

INSIDE LEISURE VILLAGE

VOL. 43 NO. 9

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

SEPTEMBER 2, 2022

BRITISH INVASION FLASHBACK

VILLAGE STYLE

PETER ASHER

OF PETER & GORDON



THE LV PHOTO CLUB PRESENTS:
AN EVENING WITH PETER ASHER

SUNDAY OCTOBER 2 @ 4PM
IN THE LV ASSEMBLY ROOM

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Peter Asher in LV

By Jon Niemann & Gregg Gillmar

Some will say "...if you remember the 60s you weren't really there..." Well, that may be true for some, but it is definitely not true for Peter Asher. He was there – a charter member of the great British Invasion of the music establishment. He actually remembers it all. Peter Asher is coming to Leisure Village to share his memories with us.

Peter and his friend, Gordon Waller, were better known as "Peter and Gordon." You probably know their music, and when you hear it played, experience a warm sense of nostalgia. In the mid-sixties they had a string of hit songs, including "Lady Godiva," "A World Without Love" and "Woman." In addition, he was the ultimate insider and eyewitness to the birth of the Beatles, Rolling Stones and countless other groups and performers of that incredible musical era.

Being a talented music leg-

end would not be enough. Peter also discovered, managed and produced other musical legends, including James Taylor, Linda Ronstadt and many more. He remains a very active, in demand performer. Peter maintains a busy calendar of live shows and performances around the world as well as a steady gig as host of the "From Me To You" show on the SiriusXM Beatles Channel.

The Leisure Village Photo Club has invited Peter to join us in the AR at 4:00pm on Sunday, October 2nd to perform, share videos from his career and reminisce about his friends in the music industry. Proceeds from this event will go towards updating frames and photo displays in the Rec Center and Clubhouse.

A limit of 224 tickets are available for this event. You will want to order right away to get the best seats and experience a tremendous show and opportunity to spend time with a music legend here in

—Please see **PAGE 9**

VILLAGER PROFILE By Jon Niemann

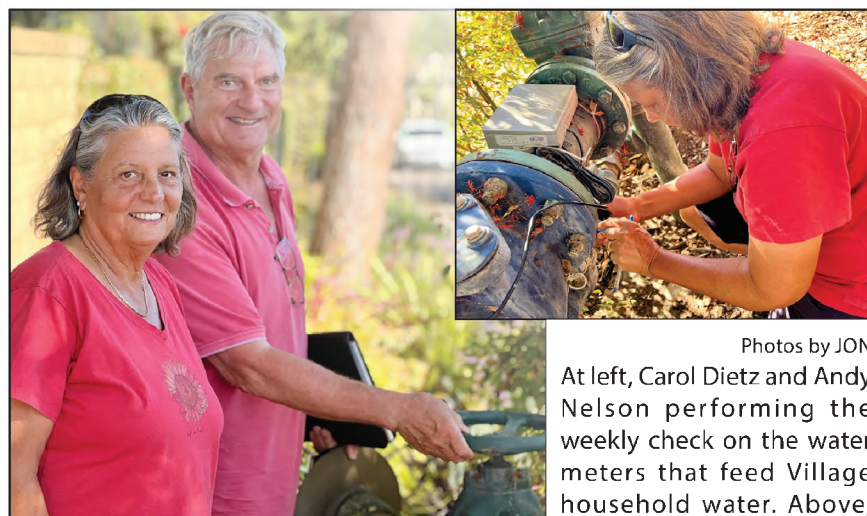
Carol Dietz – A Lucky Day for LV

Carol Dietz and her husband John are celebrating a one year anniversary as residents of Leisure Village. She greeted me with her warm smile and intelligent brown eyes. We had met during our mutual involvement in the Long Range Planning Committee. Carol branched off into the Water Committee and I into the Communications Committee.

She is originally from Staten Island, a borough of New York City. Knowing she would be attending college, she focused on Civil En-

gineering as a career path and was accepted at Syracuse University to begin her studies. While at Syracuse, Carol met the man who would become her husband, John Dietz. After Syracuse U, she would move on to America's first university, The University of Pennsylvania, which was founded by Benjamin Franklin. Completing her graduate program she was ready to put her engineering degrees to work.

John and Carol would marry, settle in the Cleveland suburb of Twinsburg, Ohio and raise two



Photos by JON

At left, Carol Dietz and Andy Nelson performing the weekly check on the water meters that feed Village household water. Above, Carol using her cell phone to record the meters. The numbers are input to a spreadsheet, analyzed and tracked by the LV Water Committee.

children, Mathew and Julia. A position with Case Western Reserve University would have her starting

off in the Civil Engineering labs and eventually moving to Facilities

—Please see **PAGE 3**

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LETTER TO THE EDITOR

For some time now we have been saving water by catching the cold water before taking a shower or a bath into a 5 gallon container. We use this to water our garden in the back of the house. Any extra water is poured into a large container next to the garden.

Todos - V. 42

ABOUT INSIDE LEISURE VILLAGE

Editor: Jon Niemann

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In Memoriam: submit name and Village number of the person who has passed to: insidveditor@gmail.com
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Letters

ILV has obligated itself to publish letters that are not profane, inflammatory or libelous. Views or statements expressed are the beliefs of the writer and are not necessarily supported by the staff of ILV. Letters must include name/signature, address and phone number. Please limit letters to 150 words. We reserve the right to edit, and/or condense. If at all possible, e-mail letters to editorilv@yahoo.com. Typed copy should be placed in the ILV box in the Rec Center hallway. Whatever is not printed in the next issue because of space limitations will be considered for the following issue.

October 2022 Edition Deadlines

Club News, articles and letters: Friday, September 16. October issue will be available Friday, October 7. Send news, articles & letters to insidveditor@gmail.com.

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

Carol - Lucky Day

From PAGE 1 —

Management for two of the colleges. She would learn a lot about managing grounds, buildings, general maintenance, construction projects and utilities, including water resources. Eventually accepting the position of Director of the Facilities for the School of Engineering, she spent a total of 13 years at CWRU. A move to another position that opened at the Jesuit institution, John Carroll University, would have her expanding her scope as the Associate VP of Facilities. She would also become the inaugural director of sustainability at JCU and develop a program designed to fulfill green initiatives, save money and show respect for the effects the program had on the environment.

After 37 years in Ohio, Mathew had married, moved to Southern California and blessed John and Carol with two grandchildren. Julia had moved to Baton Rouge, LA to pursue graduate studies at Louisiana State University. The effects of the pandemic on their lives with an inability to spend quality time with their family had them thinking of relocating out of Ohio. California seemed attractive, Mathew said, "Look in Ventura County, I know you are not interested in living in L.A." In May of 2021 they came out on an exploratory trip. Carol had called her friend Donna Byrnes to see where they might focus on. Donna did not skip a beat and suggested Leisure Village; her parents had lived here.

They did look at LV and decided quickly that this was the place for them to settle. Close enough to drive into Mar Vista to visit the kids and grandkids and far enough away to have an energetic retirement without the hassle of a big city. They purchased a home in Village 19 and moved in on September 1, 2021.

Knowing right away that they wanted to be involved in the community, they started exploring the different opportunities. Carol looked at a couple of different committees and had heard about a newly formed Long Range Planning Committee. This piqued her interest and she filled out the



Photo by JON

Carol Dietz, Chair of the LV Water Committee, conducting a recent meeting facing the drought situation and solutions to mitigate the challenges it brings.

application. At that time, it was becoming painfully clear that we had a situation here in California with our water. That situation was getting worse by the day and LV leadership was looking for ideas and solutions. LRP, under the leadership of Chuck Kiskaden, formed the Water Committee and Carol's knowledge and leadership were a welcome fit. Carol Dietz and members of the Water Com-

mittee, are working hard to steer the Village toward a long-range set of solutions to keep us from facing serious consequences, restrictions and financial burdens. Working with the Communications Committee, they are helping to encourage community support for conserving and using water wisely.

September 1, 2021 was indeed a lucky day for Leisure Village.



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09LV13S

AROUND THE VILLAGE

Resident Spurs Installation of New Turn Signal

Rosemary Vine

Marci Lapair witnessed a fatal accident at the left turn into LV's main gate from Santa Rosa Road and began communicating with Camarillo City Councilman Tony Trembley. The left turn signal allowing a left turn on a solid green was clearly dangerous. Marci brought the issue to Trembley's attention. "I was always uneasy making a left turn at this intersection because the visibility is bad due to the curve in the road", said Marci. Below is an email of the response from Tony Trembley.

"Hi Marci--Good news! Our committee (Shawn M. and myself) met this morning and we approved the staff recommendation to a protected only turn [i.e. there will only be a green arrow or red arrow]. Since this is an operational change, the committee made the decision and it does not need to go to the full City Council for approval.

My understanding is that this signal change will take a few months. Both software (a program/control monitor installation) and hardware (change from a

We will forever call the new turn signal "Marci's Light." We commend her for taking the issue to Council member Trembley and following through. We are safer for her caring involvement.

Photo by JON



5-canister signal light to a 4-canister signal) work needs to occur. I'm not sure I have the correct nomenclature, but the bottom line is that the changes should happen relatively soon.

Thanks again for bringing up this item and sending on the information from your daughter. I think this is an excellent safety change. See you soon. Tony"

We were very pleased to see the new signal installed so quickly. Marci says "Leisure Village is very fortunate to have Tony Trembley represent us as our City Councilman."

New Street Lighting for Safety/Savings

Rosemary Vine

LV Association General Manager Bob Schaeffer has been working with Southern California Edison on a project to update the street lighting in Leisure Village. This improvement will mean the addition of better quality lighting increasing the visibility and safety of residents when traveling on our streets or walking around the Village during the dark hours.

The replacement of 403 lights will see a savings of \$6000 per year on the Village infrastructure electric bill. Return on investment will be approximately 25 years. Sasco Construction, a sub-contractor of SCE performed the replacement in a 10-day project during August.



Photo by JON

Crew from Sasco installing a fixture on Leisure Village Dr. The project was completed and visibility has increased.

A few residents commented on the additional light coming through windows, unaccustomed to that light. A call to the office had Sasco returning with a shield to narrow the glow and avoid over-lighting homes.

PHOTO CLUB WINNER – OPEN CATEGORY



1st – Frank DeSimone / My Model

Entertainment



- Sept 2nd 7:00pm – Music Club - Open Mic Night
 - Sept 8th 7:00pm – Womens Club - Cavalcade of Stars
 - Sept 9th 7:30pm – Showtyme - Carmine
 - Sept 15th 7:30pm – Players Guild - Helene Cohen's acting class
 - Oct 2nd 4:00pm – Photo Club - Peter Asher concert
 - Tuesday Nights 7:00pm – Groovin' Easy Rehearsals
- All Events held in the Assembly Room**

AROUND THE VILLAGE

Village View – It's Here!

A Monthly online supplement to Inside Leisure Village

Village View Magazine is an online format that is brought to you by Inside LV Media and the editorial staff at Inside Leisure Village. The magazine is designed to increase the experience of readership with expanded photos, stories and interactivity. Links throughout the publication will take you to videos, information, services and more.

Upcoming features in Village View will include The Village Home, pictorial visits into well designed and creative living spaces in

LV. Other features will be: Village Arts, featuring photos of various art forms created in the Village; stories, featuring creative writing from the two Village writing clubs; expanded sports and activities stories; and more from around town.

Please give Village View a glance, the first issue received a great reception from those who looked it over. Our subscriptions to the magazine are growing daily. To subscribe use the QR code here or send an email requesting a subscription to insidclveditor@gmail.com.



Newcomers Orientation

Session II is on Saturday, September 24th from 10 am – noon. Get up to speed on current events and their impact on LV. Learn about maintaining and improving the exterior of your home and have time to talk directly with Village experts who can answer your questions about living in Leisure Village.

Contact Patti Schultz to RSVP or for Questions: pattischultz0732@gmail.com or 805-558-0732.

VILLAGE ENTERTAINMENT

Imaginary Circumstances

Players' Guild - Linda O'Neill

Director Vivian Hollander's fast-paced "Comedy Tonight" was enthusiastically received by the regular Players Guild audience at 7:30 on Thursday, August 18 in the AR. Originally the cast was to be composed of about 25 villagers, but come performance time, there were 13 energetic singers and joke tellers left. (Director Hollander had her hands full after the three dancers and a few others bowed out for a variety of reasons.) The remaining ensemble sang both the rousing opening and closing numbers: "Comedy Tonight" and "Always Look on the Bright Side of Life." Jokesters included Judy Hope and Lynn Kremer & Buster Hayslett and Roger Florio, also Irving Feiles

and Julius Hirsch. Players Guild recent find Roger Florio told jokes and also performed his two latest original songs: "Leisure Village Blues" and a special ode to Buster Hayslett. I sang the sort of sexy "I Cain't Say No!" from *Oklahoma* followed by Judy Hope's feisty "I Hate Men" from *Kiss Me Kate* as a nod to the continuing female dilemma in the battle of the sexes. Judy McAskill sang "Poison Ivy," seldom heard on the Players' Guild stage and Lynn Kremer played her ukulele and sang "Spanish Pipe Dreams," never heard on the Players Guild stage before. Irving Bergman talked/sang his two solos: "Sit Down You're Rocking the Boat" from *Guys and Dolls* and "Everything's Up to Date in Kansas City" from *Oklahoma*. Reminiscent of "Laugh-in," acting duo Helene Cohen and Rosanna

—Please see PAGE 6



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VILLAGE ENTERTAINMENT

Players' Guild

From PAGE 5 —

Bellino-Strickland played two little girls showing off their biblical interpretations while preparing to attend church. Amen to that.

Coming up this month on September 15 (the third Thursday in September) at 7:30 in the AR, Helene Cohen's Acting Class presents "An Homage to Joyce Belcher and the Bard." Players Guild President Belcher opens the show with a fervent "God, I Hate Shakespeare" from *Something Rotten*, featuring Judy McAskill and the entire cast. The show also ends with the entire cast—this time ardently singing "A Musical" featuring veteran actors Rosanna Bellino-Strickland and Don Boughton. Newest Acting Class and Players Guild members, Barbara Mathis and Kathy and Howard Wien appear in various segments.

Relatively new to Players Guild and Acting Class, with no theater history, Villager Loretta Pisaniello hands in another notable performance, following her March 2022 performance in Diane Carroll's "Broadway Potpourri." She also appeared as the policewoman in the Players Guild performance of original plays by Leisure Village writers. Wasn't it Will who wrote "The play's the thing"? Then who said, "Acting is behaving truthfully under imaginary circumstances?"

interested in performing at our next Open "Mic" Night, please contact Dick Guttman 805-484-5806.

Due to the Labor Day holiday, there will only be one movie shown in September. On Monday, September 19 at 7:00 pm in the AR, we will screen Alfred Hitchcock's *North by Northwest* starring Cary Grant, Eva Marie Saint and James Mason. Cary Grant teams with Alfred Hitchcock in this suspenseful espionage thriller. This classic suspense film finds New York City ad executive Roger O. Thornhill (Cary Grant) pursued by ruthless spy Phillip Vandamm (James Mason) after Thornhill is mistaken for a government agent. Hunted relentlessly by Vandamm's associates, the harried Thornhill ends up on a cross-country journey, meeting the beautiful and mysterious Eve Kendall (Eva Marie Saint) along the way. Soon Vandamm's henchmen close in on Thornhill, resulting in a number of iconic action sequences. This film was judged by the American Film Institute as one of the top 100 American films. The film is 2 hours and 16 minutes.

Come and listen to the easy listening music performed by the Groovin' Easy Swing Band. This 17-piece swing band rehearses on Tuesday evenings between 7:00 pm and 9:00 pm in the AR. The rehearsals are open to all the Villagers. If you have any questions, please call Marci Lapair, 818-399-0843 or Debbie Goodman, 818-523-0731.

Movie Night

Music Club – Marci Lapair

Lil' Bit Country

Showtyme Presents – Jennifer Stein

The next Open "Mic" night is on Friday, September 2 at 7:00 pm in the AR. Come and enjoy a fun evening of performances by talented Leisure Village residents. You will be amazed at how many talented people live in Leisure Village. We provide refreshments including wine.

Open "Mic" Night is open to all Villagers at no charge. 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

Friday Sept 9th - It's a little bit country on Showtyme. Grab your partner and come on down to a Country Western evening performed by one of our favorite country singers, "Carmine." Carmine is a country western performer, who will bring an evening of Golden Oldies & classic country songs from the 50's, 60's, 70's & 80's. The evening will be filled with

—Please see PAGE 9

Summer Concerts

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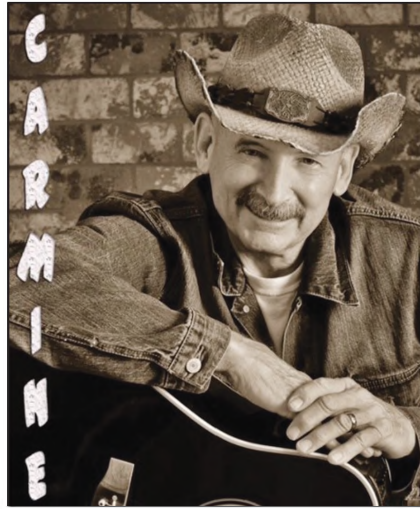
Se habla Español.

Showtyme presents

From **Page 6** —

popular songs from Kenny Rogers, Merle Haggard, Tim McGraw & the great Johnny Cash just to name a few. So put on your favorite boots, country wear and mosey on down to enjoy your favorite songs at Showtyme. Let's get a little bit country on Friday, Sept. 9th at 7:30pm. Doors open at 6:45pm. No charge for members, non-members \$5 donation. 50/50 Raffle with 2 winners.

Membership is available at the door. Dancing is welcomed. Thank you for supporting Showtyme. Any



questions please contact Jennifer @ 805-388-1518.

Peter Asher

From **Page 1** —

our own home. There is no "Open" seating for this show and no tickets will be sold at the door. Don't miss this once-in-a-lifetime opportunity to spend a memorable evening with an unforgettable icon of the music industry.

Tickets can be purchased online at insidelvmedia.com. Most

tickets are \$45. A limited number of seats are \$65 each that include a pre-show "Meet-N-Greet" with Peter Asher. All seats are reserved at time of purchase. Feel free to contact LV Photo Club President, Gregg Gillmar, at gsgillmar@outlook.com if you have questions.



IT'S HERE!

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The supplement to *Inside Leisure Village*



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09LV101

A WORD ON WINE

By Barbara Senior

September – The Harvest is On!

September is the most exciting month of the year for every winery. It's when the harvest is in full swing with the hard work of making wine.

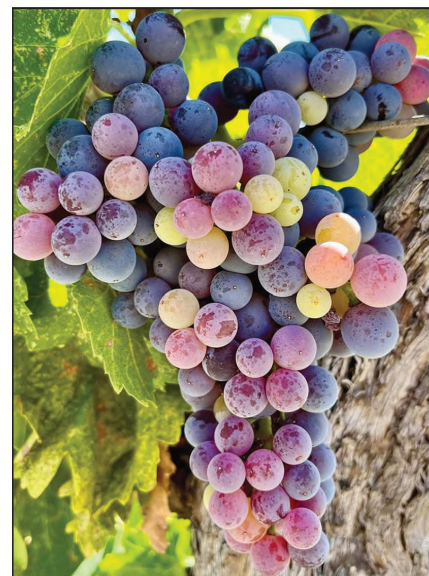
Since the first warm days last spring, wine makers waited for signs of buds beginning to show on the pruned vines. Then they waited for the buds to pop open revealing a small leafy cluster. Soon the vines are covered with soft green leaves and the canes are spreading along trellising. In another month, the vines grow tiny clusters of flowers, to be pollinated so each can become a tiny grape. Leaves shading the clusters are hand trimmed to allow more sunlight in. In the clusters, each grape is green, regardless of final color. The clusters thicken and plump up over the next two months.

And now it's July. The winemakers wait and wait...and wait for the magic moment of veraison, when the grapes stop growing bigger and

start producing more sugar. Literally meaning "turn color" in French, veraison is when the green clusters of grapes start to change color, one grape at a time. This is the moment when the grapes stop growing and start to ripen.

Dark-skinned grapes like Syrah and Zinfandel start out green. At veraison, the clusters begin to show grapes of crimson and purple intermixed with green and many shades in between. Veraison continues over several weeks until the Kodachrome moment is complete, and all the clusters are dark red. For white wine grapes, the color change is more subtle, the grapes changing from bright green to more yellowish and becoming more translucent.

The winemakers are still waiting. Now it's August, time to empty every vessel and vat in the winery to make ready for the harvest. Daily samples are coming in from the



vineyards, little beakers of cloudy juice from the ripest blocks. The winemakers test the sugar levels, taste the samples and wait.

One day in August, one block of grapes is ready to pick. This year at Tablas Creek Winery in Paso Robles, the first pick was Viognier on August 18. From then until the

—Please see **PAGE 12**

LIVING TRUST SEMINAR

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- Guardianship issues for your children
- What happens without a Living Trust
- Provisions for your grandchildren
- Danger of Joint Tenancy



PLAN TO ATTEND ONE OF THESE FREE SEMINARS

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	SANTA PAULA Round Table Pizza 598 West Main Street WEDNESDAY, SEPT 21st 6:30 to 7:30 pm	VENTURA PizzaMan Dan's 1413 S. Victoria Avenue THURSDAY, SEPT 22nd 4:30 to 5:30 pm	VENTURA Love Int'l Outreach Fellowship 5005-C E. Los Angeles Avenue THURSDAY, SEPT 22nd 7 to 8 pm

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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Living an Anti-Inflammatory Lifestyle

How much does our lifestyle determine how we age and how much does our genetics contribute? Most research shows that 30% of what we get is genetic and about 70% is under our control and a result of our lifestyle. This is very good news as we can improve how we age mentally and physically if we make good choices for our lifestyle.

An anti-inflammatory lifestyle will make a difference to our mind and body and will set us on a better path as we age. Chronic inflammatory diseases are the most significant cause of illness and death in the world, and can help be prevented by an anti-inflammatory lifestyle.

Systemic chronic inflammation can lead to: heart disease, cancer, diabetes, Alzheimer's disease, chronic kidney disease, non-alcoholic fatty liver disease, autoimmune disease, neurogenic disorders and more.

What is associated with pro-inflammatory factors and for us to avoid?

- Western diet and processed foods
- Poor nutrition
- Eating too much – large portions
- Low fiber (plant poor)
- Sugar/white flour/fructose
- Wrong types of fats (lard, butter, milk fat, meat, chicken and pork skin, ice cream and cheese)
- High Omega 6 oil in diet (corn, safflower, sunflower, grape seed, soy, peanut, mayonnaise, and many salad dressings)
- Red meat
- Sugar sweetened beverages

Anti-inflammatory lifestyle includes:

- Proper nutrition
- Enough exercise
- No tobacco/limited alcohol
- Effective stress management
- Good sleep hygiene
- Healthy relationships

—Please see PAGE 12

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Coronado	Village 9	\$475,000
Coronado	Village 25	\$525,000
Del Mar	Village 7	\$575,000
El Dorado	Village 8	\$550,000
El Dorado	Village 13	\$780,000
El Dorado	Village 14	\$789,000
La Jolla	Village 38	\$785,000
Newport	Village 3	\$489,000
Newport	Village 15	\$500,000

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09LV055

Healthy Villager

From PAGE 11 —

Decreased modern illness is associated with:

- Whole plant foods
- Fruits, Vegetables & Beans
- Probiotics (made up of good bacteria that help keep your body healthy, example - acidophilus)
- Prebiotics (plant fibers that act as food for the good bacteria in our body, examples – bananas, greens, onions, garlic, soybeans and artichokes)
- Whole grains, Mushrooms
- Herbs and spices
- Nuts and seeds

To reduce cortisol and inflammation:

- Get enough exercise and sleep well
- Practice meditation
- Perform some stretching and yoga
- Listen to music and sing
- Create art
- Practice deep breathing
- Go outside in nature

Steps for an anti-inflammatory lifestyle include:

- Brush and floss your teeth regularly – periodontal disease has been linked to chronic inflammation, heart disease and Alzheimer’s disease
- Fight inflammation with real food
- Cut out the chemicals in your food and cleaning products
- Enjoy being active, especially outside
- Make sleep a true priority
- Adjust your response to stress

Our aging and life is somewhat under our control, so be kind to yourself to live your best life!

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



Word on Wine

From PAGE 10 —

last picking in early October, it’s non-stop hard work. Grapes are handpicked, then brought into the crush pad for processing.

The crush literally gets a grape’s juices flowing and is the first step in the process that turns fresh, delicate fruit into delicious, shelf-stable wine. As grape skins are broken, their sweet juices come into contact with grape skins, absorbing the flavor, colors, and tannins crucial for fine wines. Meanwhile, juices are also exposed to yeasts, either in the air or added by winemakers, that induce fermentation.

Crushing simply breaks grape berries, allowing the juice, pulp and seeds to mingle with the skins and stems of the grapes. Pressing is the process that separates the grape juice from the fiber and other solids that make up a berry. Sometimes, crushing and pressing are done at the same time, though they can be separated by a few hours or days

depending on the style of wine being made.

Meanwhile, in the vineyard, grapes continue to ripen and are gradually harvested. A parade of bins overflowing with harvested grapes are arriving for processing. Figuring out where to put the next batch becomes a huge shell game, as specific grape varietals are processed in separate lots. Empty tanks become a scarce commodity. Everyone pitches in to get the job done. The hours are long, and the work can be back-breaking. But, for everyone in the winery, harvest is absolutely the very best time of year.

Harvest is also a great time to visit a winery. It’s a live-action movie with real life actors. The rest of the year, most of the winery machinery stands idle... but at harvest, everything is humming. It seems a bit chaotic. Wine-making is a chemical process, but it’s during harvest you can see how physically demanding that process is. And, certainly, seeing and experiencing harvest increases the appreciation of that glass of delicious wine you’ve poured.

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HISTORIC REFLECTION By Max Copenhagen

Our Water Story

■ The history of fresh (potable) water supply in Ventura County

In the early days, before farming caused the water table to drop, the Oxnard plain was much wetter than it is now. This is why El Camino Real was routed along the northern edge of the plain. The average annual rainfall here is only 15 inches, so it was dry land farming - grains, lima beans and sugar beets - until the Santa Clara Water Conservation District was formed in 1927. After the water district was formed, farmers were allowed to cultivate citrus, walnuts, tomatoes, peppers, artichokes, celery and berries. But, irrigation was expensive and controversial.

Ralph Cawelti, the son of a local rancher, went to the UC College of Agriculture at Davis and came back with new ideas about irrigat-

ing the fields. But his father said "We don't need it; we get rain!" They parted company and he started a farm of his own.

The State had divided Ventura County into four flood zones that made county-wide cooperation difficult. The Ventura River and the Santa Clara River watersheds in the northern portion of the county were prosperous with oil and water development, but Calleguas Creek and other watersheds in the south were still dry. Faced with recurring droughts, an expanding population and economy that would soon exhaust local drinking water supplies, local leaders began looking for a reliable supplemental source. A grassroots effort, the Calleguas Creek Watershed Committee, be-



gan meeting in 1951 to talk about the problem. The main question was whether to develop water resources within the county or to import water. They recommended establishing a Municipal Water District to seek and secure a reliable supply. This was approved by voters in 1953 and the Calleguas Municipal Water District was formed. The District covers 366 square mile and serves 75 percent of Ventura County's population.

Localized concerns were part —Please see **PAGE 14**

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09LV151

Water Story

From PAGE 13 —

of a broad interest in water supply in Southern California at the time. A Federal study in 1951 had assessed the feasibility of moving large amounts of water in the West. The State Engineer proposed the Feather River Project and the California Department of Water Resources was created in 1956. Colorado River water was available from the Metropolitan Water District of Southern California (MWD) and high quality water was promised from the new State Water Project. Local voters approved a ballot measure in 1960 to float a \$20 million bond and secure the water by having Calleguas join the MWD, a state water contractor.

A 25 mile pipeline was built to connect to the MWD system in Glendale and the mile long Santa Susana Tunnel was dug at a cost of \$22 million. To distribute the water, Calleguas built over 150 miles of pipeline and a network of pump stations, tanks and reservoirs.

Lake Bard, a surface water reservoir that is the hub of the distribution system, was built near Olsen Road to store water for peak summer and emergency use and delivery of water began in 1963.

The Oroville Dam in Northern California was built in 1961 and work soon began on the California Aqueduct, a system of canals, reservoirs and pumping plants to convey water over 400 miles from the Western slopes of the Sierras. This high quality water arrived in Southern California in 1973. Now our water is mostly from the Feather River, but can be supplemented with Colorado River when needed.

Calleguas distributes the water to local purveyors including the Pleasant Valley Mutual Water Company, Crestview Mutual Water Company and Camrosa Water District. They then sell it to the consumers. Communities served include the cities of Oxnard, Port Hueneme, Camarillo, Thousand Oaks, Moorpark, Simi Valley, and the unincorporated areas of Oak Park, Santa Rosa Valley, Bell Can-

yon, Lake Sherwood, Somis, Camarillo Estates, Camarillo Heights and Naval Base Ventura County. 95% of the water is used for municipal and domestic purposes; it is too expensive for irrigation. Many golf courses depend on pumping their own water from the aquifer.

A modern filtration plant was built in 1995 to purify the water by treating it with ozone gas. Other innovations include reuse of treated wastewater from Thousand Oaks for irrigation, such as the landscaping and golf course at Leisure Village, and banking MWD water in the Fox Canyon Aquifer. Desalination is another way to make good water, since increasing salt levels in Calleguas Creek and the groundwater make it unsuitable for use. A 17-mile pipeline takes the brine concentrate from the new desalination plant to the ocean. Our water supplies were secured through the foresight and effort of our community leaders. Wisdom in the way we conserve the water in these years of drought will pay honor to the legacy of our water-seeking forebears.



Photo by MAX

L to R, GRU Club President Max Copenhagen and Board Member Al Tosini with wife, Evelyne, presenting a \$1500 check to a representative from RAIN.

GRU Helps Local Charity

Grapes R Us is a Leisure Village club that meets monthly to educate attendees about wines. Members who attend the monthly tastings pay a fee of \$15. The club accumulated a surplus of funds over two years. At a recent board meeting, the GRU Board proposed a donation of \$1500 to a local charity, the RAIN Communities. RAIN provides resources to address the unmet housing needs of homeless families. The motion passed and the donation to RAIN was made in July.

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05LV06S

A PINCH OF SALT

By Larry Swartz

Listen to the Options Carefully Before Making Your Selection as They Have Recently Changed

ROBO CHICKEN PARMESAN

This dish developed because I was tired of getting robocalls around dinner time, interrupting my chopping and dicing. I tried everything, the “Do Not call Registry” (you can’t call the Do Not Call Registry,) Nomorobo (this actually helped some but the Communist plot to drive me nuts must have 10,000,000 telephone numbers and you can’t get Verizon or Spectrum or any of the phone companies to stop these calls because then they would lose all that Russian business!!!)

Then I had this great idea. When I got a robocall, I’d actually answer it and wait till a live person came on and then I’d say, “Your file just came across my desk. You need a car maintenance

insurance plan and I’ve got just the plan for you.” Hang up!

Then I tried the insult ‘em approach also known as the “Seinfeld Approach.” “Oh, gee you caught me at a bad time. I’m in the bathroom. Give me your number and I’ll call you back... pause... Oh, you don’t want me to bother you? I understand. Well, I don’t want you to bother me either!!” Expletives deleted. So I just plugged my landline into my fax machine...now when they call, they hear a beep and realize they got my fax. Phew...

So, they say, look at the good. What this helped me with is to find food that I can adapt rather than cook and clean EVERY night. Success!! See the photos

of RAO’S Chicken Parmesan I found at Ralph’s, Wal-Mart and Whole Foods. I later discovered that RAO’S is a hot LA restaurant. Now you do have to read the label on the box because you never want to over-microwave already cooked chicken breast as it can easily become very close to shoe leather with red sauce.

So, here are a few simple fixes to make this very close to a home-cooked dinner because the flavors are there. (1) Defrost it first (box doesn’t recommend this but ignore that). Then top with 3 tablespoons of freshly grated ITALIAN Parmesan and warm it in a 400 degree oven for a few minutes, checking it every minute with a sharp knife point until it is hot. (2) Cook some fresh green



Photo by JON RAO's (ROBO) Chicken Parmesan, found in the freezer section of VONS Mission Oaks.

beans to complete the protein carb entrée and I have to say, not bad at all this Robo Chicken Parmesan.

RETRACTION – LAST MONTH MISTAKE

We apologize for the printing error last month that had Pinch of Salt as an incomplete column.

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CLUB NEWS

LV WOMEN'S CLUB

By Barbara Cogert

Our September event will feature "A Cavalcade of Stars" – a fun lip-sync show that will leave you laughing! This evening event is a fundraising show that will be held in the AR on Thursday, September 8th. Doors open at 6:30pm and the show will begin at 7pm.

Tickets will be available on both Tuesday and Wednesday September 6 & 7 from 9-11 am in the AR lobby. Tickets are \$10.00 each for both members and non-members. Tickets will also be available at the door. The funds collected from this performance will help to offset the costs for our very meaningful Veterans Event that honors our Village Vets.

Thursday, October 13th will feature our much anticipated Fashion Show, save the date!

Saturday November 5th is the date for our Holiday Boutique – from 10am – 2pm. Bring your gift list and complete your holiday shopping right here in LV. If you have gently used items or jewelry you would like to donate, contact Shearon Millar at 805-603-2773 or Nancy Rowe at 805-419-4336. They will be happy to pick up your donations and thank you.

There are multiple ways to help the Women's Club with our fundraising efforts. Bring Change for Change, canned goods and/or toiletries to our monthly meetings. Contact Lin Grant, at 714-266-

4937 to identify your Veteran's status or with any questions you may have about this fabulous club that does so much for the Village and our local community.

WRITERS CLUB

By Harvey 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 MPR. Stories of the month are displayed at the entrance to the LV library. You may write on the Suggested Topic for that day or any other topic, fiction or nonfiction.

In August, members wrote on Kindness and Diversity and found both attributes important. Kindness includes generosity, compassion and empathy. Diversity is about what makes us unique and includes our background, personality, life experiences and beliefs and all the things that makes us who we are.

For September, the Suggested Topic for Sept 12 is "What motivates me?" For Sept 26, the Suggested Topic is "How would I like to be remembered?" There will be no meeting on September 5 or September 19. Please mark the dates on your calendars. For a copy

—Please see PAGE 17



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CLUB NEWS

Writers Club

From PAGE 16 —

of other upcoming Suggested Topics, the Guidelines, or any other information contact: Harvey S. Brosler hsbros@roadrunner.com or 805-465-0006.

YE OLE WOODCHIPPERS

By Bud Bradley

July netted 16 more Villager repairs, 3 more for the Village and 5 quick jobs. The numbers for the first half of the year are equally impressive: 111 completed jobs for Villagers, 10 Jobs for the Village and 27 “fast fixes.”

We are actively seeking more volunteers who enjoy working with wood and enjoy the feelings of good will that performing these tasks generates for our neighbors. If you think you might like to give

it a try, contact Pirate or Bud and let’s talk.

Reminder that the Woodshop is open from 10am until noon every Wednesday and Thursday to accept your repair requests. There is no charge for these services unless special materials are needed to complete the repair, but we gratefully accept donations. During those hours, the Woodshop will be operated by Woodshop Committee members only. For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

MAVERICKS CLUB

By Vera Erskine

Bowling Night: Mark your calendars for Friday, September 23, 2022, from 6-8pm at Harley’s Camarillo Bowl. This has been a popular event. Come on out and

join us for an evening of fun. More details to come through eNews.

Halloween Party: It’s almost that time again. Join us on Friday, October 28, 2022, from 7-10pm. Pull out those costumes or create something new. The “DJ” has already been secured for the evening. Seating will be assigned. Tickets will be sold to Leisure Village residents plus one guest. More details to come in October’s issue of Inside Leisure Village.

VILLAGE ARTS

By Patti Crichton

Alexis St. John had to cancel her presentation for us, as she has been accepted to the prestigious Claremont Graduate University’s Master of Fine Arts program and is starting next week. Congratulations to Alexis! We will have a surprise guest speaker instead. Be sure to attend to find out who it is. We will catch up on the latest Village Arts news and activities.

Thanks to Carol Rayle for her

lovely art display in the Library for the month of August.

Kathy Whitesell will be teaching watercolor classes on September 16th. The 1pm session is beginner watercolor and the 2:30pm class is for more advanced watercolor instruction. Text Patti Crichton at 805-760-7673 to sign up.

Our October 5th Village Arts meeting will be a critique of our artwork by Phyllis Doyon. Members are invited to bring 1-2 paintings to share with our group. Phyllis will offer helpful advice on how to improve your work as well as compliment your talents. She brings her vast experience and sense of humor to her critiques.

RACQUET CLUB

By Roger Florio

The Racquet Club summer tournaments drew lots of enthusiastic players and spectators. Winners of their respective Pickleball groups were Gary Carroll and John

—Please see PAGE 18



I Miss Tasting My Food!

Does this sound familiar?
Want to TASTE your FOOD Again?



You’re Not Alone!
If you wear dentures, you’ve probably noticed that your food just doesn’t taste the same anymore.

Granted your ability to taste will change as the years go by. But if you’re wearing denture(s), that thick layer of plastic covering your entire palate doesn’t improve the situation – and the strange taste of adhesives you’re using to keep your denture ‘up and in’ doesn’t help either! Generally speaking, it’s the upper denture that tends to prevent someone from truly tasting their food.

When the roof of your mouth is covered, your food can’t touch it. This lack of contact robs you of the ‘eating experience’...

...and when you add your dentures’ sticky goop into the equation, your ability to taste doesn’t stand much of a chance.

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

Many denture sufferers give up on taste. They simply move forward with the belief that tasting food is an experience that they’ve lost to their youth.

But you CAN get it back!
It is possible to taste your food once again, and regain your ‘long lost’ enjoyment of eating.

Implant-supported replacement teeth don’t cover the roof of your mouth with thick plastic in order to stay ‘in’ – and because implants are anchored in your jawbone, you can say goodbye to those nasty-tasting

gunks and glues as well!
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This means that you will be able to eat your favorite food again, with all the taste and texture you’ve been missing.

(You’ll also be able to smile and laugh at dinner parties without worrying about your dentures poppin out and onto your plate!)
Wouldn’t it be nice to enjoy a crunchy apple, sink your teeth into a nice steak, or eat corn right off the cob again?

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PHOTO CLUB WINNER – MOBILE CATEGORY



1st – Chuck Herrera / Exploring the Fjords

CLUB NEWS

Racquet Club

From PAGE 17 —

Peterson (tie), Marian Flosi, Saroj Vangani, Donno Proto, Bob Bleicher and Avi Barhom. Group winners in the Paddle Tennis tournament were Saroj Vangani, Marian Flosi, Bob Bleicher, Irwin Rudy, Marg Petersen, Rom Brunsc, Georganne Norton and Chuck Doland. Congratulations to all!

The Club also had an excellent turnout of more than 75 members at its annual summer picnic, the undoubted highlight of which was the water balloon toss competition, organized

by Sharon Wilson and won by Club hospitality leaders Dirk Feild and Lynn Aune. This event quickly devolved into a water balloon fight shortly thereafter, ensuring most participants were well hydrated, though perhaps not in the way that they intended.

Looking forward: the Club is hosting a viewing party for the U.S. Open men's and women's finals at 1pm on September 10 and 11 respectively in the Woodcreek Room. C'mon over, and cheer on the pros with your fellow members. Finally, be on the lookout for information regarding the Club's fall tournaments. In the meantime, see you on the Courts!

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CLUB NEWS

LV PHOTO CLUB

By Chuck Morrow

Do you have your tickets yet? If not, you may miss the “British Invasion Flashback” on October 2nd in the AR. See the cover story on this special event.

The August Photo Club competition was judged by Robert Fields, a fine arts photographer and long-term judge for the Photo Club. Robert’s work can be seen at RobertFields.com. The Assigned Theme for August was “Abstract” and this month we had a twofer winner with Frank DeSimone winning both the Assigned Category and the Open Category – congratulations Frank!!!

The winners for August were:

Assigned Category – Frank DeSimone – “Earths Oceans”

Open Category – Frank DeSimone – “My Model”

Mobile Category – Chuck Herrera – “Exploring the Fjords”

You can see this month’s winning photos in several places; in this issue of Inside Leisure Village, in the hallway of the Rec building, and all entries are posted on the SmugMug site at <https://leisurevillage.smugmug.com/LV-Photo-Club-Pictures>.

A shout out to our President, Gregg Gillmar, for representing Leisure Village at the Ventura County Fair with six winning photos – three 1st place, two 2nd place, and one 3rd place. Good job Gregg!!

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

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. We meet at 9:00-10:00

am every Friday in the AR, starting the first Friday in October and continuing on through the year.

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.

MEN’S GOLF

By Tim Palmer

The LVMGA Summer Match Play Tournament has concluded, with John Dietz coming out on top after several challenges from his competitors. Bob Bleicher survived to the final match, but John was too much for him. Congratulations to both men for excellent play.

Leisure Village Men’s Golf has continued to fill the cups with golf balls. Bill Crome, Warren Nelson, Dick Fisher and Max Chopra are our most recent golfers to record

a hole-in-one. To add to the excellent golf being played in our Tuesday tournaments, Mike Lake shot a four under round, a 50 gross score, on July 12.

The second Tee Timer event, this time hosted by LVWGA, was played on August 17, with 70 golfers and 95 people enjoying the lunch. With a continental breakfast before starting the tournament and a golf scramble, followed by favorite beverages and lunch, what’s not to like?

WOMEN’S GOLF

By Patti Crichton

The Tee Timers Tournament, hosted by Women’s Golf on August 17th, was terrific! Men and women golf members enjoyed scramble golf play in the morning and collected their awards later at the picnic fiesta. Many thanks to Sharon Price and her bevy of helpers who kept the taco bar turning out tasty taco fare for the crowd.

The Summer Eclectic results

—Please see **PAGE 20**

Time for our 2023
Pets of Leisure
Village Calendar!

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JohnandShawnHomes.com

John & Shawn
Baker Real Estate Team



John Baker
Cell: 805.233.1525
JohnBakerHomes@gmail.com
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09LV081

Sunday Golf, Everyone Welcome



Photo by KELLY NELSON

Our own Kelly Nelson took the opportunity to snap this photo of the Sunday Golfing Group.

CLUB NEWS

Women's Golf

From PAGE 19 —

revealed 18'r A Flight winners: Carol Dietz for Low Gross and Kathy Whitesell for Low Net. B Flight winners: Merle Ruiz for Low Net and Geri Levy for Low Net. Eclectic 9'rs top Flight A players were Nellie Uichanco for Low Gross and Sandy Kassen for Low Net. Flight B were Janice Melling Low Gross and Monica Cherrix Low Net.

The month of September is the 4-week Ringer tournament every Wednesday morning for Women's Golf. Make sure you sign up with Sharon Price.

Our September golf meeting is at 2pm in the Garden Room on September 14th.

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. 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.

Our August meeting featured wines from Italy, hosted by the August wine steward, Gary Verburg. Join us, learn a little and enjoy some wine. Get on our mailing list – drop a line to

—Please see PAGE 21

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CLUB NEWS

Grapes r Us

From PAGE 20 —

Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

LVRV CLUB

By Jack Miller

The LVRV Club is excited to announce the Pancake Breakfast is back. We will be hosting the Pancake Breakfast on Saturday October 1st in the AR from 8:00 to 11:00 am. It is open to all Villagers and their guests.

Tickets are \$10.00 each and will be available in the AR lobby on Tuesday, Wednesday and Thursday. You may also call David Patience at 714-681-3694 or Jack Miller at 818-535-6406. Please join us.

PLAYERS GUILD

By Linda O'Neill

The September show was cast from Helene Cohen's Acting Class. Enrollment in the class does not open up again until November. Paul Newman held auditions for the October show on two dates: August 31 and September 1. There are no casting calls scheduled for the remainder of this year.

The Players Guild Board of Directors invites prospective directors to submit their play or musical proposal on Tuesday, September 13 at 10 am in the sunroom. Any questions should be directed to Joyce Belcher.

Players Guild will begin collecting dues for 2022/2023 season beginning with the January meeting. Sandy Curran sells jewelry before all of our meeting/performance nights. All profit goes to Players Guild. If you have jewelry you'd like to donate, call Sandy at 805-795-3445.

PET CLUB

By Shawn Baker

The Pet Club is hosting America's Teaching Zoo Presentation by The Moorpark Teaching College on Friday, Sept. 23 at 12:30 pm in the Pavilion. This will be a fun and informative event that includes live animals brought in by the Moorpark Zoo.

Come out and enjoy. Please do not bring your pets to this event.

For more info, contact Shawn Baker 805-233-1725 shawnbakerhomes@gmail.com.

AMATEUR RADIO CLUB

By Jonathan Fox

The Amateur Radio Club has been active in the past month and has made several contacts with new countries. We had been reporting that our country count was 143 but those new confirmations have increased that total to 148. They included Corsica, off Italy's coast, Kenya in east Africa, Reunion Island located in the Indian Ocean,

northeast of Lesotho. You certainly get a geography lesson along with communication skills in our club.

If you are curious about becoming a member of the club, please join us at one of our meetings. You do not have to be a licensed amateur radio operator to join. We will provide help in getting your license and it's now easier than ever since Morse code is no longer required. Meetings are held the second Wednesday of odd numbered months in the MPR of the Recreation Center at 2pm. For more information, contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

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. While we have never had 200 members, we are trying to reach that goal of 200 members for the year. We need 9 new members to reach this goal.

The Music Club activities have become very popular; the attendance has increased significantly. All 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.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Dancing is on top of the list for healthy exercise, so come join the fun at our Saturday Night Dance Party. September 10 is a theme night, Denim & Diamonds, so wear your best cowboy garb and bling.

The free lesson will be cowboy cha-cha. The Wyatt Haupt Band will be here. So put on your cowboy hat & boots and kick up your heels for a great evening.

September 24 the Eric

—Please see PAGE 22



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CLUB NEWS

Dance Party

From PAGE 21 —

Eskstrand Trio will be playing and

our free lesson is Tango. The admission is \$10.00 and includes the lesson. The lesson starts at 6:30 to 7:15, dancing is 7:30 to 10:00 pm.

BILLIARD CLUB

By Vera Erskine

9-Ball Tournament Results: This tournament was enjoyed by all and moved along very quickly. Our winners were: (SA's) – Paul Kirkwood, Gary Bunch, Richard Leeds; (AI's) – Joe Ellis, Tom Niemann, Wilma Hutson;

(A2's) – Ray Flores, Kathy Wirtz, Max Chopra. Congratulations to all.

14.1 Continuous: This Tournament begins on October 3, 2022. The signup sheets will be posted the first week of September. This tournament may run into a 3rd week. You must be a Club member to participate. Contact Vera Erskine for more information 805-987-4537.

Calendar of Regularly Scheduled Meetings

Bingo: Wednesday 6pm in AR (doors open 4:45.) Contact: John Herrera 805-419-4195.

Bone Builders: Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm in Santa Rosa Room. For 8:15 class, call Mamata 805-558-9360; for the 9:30 class, call Alice 805-437-6169; for the 6:00 class, call MaryAnn 805-390-1909.

Duplicate Bridge: Monday and Wednesday evenings at 6:45pm in the Garden Room. Vonnay Brook 805-586-7155 or cell 909-225-6100.

Exercise/Stretch: Mon - Fri 8:30 or 9:00am class in Pavilion (by pool.) Contact Donna at 818-404-5538.

Great Decisions: 4th Monday

9:30am in Sun Room

Needleworks: Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30am. Contact Nancy Baumgarten at 805-377-2805.

Save Our Sight & Hearing: 1st & 3rd Thursday in Sun Room. For more info, contact Terry Connor 805-482-7806.

Wii Bowling: Ventura Room, Tuesday at 9:30 and 11:00, Wednesday at 1:00 and Thursday at 11:00. Contact Connie Davis at 805-320-1544 or Sylvia Edmonds at 805-987-1666.

Workshop for Writers: meets bi-monthly. Call Mark Sconce for further information 805-586-4485.



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DEADLINE for the next publication is 5pm on Friday, September 16.

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In a disaster, local officials and first responders cannot reach everyone immediately. You and members of your community need to be prepared ahead of time. Be prepared at all times to both shelter in place and bug out fast! Be prepared, not scared.

10 ESSENTIAL PREPAREDNESS ITEMS

WATER: 3-7 day supply, one gallon per person and per pet per day. Think about needs for drinking, hygiene and cleaning. Also, consider a water purification kit.

FOOD: Have a minimum 2 week supply of non-perishable food per person. Focus on foods that do not require refrigeration, preparation, or cooking as much as possible. And remember a manual can opener!

FLASHLIGHTS: Have a variety (hand-held, battery, solar, hand crank, lantern-style and/or head lamp for hands-free usage)

MEDICATIONS: Collect 1 month's worth of any prescription medicines. Include non-prescription fever/pain reliever, anti-diarrheal items, vitamins, etc. in your stockpile.

FIRST AID: First aid kit & a first aid manual for reference under stress.

PERSONAL CARE ITEMS: Personal hygiene items, TP, paper towels, trash bags.

RADIO & BATTERIES: Have a battery powered radio and extra batteries. Consider a crank-operated or solar-powered radio. Solar battery packs are a good option as well.

CLOTHES: Sturdy shoes, extra clothes, blankets, rain gear and outerwear.

IMPORTANT DOCUMENTS: Have copies of important personal ID, deeds, mortgage papers, insurance policies, medical cards, etc. Keep electronic copies of important information on a keychain drive you can grab and go.

TOOLS: Keep a basic tool kit for on-the-go. Think wrench, screwdriver, hammer, knife, scissors, sturdy gloves, fire extinguisher, whistle, manual can opener, etc.

INCREASE YOUR READINESS WEEKLY DURING SEPTEMBER

Week 1: Make a Plan. Plan ahead and talk about how you, your family and friends will respond and communicate during and after a disaster.

Week 2: Build Kits. Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Have kits at home, in your car and at your workplace. Update your kits and supplies regularly.

Week 3: Prepare for Disasters. Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area. Learn how to make your home stronger in the face of earthquakes, storms and other common hazards. Check your insurance coverage to make sure it is up-to-date.

Week 4: Teach youth about preparedness. Talk to youth in your life and prepare them for emergencies so they know how to respond. Plan what to do in case they are separated from others. Practice and role play to help them feel capable of responding in a variety of situations to reduce the chance of panic.

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