

INSIDE LEISURE VILLAGE

VOL. 42 NO. 12

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

DECEMBER 3, 2021

Proud to be an American

More than 250 veterans and friends filled the AR for the Village's annual celebration of Veterans Day, November 11. The observance was the 10th annual salute by LV's Women's Club to honor the men and women who served in the US military. The ROTC Color Guard from Oxnard High School brought the guests to attention and launched several hours of patriotic music, entertainment by the Camarillo High School Jazz Band, and, of course, food. The LV veterans represented service in every US military conflict from Desert Storm to World War II, which is where 96-year-old Villager Art Matter served in the Navy bombarding Japan.

The Women's Club has organized this annual event for a number of years, which has been well attended each year. See help wanted story on pg 8 for more info.



Photos by BUD BRADLEY

The AR became Patriotic Hall last month for the celebration of Veterans Day, which began with the presentation of colors by the ROTC Color Guard, followed by a special film presentation of the marching songs for all the military branches, and the camaraderie of Village veterans and friends.



New Attention to Water Use in this Drought

Do you know if there is - or might be - a leak in the water pipes that serve your home? How much water is wasted hosing the leaves off your driveway? What about water use when rinsing off the breakfast dishes? The answers are probably "I don't know" because Villagers don't pay separately for water and don't have individual meters to measure usage. It may be time to change that relaxed attitude.

"Drought Emergency" was the headline that topped November's announcement from the State Water Project that local water agencies in Southern California must reduce their use of water by 15%. Camrosa Water District, which serves Leisure Village, is one of them. The restriction will not affect water allocated for "health and safety," that is, water used indoors. "The Village is in good

—Please see **PAGE 3**



Photo by LINDA GAFFNEY

Shot of the rare lightning show we experienced in early October. We can be hopeful of a wetter winter in '22, forecasts do not bode well.

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LETTER TO THE EDITOR

Reports indicate the average Southern Californian uses about 100 gallons a day. If there are an average of 1.67 people in each home in Leisure Village times 2136 homes, then the total population of LV is somewhere around 3600 folks. If each person would save 4 cups of water each day by turning the power of the tap down just a little, taking a 3 minute shorter shower or filling the tub just an inch lower from what they are used to, that's 115,136 ounces

of water, that's 899.5 gallons of water ...a day!

We just saved enough water for nine people and if you extrapolate that over the adult population of the county who did the same thing every day we just saved 162,618 gallons of water... in 522.69 days we could fill Lake Mead. It's time that P.O.F.F (people over 55) lead the way. Make saving 4 cups of water a day your goal.

Larry Swartz, Village 20

—See other Letter on PAGE 12

ABOUT INSIDE LEISURE VILLAGE

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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.

January 2022 Edition Deadlines

Club News, articles, letters and classified ads: Wednesday, December 15. January issue will be available Friday, January 7. Send news, articles & letters to insidveditor@gmail.com.

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



Photo by BUD BRADLEY

Because of the Village's decision in 2008 to switch to non-potable water for landscaping, the more than 200 acres of LV's green are not seriously affected by last month's Southern California water use restrictions. But what if the drought continues?

Drought

From PAGE 1 —

shape so far," said Camrosa General Manager Tony Stafford, "because it uses non-potable water, not drinking water on lawns and landscape."

But that does not give Villagers a free pass. Homeowner Andrew Nelson, a member of the Finance Committee, agrees that switching to non-potable water for landscape use more than a decade ago has paid off for Leisure Village. But he also argues for renewed attention to current drought challenges. "We should do an efficiency study to look carefully for leaks in the old underground pipes," he says, "And in our homes, too. Because we don't have individual water meters, it's

difficult to pinpoint problems."

"But individual water meters cost approximately \$750," says Al Fox, who is a Leisure Village homeowner and has served on the Board of the Camrosa Water District for 25 years. As such, he is keenly aware of the complexity of the drought problem. "The Village is ok for now," he says. But he adds that even small things can help. "Don't water your gardens after 9am or before 5pm. Never water the grass around the house, and don't wash your car at home."

In the Village, any reduction in water usage will likely be reflected in the landscaping program. With 65,000 sprinklers, more than 225 acres of grass, trees and shrubs receive a monthly average of 16,154 gallons of non-potable water.

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A PINCH OF SALT By Larry Swartz

Ribotarians and the Humble Potato

I'm not much for telling you how to cook your holiday dinner. In fact, I'm pretty much a rebel when it comes to some traditions, but there are exceptions. I do my damndest to do my part. That's all we can do. I only eat red meat once or twice a year, usually opting for fish and turkey and generally white meat but some dark. I eat lots of fruit and fresh veggies, bike or walk a few miles a day 5 days a week, but when my friend John said if you drive me to Tehachapi, I'll buy you lunch at this great rib joint—I couldn't turn him down.

It made me think of my old friend Tommy who claimed to be a ribotarian—he was a vegetarian but he ate ribs. I haven't really had any good BBQ smoked pork ribs in years. So I jumped at the chance and it was so worth it. But as I've talked before about the importance of balancing

(if for no other reason than it makes you feel like you have at least a little discipline) my side dishes were cole-slaw and baked potato.

I'm not gonna give you a rib recipe. If you want really good authentic ribs, I'd go to a professional BBQ man or woman, but I would like to remind you that if you don't deep fry it, the humble potato is a pretty nutritious dish. Worst case scenario is a bottom line of only 33 carbs.

Now, of course, you're gonna have something with it but just balance it off. Maybe do a re-stuffed potato. Scoop out all the white "meat" into a bowl after cooked. Mix with your choice of:

- Chopped creamed spinach
- Grated cheese of just about any flavor
- Crispy pan fried red onion
- Seasoned ground chicken

breast (not over-cooked)
Chopped broccoli
Sautéed red peppers
Make up your own with leftovers.

Stuff back into the potato shell, top with a little more grated cheese, black pepper. If you are a Ribotarian, leave out the chicken. Into the broiler for just a few minutes to melt the cheese, top with chopped chives or scallions and a dollop of sour cream or just plain yogurt and serve. And look at this...



Plain medium potato (173 g)
Calories 161
% Daily Value
Total Fat 0.2 g - 0%
Saturated Fat 0.1 g - 0%

Cholesterol 0 mg - 0%
Sodium 17 mg - 0%
Potassium 926 mg - 26%
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Kathy Garcia, Village 25
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Tana Tapking, Village 11
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Robert Wilson, Village 42

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A WORD ON WINE By Don & Barbara Senior

Exploring GSM, a Classic Rhone Blend

GSM is the shorthand name for a classic red blend of grapes that originated in the Rhone region of France, Grenache, Syrah and Mourvèdre. GSM wines are fruit forward with aromas of ripe fruit, dried sage and herbs, and a pepper-and-herb finish that echoes the aroma.

Think of GSM grapes on a scale of red fruit to black fruit. Grenache is a hearty grape that provides bright red fruit flavors, like strawberry with pungent herbal aromas. Syrah moves along the flavor scale to darker fruit flavors like blueberry with aromatics of peppercorn and olives. Mourvèdre contributes blackberry and black plum with floral aromas of violet and notes of leather. When a GSM hits your palate, you get a progression of all those flavors in one wine.

We invited some friends over to explore Tablas Creek GSM

wine from our cellar. Luckily we also had four 100% varietal wines of the blend's components: Grenache, Syrah, Mourvèdre, and Tannat, making it a flight of five wines. To prevent mix-ups, each person had a parchment paper mat with five numbered circles and each bottle was numbered. After all the wines were poured into glasses and set on the numbered mat, the fun began.

It was time to look, swirl and smell. Going across the top of each glass, by nose alone, each wine had its own aroma and was visually distinct. The Grenache was very translucent and fruit forward – the Yum factor. The Mourvèdre was dark and, at first, had very little aroma, but in a few minutes, it developed a typically pungent berry aroma. The Syrah was also dark, with some translucence and a black-



berry aroma with hints of tobacco. The Tannat was almost inky with an aroma obviously bringing tannins to the table.

During the tasting, comparing the GSM blend to each of its components, you could sense how each varietal contributed to the blend. Just like with cooking, where a single ingredient could overpower, but when used thoughtfully, it adds to the complexity of the final

dish. It wasn't long before people started experimenting by making their own blends. At the end, we all felt like winemakers at a blending table. We were ready to order pizza, which we did.

Don't ask how many glasses we used. Hint: we had to borrow several dozen glasses from a neighbor and, afterwards, run three dishwasher loads of glasses only. But what an enlightening experience.



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THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Sleep Hygiene for a Better Life

When we were younger, I don't think we entertained the idea of lack of sleep because we had so much energy, and the lack of sleep didn't affect us as much.

As we age, our sleep patterns change gradually, and we become more connected to the sun, light and dark cycles of the earth and our circadian rhythms change. Circadian rhythms are physical, mental, and behavioral changes that follow a 24-hour cycle. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes. Chronobiology is the study of circadian rhythms.

The good news is that there are a variety of natural ways to improve your sleep, or lack of, by practicing certain behaviors. Keep in mind that natural ways to improve a behavior vary from person to person,

but you won't know if these good ways to facilitate sleep will work unless you try them.

Sleep hygiene is defined as habits and practices that are conducive to sleeping well on a regular basis. Here are some suggestions for better sleep hygiene:

- The better the sleep, the stronger the immune system.
- Make sleep a priority and have a regular bedtime and wake up time, even on the weekends.
- Have a routine before bed; establish a sleep schedule.
- Plan to sleep for approximately 6-9 hours, not more and not less; your body will let you know how much sleep you need if you keep a regular sleep schedule.
- An hour before, do a calming activity, such as meditation, mindfulness, gentle stretching or deep breathing.

- Turn the lights down/off, and decrease noise level in bedroom at least 30 minutes before you go to sleep (increases natural melatonin.)
- Avoid citrus, tomatoes and acidic foods before bed.
- Avoid caffeine, alcohol, tobacco and chocolate, especially later in the day.
- Avoid chemicals and dyes in the foods that you eat - read labels.
- Try to eat organic fruits and vegetables as much as possible.
- Keep a sleep diary.
- Journal when you can't sleep - don't analyze, just your feelings.
- Have a firm but cushy mattress with a pillow top; rotate mattress every four months.
- Take a hot bath/shower/Jacuzzi before going to bed.
- Bedroom is for sleep and sex only - no reading or TV in the bedroom.
- Have a positive attitude.
- If you can't fall asleep after being

awake for 20 minutes, get out of bed and read or do a calming activity before going back to bed.

- Don't eat a heavy meal late at night; try to have 3 hours from the last bite of food until the time you go to sleep.
- Take herbal or prescription medications if necessary.

YOUR GOAL IS: *Healthy Sleep*

- To go to sleep when you want
- Return to sleep easily if awakened
- To sleep through the night (except for those potty breaks) and feel rested in the morning when you rise, hopefully without medications.

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



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Parade will leave Rec Center Parking Lot at 4pm. Proceed East on LV Drive to East Gate. At East Gate loop back on LV Drive to Mountain View. Left on Mountain View and loop around to LV Drive. Proceed East back to Rec Center Parking Lot. Parade takes about an hour to complete. Come on out to the main drives and share some Holiday Cheer!



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Help Wanted in the Village

The Women's Club, one of the oldest, most active and most generous groups in the Village, is about to go under...shut down...disappear. Startling, isn't it? An organization that has raised and donated tens of thousands of dollars to needy people and worthwhile groups, that has brought entertainment, provocative speakers, candy delivered to your door and terrific sales and boutiques to residents, cannot find enough residents to be officers for 2022. And, by its charter: no leaders, no club.

"We took a hit from COVID," says current President Lin Grant, "but membership is returning. However, we can't find enough people willing to take leadership

responsibilities." Lin's term ends in January, her third term, with no replacement in sight. The Women's Club deficit is not unique.

Patrick Price, President of the Billiards Club, knows the dilemma all too well. Villagers love to play the games but filling Club positions - not so much. Fortunately, Vera Erskine has stepped up to be President in 2022. But there are still open positions such as Hospitality and Publicity Chairpersons. Patrick has been juggling several of those this year (It's his fourth year as President). And he's discouraged. "People can still play pool if we don't have a club," he explains. "But without tournaments, classes, social



Photo by BUD BRADLEY

The Billiards Room is busy. But without a full team of Billiards Club officers and volunteers, the classes, tournaments, and social events could diminish, or worse, disappear.

events, it's not what it can be." He says when he moved into the Village nine years ago, he walked over to the Pool Hall before he unpacked the boxes in his garage. "And right away, I made friends and got involved," he recalls. "I want Villagers to know the pleasure of participating in the Club."

Volunteering can also mean lending a hand to the Association. For years, a team of residents met once a month to prepare the thousands of copies of the monthly "Village Voice" for mailing. That

team has lost members. It's not a hard job: one Monday a month at 8:30am for anyone who wants to meet new friends and help out.

"Volunteering here has so many benefits - to the group and to the volunteer - without a lot of work," Lin Grant says. "Making new friends, the ability to reach inside and outside our community to do good works, it's a positive return on our investment in Leisure Village." Patrick Price agrees, "There are more than 60 clubs and groups here. Join one. You'll be the winner."





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REAL ESTATE

By Sharron Parker

Is the Housing Market Slowing?

On the state level, a frenzied housing market from earlier this year has plateaued. Home sales are still outpacing the levels observed in recent years prior to the pandemic. Homebuyers continue to be motivated by low interest rates. Some buyers who had been sidelined by fierce market competition might have jumped back into the market in the last couple months as it started showing signs of easing. Latest economic reports also bode well for the market in general as they suggest an economy that is recovering but at a pace slower than expected. As such, interest rates are expected to climb gradually but will likely remain below pre-pandemic levels for most of 2022.

Low costs of borrowing continue to fuel housing demand as sales remain strong for both the U.S. and the California markets. Home sales at the national level increased 0.8% in October from the prior month and recorded a seasonally adjusted annual rate of 6.34 million units.

While sales at the state level ticked down slightly by 0.9% from September, the California market continued to outpace its pre-pandemic sales levels in 2017, 2018 and 2019. Homes are still selling quickly, and market competition remains intense across the nation. Tight supply continues to put upward pressure on prices, as both the national and statewide median prices surged more than 12% on a year-over-year basis in October.

In the Village, we continue to have a remarkably low daily inventory of available houses and once listed, the houses sell very quickly. We have a list of qualified buyers ready to purchase when the right house comes available. In this tight and continuing “sellers market,” our buyers face stiff competition when putting in their offers. Boomers with ready cash from gained equity will still often face a bidding war to get into the most desirable home. Our sellers are content and able to choose the most desirable offers, close quickly and cash in on this market.

PHOTO CLUB WINNER – OPEN CATEGORY



1st – Gregg Gillmar / Norwegian Woods

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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

The President's Cup low net tournament took place in November. Winners will be announced at the festive December luncheon/meeting on December 15th. Check out the trophy glass case in the Recreation Center courtyard to see who won. Congratulations!

Leslie Hall has done it again!!! Yes, she had a Hole in One for the third time at the Leisure Village Golf Course! Way to go, Leslie! It is time to put another \$1 in the pot to see who will hit the next Hole in One. See Sheila Bunch to ante up. A big thank you to Sheila for putting together our new Women's Golf Handbook for 2022.

Welcome back to Kathy Whitesell, who will continue as President for 2022. We appreciate your leadership. We also appreciate your golf skills with a hole in one on 11/17!

We will have Open Play tournaments for the last two Wednesdays of December.

RACQUET CLUB

By Arnie Kremer

Last month's article gave an overview of our activities and tournaments for the balance of 2021. In November, we had a rousing Turkey Trot Pickleball Tournament and as well as the Turkey Trot Paddle Tennis Tour-

nament. In December, we will list the winners of both Tournaments plus pictures!

Please remember all Racquet Club News is constantly updated on the Courtside Bulletin Board. The lessons the Club has been offering for Pickleball and Paddle Tennis have had such a positive response that new sets of lessons are now being offered. Again, please check the Bulletin Board for sign-ups.

YE OLE WOODCHIPPERS

By Bud Bradley

This month's photo shows the result of building a stand to match a vintage school desk for a Villager. The Woodshop is open 7 days a week for keyholders. Notices and Rules of Operation are taped to the main woodshop door. Please make sure to sign in and out and clean up your workspace as a courtesy to those that follow. If you are a keyholder, your old key now works again for the main woodshop.

For October, our Committee members completed 17 repair Jobs for Villagers and 6 Quick Fixes. Also, we are looking for more volunteers for committee work on Wednesday and Thursday mornings.

A reminder: the Woodshop is open from 10am until Noon, every Wednesday and Thursday, to accept your repair requests. Dur-



Photo by BUD BRADLEY
Base for vintage school desk. The free furniture repair service by Woodshop workers is backed up because the club no longer has a full team of volunteers.

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

COVID Compliance

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

THE STONERS BEAD & CRAFT CLUB

By Fil Barton

The Stoners had their annual Arts & Craft Show in November and it was well-attended.

We continue to meet every Monday, in the MPR, at 3:00 pm. Stop by and see what we are working on. Become involved without any prior experience. Everyone in the group is there to teach and help and are more than willing to do so. We also continue to celebrate monthly our members' birthdays
—Please see PAGE 13

HAVE YOU BEEN LOOKING FOR US?

THE HAIR MASTERS

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CLUB NEWS

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.

GREAT DECISIONS

By Sharon Baker

Great Decisions, Foreign Policy Association, will resume its meetings in January. Please join us for stimulating discussions on interesting topics, such as Outer Space, and Russia and the U.S. We meet on the 4th Monday each month at 9:30AM in the Sun Room. See you on January 24th!

VILLAGE ARTS

By Patti Crichton

Thank you to all of the Villagers who came out to our Autumn Art Show on November 14th and to all of the Clubs who participated and shared their wonderful creative work!

Many Village Arts members enjoyed a lovely holiday luncheon on December 1st at Ottavio's Italian Restaurant.

Kathy Whitesell continues to offer monthly watercolor classes to Village Arts members.

We will be emailing the schedule of classes for 2022 soon. Please call or text Patti Crichton at 805-760-7673 to sign up for classes.

If you are interested in joining Village Arts, please come to the January meeting. Our membership is \$10 a year.

Our January 5th meeting will be in the MPR at 1pm. We will have a guest speaker from Studio Channel Islands Art Center, who will let us know more about their activities and opportunities for artists.

Impressive Villagers' Artwork



Above, bowls made by Bruce Anderson, a Village Woodshop craftsman. At right, a few of the fabulous quilts that the Village Quilters made. Below, Pat McGregor with her popular handmade jean purses and jewelry. Ray and Terri Nakata are enjoying the painting display in the background.



The annual Autumn Art Show was held on Nov. 14th and enjoyed by all who participated and attended. Many Village artisans displayed their creative works, including paintings, ceramics, quilting, photography, gourds, books, jewelry, crafts, woodwork, etc. The raffle was a success, thanks to many donations by our various Clubs and artists. Many happy Villagers completed their holiday gift shopping at the Show. These photos represent some of the artwork displayed.



LETTER TO THE EDITOR

It seems this would be an ideal time to turn off all irrigation for Leisure Village (landscaping and golf course) on Sunday to Save Precious Water. Another water-saving idea is a cut back of all watering by 50% until the drought is over. Some "browning" of our landscaping is ok in my opinion when faced with the

severe conditions we are experiencing. This now severe drought is not expected to be resolved this winter.

I would like to see our Village take responsibility to increase water preservation ASAP. The farmers need it much more than our landscaping does.

Jerry Price - Village 23

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reach?

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If you answered YES to all of the questions, **your decision is an easy one**—dental implants are perfect for you.

If you only answered YES to one or two of the questions, your decision is not as clear-cut and might require more information and thinking.

I will be happy to meet with you, answer any questions - at no cost, no pressure, no obligation - and to help you objectively sort through the confusion.

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CLUB NEWS

Stoners Bead & Craft

From PAGE 11 —

at a restaurant of the celebrants' choice.

We continue to do most jewelry repairs (no soldering). All we ask for is a donation to the group. This money goes to Lapidary for repairs not covered by the Association. Just call Fil Barton @ 805-987-3637.

PLAYERS GUILD

By Linda O'Neill

December has arrived, and Players' Guild will sponsor a holiday, cocktail-type party on Thursday, December 16 from 6-9 pm, featuring Richard Weiss leading us in singing songs of the season. Tickets are \$15 each and include hors d'oeuvres, water, sodas, wine and beer; seating is unassigned. Contact Barbara Stone anytime at 805-388-8867. Pick up tickets at her home M-W-F, 9-11. (Tickets will be available until December 12th.)

A special thank you to all involved in our November show: Joyce Belcher, direction and production; Richard Weiss, staging and piano accompaniment; Helen Hartman, back stage, and the wonderful guys on lights and sound. It truly "takes a village." And, it is called "Entertainers' Night" for a reason as this is when Players Guild President Belcher introduces performers new to the village. In this case, welcome Lynn Kremer and Marshall Smith. You will see more of these two talented folks in January.

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.

LV MUSIC CLUB

By Marci Lapair

Leisure Villagers are invited to attend a holiday concert by The Groovin' Easy Swing Band with their wonderful singer Erin McPherson on Tuesday, December 21 at 7:00 p.m. in the AR. There will be holiday decorations and refreshments. Admission is free to all Villagers. Come celebrate the holidays with music performed by this 17-piece swing band.

The first Friday of every month is Open "Mic" Night in the AR from 7:00 p.m. to 9:00 p.m. Open "Mic" Night for this month will

be December 3. Come and enjoy an evening of music performed by talented Leisure Village residents and special outside guests. If you are interested in performing at Open "Mic" Night and have a special talent such as singing, playing a musical instrument, dancing or have comedic talent we would be happy to hear from you. Please contact Dick Guttman 805-484-5806.

Our movie nights are held the first and third Monday of each month from 7:00 p.m. to approximately 9:00 p.m. in the AR. Admission is free to all the Villagers, and we even provide the popcorn.

The movie to be shown on December 6 is *A Christmas Story*. Based on the humorous writings of author Jean Shepherd, this beloved holiday classic follows the wintry exploits of youngster Ralphie Parker (Peter Billingsley), who spends most of his time dodging a bully and dreaming of his ideal Christmas gift, a "Red Ryder air rifle."

The movie to be shown on December 20 is *National Lampoon's* —Please see PAGE 14

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CLUB NEWS

Music Club

From PAGE 13 —

Christmas Vacation. This holiday season Clark Griswold (Chevy Chase) vows his family will enjoy the most fun-filled Christmas ever.

PET CLUB

By Shawn Baker

The Pet Club is up and running again. Although, we will not hold monthly meetings, watch for upcoming fun events and informational meetings for Pet Owners and Pet Lovers.

We enjoyed a fun Halloween Pet Parade that was very well attended. It was beautiful to watch all the pet owners enjoying themselves and their dogs in costumes. So cute.

A big thanks to all that attended. If you would like to renew your membership or to join contact Shawn Baker at 805-233-1725.

TAI CHI

By Chuck Morrow

The Fall session of Tai Chi Moving for Better for Leisure Village residents is coming to an end, and now it is time to think about signing up to join the Winter session. The Winter Tai Chi Moving for Better Balance session will begin January 7th in the Santa Rosa Room. The classes will each run for 12 weeks. There will also be an open practice for class participants each Wednesday from 10 - 11 am in the Pavilion.

The class for returning students will be held on Mondays and Fridays from 2:15 to 3:15 pm and the new student class will run from 3:30 to 5 pm also on Mondays and Fridays. The class for new students is progressive and anyone interested should only register if they feel they will be able to attend

class regularly.

Space is limited, so register early via email to cmorrow@hotmail.com.

MEN'S GOLF

By Joseph Benti

Barry Doyle's two-round, low gross of 109 earned him the Club Championship. "B Flight winner" was Ray Nakata with a two-round total of 125; Hiroshi Kuwashima took the "C Flight" award with a 131 and Ross Edmonds' gross of 69 led the Nine Hole Golfers.

All winners will be announced along with the cash prize awards at the Annual Installation Luncheon, Wednesday, December 8th in the AR. Also at the luncheon, our Board of Directors for 2022 will take office. They are: Tim Palmer, President; Nick Schellong, 1st Vice President; Jon Hall, 2nd Vice President, and Harvey Harris and Max Chopra continue on as Secretary and Treasurer. As its major last action, the current Board decided that Members will enjoy fee-free

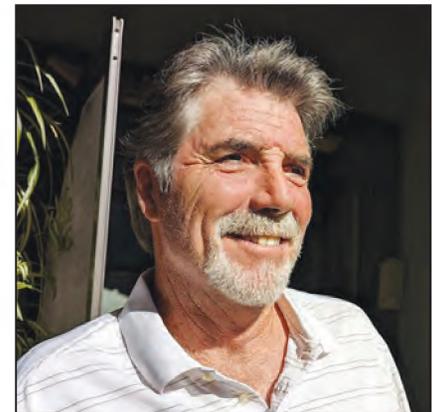


Photo by JOSEPH BENTI

The new Club Champion, Barry Doyle not only had a great year but he continues to carry that minus one (that's right, -1) handicap into 2022.

play on the remaining Tuesdays for the rest of the year, along with the usual cash prizes for various singular achievements.

A reminder: the Men's Golf Club is a bargain. Annual dues are ten dollars, with a charge of \$2.00 for weekly play. New Members play free until they establish their handicaps and Members 90 years of age and older pay no dues. Regular

—Please see PAGE 15

May the spirit of the season fill your home with love and laughter.

We wish you a Merry Christmas and a Happy New Year!

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CLUB NEWS

Men's Golf

From PAGE 14 —

play currently begins at 8:30am Tuesday morning, and all Regulation Tournaments at area golf courses traditionally are played on the third Thursday of each month with one or more scheduled at courses outside the immediate area.

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.

WII BOWLING CLUB

By VH Bryce

Wii Bowling Annual Meeting, Potluck and Handicapped Competition. Registered Wii Bowlers only on Saturday, December 11, 2021, Santa Rosa Room & Ventura Room.

Business Meeting 11-11: 45am, Luncheon 11:45am-12:45pm, Bowling Competition 12:45-2:30pm, Prizes 2:30pm.

The Potluck signup sheet will be available during scheduled bowling sessions, as will be the Competition signup sheet. Because of time restraints, there will be a limited number of bowlers who can participate, so sign up early to capture a spot. For more information, call: Connie Davis 805-320-1544, or Sylvia Edmonds 805-312-1037.

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 Monday at 1pm 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 December 6 is "Some Interesting Duties I Had in My Job." For December 13, the Suggested Topic is "What Would I Do Differently If I Was Rich?" and for December 20 the Suggested Topic is "What I Learned from My Mentors and

—Please see PAGE 16

PHOTO CLUB WINNER – MOBILE CATEGORY



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CLUB NEWS

Writers

From PAGE 15 —

Sponsors.” There will be no meeting on December 27. Contact: Harvey S. Brosler hsbros@roadrunner.com or 805-465-0006.

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held its monthly meeting on Thursday, November 4th with a record number of members attending via Zoom. The Assigned Category theme for the month was “colors.” The Photo Club wishes to thank Nancy Lehner for her services as the professional photographer of the month. November is the first month where the Categories for the Photo Club have been reduced from four to three with the Open and Creative Categories combined to form a new Open

Category. The Mobile Category is becoming more popular with members due to the increase in smartphones and improved quality of the associated cameras.

Winners for November were: Assigned Category – Doug Demers – “Time to Knit”

Open Category – Gregg Gillmar – “Norwegian Woods”

Mobile Category – Chuck Herrera – “Toronto Rush Hour”

All member entries submitted for the month may be viewed at <http://leisurevillage.smugmug.com/LV-Photo-Pictures>. The final meeting for the year for the Photo Club was on December 2nd. For further information, contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

SHOWTYME

By Jennifer Stein

Tatjana brings her amazing one-woman show back to Leisure

Atmospheric Morning Swim



Photo by VALERIE FOX

Village. Her holiday celebration is unique in her ability to seamlessly integrate dance, song and costume changes as if it were magic. There will be highlights from Broadway musicals like *Phantom of the Opera*, *Hair*, *Cabaret*, *Man of La Mancha*, together with ‘Proud Mary’ and ‘Stay.’ The holiday tunes start off with ‘Santa Baby,’ ‘White Christmas’ and ‘Hava Nagilah.’

Tatjana creates an amazing experience as she engages the audience with her high energy and love of singing. If this is your first time experiencing Tatjana, then you will become a lifetime fan.

There will be a big surprise in one of her performances, something she has never done before.

50/50 is back with 2 winners and a 3rd winner surprise gift certificate from a popular source. Mark the date for Friday, December 10th at 7:30pm. Doors open at 6:45.

For your convenience, 2022 memberships will be sold before the doors open, at 6pm in the lobby. Membership includes 10 months in 2022, in addition to one Fab Friday Big Show. (April 2022 is dark.) Annual membership is \$15.00 per person, or \$5.00 per person for each show (not including Fab Friday’s show) if you don’t become a member. Checks or cash are accepted. If you have any questions, contact Jennifer at 805 383-1518.

LV BOWLING

By Gene Kinsey

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

MAVERICKS CLUB

By Vera Erskine

We are “dark” December 2021. The Winter Ball is scheduled for January 28, 2022. Plans are in the making for this fantastic event. Tentatively, tickets will go on sale January 10, 2022. Final details will be in the January 2022 issue. For other information, contact Geri DeSimone at 805-484-7308.

EXERCISE/STRETCH CLASS

By Donna Khacherian

We would like to take this opportunity to invite all new and old residents to join our morning stretch class held five days a week, Monday through Friday in the Pavilion. Currently our times are 8:30am and 9am. This is a 30-minute class of stretching from head to toe and

—Please see PAGE 17

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CLUB NEWS

Exercise & Stretch

From PAGE 16 —

a wonderful way to start your day. The exercises are easy and very beneficial to keep our joints moving and our bodies young. We meet outside in the Pavilion (area behind the swimming pool) rain or shine. This is a fun way to make new friends and acclimate yourself to Village Life. Please come and check us out.

LV WOMEN'S CLUB

By Barbara Cogert

Thank you, Villagers who braved the chilly, damp air and supported our Holiday Boutique! Our event was so successful the club is assured of making our annual donations to local charities AND requests from the Village for various items.

The volunteers who worked on our Veterans special day were rewarded with your extremely

positive comments as you left the AR. THANK YOU, Vets.

Next up, our December meeting will be a "dress-up" affair. Let's dust off our fancy clothes and enjoy a festive evening on December 9th at 7 pm in the AR. We will play a few games and a musical program will be presented for your listening pleasure. The Mesa Ramblers will delight you with some of the best songs of the season. PLUS, a very special surprise guest will be sharing her very special talent with us.

There will be some elegant desserts and perhaps a glass of bubbly to jump start the season. This event is FREE to all members of the Women's Club. Please remember to bring your "change for change" for the collection buckets and travel size toiletries for the Lighthouse women.

As you make up your 2022 calendars, remember the Women's Club meetings are ALWAYS the second Thursday of the month.

AMATEUR RADIO CLUB

By Jonathan Fox

The club is starting to have our meetings in the MPR again after a long absence. Activity in the ham shack has also picked up. Last month, there was an international ham radio contest with people participating from all over the world. Our Leisure Village station, KJ6LV, participated and made 256 contacts during the two-day event. Some of the countries contacted include Australia, China, England, Peru, Indonesia, Croatia, Japan, New Zealand, Serbia, Germany, Portugal, Iceland, Norway, Denmark, Korea, Columbia and South Africa.

If you are curious about becoming a member of the club, please join us at one of our meetings. You do not have to be a licensed amateur radio operator to join. We will provide help in getting your license and it's now easier than ever since Morse code is no longer required. Meetings are held the second

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

BILLIARD CLUB

By Patrick Price

The Club celebrated its 40th/41st anniversary October 28 with a luncheon that was coordinated and prepared by Wilma Hutson and Sheila Bunch. The winners of the 8-Ball Tournament were presented with their awards. Congratulations and well done!! Sheila Bunch donated candles, which she made, for our 50/50 drawing.

The "Thursday Night Social" is alive and running with several new members. Ruth Stubba and Vera Erskine are the coordinators. Sign-up starts at 6pm and play begins at 6:30. Come join us to play or watch and meet your fellow residents. For more information about the Club, contact Vera Erskine at 805-987-4537.

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CLUB NEWS

SATURDAY NIGHT DANCE PARTY

By Michelle Hoffman

The Saturday Night Dance Party is holding its last dance of the year on December 11th. Our live band is Tropic Star, and Steve will be teaching the Fox Trot. Dancing is one of the best exercises and our dance floor is wonderful. Come join the fun on Saturday Night. Admission is \$10.00 per person and includes the dance lesson. The dance lesson is 6:30 to 7:15pm and the dance is 7:30 to 10:00pm.

GRAPES R US WINE CLUB

By Barbara Senior

Grapes Are Us meets at 7PM in the A/R on the 3rd Friday of the month to compare wines, learn about wine characteristics and explore different regions. At the November tasting

session, we explored five wines selected by Board members – Sauvignon Blanc, Chardonnay, a French Rosé, Cabernet Sauvignon and Petite Sirah. Jon Niemann, a wine professional, leads each session.

All LV residents are welcome, and reservations are 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 Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

WORKSHOP FOR WRITERS

By Pat Lagerstrom

Members of the Workshop For Writers are composing their Christmas and Hanukkah cards and letters this month.

Throughout the year, twice a month, we present our writings to the group and expect friendly, honest critique. Call Frank Seiden, 805-437-6242 or Mark Sconce, 805-586-4485.

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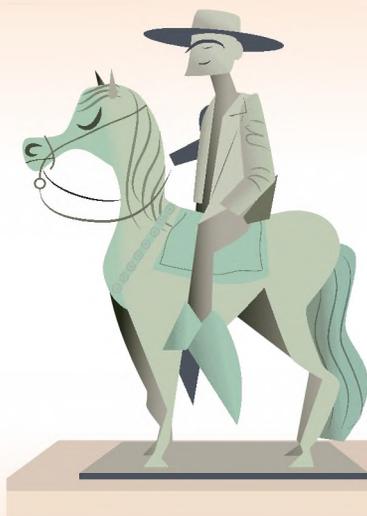
Complete plumbing maintenance and drain cleaning. Serving residents of Leisure Village for over 31 years.

FREE ESTIMATES

Licensed, Insured and Bonded

805-200-9482

02LV021



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

CLASSIFIED ADS

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

DEADLINE for the next publication is Wednesday, December 15.

ESTATE SALES & LIQUIDATION by two nice ladies. Need help moving or downsizing? We're here to help. Call Sandy 805-795-344

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

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

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

Single Senior Male wants to rent or purchase house in village near club house. Call or text Jerry 805-312-1504

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

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

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

FOR SALE: Total Gym. Brand new never used. Original price \$1,700. Best Offer starting at \$800. Open for inspection. 805-702-4179

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

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

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

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

IN YOUR HOME CAT CARE - Experienced cat sitter & LV resident. Will also take care of plants & mail. Contact Gina 805-400-5202 or email LVcatcare@gmail.com

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

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

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

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

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

KERRY'S PAINTING - careful and clean: 310-970-2499. No job too small. I do ceilings. References available.

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

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

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

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

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

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

WANT TO BUY light office chair, patio furniture, plants, pots, rocks, craft items, pictures, knick knacks (big & small) holiday decorations, golf items. Call Sam LV resident 805-379-5653

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

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

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

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

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

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

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

Personal Assistant/Helper: Let me make your life easier. I'LL HELP YOU with holiday grocery shopping, holiday gift buying & holiday cards. Call Melinda 805-990-4347 melindanoroian@verizon.net

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

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.

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

Experienced compassionate caregiver. Patient, flexible, reliable, hardworking & caring. Willing to help with anything you need. Excellence in providing for daily needs. Contact Chery 805-444-2379 or Edlyn 805-402-8483

Private Licensed Caregiver -Prepare plans, basic needs, assessments. Meal preparation, housekeeping, monitor medications, transferring and mobility, appointment scheduling, shopping, transportation. Consultations available. Misty Smith 805-436-9942



PEACE ON EARTH begins with individuals, and **GOOD WILL** towards others is definitely something our society could use an extra helping of this holiday season! Consider the exponential effect if every person did something good for someone else every day. Good works are contagious, and peace on earth is worth spreading. **HERE ARE SOME IDEAS.**

BE THE DIFFERENCE IN YOUR NEIGHBORHOOD: When it comes to spreading good will, think local...really local! You can make a big difference in your own neighborhood with everyday actions. Devote time to picking up trash on your block, taking cookies to neighbors or caroling. You'll get to know your neighbors better in the process and learn more about their needs. Some neighbors just need a listening ear or someone to visit with. Take walks around your neighborhood with an eye to spreading good will. Smile at everyone you see, and strike up as many conversations as you can. Walk to talk and you'll learn of ways you can help your neighbors.

DECLUTTER FOR GOOD: 'Tis the season for giving. Do some decluttering and collect your gently used, unwanted items. There are many local organizations that will use your items to help others. Many families shop at local thrift stores for the holidays, so your donation adds to the inventory of possibilities for them. It's also a way to give without affecting the bottom line of your budget. There are also online donation options. For example, Soles4Souls accepts shoes, and individuals can ship up to 15 pairs of shoes without paying a fee through the Zappos for Good program.

WRITE ENCOURAGING LETTERS AND NOTES: Your words matter, and there is power in a note of encouragement or gratitude. Consider making a goal of writing a note a day during December and you'll lift the spirits of 31 people. Think of people who serve you at local stores or restaurants, and who come to your home to do work for you, and how they would feel to get a written note of appreciation for what they do or how they do it. Think of those who serve our community like law enforcement and military. Gratitude from the citizens they serve and protect goes a long way.

GIVE OF YOUR TIME WITH SERVICE: Volunteer to read to children in person or virtually. Ask local charities if they need 'boots on the ground' help and volunteer.

MAKE & SEND CARE PACKAGES TO OUR SERVICE MEN AND WOMEN

PLAY SECRET SANTA TO A FAMILY IN NEED

NEVER UNDERESTIMATE THE POWER OF PRAYER! Pray sincerely for someone. It will bless both them and you.

For links to local charities, volunteer organizations and volunteer opportunities, visit the 'Barlows Got Your Back' section of our website.



The Barlow Group
BRE #01945712

LeisureVillage.com

805 **987-5755**

Our Family Serving Your Family!



Serving Leisure Village Since 1979
5257 Mission Oaks Blvd. Camarillo CA 93012
Conveniently located next to CVS in Mission Oaks Plaza

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