

INSIDE LEISURE VILLAGE

VOL. 42 NO. 8

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

AUGUST 6, 2021



Bocce is Back! Leslie Hall releases the ball during her Bocce match.

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After sixteen long and quiet months, our Recreation Center is beginning to jump and hum, as more than 55 Village clubs, classes, sports and creative groups return to entertain and challenge us. Everyone is welcome to join for the good times ahead. Here are examples.



Duplicate Bridge players know how to play cards.



Please visit page 5 for more examples of club activities.

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Letters

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

September Edition Deadlines

Club News, articles, letters and classified ads: Thursday, August 12. September issue will be available Friday, September 3. Send news, articles & letters to insidelleditor@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."

New Vehicle Decals are On the Way

It's out with the old, in with the new! The decals on the windshields of cars, trucks, motorcycles and golf carts that are marked "May 2020" will be replaced in September with new—and required—stickers that will read "September 2025." The COVID lockdown last year prohibited the regularly scheduled replacement.

The actual decaling will take

place in front of the Recreation Center on:

Wednesday, September 22
from 9:00am – 12:45pm
and 2:00 – 5:00pm

Thursday, September 23
from 9:00am – 12:45pm
and 2:00 – 5:00pm

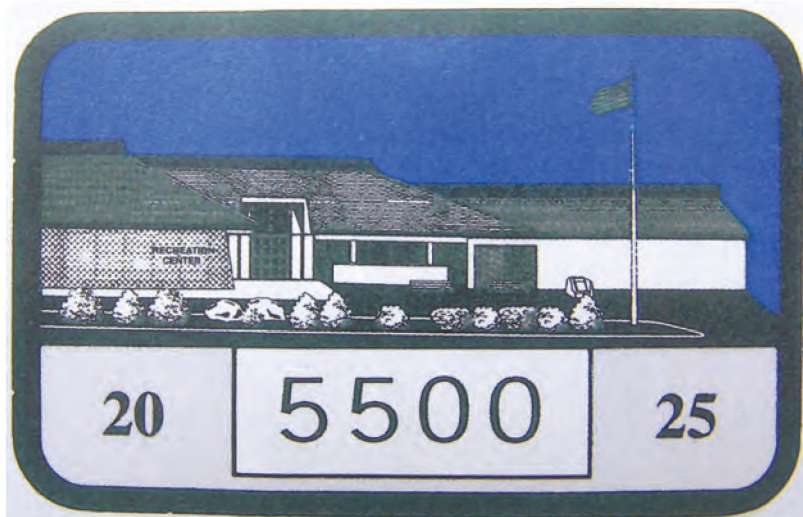
Saturday, September 25
from 10:00am – 3:00pm

Villagers must present a valid

driver's license and current vehicle registration that shows that a Leisure Village resident owns the vehicle. Renters should check with the LV Office to be sure their leases are up to date. If a current lease is not on file, no decal will be issued. Vehicles with an expired

decal will be admitted to the Village only by showing current license and registration.

The decaling lines are often long because of the large number of Village vehicles. Be patient. And consider choosing one of the later times to line up.



IN MEMORIAM

- Mitchell Falk, Village 20
- Berta Lemon, Village 16
- Paul David Nedeleff, Village 22
- Sidney Necowitz, Village 39
- Kathleen Ryan, Village 15
- Doris Walker, Village 30

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- El Dorado** \$600,000
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- El Dorado** \$575,000
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- Galaxy** **COMING SOON**
- Valencia** \$675,000
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- El Dorado** \$675,000
- La Jolla** \$660,000
- Monterey** \$475,000
- Valencia** \$555,000

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NEWS BITES By Patty Ecker

Summer Visitors to Leisure Village

The barn owl had been down for some time, lying in the shrubbery in Village 25 before LV Security Officer Justin Cortenbach came on the scene. The large bird was alive, but injured and unable to fly. Justin picked him up and watched over him until the Ventura County Animal Services officer arrived to whisk him to the local shelter. The latest report is that the owl's injuries were minor. He's been cared for at a local wildlife rehabilitation location and is expected to be released into the wild soon.

Word must have gotten around the aviary because a few days after the owl incident, eleven ducklings joined human swimmers in the Village pool. The visitors appeared to be a mother with a very large family. They paddled around for a while, then followed mom out of



Photo by LV SECURITY STAFF
This injured barn owl took a shine to his rescuer LV Security Officer Justin Cortenbach last month.

the water, waddling through the Pavilion, and were last seen headed for the golf course.

These were unusual visitors and pleasant ones for LV's officers. "At this time of year, we mostly get calls about coyotes in the Village,"

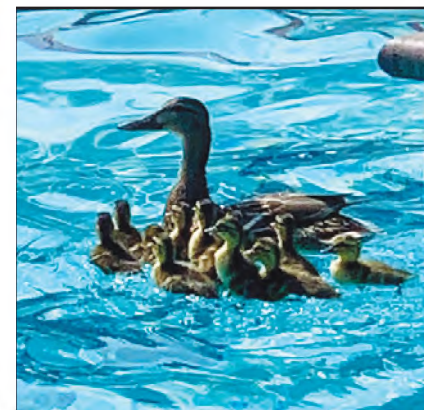


Photo by CAROL MOODY
Nothing like a cool dip in LV's pool for Mother Duck and her brood.

Officer Cortenbach says. "It is past their mating season, so the animals are more visible because they are looking for food for their new pups." He mentions a coyote den in the wash outside LV grounds behind Villages 42 and 44. "Some can jump the fence," he warns. "And we can't always respond to every sighting."

"Villagers must be mindful, especially pet owners," Officer Cortenbach emphasizes. "Keep your animals on a leash, don't let them out alone, even on your patios, and don't leave food outside either." He reluctantly proves his point by adding that the dog of a Village caregiver was killed recently by a coyote right beside her house.

Local Playhouse to Close After 40 Years

After more than 40 years as the local home of live theatre, the Camarillo Skyway Playhouse will lower the curtain and turn off the lights forever at the end of August. Villagers and Camarillo residents have performed on its stage and applauded from the audience for decades. The last production, opening on August 6, is Oscar Wilde's "The Importance of Being Earnest." It features LV resident Larry Swartz, who has performed in many Skyway productions. "This is bittersweet. Our community is losing something important – live theatre," he says.

The Playhouse had planned for a gala anniversary year in 2020,

—Please see PAGE 5

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The Racquet Club is off to a good start with its first doubles tournament (won by Bob and Betty Ericsson with an assist from Pam Malone.)



More Activities in Action!

The ceramics kiln and ceramic artists are back in business for the **Ceramics Club**.



It's nearly a full pool for the **Water Aerobics** class.



Photo by JOLYN B JOHNSON
Rehearsing for the Skyway Playhouse's final production is Villager Larry Swartz, left, who has been a regular performer on this local stage, shown here with Brian Robert Harris and Maddie Boyd.

Skyway Playhouse

From PAGE 4 —

celebrating 203 productions and 2445 performances since it opened in 1970. But COVID changed all that. To keep live theatre alive, Skyway players streamed productions and classes to virtual audiences at no charge during the year. Then the Playhouse's landlord, the Oxnard Union High School District, decided to sell the property. *The Importance of Being Earnest* will be the last show there.

Playhouse production volun-

teer Jolyn Johnson estimates that over 50 Villagers have participated in Skyway productions. "We regularly have had Villagers on stage, in the production crews, or in the audience," she says. "And Larry continues the tradition right to the end."

Skyway patrons, performers and fans are trying to raise money to find a new home. But the pandemic has made that effort difficult. Larry Swartz reports that the final cast for the final play has been rehearsing intensely so that the Camarillo Skyway Playhouse will go out with a standing ovation.

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■ 1st – Doug Demers / A Mountain Cloud

A WORD ON WINE By Don & Barbara Senior

Feeling Zinfual? The Zins of Paso

Originally known for walnut orchards and cattle ranches, Paso Robles has become a vibrant wine region with 200+ wineries. The climate is defined by hot days and cold nights, scant rainfall, and extreme day to night temperature shifts. Due to the climate, Zinfandel became the early signature grape of the region. Zinfandel is traditionally dry farmed and untrellised, growing as head-trained vines, branching out in all directions. Well-tended, the vines can live a very long time, producing vibrantly flavored and balanced Old Vine Zinfandels.

Zinfandel, “the California wine grape,” was used in the 1970s and 80s to produce a sweet blush wine known as White Zinfandel. The grapes produce a rich, vibrant red wine when the skins are left in contact for a longer period of time during fermentation.

The Paso Robles AVA (American Viticultural Area) has one of the highest concentrations of Old Vine Zinfandel vineyards in California. The region is blessed with at least a dozen or so vineyards that were planted nearly a century ago, which

produce some of the most coveted Zinfandel wines in the world.

One 100 acre tract is the Dante Dusi vineyard, located in the Templeton Gap district of Paso Robles AVA. Planted in 1945, grapes from this family-owned vineyard have long been sold to local wineries: Turley, Grey Wolf, Tobin James and Ridge. More recently, the family built their own J. Dusi winery which now sources 20% of the vineyard.

There are at least a dozen more vineyards in the Paso Robles AVA that would be considered “legendary” by almost any measure. Stepping foot in any one of them, looking at the weathered, twisted, gnarly vines, it is easy to imagine the generations of winegrowers who have tended to them over the decades. Tasting the wines produced from their fruit, it is also easy to understand how these great vineyards produce fantastic wines.

Every March there is a Zinfandel Festival when wineries feature their wines with special events to celebrate the heritage varietal of the Paso area. It’s definitely a fun way to explore the Zinfual Zinz of Paso.



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Call-Out for Pictures!!!

Mavericks and ILV really enjoyed presenting the Independence Day Parade! We would like to put a video together and save some photos for the files. If you were out there and photographing and/or taking videos, please forward them to JON: insidelveditor@gmail.com. Questions: feel free to call Jon at 805-874-2324.



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08LV13C

A PINCH OF SALT By Larry Swartz

Why I Don't Bake

"A Pinch of Salt"...this is a perfect title for this column because a little of this and a pinch of that is how I cook...and that is the exact reason I don't bake. When you cook things on top of the stove, your options are huge, it's more or less a trial and error situation; kinda like medicine. "If the Prezibine doesn't work Mrs. McIntosh, we'll try Zaragoza 30 mg."

Baking is much more scientific and exacting—it's kinda like surgery—you gotta follow the recipe. "Make a 1" incision .5" above the elbow." So, while cooped up during the last 18 months and not wanting to eat commercially baked goods because they contained ingredients I didn't want, I set out to make some cookies with no sugar and no gluten.

I mixed together a bunch of

things: peanut butter, almond flour, egg, cinnamon, canola oil and honey. When it got to the right gooeyness, I rolled up a ball, or I flattened it onto a cookie sheet and baked it. 18 minutes later, I tossed it. I next added vanilla bourbon extract, more honey, cloves and made a 2nd cookie. Same ending.

Then came the butter and stevia. That worked! So I rolled up about 24 little balls, put them on the cookie sheet, "ring, ring" oops, threw them in the oven and answered the phone. 20 minutes later, I opened the oven to find 24 really hard overcooked little peanut butter balls (forgot the flatten part.) Thankfully, some of the bowl of goo was left so I tried one last time and was successful.

Now I know you're gonna say, sounds good, send me that-there



Photo by LARRY SWARTZ

recipe. Well, there is one little problem here. As you know, I'm not good at following recipes and even worse at writing down what I used to make something, so here goes. Don't shoot me if this doesn't work!

Gluten & Processed-Sugar-Free Peanut Butter Cookies
(Makes around 25-40 cookies)

- Around 1/2 jar of crunchy peanut butter
- Maybe 1/2 that amount of almond flour
- An egg or 2 (Could add some fake egg to increase gooeyness.)
- A few drops of vanilla, few shakes of cinnamon and clove... wait, more cinnamon than clove
- Some canola oil
- Squeeze in a long stream of honey
- A little bit of Stevia powder, then a little bit more
- Milk if you can't stir it

Mix all ingredients well, roll into 1" balls and don't forget to flatten the balls before you answer that robocall. "Would you like to extend the manufacturer's warranty on your car that you no longer have and never had a maintenance agreement to begin with?" Cook for a while in a kinda hot oven.

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REAL ESTATE

By Sharron Parker

The Value of Move Managers

Moving is difficult at any age. At some point in our lives there comes a time when moving can feel unsurmountable. Working with a SRES (Senior Real Estate Specialist) certified Realtor who will have access to Move Managers would help to alleviate the extra stress and provide soothing advice and services.

Move managers are able to help coordinate aspects of moving including the following:

- Assist in downsizing and sorting possessions.
- Create a floorplan for placing furniture and belongings in the new space.
- Coordinate the placement of heirlooms with family members.
- Arrange for profitable disposal of items no longer needed through estate sales and online selling venues.
- Make and document donations of items to charity.

- Organize packing, moving and unboxing items on the other end
- Technical support for setting up computers, televisions and other electrical and digital equipment.
- Handling change of address and mail forwarding arrangements.
- Shutting off and turning on utility services.

Other services that meet the specific needs of the Move Managers clients are available. Often they understand how to declutter spaces and make them safe for particular needs such as sight impairment or the use of walking or mobility aids.

Coordinating your move with a SRES certified Realtor who will work with you and your Move Manager are a great way to prevent the anxiety and irritation during the moving process and assure a positive experience while settling into your new home.

HEALTHY VILLAGER

By Jeannie Davis, PT, MPH

How to Live Better With Chronic Pain

As a relatively new owner in Leisure Village, I know many of us, including myself, who suffer from chronic pain. As a physical therapist, health educator and holistic healer, I am passionate about natural ways to live a better life with chronic pain.

Sometimes modalities can help chronic pain, but use with caution. Topical treatments such as Stop Pain, BioFreeze and Salonpas® may give you some temporary relief. A short physical therapy course of electrical stimulation, ultrasound, and/or TENS with ice or heat (and other modalities) might decrease the pain levels sufficiently so you can practice the sound principles of posture, body mechanics and exercise that you will need to manage your chronic pain. The key in using modalities is to use them appropriately for short periods of time and to be sure you do not become dependent on them for long term recovery and/or maintenance. Some of us may be able to eliminate our pain entirely with physical therapy treatment, and others may need to manage their chronic pain during their lifetimes. If we want to lead a better life, we need to change our lifestyles, including exercises to tolerance and being more aware of our posture.

When traditional physical ther-

apy has been exhausted, I recommend the use of techniques such as Myofascial Release, Myofascial Unwinding, Craniosacral Therapy and Reiki Energy techniques that can be helpful in managing chronic pain. In conjunction with traditional Physical Therapy, these techniques can be quite effective in reducing the amount of pain you experience. The soft tissue techniques change the length and architecture of the soft tissue, called the fascia which structurally helps you feel less pain and increases flexibility. Then you will be able to follow through better on postural techniques and exercise, and the appropriate lifestyle changes required to live a better life.

If your chronic pain is too intense and you are in too much pain to exercise on land, I suggest you start slowly with pool exercises. We are so lucky to have our wonderful swimming pool available in the Village all year, and it is heated. We also have aqua aerobics classes in the pool which have already started. Many can get pain relief, increased flexibility, increased strength and endurance when starting out with appropriate aquatic exercises. As you improve over time, then you can transition into some tolerable land exercises.

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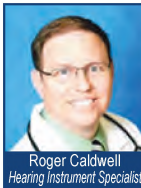
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CLUB NEWS

LV MUSIC CLUB

By Marci Lapair

With the Village opening up, the LV Music Club is happy to offer on August 16 the following movie for Movie Night. The movie will be *Julie and Julia* starring Meryl Streep and Amy Adams. The film is based on two true stories, how Julia Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and to introduce a new generation to the magic of French cooking.

There will be no movie shown on September 6 due to the AR being closed for Labor Day.

Movie night is held on the first and third Mondays of each month from 7:00 pm to approximately 9:00 pm in the AR. Admission is free to all the Villagers.

If you are interested in making new friends and helping plan events for the Music Club, we

invite you to attend our next board meeting on August 23 at 10:00 am in the Multi-Purpose Room. We need new members to suggest fresh ideas for future club activities. All Villagers are welcome to attend the meeting.

If you have any questions, please call Marci Lapair 818-399-0843.

RACQUET CLUB

By Arnie Kremer

Good news. The Racquet Club is starting to open up for business! The Tennis Group just completed the first Double Elimination Mixed Doubles Tennis Tournament (everyone who played had been fully vaccinated). The tournament was organized by Coach/player Gary Carroll.

Eight teams started and matches were well attended and vocal. In the end, the team of Bob and Betty Ericsson (with substitu-

tion in semis and finals by Pam Malone—Betty was unable to finish the Tournament) won the match 8-7 in a tiebreaker over Bob Bleicher and Natalie McCalkick. The level of play throughout the tournament was excellent and Wimbledon worthy!

Moving forward, the Racquet Club will continue their traditional 3rd Friday of every month Puu Puu Pot Lucks and Court Play from 5-7pm, which began Friday, July 16. Yahoo!! RC Board Meetings, RC General Meetings, RC Summer Picnic, Pickleball and Paddle Tennis Tournaments, Membership Carnival Event and more will all be set up and announced with appropriate timing and LV approval.

WII BOWLING CLUB

By VH Bryce

Wii Bowling resumed on July 20th. The only change was the re-

moval of the one o'clock Thursday bowling session. Those people who previously bowled at that time must now join another bowling session of their choice.

The Sessions are: Tuesday at 9:30am, Tuesday at 11:00am, Wednesday at 1:00pm and Thursday at 11:00am.

If you are fully vaccinated, masks become optional. However, if you have not been fully vaccinated, masks are mandatory. Please, let's follow the rules to keep everybody safe.

We look forward to seeing everybody again....it has been so long. If you have new friends or neighbors, please invite them to join us. We will teach them how to play.

Sadly, we will miss those Wii bowling friends who have passed away during the COVID hiatus. We will especially miss Barbara Bell and Sam Lak, who gave so much of themselves to our Wii

—Please see **PAGE 13**



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CLUB NEWS

Wii Bowling

From Page 12 —

Bowling Club.

For information, please contact Sylvia Edmonds at 805-987-1666 or Connie Davis at 805-320-1544. Please join us for 90 minutes of fun. LV Wii Bowling Club, 805-312-1037.

WORKSHOP FOR WRITERS

By Pat Lagerstrom

We had a glorious Fourth of July here in Leisure Village. Our parade had many entries, and they were all delightful. I especially enjoyed the cars from a bygone time. That made my day. Another event also made my day, on June 30th. Our June Workshop For Writers meeting was held at one of our member's homes. Two of our writers gave dramatic presentations. Dr. Eric presented us with a history of doctors who also wrote books, essays, and texts. I was surprised by the number of them, and how many of their books were best sellers. Michael Crichton and Arthur Conan Doyle were the most obvious examples.

Mark presented a biography of Mexico's first feminist poet, Sor Juana Ines de la Cruz. Women did not write poetry in her time so she surprised everyone. She helped craft the message that women can do a lot more than they are credited with. Our writers were quite

impressed with both presentations, and we learned a lot of valuable information thanks to Eric and Mark.

For information about Workshop for Writers, please call Frank Seiden 805-437-6242 or Mark Sconce at 805-586-4485.

BONE BUILDERS

By Alice Moffet

Bone Builder classes, following a Tufts University-created curriculum, are sponsored by RSVP (Retired Senior Volunteer Program) and are exercises specifically geared for seniors to improve balance and increase bone density. Sessions are 1 hour in length and registration is required. Classes are on Monday and Wednesday at 8:15am and 9:30am. We look forward to resuming our classes in the Santa Rosa room.

Please call Alice for more information at 805-437-6169.

MEN'S GOLF

By Joseph Benti

Nick Schellong, our 2nd V.P., continues to be one of the Club's vital "Go-to Guys." His latest contribution was to lead development of a new club logo that has been featured on the first new polo shirts offered to members in five years. Nick has already taken orders for five dozen and has agreed to take more orders for Members who may have missed the first



Photo by JOSEPH BENTI

That big crowd one recent Saturday afternoon, at the 5th tee, backing Village 4, was the club's COVID breakout social event of the year. Bob Pegg's daughter Kelly and husband Andy hosted an open party to mark his 96th year.

call. The shirts (standard cotton and lightweight wicking blends) come in a large variety of colors. If you're interested in ordering, Nick can be reached at his home phone 203-733-0176.

A reminder to newcomers to the Village, whether experienced

or new to the game, if you want to play in the regular Village Tournaments or join groups that play monthly tournaments on selected area courses, just show up at the golf shack any Tuesday morning at 8:00am. Play three rounds (\$2.00 fee with cash awards) and establish your club handicap. Annual Membership dues are \$10.00.

If you have any questions, our Membership Chair is Gerry Sarno at 339-225-0416.

Finally, two more holes-in-one stars to salute: John Palmer continues his streak, this time on the 13th, and Gary McGraw on the 9th.

TAI CHI

By Chuck Morrow

Tai Chi Moving for Better Balance is beginning new classes after Labor Day. There will be two new

—Please see PAGE 15

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ILV Goes Traveling



Photo by GREG NIEMANN

ILV in Bandon, Oregon for 'The Longest Day' and event to raise funds for Alzheimer's research. Pictures from L-R are Kathy Ireland, Mary Evans, Tom Niemann, Jeri Niemann, Barbara Ireland and Ron Evans.

Submitted by TOM & JERI NIEMANN

To include your Traveling Picture in ILV, please take a photo or have someone else take it, of you or your group holding any edition of Inside Leisure Village. Join the Traveling Fun! Send your photo with place and names to insidveditor@gmail.com

POETRY

To commemorate her birthday, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound of Music'. Here are the lyrics she used:

*Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.*

Cadillacs and cataracts, *hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.*

*Back pain, confused brains and no need for sinner's,
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.*

*When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Submitted by Lindy Stein



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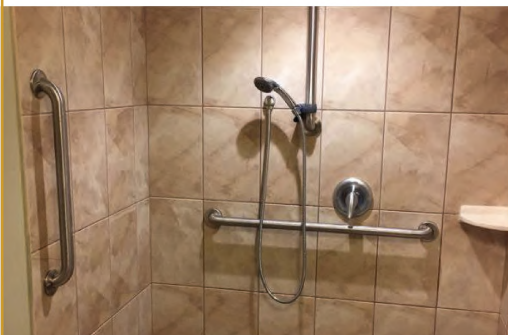
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CLUB NEWS

Tai Chi

From Page 13 —

classes. The first class will be for new students wishing to learn Tai Chi Moving for Better Balance. This is an exercise program especially designed for aging seniors to help them prevent falls. The gentle exercise of Tai Chi, experts say, can help improve mood, stress level, improve your heart and also benefit your bones. Students having attended prior Tai Chi Moving for Better Balance classes and who have not been practicing are also welcome.

The second Tai Chi Moving for Better Balance class will also begin after Labor Day. This class is for students having attended prior classes and wishing to improve their skills, beginning with a few refresher classes.

If you are interested in Tai Chi Moving for Better Balance and wish to participate please email pat.hartshorn@gmail.com or cmorrow@hotmail.com (please only email one of the two listed.) Class size is limited.

SHOWTYME

By Jennifer Stein

It's time to celebrate the re-opening of Showtyme with one of our favorite iconic performers, Mr. Rick Jarrett. He will entertain us with love songs, pop songs and the classics. But that will be just the start of our 2021 comeback.

Each month Showtyme will

bring back our favorite singers, dancers, comics, tribute groups and solo entertainers to refresh our memories from previous times. Fab Fridays as well as brand new entertainment will be wowing us with a country western singer named Carmine and a popular band group from Santa Barbara just to name a few.

Our favorite 50/50 donation game is back with 2 winners. The stage is ready, the seats will be in place and the doors will be open wide to greet our residents once again from Leisure Village. Mark your calendar for Friday, October 8th at 7:30pm in the AR. Donations for admission will be accepted.

Showtyme would like to extend a warm welcome to all our members and residents as well as to our new residents who will be visiting us for the first time. For 25+ years Showtyme fills the air with music and laughter every 2nd Friday of the month. Don't miss our comeback show of 2021.

Start practicing Showtyme's traditional saying: "What Time is it, it's Showtyme!"

Contact Jennifer with any questions at 805-383-1518.

BILLIARD CLUB

By Patrick Price

Billiard Club is getting started again. We are having our Thursday evening Round Robin competition. Sign-up starts at 6pm and play begins at 6:30pm. The Round

Robin is designed to help people new to, and returning to (after many years) playing pool. Folks relearning pool are paired with more highly skilled players, who will give good shooting advice.

The Wednesday Billiard Club league at 10:30am, run by Joe Feig, will also help improve shooting skills. The Billiard Club has tournaments and some activities. Schedules will be distributed soon. Billiards is a very social group and more people mean more fun. See you there.

For more information on Billiard Club, contact Joe at jeimfeig@gmail.com or Patrick Price at ppriceLV@socal.rr.com.

MAVERICKS CLUB

By Vera Erskine

CASH in the ATTIC is back. This will be our first gathering since the pandemic shutdown. It

is scheduled for September 24th. Bring "usable" items you don't want an hour before our gathering. The items will be auctioned off and the proceeds will be used to subsidize future club events. We are looking forward to seeing new and familiar faces.

For information about Mavericks, contact Vera Erskine at 805-987-4537.

GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us meets the 3rd Friday of the month to compare wines, learn about wine and explore different wine-growing regions. After over a year of meeting virtually by Zoom, we're looking forward to finally meeting in person again this month, date and location TBD. At that session, five wines will be

—Please see PAGE 16





Calling all LV Pets!

We are creating a 2022 Leisure Village Pet Calendar. Please submit a photo of your pet by email to Shawn Baker at shawnbakerhomes@gmail.com or email/call to schedule an appointment to have your pet photographed.

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CLUB NEWS

Grapes R Us

From PAGE 15 —

poured. The wines are selected and presented by Jon Niemann, a wine professional. The meeting fee is \$15 per person.

Our June Zoom session featured two wines: Carmenere from Chile and Pinot Grigio from Italy. Many prepared the recipes for food pairings: Ginger Romaine Salad with Pinot Grigio and Blue Cheese meatballs with Carmenere.

We are welcoming new members to the club. Join us, learn a little and enjoy the wine experience. Drop a line to Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

WOODSHOP

By Bud Bradley

The Woodshop is Open!!

We are able to start repair work and some special projects for the



Photo by BUD BRADLEY

This month's photo shows a kid's table and chair set made for a keyholder's grandson. As you can see, he had a guest over at Halloween.

Villagers! That includes tennis ball replacements for your walkers. During the hours of operation, the Woodshop will be operated by Woodshop Committee members to accept your requests. The hours of operation: 7 days a week, 6am until 10pm.

Notices are taped to the main woodshop door. If you are a keyholder, your key now works again for the main woodshop. The Annex is still not yet available to us but we are hoping that will change soon. We will be open from 9am until noon to accept your requests. We are still limited to current Keyholders only. Rules of operation are posted. Please clean up any areas you use and make sure you sign in and out.

You can email Pirate at bruc5150@gmail.com or Bud Bradley at hipbud2@gmail.com for any Woodshop information.

LV BOWLING

By Gene Kinsey

If you missed my column last month, it is not too late to join the Leisure Village Bowling Club.

Our Fall season opens on Friday August 13 at Harley's Camarillo Bowl. Membership is a one-time fee of \$20 and weekly bowling is \$12. Teams of four are balanced so everyone has an equal chance to be a star. Practice begins at 9 am with play starting at 9:15 am. If you like to laugh, especially at yourself, this is the club for you. Signups are going on right now, so contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858.

Even if you just want to sub for a while to try it out, we welcome you. No experience necessary. See you there!

LV PHOTO CLUB

By Chuck Morrow

The Photo Club met again via Zoom on July 1st with hopes of soon returning to a regular meeting in the MPR. The professional judge for the month was Robert Fields, www.robertfields.com. For more than forty years Robert has explored the art of Photography. In recent years he has traveled the globe visiting over 40 countries. He also promised to put on a photography demonstration for the Photo Club members in the future.

The Theme for the July meeting was "Landscapes." All of the winners for July are posted on the Photo Club SmugMug site at <https://leisurevillage.smugmug.com>. The winners for July were:

—Please see PAGE 17

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CLUB NEWS

Photo Club

From PAGE 16 —

Assigned Category - Dave Blanchar with “Wave meets Wave”

Open Category - Linda Canady with “First Morning Light”

Mobile Category - Doug Demers with “A Mountain Cloud”

Creative Category - Frank DeSimone with “Psychedelic Fowl”

For more information regarding the Photo Club contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

PLAYERS GUILD

By Linda O'Neill

Do you remember television in the 70's and 80's? The catchy songs and jingles? And the ads? Who can forget Mikey? We still remember “Mikey likes it.” Our first live show since the pandemic *TV Melodies and More* will be Thursday, August 19 at 7:30pm in the AR. A short meeting precedes the entertainment. The show was created by Teresa Savi of pickleball fame; written and directed by Paul Newman (no, not that one); and is a Joyce Belcher production. This “welcome back” special includes a cast of 30, including some newcomers to our Players Guild performers.

After our August debut, September 16 will showcase Judy Blake's Readers' Theatre. This is an opportunity for those of you who do not like to memorize to participate as a performer. Email Joyce Belcher (hi-5brie@aol.com) if you are interested.

Always the third Thursday, on October 21st, Players' Guild presents Helene Cohen's Acting Class center stage. This year the Acting Class collaborated with various writing groups here in the Village and will present the works of those selected writers.

Then, on Thursday, the 18th of November, finally (TA-DA drum roll) is our salute to the Broadway musical which was first scheduled for March 2020; then re-scheduled for November 2020. Guest pianist is Ellen Kammer-Gigger, and I can

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In January, Diane Carroll (formerly of the Malibu Playhouse) will present theatrical vignettes.

Looking ahead, Richard Weiss, the director of our big musical *Carnival* which was scheduled for April of 2022, will begin a series of classes which will introduce new Villagers and other interested possible participants to this play. Some parts need to be re-cast; If you are interested in participating in the class, call Gina Connor, assistant to the director, at 805-482-7806.

Finally, we recall a few lyrics to the Carol Burnett theme song, “I'm so glad we had this time together.”

LV WOMEN'S CLUB

By Barbara Cogert

By the time you read this we will have held our first event of the season—a Blow-Out Sale that will benefit our charities! Villagers had the opportunity to find that treasure they couldn't live without! NO? Well, you must have needed/wanted it anyway! We are still collecting gently used merchandise and jewelry for our next boutique. We will hold four special boutiques throughout the year in addition to our meeting dates and of course, BINGO nights,

—Please see PAGE 18

All about some old TV



Photos by BUD BRADLEY

Above, Players Guild members L-R, Helen Hartman, Charlie Hartman, Paul Newman (director), Vivian Hollander, Bill Crome, Chuck Kiskaden, Joe Miller, Irving Feiles, Fil Barton, Judie McAskil, Linda O'Neill, Dorene Blair, Rosana Brown, Joe Feig, Nancy Hulihan, Joyce Belcher, Teresa Savi, Vera Erskine and Donna Prado. At left, Teresa Savi, Vivian Hollander, Paul Newman (director) and Joe Miller rehearse for *TV Melodies and More*.



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CLUB NEWS

Womens Club

From PAGE 17 —

where we will offer a limited display of our offerings. Contact Nancy Rowe or Shearon Millar for drop off/pick up availability and thank you for supporting these worthwhile fundraisers.

Our busy volunteers continue to plan entertainment for our September meeting, Veteran's Event and Holiday Gathering. We are still waiting on confirmation of dates and times so stayed tuned.

Our President, Lin Grant has welcomed some new members at her home by hosting Welcome Coffees. Newbies should be made to feel welcome and Lin is doing her part!

SAVE THE DATE, September 9th for our FIRST in-person meet-

ing—it will be wonderful to meet and greet all of our new members and “old” members alike!

Want to jump in and join/volunteer/assist with a specific event, let us know. Anyone interested in joining and/or volunteering, please contact Beverly Davis for more info.

And remember, the Women's Club is not just for women! We encourage newcomers to check us out—the LVWC is back! HAPPY SUMMER EVERYONE!

EXERCISE/STRETCH CLASS

By Ann Thomas

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 morning exercise/stretch class Monday through Friday, with a 30 minute class at 8:30am or 9:00am.

The exercises are easy but beneficial to help keep us well balanced, our joints moving and our bodies young!

Come check us out and start your day in a healthy way!

For information contact: Donna Khacherian 818-404-5538.

THE STONERS BEAD & CRAFT CLUB

By Fil Barton

We are able to meet again every Monday at 3:00 pm in the MPR. Everyone is welcome whether it's

to learn to make jewelry or to share your own craft ideas with the group. We also get together each month at a local restaurant chosen by the birthday celebrants. Some of our other upcoming activities include a pot luck bar-b-que, an Arts & Crafts show and our annual holiday party.

Please stop by the window near the MPR during August to view some of the hand-crafted items created by our members. Also, please consider joining our club, no experience is necessary. We are very willing to teach and assist in your jewelry making journey.

We also continue to do most jewelry repairs. All we ask is for a donation to the group for this service. If there is a need or if you want information on the club, contact Fil Barton 805-987-3637.

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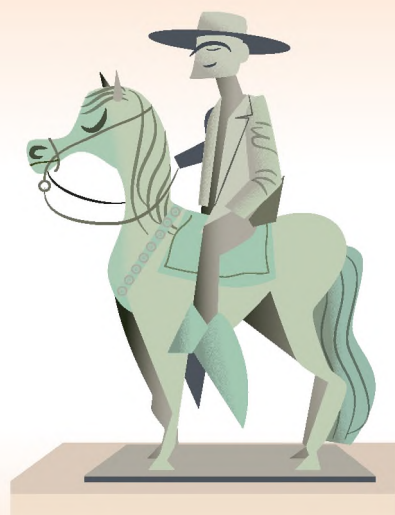
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DEADLINE for the next publication is Thursday, August 12.

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

Need a Driver? Experience 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

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

Kerry's Painting: "Careful and Clean" 310-970-2499. No job too small. I do ceilings. In the village.

I'LL HELP YOU with gardening, cleaning rain gutters, remove pine needles and leaves, plant/trim/remove plants, weeding, prune roses. Odd jobs. LV resident. Excellent references. Darren 818-618-1028

JUAN – Handyman Services – garden, patio, yard cleaning, hauling/dumping or repair. Plant trimming, removal or install patio fence and gate repair. CALL TODAY 805-487-1613

HUGO'S Garden Services: Patio, yard cleaning, hauling, dumping, plant trees, pruning and removal. Sod/seed installation. Over 23 years working in Leisure Village. LV references 805-216-8835 or 805-482-0985

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

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

Experienced compassionate caregiver. Personal care: bathing, grooming, dressing assistance. Companionship includes meal preparation, shopping assistance, errands, medication reminders. Victoria Sampson 805-754-4753

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

GRACE – CNA/CAREGIVER FOR 25 years, good references (L.A.-Beverly Hills) Live-in or hourly. Please call 310-801-3755

Caregiver with twenty years experience. Licensed and fingerprinted. Have excellent references. Live in Leisure Village, available 7 days & nights. Have had COVID vaccine. Toni 805-844-8377 No pets.

Two Girls Home Care - Helping Seniors with daily activities. Call us for a free consultation 805-424-9944 Licensed & bonded. Background checks, COVID trained, references on all caregivers.

Experienced compassionate caregiver, patient, flexible, reliable, hardworking & caring. Willing to help you with anything you need. Please contact Cherry 805-444-2379

IN NEED OF IN-HOME CARE? Certified/experienced/vaccinated caregivers: FT/PT available to service and fulfill all your needs. Reliable and conscientious. Call Eve 805-504-7236

EMERGENCY PREPAREDNESS CHECKLIST

TAKE STEPS NOW TO BE PREPARED. HERE ARE THINGS TO HAVE AND DO:

- | | | | | | | | | |
|--------------------------|---|-------------------------------------|--------------------------|---|------------------------|--------------------------|---|--|
| <input type="checkbox"/> |  | Food and Water | <input type="checkbox"/> |  | Charge Phones | <input type="checkbox"/> |  | Sign-Up for Local Emergency Alerts |
| <input type="checkbox"/> |  | Personal Protective Equipment (PPE) | <input type="checkbox"/> |  | Battery-Operated Radio | <input type="checkbox"/> |  | Have an Emergency/ Evacuation Plan Ready |
| <input type="checkbox"/> |  | Cash | <input type="checkbox"/> |  | Extra Batteries | <input type="checkbox"/> |  | Have an Emergency / First Aid Kit |
| <input type="checkbox"/> |  | Fuel | <input type="checkbox"/> |  | Hazard Awareness | | | |

For more preparedness resources, visit the California Governor's Office of Emergency Services (Cal OES) website at www.caloes.ca.gov



Preparation provides confidence during uncertain times. The past few years have taught us to expect the unexpected. We have witnessed scenarios many of us never would have imagined. The best time to prepare for uncertain times is now. *Because September is National Disaster Preparedness Month, we have decided to do 2 months of articles to help you and your family evaluate and improve individual and household preparedness.*

Start with 3 fundamental preparation P's: Prepare, Plan & Practice!

Prepare:

With your household members, discuss how to prepare and respond to the types of emergencies that are the most likely to occur. Among possibilities to consider based on recent events and history in our geographical region are: fires, floods, mudslides, earthquakes and civil unrest.

Plan:

- What you and each member of your household will do in response to the specific disaster scenarios you have identified as possibilities.
- What to do if you're separated during an emergency.
- How to evacuate and what you'll take with you.
- Anticipate what you need to shelter in place for extended periods and have it on hand always.

Practice:

Practice as many elements of your emergency plans as possible. The time to run through your plan is before a disaster. It is important to practice enough that, when it is time to execute your plan, doing so comes as automatically as possible.

We have put together links to emergency and disaster preparedness information. You can find them at the "Barlows Got Your Back" section of our website.



The Barlow Group
BRE #01945712

08LV11S

LeisureVillage.com

805 **987-5755**

Our Family Serving Your Family!



Serving Leisure Village Since 1979
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Conveniently located next to CVS in Mission Oaks Plaza