camarillo City Hall.

## VILLAGER PROFILE By Nicole D'Amore

## The Intrepid Sue Rockwell

Susan Rockwell's name has been familiar to many Leisure Village residents for quite a few years. As involvement goes, she's hard to top. At 77, she is more active than many people half her age. She has chaired the Building and Grounds Committee since 2016, has served on the Architectural Committee for three years, on the Travel Committee since 2016, was formerly treasurer of the Women's Club and the RV Club and hosted dances for the Forever Young Dance Club. In addition, as a certified Tai Chi instructor, she helps lead classes in Leisure Village. She is also a retired Navy veteran.

What there is of her free time, she spends with her family, does quilting and enjoys reading. Whew! Although she and husband Philip have lived in the village for only 10

years, prior to that she worked here for almost 20 years as Recreation Facility Manager.

Rockwell grew up in Ventura in a family that enjoyed recreational activities: her parents encouraged her and two sisters to ski at an early age, their little feet dangling from the rope tow. They hiked and fished and camped. "My dad was so much fun," Rockwell said. "I was so blessed to have supportive parents."

As an adult she played softball, basketball and soccer. "My thing was always sports," she said..

Married young with three children, she put her first husband through school and then he left. For three years she worked at Buena High School, eventually as Career Development Center manager.

"I remember watching the teachers leaving for the summer

and me staying and I thought, aha, I'm going back to school," she said. So, as a single parent with three kids under 10, she took classes at CSUN, commuting from east Ventura to Northridge.

"I look back on those years and think, how in the world did I survive?" Intending to teach PE, she did some student teaching in the valley but the lack of discipline made her rethink that decision, so she picked up a recreation minor.

After graduating, she worked for two years as athletic director at Pt. Mugu Naval Air Station. But needing to earn more money, she worked for nine years managing a high rise parking structure at MOCA in downtown LA and then at Warner Center in Woodland Hills.

While at Pt. Mugu, she joined the Navy Reserves and served for



Susan Rockwell at a recent tai chi event.

20 years. "I'm a retired Navy Chief Yeoman," she said. "I was working at Leisure Village when I made chief."

She was in a law enforcement and physical security unit. "I'm an expert rifleman and marksman on a 9mm," she said. While in the reserves, she got to go overseas five

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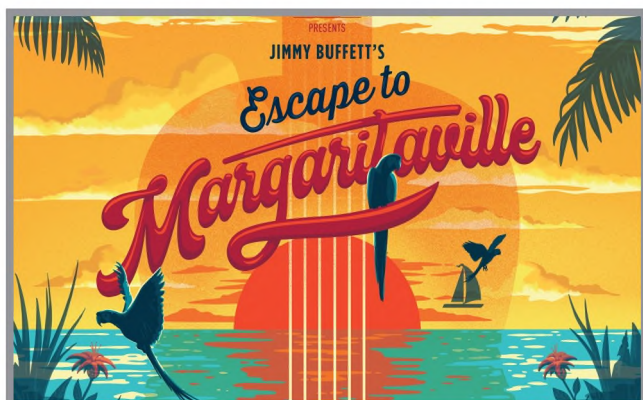
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## December 2022 Edition Deadlines

Club News, articles and letters: Tuesday, November 15. December issue will be available Friday, December 2. Send news, articles & letters to [insidelveditor@gmail.com](mailto:insidelveditor@gmail.com).

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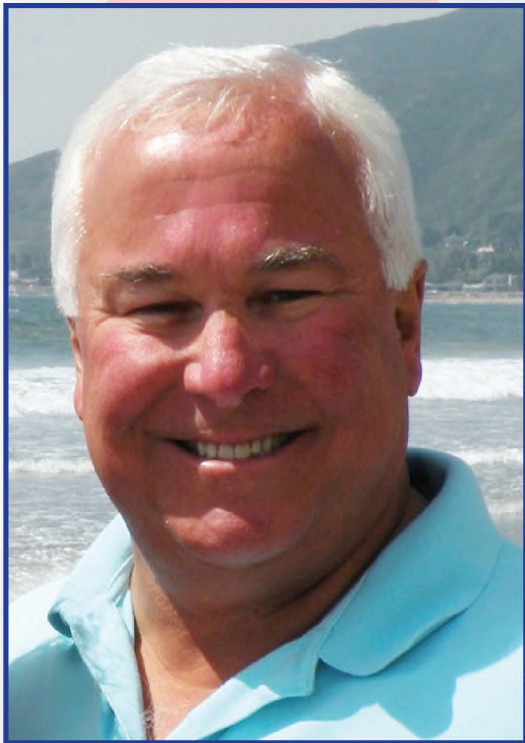


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# Jeff Brown

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# THE HEALTHY VILLAGER

By Jeannie Davis, PT, MPH

## Your Mattress and Your Health

### Everything You Wanted to Know about Mattresses but Never Thought to Ask

Since sleep is a priority in our lives, especially as we age, there are many questions about which mattress is right for us (and our significant other if applicable). How long does my mattress last? What types of mattresses are available to purchase? How firm or soft should my mattress be? Should I get an electric up and down bed? How much does a new mattress cost?

In the retail world in the store and online we have many options to choose from when buying a mattress and it can be overwhelming to figure out what would be best.

#### How long does my mattress last?

Most mattresses last between 7-10 years, but there are variables that can influence how long the mattress lasts. The quality, materials used and the weight and sleeping

styles of the sleepers can influence the longevity of the mattress.

If you have a traditional mattress, rotate it 3-4 times a year to increase the lifespan of the mattress.

#### What types of mattress are available to purchase?

1. Foam is a popular type of mattress on the market today. Every layer is made with foam, latex, or fabric; there are no coils.

2. Innerspring mattresses have coils that compress with pressure and spring back quickly when the pressure is removed. It accommodates the body's weight for comfort and support and is the traditional mattress that most people still buy.

3. Hybrid mattresses have coils for support and a comfort system that can consist of foam, latex and/or textile fabrics to increase the

comfort.

4. Latex mattresses are made from a rubber material and can consist of different types of latex. These beds tend to be expensive and heavy.

5. Airbeds use one or more air chambers that can vary the pressure of the bed by inflating and deflating the amount of air in the chamber(s). These beds tend to be the most expensive, but are very effective for those of us with orthopedic and chronic pain challenges.

#### How firm should my mattress be?

Medium firmness fits most people, but lying on multiple beds over multiple days should provide enough information to choose between, soft, medium and firm. Everyone's comfort and mattress preference is different.

Should I buy an electric base



that goes up and down at the head and foot?

As we age, I recommend purchasing a base that goes up and down at the head and foot with a remote control. This assists us up and down as needed, and provides various positions to rest in bed.

#### Where should I buy my mattress?

The best place to buy a mattress is in person from a store and not unseen online. Many people purchase their mattress online, as it can be less expensive than buying

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## AROUND TOWN

### **Murphy Auto Museum: 1974 Porsche 914 'Creamsicle' Tribute**

By Jeff Spencer

The Porsche 914 was manufactured from 1969 to 1976 as a mid-engine sports car with a targa top that can be removed and stored in the rear trunk. It was designed, manufactured and marketed collaboratively by Porsche and Volkswagen, and sold as a Porsche in North America. At the time of its development Porsche needed a replacement for the 912 and Volkswagen needed a replacement for the Karmann Ghia.

Upon its introduction, the 914 was not well received by much of the Porsche community, primarily because of the collaboration with Volkswagen. However, over time, automotive enthusiasts have come to appreciate the terrific handling and design of the lightweight 914.

To commemorate Porsche's success in Can-Am Racing, 1,000

Limited Edition models were built in 1974. All had the larger 2.0 engine, a 5-speed transmission and numerous special features including



Stock Photo

The Porsche 914 'Creamsicle'

special wheels, dual roll bars and a custom console. Five hundred were painted in black with yellow trim – these are nicknamed “Bumblebee” cars. The other 500 were painted in cream with Phoenix red trim, which is very close to orange. These cars are nicknamed “Creamsicle.” This car has been redone as a tribute to the creamsicle vehicles.

This car was donated to the Murphy Automotive Museum in September of 2022, and is a fun addition to our collection!

## AROUND THE VILLAGE

### **Benefit for Ukrainian Humanitarian Relief**

By Mark Sconce

The Leisure Village club known as the Workshop For Writers has announced it will sponsor a Ukrainian Humanitarian Relief fundraiser Sunday, November 20th in the Assembly Room at 3:30. Workshop president Mark Sconce, a veteran performer along with a guest pianist, will entertain the audience with a cultural event that was first staged last August at Westmont College in Montecito. The event, titled Poetry Oratorio, Piano Fortissimo earned a standing ovation and a BRAV-O. There were calls for an encore. As one lady put it: “I don’t much like poetry, but I loved your presentation.”

The LV event is free; donations are voluntary through checks made out to Direct Relief, an organization with Headquarters in Santa

Barbara. Online donations can be made at [www.directrelief.org](http://www.directrelief.org). Their message; “Everything Direct Relief does, every person whose life is improved or saved, stems from an act of generosity that’s purely voluntary. You don’t have to donate. That’s why it’s so extraordinary when you do.”

Direct Relief is a recognized international partner of Ukraine’s Ministry of Health Fund. In the last six months, Direct Relief has secured and shipped more than 890 tons of requested medicines and supplies to more than 400 health care delivery sites in Ukraine and neighboring countries. To date, Direct Relief has awarded emergency financial support totaling \$15.9 million to help health care services to meet the needs of Ukrainian refugees displaced and wounded by the war.

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## AROUND THE VILLAGE

### Ukrainian Relief

From **PAGE 5** —

Please consider lending a hand during this gift-giving season. Come and enjoy a unique and timely performance. Slava Ukraini!

Direct questions to Mark Sconce 805-586-4485.

### Tai Chi Classes

By Chuck Morrow

The wait for the next Tai Chi Moving for Better Balance beginner's is almost over. The next beginner's class will start on January 4, 2023 and meet for 12 weeks. The class meets on Mondays and Wednesdays from 3:30 to 5 pm in the Santa Rosa Room. To register for this upcoming class email: cmorrow@hotmail.com.

A review and refine Tai Chi course will be offered again in January. The times and location are

not yet determined. This class is for those who have successfully met the goals of the Beginning Tai Chi class. If you are interested in being on the mailing list for this class, please email [Susannack138@gmail.com](mailto:Susannack138@gmail.com) and put Advanced Beginner's Tai Chi in the subject line.

If you are interested in taking your Tai Chi experience to the next level, then the Tai Chi Moving for Better Balance Intermediate class could be what you are looking for. This class meets on Mondays and Thursdays from 2:30 to 3:15 pm in the Santa Rosa Room. This class requires students to be familiar with all 8 Tai Chi Forms or have successfully met the goals of the Advanced Beginners Class. For more information contact: Ruth Tidwell at [TaiChiRuth16@gmail.com](mailto:TaiChiRuth16@gmail.com)

Every morning at 8:30 am experienced Tai Chi students meet for an hour. The meetings are in the MPR, if available, or if not, the AR or any available room. Anyone who has

previously attended a Tai Chi Class and wants to start their day with a few rounds of Tai Chi is welcome. It is assumed that you know by name and can perform the 8 forms. No formal instruction will be given.

Registration is required for all classes. Forms are available from the instructors at the beginning of each class session.

### LV Water Supplies at the Source

A busload of Villagers toured Camrosa water sources last weekend when they took a tour offered and hosted by our local Camrosa Water District. Among attendees were LV Board Chair, Chuck Kiskaden, LV GM, Bob Scheaffer, Asst. GM, Christi Moore, and two members of our Board-appointed Water Committee, Carol Dietz and Andy Nelson.

The tour objective was simple: show attendees how this complex infrastructure actually "works" in bringing water to all of us in the

Camrosa service area. The tour was skillfully guided by Camrosa GM, Tony Stafford, and Asst. GM, Ian Prichard, and exceeded expectations in bringing clarity and insight to many concerns of our current drought.

Chuck Kiskaden gave an excellent description of the Tour:

We started at the Camrosa office on Santa Rosa Road (just east of LV's east gate), where all attendees were greeted over coffee and treats by various Camrosa personnel including past and present Board Members. After introductions, we took a bus ride to four local Camrosa facility sites.

The tour included visits to the following:

The Wastewater Reclamation Facility located by CSU Channel Islands where all our wastewater ends up ("A crappy job, but someone has to do it.") The facility is extremely high-tech.

The Round Mountain Water Treatment Plant, also located behind CSUCI. The plant is

—Please see **PAGE 11**



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<b>Brentwood</b>	<b>Village 30</b>	<b>\$526,000</b>
<b>Capri</b>	<b>Village 42</b>	<b>\$515,000</b>
<b>Capri</b>	<b>Village 30</b>	<b>\$540,000</b>
<b>Coronado</b>	<b>Village 7</b>	<b>\$515,000</b>
<b>Del Mar</b>	<b>Village 7</b>	<b>\$512,500</b>
<b>Holmby II</b>	<b>Village 44</b>	<b>\$610,000</b>
<b>La Jolla</b>	<b>Village 20</b>	<b>\$800,000</b>
<b>Monterey</b>	<b>Village 16</b>	<b>\$519,900</b>

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## A WORD ON WINE

By Barbara Senior

### Can You Still Get Mateus Rose?

Thanksgiving can be a difficult holiday, and I'm not just talking about family members with opposing political and religious views being around a table together. There's a bigger conflict: food and wine. I'm talking about the huge variety of deliciousness on the table, including obscure dishes that relatives might bring (jello salad, green bean casserole, corn pudding and random appetizers). What in the world do you pair with this cacophony of flavors?

Beaujolais is a good pairing because it has enough body to stand up to the hearty food of the day. Made from Gamay Noir grapes, it is a light red wine with a delightful fruitiness.

It will be delicious with your roasted turkey as well as an array of side dishes. Beaujolais is made using whole berry fermentation which preserves fruit flavors without extracting bitter tannins from the grape skins. The resulting wine is fresh, fruity and very low in tannins.

Another time-tested favorite is Mateus Rose, produced in Portugal. My father would always open a bottle for our holiday dinners, and Mateus was probably the first wine I ever drank. Made from Portuguese grape varieties, it's a dry rose

wine with fruity notes and a slight effervescence. And the pot-bellied bottle makes a great addition to any holiday table.

I'm a big fan of serving sparkling wines with a meal, so why not at Thanksgiving, too? My first choice would be Korbel's Sparkling Rouge, made in the dry Brut style.

Made from Pinot Noir grapes, this sparkler is a beautiful wine, and it has enough body to go well with a wide range of foods. The downside — it's only available from the winery in Guernville; a long drive from Camarillo. My second choice is Korbel's Brut Rose — widely available locally. Made from Pinot Noir and Gamay Noir, it's a knock-your-socks-off sparkling wine that goes well with almost anything.

If you want something with more oomph, then I'd suggest a GSM — a blend of Grenache, Syrah & Mourvedre. These wines are great food wines and will go well with most of the Thanksgiving dinner, but probably not your cousin's jello salad. However, be careful what you choose, since some GSMs can be tannic. Best to choose a wine you know. Thanksgiving is not a time to experiment.

Whatever your pleasure, have a wonderful Thanksgiving.



### Cen'-te-nar-i-an — a person who is 100 or more years old

Perhaps you recall the Today Show back in the day when Willard Herman Scott Jr. announced the birthdays of select persons aged 100 and older. It was a revered moment with each announcement — and guess what? ILV is going to revive that wonderful tradition within our very own LV community! Let us know if you are, or know someone, 100+ — we'd love to list their name in our new "LV Century Club" column. Please send information to [insideLVeditor@gmail.com](mailto:insideLVeditor@gmail.com)





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*"Super smooth process!"* – Resident in V. 22

*"We are super happy with the service!"* – Maria in V. 37

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## VILLAGE ENTERTAINMENT

### A Change of Plays

Players Guild - Linda O'Neill

First the good news! This year the Players Guild "big show" (April, 2023) will be *Damn Yankees* and will be directed by Richard Weiss. Now the bad news: our request for the right to use *Fiddler on the Roof* was rejected because a professional touring company will be performing *Fiddler* within a fifty-mile radius (Thousand Oaks) at that same time and they took precedence. The casting call for *Damn Yankees* will be Monday and Tuesday nights, November 28 and 29 at 7 pm in the MPR. Familiarize yourself with this Faustian tale and come prepared to read and emote.

The October 20th show "A Little Bit of This and A Little Bit of That" surprised us with hula dancing, tinkling glasses, some original songs, excellent banjo picking and four performers new to the Players Guild stage: Jeanette Fischer, Anne Marie Florio, Mickey Kaufman and Jeff Rach. Director-guitarist

Paul Newman and banjoist, Mickey Kaufman opened the show with Bob Dylan's "Man Gave Names to All the Animals" from his 1979 album *Slow Train Coming*. Second, wordsmith songwriter Roger Florio strummed and sang another original: "Song Writing for Dummies."

Next Ruth Rosen, accompanied by Paul Newman on guitar, sang an amusing parody of "Sweet Betsy from Pike" entitled "Sweet Molly from Snoat." Then long-time Players Guild songstress, Debra Guill, entertained us with jazzy version of "Don't It Make My Brown Eyes Blue." She, too, was accompanied by Newman who was also the show's host. Fifth, Jeanette Fischer danced a graceful and touching hula to the beautiful Hawaiian favorite, "I'll Remember You." Next up, an exciting duet of Earl Scruggs' 1967 "Foggy Mountain Breakdown" by Jeff Rach and Paul Newman left us breathless. Change of pace when Bill Crome sang the contemporary 1966 "Secret Agent Man" as Paul again accom-

panied. After that, Richard Weiss and Linda O'Neill played and sang a bluesy duet to Eddie Cantor's 1928 "Makin' Whoopee." Following that, Paul and Mickey performed "Tennessee Whiskey," for which Chris Stapleton's version was nominated by the 2015 Academy of Country Music for Song of the Year.

Winning the award for originality, Lewis Blair performed Beethoven's stirring "Ode to Joy" - the prelude to the fourth movement of his 9th symphony, on a set of glasses. Yes, you saw it and you heard it. Anne Marie joined husband Roger Florio for their funny duet "Agree with Me." I think we can all relate to that. The duet by Doreen Blair and Kathy Wien of Allen Sherman's parody on the French children's favorite, "Alouette" entitled "Al n' Yetta" brought assorted chuckles. Bringing it all home, the indefatigable Newman hosted, accompanied, played and sang his way to the end of this show with "The Joy of My Life."

Coming up on November 17th at 7:30 in the AR, Players Guild and Richard Weiss present a fundraiser in support of classical music and op-

era, including works by Schumann, Brahms, Puccini and Mozart to name a few. Tickets are \$12 and will be sold at the door.

### Music Happenings

Music Club - Marci Lapair

The Music Club's October Open "Mic" Night was a huge success, jam packed with wonderful entertainment. To the delight of the large audience, the program was opened by the Anacapa Ukulele Ensemble performing the Beverly Hillbillies Theme song. The group of 10 ukulele musicians is led by Villager Harvard Horiuchi. Leisure Village's talented Richard Boghosian played the guitar and sang rousing renditions of Brown Eyed Girl and Proud Mary. Long time Leisure Village resident Ann Steigerwald joined LV HOA Board member Bob Bueling and his singing partner Pat Cronin performing A Sentimental Journey and Crazy.

The next Open "Mic" nights will be Friday, November 4 and Friday, December 2 at 7:00 pm in the AR.

—Please see **PAGE 12**



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LV Water Sources

From PAGE 6 —

a brackish groundwater desalination facility. It pumps about one million gallons a day through reverse osmosis membranes, creating high-quality drinking water from groundwater that’s too salty even for irrigation.

The Conejo Creek Diversion Facility (next to Conejo Creek immediately south of Hwy 101.) This is where the non-potable water LV uses for our turf and plants comes from. The Conejo Creek is an “effluent-dominated” stream—that is, most of its water is treated effluent discharged seven miles upstream at the Hill Canyon Wastewater Treatment Plant, where Thousand Oaks wastewater is processed and then put into the Conejo Creek. NOTE: LV non-potable water comes directly from the creek at this site without any further processing.

The tour group then visited two well sites that draw water from two different aquifers, the



Photo by IAN PRICHARD

Members of the tour group included LV residents Don Marquardt, Kelly Nelson, Bob Scheaffer, Carol Dietz, Andrew Nelson, Christi Moore and Chuck Kiskaden.

Santa Rosa Basin and the Pleasant Valley Basin, the latter of which stretches out to the Oxnard Plain.

Overall, Camrosa utilizes groundwater wells to produce nearly 60% of our potable drinking water and purchases the balance from Calleguas and Metropolitan

Municipal Water Districts, which import water from the California State Water Project and the Colorado River Aqueduct. (Most of the water in our area comes from the State Water Project.)

Some of this you can read about at [www.camrosa.com](http://www.camrosa.com). Nothing

beats seeing it “live”, in person; collectively, all who joined this tour commented that it was well worth their time and highly recommended for LV residents.

*Editor’s note: LV management would like to put together one of these tours for LV residents “if” they get enough interest from residents. Please respond to [townhall@leisurevillage.org](mailto:townhall@leisurevillage.org) to express your interest.*

**Do you like to work with your hands, building things, helping community theater?**

Conejo Players Theatre in Thousand Oaks could use your help! Looking for set builders and helpers. Please send email to [rick@conejoplayers.org](mailto:rick@conejoplayers.org) for more information.

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## VILLAGE ENTERTAINMENT

### Music Club

From **PAGE 10** —

Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks. We would be happy to hear from you if you have a talent such as singing, playing a musical instrument, dancing or have a comedic talent.

If you are interested in performing at our December Open "Mic" Night please contact Dick Guttman, 805-484-5806, no later than Wednesday, November 30.

Exciting News! Save the date, Tuesday, December 20 at 7:00 pm, as the Music Club holds their annual Holiday concert featuring the Groovin' Easy Swing Band with their talented vocalist Erin McPherson in the AR. There will be holiday decorations and refreshments at this popular event. Come celebrate the holidays with music performed by this 17-piece swing band. The concert will benefit Food Share of Ventura County. Ticket information

will be available later in November. To commemorate the recent death of Queen Elizabeth II, we will screen the movie *The King's Speech* on Monday, November 7 at 7:00 p.m. in the AR. The movie stars Colin Firth, Geoffrey Rush and Helena Bonham Carter. England's Prince Albert, father of Queen Elizabeth II, must unexpectedly ascend the throne as King George VI. Amidst a royal family scandal and impending world war, King George VI must overcome a lifelong, debilitating speech impediment to lead his nation. His wife secretly enlists an eccentric speech therapist, the two men forge an unlikely friendship that will ultimately empower the monarch to find his voice. The movie is rated R and is 119 minutes long.

The movie to be shown on Monday, November 21 at 7:00 pm in the AR, is the comedy *Fools Rush In* starring Mathew Perry and Salma Hayek. Sparks fly and cultures collide in this romantic comedy about

—Please see **PAGE 14**

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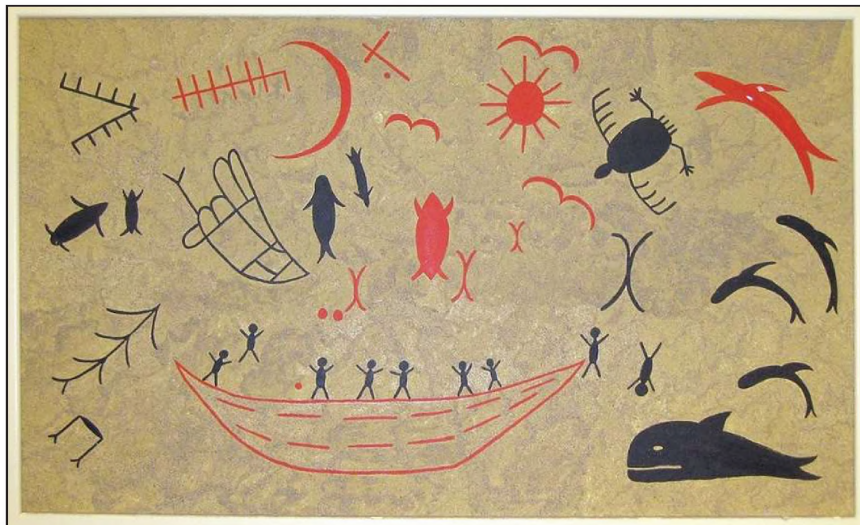
By Max  
Copenhagen

## Indigenous Villages near LV

■ Giving Thanks for our Country While Remembering the Indigenous People Who Were Here Before Us

About 20,000 Chumash once lived in the Central Coast area. A village near Ventura was reported to have 400 people and 30 houses. The name Chumash was derived from Michumash, the name given to inhabitants of the Santa Cruz Islands by the mainland people, but later arbitrarily used for people throughout the area. Cabrillo arrived in 1542, then Vizcaíno came in 1603. As with the pilgrims who landed in New England, the local inhabitants generously offered food and hospitality to the strangers. The Chumash were sustenance hunters and gatherers with virtually no agriculture. Dogs were their only domestic animal. Yet, they had a successful and significant culture with their own music, art and mythology. The Chumash were among the wealthiest people in what is now California and supplied most of the shell bead money used for trade among the West Coast Tribes.

They were fine craftsmen, excelling in basketry, tool making and rock art painted in shallow caves and sheltered overhangs. Some rock paintings have up to 5 color designs. These pictographs may be their finest achievement; their voice and written language. The paintings usually were placed near water, often hidden to be seen primarily by persons of power. A survey after the Woolsey Fire describes pictographs at La Sierra Canyon near Agoura, Santa Maria Canyon, Nicholas Flats, Sadlerock Ranch, Boney Mountain



Courtesy of ROBERT LOPEZ

Pictographs of Chumash cave paintings found in Ventura County, painting by Ruth Smith.

and Goat Buttes along the Backbone Trail in the Santa Monica Mountains. The site at Lower Conejo Grade has 60 handprints and multiple aquatic images.

The environment was a significant influence on their culture. Climate, flora, fauna and water relate directly to the way they lived.

The mild climate and abundant food supply of this area led to development of permanent villages. Primarily living along the coast, many also lived inland where they gathered oak acorns and hunted deer and small animals. Acorns were made into cakes and porridge. A large

—Please see **PAGE 15**

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## VILLAGE ENTERTAINMENT

### Music Club

From **PAGE 12** —

casual night of passion that turns into the love of a lifetime. The movie is rated PG-13 and is 109 minutes long. Movie nights are always free to all the villagers, and

we even provide the popcorn!

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

### A November to Remember

Showtime Presents – Jennifer Stein

On Friday, November 11th @ 7:30pm, Elvis is in the House. Showtime brings a tribute to LV of the king of Rock & Roll, performed by the iconic entertainer Raymond Michael. If you love nostalgia with the excitement of over the top costumes and the legendary songs and moves of Elvis, then you don't want to miss this show. Get all dressed up, wear your blue suede shoes and rock the night away.

This night also begins the annual membership drive for 2023. November & December 2022 will be included in your 2023 membership, if you submit your membership dues then. That's 2 months extra at no charge—Great deal. Membership is available at the door before the show. The price is still \$15 per person for membership. Donations for the show are \$5.00 per person. Mark your calendar for Friday, Nov. 11th at 7:30pm. Doors open at 6:45pm. Bring your family & friends for a very memorable evening. If you have any questions please contact Jennifer at 805-383-1518.

### Mattresses

From **PAGE 4** —

in person at a store. I recommend buying your mattress in person so you can try them out. I recommend you (and your partner if you have one) visit multiple mattress stores over a couple of days (slip on shoes are most convenient for these trips to the mattress store), and then make a decision on which mattress to purchase. I also recommend buying a new base at the same time as you purchase your mattress.

#### Cost Factors

The cost of mattresses today has increased substantially in the last couple of years. The most expensive beds tend to be air beds such as Sleep Number, but there are other companies out there that make airbeds. These beds have an adjustment to change how hard or soft your mattress is. You can change it

daily or even during the night if you are uncomfortable.

Prices of mattresses for a queen sized bed can run from \$1000-\$5400 and more depending on the type of mattress. It is important to purchase a better (and of course more expensive) mattress especially as we age, because our sleep patterns change as well as our aches and pains. If you purchase a less expensive bed, it will be poorer quality and will not last as long.

Do your own research by talking to your family/friends; go online to sites that review mattresses and go in person to the store and lie down on some beds.

*Editors 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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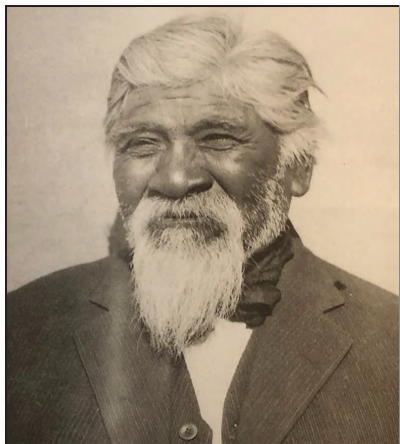
## Indigenous Villages

From PAGE 13 —

California Live Oak tree might drop several hundred pounds of acorn nuts and they were welcome. Deer and rabbit were a primary source of protein and animal skins were traded with the Island Chumash for fish. The village near Thousand Oaks was named S'apwi or House of the Deer. They also would have fished for steelhead trout spawning in the creeks.

Inland villages were smaller than those on the coast. They lived in huts built into the hillside, covered with tule (hard stem bulrush) thatch. The huts were 15-50 feet wide and could house up to 50 people. Three seasonal villages are known to have been near here. The exact location information is not available, but references show that one was near CSUCI, one at Oak Grove park and another where Santa Rosa Road bends near the nursery just east of the LV East Gate. It is undetermined as to whether these were permanent or seasonal settlements. Cooking utensils, arrow-heads and other artifacts were found on the Camarillo Ranch. Many artifacts were discovered in 1910 during excavation of a well at Oak Grove park. These artifacts can be seen at the Ventura County Museum.

Surprisingly a century and a half passed from first contact until the arrival of Portola in 1769. Then everything changed for the local Chumash in 1782 when Father Serra built the mission at San Bue-



Stock Photo

Jose Peregrino (Winai) Romero in 1923. One of the last Ventueño Chumash from the Mission days of old California.

naventura. Encouraged to live near the mission, they began to abandon their native villages and culture. In 1801, many died of an epidemic of pneumonia and other diseases they had never been exposed to. With Mexican independence and secularization of the missions in 1833, things changed again as the lands were sold and the Chumash began working on the new ranchos.

The last known Chumash ranch worker was Jose "Winai" Romero who died in 1927. He was taught European style ranching and worked at the mission until 1870 when he went to work for the Ruiz family on Rancho Calleguas and continued there after it was sold to Juan Camarillo. He lived his last years near the Ruiz-Camarillo-Tico-Willard adobe near Santa Rosa Road.

For further information, read *Chumash: A picture of their world* by Bruce Miller and visit the Chumash Indian Museum in Thousand Oaks.

## Sue Rockwell

From PAGE 1 —

times for two-week training in Naples, Italy and London.

After she met Phil in 1988, they married and bought a house in Santa Paula. Together they have nine children, 21 grandchildren and five great grandkids.

She started working at LV in 1995. She was in charge of the facility and all of the rooms, everything, basically, she said.

"You're not like an activities director, you don't lead classes. You manage the facility and all of the needs of all of the people," she said. "It was really a good job, and nice people with wonderful stories."

After defeating breast cancer in 2017, one of the side effects was neuropathy in her hands and feet. She was doing yoga but found it too painful to go up on her toes. "There was a Tai Chi class starting and I thought I'd try that and it worked — my feet don't hurt," she said. "I didn't realize how much I'd enjoy it."

She started feeling guilty about continually signing up for the be-

ginners class (the only one offered) and began practicing Tai Chi at Calleguas Creek Park with a group led by Ruth Tidwell. She began to think about teaching it herself, followed the requirements and got certified in January.

Her spiritual life is also a priority. Raised Catholic, she now attends Crossroads Church in Camarillo, a Christian church. "I liked the fact it was Bible focused," she said. She serves as a greeter and works in the bookstore on Sundays. She is also in three Bible study groups.

"I go to church not because I have to but because I want to," she said. "It has made a huge difference in my life."

In Leisure Village all her activities balance out, she said.

"I'm not a small talk person, I'm better if I'm doing something," she said. "It's a lovely place to live. What other community — we're also a neighborhood — can you go to a gathering where you know 30 people?" she asked. "If you're on a committee you know people who have interests the same as you — instant friends. It's amazing."

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■ 1st — Bev Davis / Harvest Moon on Avila Bay

Photo by JON  
Consecrated Colors, created by Ed Vasquez in 2020, to honor military veterans, at the base of the flagpole outside the Rec Center.



## JUST A COMMON SOLDIER

(A Soldier Died Today)

By A. Lawrence Vaincourt (Suggested by Bill O'Neil)

*He was getting old and paunchy and his hair was falling fast,  
And he sat around the Legion, telling stories of the past.  
Of a war that he had fought in and the deeds that he had done,  
In his exploits with his buddies; they were heroes, every one.*

*And tho' sometimes, to his neighbors, his tales became a joke,  
All his Legion buddies listened, for they knew whereof he spoke.  
But we'll bear his tales no longer for old Bill has passed away,  
And the world's a little poorer, for a soldier died today.*

*He will not be mourned by many, just his children and his wife,  
For he lived an ordinary and quite uneven life.  
Held a job and raised a family, quietly going his own way,  
And the world won't note his passing, though a soldier died today.*

*When politicians leave this earth, their bodies lie in state,  
While thousands note their passing and proclaim that they were great.  
Papers tell their whole life stories, from the time that they were young,  
But the passing of a soldier goes unnoticed and unsung.*

*Is the greatest contribution to the we fare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who, in times of war and strife,  
Goes off to serve his Country and offers up his life?*

*A politician's stipend and the style in which he lives  
Are sometimes disproportionate to the service that he gives.  
While the ordinary soldier, who offered up his all,  
Is paid off with a medal and perhaps, a pension small.*

*It's so easy to forget them for it was so long ago,  
That the old Bills of our Country went to battle, but we know  
It was not the politicians, with their compromise and ploys,  
Who won for us the freedom that our Country now enjoys.  
Should you find yourself in danger, with your enemies at hand,  
Would you want a politician with his ever-shifting stand?  
Or would you prefer a soldier, who has sworn to defend  
His home, his kin and Country and would fight until the end?  
He was just a common soldier and his ranks are growing thin,  
But his presence should remind us we may need his like again.  
For when countries are in conflict, then we find the soldier's part  
Is to clean up all the troubles that the politicians start.*

*If we cannot do him honor while he's here to bear the praise,  
Then at least let's give him homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say,  
Our Country is in mourning, for a soldier died today.*

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# CLUB NEWS

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines from different varietals and to explore regions. Our October meeting featured five wines from South Africa, where wine has been made for over 300 years. Several wines tasted were the varietal Pinotage, a cross of Pinot Noir and Cinsault, a hybrid unique to South Africa. A big thank you to Don & Barbara Senior, our monthly Wine Stewards, who selected the wines.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents are welcome, and reservations are highly recommended. Each session is \$15 per person. Bring two glasses and water. Get on our mailing list by enrolling on our website <https://grapes-r-us-wine-club.mailchimp->

sites.com/. Or drop a line to Barbara at [grapesruslvwineclub@gmail.com](mailto:grapesruslvwineclub@gmail.com) or call her at 805-303-1518.

## LVRV CLUB

By Eugene Elder

Why consider joining the Leisure Village RV club? How about making new friends, going on fun outings, gaining access to: RV lot club tools, Cleaning Supplies, using the club's Soft Water system for washing your rig, filling your freshwater tank, talking with other knowledgeable RV owners, obtaining information on where to get your RV serviced.

Maybe you don't have an RV yet and you're considering buying one. You do not have to own an RV to join the club. You can still attend because many locations we go to have rentable cottages.

We are scheduling outings for 2023 during the November meeting. Some members are going to

Quartzite in January and others are planning trips locally. February has 2 outings planned: Camp Comfort in Ojai the 2nd week & Lake Skinner in Temecula the 3rd week. March is planned for Bonelli Bluffs in San Dimas.

Outings are mid-week, and some are during 3-day weekends and government holidays. Come check us out. We meet in the multi-Purpose Room on the 2nd Tuesday each month.

Contact our membership coordinator Bev at 805-216-6231 for more information.

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

We have our two dances this month on the 2nd and 4th Saturdays. We hope you will attend and enjoy the great live music.

On November 12, Ralph Mathis will be playing and the free dance lesson is the Tango. On November 26, John & John Duo

will be playing and the free dance lesson is the Cha Cha.

The free dance lesson is from 6:30 to 7:15 and the dance from 7:30 to 10:00. Admission is \$10.00 and includes the lesson.

## LV WOMEN'S CLUB

By Barbara Cogert

TO ALL L.V. VETERANS Save the date: November 10, 2022 L.V. Women's Club will sponsor their annual Veteran's Celebration in the AR. Doors will open at 12:30 pm and the program will begin at 1:00 pm.

Veterans and their guests are invited to join us for lunch and patriotic festivities to honor our veterans. Admission will be by ticket only.

We have a limited number of seats available so make certain to pick up your ticket EARLY in the AR lobby, November 5, 7 and 9 from 10 am-noon until all tickets are gone. This event is always a sell-out!

Lunch and entertainment will

—Please see **PAGE 18**

*Tuesday Tours & Thanksgiving Pies*

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11LV085



# CLUB NEWS

## Women's Club

From **PAGE 17** —

be provided. There is no charge for this celebration sponsored by the L.V. Women's Club.

Save the Date: December 8, 5:30 pm for our Holiday Party!

## RACQUET CLUB

By Roger Florio

The Racquet Club had a great turnout at our annual fall potluck supper in October, and we are looking forward to our fall "Turkey Trot" paddle tennis and pickleball tournaments to be held on the first two Saturdays in November (Nov. 5th and 12th.) These always seem to draw an enthusiastic crowd of both participants and spectators ... and it really isn't that important whether they show up primarily for the donuts or the competition, is it?

Other upcoming club events include the Club's wine and game night on Wednesday Nov. 9 in the Santa

Rosa room, and our holiday wine and cheese gathering on December 14.

Finally, if you're interested in learning to play pickleball, or improving your attempts to bat that little plastic ball about the courts, keep an eye on the club's bulletin board (conveniently located next to the Courts) for a sign-up sheet for free lessons.

## LV BOWLING

By Gene Kinsey

The fall season is underway and our bowlers are really doing well. In the past four weeks we have had the following high scores: Gene Kinsey 238, Joe Quackenbush 253, Greg Cannon 230, and Ray Flores 236 for the men. For the women we had: Joyce Belcher 234, Bobi Shmerling 223, Gail Singer 248, and Helen Hartman 228.

Anyone looking to have a lot of fun on Friday mornings should come to Harley's Camarillo Bowl from 9-12. This is a handicapped league and

weekly cost is \$13. There is room for some regulars and also for some subs if you are not able to bowl every week. Sometimes it is hard to concentrate with all of the laughter, but we enjoy making fun of ourselves. Should you be unable to resist please contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858 for more info.

## MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf has been busy with a variety of events. The September Harvest Golf and Picnic Tournament, held on Thursday, September 29th was a huge success, followed by a Regulation Tournament at Westlake Golf Course on October 13 that saw some impressive scores. In particular, Gary Gascoigne scored a 73 gross as the A Flight winner and Greg Neasham led the B Flight with the top score.

The November Regulation Tournament will be at Los Robles Golf Course in Thousand Oaks. That tournament will concurrently be the Tournament of Champions event. To be eligible to compete in the Tournament of Cham-



Photo by PATTI CRICHTON  
Jack and Deb Bozajian playing in the Harvest mixed Tournament.

pions, a player must have placed first gross or net in their flight in one of the scheduled tournaments. In addition, a member must also play in a minimum of five LVMGA Tournaments in the last year to become eligible. The Los Robles golf course is a challenging layout and will test the golfers to play their best.

## WOMEN'S GOLF

By Patti Crichton

November kicks off with the President's Cup, played on Nov. 2nd —Please see **PAGE 19**



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# CLUB NEWS

## Womens Golf

From **PAGE 18** —

and Nov. 9th.

This is a Low Net Tournament. \*Due to Daylight Savings Time, the start time changes from 8am on Nov 2 and 8:30am on Nov 9\*. Good luck, ladies!

Results are in from the Ringers:  
Flight A 18'r Low Gross  
- Lynn Lerz  
Flight A 18'r Low Net  
- Sheila Bunch (\*got a Hole in One last month!)

Flight B 18'r Low Gross  
- Linda Gaffney  
Flight B 18'r Low Net  
- Lynn Sacks  
Flight A 9'r Low Gross  
- Alison Drain  
Flight A 9'r Low Net  
- Sandy Kassen  
Flight B Low Gross  
- Ruth Stubba  
Flight B Low Net  
- Janna Cohen

If you are a new resident, and would like some information about the Women's and Men's Golf Clubs, you are invited to a Golf Social on November 5th at 4-5pm in the Garden Room. Have a munchie and beverage, and mingle with some of our members!

The next Women's Golf monthly meeting is Nov. 9th at 2pm in the Garden Room. Come early to chat, snack and buy 50/50 tickets. Find out about the Holiday Luncheon and Installation of the new Board members, which will take

place on Dec 7th.

Thank you to Sharon Price and her team for the fun Halloween tournament and luncheon on Oct 26!

## WII BOWLING CLUB

By Debra Pettit

Wii Bowling Autumn Harvest Bowling for Dollars Tournament Results. Drum roll please!

Group A - Edithe Walsh, Barbara Crome, Arlene Kochans

Group B - Millie Seidman, Sandy Rosenthal, Linda Neth

Group C - Ron Cattanaach, Joan Cressman, Charlene Spector

You can also be a winner! Join us and enjoy the spirit of Wii Bowling! Tuesday - 9:30 and 11:00, Wednesday 1:00 and Thursday 11:00 in the Ventura Room. Questions? Call Debra Pettit 805-504-6774 or Sylvia Edmonds 805-312-1037.

## YE OLE WOODCHIPPERS

By Bud Bradley

September turned out to be a quieter month for the Wood Shop. We added 13 completed jobs for the Villagers, 2 more for the Village and 4 quick jobs. The year-to-date numbers total 145 completed jobs for Villagers, 14 Jobs for the Village and 35 "quick fixes." We've added one more volunteer to our core re-

—Please see **PAGE 20**



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## CLUB NEWS

### Woodshop

From PAGE 19 —

pair group. Repair of chairs was the most popular request for September.

The Woodshop is open 7 days a week for keyholders. If you wish to become a keyholder, you can contact Pirate or Bud on Wednesdays or Thursdays at the shop to make an appointment to be checked out.

You can also reach us by email at the addresses below.

A reminder. The Woodshop is open from 10am until noon, every Wednesday and Thursday, to ac-



Photo by  
BUD BRADLEY

Tom Turkey after Ye Ole Woodchippers Emergency Room repair.

cept your repair requests. During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked to not work on their own projects during these hours. There is no charge for these services unless special materials are needed to complete the repair. Finally, we gratefully accept donations for these services to help keep supplies and equipment up to date. For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com

### THE STONERS BEAD & CRAFT CLUB

By Felicite Barton

On Sunday, November 6th, the Stoners will be displaying their handcrafted jewelry and craft items in the Garden Room and the MPR. The time is from 10 am - 2 pm. Coffee and pastries will be available in

both rooms, as well.

Our group meets every Monday in the MPR, at 3:00 pm. When we are not working on making jewelry, we are creating amazing craft items. During recent months, we created copper bracelets, driftwood hangings and pumpkins using Styrofoam shapes and yarn.

Every month we also meet at a chosen restaurant for that month's birthdays. We also have frequent holiday potluck bar-b-ques.

Please drop by to see what a fun, creative group we are. No prior experience is necessary. We are there to teach and assist.

*Don't forget that, for a small donation, we do most jewelry repairs.* If you need this service, you may contact Fil Barton at 805-987-3637.

### VILLAGE ARTS

By Patti Crichton

We are hosting the annual Autumn Art Show on Sunday, November 6th, from 10am to 2pm! Artists from a variety of LV Clubs will display their creative goods at the Rec Center in the AR, MPR, Garden Room and on the bbq patio by the Billiards Room. All LV residents and their guests are invited to come and browse. This is a great opportunity to take care of some holiday shopping. There will also be raffle prizes and snacks! Mark your calendars.

Correction to last month's report that Phyllis Doyon was critiquing our Art at the October meeting. Things happened and instead, Phyllis will now be at our January 4th, 2023 meeting in the MPR.

Kathy Whitesell filled in at the October meeting with an amazing acrylic pour demo. Thanks to Mark from LVTv for filming and displaying the process on the big TV for the group to see. Much appreciated!

Watercolor classes with Kathy Whitesell are scheduled for Nov. 18th and Dec. 16th. Please text Patti Crichton at 805-760-7673 to sign up.

Thank you to Joanne Gelfand and Ron Weiss for their recent art displays in the LV Library.

### LV PHOTO CLUB

By Chuck Morrow

Peter Asher "British Invasion Flashback" was a success. With all the help under the able leadership of club President Gregg Gillmar and club Treasurer Bill Margulies, everyone attending had an enjoyable walk down a musical memory lane. For those of you who may not know, Peter Asher had emergency brain surgery the week after the performance and now is recovering — Get Well Peter.

The judge for the October Photo Club meeting was Greg Cooper via Zoom. Greg is a former California resident now working as an assistant professor of photojournalism in the School of Communications and Journalism at Eastern Illinois University. The club wishes to thank Greg for his input and for staying up late in Central Time to complete the judging.

The Assigned Theme for October was "Humor", and the winners were:

Assigned Category — Melody Zaida — "Put on a Happy Face"

Open Category — Sherry Pinczak — "Intestine Corals"

Mobile Category — Bev Davis — "Harvest Moon on Avila Bay"

Look for the winners in the pages of this month's ILV and all the entries on the walls of the Rec Center Hallway and MPR.

For questions regarding the Photo Club and membership, inquiries contact Gregg Gillmar at gsgillmar@outlook.com.

### WRITERS CLUB

By Harvey S. Brosler

The motto of the Club is write-present-participate-enjoy-learn. A main purpose of the Club is to share our opinions on different topics with other members. The primary interest is in the substance of your written presentation. Writers Club meetings are normally held every other Monday at 1 pm in the multipurpose room. Stories of the month are displayed at the entrance to the

—Please see PAGE 21

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## CLUB NEWS

### Writers Club

From **PAGE 20** —

LV library. You may write on the suggested topic for that day or any other topic, fiction, or nonfiction.

The Suggested topic for December 5 is "My Mentors Or Sponsors." For December 19 the Suggested topic is "One of The Most Enjoyable Presentations I Gave This Year." There will be no meeting on December 12, December 21 or 28. Please mark the dates on your calendars. For a copy of other upcoming suggested topics, the guidelines, or any other information contact: Harvey S. Brosler hsbros@roadrunner.com, 805-465-0006.

### LV MUSIC CLUB

By Marci Lapair

The LV Music Club is supported through our \$10 annual membership dues. Memberships are sold during our monthly activities. All memberships paid beginning this month will be effective through next year. All of our members receive email reminders of upcoming club activities. Membership dues help cover the cost of the complimentary refreshments that we serve at all our events.

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

### MUSIC AND MOTION

By Margie Monroe

Our Music and Motion class is a wonderful opportunity to move

to the sounds of a varied selection of music. Come and join us starting the first Friday in October and continuing on through the year.

We meet at 9:00-10:00 am every Friday in the AR room. The class starts off with a gentle warm-up and ends with a gentle slow-down. In between, our personable and joyful instructor Sigi gives us the opportunity to learn and practice our slow and faster dance steps.

If you have any questions please call Margie Monroe 805-437-6100 or e-mail margiegrm@aol.com.

### BINGO!

By Bobi Shmerling

Everyone can play Bingo and enjoy an evening with friends and a chance to win cash prizes. Bingo is held on Wednesday evenings in the Assembly Room at the Recreation Center. Minimum buy-in is \$13 for 18 games with payouts ranging from \$40 to \$300.

Doors open at 4:45 pm and close at 5:45 pm. Play begins at 6:00 and ends shortly after 9:00 pm. Contact John Herrera 805-419-4195.

### DUPLICATE BRIDGE

By Vonnay Brook

We play duplicate Bridge every Monday and Wednesday night in the Garden Room. If you're interested in playing, be there at 6:40. We are always interested in having new people and love to have them come

—Please see **PAGE 22**

## Leisure Village Pet Club CONVENIENT PET VACCINATION & MICRO CHIP CLINIC NOV. 17TH, 1 - 3 PM. IN THE PAVILLION.

Editorial Content

Plan ahead to get Cat and Dog licenses, Vaccinations and Microchips offered by Ventura County Animal Shelter Staff. Need not be a Pet Club Member to participate.

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# CLUB NEWS

## Duplicate Bridge

From PAGE 21 —

and play bridge with us.

We have between three and five, sometimes six tables. For further information call Vonnay Brook at 805-586-7155.

## 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 9:30am, and on Tuesday and Thursday at 6:00pm. These are not drop-in

classes; registration is required. For the 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.

## WATER AEROBICS

By Loyetta Aukstkalnis

The Water Aerobics 8am class on Monday, Wednesday & Friday is composed of Aquatic Cardio and Noodle Abdominals CD which is an hour workout in our Leisure Village Pool. We have a 45 minute interval workout for all levels of fitness. Experience five high energy bursts paired with soothing stretches for recovery. Noodle Abdominals is 15 minutes of core training.

This heart pumping one-of-a-kind workout is appropriate for beginners yet

### PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st — Sherry Pinczak / Intestine Corals

challenging for seasoned water exercisers.

We have men and women in class. Ladies don't get their hair wet. Come join us. All are welcome.

## 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.

## GREAT DECISIONS

By Sharon Baker

Great Decisions, Foreign Policy Association, meets on the 4th Monday of each month, except for August and December. The meetings are at 9:30am in the Sun Room.

Please join us for stimulating discussions on interesting topics such as Myanmar's neverending crisis, drug policy in Latin America and Biden's agenda.

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**DEADLINE for the next publication is 5pm on Friday, November 18.**

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**WANTED TO BUY:** Western and military memorabilia. All items and types. Collector – resident. Call or text 805-551-5449

**WANTED:** small patio set for two, large metal plant stand, Meyer lemon tree potted or planted, beads, charms, buttons, knick knacks, golf balls. LV resident call Sam 805-379-5653

**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

**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

**ESQUEDA-VALLES PAINTING** Also drywall repair 805-276-2781 10+ years experience \$25 hour

**Lupitas Cleaning** – weekly, bi-weekly, monthly, one time or moving in/out. Excellent LV references. Reasonable prices, trustworthy, free estimates. Please leave a message. I'll return the call ASAP 805-302-3857

Are your windows in need of a good clean? Call Island View Window Washing for sparkly clean windows. \$5 off new client special. 805-825-8709; Islandviewwindowwashing@gmail.com

**WINDOW CLEANING SERVICE.** Since 1996, serving Leisure Village, Sparkling windows, mirrors, screens and tracks. COVID precautions. Woman owned business. Referrals available REVEAL Windowing Cleaning - Julie 805-258-6821

**Professional Carpet Cleaner** – Jeff G with Global Green 888-774-2547 Services include carpets, area rugs, tile and upholstery cleaning. Serving Leisure Village for over 20 years. LV Referral Reisa Ross 805-484-5570

**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

**In-home care** by a certified experienced reliable & vaccinated caregiver. Providing quality of life needs. FT/PT. Call Eve 805-504-7236

If you need a CNA/caregiver with lots of references inside the Village; Compassionate, reliable and with flexible hours call Sherry 805-312-4561 or Tess 805-312-1780

**CNA (Certified Nursing Assistant)** for Home Health Care. Octavio Esqueda 805-276-2781 or 805-388-3865 Graduate of Ventura College CNA program

**COMFORT KEEPERS HOME CARE** is hiring many caregivers! Voted one of the top employers in Ventura County! Family run. Great support! Apply on line: <https://ckthousandoaks.clearecareonline.com/apply>. Call 805-494-9900 Ext.10

**Caregiver** – 15 years of experience in caregiving. Handled a lot of cases. Loving, reliable and hardworking. Lilia Kriz 323-229-1167 LV resident

**Live in Caregiver/nanny.** I am CPR certified and first aid certified. I am compassionate and fun. Have 6 years experience 805-535-3416

**Caregiver available** – full time, part time 20+ years in Leisure Village. Honest, reliable. Excellent references. Ready to assist you with all your care. Call Mary Allen 805-861-7551

**Caregiver:** 35 years experience 30 years in Leisure Village. Certified in dementia care, first aid, CPR and CNA. I am here for your everyday needs. Call Teresa 805-402-6588





**THE FLAVORS OF FALL** kick off the holiday season. The smell of apple, pumpkin, and cinnamon pull the senses into fall with a single whiff. Fall kicks off the holiday season of gathering with loved ones to make memories and traditions to cherish for generations. And what goes along with the gatherings?...FOOD! It's a season of baking, eating, cooking, eating...and did we mention eating?!

We picked some fun and delicious recipes highlighting favorite fall flavors to share with you, so be sure to visit our "Barlows Got Your Back" section of our website for the links to these and other fall recipes!

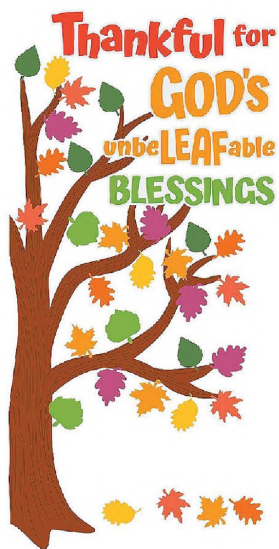
**PUMPKIN:** King of fall flavors is pumpkin, hands down! In fall, pumpkin finds its way into main dishes, side dishes and beverages. We posted unique pumpkin recipes, including some that you can make ahead and enjoy in the morning like **Pumpkin French Toast Casserole** and **Baked Pumpkin Oatmeal**. We also included a fast and easy **Pumpkin Pie Dump Cake** recipe and more.

**MAPLE:** Maple syrup looks like fall, smells like fall, and even tastes like fall. Get creative with ways to mix it into your fall desserts, oatmeal, sauces and side dishes. Consider using maple syrup as an all-natural way to sweeten sweet potato dishes, and it takes pumpkin pie up to a whole new level! Use maple syrup as the base of a caramel sauce. We posted a recipe for **Salted Maple Caramel Sauce** that has only 4 ingredients, no sugar or corn syrup, and can be made in about 10 minutes.

Talk about saucy yumminess! Use it to top your favorite fall desserts.

**APPLE:** Apple pie is a must have in fall menus, so we included a link to learning what types of apples are best for baking. The options with apples are endless. We included recipes for **Cran-Apple Praline Gingerbread & Skillet Apple Crisp**.

**SQUASH:** Sweet potato and butternut squash are the popular gourds on the block this time of year. We included traditional recipes like **Sweet Potato Pie & Sweet Potato Casserole** as well as some unique twists like **Sweet Potato Bisque & Smoked Chile Scalloped Sweet Potatoes**.



Sharing recipes during the holidays is fun, so please take reach out to us and take time to share your favorites with us! And please send us pictures of you and your favorite fall foods.

Visit our 'Barlows Got Your Back' section of our website for links to more flavors of Fall.



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  
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