

INSIDE LEISURE VILLAGE

VOL. 42 NO. 11

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

NOVEMBER 5, 2021

Village Artist Enjoys Special Reunion

The artistic additions to the Rec Center library - a display of original paintings by members of the Village Arts Club, which changes monthly - have been enhancing that busy area for years. And Beverly Goring was pleased when she was asked to provide her work for September. "I chose one of my favorites, which I had painted six years ago when I lived in New Hampshire," she explains. "When I moved here in 2019, I had to make hard choices about what to bring and what to leave behind. So, this work means a lot to me."

Which is why she was stunned when she stopped by the library about a week after her painting was displayed. It was gone, vanished from its spot in front of the fireplace. "It was an out-of-body feeling. I didn't know what to do," she recalls. She searched everywhere, in the stacks, behind the book carts, under the furniture.

Nothing! Beverly called Security. An officer came over and suggested that they call the police. "But I didn't want to do that," she says. "This is a small, welcoming community. I didn't want to spoil that."

Two weeks passed. Beverly asked Village Arts V.P. Patti Crichton if she would put a notice in Inside Leisure Village, which she did. Five days after the October issue arrived, Beverly's painting reappeared in the library in front of the fireplace. Patti called her. "It's back!" she said.

There are no answers to who "borrowed" the painting which, like the other paintings hung in the library, are meant to be appreciated and untouched. Beverly's New Hampshire scene is safely back on her wall. It makes her smile, she says, because "No one ever said they loved it before. 'I'm glad it's home with me.'"



Photo by BUD BRADLEY

Surrounded by her art, Villager Beverly Goring is paying special attention to her New Hampshire landscape.

Christmas Holiday Parade Returns

■ The Village Christmas Parade to bring glad tidings

The Mavericks Club and Inside Leisure Village will be presenting another parade to celebrate the holidays. The Village Christmas Parade will take place on Saturday December 18. The 4PM start time will begin at the Rec Center and follow the traditional route:

East on LV Drive to the East Gate

Loop around, back down LV Drive to Mountain View

Left on Mountain View loop around back to LV Drive

Right on LV Drive back to the East Rec Center Parking Lot

Parade organizers will be

looking for and welcoming participants. Please decorate your golf carts, bicycles / tricycles or any vehicle you would like to participate with. Classic Cars from Villager Bill O'Neil's collection and the Murphy Auto Museum will be part of the festivities again along with some surprise entries. If you are interested in participating please contact Jon @ 805-603-7060 or Linda @ 805-300-1421.

The parade takes about an hour to complete. Come out to the main drives, bring a lawn chair and a warm beverage and share some Holiday Cheer!

THE VILLAGE Christmas Parade

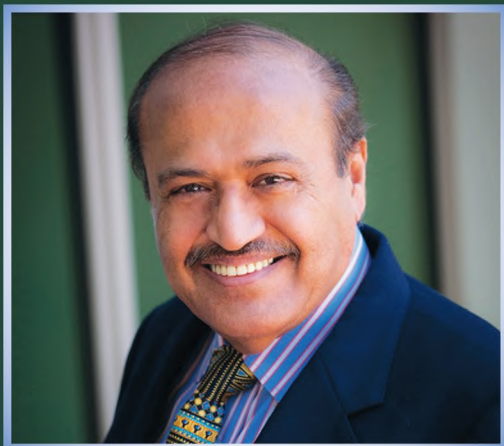
**Saturday December 18
Starts at Rec Center 4PM**

Participants meet in the east parking lot starting at 3PM. Tailgate party to wrap up the parade. Decorate your golf cart, classic car, bicycle, tricycle or motorcycle. Wear your favorite season apparel & join us for a celebration of the 2021 Holiday Season.



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Jay Balter, Village 37

George Donald Lemon, Village 16

Jim Robnett, Village 38

In Memoriam entries, please submit name
and village number of the person who has passed
to: insidelveditor@gmail.com ATTN: In Memoriam

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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.

December Edition Deadlines

Club News, articles, letters and classified ads: Thursday, November 11.
December issue will be available Friday, December 3. Send news, articles
& letters to insidelveditor@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."

VILLAGER PROFILE

By Jon Niemann



Photo by BILL O'NEIL

Virgil Exner's 'Forward Look' 1957 Chrysler Saratoga, salmon color with white accents.

The O'Neil Collection

Bill O'Neil likes to pepper his public speaking engagements with "I was born to be an engineer." In the 8th grade, he made the decision to become an Aeronautical Engineer. He carried that decision through with an eventual impressive 38 year Jet Propulsion Laboratory career. Projects that he contributed to included The Galileo Orbiter/Probe. Bill was appointed Galileo Project Manager a few months after the October 18, 1989 launch. He was Chief of Navigation for the first orbiter (1971) and first landers (1976) on Mars. He continued with other JPL projects including an appointment as Chief Technologist for the Mars Exploration Program. He was honored with the NASA Distinguished Service Medal for his management of Project Galileo.

Bill and his wife of 63 years, Diane, raised their family of 3 children, Phillip, Christine, and Gregory in the San Gabriel Valley cities of Sierra Madre, Pasadena and Arcadia. In 2007, they moved to the Central Coast town of Atascadero and in 2019, to Leisure Village. Their home is in Village 37, son Phillip lives in Village 38.

Collecting cars became one of Bill's hobbies. Like his engineering career, he would carry this passion to reaching for the stars, collecting ground-breaking vehicles that would bring awards and accolades in the classic car community. His current collection is an impressive

array of beautifully maintained rare gems including a 1953 Buick Roadmaster Skylark designed by the iconic and iconoclastic Harley Earl. Other notable cars are a 1937 Packard Super 8 Club Sedan and a 1957 Chrysler Saratoga designed by Virgil Exner. We have been blessed to see and experience some of his collection during the 2021 LV Independence Day parade.

Staying active, interested and sharing his knowledge of aeronautics and cars during retirement has him involved in two local museums. Bill serves as a docent at both the Murphy Auto Museum in Oxnard and the Commemorative Air Force SoCal Wing museum in Camarillo. Both museums offer history, knowledge and in-depth study opportunities in their respective areas of interest to the public. Bill's knowledge and expertise is shared regularly with attendees to these important local treasures.

Working with Bill at the Murphy Auto Museum is Villager Ernie Chavis. Both have asked us to let Villagers know that Docents are needed to engage with guests and share the story of the museum with the public. See the accompanying photos and contact information to learn more about being involved with the Murphy.

We cannot wait to see what cars Bill and the Murphy Auto Museum will bring to the December 18th Christmas Parade. Come out and see the O'Neil Collection.

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03LV12S

LV's New Spectrum Service

It's not often that a story in ILV affects every person in the Village. But this is one of a rare breed. Spectrum, or as it calls itself "Spectrum Community Solutions," is bringing upgraded internet and television services to Leisure Village in the upcoming months, the result of a new contract with Leisure Village Association. The upgrades should be completed in early 2022, according to Spectrum.

Spectrum calls the new services "a significant enhancement" to what it has provided in Leisure Village. The changes will focus on improving the infrastructure - the equipment and technology that bring the internet, television, movies, On Demand and music channels into LV homes. Spectrum also reports that residents can expect a lower monthly charge for those services.

By the new agreement between Spectrum and Leisure Village Association, the upgrades will provide residents with Spectrum internet

(200/10 MBPS), a modem and a router, unlimited bandwidth, access to 274 TV channels, high-definition service, HBO and HBO Max and two DVR boxes. According to the company, the basic charge to a household will total an estimated \$56 a month. Currently, the average monthly Spectrum bill is about \$83.

The new five-year contract includes major upgrading to the Spectrum equipment below ground that is marked by the large white nodes above ground at 14 locations around the Village. Villagers won't see any changes to their home service until that work is completed, perhaps before the end of this year.

Spectrum's Christopher Attalla says that a customized letter will go out to each Village customer before the upgraded service begins, itemizing what services will be provided and what it will cost. He also adds that residents will be free to choose to opt out.

REAL ESTATE

By Sharron Parker

How Changes to Architectural Permit Process Affects You

Our team stays actively engaged in Leisure Village by contributing time and effort through serving on committees. Serving on the Architectural Committee is one of the ways we keep up with the rules, regulations and activities regarding home improvement on Village homes. There have been a few changes to the committee that affect all of us as homeowners and some of the transactions we engage in as Realtors.

One of the most significant changes is the removal of an approved contractors list for homeowners who want to do work that requires an architectural permit. These permits are required for basically everything that affects the outside of the home. Being able to choose contractors from any resource comes with a set

of responsibilities to the homeowner including:

Read carefully and understand the parameters of your proposed job by reading the Architectural Committee Guidelines in the handout that is available at the Association Office located near the West Gate.

Communicate with your contractor and make sure he sees and understands the guidelines as listed in the handout. If questions arise, contact Michelle Solarzano at the Association Office for clarification. She can be reached at 805-484-2861 ext 222.

Choose a contractor with job-appropriate California State Licensing, bonding and insurance. Have the contractor prepare

—Please see **PAGE 8**

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09LV01S

Docents Needed

The Murphy Auto Museum is a collection of over 40 vintage and classic automobiles from the 1920s to 1970. The museum also contains a collection of Americana HO scale model trains, Petrolina gas pump and the Fireball Gallery, a collection of automobile art. The museum is open from 10-4 on Saturdays and Sundays and is located at 1930 Eastman Avenue, Oxnard 93030. Admission is \$10.

If you love cars and talking about cars we need docents! If you are interested, please contact Village resident Ernie Chavis at 818-807-4496 to discuss.

Inside Leisure Village

For Display Advertising contact

Stacey Janson

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Above, 1953 Lincoln Capri Coupe, Royal/Colonial Blue. At right, Diane O'Neil and the 1936 Packard Touring Sedan with car enthusiast Jay Leno at a Cal Tech car show.



Above, 1937 Packard Super 8 Club Sedan. Note the formal top to keep VIP's from constant view. At right, the Harley Earl designed 1953 Buick Roadmaster Skylark.



Photos by BILL O'NEIL




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11LV011

THE HEALTHY VILLAGER By Jeannie Davis, PT, MPH

Natural Ways to Better Brain Chemistry

I know when I walk my little white dog (as many of you have in the Village) in the morning, my mood feels better and I feel great by the time my dog Bella and I have returned to my cute little home. When we exercise, we increase a chemical that naturally occurs in our brain called Serotonin.

Serotonin is a neurotransmitter in the brain that is the key to mood regulation, pain perception and gastrointestinal function, including perception of hunger and satiety and other physical functions. Low Serotonin can cause:

- Depression, especially in women
- Anxiety
- Craving sweets and starches
- Insomnia
- Increased pain sensitivity

Serotonin Boosters:
 Sunlight at least one hour per day
 Sleep
 Play
 Positive attitude
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 Touching, hearing, smelling
 Omega 3 fatty acids
 Vitamin B and C
 Routine, especially at bedtime such as gentle stretches

We are hardwired to be in nature, and we are so lucky to live in Camarillo in Leisure Village with the best weather. Go to an aqua aerobics class or play water volleyball, all outside in nature socializing with other Villagers. Walk through our beautiful gardens and sit in the shaded gazebo to relax outside in nature in the back of the



recreation center. Play some golf on our beautiful golf course, play tennis or pickle ball – all outside and social in addition.

So get a little sunshine, play and have fun, visit your neighbors and take your time preparing for bedtime nightly. Naturally, we can

boost our Serotonin and feel better.

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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Do you have grab bars installed that meet your needs (not the last residents'). A raised toilet seat can decrease the distance traveled, and retractable bars on both sides of the toilet help you rise safely. Be sure to include a folding bath bench.

Metropolitan Life coined the term Aging in Place, which deals with safety issues in the home. It's easy to become complacent, and not plan for the aging process, especially as the cool weather approaches and we may spend more time indoors.

According to the CDC, falls that result in hip and pelvic fractures for women over age 50, create a greater risk of death than breast or uterine and ovarian cancer combined.

One in four adults reported falling last year in JAMA Internal Medicine (March 22, 2021). There is little funding for indoor safety improvements. Fortunately, safety improvements are more economical than alternatives that are available.

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11LV091

Real Estate

From **PAGE 4** —

appropriate diagrams and full description of the proposed job(s). Make sure that City of Camarillo permits are applied for and accepted. Most reliable contractors will do this step for you.

When the scope of the project is ready, fill out the Permit Application, have the architectural plan and elevation including descriptions ready and bring the information to a Permit session held the first and third Friday of each month in the Garden Room of the Rec Center. Volunteers will be there to assist you in completing the process. Please bring a checkbook to the session.

Architectural Committee volunteers enjoy serving our friends and neighbors in Leisure Village and working to improve the quality of life for homeowners and helping to keep the Village looking fresh and beautiful.

POETRY CORNER

Friendship

By Aleta Trogdon

When does friendship begin
is there a key moment in time?
Was it shared sadness, or gladness
that brought me yours, and you mine?
A seed was planted, and nurtured by time,
and didn't die.
I know not when we became friends,
or why.
An instinct within reached out
We touched, silently.
Unafraid when you look into my soul
for you will not judge me.
We are attached - unattached
A love that is honest, free
You are you
Me, me.
We talk, face to face
No guilt, no shame
No need for ties that bind,
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11LV075

A PINCH OF SALT

By Larry Swartz

How Do You Know When You're Communicating?

When the Ersatz V8 Juice Becomes Tomato Basil Soup, of Course

This is not a philosophical question but a tech question. I recently was on a website chat box and asked a question that began with "Can you please...". A few minutes later, I got a response that said "Dear Can". That's how you know you are not talking to a human but to an "AI (Artificial intelligence) Robot."

Now, ask a similar question to yourself. "Self, Can you please tell me why I have 31 rolls of toilet paper stored in my garage?" "Did my car have a digestive problem?" Don't answer that!

Now let's move to the kitchen, you're getting ready to cook dinner and you take a block of cheese out of the fridge that has blue marks on it and it's not English Stilton; is it ok to eat? A jar of salt-free vegetable juice presented itself in the cabinet and shouted, "Hey, you, I'm about to expire." OK, the question to ask

is what can I do with this talking jar of what kinda looked like V-8, but way too healthy.

VEGETABLE JUICE: "That sounds a bit condescending."

ME: "Sorry I didn't mean it that way."

So I opened the can and looked at it, and it kinda looked like thin, cold, way too healthy tomato soup.

VEGETABLE JUICE: "That is definitely condescending. See if I help you make me better."

I placed the unrepentant vegetable juice along with some of its cousin—a few squeezes of Trader Joe's tomato paste in a tube—into the pot. Then I added a few pulverized garlic cloves, lots of basil, lemon juice and black pepper. The "soup" was simmering for about 15 minutes when I heard a shrill voice come from the pot.

SOUP: "Yikes, I'm way too thin, please thicken me up."

I put a few tablespoons of the mixture into a small bowl whisked together with a tablespoon of cornstarch, added it back to the pot and it seemed to make the shrill soup much happier.

I read somewhere that if the cheese was cheddar and had blue mold, it was safe to trim off the mold and eat the rest. I did this hoping not to hear the cheese talking back like the smart-ass vegetable juice.

Two slices of the "Why did I ever buy this" Keto bread got smothered with some spicy mayo, a lot of the cheese and went into the skillet to become a Grilled Cheese Sandwich to eat with my homemade tomato basil soup.

As I sat down to eat, a nicely chilled glass of Simi Chardonnay in my hand, very pleased with myself, the soup spoke up again...uh oh!

SOUP: "Pasmesssannnnnz?"

ME: "What?!"



Impromptu talkative tomato basil soup with grilled cheddar cheese sandwich.

SOUP: "Parmesan, as in cheese, you dummy!"

ME: "Oh, you want some freshly grated Parmesan on top? Not a problem, just ask nicely."

ME (tasting the soup with the cheese added) "Hmmm. This is amazing!"

SOUP: "See...I told you."

Moral of the story: Nobody likes a smart aleck jar of vegetable juice. Turn it into something palatable.

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04LV061

A WORD ON WINE By Don & Barbara Senior

Corkage – A Fancy Term for BYO Wine... with etiquette, of course

A corkage fee is charged when you bring your own wine to a restaurant. You might be looking to pair a particular wine with a menu item, or you may want to bring a special bottle. It could be a well-aged bottle from your collection, a boutique brand or an uncommon varietal. Corkage at Camarillo’s Manhattan, Bistro13 and Lucerne restaurants is \$15 per bottle, which is typical. High-end restaurants with extensive wine lists usually have higher fees. Occasionally, corkage is the price of a restaurant’s least expensive wine.

Corkage is paid to the restaurant, not the server. It is intended to compensate for several things. The most obvious is accommodations for serving the wine - removing the cork and providing glassware. The restaurateur loses revenue if wine is not purchased from the restaurant. Finally, there’s the restaurant’s investment in their own wine program, including curating a wine list, possibly having a staff sommelier and training staff on their wine.

Allowing guests to bring their own wine is a courtesy, and there is some etiquette. Know if they allow corkage and find out what the fee is. Never bring a bottle of wine that is on the restaurant’s wine list. If you

are unsure of anything, call ahead. In any case, bring a bottle valued at more than the corkage fee.

Don and I don’t often bring our own wine when dining out, but sometimes it’s the best alternative. The elegant Ahwahnee dining room in Yosemite charges \$40 corkage. We brought a nicely-aged boutique wine to dinner and gladly paid the fee. We lived in the small town of Oakhurst, CA before moving to the Village and often brought wine to a favorite restaurant with a limited wine list. We never brought wine to Erna’s Elderberry House, also in Oakhurst. Erna’s is a high-end restaurant with fixed menu, five-course dinners. Their wine list is massive, curated by a talented sommelier, and wine pairings are offered with each course of the daily prix fixe menu. The pairings were always our best option, perfectly matched to the food and a veritable adventure in wine.

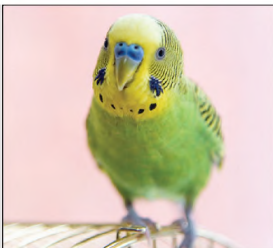
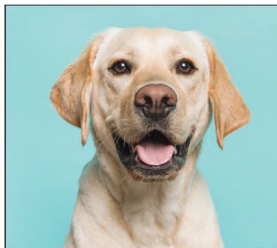
Bottom line – know before you go. Corkage isn’t easy to suss out on websites. Best to call ahead. Thoughtfully select the bottle to bring. If appropriate, offer a taste to your wine server. And, lastly, always tip on the corkage.



COVID Compliance

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

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PHOTO CLUB WINNER – OPEN CATEGORY



■ 1st – Gregg Gillmar / White Sands Sledding

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PHOTO CLUB WINNER – MOBILE CATEGORY



■ 1st – Gregg Gillmar / Morning Clouds

CLUB NEWS

PLAYERS GUILD

By Linda O'Neill

This month, Players Guild presents its "Entertainers' Night" on Thursday, November 18th at 7:30. Singers choose their favorite songs to perform.

Ticket sales for 2022 Players Guild memberships (\$10) began at the October meeting. The Players Guild Board offers kudos to Vivian Hollander for her generous donation of many pairs of new Ugg shoes and to Sandy Curran for overseeing the sale of this entire collection.

On October 21st at the Players Guild "Ten Minute Play Festival" was put on by Helene Cohen's Acting Class. Kudos to the plays and their writers, including directors who appeared in this order: "Flashback" written by Nathan Skyer and directed by Judie McAskill; "Robert, Rosie and Sam" written by Larry Kalisher and directed by Helene Cohen; "I Still Love Agnes" written by Nathan Skyer and directed by Helene Cohen; "Dave" written and directed by Helene Cohen; and "A Camel Lot" written by Al Beaudry and directed by Don Boughton. A special ovation for Rosanna Bellini-Strickland's interpretation of a "blue" camel.

Richard Weiss' Musical Theatre Workshop continues and is open to new participants as our April play requires some re-casting. Meetings are Saturdays, 10-12 in the AR.

Players Guild will hold our "Holiday Celebration" on Thursday, December 16, beginning at 6 pm in the AR. Less formal than in previous years, we will offer cocktail party fare. Tickets will be \$15 and there will be no assigned seating. Entertainment will be provided by the Players themselves. Contact Barbara Stone after November 9 for tickets at 805-388-8867.

LV PHOTO CLUB

By Chuck Morrow

The Photo Club held its monthly meeting on October 7th

via Zoom. Once we can resume in-person meetings the club is developing plans for enhancing membership by presenting workshops to help members develop their skills both with traditional cameras and mobile phone photography.

The October theme for the Assigned Category was "water", and the judge for October was George "Hutch" Hutchinson. The Photo Club wishes to thank him for his assistance. For those interested in viewing Hutch's photography work, it can be viewed at www.digitaldaydreaming.com.

This doesn't happen often, but the Photo Club had two members win first place honors in two different categories each. Winners were:

Assigned Category - Bill Marguiles - "The River"

Open Category - Gregg Gillmar - "White Sands Sledding"

Mobile Category - Gregg Gillmar - "Morning Clouds"

Creative - Bill Marguiles - "Pablo Picasso"

All entries for the month may be viewed at <https://leisurevillage.smugmug.com/LV-Photo-Club-Pictures>. The November meeting for the Photo Club was held November 4th. For further information, contact Ken Lauchner at 805-491-2432 or ken.lauchner@roadrunner.com.

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 taste and compare wines, learn about wine characteristics and explore different regions. The meeting fee is \$15 per person. Check-in starts at 6:30pm. Five wines are selected by Jon Niemann, a wine professional.

At the October tasting session, we were treated to five wines from Napa, Sonoma & Santa Maria Valley by noteworthy vintners Grgich

—Please see **PAGE 13**

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- ☐ **Question 2** - Am I willing and able to practice good oral health, flossing and brushing regularly?
- ☐ **Question 3** - Do I want teeth replacements that look, feel, function and last just like real teeth - or am I satisfied with what I have?
- ☐ **Question 4** - Am I in reasonably good health?
- ☐ **Question 5** - Am I willing to visit the dentist for check-ups after the procedure so that s/he can professionally check my implants, gums and bones for health and stability, and remove all the plaque I can't reach?
- ☐ **Question 6** - What do I feel deep down? Would I likely be happier and feel better about myself if I had dental implants versus what I have now?
- ☐ **Question 7** - Am I willing to pay a little extra for the higher quality of life that dental implants will give me?

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. I'll provide all the information you want and explain your options and fees involved, so you can make the right decision for you.

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CLUB NEWS

Grapes R Us

From PAGE 12 —



Hills, Hitching Post, Martin Ray and Twomey. With the holidays coming, it was fun to sample some "gift-worthy" wines.

All LV residents are welcome at our tasting sessions, and reservations are appreciated. Join us, learn a little and enjoy the wine. Drop a line to Janis at grapesruslvwineclub@gmail.com or call her at 805-910-9526.

SATURDAY NIGHT DANCE PARTY

By Michelle Hoffman

The Saturday Night Dance Party is back and swinging. There are two dances per month in the AR, on the second and fourth Saturdays and are being well received.

Come join the fun for dancing or just listening to great live music by professional musicians. We have dance lessons before dances that are included with the admission price.

On November 13, The Eric Ekstrand Trio will be playing and the lesson will be Waltz. Gobble, gobble, there will be no dance on November 27, Thanksgiving week.

Put on your dancing shoes, kick up your heels and enjoy a great Saturday evening. Admission to the dance and lesson is \$10.00. The lesson is from 6:30 to 7:15, dance 7:30 to 10:00 pm.

LV MUSIC CLUB

By Marci Lapair

Exciting News! Save the date of December 21. The Groovin' Easy Swing Band with their wonderful singer Erin McPherson will put on a holiday concert for all the Villagers. There will be decorations and refreshments.

The first Friday of every month is Open "Mic" Night in the AR from 7:00pm to 9:00pm. If you are interested in performing at Open "Mic" Night and have any 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 7:00pm to approximately 9:00pm in the AR.

Admission is free to all the Villagers, and we even provide the popcorn.

The movie to be shown on November 15 will be *A Beautiful Day in the Neighborhood* starring Tom Hanks as Mister Rogers. It is a timely story of kindness triumphing over cynicism. The movie is rated PG and is 109 minutes.

The Groovin' Easy Swing Band rehearses on Tuesday evenings between 7:00pm and 9:00pm in the AR. Come and enjoy the easy listening music performed by this 17-piece swing band.

The Music Club invites you to attend our next board meeting on November 22 at 10:00am in the Multi-Purpose Room. We need new members to suggest fresh ideas and help plan future club activities. All Villagers are welcome to attend the meeting. If you have any questions, please call Marci Lapair 818-399-0843.

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11LV123

CLUB NEWS

VILLAGE ARTS

By Patti Crichton

Our November 3rd meeting was highlighted with a presentation by LV resident Alexis St. John. She is presenting her work at the LA Comic Con in December. We were very privileged to get a sneak preview of her writing and illustration skills.

The Autumn Art Show is back!!!! Come visit us on Sunday, November 14th from 10am-2pm. Village Arts is hosting, and there will be many LV clubs and artists on site, including Painters, Ceramics, Stoners jewelry, Quilters, Gourds, Photography and more.

Stop by and view the wonderful display by Leisure Village artisans. What a great venue for picking up some seasonal gifts! Be sure to check out the AR, MPR, Garden Room, and the Patio behind the billiards room



Photo by PATTI CRICHTON

Kathy Whitesell demonstrates her watercolor skills at the Village Arts October meeting.

to see the full array. There will also be a raffle, and you can put in your tickets for items you actually

want to win!

Monthly watercolor classes with Kathy Whitesell are popular. Village Arts members may sign up by contacting Patti Crichton via text or phone at 805-760-7673. The classes are \$10 to be paid at class and include all materials. Next classes are Nov 12 and Dec. 10. Take a peek in the glass case at the Rec Center courtyard to see examples of our work. Thank you to Kathy for adding extra classes to meet the demand. Kathy presented a lovely demonstration of painting autumn leaves at our October meeting.

MEN'S GOLF

By Joseph Benti

At our next monthly meeting, November 9th, Members will vote on the Nominating Committee's slate of candidates for the Board to govern the club through 2022. Committee Chair, Robert Malinow announced that Tim Palmer has agreed to run for President, with Nick Schellong continuing as 1st V.P. and John Hall agreeing to run for 2nd V.P. Current Secretary Harvey Harris and Treasurer Max Chopra agreed to stay on for another term. Other names can be offered from the floor before the vote.

On Nov. 2nd, and continuing on the 9th, regular Tuesday golfers compete for the Club Championship. The winner, along with all other annual awardees will be announced at

the installation lunch (catered) in the AR on December 8th.

As winter play approaches, golfers are reminded of the necessity to hydrate all year round. As the current issue of the American Legion magazine reminds us, it's not about being thirsty, it's about maintaining good physical and mental health. While some tea and coffee are okay, the article suggests limiting or eliminating sugary soft drinks, fruit juices and energy drinks. Among the many benefits of hydration are better health and increased brain power—so drink up!

RACQUET CLUB

By Arnie Kremer

Welcome tennis, paddle tennis, and pickleball aficionados! The Racquet Club is back in full swing. We have conducted our first Tennis Tournament, Board Meeting, General Meeting, and Pot Luck Dinner Party during September and October. Moving forward in 2021 we are continuing to conduct and expand pickleball and paddle tennis lessons. Please check the Courtside Bulletin Boards for lesson sign-up sheets and general Racquet Club information.

Upcoming in 2021:

General Meeting
11/10 Wine and Games Party
11/13 Turkey Trot Pickleball Tournament
11/20 Turkey Trot Paddle Tennis Tournament
12/1 Board Meeting
12/8 Wine and Cheese Party

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11LV01S

CLUB NEWS

EXERCISE/STRETCH CLASS

By Donna Khacherian

Come start your day in a healthy way! Get your body moving from head to toe with a fun and friendly group of like-minded villagers. Join us in the Pavilion (behind the pool) at our outside 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!

Our membership drive in September was a success, and our free-to-members welcome continental breakfast on October 1 was fun!

We are already making plans for our Holiday catered breakfast party in December. Come check us out! For more information, contact Donna Khacherian at 818-404-5538.

WII BOWLING CLUB

By VH Bryce

WII BOWLING HANDICAPPED TOURNAMENT to be held on November 16, 17, 18, 2021. The entry fee is \$1.00. Please sign up through Thursday, November 11th. Everyone has an equal chance to win – The lower your average, the higher your handicap.

We welcome new members, come and join us to have a chance

to be a winner. 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.

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.

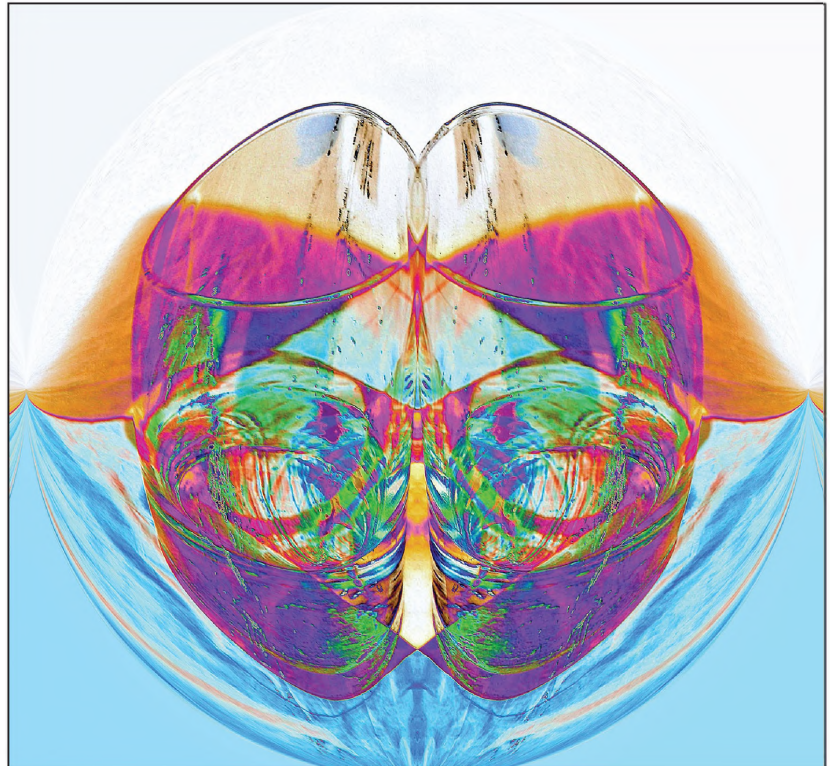
BILLIARD CLUB

By Patrick Price

The Billiard Club Thursday evening Round Robin competition continues in November. Sign-up starts at 6pm and play begins at 6:30pm. New people learning to play pool are paired with more highly skilled players, who will give good shooting advice. Billiard Club dues of \$7 are now being collected. Current and new members can sign-up using the slotted box on the bulletin board in the Billiard Room. Be sure to fill out one of the forms available at the box. Put the

—Please see **PAGE 16**

PHOTO CLUB WINNER – CREATIVE CATEGORY



■ 1st — Bill Marguiles / Pablo Picasso

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11LV03S

CLUB NEWS

Billiards

From **PAGE 15** —

form and \$7 in cash or check in an available envelope and place it in the box.

In October, the Billiard Club was able to hold an 8-ball pool tournament for the first time in over a year and a half. There were 3 categories of play: Super A - Gary Bunch 1st, Bill Foeller 2nd and Paul Kirkwood 3rd; A1 - Frank DeSimone 1st, Max Chopra 2nd, Fumie Nagaoka 3rd; A2 - Chris Hans 1st, Ruth Stubba 2nd and Chris Bogdan 3rd.

SHOWTYME

By Jennifer Stein

Showtyme Presents... A November to Remember with Wendy & Rik. It's the beginning of the holiday season, let's start it off with a talented couple who are both award-winning songwriters.

Wendy Becker & Rik Howard

are the dynamic husband & wife team who offer that very unique talent of stage & screen with their repertoire of show tunes, standards and contemporary music. Their experience & talent are over the top. Rik has shared the stage with Michael Jackson, The Doobie Brothers, Josh Groban & Barbara Streisand. Wendy has a combo of dance, vocals and acting. Her experience includes *Fiddler on the Roof*, *Bye Bye Birdie* and performances with Carol Burnett, Josh Groban & Barbara Streisand. Mark your calendar for Friday, November 12th @ 7:30pm in the AR. Doors open @ 6:45pm. No charge for this event, we do ask for a donation to help fill in the last 18 months that Showtyme was down.



Wendy Becker and Rik Howard share their repertoire of show tunes, standards and contemporary music.

Annual membership will be available in December 2021 at our holiday show. This show will definitely be a November to remember with the hit songs from Carole King, Crosby, Stills, Nash & Young, Joni Mitchell, Billy Joel, the Beatles and original tunes from this duo. It will be that kick start to get you in the holiday mood. 50/50 is back with 2 winners. October's show was very lucky for two members of the audience.

Showtyme needs You! If you enjoy people, have great communication skills and enjoy having a fun evening, why not become a volunteer for Showtyme. Help carry on the tradition of 40+ years of Showtyme entertaining Leisure Village. Any questions? Contact Jennifer at 805-383-1518.

YE OLE WOODCHIPPERS

By Bud Bradley

For September our completed Jobs: Villagers, 17; Quick Fixes were 6.

We want to thank all who donated and participated in our annual yard sale. Special thanks go to Marcy & Sue Kirsch of Marcy's Attic, in Camarillo, who helped facilitate the donation of leftover merchandise to worthy causes.

Reminder that the Woodshop is

—Please see **PAGE 17**



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CLUB NEWS

Woodchippers

From **PAGE 16** —



Photo by BUD BRADLEY
Chris Bjornberg and Chuck Russell working on a Villager's project.

open from 10am until noon, every Wednesday and Thursday, to accept your repair requests. During 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.

WOMEN'S GOLF

By Patti Crichton

Our next meeting is on November 10th in the Garden Room. Come for snacks and chats at 1:30pm. Meeting starts at 2. Remember to bring some cash for the 50/50 drawing.

October winners payout will take place.

Ringers Tournament was played in September and winners were announced:

18rs A Flight Low Gross - Jan Gerck, Low Net - Kathy Whitesell

18rs B Flight Low Gross - Sheila Bunch, Low Net - Marg Petersen

9rs A Flight Low Gross - Kathryn Robens, Low Net - Terry



Photo by PATTI CRICHTON
Diane Bartsch, Nicole D'Amore and Patti Crichton set up for the tee off.

Schellongo

9rs B Flight Low Gross - Chi Chun, Low Net - Janice Melling

The President's Cup started on Nov. 3rd and continues on Nov. 10th. This is a Low Net tournament.

Winners will be announced at the December meeting.

We have 57 members as of October. Beginning in 2022, there will be two memberships: \$10 fee for active players and \$5 fee for social members who are no longer playing.

A new Hole in One pot will begin for 2022. Bring \$1 to be eligible. You never know when you might hit an ace! Kathy Whitesell and Deb Dolan each got one last time.

The October Golf Social was a success and welcome to new members! Later in October, we enjoyed some Halloween fun at our October 27th tournament, followed by a potluck in the picnic area.

Change to later tee time begins in November for the winter months, 8:30am!!!, so please sign in at the golf shack with your \$2 by 8:15am (after the President's Cup)

LV WOMEN'S CLUB

By Barbara Cogert

MARK YOUR CALENDARS for two special events this month! On Saturday, November 6, the Women's Club will hold a Holiday Boutique in the Pavillion from 10 am-2 pm. We will offer an array of homemade items in addition to a new selection of "jewels," generously donated by LV residents. New and gently used clothing including coats, sweaters and home goods

will all be available for purchase. We will also be offering a Bake Sale so there is truly something for everyone! Consider bringing your holiday gift-giving list and we can help you complete it in one easy and convenient place!

Our second and important event is our annual Veterans Day celebration, honoring all LV Vets of the US Armed Forces, to be held on Thursday, November 11 (Veterans

Day) in the AR; doors will open at noon to ticket holders ONLY and lunch will be served at 12:30 pm after the presentation of the colors by the Channel Islands National Guard Honor Guard. Tickets for vets and a guest only will be available in the AR lobby M-F, November 1-5 from 9am-12 noon. Adolfo Camarillo High School Jazz Combo will be on hand for our musical enjoyment.

—Please see **PAGE 18**

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CLUB NEWS

Women's Club

From **PAGE 17** —
If you are a Vet, please join us for this impressive and meaningful afternoon.
SAVE THE DATE: Thursday, December 9th for our “dress-up” Holiday Meeting and Event.

LV BOWLING

By Gene Kinsey

Ever watch pro bowling on TV? Not an exciting sport to watch. However, if you want real entertainment, come watch the Leisure Village Bowlers. Or

even, better, become one. This is nothing like pro bowlers. It is more fun to observe sometimes than to do it. I have bowled since grade school, have been in multiple leagues and am now in the LV Bowlers Club. Never in my life have I seen body language like this! Not much is said out loud, but boy, oh boy, do the physical machinations entertain. From leaning left or right, to trying to turn the ball with their hands, to looking to the heavens in disbelief, the variety of styles is amazing.
We are seven weeks into our season and competition is tight. There are a few subs to help out when people go on vacation or whatever, but we could use a few more bowlers every week. Friday mornings at 9 am down at Harley's Camarillo Bowl is where the fun happens. Folks, this is live entertainment at its finest. You don't need to be a great bowler. However, you do need to develop some body movements that will

amaze your friends. Age doesn't matter; style does. Contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858.

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. Writers Club meetings are held every Monday at 1pm in the Multi-Purpose Room. We are interested in the substance of what each member has to present. Stories of The Month are displayed at the entrance to the LV Library. You may write on the Suggested Topic for that day or any other topic, fiction or nonfiction. For example, the Suggested Topic for October 18 was “One of My Favorite Singers.”

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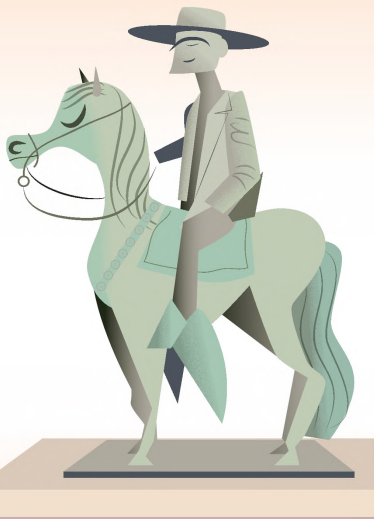
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at The Acorn Newspapers Today: 805.484.1949**

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 Thursday, November 11.

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

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

FOR LEASE: Nov. 1st Coronado II Call Lisa 805-405-0747. Great Location backing to the golf course, 2 bedrooms, 2 full baths, dual-paned windows & sliders, neutral tile & carpeting, some new appliances.

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

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

Affected by Phillips CPAP machine recall? Been in touch with Medicare as well as a company who makes filters. Have some that don't fit mine - maybe yours. Larry 805-987-1210

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

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

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

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

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

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

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

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

LOOKING TO BUY? Curio cabinet, patio furniture, golf equipment, plant, stand, plants, pots, pictures, craft items, beans, knick knacks, small television, desk, bookcase. LV resident - Call Sam 805-379-5653

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

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

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

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

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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

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

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

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

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

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


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

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The Benefits of Gratitude



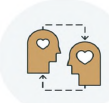
IMPROVES PHYSICAL HEALTH




IMPROVES SLEEP




IMPROVES PSYCHOLOGICAL HEALTH




INCREASES EMPATHY




REDUCES AGGRESSION



MORE SOCIAL CONNECTION




ENHANCES SELF-ESTEEM



IMPROVES MENTAL STRENGTH

Source: Morin (2014)



GRATITUDE is an appreciation for what is received, focusing on what we have instead of what we lack. It is an attitude that affects our mental and emotional well-being that grows stronger with use and practice and is associated with greater happiness. Conversely, lack of gratitude tends to cause dissatisfaction, and a feeling that a person can't be happy until something lacking is obtained or happens. Studies have shown that people who purposely cultivate gratitude experience a myriad of benefits in physical, emotional and mental health.

Here are some creative ideas you and your loved ones can enjoy in November as we all work to unite in thankfulness as a community.



- GRATITUDE TREE:** Make a tree trunk, either 2D with paper on a poster, or 3D with a stick in a pot. Cut out different color leaves and place them in a bowl. Each day, pull out a leaf and write something you're thankful for and put it on the tree. Review the leaves each time you pass it, and read it aloud at Thanksgiving.
- THANKFUL PROMPTS:** Write "I am thankful for" at the top of a page, and put prompts down the left side, then fill in the answer to the right of it. Include: things I see, hear, smell, touch, feel, taste; family member, friend, place, animal, memory, talent/skill, etc.
- OPERATION APPRECIATION COMMUNICATION:** Every day in November, communicate a message of appreciation to someone. Send a text, video message, thank you note, even say it in person at the store or wherever you are when someone is helpful.
- APPRECIATION MEDITATION:** Purposely schedule a window of time that you can turn all your devices off and meditate solely on all you're thankful for. Stumped on where to start? Consider a universe where you wake up tomorrow morning with only the things that you expressed appreciation for the day before, and see how fast your gratitude grows!
- APPRECIATION ALPHABET:** Draw a grid on a poster and put one letter of the alphabet in the upper corner of each square. Post it in a visible spot in your home with a pencil on a string attached. Throughout the day, as you and others pass by, write something you're grateful for in the square that starts with that letter. Bring the poster to Thanksgiving dinner and read it aloud.

- GRATITUDE CHAIN:** Cut links from construction paper and place in a bowl with a stapler next to it. Encourage everyone to create a link a day by writing what they're grateful for on a piece, and adding it to the chain. Use the chain as part of your Thanksgiving dinner décor so everyone can read it as you celebrate together.
- HELPING HANDS:** Have each member of your family trace both hands on paper. Each day, write something someone did that was helpful to you that day on one of the fingers, and then move onto the palms until the hands are covered with ways you've been helped by others. Consider a second set of mirror-image handprints that you daily write a way you helped someone else. These "helping hands" will bless you with gratitude, and foster gratitude in others as you help them.
- GRATITUDE WALKABOUT:** Take a walk outdoors (mountains, beach, trail, etc.) to connect with nature. Focus on every little thing you see, smell, and feel all around you. Consider the magnificence of the glorious creations of this earth made just for you!



WE ARE THANKFUL TO BE A PART OF YOUR LIFE AND TO WORK WITH SUCH WONDERFUL PEOPLE

Visit the "Barlows Got Your Back" section of our website for links to fun Thanksgiving and gratitude crafts, games and projects.



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