

# INSIDE LEISURE VILLAGE

VOL. 43 NO. 2

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

FEBRUARY 4, 2022

## AND IN MY SPARE TIME

# Fiddling With Bob

*One plays a violin on a string with fingers.*

*A fiddle is played on a strang with fangers.*

They are there, the string instruments, a lot of them. Bob Bueling's Valencia model Village home has the space for them. 14 guitars, an upright bass fiddle (1959), 2 resophic slide guitars (dobros), 2 banjos (one from the 1920s), a fiddle, a mandolin, a ukulele and a very prominent 1921 Victor Player Piano (manual pump)...Bob's home is a virtual museum of musical instruments and equipment that divides the line clearly between hobby and passion.

Bob's passion for music began early. His father, a clarinet and flute player, encouraged him to choose between a violin or a piano at age 8 because of the availability of lessons in their small Oregon town of Pendleton. "Dad felt that the music would hone skills in math, motor skills and focus that I would use going forward." Bob dutifully went through the piano lessons, learning scales, chords, reading music and generally building the muscle memory necessary to bring out the music that was intrinsic to his soul.

Bob really wanted a guitar. Guitars had been established as the musical instrument of choice for youth around 1965. Finally, in 1968, he was

presented with a Harmony Grand Concert guitar for Christmas that year. The beloved "Harmony" would help to transform his interest in music to a lifetime of exploration and a focused study of a unique corner of American musical history.

The Bueling family lived in the Pacific Northwest and Riverside CA during the 60s & 70s. Bob's father was employed by the US Government with the Bureau of Indian Affairs and then for the Bureau of Land Management. While in Yakima Washington, Bob joined a small folk church service that was interested in ministering to a younger set. The church developed a Christian rock band. The group, with Bob playing rhythm guitar, was a hit and the church service grew as a result, eventually rivaling the size of the traditional service in a very large church. The lesson of the power of music.



Photo by Jon Niemann

**GUITARS**—A collection of electric guitars with various qualities match the music to a performance.

clubs, homes and the Armed Forces Radio and TV station on Adak Island. Another seed was planted, another avenue of study. The purchase of a banjo during this period



began the penchant for collecting various musical instruments. This collecting habit would begin the crossover from hobby to passion.

Bluegrass has its roots in Kentucky, the bluegrass state. It is an amalgam of blues, jazz and Appalachian Mountain music. Blues is a Southern U.S. form of music created by African Americans in the early 20th Century. The songs are usually lyrical rather than narrative to primarily express feelings. Jazz originated in the more urbane environs of New Orleans and is beat driven with roots entwined with European classical music and African slave folk songs. Appalachian music originated in the mountain country of the Southeastern United States with heavy influences from Scotts / Irish folk music. The deeper Bob delved into Bluegrass the more he became intrigued with the indelible



Photos by JON NIEMANN

**MUSICIAN'S DELIGHTS**—Top photo, Bob showing his prized 1968 Christmas Harmony Guitar that started his musical journey. Above, a Taylor acoustic guitar.

—Please see **PAGE 4**

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## March 2022 Edition Deadlines

Club News, articles, letters and classified ads: Friday, February 11. March issue will be available Friday, March 4. Send news, articles & letters to [insidveditor@gmail.com](mailto:insidveditor@gmail.com).

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## VILLAGE ENTERTAINMENT

### Just Us, A Valentine from Showtyme

By Jennifer Stein

Join us for Friday Night Live at Showtyme, starring 'Just Us.' Valentine's Day is right around the corner and Showtyme is a home run in providing LV residents a night out of entertainment in your own backyard. Take advantage of this opportunity.

'Just Us' is composed of four entertainers who perform all over the United States. Their love of music and excellent vocals make it a special evening for you to enjoy popular songs, along with love songs and classic tunes. One might call it date night, or a girls night out or just to have fun. Either way, music is universal for all to enjoy.

Mark the date for Friday, February 11th at 7:30pm in the AR. Doors open at 6:45pm. Annual membership will be available for purchase at 6pm in the lobby for \$15.00 per person. If you have



Stock Photo

The foursome, Just Us, brings entertainment to the Village on Feb. 11th.

purchased 2022 membership just show your card at the door. 50/50 will provide 3 winners. One gift certificate is included.

### Players Guild Mourns the Loss of a Friend

By Linda O'Neill

Thanks to E-News, you already know that 'Broadway Potpourri' (which was scheduled to play on January 20) was canceled. This collection of vignettes from famous plays will be performed in March of this year. Director Diane Carroll and the cast are looking forward to their St. Patrick's Day performance

on Thursday, March 17 at 7:30 pm. It will be an evening of stories about families and their sometimes happy, sad, funny or tragic relationships.

Players Guild is working to present 'A Village Valentine' on February 17: love songs, love poems, jokes and stories about romance. Love is the one thing all we humans have in common. Due to COVID safety concerns, 'Broadway Melodies,' originally scheduled for February 17, has been moved for the fifth time! Designed to honor Broadway composers and

lyricists, the show was originally scheduled for March of 2020 and rescheduled. Currently this show is planned for Thursday, June 16. Despite these problems, theater people just laugh, shrug and ad lib on.

We have lost an experienced lighting guy, a creative director and a fine actor, not to mention a kind and helpful friend, with the passing of Bob Zarit in December of 2021. We will miss him and his droll humor.

Our April show is in development.

### Spectrum "New Deal"

By Jon Niemann

It finally arrived, a postcard, kind of like the ones you get from real estate agents or dentists. It was a bit anticlimactic with very little in the way of instruction, though I knew there were proactive steps to get the full advantage of this "new deal."

I have been paying about \$81mo at my house for basically the internet. Not being interested in broadcast TV, I never installed a set top box. Mom has been getting the same internet and one set top box for around \$75. I called

Spectrum about both accounts, they seemed to have all the info and helped me disconnect the old services, put an order in for two new set-top's with DVRs to be delivered at each house. We are keeping the same modem's we have been using and will be getting the same internet service with 200mbps. When I connect the new equipment and we hit February 1, I should not be paying any more out-of-pocket for tapping into the Spectrum hub.

Will give you an update in the next issue as to how everything turns out...

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**VILLAGE ENTERTAINMENT**

**The Music Club  
Event Shuffle**

By Marci Lapair

*The Guilt Trip* has been re-scheduled for Monday, February 7th. It stars Barbra Streisand and Seth Rogen. They are the perfect mother-son comedy duo as they embark on a cross country road trip. The movie is rated PG-13 and is 95 minutes long.

Our movie nights are held the first and third Monday of each month from 7:00 pm to approximately 9:00 pm in the AR. Admission is free to all Villagers, and we even provide the popcorn. We will only be showing one movie in February. The third Monday of the month falls on Presidents Day. The movie *West Side Story* has been rescheduled to be shown in March.

The February 6th concert by the Westlake Village Klezmer Band has been canceled due to COVID.

**Entertainment**



**Feb 4th 7:00pm – Music Club - Open Mic Night**  
**Feb 7th 7:00pm – Music Club Movie - “Guilt Trip”**  
**Feb 14th 7:30pm – Showtyme - “Just Us, a Valentine”**  
**Tuesday Nights 7:00pm – Groovin’ Easy Rehearsals**  
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We look forward to rescheduling this event later in the year.

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**Fiddles**

From PAGE 1 —

history of the form. Career and family were to keep Bob distracted from music in the 80s and 90s. When those pressures eased a little, Bob would have time to rediscover his musical calling. While working Civil Service for the Navy on a ship rebuild and upgrade in San Diego, he encountered the San Diego Bluegrass Association and The North County Bluegrass and Folk Club. Working with these groups put him in touch with the California State Old Time Fiddlers Association in Oak View near Ojai. His interest with the association would grow, his involvement would eventually have him serving on the board of the organization. That organization led him to SongMakers (songmakers.org). During a SongMakers campout at Kenny Grove Park in Fillmore he would meet his future music partner and collaborator Pat Cronin.

—Please see PAGE 12

# AROUND THE VILLAGE



Photo by JON NIEMANN

The brown Food Waste containers in the East Rec Center parking lot. Please deposit only tied bags of food waste, making sure to remove any rubber bands, produce stickers, bread bag ties, etc. from the food waste.

## Food Waste Recycling

At the present time, the new law about separating out food and organic waste will not affect Leisure Village due to the logistical issues of receptacles placed at each home. Harrison has 5 years to reduce the amount of food waste in their landfills.

In a program designed for multifamily complexes Harrison will be providing the Village with a number of brown colored receptacles to accept food waste. These will be placed in the East Parking Lot of the Rec Center.

LV residents who would like to participate in the food waste recycling program can place the items in a separate trash bag and tie it. Bring the tied bag and deposit in the brown receptacles in the East Parking Lot. It is best not to overfill the food waste bags. See the list below for items that are classified as food waste:

**FOOD WASTE:**

- Egg shells and dairy
- Coffee grounds and filters
- Meat, poultry and seafood
- Pasta, rice, bread and grains
- Fruits and vegetables and their cuttings
- Unwanted leftovers

**NOT MEANT FOR FOOD WASTE CONTAINERS:**

- Styrofoam
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**THE HEALTHY VILLAGER** By Jeannie Davis, PT, MPH

# Joint Protection and Joint Health

As we age, our joints change and can become more arthritic and stiff. I notice when I use my fingers and hands as I did when I was younger, my movements and strength have changed and have become more challenging. With education and methods to protect our joints, we can continue to function and protect our aging joints, especially in our hands.

Joint protection principles are a series of techniques that can be included into all activities. These principles will reduce the stress on your joints. Joints that have been weakened by arthritis are at risk of being damaged by stress and strain. Improper use of diseased joints may lead to impaired function and deformity. Joint protection techniques are ways of doing activities so that the risk of deformity is decreased.

**REST**

- Plan your day to allow frequent rest periods if your joints are bothering you.
- Work slowly and rest before you begin to get tired.
- Short rest periods following activity are better than long ones.
- Try to lay flat and straight instead of curled up. If this is too painful for your back, you can lie on your side with a pillow between your knees without curling up.
- Your bed should be flat and medium firm. If soft, a three-fourths inch width piece of plywood can be placed underneath the mattress.
- Only one small pillow should be used under your head.

**EXERCISE**

- When your joints are hot and swollen, it is better to rest them.

- Any piece of equipment to make your normal activities easier should be used.
- Finding a balance between rest and exercise will be very important and will be different for each person.
- When trying new activities or exercises, do only half as much as you think you can so you do not overdo it; increase slowly to tolerance.
- Exercise or do activities only to the point of pain and not beyond – pulling is okay, pain is not.
- You have done too much if you have increased pain that lasts more than two hours; next time, do a little less.

**USE YOUR LARGER AND STRONGER JOINTS FOR THE JOB**

- When getting up from a chair, use hips and knees and palms instead of your fingers.
- If you use one, carry your purse on your shoulder instead of your hand and fingers.
- Open cabinets, drawers or your refrigerator door by pulling a towel through the handle and pulling with the arm instead of tugging with your hands.
- Use an electric can opener pushing down with our palm instead of twisting with a key.

- When turning faucets, push with your forearms or palms.

**EASY DOES IT**

- If you are sitting, get up at least every hour and walk around.
- Avoid lifting anything heavy; slide things or wheel things on a cart.
- Don't do everything in one day; plan your day or week so that activities are spread out
- Try to have everything you need at hand to avoid unnecessary trips.
- Avoid peeling, chopping and grinding. Use packaged or frozen products whenever possible; an electric blender can also be used to save time.
- Soak dishes immediately after using them to avoid scrubbing.

If we are more aware of how to use and protect our joints, then we can continue most of our activities with modifications that will care for and conserve our valuable joints. If possible, we should be moving and exercising (walking is fine) at least 30 minutes each day which can be broken up into 3 walks of 10 minutes each, 2 walks of 15 minutes each or if possible one 30 minute walk daily.

Keep moving those joints safely!

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

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# REAL ESTATE

By Sharron Parker

## Good Time to Review Your Homeowners Policy

Some homeowners who are renewing their home insurance policies are finding their rates are climbing. Insurance companies point to rising material costs and climate change as the main reasons behind the increases.

Insurance companies say homeowners should brace themselves for further rises.

Homes near areas prone to natural disasters are seeing some of the steepest spikes. Insured damage from tornadoes, hurricanes, severe storms, wildfires and other natural disasters reached \$82 billion in 2021.

After experiencing natural disasters that can destroy hundreds or thousands of homes, building material prices in those

markets are elevated for about six or nine months. In general, it's getting costlier to rebuild homes due to supply constraints and rising material costs such as lumber prices that are also driving up insurance premiums.

Home insurance costs are rising faster in some states than others. For example, Colorado saw a 21% jump in average annual premiums for homeowners insurance from 2017 to 2020. Texas' rates are up 18%; Virginia's are up 14.8%; Maryland's are up 13.4%; and California's are up 9.6%, according to Triple-I data.

Keeping these changes and potential increases in mind, it might be advisable to review your home coverage with your insurance agent.

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# A PINCH OF SALT

By Larry Swartz

## A Free Meal

I noticed recently that I have developed a bad habit—grocery shopping when hungry. I know, bad idea. I do try to buy as much online without human intervention as possible but every once in a while, I need to be in the aisles. So I don my N95 and head off, being careful to maintain 6' distancing, etc. etc.

Groceries in the back seat with the exception of one bag of crunchies. I know, another bad idea. I am a very careful and focused driver, you have no choice at my age but that doesn't keep me from opening the chips and eating half a bag before I get home.

Now this is where the free meal comes in. I invariably drop a few chips and it's guaranteed that they always fall, not in my lap, not back in the bag, but between the

seat and the console totally out of reach from anything living except maybe an octopus. So every few months when I go to clean my car, I have a free meal from all the leftovers...speaking of leftovers...

Many times I find myself looking and trying to decide how to combine leftovers into a cohesive dinner. Lately I've been trying to use more tofu. Did you know that 1/5th of a block has less than a gram of saturated fat, zero cholesterol, 10 grams of protein and 3g of carbs? Bad news, it has no taste, BUT you can give it taste and it's easy to mix with leftovers. Let's assume you've got some broccoli or green beans from the night before.

### INGREDIENTS

½ cup leftover green veggies

½ block firm/very firm tofu drained, chopped into ¾" cubes

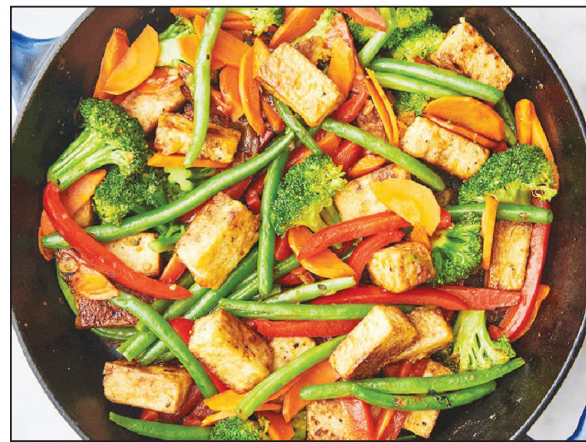
1 Tbsp sesame oil  
2 Tbsp canola oil  
2 Tbsp low-sodium soy sauce (LSSS)

2 scallions chopped (white separated from green tops)  
2 Tbsp LSSS

1 Tbsp grated fresh ginger  
1 garlic clove finely chopped  
¼ thinly sliced red pepper  
1-2 tsp red chili paste

1 tsp sesame seeds (black or white)  
Add 1 LSSS to taste (Tamari also works)

Cut off ½ block of firm tofu. Drain, pat dry, cut into ¾" cubes. Have all the other ingredients standing by. Stir fry tofu in sesame oil until nicely colored on all sides, add low sodium soy; leave on heat



for a few minutes or until the moisture has cooked off. Good idea not to stir constantly. Remove tofu - set aside.

Add Canola oil to the same pan; stir fry garlic, white portion of scallions, leftover green veggies, red pepper, ginger, Chinese chili paste, soy sauce. Stir and cook appx. 3-4 minutes till onion/pepper are done. Add back the tofu to reheat for a minute or so. Remove from the heat. Sprinkle the reserved green onions over the top. Serve hot, with white/brown rice, noodles. Add additional low-sodium soy sauce and chili paste or flakes to taste.

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**A WORD ON WINE** By Don & Barbara Senior

**A Little Sugar is in Your Bubbly?**

Residual sugar is any sugar leftover after fermentation stops. The juice of wine grapes starts out intensely sweet, and fermentation uses up that sugar as the yeasts feast on it, producing alcohol.

Whether you prefer the crisp dryness of Brut or the sweeter style of Sec, it's easy to decipher residual sugar in our much beloved bubbly.

The winemaker controls the final residual sugar in a sparkling wine with the dosage. Dosage is a liqueur with made with the finished still wine and a tiny dose of sugar. It is added just before the sparkler is corked, labeled, and released.

Sparklers are by nature very acidic because they're made from early harvest grapes and the finished still wine tastes crisp and zingy. A little bit of sugar balances the acidity and makes the wine feel softer, rounder, fruitier. In one word: better.

French champagne makers developed terms for sweetness, and

most producers put them clearly on the front label. Generally the terms use the French words Brut and Sec, adding Demi or Extra as the sweetness changes. Brut is quite dry and Sec has a hint of sweetness. A good example of a Sec style bubbly was the Borrasca sparkler in the glittery bottle at the December Grapes R Us tasting. For the super dry Extra Brut style, there's Korbel Natural. Prosecco is in the Sec style. Shramsberg makes a sweet Demi Sec style sparkler.

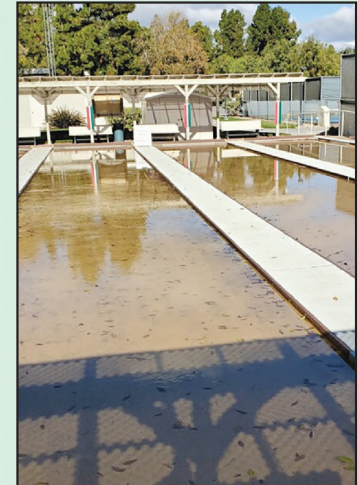
Long ago the first Champagnes were cloyingly sweet, but the English wanted ever drier styles. At first the French were not convinced that drier styles were better, but they were very market driven.

After the French created the Sec style, the English wanted an even drier style, and the French followed with Brut. Translating basic terms to English: Sec is "dry." Demi is "half." Brut is .... well.. read on.

In 1846 Perrier-Jouët pioneered

**Rain Brought Water Features**

The Rains came in early January. More than we had seen in quite a while. Our intrepid photographer, Valerie Fox was on the scene capturing the new (if temporary) water features that sprung (sorry) up around the village. The Bocce Ball Courts resembled lap pools for a day or so and mini lakes and lagoons were welcome watering holes for the Village fauna. Let's hope for a few more of those weather events in the coming months.



Photos by VALERIE FOX

Above, lap pools or a bocce court? At left, Village bird soaking up the runoff.



the Brut style, making the brave decision not to add any sugar to their wines destined for the English market. Brut in French means "dry, raw and unrefined," giving us a clue to the French opinion of that product at the time. To their surprise, Brut quickly became the most popular

style, and today almost all French Champagnes are Brut, as are most sparkling wines around the world.

The sweeter styles go well with dessert, and the Brut style is a good choice to accompany a nice meal. Whatever your choice, a little bubbly always brightens the day.



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ABOVE, a painting of Bob strumming hangs above the 1921 Victor Player Piano. LEFT, Bob using the pedals to play 'Moon River' on the piano.

Photos by JON NIEMANN

## Fiddles

From PAGE 4 —

Pat and Bob would team up and form “Sympatico Music” (spelled with a y to represent two people in sync with each other.) Their musical style is probably best described as “Americana.” The time both spent learning Bluegrass and all of the influences that formed Bluegrass comes through in their performances. They have entertained here in the Village, (they are regulars at the first Friday night “Open Mic” sponsored by the LV Music Club in the AR) and they continue to perform and entertain in skilled nursing facilities like Camarillo Senior Living just outside the Village. Their shows have them surrounded by selections from their widely collected string instruments including guitars, violins/fiddles, banjos, ukuleles and even an upright doghouse bass.

Bob and his signature silver mane are a fixture in the Village. He speaks fondly of his decision to buy a home here. He willingly shares his talent, wisdom and caring nature with us. His passion for music and everyday life are infectious; his time spent developing his musical talents are a treasure for those of us lucky enough to catch a performance. Keep an eye out for an opportunity to absorb a true Americana Music experience.

<https://sympaticomusic.com>



While taking photos of Bob, the photographer learned that the license plate on Bob's truck reads HIPIRDNK and its frame reads: Hair of a Hippie, Heart of a Redneck. This photo, AT TOP, of him serenading the photographer, pretty much sums up his wonderful attitude. BOTTOM, FROM LEFT TO RIGHT, Wolfe square-neck slide reso (dobro), 1959 Epiphone B4 bass, 2016 Martin Bluegrass-16 (commemorating the centennial of the dreadnought guitar,) 2020 Taylor Builders Edition K24ce (koa.)



### I Miss Tasting My Food!

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



*I can't taste properly...*      *I can taste 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!  
Implant-supported 'teeth' are the closest thing to nature that you can get. 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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**HISTORIC REFLECTION** By Max Copenhagen\*

# The Port that Farmers Built

An underwater canyon was discovered in 1857 off Point Hueneme, Chumash for "resting place." This deep gash in the continental shelf extends nine miles offshore. When Thomas Bard arrived as the representative of the California and Philadelphia Petroleum Company, he decided to build a wharf to tap into the lucrative grain, oil and lumber trade with San Francisco. He purchased Rancho El Rio de Santa Clara ó la Colonia and started the Hueneme Wharf and Lighter Company.

As the first wharf between Santa Cruz and San Pedro, Bard's investment was enormously successful. From 1871 to 1895, Hueneme was the second largest port on the Pacific coast for shipments of grain, cotton, sheep, hogs, cattle, borax and potash. One year, 114 ships made Hueneme a port of

call. A lighthouse was built in 1874 to improve navigation and the wharf was extended to 1,700 feet. The opening of the Panama Canal further increased demand for agricultural products from the county.

In 1933, federal funds were sought to construct a harbor. When the project was not approved, the new Oxnard Harbor District sold \$1.75 million in bonds. This was the largest bond issue floated in the county at that time and the first major port constructed in the U.S. without federal funding. Dredging began and piers and warehouses were built in 1940. The channel was 35 feet deep and 1,300 feet wide and the harbor covered 320 acres. The first tenants at the new port were a fish cannery and a kelp processing plant.

World War II changed every-

thing. The Navy Seabees [Construction Battalions] were building airfields, bridges, and bases in the Pacific. Construction equipment, materials, tools, food and fuel had to be organized and shipped overseas. Then the Navy noticed the ready-made port at Hueneme and the Oxnard Press Courier headlined "U.S. NAVY TO TAKE OVER ENTIRE OXNARD HARBOR". It was intended to be a temporary facility, so the Navy sought to lease the site. Then they acquired the land outright for \$2.2 million, and farmers once again had to truck their products to Los Angeles for overseas markets.

The harbor could service nine Liberty-type cargo ships. It was called "the most efficient harbor in the world," shipping more Navy cargo overseas than any other port in the U.S. The huge depot cov-



U.S. Coast Guard Courtesy Photo  
The Point Hueneme Lighthouse in 1893 with families gathered for a photo. Interesting tidbit...the Point Fermin Lighthouse that was in San Pedro, also built in 1874, was nearly identical to this one.

ered 19 million square feet with a 90,000-barrel oil storage tank and accommodations for 21,000 personnel. Over 11,000 civilian personnel were employed. By the end of 1944, the USO Club in Oxnard welcomed over 2 million servicemen. Oxnard was known as a "darn good liberty town" and romances bloomed between the uniformed bachelors and the young ladies of the county.

—Please see **PAGE 14**

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**HOME TOOLBOX** By Tricia Garcia

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# CLUB NEWS

## MEN'S GOLF

By Tim Palmer

Men's Golf has been busy these past two months. In December, in addition to weekly golf, the annual Installation Luncheon was held in which prizes were awarded for various golf accomplishments during calendar year 2021. Bruce Hochstadler was recognized as the winner of the Jay Balter Tournament Trophy as the Men's Club Champion for the year. Jay's widow, Sheila, presented the award and also gave the club a cash donation in Jay's memory. During the Installation meeting, the following officers were installed as the 2022 Men's Club Board of Directors: Tim Palmer, President; Nick Schellong, First



Photo by JOSEPH BENTI  
Sheila Balter presenting trophy to Bruce Hochstadler.

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

Vice President; Jon Hall, Second Vice President; Harvey Harris, Secretary and Max Chopra, Treasurer. The monthly January Club meeting, scheduled the first Tuesday after golf, was cancelled, as well, the annual Chili Bowl Tournament. The monthly Regulation Golf Tournament was held at the Westlake Golf Club. The first of two match play tournaments is underway at this time.

## WOMEN'S GOLF

By Patti Crichton

January 12th was a winning day for Kathryn Robens, who took home the Jane Burke Annual Tournament trophy. Congratulations! A-

flight player Louise Knoedler, was on her game as 1st runner-up, with Nellie Uichanco a close second.

B-flight front runner was Betty



Photo by PATTI CRICHTON  
Kathryn Robens with the Jane Burke Annual Tournament trophy.

Sefer. Way to go, Betty! Following up were Janice Melling, Monica Cherrix and Patti Miller. Great golf, ladies!

Our next meeting is February 9th in the Garden Room at 1:30pm.

Be there to catch up on the news with fellow golf members.

## RACQUET CLUB

By Arnie Kremer

Hello all you tennis, paddle tennis and pickleball fans out there. As you read last month, we have had tournaments, new officers and good food to celebrate The Club.

We will be having our first board meetings and general club meetings in the next several weeks. We expect to generate a plan and timetable for future club tournaments and social events at these meetings.

We continue to welcome new members. Weather permitting, lessons will continue to be taught. Check out the court bulletin board often for —Please see **PAGE 15**

## Point Hueneme

From **PAGE 13** —

In 1945, when military personnel came home, 28 ships called at the port in one day. Then the Navy decided to make it a permanent base, the main Seabee support facility. Oxnard Harbor District secured a lease on 17 acres and the farmers could once again ship produce to markets worldwide.

In 1977, 17,300 Mazdas arrived and the port became a gateway for niche cargo. By 1999, the port was handling 200,000 cars per year. Passenger vehicles are now 77% of the value imported and 33% of the value exported. A large refrigeration facility was built in 1994. Nearly one-third of California's total squid catch and over 600,000 metric tons of bananas are landed here each year. There is bulk storage for liquid fertilizer and the harbor is an important base for the off shore oil industry. It is also the embarkation point for all heavy freight for the U.S. Antarctic Program. The port provides

shoreside electrical power to refrigerated cargo ships and received Green Marine Certification and the title of "Greenest U.S. Port." The commercial terminal is now 120 acres and the Navy part is only 30 acres.

The port moves over \$10 billion in goods each year. It ranks No. 67 by value among all ports in the U.S. and is in the top ten for automobiles and fresh produce. Port operations generate over \$120 million in taxes to support the community. Naval Base Ventura County is the county's largest employer with over 20,000 civilian and military employees, many who decide to remain or retire here.

In November 2021, an agreement was activated with the Navy to help reduce shipping congestion at LA County ports. Now the smaller container vessels can stop to unload all or part of their cargo. The port continues to modernize by removing obsolete warehouses to make room for more containers. *Editor's Note: story written by Max Copenhagen with contributions from Frank Blazich.*



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# CLUB NEWS

## Racquet Club

From **PAGE 14** — important updates. Will have much more info for you next month.

## GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us has monthly sessions to taste wines from different regions and varietals. Jon Niemann, a wine professional, leads each session. Five wines are poured, one at a time, and we have a lot of fun.

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

## LV PHOTO CLUB

By Chuck Morrow

The Photo Club held their first meeting of the new year with a record zoom attendance. The Assigned Category theme for January was "Shadows." The Photo Club would like to thank the professional photographer and judge Robert Fields (www.Robertfields.com) for his time and sharing some of his large body of work with members in attendance.

The winners for January were:  
*Assigned Category* – Gregg Gillmar  
 "Looking Down"  
*Open Category* – Ron Matson  
 "Happy Canyon Tree"  
*Mobile Category* – Gregg Gillmar  
 "Morning at the Meeting House"

Winners for the month can be viewed at leisurevillage.smugmug.com then click on "LV Photo Club Pictures" then "2022 LV Photo Club Pictures" then "January 2022", or in the hallway of the Rec Center. Next month's theme for the Assigned Category is "Seascapes."

Don't have a fancy camera? Join the Photo Club with your cell phone camera and enter your favorites in the Mobile Category. For more information contact gsgillmar@outlook.com.

## GREAT DECISIONS

By Sharon Baker

Great Decisions, Foreign Policy Association, meets on the 4th Monday of each month, except for July, August and December. The meetings are at 9:30am in the Sun Room. Please join us for stimulating discussions on interesting topics, such as Outer Space, Climate Change, and Russia and the U.S.

## BILLIARD CLUB

By Vera Erskine

First Membership meeting for 2022 is on February 22, 2022, in

### PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Ron Matson / Happy Canyon Tree

the MPR at 6:30pm. '1 & 15' tournament awards will be presented.

REMINDER: You must be a Club member to participate in tournaments and other Club activities. 2022 dues are \$7.00.

If you are new to the club, fill out the information form located in the bulletin board in the bil-

liards room. Put cash/check and information form, if applicable, with an envelope in the box near the bulletin board. Kathy Wirtz is responsible for Club Membership 805-384-8508. For more information about the Club, contact Vera Erskine, President at 805-987-4537.

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# CLUB NEWS

## YE OLE WOODCHIPPERS

By Bud Bradley

We had a busy month in December. The photo this month is of some of the work in progress. Lots of chairs and drawers.

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

For December, our core group of volunteers completed 21 repair jobs for Villagers, 8 quick fixes and 1 Village repair. We have added one more talented volunteer but could use more.

A reminder that the Woodshop is open from 10 am until noon every Wednesday and Thursday, to accept your repair requests. During



Photo by BUD BRADLEY

Some of the work in progress at the Woodshop.

those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked not to work on their own projects during those hours. For any other woodshop information, you can email Pirate at Bruce5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

## BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Building classes are held 6 times per week in the Santa Rosa room. Exercises are specifically geared for seniors to improve balance and

to increase bone density.

Free 1-hour sessions are on Monday and Wednesday at 8:15 and 9:30 am, and on Tuesday and Thursday at 6:00 pm. These are not drop-in classes; registration is required. For 8:15 class, call Mamata 805-558-9360; for the 9:30 class, call Alice 805-437-6169; for the 6:00 class, call MaryAnn 805-390-1909.

## PHOTO CLUB WINNER – ASSIGNED CATEGORY



1st – Gregg Gillmar / Looking Down

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# CLUB NEWS

## WORKSHOP FOR WRITERS

By Mark Sconce

Interested LV residents are welcome to join Workshop For Writers to present their stories, poems and memoirs. Hopefully, the virus will calm down and allow us to get together and share our literary works.

While we can't meet in person yet, we hope to meet in the recreation center soon – twice a month on the second and fourth Wednesday at 2pm. There are quite a variety of people in our group with many interesting experiences to share and we also receive a writing lesson from our president Frank Seiden at every meeting, thus further improving our writing skills. Feedback is key to our group.

For information please call Mark Sconce, 805-586-4485.

## AMATEUR RADIO CLUB

By Jonathan Fox

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

## PET CLUB

By Shawn Baker

Although we will not hold monthly meetings, watch for upcoming fun events and informational meetings for Pet Owners and Pet Lovers. If you would like to renew your membership or to join our club, contact Shawn Baker at 805-233-1725.

## MAVERICKS CLUB

By Vera Erskine

February events have been postponed. As circumstances change, the membership will be notified through 'E-Blasts.' Membership

dues are being collected for 2022; \$5.00 per person. Contact Geri DeSimone at 805-484-7308.

## VILLAGE ARTS

By Patti Crichton

We had a change in plans as our January meeting was cancelled due to COVID concerns. Hopefully, Channel Islands Art Studio director, Peter Tyas, will visit us another time.



Photo by PATTI CRICHTON

Special congratulations go to Village Arts member Francey Walsh, who won 'Best in Show' at the January CAC Art Show!

Meanwhile, Barb Schwartz demonstrated her artistic skills at our February 2nd meeting. Barb used alcohol inks to create an interesting background for collage projects or other artwork. Thank you, Barb.

Kathy Whitesell continues to offer monthly watercolor classes to Village Arts members. Take a look at the atrium glass case in the Rec Center to view watercolors painted by the classes. The next sessions are scheduled for Friday, February 18th. Please text or call Patti at 805-760-7673 to sign up.

Special congratulations go to Village Arts member, Francey Walsh, who won 'Best in Show' at the January CAC Art Show!

## SAVE OUR SIGHT & HEARING

By Gina and Terry Connor

Join us the 1st and 3rd Thursday of each month at 1 pm in the Sun Room. Examples of our discussion topics include key basics on eye nu-

trition and eye protection to resist Age-Related Eye Diseases, and Hearing Health basics including FDA approved Over the Counter high value low-cost hearing aids. Residents and their caregivers are welcome. For more info contact Terry Connor 805-482-7806.

## MUSIC AND MOTION

By Margie Monroe

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

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

Meetings are on Fridays, 9am to 10am in the AR. There is a \$8.00 per class fee. For info call Margie at 805-437-6100 or email margiegrm@aol.com.

We hope that you will join us on the dance floor. NO charge for a first visit.

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# CLUB NEWS

## LV MUSIC CLUB

By Marci Lapair

The LV Music Club is supported through our \$10 annual membership dues. Memberships are sold during our monthly activities. All our members receive email reminders of upcoming activities. Membership dues help cover the cost of the complimentary refreshments that we serve at all our events. For safety reasons due to COVID, we have been serving all wrapped refreshments which is more costly than what we have served in the past. For more information on the LV Music Club please call Marci Lapair 818-399-0843.

The first Friday of every month is Open "Mic" Night in the AR from 7:00 pm to 9:00 pm. Open "Mic" Night for this month is February 4. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests. If you are interested in performing at Open "Mic" Night and have a talent such as singing, playing a musical instrument, dancing or a comedic tal-

ent we would be happy to hear from you. Please contact Dick Guttman 805-484-5806.

## SHOWTYME

By Jennifer Stein

We, at Showtyme, want to thank all our supporters over the years, for your continued membership and donations; they help Showtyme provide professional entertainment. If you have any questions please call Jennifer @ 805-383-1518.

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

This is the month for love. Valentine's Day is around the corner. To celebrate, our two dances for the month will be on February 12 Tropic Starr with a 'West Coast Swing' dance lesson, and February 26 Ralph Mathis with a 'Cha cha' lesson. Both lessons are from 6:30 to 7:15 and dance follows from 7:30 to 10:00 pm. The admission

is \$10.00 per person for the dance and includes the dance lessons.

The dances are a great way to enjoy to socialize and enjoy the live music. We hope to see all the Villagers there for a fun evening.

## LV BOWLING

By Gene Kinsey

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

## EXERCISE/STRETCH CLASS

By Donna Khacherian

Good morning Leisure Village! Come join our morning Exercise/Stretch Class held 5 days a week, Monday through Friday in the Pavilion (behind the pool). Our class is at 8:30AM or 9:00am. This is a 30 minute class designed to keep us well-balanced, our joints moving, and our bodies strong.

## WII BOWLING CLUB

By Judy Spector

The Board members of Wii Bowling voted to cancel Wii bowling for the safety of our members until further notice.

Once the conditions improve, notices will be sent out via email and eNews. For information, contact Connie Davis 805-320-1544 or Sylvia Edmonds 805-312-1037.

## NEEDLE WORKS

By Marie Bowler

Remember the quilting bees of yesteryear? Needle Works is similar to that. But instead of everyone working on the same project, we work on our own individual projects. We are a group of women who love to socialize, knit, crochet and do needlepoint. We meet in the Garden Room on the 1st, 3rd and 5th Friday and on the 2nd and 4th in the Lanai Room always from 9:30-11:30 am.

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

# SERVICE DIRECTORY

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by Mark

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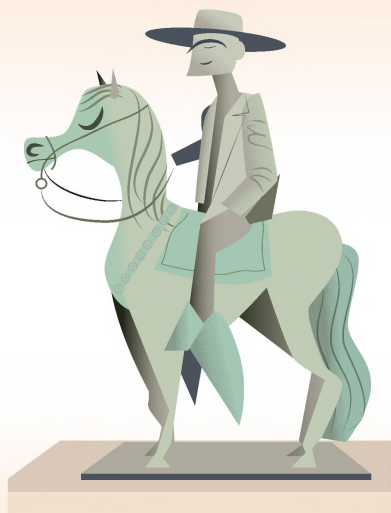
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**To Include Your Listing, Please Contact Mary  
at The Acorn Newspapers Today: 805.484.1949**

## CLASSIFIED ADS

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

**DEADLINE for the next publication is Friday, February 11.**

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

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

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

**MOBILE NOTARY:** Offering notary services in the comfort, convenience and privacy of your own home. Call for an appointment today 805-217-2714 Kathleen Simpson

**REAL ESTATE BROKER - Ahumada Realty.** Full service, buying or selling HOMES. DRE #01990009 Call today 805-200-8416

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

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

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

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

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

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

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

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

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

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

**PROFESSIONAL PLANT DESIGNERS** (Meets Leisure Village guide lines) All About Landscape 805-586-4239 license #726180 25 years in business

**Juan Handyman services** – Garden, patio, yard cleaning, hauling/dumping. Plant trimming, removal. Vinyl fence and gate. Call 805-487-1613

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

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

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

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

I provide stress free rides for airport, doctor appointments, special events, weddings, restaurants, anywhere. Excellent references within Leisure Village. Call 303-502-7052 Mike Collins. Mention ad for special discount

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

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

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

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

**WANTED:** Holiday décor, golf bag cart, Sunday bag, curio, Knick knacks, antique chairs, mantel clock, pictures, frames, plants, stands, craft beads, broken jewelry, rocks. LV resident Sam 805-379-5653

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

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

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

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

**PERSONAL ASSISTANT/DRIVER.** Airport, shopping, doctor's appointments. Friendly, courteous, non-smoker, non-drinker, full time or part time. Your car. References available. Art Silver 805-630-9125

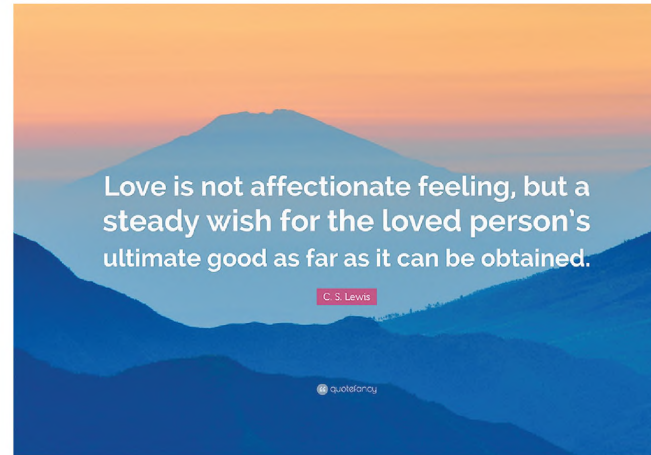
**B. MARON - Village resident.** CAREGIVER you can count on with good medical background. Great experience (21 years) with DEMENTIA/ALZHEIMER'S. Please call or message 805-216-6072

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In February, we see hearts pop up on store shelves and candy boxes. Beyond the Valentine traditions, what about the main focus – **LOVE**. Most people would agree that our world could use a serious infusion of love right now!

It has been said that **love is not the fruit, it is the vine. The fruit of the vine is manifested in how we view and treat others.** Here are some ways to show love in the way we behave towards others:

- ♥ **LISTEN:** Truly listening to understand, rather than to reply, shows respect. “Listening is an art that requires attention over talent, spirit over ego, others over self.” [Dean Jackson]
- ♥ **GIVE & SHARE WITHOUT EXPECTATIONS:** Try giving your time, talents, recognition, compliments or money for no other reason than to make someone else’s life better. The best gifts are the ones that we give freely, not expecting thanks or anything in return. Expecting nothing in return is a powerful place to get to in the world of showing love.
- ♥ **FORGIVE:** The people around us are not perfect, and neither are we. Give someone the opportunity to redeem themselves and try again. Remember that forgiveness doesn’t change the past, but it sure can enhance the future as it frees you of the burden of carrying a grudge.
- ♥ **MAKE CONCESSIONS:** Prove to someone that you care more for them than your desire to be right or win by making concessions.
- ♥ **MAINTAIN EYE CONTACT:** Whether we realize it or not, we use our eyes to communicate at all times. Maintaining eye contact with someone you are speaking with is body language that demonstrates you are actively listening, paying attention and care about what they are saying. It allows you to connect on a deeper level.
- ♥ **FOCUS ON THE POSITIVE & EXPECT THE BEST:** Try to see and assume good intentions behind people’s behavior. Sense the longing to be happy in the heart of every person. When you look for good in people you will find more of it. Try identifying character traits from a positive angle like energy, grit, honesty, curiosity, determination, persistence, etc. When you focus on finding positive attributes in a person, your perspective and attitude towards them improves and love increases.
- ♥ **ACCEPT DOING THINGS THE OTHER PERSON ENJOYS:** Show interest in something your loved one enjoys, even if you don’t relate to it or don’t understand why they like it. Be willing to do that activity with them to create a shared experience that matters to them personally.
- ♥ **We LOVE what we do!** Let us show you why our clients love us too. Call The Barlows today for a free consultation, a valuation of your home. 805-987-5755.



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