

INSIDE LEISURE VILLAGE

VOL. 43 NO. 4

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

APRIL 1, 2022

Increased Water Restrictions Are Coming

By Dennis Doolittle

We are going to hear more and more about water and our water usage. We are in a seven-year, extended drought in California. Camarillo had 7 inches rain in December, the Sierra snowpack was well above average, and there was hope. Since December the state has had little rain (0.2" in Camarillo,) the snowpack is well below average and our water reservoirs are not anywhere near full. Camarillo is already in Stage 2 water restriction status. Leisure Village Management has been advised by the Water District that unless there is significant rainfall this winter, much stricter water usage restrictions will be put in place. These restrictions will be enforced with significantly higher water rates above the target usage. Water usage is a problem now, and it is only going to get worse.

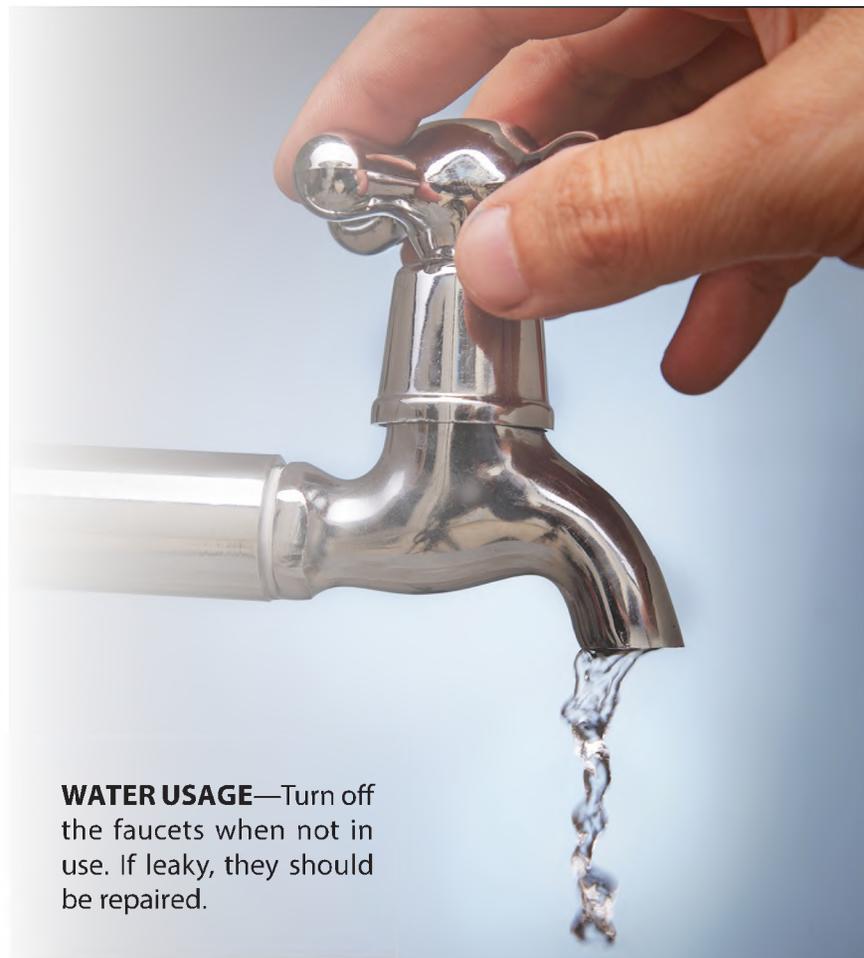
In Leisure Village, we have two different water supply systems: 1) a

potable water system that we use in our homes and 2) and non-potable water system that we use to water our landscaping.

The potable water is the one that is subject to water restrictions. Our potable water principally comes from two sources, local wells and the state water system which draws water from the western drainage of the Sierra Nevadas. We do get small amounts from other sources. When the state cuts our supply of water and the secondary sources cannot supply Camrosa, we will be required to cut our water usage. In Leisure Village we currently use 59 gallons of potable water per person, per day. Imposed usage restrictions will require us to significantly reduce this number. The penalties will significantly increase water rates over the defined limits.

With potable water, Camrosa is responsible for maintaining the distribution system up to a value

—Please see **PAGE 7**



WATER USAGE—Turn off the faucets when not in use. If leaky, they should be repaired.



Photo by JON

Kathy Whitesell getting ready to play a game at the Women's Golf Club Wednesday morning round.

Villager Profile: Active Kathy

By Jon Niemann

Don't be fooled by Kathy Whitesell's demure, almost shy smile. Behind that mellow calm is a woman with a great deal of talent and energy. Kathy is an accomplished artist and shares her knowledge of creating art with Villagers who attend her classes that are part of the membership of the Village Arts Club. She has served on the Camarillo Art Center Board of Directors for 12 years and is a liaison between the Village Arts Club and that organization. Other talents include a penchant for leadership. Kathy started to golf with the LV Women's Golf Club when she

moved to LV in 2014. She stepped up to be Golf Club Board President two years ago and has served the organization well.

Kathy is essentially a Ventura County native, having moved here from Sodus, New York with her family at 10 years old. She grew up in Oxnard and Ventura and was part of the 1st freshman class at Rio Mesa High School - "Once a Spartan, Always a Spartan." She was signed up to attend Ventura College and needed a car. The salesman found her a 1972 Blue Beetle and also asked Kathy for a date. Gregg was fresh out of the US Army and was signed up to start the Ventura

—Please see **PAGE 9**

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May 2022 Edition Deadlines

Club News, articles, letters and classified ads: Friday, April 15. May issue will be available Friday, May 6. 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."

03/11/25

VILLAGE ENTERTAINMENT

Acting Up

By Linda O'Neill

Thank you to the cast and the audience of our latest venture 'Broadway Potpourri, Part 3' which was presented on St. Patrick's Day. Granted, none of the plays were about the Irish, nor were any of them authored by Irishmen and there were only a couple of Irish descendants in the cast and crew; so why present these plays on this day? The history of drama and theater tells us if there's anything the Irish have always held in high regard it is both comedy and tragedy.

The evening began with a scene from *Lovers and Other Strangers* which starred Vivian Hollander and Julius Hirsch as a long married, constantly bickering married couple. Their comedic attempt to save their son's marriage provided revealing insights into their relationship. Roger Florio and Rosanna Brown played the couple's son and

daughter-in-law. In another scene from *Lovers and Other Strangers*, Wilma (played by guest performer Nalani Carson) and Johnny (played by Board member Chuck Kiskaden) made the audience chuckle as a couple married long enough and television-addicted enough so that one of them—I won't say who—has forgotten passion.

Looking for Normal starred three of Players Guilds' directors: Helene Cohen, Richard Weiss and Marshall Smith. Diann Carroll directed the trio in this well-acted, complicated drama exploring the complexities of marriage, family and love.

Another scene from *Lovers and Other Strangers* was about Mike (Julius Hirsch) who gets cold feet the night before his wedding and the beloved (Loretta Pisaniello) who must talk him down the aisle!

The 5th scene, from Neil Simon's 1971 *The Prisoner of Second Avenue*, focused on the recovery of Mel

Edison (Roger Florio) who suffered a nervous breakdown. Mel's brother Harry (Richard Weiss), his wife Edna (Macey Zarit) and his three sisters Jessie (Judie McAskill), Pauline (Lynn Kremer) and Pearl (Joyce Belcher) worked to restore his sanity.

The last scene was from Arthur Miller's *All My Sons*, an American tragedy exploring the conflict between business ethics and personal morality in World War II. Joe Keller (Marshall Smith), his son Chris (Paul Newman), Joe's wife Kate/Mother (Linda O'Neill) and Chris' fiancée Ann (Nalani Carson) turned in heart-breaking performances.

The April show is Thursday, the 21st at 7:30 in the AR when Richard Weiss presents an abbreviated version of *Carnival!* The talented Mr. Weiss has been working with the chorus, the puppets and four principals to present an exciting, shortened version of the original show.

We are dark in May due to the Leisure Village Board of Directors "Candidates Night." See you again in June.

Open Mic Returns

By Marci Lapair

LV Music Club is happy to announce the return of Open "Mic" night on April 1 at 7:00 p.m. in the AR. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests. We would be happy to hear from you if you are interested in performing at Open "Mic" Night and have a talent such as singing, playing a musical instrument, dancing or have comedic talent. Please contact Dick Guttman (805) 484-5806.

On April 4 at 7:00 pm in the AR we will screen *The Guilt Trip* starring 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.

The movie to be shown on April 18 at 7:00 pm in the AR is *About a Boy*. It is a comedy-drama starring Hugh Grant as Will, a rich, child-

—Please See **PAGE 4**

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A WORD ON WINE

By Don & Barbara Senior

Tasting Horizontally??

Last month Don and I went to a special event at Tablas Creek winery in Paso Robles - the horizontal tasting of their 2012 wines. We were joined by Villagers Diane and Bruce Elyea. Termed a horizontal because all the wines are from the same vintage year. Seated in the cellar surrounded by barrels and stainless fermentation tanks, ten wines had been poured and each table was a sea of glasses. The General Manager and Head Winemaker took us through them one by one.

We started with Vermentino, recently introduced in Paso. To quote the GM: "No one would intentionally store Vermentino for ten years." When we tasted it, it was immediately clear that the Vermentino had indeed stood the test of time, developing unexpected richness. Moving on to the estate blend of four white Rhone grapes, it also presented very well. The third white was 100% Roussanne, which we learned is an age-worthy grape. Oh my,

yes! With an aroma of butterscotch, it was rich and creamy, but still a dry wine. The fourth white was the winery's flagship blend, and, being mostly Roussanne, it was delicious now and has a great aging potential.

Moving on to the reds, four were blends, driven by either Syrah, Mourvèdre or Grenache and one 100% Mourvèdre. Each blend was age-worthy with softened tannins and showed some fruit, an amazing outcome after ten years.

The fifth white wine, 100% Roussanne, came at the end of all the wines. Vin de Paille is made from late harvest grape clusters carefully laid out on straw (paille) to dry out further before being pressed to yield small batches of sweet nectar. The result is a silky dessert wine with enough acid to



Photo by DIANE ELYEA

Barbara and Don at the Tablas Creek Tasting

balance the sweetness.

As the tasting progressed, we learned about the challenges of the winemaking process. A common thread was the uncertain farming conditions that every year brings. During harvest it's juggling bins of grapes with available tank space. A few months later, it's making sure each bottle of a blended wine tastes the same, even though the wine is fermented and aged in different lots before blending and bottling. It was a big surprise to learn that En Gobelet wine refers to trellising and dry

—Please see **PAGE 5**

Clubs and Groups are Invited to the Welcome Reception for New Residents

Clubs & Groups are invited to join our Committee in welcoming new residents to our Village and tell them about our Club's activities. The Reception will be held on Thursday, April 28th at 1:15 pm in the Assembly Room. Help us encourage people to get involved and enjoy all that Leisure Village has to offer.

To reserve a space (only one representative per Club) or for information please contact Bobi Shmerling 805-389-1975 (home) or bobi.shmerling@gmail.com.

Music Club

From **PAGE 3** —

free and irresponsible Londoner in his thirties who, in search of available women, invents an imaginary son and starts attending single parent meetings. As a result of one of his liaisons, he meets Marcus, an odd 12-year-old boy with problems at school. Gradually, Will and Marcus become friends, and as Will teaches Marcus how to be a cool kid, Marcus helps Will to finally grow up. The movie is rated PG-13 and is 1 hour and 41 minutes long.

The Groovin' Easy Swing Band resumed their rehearsals on Tuesday evenings between 7:00 pm and 9:00 pm in the AR. For many years, the Groovin' Easy Swing Band has provided musical entertainment to the Village. The rehearsals are open to all the Villagers. Come and listen to the easy listening music performed by this 17-piece swing band. If you have any questions, please call Marci Lapair 818-399-0843.



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03LV030

THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Strategies for Fall Prevention

Every second of every day, an older adult age 65+ suffers a fall in the U.S. Falls are the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population. The normal changes of aging, like poor eyesight or poor hearing, can make you more likely to fall. Illnesses and physical conditions can affect your strength and balance. Poor lighting or throw rugs in your home can make you more likely to trip or slip.

The good news is that there are many strategies that we can employ to prevent falls. Prevention of falls is the key.

Steps to prevent falls include:

Stay physically active – try the Tai Chi class in Leisure Village that will improve your balance and core; or try the Bone Builders class for stronger bones.

Have your hearing and eyes tested – even small changes in sight and hearing may cause you to fall

Find out about side effects of

the medicines you take - if a drug makes you sleepy or dizzy; tell your doctor or pharmacist.

Get enough sleep – if you are sleepy you are more likely to fall.

Limit the amount of alcohol you consume - even a small amount of alcohol can affect your balance and reflexes. Studies show that the rate of hip fractures in older adults increases with alcohol use.

Stand up slowly and take all transitions slowly - getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly.

Use an assistive device if you need help feeling steady when you walk - appropriate use of canes and walkers can help prevent falls.

Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet - don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.

Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall - a fall can alert your doctor to a new medical problem or problems

with your medications or eyesight that can be corrected.

One place in our home that we need to pay attention to is our bathroom. Prevention of falls in the bathroom is essential.

Tips to prevent falls in the bathroom:

Install grab bars
Get a raised toilet

Use a shower bench/chair if it is difficult to stand in the shower

Install a hand held shower head
Have non slip surfaces in the shower/tub

Make sure throw rugs are secure or get rid of them

Make sure that soap, shampoo, conditioner, towels, and any other bathing items are within easy reach.

Remove obstacles
By installing night-lights that illuminate the walkway from the bedroom to the bathroom, you

reduce the chance of a fall or injury.

Prevent hot water burns – older people have thinner, more delicate skin and can take longer to notice hot temperatures. Because of this, they are often at increased risk of burns caused by hot water. Make sure your bathroom taps are labeled and keep hot water temperatures to a maximum of 120 degrees F.

If we stay active, are educated on the medications we take and their side effects, get regular check ups and take care of our eyes and ears, take transitions slowly and make our homes more risk free, we can help prevent falling.

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 4 —

farming...rather than a large goblet! (Just kidding, but who knew??)

At the end of the tasting, Don and I were still vertical, even

though the tasting was horizontal. (and there were ten wines.) The GM said the Vin de Paille tasted like crème brûlée... of course we had to go to a French brasserie for dinner. A satisfying day in Paso indeed!

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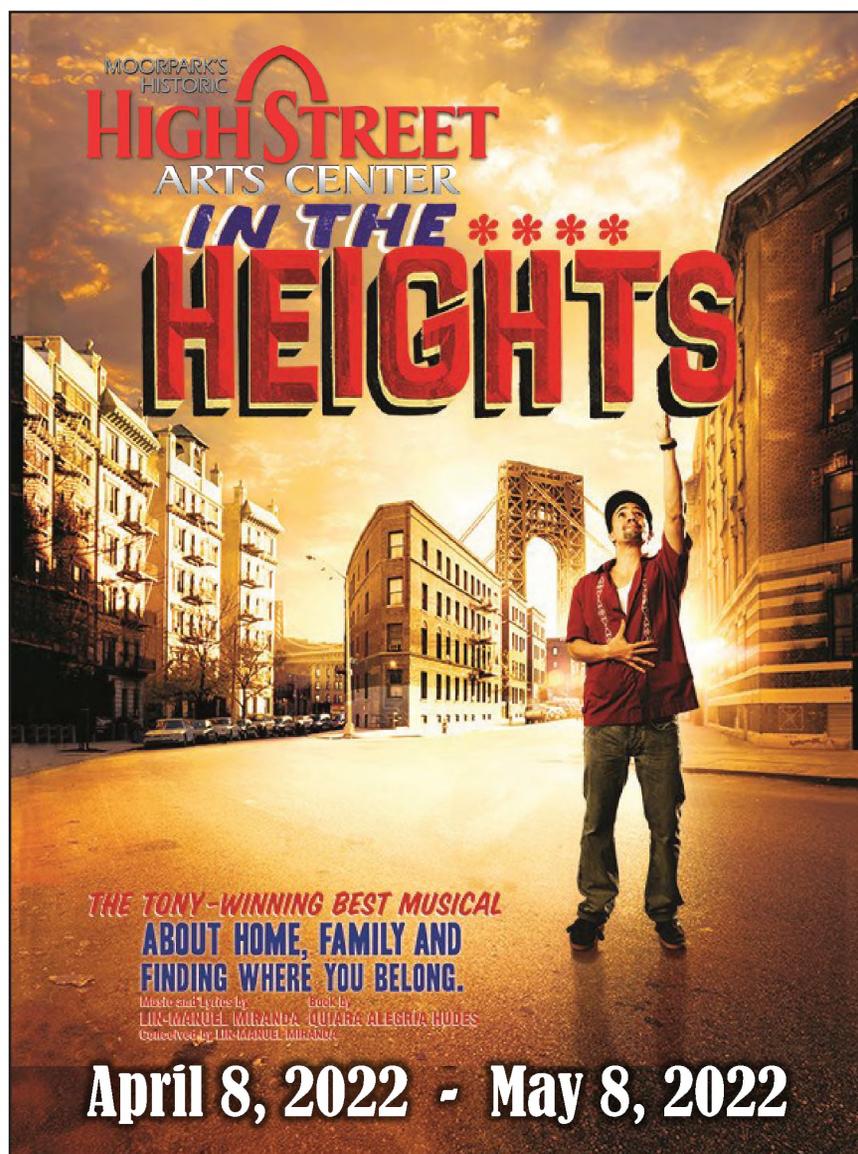
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A PINCH OF SALT

By Larry Swartz

It's All in the Timing

That's what actors, comics and event planners always say...and it most assuredly applies to cooking. In retrospect, I hope over the last year, those of you who have read this column learned just a bit about cooking; but we have never discussed timing. Timing is such a crucial element to an entire meal that I thought this would be a good time to do it.

I bought a fresh pink (usually fresher) fleshed catfish filet. It is usually fresher... "fresh flesh" - say that 10 times as fast as you can. I want to time out this complete meal prep so that it all comes out hot and tasty.

Southern Catfish Fingers with Steamed Yukon Gold Potatoes and Greens

(serves 1)

4 small Yukon gold potatoes
Greens of your choice - spinach works well
8 oz. catfish filet
Egg wash
Milk
Medium fine cornmeal
Butter - (Land o' Lakes butter with olive oil has good butter flavor with less saturated fat)
Dill
Old Bay seasoning
Chopped Garlic Clove
Salt/Pepper
Cayenne - dash
1 tsp. Dried Basil
Lemon
Louisiana Hot sauce - gotta be Louisiana

THE TIMING

Cut potatoes into bite size pieces; set aside in a dish with water and cover tightly. Wash greens, drain - set aside. Cut fish into pieces on a diagonal so that you end up with 1/2" x 2" pieces (fingers) - (I didn't know catfish had hands.) Place catfish in a bowl, add milk to barely cover. Pour corn meal onto a paper plate, season



corn meal with dried basil, black pepper, cayenne and Old Bay. Beat egg into a separate large bowl. Pour off milk from the fish pieces and place fish pieces into egg mixture, stir, and coat well. Place two pieces at a time onto corn meal, roll until coated well. Place on a glass plate.

Start boiling potatoes on medium heat; sauté garlic in a bit of olive oil on low heat until just golden. Remove pan from heat.

Heat oil for fish in a pan. Add greens to the pan with garlic. Cover on low heat. They'll take about 6-7 minutes and reduce quite a bit.

Check potatoes, adjust heat according to doneness.

Oil for fish should now be hot. Drop in a tiny bit of cornmeal-if it sizzles almost immediately, it's ready. Add fingers, watch carefully. When brown on one side, turn. Check potatoes for doneness; if cooked, drain & return to pot, add a teaspoon of light butter, a dash of dill, ground black pepper and salt to taste. Leave lid on. Stir greens, remove from heat and cover.

We're doing it this way since it's hard to overcook potatoes and greens but you don't want to overcook the fish. Check fish for golden brown-ness on both sides and remove from oil to a plate covered with a paper towel.

TIME TO PLATE

Plate everything - watch carefully not to get any remaining liquid spinach juices on the plate. Add lemon wedge, a shake of hot sauce on the greens...catfish too if you like it spicy. Make it all look pretty. Congratulations! You did it.



Slow the flow. Put a nozzle on the end of your garden hose.

Water Restrictions

From PAGE 1 —

box near your sidewalk. The HOA is responsible for the water pipes up to your house. Each of us is responsible for the piping under and within our homes. Slab leaks, leaking toilets, dripping faucets and similar problems are the responsibility of the homeowner to repair.

Within Leisure Village, awareness of our water usage, the cost of our water and the need for conservation is increasing. It has been a topic at recent Board meetings, and will continue to be so. There will be efforts by the Water Management Committee and by Camrosa to convey water conservation messages and suggestions on how to reduce potable water consumption. Listen to these suggestions.

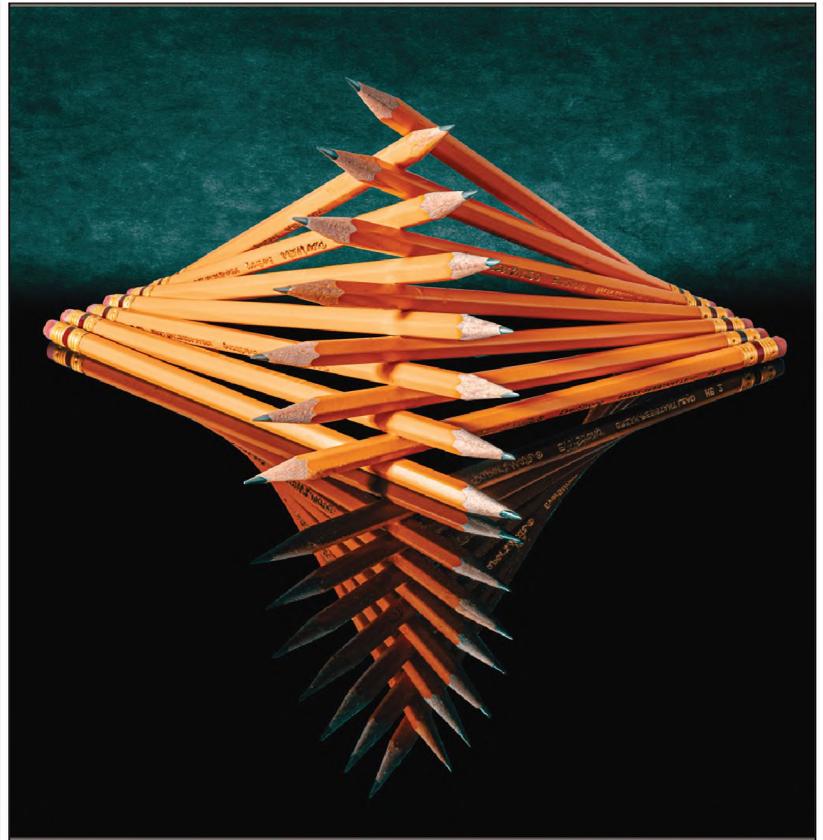
The supply of our non-potable water is not threatened. Leisure Village currently uses 200 gallons of non-potable water per person, per day. We water 230 acres of land, approximately 180 acres of it is grass. Our usage of non-potable water is increasing year-over-year and the rates for non-potable water have increased significantly.

When the non-potable system was installed, its total cost was far less than the potable water. Today, the rates are still cheaper than for potable water, but they have increased to the point that we pay more in total for non-potable water than for potable due to the usage volume.

Unlike the potable water distribution system, the non-potable water sprinkling systems are the Village's responsibility to maintain. We are currently in a long drought, less rain means more watering. We have a very sophisticated water control system in place. Our landscaping infrastructure is old and water loss is suspected to be one source of our growing non-potable water usage. The source of recent Board meeting angst is the non-budgeted potential expense of addressing the infrastructure problem. The best homeowners can do is to report excess water in the gutters, sprinkler leaks, damaged half inch tubing, highly saturated grass, etc. to the Association on "Green Sheets" so that staff can fix such problems.

We do not have meters on our homes and we do not pay individual water bills. Without having to face this expense month after month it is easy to forget about the cost of water. We pay for our water through our HOA assessments. In the current fiscal year, water comprises 10% of our overall actual expenses. Year-over-year the water rates increase, which directly affects our homeowner fees. Conservation of water is an on-going problem for Leisure Village, and it is going to get worse.

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Photo by PATTI CRICHTON

ARTIST KATHY—Kathy with one of her award-winning watercolor paintings.

Active Artist

From **Page 1** —

County Sheriff’s Academy. Gregg and Kathy were married 6 months after she bought the Beetle.

Their daughter Valerie was born and when she started kindergarten, Kathy continued her college education and worked in the banking industry. Kathy and Gregg have lived in Ventura, Camarillo and

Lynn Ranch over the years. When their careers were wrapping up they took some time to travel the US in an RV while scouting for a nice place to retire. The traveling was great but did not turn up any place they liked more than Ventura County. Kathy pushed to downsize and move to Leisure Village.

Working part time at a tax & accounting office in Camarillo, she has promised to retire 3 times...”maybe



Photo by JON

A painting by Kathy commissioned by Tom & Jeri Niemann to fit into their beach-themed home.

next year,” she muses. Staying active and involved in LV activities, participating in social events and continuing business are keeping Kathy busy but satisfied. She gives that shy smile and says: “I believe that staying active and participating is part of living a long and happy life.”

Camarillo Art Center is located

at 3150 Ponderosa Drive, in the little green building. The gallery is open to the public Saturday & Sunday from 1-4 pm. CAC will host the LV Art Club member show in April. See the Village Arts Club article in the clubs section of this paper for information on Kathy Whitesell’s watercolor classes.

Paid Advertisement

REAL ESTATE TOOLBOX By Tricia Garcia

7 Things You Must Know Before Putting Your Leisure Village Home Up for Sale

Leisure Village - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today’s market. The fact of the matter is that fully three quarters of home sellers don’t get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most home sellers make 7 deadly

mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled “The 9 Step System to Get Your Home Sold Fast and For Top Dollar”.

To order a FREE Special Report, visit LeisureVillageLife.com/CostlyMistakes or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 855-340-7832 and enter **1000**. You can call any time, 24 hours a day, 7 days a week.

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CLUB NEWS

SHOWTYME

By Jennifer Stein

Just a reminder to all the residents of LV. Showtyme will not have an April show, but will return with The Phoenix Dance Company on Friday, May 13th @ 7:30pm. May's show brings a culture from across the world to entertain us. Treat yourself to an evening of incredible costumes, dance and enchanting beauty from generations of entertainers. More in-depth information will follow soon. Any questions contact Jennifer @ 805 383-1518.

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.

If you are interested in becoming active in the Music Club, we invite you to attend our next board meeting on April 25 at 10:00 am in the Multi-Purpose Room. We need new members to suggest fresh ideas and help plan future club activities. For more information on the LV Music Club please call Marci Lapair 818-399-0843.

BONE BUILDERS

By Alice Moffet

RSVP (Retired Senior Volunteer Program) sponsored Bone Building classes are held 6 times per week in the Santa Rosa room. Exercises

are specifically geared for seniors to improve balance and to increase bone density. Free 1-hour sessions are on Monday and Wednesday at 8:15 and 9:30am, and on Tuesday and Thursday at 6:00pm.

These are not drop-in classes; registration is required. For 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.

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Now that we have an extra hour to play, it's time to put on your dancing shoes. Dancing is a wonderful exercise for our health and socializing. On April 9, we will have the Dance Masters and our lesson will be Foxtrot. On April 23, our band will be Tropic Star, our lesson, Tango.

Come join the Saturday evening dance party. The lessons are from 6:30 to 7:15 and the dancing is from 7:30 to 10 pm. The \$10.00 admission includes the lesson and the dance.

Hope to see everyone there with a big smile.

LV BOWLING

By Gene Kinsey

The mask requirement for bowling has been lifted. Of course anyone who wishes to can still wear a mask.

Top bowlers for February are as follows: for the women Gail Singer

240, Peggy Rebach 233, Marilyn Chavin 224 and Sue Hongsermeier 241. For the men Greg Canon 224, Dick Fisher 235, Julius Hirsch 242 and Ray Flores 236. Remember that is with handicap, the difference between your average and 200.

If you are interested in being either a regular or a sub, please contact Bobi Shmerling 805-389-1975 or Gene Kinsey 805-796-5858. Cost is \$12 per week and you MUST be able to laugh. See you at Harley's Camarillo Bowl on Friday mornings from 9-noon.

WRITERS CLUB

By Harvey Brosler

Write-Present-Participate-Enjoy-Learn. A main purpose of the Club is to share our opinions on different topics with other members. We do not critique your words. The primary interest is in the substance of your presentation.

Writers Club meetings are held every other Monday at 1 pm in the Multi-Purpose Room. Stories of the month are displayed at the entrance to the LV library. You may write on the Suggested Topic for the day or any other topic, fiction or nonfiction.

The Suggested Topic for April 11 is "What Would Be My Second Choice For A career?" For April 25, the Suggested Topic is "Some Surprises I Found About Others." There will be no meeting on April 4 or April 25. Please mark your calendars. For a copy of upcoming Suggested Topics through June, the Guidelines, or any other information contact Harvey S. Brosler hsbros@roadrunner.com or 805-465-0006.



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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

Results are in from the March Eclectic Tournament. Congratulations to: Niner Flight A: Nelli Uichanco 1st Low Gross and Terry Schellong 1st Low Net. Niner Flight B: Cherie Webb 1st Low Gross and Patti Miller 1st Low Net! 18'r Flight A: Kathy Whitesell 1st Low Gross and Marian Flosi 1st Low Net. 18'r Flight B: Carol Dietz 1st Low Gross and Gail Hillesheim 1st Low Net.

Check out the Golf Shack board for full results and the close runners up.

Our April meeting is in the Garden Room on April 13th at 2pm. Come at 1:30 for snacks and chats. Take a chance on the 50/50 draw. The Tee Timers golf and luncheon mixed tournament is scheduled for April 26th. The Men host and sign ups will be coming soon.



Photo by PATTI CRICHTON
Deb Bozajian and Nicole D'Amore enjoying Wednesday morning golf.

We welcome new members. You can join Women's Golf by calling Geri DeSimone, our Membership Chairwoman, at 805-402-1465 OR come to our monthly meeting to sign up, on the second Wednesday

of each month in the Garden Room at 1:30 OR come early on Wednesday morning tournament days and sign up at the Golf Shack. Yearly memberships are \$10. Regular tournament play is \$2/week and you can win money when you play! You can choose to play 9 holes or 18 holes.

Our Wednesday tournaments start now at 8:30am. The start time will change to 8am on May 4th!

LV PHOTO CLUB

By Chuck Morrow

Do you have many digital photos in various locations and can never find the one you need? Or are you an expert on Lightroom – why not attend the next Photo Club workshop on April 21st in the MPR and learn how Lightroom can help you solve digital photo “scattering.” This is just one of the benefits of membership in the Photo Club.

The Photo Club held another hybrid meeting via Zoom from the MPR on March 3rd. The Assigned Category theme for March

was “Windows.” The judge for the March photos was one of the club favorites, Dan Holmes. Dan is a national and international award-winning photographer leading photo workshops in many areas of the world including Alaska, Nepal, Namibia, Bolivia, and even California.

The winners for March were:
Assigned Category – Bob Pinchak – “A Window in Monochrome:

Open Category – Ron Matson – “Pencils”

Mobile Category – Gregg Gillmar – “Veggie Display”

The Assigned Category for April is “People at Work” so why not join the Photo Club today and learn a little more about photography and demonstrate your photo skills. For further information contact gsgillmar@outlook.com.

PET CLUB

By Shawn Baker

The Pat Club is a group of Pet Owners and Pet Lovers to gather

—Please see **PAGE 13**

Gary Lachman

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CLUB NEWS

EXERCISE/STRETCH CLASS

By Donna Khacherian

Want a great way to start your day? Get your body moving from head to toe with a fun and friendly group of like-minded Villagers. Join us in the Pavilion (by the pool) at our outside morning Exercise/Stretch class Monday through Friday with a 30 minute class at 8:30am or 9:00am. Rain or Shine.

The Exercises are easy but beneficial, to help keep us well balanced, our joints moving and our bodies strong. All you morning walkers, this is a great warmup for your muscles before starting your walk. Also, we have several people currently joining our class that are rehabbing from knee & hip replacement surgeries.

Come check us out! For more information and questions contact Donna Khacherian 818 404-5538.

SAVE OUR SIGHT & HEARING

By Gina and Terry Connor

Join us the 1st and 3rd Thursday of each month at 1pm in the Sun Room. Examples of our discussion topics include key basics on eye nutrition 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 various 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 an \$8:00 per class fee. We hope that you will join us on the dance floor. NO charge for a first visit. For info call Margie at 805-437-6100 or e-mail margiegrm@aol.com.

LV WOMEN'S CLUB

By Barbara Cogert

Both our Spring Fling Boutique and March program featuring Joy Todd from the Pleasant Valley Historical Society were well attended and enormous successes. We received many compliments on the program and the sale was one of our best. Thank you to all who supported these events.

Next up is a new and unusual program of magic and fun! Tom Ogden will be on hand to amaze and awe us with his "bag of tricks." Join us on Thursday, April 14th in the AR. As always, members of the LVWC are admitted free of charge

(a benefit of membership) and non-members are \$10 per person. Men and women are welcome to join and enjoy club benefits and the program. Doors open at 12:45.

A reminder we collect "change for change" and now that we are starting to travel again, toiletries from our hotel stays. New items only, please. See you on the 14th!

BILLIARD CLUB

By Vera Erskine

LCR (Left-Right-Center) is back! Held in the Lanai Room every Thursday evening from 6-7:30pm, this is an extension of the Billiards Social Night. If your significant other is a billiards player and you are not, this is the perfect game for you. The Club supplies wine, beer, coke and water. Bring snacks to share if you like. Geri DeSimone and Sue Hongsermeier are the coordinators.

REMINDER: You must be a Club member to participate in tournaments and other Club activities. 2022 dues are \$7. Contact Kathy Wirtz 805-384-8508.



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CLUB NEWS

Pet Club

From PAGE 11 —

for pet-related social and fundraising events. We do not have regular meetings, we do have several activities through the year such as informational pet-related speakers, pet parade, pet food drives and more! Our next event is a Leisure Village Cares Pet Food Drive. April 18th - 24th.

For more information contact president Shawn Baker at 805-233-1725 or shawnbakerhomes@gmail.com.

AMATEUR RADIO CLUB

By Jonathan Fox

The Amateur Radio Club promotes a fun hobby that is enjoying a renaissance today as more people discover the ability to make new contacts with fellow hams in

both local and distant lands. The club has earned several awards – Worked All States, Worked All Continents, and the highly coveted DXCC, which signifies contacts with over 100 countries or entities. Our current total is 143.

Others join our club as a way to help with service to the community by working with state, county and local agencies to provide communication in times of need. Several members are part of the Auxiliary Communications Service of Ventura County. We are directed by the Office of Emergency Services located in the VC Sheriff's department headquarters in Ventura and have been vetted and trained as disaster workers with special communication skills.

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. Meetings are held the second Wednesday of

odd numbered months in the MPR room of the Recreation Center at 2pm. For more information contact Jonathan Fox at 805-377-3697 or KT6LA@yahoo.com.

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.

Jon Niemann, a wine professional, leads each session. Tasting sessions are on the 3rd Friday of the month at 7PM in the A/R. 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.

The March session was three side-by-side comparisons of two wines of the same varietal but from

different regions – six wines altogether. Pinot Noir and Chardonnay from Napa and Santa Rita Hills and Merlot from Paso Robles and Napa.

YE OLE WOODCHIPPERS

By Bud Bradley

February's numbers looked good, with 15 repair jobs for villagers and 7 quick fixes. We also had 1 more chair repair for the Billiard room. The photo this month shows what can be done when restoring an old family heirloom while strengthening it up to be passed on to the next recipient, when the time is appropriate.

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 wish to become a keyholder, you can contact Pirate or Bud on Wednesdays

—Please see PAGE 14

Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth?
Are you looking "old" before your time?

There is a reason—AND a solution.

Whether you've lost some, or all, of your teeth, you may turn to bridges, or dentures, to make your mouth 'whole' again. But unfortunately, over time, your face can start to look, and feel different...

...and here's why:
The bones in your jaw need the stimulation they get from tooth roots in order to remain strong, dense and healthy.

Without stimulation from the root of each tooth, the bone in your jaw starts to change...and not in a good way.
In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop...and your facial muscles start to shift out of position, adding wrinkles before it's "time," and changing what you're used to seeing when you look in the mirror.

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

In the end, your continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up - giving you a witch-like appearance.

And, unfortunately, there's more...Even if you're perfectly content with your dentures or bridges, you may have

trouble with the way they fit down the road, as your jawbone continues to deteriorate.

Over time, there will be less muscle, and less bone, to hold your dentures in place. Nerves come closer to the surface as your gums wear down...and it's possible to end up experiencing agony every time you take a bite.

The "witch-like" appearance caused by bone loss...which can make you look "old" before your time.



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Leisure Village Cares PET FOOD DRIVE

April 18th - 24th



The Pet Club is accepting Pet food donations. **Drop off box located in the Lobby** at the Rec Center. Please, only new pet food, sealed in original manufacturer package that is not expired.

For more information call Shawn Baker 805-233-1725

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CLUB NEWS



Photo by BUD BRADLEY

This photo shows what can be done when restoring an old family heirloom while strengthening it to be passed on to the next recipient.

Woodchippers

From PAGE 13 —

or Thursdays at the shop to make an appointment to be checked out. You can also reach us by email at the addresses below.

A reminder 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. We gratefully accept donations to help keep supplies and equipment up to date. Keyholders are asked not to work on their own projects during those hours. During those hours, the Woodshop will be operated by Woodshop Committee members only.

For any other woodshop information, you can email Pirate at Bruce5150@gmail.com or Bud Bradley at Hipbud2@gmail.com

MAVERICKS CLUB

By Vera Erskine

CASINO NIGHT IS BACK!! Scheduled for April 22 from 6:30–9:30pm. Coffee, water, beer, wine and snacks will be available. BYOB

—Please see PAGE 15

PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st – Gregg Gillmar / Veggie Display



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CLUB NEWS

Mavericks

From PAGE 14 —

is acceptable. Tickets go on sale Wednesday, April 6 for \$25/person. Your ticket will be exchanged for “funny money” when you arrive. Prizes: (3) 2-night hotel stays in Las Vegas.

You must be a member to attend this event. Membership dues are \$5.00 per person. Contact Geri DeSimone at 805-484-7308 for tickets and membership.

PLAYERS GUILD

By Linda O'Neill

Players Guild’s purpose is to provide a creative outlet for theatrically-inclined residents and to provide entertainment for their Leisure Village neighbors. Members can participate as spectators, actors, singers, dancers, backstage, set construction crew,

lighting, sound or videography. Nine monthly business meetings and workshops are scheduled for 2022. These will be held on the third Thursday evening, beginning at 7:30 in April, June, July, August, September, October and November.

In July, Players Guild will again present Readers Theater, produced and directed by Joyce Belcher and Rosanna Bellini-Strickland. There will be a casting call for this show on Monday, May 23rd at 7pm. Location to be announced at a later date. Watch E-News as the time gets closer. Those of you who can create a character when they read will love this. You do not have to memorize to perform in this type of theater production. Come have some fun and meet some more members of Players Guild. The final production will be held Thursday, July 21, 2022 in the AR at 7:30. Just a reminder: memberships are \$10 per year.

THE STONERS BEAD & CRAFT CLUB

By Aleta Howarth

After a 2-year hiatus, The Stoners will be having their annual Craft Faire from 10-3 on Sunday, May 1st in the AR. Everyone is welcome. Bring family and friends. The Stoners will have jewelry and crafts; others joining us that day will be Ceramics, Village Arts, LV Photo Club and the WoodShop elves with some fun items. This is a great place to find something new for yourself, a special gift for someone or just come to see what fun things are happening in Leisure Village.

We will have pastries and coffee in the morning. Hot dogs will be available at 11:30 for a donation.

The Stoners meet every Monday at 3 in the MPR for crafting, jewelry making and social time. We also do minor jewelry repair. For more information call Aleta at 805-236-0040 and leave a message.

BINGO!

By Bobi Shmerling

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

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

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.

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CLUB NEWS

VILLAGE ARTS

By Patti Crichton

LV residents, come on over to the Camarillo Art Center (CAC) on 3150 Ponderosa Drive. Village Arts has been invited to display their art in the gallery! You can see what amazing art our Village Arts members have been doing. The gallery is open on the weekends of April 9 & 10, April 16 & 17, and April 22 & 23, from 1-4pm.

Members, we will be hosting our April 6th meeting at the CAC to set up for the show and sharing updates. Our membership is growing and art classes are filling up.

Kathy Whitesell teaches watercolor classes monthly in the Lanai Room. Barb Mathis teaches creative art using mixed media, and Pat Lelic is offering a gourd class. We are fortunate to have so many talented members who are willing to share their expertise.

Please contact Patti Crichton



Photos by PATTI CRICHTON

Pat with the collection of gourds. She provided a demonstration at the March Village Arts meeting.

by text or phone to sign up for classes or offer to teach a class, at 805-760-7673. You must be a member to sign up for classes. Membership is \$10/year.

Pat Lelic provided an informative demonstration at our March meeting, showing us many different shapes of gourds and ways that they can be transformed into art pieces.

RACQUET CLUB

By Arnie Kremer

If you enjoy tennis, pickleball or paddle tennis, or have always wanted to try them to see what all the fuss is about, come join the LV Racquet Club. You'll have lots of company as we've seen an

influx of new members this year, and annual dues are only \$7.00.

Join us for "Open" play Mon, Wed, Sat at 9:00am (tennis), Tue, Thurs, Sat at 9:00am (paddle tennis) or Mon, Wed at 9:00am (pickleball.) Paddle tennis round robins are also held Mon, Wed, Fri afternoons at 2pm. We also

—Please see **PAGE 17**

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CLUB NEWS

Racquet Club

From PAGE 16 —

periodically offer free lessons – check the Bulletin Board by the Courts for information on all open play times, lessons, etc. In addition Spring tournaments will be held on Saturday, April 23rd (pickleball) and Saturday April 30 (paddle tennis.)

Thanks to the recent improvement in public health as a result of vaccinations and other measures, the Ojai tennis tournament (featuring top PAC-12 College and Junior players) is back this year from April 20 through 24. At the next General Meeting of the Racquet Club – 7pm April 13 in the MPR – we’ll discuss the possibility of members attending one or more days as a group, as this tournament offers a rare opportunity to observe up and coming players, even more talented than our own members (if such a thing can be believed) in nearby Ojai.

WII BOWLING CLUB

By Judy Spector

Wii Bowling welcomes our new members. Come join the fun! Sessions are played on Tuesday 9:30am & 11am, Wednesday 1pm and Thursday 11am. Annual membership dues are \$10.

For more information contact Connie Davis 805-320-1544 or Sylvia Edmonds 805-987-1666.

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.

MEN’S GOLF

By Tim Palmer

February and March have been busy times for the Men’s Golf Association. In addition to our weekly tournaments, we have had two Regulation Gold Tournaments, one at Los Robles in Thousand Oaks on February 3rd and one at Rustic Canyon in Moorpark on March 3rd. Both were expertly managed by Jack Bozajian. The Los Robles course had demanding playing conditions, which challenged our best golfers. The play at Rustic Canyon was more comfortable, with scores more in keeping with member’s handicaps. It should be noted that

PHOTO CLUB WINNER – ASSIGNED CATEGORY



■ 1st – Bob Pinchak / A Window in Monochrome

Chuck Kiskaden scored an eagle 3 on hole number 13, a 461 yard par 5. Congratulations, Chuck!

MGA Tournament Golf Tuesdays have been well attended and some excellent golf has been re-

corded. On February 8, two holes in one were scored; John Gonzales aced the number 12 hole with a pitching wedge and John Santos aced number 13 with a gap wedge.

—Please see PAGE 18

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CLUB NEWS

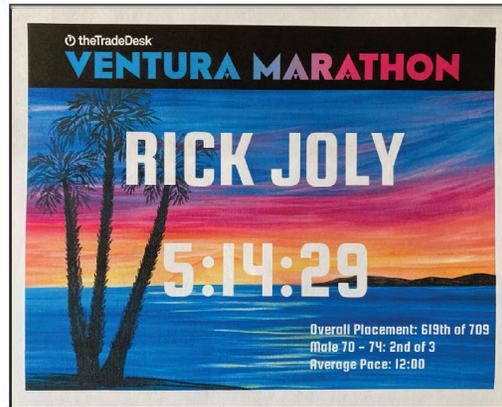
Men's Golf

From PAGE 17 —

Well done, gentlemen!

April will bring the annual Tee Timers Tournament, which combines the Men's Golf Association and the Women's Golf Association, to be held on April 19. This year the men are hosting the event, which includes a round of golf and a luncheon following. Tickets for the event are available from Jon Hall beginning in April.

LV's Running Man



Rick Joly making the Village proud with his outstanding performance at the Ventura Marathon in February.



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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, April 15.

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

PLEASE employ our youth: ages 14-2. Weeding, housework. Contact Youth Employment Service: YES@bgccam.org or call Linda Nuttall 805-482-8113 ext 1 Boys & Girls Club Camarillo

For Sale from remodeling project – stove \$50, garage refrigerator \$50, brand new microware \$125 – all white. 3 pc roll-top desk, filing cabinet, bookcase, double bedroom suite. 805-279-8184

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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

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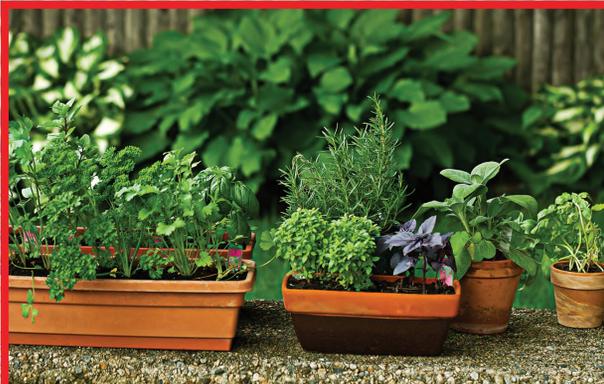
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Grow Your Own Food!



There are lots of good reasons to grow your own food: freshness, nutrition, quality control, not to mention saving money. With inflation rising so quickly, growing your own food is one of the best ways to reduce your grocery bill. It also gives you a measure of food security, reducing your dependence on grocery stores & supply chains. Even if you don't have a lot of space, there are many compact gardening solutions available. **Here are some tips:**

WINDOW BOX: You can grow salad ingredients in a window box: lettuce, radishes, spinach green onion, and herbs. You can even grow strawberries in a window box.

HANGING PLANTERS: Hang planters on your patio or balcony railing. Make sure you select a sturdy planter that is either self-watering or has a removable water reservoir tray to catch water for good drainage. A basket liner to protect the soil and plant roots will be handy too. Since weight matters for hanging baskets, use lightweight potting mix instead of garden soil. You can grow greens, herbs, and even add some edible flowers for beauty – consider edible marigolds that also help deter pests.

CONTAINER GARDENING: Containers can be placed around the yard, patio and indoors. To make the most of space, consider growing vertically. Plants like cucumbers, tomatoes, sugar snap peas, and green beans grow well in containers. Add a trellis or pole to the container depending on what you're growing. Make sure the containers are deep enough to accommodate the plants roots. For tomatoes, add a cage around the container to support the weight of the plant as it grows. Rethink buckets – you wouldn't believe what you can grow in a 5 gallon bucket. They may not be glamorous, but they're affordable and handy (especially when it comes to mobility). You'll need to create a drainage hold before you get started. Potatoes and beets will do well in the bucket, as will carrots – just make sure you take into consideration the root system and the depth of the bucket.

MOBILITY: Make your planters mobile. Before you start planting, think about whether you will need to move your containers, especially the big ones. Setting them on a caddy or adding casters to the pots will allow you to wheel them from shade to sun, or from outside to inside should the temperatures drop.

HYDROPONIC GARDENS INDOORS OR OUTDOORS: The basic concept of hydroponics is that water is substituted for soil. Hydroponic gardens are known to produce vegetables with high nutrient content, and much faster than traditional growing methods, so you can get a higher yield from a smaller space. Check out our website for links to many types of hydroponic garden systems.

There are too many tips and ideas to fit into this article, so please be sure to go to the 'Barlows Got Your Back' section of our website for links to helpful articles as well as some gardening product ideas.



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