

INSIDE LEISURE VILLAGE

VILLAGER PROFILE

By Carol Nelson

Dance and Rhythm, A Cultured Relationship

Whenever we meet someone new here in Leisure Village, it never seems to be long before we start talking about what ails us and fails us! It was during a “bad back” conversation with a Villager, Lee Ann Elman, that I discovered that she had danced with a renowned ballet company and that her husband John was and still is a very dedicated drummer. But that’s not all that there is to tell.

Lee Ann (nee Stevens) was born in Camden, NJ. Her father Don was a very talented computer engineering graduate of M.I.T. As such, Don was much sought after for top jobs by new computer companies. Because of his work, his family moved back and forth from Philadelphia to Los Angeles.

From an early age, Lee Ann had loved the art and discipline of ballet, so when the family lived in Philadelphia, she studied with and then danced for the Pennsylvania Ballet Company. She absolutely loved being a member of the Corps de Ballet despite the pressure which was sometimes overwhelming. Her favorite memories include the Snow Scene from *The Nutcracker* & The Waltz of the Flowers from *Sleeping Beauty*.

After the Stevens family moved to Malibu in 1971, Lee Ann took many ballet classes. Her previous training, technique and experience impressed her teachers. Consequently, she was offered a job teaching ballet at the Ballet Studio by the Sea in Malibu. She met John there when he brought



Photo by JON

Don and Lee Ann photographed in the Gazebo Garden in June.

his daughter Shana for ballet lessons. A week or so later, John and Shana called Lee Ann to invite her to dinner for help with Shana’s ballet slippers. —Please see **PAGE 8**

Water Rate Woes

Camrosa Water District initiated a 5-year rate study, published the study recommendations, held a public meeting and has now approved new rates. The new rates reflect the increased cost of state water supplied through the Metropolitan Water District, repair of Camrosa’s aging infrastructure, construction required to meet new State requirements for water and sewer, and the development of new wells to increase our independence from State water suppliers. These new rates started on July 1, 2024. They are increased annually every July. The last of the four increases described below is only four years away and is scheduled for July 1, 2028.

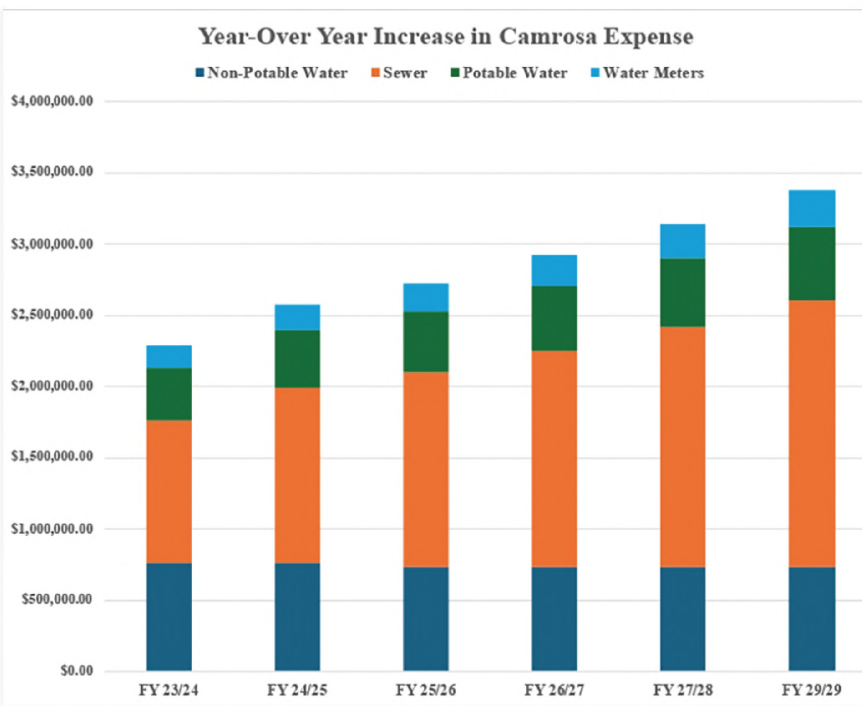
This article covers and explains the cost increases to be implemented over the next 4 years by the Camrosa Water District Board, future articles

will delve into specific limited options for LV to mitigate cost increases - decrease our consumption of potable and non-potable water.

Leisure Village is a “master metered” community. We do not have individual water meters for Village homes. Each home is not individually billed for sewer connections. Camrosa creates one monthly bill to the Village for water and sewer, which is much easier for the supplier to manage. The Village Association pays for Camrosa’s services though HOA fees. When the rates go up, the HOA fees increase.

The accompanying graph shows the impact of the Camrosa rate increases starting with last fiscal year’s budget and the next five years of estimated Camrosa costs starting with the current fiscal year:

—Please see **PAGE 12**



Created by Dennis Doolittle

Graph of the pending water situation through 2029.

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Polly Pride - Village 20

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and village number of the person who has passed
to: insidelveditor@gmail.com ATTN: In Memoriam

ABOUT INSIDE LEISURE VILLAGE

Editor: Jon Niemann

Community Editor: Dennis Doolittle

Staff Writers: Barbara Senior, Roger Florio, Jeannie Davis,
Linda O'Neill, Jennifer Stein, Marci Lapair,
Nicole D'Amore, Carol Nelson

Classified Ads: Barbara Crome

Art Director: Sarah Ely

HOW TO CONTACT US

Editor: Jon Niemann

insidelveditor@gmail.com | 805-874-2324

Display advertising: Acorn Newspapers
805-484-1949

Classified advertising: Barbara Crome
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Letters

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

August 2024 Edition Deadlines

Club News, articles and letters: Monday, July 15. August issue will be available Friday, August 2. Send news, articles & letters to insidelveditor@gmail.com.

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

VILLAGE NEWS

By Dennis Doolittle

Leisure Village Board of Directors – The Annual meeting was held on June 20. Congratulations to the re-elected Board Members Marlynn Block and Ruth Stubba.

Paint Project – Woodwork in preparation for painting has started in Village 7, then will move on to Villages 9 and 18.

Roofing Project – Work has started in Village 25.

Concrete – The Village hired an engineer to evaluate the common area concrete infrastructure. The engineer identified and classified cracks and lifted concrete problems as category 3 serious problems, category 2 less serious problems that need to be watched and category 1 cosmetic problems. Subsequently, the Board authorized a new concrete project to address the category 3 and category 2 problems. The project will start in mid-July.

In Ground Garbage Vaults – LV staff are conducting a test program for removing the trash vaults in Village 14. Methods for removing the vaults will be tested and cost/time data collected. The experience and information collected from the test area will be used to create a plan for removal of all vaults which will be presented to the Board for approval.

Water – If you see sprinkler leaks, “geysers” or other irrigation system problems please do not ignore them. Fire up FrontSteps and turn in a work order reporting the details.

Camrosa Flushing Water Lines – Camrosa has been flushing the Village water lines. This may have caused some “brown water” problems which should abate quickly. If you still have problems, call Camrosa directly.

FrontSteps Training Session – FrontSteps is the name of the Village’s new community portal software system. A town hall meeting to introduce and provide training on the new FrontSteps system to residents will be held on Thursday, July 25th in the A/R from 10 am to noon. This is a hands-on training session, bring your laptop or smartphone.

Finance – The Village’s fiscal year ended on March 31, 2024. End of

year unaudited financial statements have been reviewed by the Finance Committee and submitted to the Board. At the May Open Board meeting the services of an auditor were approved. The financial results are being audited, revisions will be made as required by the audit and audited results will be mailed out to homeowners by the end of July.

Administration Building Sewers – The Admin building is experiencing serious problems with its sewers and bathrooms which will require major repair. Plans for the repairs have been submitted to the City of Camarillo for permit approval with changes made to their requirements. We are awaiting final approval.

Storm Drains – Negotiations between the Village and the County continue over who is responsible for maintaining the various elements in the storm drain system.

Welcome Reception for New Residents and LV Clubs

New Residents and representatives from LV Clubs are invited to the Welcome Committee’s reception on Thursday, July 25, 2024 at 6:00 pm in the Assembly Room. The reception is a wonderful opportunity for new residents to meet representatives from many of our Clubs, the Board of Directors and Administrative staff. Please join us for this special event.

New Residents please RSVP and Clubs reserve a space (only one representative per Club).

Contact: Bobi Shmerling
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AROUND THE VILLAGE

Meet the Team Campaign Begins

In a bid to bring faces, backgrounds and recognition of the people who keep the Village running daily, a campaign to do just that has begun.

Whether you are a relative newcomer or have been a part of the Village for a while, job titles and people change. It is helpful to know the Association Team Members who fill the positions that affect our daily lives here.

ILV will take part in this campaign with information and photos of these individuals throughout the year. Well-crafted posters with facts, names and faces will be shared with Villagers online, on the Rec Center Lobby TV Message Boards and on LVTv. When you recognize one of our team members, introduce yourself and thank them for their contributions.

MEET THE TEAM

CHRISTI MOORE

GENERAL MANAGER, LEISURE VILLAGE ASSOCIATION

HOW LONG AT THIS JOB?

SINCE 2022

HOW LONG AT LEISURE VILLAGE?

SINCE 2011

WHERE ARE YOU FROM/ WHERE DID YOU GROW UP?

CAMARILLO NATIVE

HOBBIES

FAMILY CAMPING, DISNEY TRIPS

FUN FACT

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* SUPERVISES 60 EMPLOYEES

* OVERSEES ALL CONTRACTS

* RUNS DAILY OPERATIONS

Don Marquardt's Tree of the Month

The Blue Jacaranda

BLUE JACARANDA (Jacaranda Mimosifolia). This tree is native to Brazil. In July it explodes with purple blossoms. It is 25-40 feet tall with finely cut fern-like leaves. Flowers grow in 2-inch tubular clusters that bloom from spring through autumn. It is probably one of the most spectacular trees to view, especially at its peak bloom during summer. As a drought tolerant tree, it thrives in warm climates.

There are many Jacarandas currently blooming throughout Leisure Village. One is behind the east parking lot and tennis courts at the #18 green, as well as several along Leisure Village Drive - by Village 17, Village 33 and opposite the Village 35 sign. Enjoy this classic Southern California tree!

For rose lovers - a reminder to fertilize once a month and remove spent flowers every week, to ensure continuous new blooms.



Photos by DON MARQUARDT, Landscape Architect
Below, the magnificent blue jacaranda, not yet in full bloom. Above, closeup of a jacaranda flower.



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Jon Niemann | 805-603-7060 | CalBRE #02104018

Comps by LV Model on our Monthly E-Newsletter

www.WeSellLeisureVillage.com



June 2024 Sales

Model	Village	Price
Bel Air	22	\$615,000
Bel Air	42	\$652,500
Coronado	26	\$605,000
Holmby 2	35	\$585,000
Newport	4	\$535,000
Valencia	31	\$750,000
Valencia	17	\$949,000

We Live In The Village
We Love The Village
We Sell The Village

WeSellLeisureVillage.com

This information is supplied directly from the Ventura County MLS as of 5/23/2024 and is deemed reliable. If your home is currently for sale, this is not intended as a solicitation.

07LV041

VILLAGE ENTERTAINMENT

Concerts & Movies

LV Music Club - Marci Lapair

The Music Club proudly presents the Concert in Our Park on Tuesday, July 9th from 7:00 - 9:00pm. Admission is \$10 per person. This popular event includes music performed by our own 17-piece Groovin' Easy Swing Band with their talented vocalist Erin McPherson. The concert is held in the Leisure Village picnic area near the barbecues. Admission includes wine, coffee, and Millie's Famous Pineapple Upside-Down cake including whip cream. The tickets are now on sale. You can purchase your tickets by calling Frank Jimenez at 805-836-2498. Come and enjoy an evening under the stars listening to some wonderful music. Don't miss out on this popular event! Feel free to bring your own chair.

Save the date of Sunday, August 4th. The 4 Lads from Liverpool will be here paying homage to the Beatles. To ensure authenticity, they have spent a great deal of time researching the rich history of the Beatles and their music. Tickets will be going on sale the week of July 15. For more ticket information call Frank Jimenez at 805-836-2498. This is the first time they have appeared in Leisure Village.

If you missed the June Open "Mic" Night you missed the best show that we ever had! Fourteen talented acts performed including 4 performers who were new to Open "Mic" Night. Villager Marion Flosi's grandson Jake Flosi played "Hallelujah" on the piano. Max Copenhagen wearing a cowboy hat recited some

Cowboy poetry. Peggy Davis danced the hula accompanied by Denise Pepper singing "Keep Your Eyes on the Hands." The lyrics to the song were shown on the movie screen. Harvard and Helen Horiuchi played the ukulele accompanied by Bob Bueling and Pat Cronin singing the beautiful song "Seminole Wind."

To the audience's delight Roger Florio sang two more of his own hilarious compositions, "Ignorance is Bliss" and "Coyote." At the end of the evening there was a D-Day tribute. Bob Bueling and Pat Cronin sang "God Bless America," the audience stood and sang with them. After the song, twenty minutes from the movie "Saving Private Ryan" was shown. The movie scenes were of the D-Day landing by Allied troops on the beaches of Normandy, France.

There will be No Open "Mic" Night on Friday, July 5 due to the Fourth of July holiday.

On Monday, July 15, at 7:00pm in the AR, we will screen the heartwarming movie August Rush starring Freddie Highmore and Robin Williams. A musically gifted orphan runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater. After discovering his talent, the Wizard gives him the name "August Rush" and devises a plan to profit from his talent. Little does August Rush know that his parents are searching for him too. The movie is rated PG and is 1 hour and 54 minutes long. The movie will have closed captioning.

Cohen's Lil Pharma Connected

Players Guild - Linda O'Neill

You know the drill: on the third Thursday of July, which happens to be the 18th, at 7:30 pm in the AR, Director Paul Newman will present "A Funny Thing Happened on the Way to the Village." After proposing that this show should be all comedy, Mr. Newman asked his son, Clay Newman, to headline the evening. Mr. Newman, Junior, leads the life of a stand up comic, traveling for work, up and down the West Coast and to Hawaii, Vegas and England.

In addition, some of our various amusing regulars will sing. Carol Gold, with "show of class", sings the Gershwins' tortured love song "Blah, Blah, Blah." Mickey and Babs duet the John Prine favorite, "In spite of Ourselves." Lynn Kremer and Linda O'Neill will charm you with "I Can't Say NO!" from Rodgers and Hammerstein's *Oklahoma*. Irving Bergman and Judie McAskill entertain with "I Can't Dance." Wayne King and

Irv Feiles are still deciding on their best choice as is Dave Flood. Come prepared to laugh.

There was much humor last month when, on June 20, Players Guild presented Helene Cohen's timely original play "Lil Pharma" which she also directed and produced. President of Players Guild, Joyce Belcher, played the self-confident and "some would say" pushy, Gladys, who is upset with the fact that her assisted living friend, Sylvia (played by Judie McAskill) cannot get the life-saving medicine that she needs. The action Gladys takes lands her and the ever-faithful husband, Sam (played by Richard Weiss) in jail. Throw into the mix that Sam and Gladys must rely on their granddaughter, Danni (played by Rosanna Brown) to interpret the new language: "computer speak." The play opens as the couple, having been arrested, are meeting with their lawyer (played by Dorene Blair). Perfectly cast by Ms. Cohen, all characters are veterans of the Players Guild stage and their experience showed. Sorry if you missed it-try not to do that again.

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2023-2024

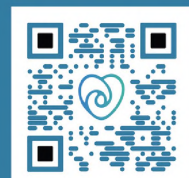
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VILLAGE ENTERTAINMENT

Patriotic Musical
Celebration

Showtyme Presents – Jennifer Stein

Showtyme Presents George Gershwin, Irving Berlin, Rodgers & Hammerstein, Cole Porter & Noel Coward in “The Great American SongBook,” performed by the entertainment group Just Us. July’s Red, White & Blue fireworks sparkle with the celebratory songs of the golden age of America. Please join Showtyme with the melodies we have learned to love over the years. Among the important composers and lyricists are Duke Ellington, Johnny Mercer, Hoagy Carmichael and Stephen Sondheim. These songs continue to shine, songs like, “America the Beautiful”, “God Bless the USA” and “This Land is Your Land” just to name a few. Let’s not forget songs penned by Nat King Cole, The Anderson Sisters and Duke Ellington’s contribution to the Great American Standards.

Just Us, a unique patriotic show, is unlike any other U.S. celebratory event around. Their beautiful harmonies alone pay tribute to these wonderful songs. The audience will want to participate in a sing along part of, “God Bless America.” The song that makes the show so unique is, “Pledge of Allegiance” put to music by the same composer as “God Bless the USA,” Lee Greenwood. This little bit of Americana will motivate you and lift you up. The show is done in good taste with emphasis on fun.

Mark your calendar for Friday, July 12th at 7:30pm in the AR. Doors open at 6:45pm. 2024 Showtyme members, no charge, non-members pay \$5 per person. 2024 membership is available at the door. A 50/50 raffle has 2 lucky winners. Please bring friends & neighbors for an evening of memorable music and lots of spirit. By the way; bring and wear your red, white & blue to the celebration.

Please contact Jennifer with any questions at 805-383-1518.

‘Crimes’ to Play
in October

Village Theatre - Roger Florio

The new Village Theatre group is excited to announce it has selected its first play, which will hit the AR stage for several performances in October.

Crimes of the Heart received its New York premiere in 1980, and in 1981 it won both the New York Drama Critics Circle award for Best American Play, and a Pulitzer prize for Drama.

It’s a Southern Gothic tale set in small town Mississippi, with large doses of both pathos and humor. The play centers on the three eccentric McGrath sisters, who, when the

play opens, are struggling to come to grips with the ghosts of their past, as well as an immediate crisis faced by the youngest sister. An old flame, a new lawyer, and a gossipy cousin round out the cast.

The play will be directed by Village stalwart Richard Weiss, last seen knocking ‘em dead in the iconic role of Tevye in *Fiddler on the Roof* and Helene Cohen’s *Little Pharma*. Look for more information about the play and the cast in upcoming issues of Inside Leisure Village.

If you have an interest in helping Village Theatre behind the scenes (e.g. costuming, sound, lighting or sets), watch this and our Clubs Section news for information on ways you can get involved with Village Theater.

Do you wish to volunteer your time
helping community theater

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AROUND THE VILLAGE

2024 Leisure Village Election Results



Photo by KELLY NELSON

Christi Moore on the left with Jim Murchie, Richard Loomis, Ruth Stubba, Marlynn Block and Chuck Kiskaden photographed after the election results in June.

On June 20, 2024 The Leisure Village Association Annual Meeting was held. Results of the election for the LV Board of Directors is as follows:

Quorum Met:
1,069 ballots needed
1,137 ballots received

Ballot Results:
Marlynn Block – 811
Ruth Stubba – 779
Bob Bueling – 478
Robert Kulick – 89

Board Positions for 2024/2025:
President – Chuck Kiskaden
V.P. – Marlynn Block
Secretary – Ruth Stubba
Director-at-Large – Richard Loomis

Tax Resolution to allow HOA
to carry funds over from one tax
year to the next:
Passed – 1,039 Yes / 19 No

FrontSteps LV Website Training is Coming

■ Mark your calendar for Thursday July 25th

FrontSteps is the new internet-based application that will help you with many aspects of living and communicating in Leisure Village. This project is in its early phases. New features and abilities will continue to be brought out as developed. There are many features currently available and working. Let us help you navigate and learn about this important resource.

This training / orientation will be held Thursday, July 25th from 10am-noon, in the A/R. FrontSteps training will include live system demonstrations, a Q&A and one-on-one support. Bring your fully charged devices including: laptops, tablets (iPads), or mobile phones. Be sure your devices have received and downloaded all current updates. Have your necessary log-on IDs and passwords ready.

Check with the Administration Office (805-484-2861) to ensure your correct current email is on file. If not or if you're unsure, go into the Administration Office and complete a new AIF (Association Information Form) prior to July 25, 2024. Please be aware that receiving eNews does not mean the office has your current email.

To help the training team prepare - email your specific questions (not complaints please) about FrontSteps in advance to: townhall@leisurevillage.org

The training session will be televised live on LVTV, Channel 1390, and rebroadcast on future dates. If you have not registered yet, be prepared by creating your new Password for FrontSteps and having it ready before you come to the training!

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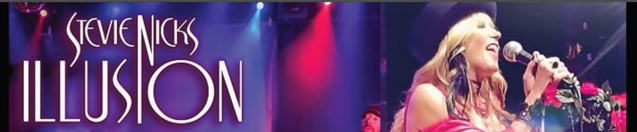


Mark is an international headliner who's worked with Robin Williams, Jerry Seinfeld, Sinbad, Rodney Dangerfield, Jeff Foxworthy, and many more. He brings the best in Comedy to High Street.



LEGENDS OF ROCK

Friday
August 9



Saturday
August 10



Friday
August 16



Saturday
August 17



Friday
August 30



Saturday
August 31



Sunday
September 1



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Village Profile

Continued From **PAGE 1** —

to say thank you. Long story short, Lee Ann and John have been a couple since 1986 and married in 2002.

John was born in Minneapolis, MN. When his father retired from the Postal Service in 1957, the family moved to Van Nuys, CA where they bought a house near where John's sister was teaching. John had started playing drums in elementary school & continued to do so through high school. Even though he was so passionate about playing music, his parents discouraged him from making a career in the music world.

So John put aside any such thought and decided that he would study optometry instead. (It may seem an odd choice for an ardent drummer, but John had two uncles who were ophthalmologists, so that tilted the scales.) He attended L.A. Valley Community College, UC Berkeley & the Southern California College of Optometry from which he earned his Doctorate of Optometry degree. From 1968 to 2023,

he ran his own optometry practice in Santa Monica, ably assisted by Lee Ann. Unfortunately for John, his office was destroyed during the George Floyd protest riots in downtown Santa Monica in May of 2020. A year later he had a stroke and was advised by his doctors to retire and not to drive. By this time, John had had his practice for over 50 years and loved his work so much that he had never taken a sick day and only occasionally a short vacation. So, not unexpectedly, retiring took much readjustment.

John was having increasing difficulty in negotiating the stairs to their second floor apartment. Additionally, their apartment did not qualify for FHA mortgage financing and Malibu was becoming a very expensive place to live. In all, moving elsewhere became an imperative.

Leisure Village was the perfect solution to the Elman's problems. Here John is able to live his childhood dream of playing the conga drums as he has joined the Groovin' Easy Swing Band and plays every Tuesday in the Assembly Room here. The band members have given



Courtesy LEE ANN ELMAN

The couple in their younger days – Lee Ann in 1979 photographed at a dance studio while rehearsing, on the left, and John doing what he loves most - playing the drums, on the right.

him the nickname of "Conga John."

Just like everyone whose profile I have written, they like it so much in LV that they wouldn't want to

live anywhere else. They love the friendliness of the Villagers, all the facilities that are provided and the relaxed, unpretentious atmosphere.

AROUND THE VILLAGE

Be Kind to the Animals...Please

By Phyllis Humble

Leisure Village residents have recently reported a number of dead rats and squirrels in the community. There is a concern that individuals are putting out rodent poison, not realizing how destructive this is to other wildlife, the environment and our many dogs.

Rodenticides inflict a slow painful death to rodents and other animals. Once eaten, the animal becomes sluggish and debilitated, easy prey for other wildlife, poisoning them as well. A recent study by

the WildCare organization (a non-profit for wildlife protection) found nearly 80% of rodent-consuming wildlife tested positive for secondary rodenticide poisoning. This effect, known as the "toxic food web," is devastating to the surrounding birds and wildlife we wish to protect.

If you or someone you know is putting out poison, the long-term effects are catastrophic to our environment. There are other, more humane means of deterring or eliminating rodents. The animals and many of us in The Village appreciate your attention and cooperation to this issue.

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A photograph of a woman with long brown hair hugging an elderly man with white hair from behind. They are both smiling and appear to be outdoors at night, with blurred lights in the background. The woman is wearing a red and black plaid shirt, and the man is wearing a white shirt. The image is partially covered by a dark blue gradient at the bottom.

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THE HEALTHY VILLAGER

By Jeannie
Davis, PT, MPH

The Gut and Brain Connection and Your Microbiomes

Researchers have identified a connection between the gut and the brain as the gut is full of nerves and is now sometimes called the second brain. The connection between the gut and brain affects mood, digestion and the way we think. Information is also transmitted from the gut to the immune system affecting mental health and general health. The gut contains microbiomes which are microscopic organisms including bacteria, fungi, viruses and other microbes. In fact, each of us has more DNA from our microbiomes than our own cells in our body. These microbiomes that live with us help digest food, destroy bad bacteria and help control the immune system. It is estimated that 80% of the immune system is within the gut.

There are many ways we can improve gut health. Make sure to effectively digest food by being relaxed when eating, eat slowly, enjoy the taste and chew well, stay away from processed and junk food, drink enough

water to be hydrated, and stay active physically. The key to gut health is to eat the best types of food that can boost gut and mental health. Increase fiber intake as it improves overall memory, mood and fosters a healthy gut and helps the digestive tract to feel better. Go outside to increase vitamin D and eat foods rich in vitamin D (as allowed) such as eggs (especially the yolk), tuna, salmon, oranges and fortified milk. Consume enough lean protein such as nonfat plain Greek yogurt, lean chicken/turkey, fish, broccoli, steel cut oats and nuts. Having foods with Omega-3 fatty acids help lower cholesterol, increase cognition and memory, and reduce sugar cravings. Walnuts, salmon, sardines and flax seeds have Omega-3 fatty acids in them naturally.

Changing the microbiome to be more balanced and healthier can be done by lifestyle changes. Dietary changes also include increasing the consumption of fresh/frozen veg-

etables, cutting out processed and sugary foods, taking probiotics with live cultures, and avoiding antibiotics whenever possible. Add prebiotics to the dietary intake such as whole grains (not enriched flour products), apples, leeks, onions, garlic, cocoa extract, bananas, nuts, seeds and beans/lentils. Eat some fermented foods such as pickles, kimchi and kefir. Cut back the consumption of beef, especially beef that has been fed antibiotics which is detrimental to the gut. Prioritize sleep as poor sleep increases the risk of disrupting the microbiome balance and increases the risk of developing inflammatory diseases. Staying active physically results in microbiomes being healthier and more diverse. Stress can nega-

tively affect microbiomes and healthy microbiomes are necessary to help manage stress.

Try to eat a rainbow of colors by mixing and eating a variety of plant-based foods with different colors. Eating a Mediterranean diet is linked to a more diverse and balanced microbiome and more positive outcomes. When we have a balanced life, it will support mental and emotional health and optimize gut and overall health.

Editor's Note: Jeannie Davis is an LV homeowner 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.

AROUND THE VILLAGE

Library Art Display Features Luminous Watercolors

Watercolorist Carol Rayle is the Artist in the Library for July and August.

She grew up in the San Gabriel Valley and says she was an artist all her life —“I remember my kindergarten teacher liked my frog,” she said.

Rayle earned a degree in art at UC Berkeley, explored all media but worked in oil paint most of her life. She was an elementary school teacher for 40 years and director of the gifted program in her district. “So I could plan my own programs and I would

always do an art lesson,” she said.

It was after retirement that Rayle fell in love with the watercolor of Dorothy Harmes at a Showcase House tour in Pasadena.

“I just loved her style,” she said. “It was splash and go and that’s what I wanted, the looseness and luminosity of it.” She took classes with Harmes in San Marino.

“Because it was really free and easy, it was a nice transition,” she said. After retirement, Rayle and her hus-

—Please see **PAGE 11**



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AROUND THE TOWN

Family History Lectures Ventura County Genealogical Society

On Saturday afternoon, July 20, 1:00 to 4:00pm, the Ventura County Genealogical Society will present two speakers. The first is Tina Beard, speaking on "Maps and Trails: Common Migration Paths from the 17th Through 19th Centuries," followed by David Flint on the topic of "Marriage Records in England." This lecture will take

place on Zoom.

All VCGS lectures are free and open to members and the public. Members will receive a Zoom invitation by email. Non-members may request a Zoom invitation at <https://venturacogensoc.org/request-invitation-to-lecture/>. Please note that VCGS cannot respond to same-day requests.

Friends of Camarillo Library Seeks Volunteers

The Friends of the Camarillo Library is a registered 501(c)3 non-profit supporting the Camarillo Public Library. It is an all-volunteer run organization. Since 1974 it has worked diligently to raise supplemental funds for the Camarillo Library. The group runs a bookstore selling gently used books and media and participates in community outreach to bring awareness to our organization and the resources available at the Library. Funds are also raised through yearly membership dues and public donations.

This money goes directly to support the Camarillo Public Library.

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

Please consider volunteering in the Friends Bookstore to help continue these efforts. Information about opportunities is available on our website <https://www.friendscamarillolibrary.org/volunteer>. Or stop by the Bookstore (located adjacent to the Camarillo Public Library) to pick up an application.

Watercolorist

Continued From **PAGE 10** —

band lived in Mariposa in the Sierras for 15 years.

She downsized and moved to Leisure Village four and a half years ago after her husband died.

"I moved in two weeks before the lockdown," she said. "So it was a very slow start for me, moving into an area I didn't know."

She has continued to paint in watercolor and says her style is getting looser because her failing vision makes it harder to paint details.

"Now I just splash colors and see where it goes," she said, reading a quote she likes that expresses her feelings: "It's watercolor... you can ask it nicely, but you can't boss it around!"

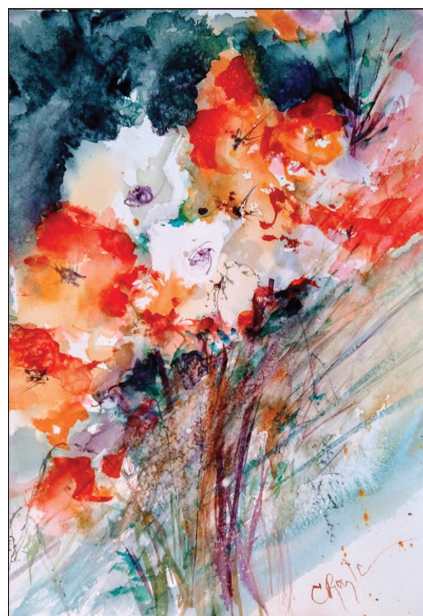


Photo by Nicole D'Amore
Colorful and expressive still-life by Carol Rayle can be seen in the LV Library.



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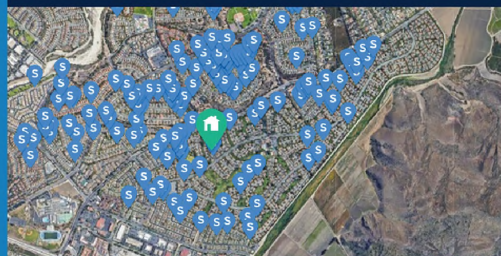
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A WORD ON WINE

By Barbara
Senior

Wine and Chocolate: Friend or Foe?

Wine and chocolate pairings are very challenging to pull off. Both chocolate and wine have tannins in them, and this is the reason the back of your mouth feels dry after taking a sip of dry red wine or eating a morsel of dark chocolate. But pairing dark chocolate with a tannic red wine is asking for trouble. The tannins in each will clash, making everything taste bitter. However, with a bit of flexibility and delicious experimentation, there are some wine and chocolate pairings that can work.

A good rule of thumb is to pair wine that is slightly sweeter than the chocolate being eaten with it. That said, sweeter doesn't mean more sugar. A wine that's full of ripe fruit flavors can be a good match for chocolate. After all, fruit and chocolate are a classic winning combination.

Many California Red blends evoke flavors of cherry, raspberry and blackberry that can go well with chocolate. Merlot is also a winner, full of sweet, plum notes that are almost chocolate-like. Other dependable pairings are sweeter dessert wines like Quady's Essentia, a fortified orange muscat and Graham's Six Grapes Port.

A good milk chocolate is about half chocolate and half cream—and the extra fat from the cream makes it one of the easiest "true" chocolates to pair with wine. Try pairing it with a sweet wine like Moscato or cream Sherry.

White chocolate is silky, with nutty notes and very sweet. Though not technically chocolate, as it's not made with cocoa, it's still a crowd pleaser. The best white chocolate pairings are made with sweet dessert



wines or a tawny port.

Nevertheless, there will still be folks who want to enjoy their wine separate from their chocolate. Not everything has to go with wine all the time. And certainly, chocolate is one of those things. You can love chocolate, you can love wine, but sometimes you just don't love them together.

Water Rates

Continued From **PAGE 1** —

Our sewer charges are based on the number of residential, Recreation Center and Administration connections. The current rate is \$43.05 per month per connection. By July 2028 the rate will have increased to \$74.08, a 72% increase in sewer rates. Our annual fiscal year impact in the last year of scheduled increases will be a \$710,506 increase over current rates per year. That is a \$332 increase per residence per year.

Our Meter Charge (really an infrastructure charge) is also based on the number of connections to each building in the Village. There are 2136 homes and 25 Admin. Buildings. We pay a "master metered" reduced rate compared to the individual homeowners with meters served by Camrosa. The current rate is \$6.56 per month per connection. By July 2028 the rate will have increased to \$10.29, a 37% increase in water meter rates. Our annual fiscal year impact in the last year will be a \$83,050 increase per year. That is \$39 more per residence per year.

Our Household (Potable) water is charged by our usage in hundred cubic feet (HCF) units. We use about 100,000 HCF per year. The current rate is \$4.01 per HCF. By July 2028 the rate will have increased to \$5.26, a 31% increase in household water rates. Our annual fiscal year impact in the

—Please see **PAGE 14**

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ART IN THE VILLAGE

By Nicole D'Amore

From Cab Driver to Carnegie

David Singer is a world renowned, Grammy winning clarinet player, but along the way he also worked as a cabbie in New York City and sold welding rods in Seattle. He recently wrote a book detailing highlights of his journey, "From Cab Driver to Carnegie Hall."

A Leisure Village resident for the past 12 years with his wife Barb and various pets, Singer's musical journey began in Canoga Park.

"I was interested in baseball and I was interested in girls, not necessarily in that order," he said. When he was about 10, a girl he had a crush on entered a talent show so he decided to enter too. His father was the band director at Canoga Park High School and asked David what he planned to do. He had brought home various instruments for his son to try.

The cello and violin were challenging, he said.

"I couldn't buzz my lips on the

trumpet but the clarinet just seemed to fit."

His dad taught him the song, "Long, Long Ago."

"I learned the song and entered the show and beat the girl and she had less to do with me than before," he said. But he continued with the clarinet.

In 1962, when Singer was 12, his dad took a year sabbatical and the family went to Europe where his parents were from. In Austria, he was introduced to Rudolf Jettel, the principal clarinetist of the Vienna Philharmonic, who took him on as a student. Jettel invited Singer to turn pages for him during the opera season performance.

"It couldn't have been any more eventful than if I had been the batboy for the LA Dodgers," he said. "You were at the top of the top of the music mecca. Hearing the singers, the emotion, I just fell in love with expressing feelings through music. That was the



Photo courtesy David Singer

David rehearsing and being recorded by the BBC in London.

experience that really changed my life."

He was offered a scholarship to stay but went back home with his parents and continued his study of the clarinet, going back to Vienna in his early 20s and resuming his study with Jettel. In his late 20s he was a soloist in the Orpheus Ensemble in the music hall in Vienna where he had turned pages for Jettel. "This

time I was a soloist and Jettel was an old man in the audience," he said.

"Nothing was easy for me," Singer said, describing his journey. He went to Curtis Institute of Music in Philadelphia where there was only a three percent acceptance rate.

"It's free but you are practicing all day long," he said. He missed

—Please see **PAGE 14**



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David Singer

Continued From **PAGE 13** —

California, the beach and baseball and hated gloomy Philadelphia. One day he was practicing when the fire marshall pounded on the door evacuating everyone. He left his clarinet on the floor and went to a friend's house. All day long sirens blared and the fire burned.

"I said to my friend, if the place burns, that's God telling me I should be doing something else."

I went back and the whole other side of the street was burned. I walked in, there was my clarinet, nothing changed."

He was invited to perform with the Marlboro Music Festival by famed pianist Rudolf Serkin, who chose Singer to record with him.

"I started to have success," he said. "When I started playing with Orpheus, members didn't get paid. That's the story of a musician, you do anything to be heard. Soon after I joined I got an opportunity to substitute at Carnegie Hall."

To supplement his income and support his daughter he drove a taxi

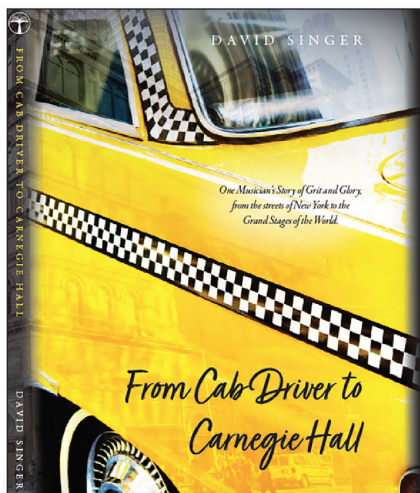


Photo courtesy David Singer

Photo of the book cover "From Cab Driver to Carnegie Hall".

in New York City.

"I played for President Carter while with Marlboro and went back to New York the same day to drive my cab," he said. He played for the Clintons with the Lincoln Center Chamber Music Society at one of the last parties before Clinton left office.

In Seattle he sold welding rods to supplement his income, sometimes fending off guard dogs at the shops he sold to.

He was professor of clarinet at

Montclair State University in New Jersey for 23 years and awarded emeritus status in 2012.

Singer was principal clarinetist of the Grammy Award winning Orpheus Chamber Orchestra and the New York Chamber Symphony, performing around the world. He won two Grammys and has appeared on over 100 recordings. Top names he has performed with include Serkin, Yehudi Menuhin, Yo-Yo Ma and Pinchas Zukerman. He co-starred with Stockard Channing in the play, "The Lady and the Clarinet," performing the entire musical score unaccompanied.

There is not enough room to list all the groups Singer has played with, the venues he has performed at and the awards he has won. A New York Times review called him "an exceptionally gifted clarinetist."

Here in Camarillo he continues to teach through local schools and privately. In addition, he does charitable performances whenever he can, a mitzvah, he said.

Singer wrote the book in part to deliver a positive message about overcoming challenges. It is available through Amazon and Barnes and Noble.

Water Rates

Continued From **PAGE 12** —

last year will be a \$102,270 increase per year. That is \$48 more per residence per year.

The one bit of good news is that irrigation (non-potable) water rates will not change over the five years. Since we use over 300,000 HCF of irrigation water, this is a major savings since the Village expected year-over-year rate increases. The total cost increase of all Camrosa charges is \$852,000 per year – four fiscal years from now. That is a \$400 increase per year per residence (\$33.25 per month).

We can use conservation to reduce the household water increase. We can reduce our irrigation water usage to save money. Sewer and water meter charges are flat rates and not subject to conservation on the Village's part.

The new water rates are coming. There will be an impact on future HOA rates.



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CLUB NEWS

LV WOMEN'S CLUB

By Barbara Cogert

Important WC Event Dates for July: Thursday, July 11th – WC Annual Free Bingo night! Get ready for a fun-filled evening with cash prizes, light refreshments, and one free Bingo packet of ten games. The doors open at 6:30, play will begin at 7 pm. Non-members admission \$10. Remember, Women's Club membership is \$10 per year. So ... you can become a member for the remaining five months of 2024 and play Bingo for free. It's a win-win! Additional ten-pack Bingo games will be \$5 each. Daubers may be rented for a small fee. For information: Meryll Russell 805-405-0411, call or text.

Donations will be accepted for Food Share and the Lighthouse for Women and Children. As always, we appreciate your spare coins hitting the bucket for our 'Change for Change' initiative, which supports local community projects.

Women's Club donations for 2024 to date: \$3200

Monday, July 22nd: This is a new WC event requested by our members. This event is free. Everyone is Welcome - Bring your friends and neighbors. Casual Games Day in the AR from 1–3 pm. Join your friends and make new ones for a "Casual Games Day" on the third Monday of each month. Games are provided, or you can bring your own—Mexican Train, Rummikub, Hand and Foot, Scrabble, Puzzles, and many others. Bring your snacks and drinks. For information: Meryll Russell 805-405-0411, call or text.

For additional information about the Women's Club, Call Cecilia Castoro at 805-402-6238 and check out our website: leisurevil-lagewomensclub.com

WII BOWLING

By Lois O'Connor

The Spring Fling Tournament was fun. The participants bowled in their regular sessions the week of May 20th. The 40 participants were divided into three groups based on averages. The top three bowlers in each group received prizes.

Group A top three bowlers were:
1 Crome, Barbara 198 38 223 204 243 670 113 783
2 Chass, Barry 241 3 232 279 259 770 9 779
3 Finch, Chris 189 45 208 191 202 601 136 737

Group B top three bowlers were:
1 Noorda, Glen 171 59 181 225 205 611 178 789
2 O'Connor, Lois 174 57 202 217 198 617 171 788
3 Barbula, Carla 178 54 159 246 173 578 162 740

Group C top three bowlers were:
1 Davis, Bev 152 74 210 170 158 538 223 761
2 Lubracki, Sharon 151 75 200 138 175 513 226 739
3 Searcy, Donna 142 83 146 186 155 487 248 735

This past month two of our bowlers joined the 2024 300 (perfect game) group. The new 2024 '300' members are Millie Seidman and Barry Chass. Our 2024 Perfect Game group now has a total of four

members and is looking forward to increasing their membership. GO Wii BOWLERS!

Upcoming is the Red White and Blue Potluck and Tournament on Saturday July 13th in the Santa Rosa Room. The semi-annual meeting starts at 11:00 and is followed by the potluck and tournament.

The club has four bowling sessions. Each session may have up to sixteen bowling participants. The Wii bowling room is in the Village Club House Ventura Room. If interested in participating, contact club president, Debra Pettit at 805-504-6774.

RACQUET CLUB

By Sharon Wilson

I hope everybody has had the chance to see our beautifully resurfaced paddle and pickle courts. Be sure to wear tennis shoes when you're playing.

The next pickleball tournaments will be Saturday July 20th, September 28th and November 9th. Paddle tournaments will be July 27th, September 21st and November 16th. Sign up sheets are on the bulletin

board along with free lessons. You will want to sign up for this one!

Gary will present a skills clinic using our ball machines on October 12th from 10:00 am to noon. This will be paddle, pickle and tennis. It is free for members and \$5 for non-members.

The summer picnic is set for August 10th from noon to 4:00 pm. Anyone wishing to join the volunteer committee please see Sharon Wilson or any other board member. Tickets will be available soon. Look for members selling tickets at the courts. \$5 gets you your choice of a beef burger, veggie burger or hot dog. Bring a side dish, BYOB.

Hope you can attend our club happy hours on the 3rd Friday of each month through October. Bring an appetizer and your racquet. Eat and play or watch.

See you at the courts.

COACH'S CORNER

Fall free pickleball lessons are on Mondays and Fridays 12:30 to 1:30 at pickleball courts. Introductory lessons (rules, scoring, basic play) are July 9th and July 12th – attend one or both. We have rackets if you don't.

Continue with full lessons start—Please see **PAGE 16**

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CLUB NEWS

Racquet Club

Continued From **PAGE 15** —

ing on July 16th through August 2nd. Just show up for one or preferably both lessons each week.

To sign up for notifications (reminders and changes) contact Dirk at 805-217-0227 or dirk.feild@yahoo.com or Lynne at 805-233-2312 or lynnevent@yahoo.com or sign up at bulletin board near tennis/pickleball courts.

On behalf of the racquet club, Lynne and Dirk hope to see you at the courts! Come on out, I mean really: it's free!

GRAPES R US WINE CLUB

By Jan Bender

Una Notte Italiano was the theme for the club's June presentation. Italian wines were tasted in conjunction with an Italian meal served by Ottavio's restaurant. Guests were greeted with a Santi

Nella Prosecco, and three wines were on each table for self-serve. The white wine was an elegant Pinot Grigio from Tesoro Della Regina winery. The two red wines were Chianti Classico Riserva and Barba Vasari Montepulciano. Chianti is made using dark purple Sangiovese grapes, which can produce a medium bodied wine like Chianti, while the Barba Vasari is made from old vine Montepulciano grapes, which can produce a full-bodied red wine. Both wines were equally enjoyable.

The theme of the July 19th tasting will be Red, White, and Blue, in acknowledgement of the American and French Revolutions, which both occurred during the last quarter of the 18th century, and which are both commemorated in July. This evening will be outdoors in the pavilion, and it will be an opportunity for you to bring appetizers or any type of finger food to share with your table of 8.

If you wish to join our monthly wine tasting sessions, call Barbara Senior at 805-303-1518, or send an email to grapesruslvwineclub@

gmail.com. Either email or phone call will get you on our mailing list, and there is no membership fee. You can then sign up for each tasting session, which is \$15 per person, and bring 2 wine glasses and some water. We look forward to seeing you.

VILLAGE ARTS

By Patti Crichton

Thank you to Village Arts members who brought a variety of dishes to our June potluck picnic and helped with the setup, serving and cleanup. We had a good time and some were lucky to win a raffle prize.

We will take a break from meeting in July, but make sure you mark your calendar for the Wednesday, August 7th meeting to see a pastel demonstration by Pamela Salem in the MPR at 1pm.

Kathy Whitesell will be offering her popular watercolor classes on July 15th at 1pm and Friday, July 19 at 1 and 2:30pm. Text Patti Crichton at 805-760-7673 to sign up, \$10 for members, all materials included.

Check out the latest paintings in the Courtyard glass case.

Barb Mathis has started up collage classes and will schedule workshops for the last Monday of the month, in the Lanai Room at 1pm, \$10, all materials included. Text Barbara at 818-314-9939 to sign up for the July 29th session.

Carol Rayle will be displaying her paintings in the LV Library during July and August.

Enjoy a creative summer!

LV PHOTO CLUB

By Chuck Morrow

The Leisure Village Photo Club held the monthly meeting on June 6th, in the MPR. The club had a special narrator for the photos, Dr. Peng, a local foot and ankle doctor and amateur photographer. Dr Peng comments by the members in attendance were well received. This month's judging of photos submitted was completed by the members in attendance and winners selected. The vote tally was conducted by Richard Bogoshian and Chuck Herrera.

The winners for June were: Assigned Category – Bob Pinchak – “Going up”
Open Category – Gerry Beane –

“Mikinos”

Mobile Category – David Pepper – “Cloud Steaks”

The current treasurer Gerald Beane resigned due to health reasons and Bill Margulies, the former treasurer, stepped up and filled the vacancy. The Photo Club is still looking for a Vice President and Secretary if any of the members are interested in either position, please contact Roya.

The theme for the July 4th meeting is “Flowers” and be sure to check out the educational meeting on the third Thursday of each month in the MPR. Admission to the Photo Club meeting is free for Leisure Village residents so come and enjoy the fun.

For further information contact Roya Parsay at 831-869-7698.

BILLIARD CLUB

By Patrick Price

The 9-ball tournament began on July 8. It may still be going on (until Friday, July 19 for finals) when you see this. Drop by the Billiard Room to check it out Tuesday, Thursday and Friday of the two weeks starting July 8. Tournament Awards will be presented at the Billiard Club membership meeting on July 23 at 6:30 PM in the MPR. Everyone had a fun time at the annual Picnic in the Park.

Our next event is the Ice Cream Social which is scheduled for August 18. More details to come in the August ILV issue. The Wednesday League (10 am Wednesdays) and the Thursday night Social Round Robin at 6:30 (be there by 6 to get your name on the list) continue. Contact Kathy Wirtz 818-445-1057 for membership.

MEN'S GOLF

By Tim Palmer

Leisure Village Men's Golf (LVMGA) is seeing some excellent golf by the members. Several holes-in-one have been recorded recently, including Walter Wilson who aced hole number four on May 14 and Jim Murchie who shot a “one” on number 16. Great play, gents!

LVMGA's most recent Regulation Tournament was held at Sterling Hills and members did some impressive scoring. Bruce Hochstadter won A Flight with a 79 gross score on the

—Please see **PAGE 17**



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CLUB NEWS

Men's Golf

Continued From **PAGE 16** —

difficult layout. Mike McGann finished second in the flight with a net score of 77, which was his second consecutive second place in Regulation Tournaments. Max Chopra won B Flight with net score of 70, which was his second consecutive B Flight win in as many Regulation Tournaments. Dan Turner finished second in B Flight.

A most recent addition to the LVMGA website is some interesting information on John Wirtz, a recently passed member who had a large impact on the community. The article is titled "Some Who Played Through" and it highlights some of John's many contributions. Click on <https://sites.google.com/view/LVMGATEST>

LET'S DANCE CLUB

By Patrick Price

Let's Dance is proud to present the music of Psychedelic Roadshow in July. The July dance, which is the third Saturday of the month, is on July 20 from 7:30-10pm. Admission to Let's Dance is just \$10 per person. For that low price coffee, water, and punch will be provided as well as dancing the night away. It's BYOB for anything else.

Let's Dance wants to thank all the great volunteers that are caring for us. More are always welcome. Contact Sue Lind at 559-304-1650 if you would like to help the others. The dancers and spectators make Let's Dance successful and are appreciated. See you there!!

TAI CHI

By Chuck Morrow

The Spring Tai Chi – Moving for Better Beginners' Class is more than half over and students are progressing through 8 Forms.

It is not too early to think about the fall Tai Chi class which will be held here in Leisure Village beginning September 4th. The class meets on Mondays and Wednesdays from 3:30 to 5 pm in the Santa Rosa Room and the class will run from September 4th to mid-December. If you are interested in signing up for the September class, please email cmorrow@hotmail.com.

WOMEN'S GOLF

By Patti Crichton

The Club Championship winners are: Sharon Price for the 18's and Kerry Williams for the 9's. Great golfing, ladies!

The Summer Eclectic Tournament will be played on July 17th and July 24th. Members, be sure to sign up to play.

Our monthly meeting is Wednesday, July 10th in the Garden Room. Snacks, chats and 50/50 tickets at 1:30, business at 2pm.

Jacob Lusk will be back on Monday, July 15th to provide a putting clinic for members. Meet at the putting green at 9:30am. We learned some great tips at his chipping clinic in June.

July 31st is the fifth Wednesday of the month so it will be a fun 9r/18r mixer, followed by mimosas. See you on the fairways!



Courtesy Photo

A salon of writers discussing prose and style, keeping literary life living.

WORKSHOP FOR WRITERS

By Mark Sconce

The Literary Salon Is Back! Serious writers gathered at Pat's Literary Salon, Wednesday, May 22nd to cuss and discuss their latest prose and poetry. The atmosphere was amiable but workmanlike; the presentations were crafted with care.

Whether members realized it or not, their gathering and participation placed them in a long and honorable

tradition of such meetings beginning in 17th century Italy, then flourishing in 18th century France. A brief search reveals that literary salons pop up in nearly every culture that nourishes writing and artistry of every kind. Notable writers down through the ages were committed to the idea that good writing is a goal worth attaining whether cuneiform on clay, hieroglyphics on papyrus, quill on paper or fingers on keyboard. In our small way, Workshop For Writers is a custodian of a venerable tradition and craft that minces no words.



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CLUB NEWS

VILLAGE THEATER

By Roger Florio

Village Theater is a new entry to the list of Leisure Village clubs. If you have an interest in helping Village Theatre behind the scenes (e.g. costuming, sound, lighting or sets), watch this and our Clubs Section news for information on ways you can get involved with Village Theater.

PET CLUB

By Shawn Baker

The Pet Club will host a picnic on July 18th, Noon - 2:00 Build your own Hot Dog Bar. Fun and Games. Get your ticket by July 12th from Shawn Baker 805-233-1725 or Cecilia Castora 805-402-6238. \$5 members \$7 Non members

Regularly Scheduled Club Meetings and Activities

Bingo - Wednesday @ 6PM in the A/R. Doors open at 4:45. Contact: John Herrera - 805-419-4195

Bone Builders - RSVP (Retired Senior Volunteer Program) sponsored Bone Builders Classes are held 8 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 Monday and Wednesday at 8:15am, 9:30am and 5:30pm. Tuesday and Thursday at 6:00pm. These are not drop-in classes; registration is required. For 8:15am class, call Ma-mata 805-558-9360, for 9:30am class,

call Fan 805-405-5018, for 5:30pm class, call MaryAnn 805-390-1909, for 6:00pm class, call Marie 732-407-1816.

Duplicate Bridge - Monday and Wednesday evenings at 6:45PM in the Garden Room. For info call Vonnay Brook @ 805-586-7155 or 909-225-6100 (mobile).

Line Dancing - Friday 2-3:30pm for beginners in the A/R. Deborah at: c_dbjornberg@yahoo.com.

Great Decisions - 4th Monday 9:30am in the Sun Room.

Music and Motion - Fridays 9am to 10am in the A/R. Info: Margie @ 805-437-6100 or margiegrm@aol.com.

Needleworks - 1st, 3rd and 5th Friday in the Garden Room. 2nd and 4th Friday in the Lanai Room. All meetings schedule at 9:30am - 11:30am. Info: Nancy Baumgarten - 805-377-2805.

Save our Sight and Hearing - 3rd Thursday of the month in the Sun Room. Info: Terry Connor, 805-482-7806.

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DEADLINE for the next publication is 5pm on Monday, July 15.

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

FOR SALE: Stationary Bike, hardly used \$175 or best. Single bed with headboard & sheets \$100 or best ,Call Nancy 805-702-4009 ndeanto@gmail.com

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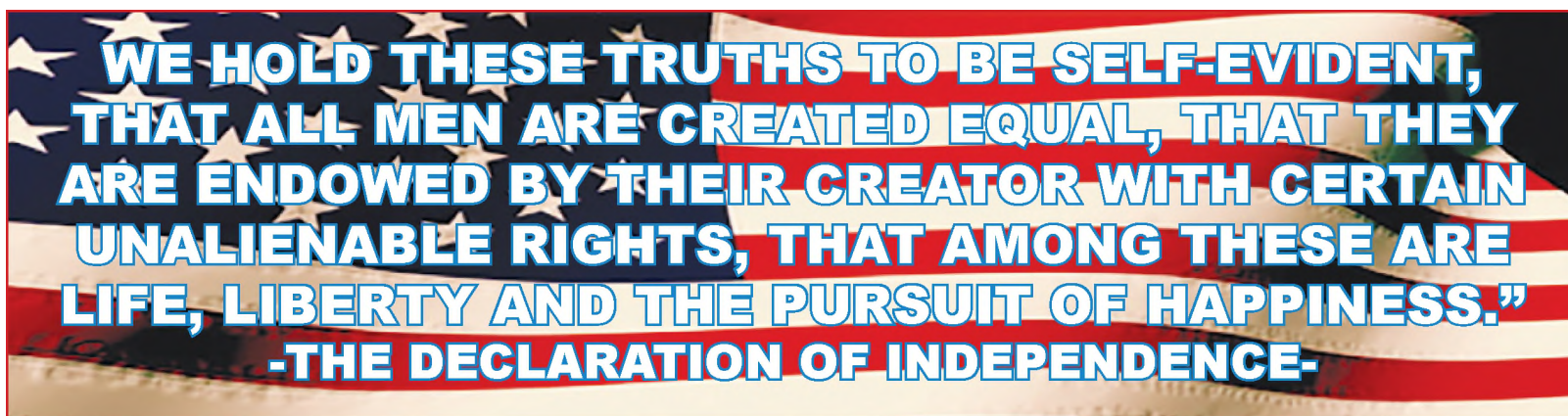
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This month we would like to pay tribute to America and the liberty we enjoy as a result of the actions and sacrifices of our founders. As Rudyard Kipling said in 1889, “All we have of freedom, all we use or know – this our fathers bought for us long and long ago.”

July begins with celebrations of America’s founding, honoring the historic day of July 4th, 1776 when 56 brave men met in Philadelphia to sign The **Declaration of Independence** to break away from England’s rule and tyranny. This document went head-to-head against the prevailing form of government that existed both at that time, and indeed that had existed throughout world history. These brave men paved the way for a new form of government of the people, by the people, and for the people that changed the course of human history. Knowing their actions would cost them dearly, the signers courageously claimed “**for the support, of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.**”

It has been said that **the Declaration was the promise, and the Constitution was the fulfillment of that promise.** The Constitution provided the “how” to the “what” of the Declaration of Independence. “The Constitution designed a government from whole cloth then strictly limited its scope — both unheard of at the time. The Constitution’s quiet effectiveness is the reason we loudly celebrate the Declaration of Independence today.” [quote from J.T. Young on The Federalist, 7/4/18]

Want to brush up on American history, the Declaration of Independence and U.S. Constitution? Good news!... we have put together resources on our ‘Barlows Got Your Back’ section of our website where you can ‘freshen up’ on these topics. There’s even a link to free college courses taught by experts, as well as links to virtual tours of some of America’s treasures.

“Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.”

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