



# VENTURA BREEZE

Your Hometown Paper

Vol. 16, No. 14 Published Every Other Wednesday Established 2007 April 5 to April 18, 2023



An estimated 485,000 cubic yards of material has been removed from the entrance channel and placed upon the beaches.

## Ventura Port District Maintenance Dredging and Beach Renourishment

With recent winter storms and high tides events having severely eroded areas of the California coastline and Ventura Harbor scenic beaches over the past few months, the Ventura Harbor's annual dredging activities have significantly contributed to overall beach restoration.

The US Army Corps of Engineers (Corps), working with the Manson Construction Company, began dredging operations in Ventura Harbor on March 11. An estimated 485,000 cubic yards of material was dredged from the federal channel and sand traps to ensure that the Harbor entrance remain safe to navigate year-round for boaters and commercial fisherman, while then redispersing the sand back onto the harbor beaches.

Ventura Harbor's beaches including Surfer's Knoll Beach, South Beach, and popular Harbor Cove Beach (or Mother's Beach as the locals call it) on Spinnaker Drive, have now being largely replenished, allowing the beaches to

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## El Camino High School ECTV crew wins WAVE awards

The highly talented high school students at El Camino in the ECTV media program at CAPS, continue to receive accolades and win awards. The ECTV program was created by CAPS in partnership with the Ventura Unified School District. Students collaborate writing, producing, recording and editing their own programs.

Recently the ECTV crew won 4 WAVE awards at the annual competition directed by the Alliance for Community Media Western Region (ACM West). (Standing) Phil Taggart, teacher/mentor, Arshan Barati, Sophia Johnson, Sarah Briggs, Luca Falvo, Mika Long, Seth Steiminger, Christopher Giordano, DeeDee Black, Aracely Soriano Perez, Hector Guerrero, Principal El Camino High School, and Saadiyah Islam. (Kneeling): Allison Laak, Kampton Carter, Alyx Golson and Shayan Barati.

Every year, adult and student media crews from throughout the western United States compete for WAVE awards, which stands for Western Access Video Excellence. This years' trophies increase the ECTV collection to more than 30 regional and national awards won over the past few years. All of the ECTV programs can be viewed on the CAPS Media website at [capsmedia.org/ectv](http://capsmedia.org/ectv).

The Alliance for Community Media (ACM), founded in 1976, represents more than 3,000 Public, Education and Government access organizations and community media centers throughout the United States. ACM's fundamental mission is to help democracy flourish in local communities by encouraging the

**Continued on page 3**



To learn more about CAPS, visit [capsmedia.org](http://capsmedia.org).

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

— Thomas Edison

## As I See It by Sheldon Brown

For the second time, the Ventura County Fairgrounds Board of Directors has turned down a proposed development including a baseball stadium at the fairgrounds. The developers said the project would also expand and renovate the state-owned facility. Directors rejected the proposal unanimously in October.

At the hearing, held on Feb. 22, most of more than 500 people attending expressed opposition to the project.

Either way the fairgrounds is in desperate need of a major refurbishing so hopefully money might be available in the future to do this.

#### Rainfall:

This year 25"

Normal 13"

Last year 8.5"

The Ventura City Council has ended its investigation into employee spending and reimbursement practices.

In September, the council ordered a review of city expenses after it was revealed city manager Alex McIntyre had left an excessive tip (nice guy) and purchased wine with a state-issued credit card on a 2021 trip when he paid for a meal for eight in Sacramento. He spent \$323 for the meal, \$115 for a bottle of wine (I drink \$2.50 wine) and left a \$234.60 tip.

McIntyre apologized and explained he overtipped because he didn't realize the tip was already included. He later told the council he reimbursed the city

for the wine and tip. McIntyre ultimately resigned on Dec. 12.

Even though the infractions haven't amounted to much, it's important that the council thoroughly understand what they can spend on city credit cards. The city needs to provide better training to employees on allowable expenses.

In the meantime, the San Bruno City Council hired Alex McIntyre as its interim city manager. The San Bruno (population 42,000) council unanimously approved McIntyre's contract.

McIntyre joins Peter Gilli, Ventura's former community development director, who is employed by San Bruno.

Forty-one-year-old Sandra June Dillard, the Ventura woman who had pleaded guilty to the first degree murder of a homeless woman in a homeless camp in Ventura, has been sentenced to thirty two-years-to-life in prison.

She also had a prior serious conviction and had also pleaded guilty to grand theft of a Firearm and Felony Battery on a Peace Officer in separate cases. She was already in the Ventura County Jail in connection with several other open cases. Why are people with these backgrounds not in prison to begin with? What happened to 3-strikes and you're out?

Finland was chosen the world's happiest nation for the sixth consecutive year in the annual World Happiness Report. The list is largely based on Gallup World Poll evaluations

on matters such as GDP per capita, social support, healthy life expectancy, freedom, generosity and corruption. Finland's strong feelings of communal support and mutual trust were factors in helping the country again grab the top spot.

The USA came in at number 15. And, with the way this country is being divided ("feelings of communal support") more and more every day, it wouldn't surprise me if we continue to fall on the list.

Is nothing sacred? Two men accused of stuffing fish with lead weights and fish fillets in an attempt to win thousands of dollars in a fishing tournament pleaded guilty to charges including cheating. Next, people will lie about the size of the one that got away.

As you know, 3 three adults and three children (9-year-olds) were shot and killed at a private Christian school in Nashville. The 28-year-old female shooter was killed by police.

I know some people think the solution to gun violence is for everyone to carry a gun. Even if true (I certainly don't think so), why was it necessary for this lady to own 7 guns, several which hold 30 rounds.

President Joe Biden has signed an executive order aiming at increasing background checks to buy guns, promoting more secure firearms storage and ensuring U.S. law enforcement agencies get more out of a bipartisan gun control law enacted last summer.



Hughes offers extensive experience in real estate to help ensure access to quality, affordable housing.

## Cabrillo Economic Development Corporation appoints Billy Hughes as New Director of Real Estate Development

Billy Hughes has joined Cabrillo Economic Development Corporation (CEDC), the largest developer of affordable homes in Ventura County, as Director of Real Estate Development. Utilizing over 30 years of experience in the real estate industry as a developer, investor and lender, Hughes will manage and oversee CEDC's affordable housing activities, and train and supervise project management staff. He will be

taking charge of project development and ensuring successful transitions of CEDC's projects from construction to operation. Hughes has demonstrated experience with affordable housing resources and programs and an ability to work effectively with groups in the community to listen and respond to questions and concerns.

"I am delighted and honored to be joining the Cabrillo EDC Executive Management team," said Hughes. "After 3 decades of learning and working in the real estate industry, I intend to bring my expertise and knowledge to the development of affordable housing communities that are vital to so many members of the Ventura County community."

Before joining CEDC, Hughes was the Managing Member of Black Point Investments, LLC (BPI), where he directed the acquisition and renovation of over 3 million square feet and nearly \$1 billion in historic renovations including the re-purposing of several textile mills and historic schools. Hughes was the former president at Bi-Coastal Communities which developed affordable multifamily housing throughout the southeast. Hughes successfully developed over 2000 units totaling over \$300 million in affordable housing and senior housing. His work with housing and developing authorities was recognized when he was named "Developer of Choice" by the Fulton County Housing Authority.

"Cabrillo EDC was looking for someone who is committed to our values and our mission of meeting housing needs of lower income families and individuals," said Margarita H. de Escontrias, CEO of Cabrillo EDC. "We believe that Billy Hughes' vast experience and breadth of knowledge together with the dedication he possesses, will help us continue carrying out our meaningful and strategic work to benefit the communities we serve."

## 2023 Ventura County Homeless Count

The 2023 Ventura County Homeless Point in Time Count was conducted on January 24, 2023 in the ten cities and unincorporated areas within Ventura County. People experiencing homelessness were surveyed and observed by the federal definition which includes those living unsheltered or in places not meant for human habitation, as well as those staying in emergency shelters and transitional housing programs on the night of January 23. Approximately 400 volunteers assisted with the unsheltered surveys from dawn until mid-day across the County.

There were 2,441 adults and children

## Mailbox

Hello Sheldon,

It's good to see you writing op eds for the Ventura Breeze again. I stopped reading the VB after you stopped writing for it, but now I am back. I hope you continue as I greatly enjoy your informative and incisive writing.

Best regards,

Jim Sullivan

Ventura, CA

PS. I applaud your comments about Fox News. It's just astonishing to me that so many people can support them and Mr. Trump.

Jim : Thanks for your comments. Truthfully, I'm very concerned about the future of this country.

We encourage you to send your opinions to opinions@venturabreeze.com. Please limit them to about 300 words



who were counted as homeless during the point-in-time count. This number represents an increase of 203 persons or 9.1% when compared to the 2,238 persons who were counted as homeless in 2022. The continued increase in the count can be attributed to several factors, although rising rent costs in the region and limited availability of affordable housing are leading causes. The number of calls for homeless prevention and rental assistance continues to increase across the county-wide homeless services system.

The Point in Time count is required by the U.S. Department of Housing and Urban Development (HUD) for communities to be eligible for federal grants addressing homelessness. The Ventura County Continuum of Care receives federal and state grant funding each year to provide emergency shelter, rapid rehousing, homeless prevention, street outreach, and permanent supportive housing programs.

The data from the annual count helps determine gaps and trends to help community leaders allocate funding for the highest needs. The full report with details from the Homeless Management Information System (HMIS) and other data sources will be released in mid-April 2023.

For more information, please see the executive summary of the 2023 Homeless Count posted on the Ventura County Continuum of Care (VC CoC) website at [www.venturacoc.org](http://www.venturacoc.org).

## When and what is Passover?

In 2023, Passover runs from the evening of April 5, 2023, to the evening of Thursday, April 13, 2023.

Passover is a festival of freedom.

It commemorates the Israelites' Exodus from Egypt, and their transition from slavery to freedom. Passover or Pesach is an important, biblically derived Jewish holiday. The Jewish people celebrate Passover as a commemoration of their liberation by God from slavery in Egypt and their freedom as a nation under the leadership of Moses. It commemorates the story of the Exodus in which the Israelites were freed from slavery in Egypt.

Passover commences on the 15th of the Hebrew month of Nisan and lasts for either seven days (in Israel and for Reform Jews and other progressive Jews around the world who adhere to the Biblical commandment) or eight days for Orthodox, Hasidic, and most Conservative Jews.

A day commences at dusk and lasts until the following dusk, thus the first day of Passover begins after dusk. It is one of the most widely observed Jewish holidays.

The rituals unique to the Passover celebrations commence with the Passover Seder.

In the narrative of the Exodus, the Bible tells that God helped the Children of Israel escape from their slavery in Egypt by inflicting ten plagues upon the ancient Egyptians before the Pharaoh would release his Israelite slaves; the tenth and worst of the plagues was the death of the Egyptian first-born.

The Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered spring lamb and, upon seeing this, the spirit of the Lord knew to "pass over" the first-born in these homes, hence the English name of the holiday.

When the Pharaoh freed the Israelites, it is said that they left in such a hurry that they could not wait for bread dough to rise (leaven). In commemoration, for the duration of Passover no leavened bread is eaten.

### Ventura Port District dredging Continued from page 1

reopen and be available to the community.

"Maintaining a safe, navigable, and resilient harbor is one of the key guiding principles of the Ventura Port District," states Brian Pendleton, General Manager of the Ventura Port District. "This crucial sand replacement, as a result of the dredging, also serves as an enormous benefit to residents, surfers, beach goers, and to wildlife, as the sand dunes and beaches provide critical nesting habitat for endangered species such as the Western Snowy Plover and California Least Tern."

The Corps pays for the annual Ventura Harbor entrance channel dredging activities.

In August 1968, the U.S. Congress approved Public Law 90-483, which among other things had the U.S. government acting through the Corps, assuming the maintenance responsibility for the navigation features at Ventura Harbor, subject to annual appropriations by the President and/or Congress. The features that the Corps is responsible to maintain include:

- The Entrance Channel
- Sand Trap
- 3 Jetties
- An offshore breakwater
- A groin

In the late 1970's and early 1980's, frequent navigation problems resulting from shoaling at the harbor entrance developed due to a lack of Congressional funding. In 1983, the Port District recognized the need to communicate more effectively with the Congress and the Corps and retained the services of a Washington advocate. Since that time, over \$140 Million has been expended by the Corps in maintaining and improving the harbor entrance system.

The President's 2024 Budget was released on March 9, 2023 and named the Ventura Harbor project for \$8.471 million.

"With the support of Congress and the Senate, this will ensure that dredging will be completed again in early 2024 and provide additional funding for the Corps to update environmental studies and issue a new contract later in 2024," states Todd Mitchell, Senior Business Operations Manager for the Ventura Port District. "We are enormously grateful for the efforts of Congressman Salud Carbajal and Congresswoman Julia Brownley to advocate for the President funding project in his 2024 budget."

The District is responsible for permitting, funding, and contracting periodic dredging of the inner harbor (excluding the Ventura Keys). Performance of the dredging requires the District to maintain its own permits with the Corps, the Los Angeles Regional Water Quality Control Board, the Ventura County Air Quality Control Board, and the California Coastal Commission. The District's permits not only allow for inner harbor dredging, but also to replicate the work conducted by the Corps in the event that there was an emergency and the work had to be performed by the District.

Because the inner harbor soil is primarily fine grain (silt), three of the District's permits for inner harbor dredging have special conditions that require the Santa Clara river be flowing into the ocean in order for material placement to take place. In 2021 when navigating into channel into the Keys became a concern, the river condition was not met and the District and City of Ventura had to obtain emergency permits in order to perform

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the inner harbor dredging. Therefore, the District has been pursuing amendments to these permits so that inner harbor dredging can be performed when needed.

For more details on annual dredging activities in Ventura Harbor or information on Ventura Harbor beaches visit [VenturaHarbor.com](http://VenturaHarbor.com)

### El Camino High School ECTV Continued from page 1

public to be active participants in their local government and to foster free expressing and exchange of ideas.

CAPS is a proud member of ACM and is the only public access media center in Ventura. CAPS' mission is to create an engaged and informed community through participation in electronic media.

CAPS manages two television channels and one radio station in Ventura providing public programming on television, radio and online streaming 24/7 on all distribution outlets.

On Channel 6 and streaming online, CAPS presents programming created by and for the public including community information programs, faith-based services and more. On Channel 15 and streaming online, CAPS manages and presents government meetings at

City Hall including city council, design review, general plan advisory committee, planning commission and more. In addition Channel 15 includes education and information programs produced by ECTV crews as well as fitness, science programs and more.

CAPS is the home of Radio KPPQ – Ventura's only public access radio station. KPPQ features a dedicated and talented crew of local DJs producing unique and information programming. DJs include Pam Baumgardner, Kathleen Good, Mark, Nadine Piche, Kevin Wallace, and Dr. Q & Dr. C.

All of the KPPQ locally produced programs, as well as national and international shows, can be enjoyed 24/7 at 104.1 FM and streamed worldwide on myTuner Radio and on capsmedia.org. Many of the shows are available to listen on demand on the KPPQ podcast network found on the radio page of the CAPS website.

To learn more about CAPS, visit [capsmedia.org](http://capsmedia.org). A video on the home page, CAPS Media City Council Presentation 2023, presents an overview of the organization. Additional information is on the CAPS website including links to programming and information regarding reopening of the CAPS Media center to the public.

**Moving In?  
Moving Up?  
Moving Out?**

I can help you with that!

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What is digital upskilling?

## WEV is a training provider for the EDC's Ventura County Digital Upskilling Training Program

The Economic Development Collaborative (EDC), in partnership with multiple regional partners, officially launched the Ventura County Digital Upskilling Training Program—a free short-term training program that will increase the digital skills of job seekers, current workers and small business operators. The initiative seeks to expand the opportunities and earning power of Ventura County participants by providing them with much-needed digital skills training to help both individuals and employers in the County grow.

The training program was made possible by State Assemblymember Jacqui Irwin, who developed the project idea and secured \$5 million in state general funds for a Digital Upskilling pilot in Ventura County.

Digital upskilling is the process of teaching people how to think, act and thrive in a digital world. It involves providing employees with the opportunity to gain the tools and skills they need to adapt to a world with ever-changing technologies. Apart from teaching technical skills, such as how to use a specific device or navigate a particular software, digital upskilling also ensures that employees have the fundamental knowledge required to understand new technologies.

Basic computer skills are increas-

ingly needed in all industries, and people without digital skills are in danger of being left further behind as digitalization continues to expand. Without digital skills, people cannot search for and apply for jobs, expand their career opportunities, earn more money or enjoy the flexibility of working remotely.

Classes for new to tech learners, current workers and small business owners are now open for registration! Learn more and sign up at [www.digital-upskilling.edcollaborative.com](http://www.digital-upskilling.edcollaborative.com)

The training program includes three different cohorts of learners who each have different base levels of computer skills and training needs.

Small business owners who need comprehensive knowledge and tools to establish an online business presence including e-commerce, SEO and digital marketing to grow and stay competitive can enroll in Women's Economic Ventures (WEV)'s Get Your Small Business Online course.

Ventura County Community Foundation (VCCF), Ventura County Office of Education (VCOE), Workforce Development Board of Ventura County (WDBVC) and Women's Economic Ventures (WEV).

For more information, visit [www.digital-upskilling.edcollaborative.com](http://www.digital-upskilling.edcollaborative.com)

### The Bookmark

## About Libraries and Friends

by Mary Olson

Ventura County Library is offering a series of family-friendly sustainability-themed programs. English/Spanish interpretation services and children's activities will be available for all the programs at the Piru Library, Saticoy Library, and Soliz Library branches. The upcoming topics are:

#### Home Weatherization 101

Thursday, April 6, 5:00 pm-7:00 pm at Piru Library (3811 Center Street, Piru) 805 521-1753

Thursday, May 4, 5:00 pm to 7:00 pm at Saticoy Library (1292 Los Angeles Avenue, Ventura) 805 671-5148

#### How to Get Green Business Certified

Thursday, April 13, 5:00 pm to 7:00 pm at Soliz Library (2820 Jourdan Street, Oxnard) 805 485-4515

Thursday, May 11, 5:00 pm to 7:00 pm at Piru Library

Thursday, May 18, 5:00 pm to 7:00 pm at Saticoy Library

These programs are made available through a Sustainable California Libraries Grant from the California State Library, and in collaboration with the County Executive Office's Sustainability Division.

**Micaela Ellis**, teen author, will visit E.P. Foster Library on Saturday, April 8, 11:00 am to noon to present her book, *Autism Over The Years* and share her perspective on life as a child with autism. She hopes to educate others on the challenges that people with autism face and the many opportunities for growth and learning that are available to children like her when they are respected and understood.

Nathalia brings Bilingual Music for Families to Hill Road Library on Tuesday, April 25 at 3:30 pm. Get ready to dance and sing in English and Espanol with Nathalia, a multi-talented singer songwriter based out of Los Angeles. From rock to cumbia, jazz to reggaeton, Nathalia's songs are produced in a number of different musical styles and written with the whole family in mind. This event is open to all ages.

#### Book Clubs at the Library

E.P. Foster's Young Reader Book Club meets on the fourth Saturday of each month, from 1:00 to 2:00 pm, for children ages 9-12 (4th or 5th grade reading level). For more information, call (805) 648-2716.

Hill Road Library's quarterly Wise Owls Book Club for adults who enjoy reading children's literature, meets on Tuesday, April 11, 5:00 to 6:00 pm. The book selection is: *The Last Cuentista* by Donna Barba Higuera.

The Hill Road Library Book Club will discuss *Bird Brother: A Falconer's Journey and the Healing Power of Wildlife* by Rodney Stotts on Tuesday, April 25, 5:00 to 6:00 pm.

To join the mailing list for Hill Road Library book clubs, please email Linda.Cherry@Ventura.org.

Visit Hill Road Library to pick up the latest book club selections.

**Rising from the Ashes** home tour will take place on Saturday, April 22, 12:00 to 4:00 pm.

The Thomas Fire of 2017 caused devastation, but not defeat. The Ventura County Library Foundation invites you to witness the resilience of Ventura as you tour some of the beautifully rebuilt homes and hear the stories of rebirth. Mid-Century Modern, Mediterranean, Spanish Colonial, West Pueblo, Modern and French Country styles are represented.

Proceeds will help fund important literacy programs, including the Mobile Library. For more information and to buy tickets, go to <https://www.vclibraryfoundation.org/events>.

## Most optimistic community member nomination 2023

Do you know someone who has moved, touched, or inspired you by their optimism? Do you know someone who encourages you to be your best self? Do you know someone who sees hope and makes a positive difference in the lives of others? The second annual Most Optimistic Community Member nominations are now being accepted by the Sunrise Optimist Club until June 1, 2023. Last year, Todd Taylor was recognized as the 2022 Most Optimistic Community Member at the club's annual fall awards gathering.

The Sunrise Optimist Club is a service club that provides support and scholarships to youth in Ventura. The basis of the club is The Optimist Creed. The Club has been active in Ventura since 1960 and is affiliated with Optimist International. The primary purpose is to "bring out the best in kids" as well as promoting optimism as a way of life.

To access the nomination form, go to the Club's website at [www.venturasunrise-optimist.org](http://www.venturasunrise-optimist.org). For more information about the nomination process for the 2023 Most Optimistic Community Member or about the Sunrise Optimist Club of Ventura contact [MOCM.VenturaSOC@gmail.com](mailto:MOCM.VenturaSOC@gmail.com) or visit the club website.

# MONTALVO HOUSING FORUM

## Wednesday, April 19, 2023

6:30 - 8:30 p.m.



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[www.CityofVentura.ca.gov/HousingServices](http://www.CityofVentura.ca.gov/HousingServices)



Brandy has managed to thrive under unthinkable conditions.

## Brandy Beesley was hired as the executive director for Project Understanding in 2017

In 2017, Project Understanding, a local nonprofit that serves as a safety net to the most vulnerable residents in Ventura County, was just weeks away from having to close its doors. Brandy Beesley, a life-long local resident, was hired as the new executive director and stepped in facing the harsh situation and reality that the fate of a 40-year-old organization weighed heavily on her shoulders. She made organizational adjustments, implemented a refreshed strategic plan, and in just 6 years she has not only found a way to keep the doors open, but the organization is now thriving and serving more people than it ever has before.

Not only has Brandy managed to sustain a 1,000% increase in capacity, but she has managed to thrive under unthinkable conditions, including the Thomas Fire, the Woolsey fire, and the COVID pandemic.

When she began in 2017, the food pantry was serving approximately 275 people a month, that number has now increased to over 4,000 people a month. While sustaining the existing programs he has managed to implement a new program that offers case management services to struggling families, guiding and helping them achieve their highest level of independence. Their Homeless to Home program has been instrumental to our local homeless community moving them out homelessness as well as preventing those on the verge of becoming homeless remain housed.

This year the organization is excited to unveil their new brand identity, which includes a refreshed logo as well as an updated mission statement, and a new tagline, "Understanding Needs, Restoring Hope".

"We have grown exponentially in the past 6 years and, Project Understanding has emerged with a solid foundation and a bright future. What a perfect time to highlight our involvement with a refreshed look and a refreshed mission statement that has evolved with us," states Brandy Beesley. Project Understanding's mission is to transform lives and empower independence by providing resources to the most at-risk in our community.

"It has been quite a journey, but I am excited for our future and as an organization we pledge to provide an unparalleled level of assistance to our families; fulfill the ever-growing demand for services, and ensure that no family is turned away for lack of funds. We are grateful for our volunteers, donors, and community partners, without them none of this is possible," stated Brandy Beesley.

## Lost Fremont Matchlock gun

by Richard Senate

In the early weeks of January, 1847 California was a scene of battle. The US had sent west a well connected and ambitious military man to California and the west in hopes of concocting a rebellion among American Settlers in the Mexican Territory of Alta California. Col. John C. Fremont lead an "exploratory expedition" with Kit Carson as his guide. This attempt to steal California was unneeded when war was declared after the Battle of Palo Alto in Texas. But he came and gave birth to the so called California Republic (where we get the Bear Flag from).

California fell to the Americans but then went into rebellion focused on Los Angeles and government of General Flores (California Governor Pio Pico having fled with the treasury for Old Mexico) . Fremont formed the "California Battalion" of old Mountain Men and settlers and marched south to seize Los Angeles from forces still loyal to Mexico. They were being attacked from the south by troops from US held San Diego. General Flores, with help from Native America Tribes loyal to Mexico, had all the US forces under constant surveillance, and sent a small force to Ventura County to try to stop, or at least delay, Fremont. A ragtag company of militia were formed, mostly vaqueros armed with eleven foot long lances, and a motley collection of arms . They gathered at the Sanchez Adobe in Saticoy. Fremont slowly marched along the beach south from Santa Barbara after 'capturing' the town.

There was no opposition in what is today Ventura, and they seized the mission. They raised the US flag, spent the night in the Mission orchard and then marched down the beach to the Santa Clara River. There they turned inland following the river and in so doing passed by the Olivas Adobe, constructed six years before. Fremont didn't mention the site in his report and may have missed it in the windy dust storm that hampered their travel.

Not far from the adobe, the Americans were opposed by the Mexican militia on horseback, arrayed for battle. A few insults were exchanged and a few shots that missed their targets. Fremont, fearing this was only part of a larger force waiting to fall on his flank. He stopped the advance as the Mexican Lancers galloped around, performing equestrian feats on horseback. Fremont had two cannons, and four hundred and fifty men. The Militia had only about sixty and few firearms. Having delayed Fremont for an hour, they wisely retired from the field. When Fremont advanced, he found an old matchlock musket dropped by the Mexicans. It was perhaps four hundred years old at the time and dated back to the time of Cortez and the Conquest of Mexico. He kept the piece as a relic. The skirmish, if you could call the bloodless exchange that, was perhaps the last military action in California in the Mexican-American War. I always wonder what happened to that ancient musket that Fremont picked up. Perhaps a historical search could be made to locate the piece?

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VENTURA CHAMBER of COMMERCE PRESENTS 2023 SPRING BUSINESS EXPO

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You don't need a green thumb to select your plants.

## SEEAG to host Earth Day Plantopia U Pick Transplant Fundraiser

Students for Eco-Education and Agriculture (SEEAG) will host its first annual Plantopia U Pick Transplant Fundraiser to celebrate Earth Day. The event, held on Earth Day, April 22, will raise funds to support SEEAG's agricultural education programs where students learn about the farm origins of their food, water resources, soil health, entomology and locally grown fruits and vegetables.

Plantopia is from 11:00 a.m. to 3:00 p.m. at SEEAG's Ventura County Farm Lab at Petty Ranch (11917 Darling Road, Saticoy). For a \$35 donation, participants can pick a combination of 12 small plants

to fill two six-pack containers with tomatoes, zucchini, squash, basil and peppers. The organic seedlings are from Plantel Nurseries. In addition, donors will receive free four-quart bags of Agromin's potting soil. Tours of Petty Ranch will take place at 11:30 a.m. and 1:30 p.m.

"April is the perfect time to start a backyard garden," says Mary Maranville, SEEAG's founder and CEO. "Creating a garden and watching the vegetables grow is something the whole family can enjoy."

For more information about SEEAG's Plantopia, go to [www.SEEAG.org/plantopia](http://www.SEEAG.org/plantopia).

## Henry Schwab violin & viola competition

Calling all violinists and violists! The Henry Schwab Violin & Viola Competition is returning to Ventura College this summer: The application deadline is Sunday, April 23; preliminary rounds are April 29 & 30. Finalists will play a selection of their choice accompanied by the full Schwab Summer Orchestra to cap off the final weekend of this summer's Schwab Academy on July 22 & 23, 2023. In addition to providing contestants the opportunity to shine in front of a live audience and nationally renowned guest judges, the first-

place winner will be awarded a top prize of \$2000. Learn more and apply online at [www.venturacollege.edu/schwab](http://www.venturacollege.edu/schwab)

An enduring gift from Miriam Schwab, the inaugural Henry Schwab Violin and Viola Competition debuted in 2006. In addition to her career as a highly successful real estate agent, Miriam was passionate about music and a longtime member of the Ventura College Symphony.

The 13th Annual Henry Schwab Violin & Viola Competition Finals will take place on Saturday, July 22 (7:30 PM) and Sunday, July 23 (2:30 PM) at the Ventura College Performing Arts Center. Preliminary Rounds will take place on April 29 & 30, and the application deadline is Sunday, April 23, 2023. The Competition is split into two categories; finalists in Category B (1st prize, \$1000) will perform

a movement from a concerto while Category A finalists (1st prize, \$2000) will perform a complete concerto. All performances in the final round will be accompanied by the Schwab Academy Orchestra.

The Violin & Viola Competition was the original piece of what is now the Ventura College Schwab Academy. In 2017, Miriam Schwab wanted to expand her legacy, and create an endowment to build an academy for instrumental music where talented students would have the opportunity to study and perform alongside an acclaimed faculty and guest artists.

Upon her death on December 24, 2017, Miriam left more than ten million dollars to the Ventura College Music Department to inaugurate The Miriam and Henry Schwab Academy of Instrumental Music. The Violin & Viola Competition is one of the Academy's three main components: her bequest also created an intensive three-week Summer Academy, and an Extension Program during the Spring and Fall.

The Summer Academy offers programs in Chamber Music and Symphony Orchestra. In this intensive three-week summer institute, which debuted in 2019, all students receive classes each weekday from the Academy's nationally-recognized faculty and present public performances each weekend, where they rehearse and perform alongside faculty and professional guest musicians.

"Having students play alongside a professional at every rehearsal and performance is very special" says Festival Director Robert Lawson, "The students and faculty become a family, working together daily to develop their skills and to reach the highest standard of music making." Academy student Sophia Holdorf adds, "It's an opportunity to push yourself and learn in an open environment; we welcome each other's experience, cheer each other on, and we build connections we'd never have any other way."

"Music education teaches more than just music," says Ashley Walters, music director and conductor. "It teaches students to develop a strong work ethic, how to work as a team player to meet goals, and provides students of all ages with an incredible community that can offer support and guidance as they discover and pursue their own dreams."

Lawson and Walters have big plans for the Academy's future. While initially geared towards students in Ventura and Santa Barbara Counties, Lawson sees the Schwab Academy expanding their footprint throughout the state and beyond.

## Harriet H. Samuelsson Foundation awards \$610,000 in grants

The trustees of the Harriet H. Samuelsson Foundation recently awarded grants totaling \$610,000 to 13 local non-profit organizations providing remote and in-person services to youth and adolescents in Ventura County. Grants ranged from \$20,000 to \$100,000, and were allocated as follows to local organizations:

\$45,000 to CAREGIVERS: Volunteers Assisting the Elderly for matching a teen volunteer with a senior citizen to assist with indoor and outdoor home maintenance, lawn mowing, window washing, vacuuming, laundry, and home organization.

\$40,000 to CASA (Court-Appointed Special Advocates) to support a Juvenile Justice Program Manager and two parttime case supervisors, including recruitment and training of a Spanish-speaking case supervisor.

\$30,000 to Girls Scouts of California's Central Coast to provide STEM (Science, Technology, Engineering, and Math) programming and mental wellness services to girls in Ventura County.

\$30,000 to Ventura Family YMCA to provide scholarships to disadvantaged children and those from low-income households to participate in YMCA programming, including: third grade learn-to-swim lessons, safe play activities, and adaptive programming for children with special needs.

Grants are awarded in the spring and fall of each year. The deadline for letters of interest for Fall 2023 grants is September 30, 2023. For more information about the Harriet H. Samuelsson Foundation, including instructions on how to apply for a grant, please visit the Foundation's website at [www.samuelssonfoundation.org](http://www.samuelssonfoundation.org).

The Harriet H. Samuelsson Foundation was established in 2005 upon the death of Harriet H. Samuelsson, an Oxnard philanthropist, at age 96. The Foundation awards over \$1 million in grants each year to organizations providing services for the health, education, guidance, or welfare of children under the age of 18 residing in Ventura County, or to organizations conducting cancer research.

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S2332 9/22



# CPP Investments partners with IKAV to Acquire Aera Energy

Partnership will accelerate Aera Energy's ability to further reduce carbon intensity and support the development of carbon capture and storage and other emerging technologies.

Canada Pension Plan Investment Board (CPP Investments) will partner with international asset management group IKAV to acquire California energy producer Aera Energy LLC.

In September 2022, IKAV, which has deep renewables expertise as well as a strong track record managing U.S. conventional energy assets, announced plans to acquire Aera Energy. CPP Investments, one of the world's largest institutional investors, agreed to purchase 49% of Aera Energy from IKAV. Created as a joint venture between Shell and ExxonMobil, Aera Energy is California's second-largest oil and gas producer and accounts for nearly 25% of the state's production.

IKAV, CPP Investments and Aera Energy recognize that meeting the complex challenge of climate change will require innovation across the global economy at a significant scale. CPP Investments and

IKAV intend to help Aera balance its energy transition efforts with the need to continue meeting California's conventional energy demands by investing in a renewable energy portfolio that will power Aera's existing operations. Over time, renewable power will be deployed across Aera's land holdings, while selected legacy oil and gas infrastructure will be repurposed to create carbon capture and storage capability.

Constantin von Wasserschleben,

Chairman of IKAV, comments: "We are aligned with CPP Investments in our commitment to achieving a smooth and sustainable transition to renewable energy. By delivering an energy solution at Aera that ties renewable growth with the safe and responsible operation of conventional energy assets, we are pursuing the right steps to balance California's energy demand with its future climate goals."

Erik Bartsch, Aera Energy President and CEO, comments: "We are excited about the IKAV and CPP Investments joint ownership of Aera Energy. It tells us they believe in the need to meet the energy needs of Californians for decades to come and are confident in our ability to deliver innovative solutions that will help the state meet its bold climate goals. Aera will continue to power the California economy and live our values of exceptional care for people and the environment. We also remain committed to the principles that make us an employer of choice and a valued partner in the communities where we live and work."

Aera is the largest onshore oil producer in Ventura County, with oil and gas operations covering approximately 4,300 acres located largely in an unincorporated area just to the northwest of the city of Ventura. Production averages 12,000 barrels per day of crude oil and seven mcf per day of natural gas. Oil is transported to refineries in the Los Angeles basin; natural gas is shipped to Southern California Gas Co.

Aera and its forerunner companies have been actively producing crude oil in Ventura County since the 1920s. Much of the operation is now in secondary recovery water injection.

Aera and its employees in Ventura are actively involved in the local community. Our company is a longtime member of both the Ventura Chamber of Commerce and the Ventura County Economic Development Association.

# Ribbon cuttings



The Chamber of Commerce held a ribbon cutting for Joe Kapp Real Estate. They have been serving the Ventura and Santa Barbara Counties in Southern California for 45 years.

1068 E Main St. 805-648-9900

Photo by Michael Gordon



A Chamber ribbon cutting was held at Jolly Boy Threads. The owner's stated "Our mission is to give children similar opportunities in nature and provide them with "camperships" to attend outdoor camps and see the world from a new perspective." 921 E. Main St. Ste. H, Ventura.



The Ventura Chamber held a ribbon cutting for Shannon Vasquez with guests and family present. Shannon's Reiki, is a gentle, holistic, energy healing treatment which can improve sleep, aid in digestion, reduce anxiety, and reduce muscle pain. Portside Ventura Harbor. 818 6942140 or Shannonv7@msn.com. 1196 Portside Dr. upstairs.



The Ventura Chamber held a ribbon cutting to celebrate the new ownership of the Hill Street Café. They have an extensive menu including 31 sandwiches, 21 dinners and 20 breakfasts.

1050 S. Hill Rd. 805-654-1115

Photo by Michael Gordon



Playdate in the Children's Garden Friday, April 7, 2023 2:30pm—4:30pm at the Museum of Ventura County. Free Admission. Join for a play date with old and new friends! Complete a scavenger hunt crossword puzzle and receive a patch. Explore our traditional Chumash 'ap, play archeologist in the dig pit, practice skills at the creative building table, and explore the garden of sound. Diane Ippel will play the dulcimer (a stringed instrument played with a special hammer). Elementary school children of all ages welcome. Parent supervision is required.



# Mental Health Services Act's priorities for 2023-2026

by Carol Leish, MA

The 3-year plan (2023-2026), will outline and update the local programs and services to be funded by the MHSA and allows for a new 3-year budget plan to be created and implemented. The list of priorities to focus on for the next three years are: 1) Housing; 2) Clinical Treatment & Services; 3) Access; 4) Outreach & Education; and, 5) Alternatives to Ventura County Behavioral Health (VCBH).

This list of priorities dealing with goals, objectives and interventions are the result of nearly a year of community feedback. This has been formally referenced as the Community Program Planning Process, which is a requirement of the MHSA for the 2023-2026 plan. This included a community health needs assessment, five community listening sessions, and a community response survey, which took place over the past 12 months. The final phase is the development of a new Program and Expenditure Plan for the local MHSA funding allocation. The prior plan covered the fiscal years of 2020-2023. Proposed priorities detailed below.

The Housing priority outlines hiring additional staff to develop a specialized housing team to support clients at risk of homelessness. It also includes acquiring/developing, and/or preserving of housing along with the financial support to preserve and expand upon existing tenancy for Ventura County Behavioral Health clients.

The Clinical Treatment and services to clients is also listed. This section will include adding/expanding upon the types of treatments, cultural and indigenous practices, and other services provide by VCBH. Some examples include: 1) Expanding the role

of Peers; and, 2) Increasing 24/7 community crisis response services.

Access will be enhanced by improving the continuum of care and varying levels of care. Examining timeliness in relation to levels of care will be important. Also, examining the quality improvements of opportunities around various physical locations and remote access, through computers (Zoom). Developing options for immediate response for enrolled youth will also be part of the improvement of access.

Outreach and Education will be essential for increasing the outreach capacity for vulnerable and at-risk population (i.e., in-house and via contractors). The component of expanding upon the specialized Behavioral Health Outreach Team for it to: 1) Educate around moderate-severe (VCBH domain) vs. mild-moderate (others) mental illness. Or, significant functional impairments (i.e., what VCBH can be expected to do). 2) To educate dealing with stigma reduction, substance use and impacts, trauma, diversity, racial equity, and inclusion and change across lifespan.

Outreach and Education also will deal with expanding upon media campaigns in order to target those who are within vulnerable populations at all care levels. Expanding staff and provider trainings will also be occurring.

Alternatives to VCBH will be including: 1) Developing more contracted clinical providers/options for clients in the mild-moderate category. 2) Developing more non-clinical providers/options through mini grants (e.g., drop-in-centers, after school programs, indigenous/culturally informed interventions, etc.) 3) Developing sessions based indicated upon Behavioral Health prevention interventions for high schools. 4) Developing more providers/options for those with other conditions (e.g., developments/intellectual, traumatic brain injury, dementia, etc.)

The above is a list of priorities that VCBH plans to work on over the next three years, and as funding is available. The list of priorities will be outlined in further detail in the 3-year plan and Annual Updates Reports.



On March 25, there was an annual clean-up of the Promenade and beach at the end of California St. At the very end of "C" street between Aloha and Crown Hotel with the Surfrider Foundation.

The City of Ventura celebrated Caltrans' Clean CA Community Days during the week of March 17-25. Communities across California hosted community clean-ups to remove litter, beautify public spaces, and educate people on how to keep California clean.

There will be another at the Cornucopia Community Garden on Telephone near Johnson Dr. later when they reschedule because of rain delay. Photos by Michael Gordon.

**CITY OF VENTURA**

# PARKS & RECREATION

## Activity Guide

**VIEW THE LATEST CITY CLASSES AND PROGRAMS**

[www.cityofventura.ca.gov/ActivityGuide](http://www.cityofventura.ca.gov/ActivityGuide)





**REGISTRATION BEGINS:**  
April 11, 2023 at 12 pm







# Senior Living



Just being aware of how you are sitting or standing can lead to better posture.

## Live In the Moment

by Leslie Sokol

Maintaining a sense of purpose is important for a healthy lifestyle. If you find yourself retired and in a different stage of life, it's a great time to indulge yourself and try new things. How about those hobbies that you always wanted to do but never had the time for? Now you can engage in positive activities that spark that magic from within. Keeping your mind and body active is crucial to a healthy lifestyle.

Research shows that negative stereotypes about aging are internalized over a person's lifespan. These thoughts can harm your physical and cognitive health as you grow older. Developing an awareness of these messages can help you understand how they influence you. Aging does not have to be a negative or declining time in your life. With a positive and healthy attitude, you can accomplish many of the things you've always dreamed of doing.

Don't forget - age is just a number! Perhaps it is not the number of years we live but how we age that matters most. It's never too late and you are never too old to explore new interests. Living in the moment is crucial. Be active - join a club, do volunteer work, get involved in your retirement community, socialize with your neighbors, friends and family. You can also dance, exercise, paint, play board games or try whatever piques your

interest and keeps you engaged.

Be sure to also make the time to work on staying physically active. Small changes can lead to big health benefits. How we stand and sit affects all parts of the body. Good posture increases energy, improves balance, lessens the chance of injuries, helps minimize back issues and so much more.

To start, sit or stand with your back straight, shoulders down, chin up, chest out, and your stomach pulled in. By keeping your core muscles tight and strong, you will stay centered and balanced.

When walking (either on your own or with a walker), keep your body weight centered, placing one foot in front of the other while looking straight ahead and focusing on what's in front of you (be sure to double check that your path is clear first!)

There are also several stretches you can do to improve your posture:

1) While seated or standing, stretch your arms up slowly over your head, pulling your stomach in and bringing your shoulders down. Inhale slowly as you raise your arms and then exhale while lowering your arms and leaning forward from the waist. Try keeping your back flat and stretch outward with your chin and chest. Repeat four to six times.

**Continued on page 11**

## Community Memorial Healthcare welcomes New Board of Trustees Chair William Kearney and two new trustees

Community Memorial Healthcare is proud to welcome William "Bill" Kearney as its Board of Trustees Chair. Kearney, who has served as a Board of Trustees member since 2015, succeeds Dr. Richard Rush, who completed his term as Chair in January, 2023. Other notable changes to the Community Memorial Board include the addition of local leaders Monica White and Kimberly Hoffmans. Kearney, White, and Hoffmans all bring extensive professional experience in healthcare, education, business, and charitable giving.

"Since joining the Community Memorial Board of Trustees, I have marveled at the talent and passion of everyone involved with our community owned health system. Over that time, it has been wonderful to share in the excitement of a new hospital and to witness the resilience of our organization navigate through the challenges of COVID," said Kearney. "I'm anxious to work closer with our health system and look forward to doing so alongside a talented Board and leadership team."

Kearney, of Ventura, is a retired Senior Vice President of Private Wealth Management with Merrill Lynch/Bank of America. During his 43-year career with Merrill Lynch, Kearney coordinated private placements for the West Coast, served as the Sales Director for offices from Encino to San Luis Obispo, and was appointed to the National Advisory to Merrill Lynch Management. In 2004, he was honored with the Merrill Lynch Lifetime Achievement Award.

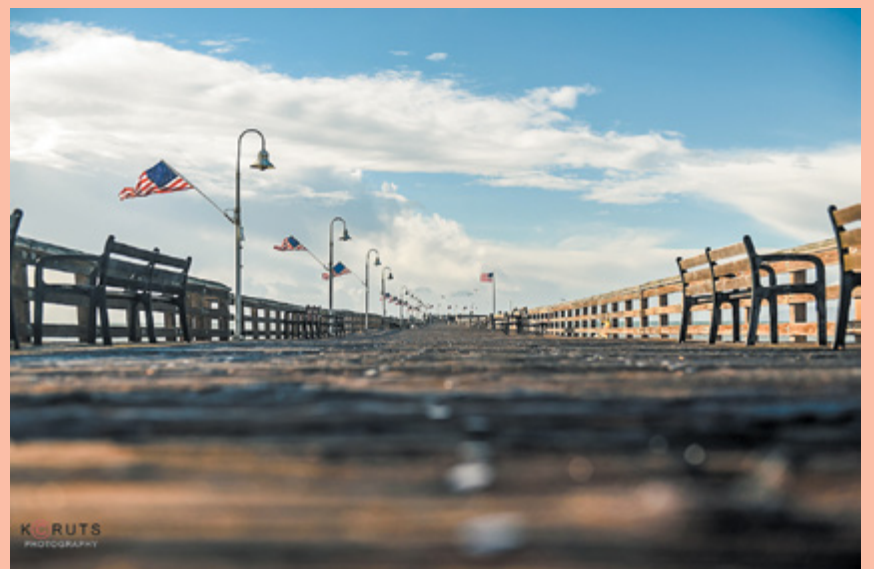
In addition to serving on various non-profit boards, Kearney has served as President of several Ventura County charitable organizations including the Community Memorial Foundation, Casa Pacifica, the Ventura County Taxpayers Association, Rubicon Theatre Company, the United Way, Ventura Rotary Club, and the Cal State University Channel Islands Foundation. Over the years, Kearney has been the recipient of the Milton M. Teague Award from United Way, the Guardian Angel Award from Casa Pacifica, the Larry and Barbara

Meister Community Service Award, the Robert J. Lagomarsino Award for exceptional service in higher education, and the Dr. Cephas Bard Community Leadership Award from Community Memorial Healthcare. In 2015, Bill was awarded an honorary degree of Doctor of Humane Letters from Cal State University, Channel Islands.

"Bill's diverse background, expertise, and commitment to our community cannot be overstated," said Community Memorial Healthcare President & CEO, Mick Zdeblick. "His leadership and passion for advancing healthcare are invaluable. I look forward to working closely with Bill and our entire Board as our health system continues to grow and evolve."

Monica White, of Ventura, is the President and Chief Executive Officer for the non-profit organization Food Share of Ventura County, the county's largest hunger-relief organization. With an extensive background in sales and marketing, White previously worked as the Director of Marketing and Consumer Sales for the Ventura County Star. She also is a past or current board member for several local organizations, including the American Red Cross of Ventura County, the Museum of Ventura County, the Ventura Chamber of Commerce, and Women's Economic Ventures. The Pacific Coast Business Times named White as one of the Tri-County's Top 50 Women in Business in 2018, 2020, 2021, and 2022.

Kimberly Hoffmans, of Oxnard, is the President of Ventura College and a previous Dean of Moorpark College. Prior to that, Hoffmans, a registered nurse with a Doctor of Education in Educational Leadership and a Master of Science degree in Nursing, was a member of the tenured nursing faculty at Moorpark College. She also served as Moorpark College's Health Science Coordinator. Hoffmans has served on the board of numerous organizations including the Ventura Chamber of Commerce, the California Community College Athletic Association, and the Ventura College Foundation.



The Ventura Pier photo by KCRUTS photography



## Senior Living



"Bingo, and now I get to exercise."

### Bingocize joins VCAAAA'S fall prevention class lineup

Bingocize, a nationally recognized evidence-based program, will join the Ventura County Area Agency on Aging and the Ventura County Elderly Fall Prevention Coalition's award-winning lineup of classes next month.

Bingocize strategically combines the game of bingo, exercise and health education, according to the National Council on Aging. During the 10-week program, participants play a traditional game of Bingo twice a week, with each session also including exercises (range of motion, balance, muscle strengthening, and endurance) and health

education questions.

Health outcomes include improved lower/upper body strength, gait, balance, and range of motion; increased social engagement; and improved knowledge of falls risk reduction and nutrition.

The first Bingocize class will be held at the VCAAAA (646 County Square Drive in Ventura) on Mondays and Wednesdays between April 24 and July 7. Classes will run from 10:30 to 11:30 a.m.

Classes, which are free, are designed for individuals 60 and up. Please click on the PDF for additional information, or visit [vcaaaa.org/falls](http://vcaaaa.org/falls). To register for the class, call the VCAAAA at (805) 477-7300, option 6, or email [Fall.Prevention.Program@ventura.org](mailto:Fall.Prevention.Program@ventura.org).

Other Fall Prevention classes currently being taught are A Matter of Balance, Stepping On, Tai Chi: Moving for Better Balance, and Walk With Ease.

Individuals concerned about falls or those who have recently experienced a fall, as well as those who are interested in improving balance, flexibility, and strength, are encouraged to participate. Nationally recognized research shows that one in four adults over the age of 65, and half of the population over the age of 75, fall each year. One out of every five falls results in a serious injury, and about three million older people are treated at emergency departments for fall injuries each year. Approximately 32,000 older

adults die each year as a result of falls. However, studies show that participants in these evidence-based classes build skills that allow them to lower the risk of falls, to better manage chronic conditions, to engage in physical activity, and to proactively manage mental health.

### Volunteers needed to train as instructors for Tai Chi: movement for better balance program

Volunteer leaders are needed to teach with RSVP's two popular senior exercise programs. No experience is necessary to become an instructor for Tai Chi: Moving for Better Balance although we encourage participants to attend a class and observe. Interested volunteers then attend a free training session to learn the program and prepare for teaching.

Trained instructors make a difference in the lives of those enrolled in classes, as well as contribute to their own well-being by engaging in a regular exercise program. RSVP exercise programs are free and open to the public. Classes operate in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme. Call 805-385-8019 for more information about trainings.

TCMBB is an evidence-based program. This simplified tai chi for seniors helps reduce repeat falls by 55% among participants and teaches proper body alignment and balance. Training is scheduled for:

Session 1-  
Thursday, April 13, 1pm-4pm  
Wednesday, April 19, 1pm-4pm  
Monday, April 20, 11am-5pm (Lunch is provided)  
Session 2-  
Friday, September 8, 1pm-4pm  
Monday, September 11, 1pm-4pm  
Saturday, September 16, 9am-3pm (Lunch is provided)

One must complete one full session (All 3 training days and hours) and document 30 hours of practice before being considered for certification as an instructor. All training sessions will be held in Oxnard.

RSVP is a volunteer engagement

program, helping people age 55 and older find volunteer positions that match their interests, talent, and available time. It both recruits and places volunteers with nonprofit partner agencies as well as overseeing the two distinct exercise programs designed for seniors. Volunteer positions are available in RSVP's four-city service area of Oxnard, Ventura, Camarillo and Port Hueneme.

Oxnard RSVP has about 350 members and is locally sponsored by the City of Oxnard with grant funding from the federal AmeriCorps Seniors. To learn more about the benefits of being an RSVP member, for help finding a volunteer position or more information about the trainings, call 805-385-8019.

### Age-related disease

A team of NIA-funded investigators has identified characteristics of the microbiome that change with age and may contribute to age-related disease. The findings, published in *Nature Aging*, suggest that the skin microbiome may be especially important in understanding age-related health conditions.


The microbiome is the collection of all microbes, such as bacteria, fungi, and viruses, that live on the inside and outside of our bodies. Some microbes are helpful, protecting us from infection and other diseases, while others can be harmful. Previous research has linked changes in the microbiome to conditions related to aging, including heart disease, cancer, and infection. A better understanding of how the microbiome changes with age may help scientists develop interventions to improve quality of life for older adults. To this end, a team of University of Connecticut and Jackson Laboratory researchers conducted a study to examine the relationship between the microbiome, aging, and age-related health conditions.

The scientists collected skin, mouth, and gut microbiome samples from younger adults, older adults living at home, and older adults living in nursing homes. Simultaneously, they assessed the frailty of the participants and garnered data about their medical history, diet, and hygiene. The team used advanced genomic sequencing techniques to identify and classify the complex microbial communities found on each participant's body.

They found many different rela-

## I VOLUNTEER BECAUSE





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Jay E.

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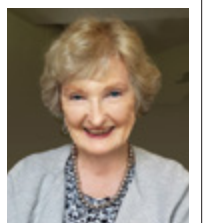
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More than a home, Bella Vista is a community for Active Seniors. Those who wish to join in, and make new friends, can join a book-club or start one, play poker or Mah Jongg, attend the monthly Pot luck or the almost everyday Tai Chi class led by one of your neighbors. If the gym is more your style, one is located about a block away, as is a Drugstore, Market, several restaurants, and more services.

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# Senior Living

tionships between specific microbes, aging, and age-related conditions, with the most dramatic differences between the three groups of people being related to the skin microbiome. While none of the microbes were consistently associated with chronological age, they found correlations between frailty and several microbes at specific skin sites. Some microbes were associated with greater presence of frailty and others were associated with a lower presence of frailty.

Another key finding was that older adults had less *Cutibacterium acnes* on their skin than younger adults. *Cutibacterium acnes* – the same bacteria that causes acne – is abundant on healthy skin and protects against harmful microbes. The researchers hypothesize that the loss of *Cutibacterium acnes* may contribute to older adults' increased risk of infection. More specifically, the older adults living in nursing homes had more coagulase negative staphylococci, a type of bacteria that is a major cause of infections, than both older adults living at home and younger adults.

The scientists noted several limitations to their study, namely that the group of older adults living in nursing homes was frailer, predominantly female, and had higher body mass indexes than the other groups, which may have affected their results. Because many of the relationships the researchers found involved microbes on the skin, they believe that the skin microbiome may be especially important to aging and age-related health conditions. Still, the study provides a foundation for future research and establishes the microbiome as a possible target for treatments and strategies to prevent age-related health conditions.

This research was supported in part by NIA grants R56AG060746 and P30AG067988.



The Alzheimer's Association California Central Coast Chapter offers free care consultations.

## Alzheimer's and Dementia Caregiver burden is growing in California

Caregivers of people with Alzheimer's and other forms of dementia face unique challenges and as dementia symptoms worsen, caregivers can experience increased emotional and physical stress making it more difficult to care for their loved ones. Many caregivers rely on direct care workers for in-home care allowing their loved one to continue living at home and help prevent or delay nursing home placement.

The Alzheimer's Association recently released its annual 2023 Alzheimer's Association Alzheimer's Disease Facts and Figures report, revealing the latest burden of Alzheimer's and dementia on California caregivers is growing.

Today, there are more than 11 million family members and friends serving as

dementia caregivers, including 1.34 million caregivers in California.

Fifty-nine percent of unpaid caregivers report emotional stress due to caregiving and 39% of unpaid caregivers report physical stress due to caregiving.

The prevalence of anxiety among dementia caregivers is 44%, compared to caregivers of people with stroke (31%). Dementia caregivers report higher rates of chronic conditions including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In California, 61% of caregivers reported at least one chronic condition.

The prevalence of depression is higher among dementia caregivers (30%-40%) when compared to caregivers for other conditions such as schizophrenia (20%) or stroke (19%). In California, 18.6% of caregivers reported depression.

Seventy-four percent of caregivers report they are "somewhat concerned" to "very concerned" about maintaining their own health since becoming a caregiver. In California, 13.1% report frequent poor physical health.

The new report also looked at the number of direct care workers needed between 2020 and 2030 – an estimated 1.2 million more direct care workers are needed, which is more new workers than in any other single occupation in the United States.

In 2020, there were approximately 766,000 of home health and personal care aides in California. By 2030, California will need 985,800 of home health and personal care aides, a 28.7% increase.

"This new report clearly shows that dementia caregivers need more support now and in the coming years," said Meg Barron, Alzheimer's Association California Southland Executive Director. "The Alzheimer's Association provides support for all caregivers through our 24/7 Helpline, local support groups, care consultations and additional local resources that can help relieve some of the burden they're facing. Most importantly, caregivers need to know they are not alone and we are here to help."

The Alzheimer's Association California Central Coast Chapter offers free care consultations, education classes and support groups in both English and Spanish. Their Ventura office is located at 2580 E Main Street #201, and their 24/7 Helpline is 800.272.3900 for around-the-clock support and information.



To-do lists can help remember everyday tasks.

## Make everyday tasks easier

Many people with early-stage dementia continue to manage their everyday activities. But it's important to look ahead to a time when performing daily tasks will be harder. The sooner you adopt new strategies to help you cope with changes, the more time you will have to

adjust to them. Here are some tips:

A "memory" bench with papers organized into piles on the seat. This "memory bench" is used by a person living with dementia to organize the things she needs for each day.

Organizing your days. Write down to-do lists, appointments, and events in a notebook or calendar. Some people have an area, such as an entryway table or bench, where they store important items they need each day.

Paying bills. Setting up automated payments is an easy way to pay your bills correctly and on time without having to write checks. Talk with your utility providers, insurance companies, and mortgage company or leasing office about automatic bill payment. Also consider asking someone you trust to help you pay bills. That person could review your financial statements and ask you about anything unusual.

Shopping for meals. Many stores offer grocery delivery services. You can also order fresh or frozen meals online or by phone. Meals on Wheels America (1-888-998-6325) can deliver free or low-cost meals to your home, too, and this service sometimes includes a short visit and safety check. Other possible sources of meals include houses of worship and senior centers. If you make your own meals at home, consider easy-to-prepare items, such as foods that you can heat in the microwave.

Taking medications. Several products can help you manage medications. You can try a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser. You can buy these items at a local drugstore or online. You may need someone to help you set these up. Or try an electronic

reminder system, such as an alarm you set on your phone or computer.

Getting around. If you drive, you may become confused, get lost, or need increasing help with directions. Talk with your doctor about these changes. Take seriously family and friends who express concerns about your driving. Some people decide to give up driving and learn how to use public transportation. For non-drivers, other forms of transportation may be available in your area, or you might want to consider a car or ride-sharing service.

### Live in the moment Continued from page 9

2) From a seated position, bend forward from the waist with your arms bent and elbows facing forward. As you lean forward, try and get as close to your knees as possible and then slowly raise yourself back to the starting position. Repeat 8-15 times. Add more repetitions as you get comfortable with the movement.

Just being aware of how you are sitting or standing can lead to better posture, which in turn leads to better health. This is what living in the moment is all about!

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart. She has been teaching adults and children for forty-five years. You can watch For the Young at Heart by visiting her YouTube Channel or on TVSB. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties.

For more information contact Leslie at [Dancekidsfun@gmail.com](mailto:Dancekidsfun@gmail.com) 805-312-8089 or visit the website: [www.LeslieSokolDance.com](http://www.LeslieSokolDance.com)

**APRIL 16<sup>TH</sup> IS NATIONAL HEALTHCARE DECISION DAY**



*What kind of medical care would you like if you were too ill or hurt to express your wishes?*


Healthcare Decision Day was created as a nationwide initiative to encourage adults of all ages to plan ahead of a healthcare crisis.

An Advance Directive is a legal document allowing you to spell out your decisions beforehand.


The **Five Wishes** booklet is a tool that helps start a conversation with your loved ones about end-of-life care issues.

Livingston has created a video series to guide you in completing your own **Five Wishes** booklet.

**FOR MORE INFORMATION OR TO REQUEST YOUR FREE FIVE WISHES BOOKLET**

CALL (805) 642-0239 ext. 641      SCAN 

VISIT [lmvna.org/5wishes](http://lmvna.org/5wishes)



**Livingston Memorial**  
Visiting Nurse Association & Hospice





## The Pet Page



**Dedicated to Scamp**

For the first time since the start of the pandemic, the Oxnard Performing Arts Center Corporation (OPAC) welcomes back RESCUECON, a one-day event bringing creativity and community together to celebrate and facilitate animal rescue and adoption. The event is free and open to the public and will be held on Saturday, April 22 (Earth Day) from 10 am to 3 pm at the Oxnard Performing Arts & Convention Center. More information can be found at: [theopac.org/rescuecon](http://theopac.org/rescuecon)

RESCUECON is a convention like no other, where the human-animal bond takes center stage. Through animal adoptions and the arts, hands-on workshops, a kid's area, talks by really amazing people, an artisan marketplace, and so much more, attendees will learn, play, explore, and, above all, refresh their relationship with animals... and each other.

Special activities include:

Pet adoptions from Ventura County Humane Society, Canine Animal Rescue League, Humane Society of Ventura County, PawWorks, SurfCat Rescue, and others

Approximately 6.3 million companion animals enter U.S. animal shelters nationwide every year. RESCUECON is one way to increase animal adoption, promote animal welfare and help create a strong rescue community. The event will also help shed light on other animals in need in our community, including marine animals, wildlife, farmed animals, and others.

■ Kittens and cats, whether they live indoors or outdoors, can be exposed to diseases caused by viruses or bacteria. Vaccinations help protect our feline friends by preventing the spread of these diseases and boosting their body's defense against potentially fatal illnesses.

Because of this, Dr. Lori Teller, a clinical associate professor at the Texas A&M School of Veterinary Medicine & Biomedical Sciences, encourages owners to vaccinate their kittens and cats against common, yet fatal, diseases sooner rather than later.

"Kittens should begin pediatric visits to the veterinarian when they are 6-8 weeks old, where vaccinations will initially be given as a series until the animal is 16-20 weeks of age," Teller said. "On the other hand, cats adopted as adults should visit a veterinarian and receive their vaccinations as soon as possible."

Some common diseases that cats should be protected against include panleukopenia, a viral disease caused by feline parvovirus, and rhinotracheitis, an infection that leads to

upper respiratory infections.

"If a cat gets panleukopenia, all of their white blood cells are wiped out, leaving it unable to fight off any other infections; this disease frequently results in death," Teller said. "Additionally, once a cat has rhinotracheitis, cats will generally become carriers for life and may experience flare-ups of respiratory problems when they become stressed or when their immune system is suppressed."

Teller explained that there is a combination vaccine that can protect cats against panleukopenia, rhinotracheitis, and calicivirus, a virus that causes upper respiratory infections and ulcers — or sores that develop in the cat's mouth and on the tongue.

Additionally, cats who venture outside should be vaccinated against feline leukemia, a highly contagious virus that spreads easily between cats.

"Feline leukemia is most commonly spread through saliva and nasal secretions, so cats that share food and water bowls, groom each other, or bite each other in a fight can spread the virus," Teller explained. "This virus can lead to a suppressed immune system and leaves a cat susceptible to other infections, as well as cancer, all of which can potentially be fatal."

There also are vaccines that cats require no matter their lifestyle, such as rabies. Teller pointed out that rabies, which is almost always fatal, can be transmitted to cats by wildlife, including bats, coyotes, raccoons and skunks.

Pet Talk is a service of the School of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the web at [vetmed.tamu.edu/news/pet-talk](http://vetmed.tamu.edu/news/pet-talk). Suggestions for future topics may be directed to [vmbs-editor@tamu.edu](mailto:vmbs-editor@tamu.edu).

■ (HealthDay News) -- It won't come as a surprise to those who love their furry friends, but a new poll finds many Americans saying their pets offer them mental health benefits and are a part of the family.

Roughly 86% of cat and dog owners said their pets had a positive impact on their well-being, the American Psychiatric Association's (APA) Healthy Minds Monthly Poll found. Owners of fish, birds and turtles were less likely to say so, at 62%. Still, about 88% of all pet owners said their animals were part of their family.

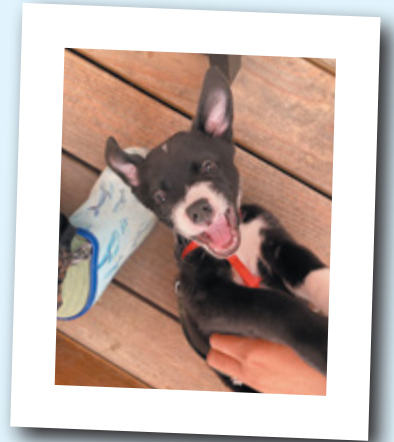
"People recognize that there is something special about bonds between humans and their pets," said APA President Dr. Rebecca Brendel.

About 50% of 2,200 people surveyed in February said they had dogs, 35% had cats, 3% had a variety of other pets and 31% had no pets.

But there were some downsides to being so attached to their pets.

## Scamp Club

(Scampclub pets are not for adoption.)



Ozzy is super sweet. He wakes up each morning wondering "What can I do to make you smile today?" He loves hugs, Cemetery park play, his older sister cat and the humans in his household.

## Join Scamp Club

**Animals of all sorts can join the ScampClub. Email me your picture and a little about yourself to [Scampclub@venturabreeze.com](mailto:Scampclub@venturabreeze.com). You will be in the Breeze and become world famous.**

**Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you've lost or found a cat or dog.**

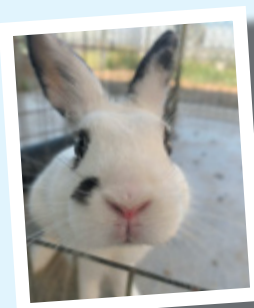
Among the concerns pets brought their owners were worries about the pets aging or dying, at 71%, their pets' health conditions, at 66%, arrangements while traveling, at 56%, and health care-related

expenses, at 58%.

About 29% of those who didn't own a pet said they couldn't afford to, while 22% said they didn't have time to care for a pet and 11% said they were mourning a deceased pet.

## Forever homes wanted

Hi: We're Izzy and Ninja, adorable 8 months old Chows in need of a new home as a neighbor complained about barking. We're active, good with other dogs and older children. We bark when we need to go outside. Nina may need extra high fencing as she can climb out of an exercise pen and climb over a play gate. Since we're still puppies, children in the home must be at least 6 years of age. Please be sure you're ready to take on a puppy as it's similar to having a newborn (2-legged kind) in the home. If you're ready and able to give us a lifetime of love and wonderful memories, please fill out an application to meet us. Canine Adoption and Rescue League C.A.R.L.



Meet 1.5-year-old indoor rabbit Crawford in VCAS Bunny Brigade care since he was a newborn. We would love to see him have a happy life as a house bunny outside of the shelter! Though he can be a little shy around new people, he's a very curious and playful guy once he warms up to you. Crawford is litterbox trained and good to live with cats & older children. If you'd like to meet Crawford, email [VCASBunny-Brigade@gmail.com](mailto:VCASBunny-Brigade@gmail.com) and one of our Bunny Brigade volunteers will reach out to you soon! To view all of our available rabbits: [vcas.us/rabbits](http://vcas.us/rabbits).

Hi: My name is Daisy! I am a beautiful lab/pitbull mix and I am estimated to be about 10 years old. My previous owner was a disabled vet who passed away with me by his side, and unfortunately, I am struggling at my new home due to vast differences in lifestyles. Since I was a service dog, I would work best with someone I can be with 24/7 (homebound, handicapped, etc.) I do have separation anxiety when I am home alone, but I am very sweet and well mannered when I am with company. I am great to join you in car rides, on walks, or just laying by your side. For inquiries, please call Rebecca at (805) 340-2277



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**Seeking donations of Clothing, Tools, Sports Equipment and Small Electric Kitchen appliances.**

**10am - 4pm Tues, Thurs & Sat  
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**\$10 Low/No Income Spay & Neuter April 11th Shiells Park 649 C St., Fillmore**  
Must call for appointment  
**(805) 584-3823**

**\$10 Low/No Income Spay & Neuter April 25th SPAN Thrift Store 110 N. Olive St., Ventura**  
Must call for appointment  
**(805) 584-3823**

**805.641.1170 110 A & B N. Olive St., Ventura CA 93001 [www.spanonline.org](http://www.spanonline.org)**



# Harbor Patrol Blotter

Just a few of the things the Harbor Patrol tends to.

**Wednes 3-15**  
6:03am, observed Weather Service issued Small Craft Advisory, raised pennant.  
3:45pm, checked rain gauge, 1.42 inches of rain measured in 24hrs at District.

**Thursday 3-16**  
1:30pm, while on patrol in Fireboat, contacted a sailboat operating around the Manson Dredge and floating pipe. Advised of the dredge's restriction in ability to maneuver and general danger of dredging equipment. Vessel left the area.

**Friday 3-17**  
7:30am, responded to request for traffic control from Manson Const. so they can sink Dredge pipe across the main channel of the harbor.  
12:12pm, dispatched to a medical in Ventura Marina Community. Officers responded with AMR/VFD to a 67 y/o male complaining of nausea and vomiting blood. Patient transported by AMR to local hospital for evaluation.  
10:15pm, received report of illegal fishing in the Ventura Marina Community. Officers responded but the violators were gone on arrival. After searching area, contacted by a couple who observed several kids escaping into the keys on bikes

**Saturday 3-18**  
2:30am, dispatched to an assault victim at 1050 Schooner dr. Officers responded with VFD/AMR to assist, but the victim refused medical aid.  
11:40am, received request for assistance with a dog on the loose near the launch ramp. Officers were able to capture the animal for the elderly owner.  
10:22pm, received report of illegal fishing in the Ventura Marina Community. Officers responded and two fishermen fled the pond area upon arrival.

**Sunday 3-19**  
12:17pm, received report of illegal fishing at the pond in the Ventura Marina Community. Officers responded, but the culprits were gone on arrival.  
2:37pm, observed a 35ft sailboat in danger of going aground near the turning basin. Officers responded in Fireboat, took the vessel en tow to the launch ramp.

**Monday 3-20**  
7:55pm, received complaint from Manson Dredge captain of hoop netters in dangerous areas near the dredge. Officers responded in Fireboat and contacted three different fishermen for multiple violations.

**Tuesday 3-21**  
8:34am, observed Weather Service issued Gale Warning for SE winds gusting to 45kts. Officers raised warning pennants at the Port District.

**Wednes 3-22**  
10:30pm, dispatched to a medical in the Ventura Marina Community. Officers responded with AMR/VFD to 74 y/o female with chest pain, she was transported

**Thursday 3-23**  
12:45pm, received a request to retrieve a R/C sailboat that was stuck in floating dredge pipe. Officers responded and were able to rescue the remote-control boat  
11-3pm, dispatched to boat fire in

Channel Islands Harbor. Officers responded in Fireboat 1 to assist Ventura County/Oxnard fire with an 80ft powerboat fully involved in a marina at CI harbor.

**Saturday 3-25**  
9:30pm, received report of a 50ft power vessel sinking in slip at VIM C-dock. Officers responded, found the vessel as reported and began searching for the source of the leak. After investigation, the bilge pumps were turned on and the water was pumped out of the engine room and forward bilge. Marina manager was notified and officers ensured the power was on and bilge pumps working.

**Sunday 3-26**  
6:32pm, dispatched to full arrest in Ventura Marina Community. Officers responded with AMR/VFD to a 56 y/o male. Obvious signs of death were present, and responders were unable to resuscitate the patient.

**Monday 3-27**  
.9:00am, observed that Manson Construction dredging project has concluded. The H.R. Morris is being towed out of the sandtrap by tug Elmer M en route to Oceanside for maintenance dredging at that harbor.  
11:55am, received report that one of the outriggers from the Hokulua club was vandalized and dragged into the water at Harbor Cove. Incident is under investigation by Ventura PD.

**Tuesday 3-28**  
7:02am, officers putting flags to half mast, respect for Nashville shooting victims

## “One for One” initiative dedicated to planting trees in California

Ensemble Theatre Company, Santa Barbara's professional theatre company, has announced a partnership with “One Tree Planted,” a non-profit that aims to plant trees in California. For every ticket purchased for the upcoming play, The Children, Ensemble Theatre Company will plant one tree.

“Our upcoming play, The Children explores the effects of climate change on our planet and what one generation owes to the next,” said Scott DeVine, Ensemble Theatre Company's managing director. “The mission of “One Tree Planted” complements the show's storyline and this partnership expands the way in which Ensemble Theatre Company influences and impacts the community we serve. We believe there is no better way to honor the sentiment of The Children, while recognizing the ideal of Earth Month, than to help the environment by planting trees on behalf of our audience.”

The objectives of this new partnership include:  
Supporting reforestation efforts in California  
Empowering consumers with sustainable actions  
Raising awareness about the importance of ecosystem restoration

Planting trees is consistently identified as one of the best ways to combat the damaging effects of climate change. Trees help clean the air we breathe, filter the water we drink, and provide habitat for over 80 percent of the world's terrestrial biodiversity. Trees also provide lasting social impact by providing jobs to over 1.6 billion people, empowering women in underdeveloped nations, and supporting communities that are devastated by environmental damage.

The partnership is designed to be a simple way for Ensemble Theatre Company's audience to give back and get involved in reforestation right here in California. For every ticket sold to The Children, Ensemble Theatre Company will partner with “One Tree Planted” to plant one tree. The trees are planted by “One Tree Planted's” local partner organizations and community volunteers

in areas where deforestation has occurred in California.

About One Tree Planted One Tree Planted is a 501(c)(3) nonprofit on that is a mission to make it simple for anyone to help the environment by planting trees. Their projects span the globe and are done in partnership with local communities and knowledgeable experts to create an impact for nature, people, and wildlife. Reforestation helps to restore forests that have been degraded or deforested, provide jobs for social impact, and restore biodiversity habitat. Many projects have overlapping objectives, creating a combination of benefits that contribute to the UN's Sustainable Development Goals.

The Children will begin previews on Thursday, April 6 at 7:30pm; opens on Saturday, April 8 at 8:00pm and runs through Sunday, April 23, 2023 at The New Vic Theatre, 33 W. Victoria Street in Santa Barbara.

“...one of the greatest theatrical works of the last 20 years”  
THE GUARDIAN, 2019

# The Children

BY **Lucy Kirkwood** DIRECTED BY **Jenny Sullivan**

STARRING **Michael Butler, Nancy Travis** and **Linda Purl**

**APRIL 6-23**

**etc** ENSEMBLE THEATRE COMPANY AT THE NEW VIC  
etcsb.org 805.965.5400

— **Weekly SUDOKU** —

Answer

7	9	1	2	8	4	3	6	5
8	6	2	3	1	5	7	4	9
3	5	4	7	6	9	1	2	8
6	1	9	4	7	2	8	5	3
2	3	8	9	5	6	4	1	7
5	4	7	1	3	8	2	9	6
4	8	6	5	2	3	9	7	1
1	2	5	8	9	7	6	3	4
9	7	3	6	4	1	5	8	2

— **King Crossword** —

Answers  
Solution time: 26 mins.

T	F	A	B	F	A	D	R	F	E	A	T
O	A	R	I	A	R	E	I	O	L	A	
F	R	E	D	E	R	I	C	U	N	I	T
U	N	S	F	A	T	O	F	F			
			U	S	H	I	R	B	R	I	C
E	J	E	C	T	F	U	R	E	V	A	
P	U	R	I	D	A	M	O	N	T	S	
I	D	A	P	L	N	B	L	E	S	S	
C	I	T	R	I	C	P	O				
		A	G	A	A	N	V	L	S		
L	A	Z	Y	T	U	R	M	E	R	I	C
O	H	I	O	U	N	T	O	A	M	O	
S	I	G	N	R	E	S	T	N	E	T	



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\*on select units

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**Move In Special: \$499 a Month\***

## Ventura events

Do you want to Play Bridge? Join us for ACBL-sanctioned duplicate bridge games. Every Tuesday, Wednesday, and Thursday at 12:30 p.m. All levels of play, and we will guarantee to have a partner for you if you need one. Lessons are available. All are always welcome. Contact: Richard 805-850-8011 or Rose 805-659-9223 or buckley-rose357@gmail.com.

**April 8: Micaela Ellis, the teen author, will visit two Ventura County libraries, Ray D. Prueter Library, and E.P. Foster Library, to deliver a presentation on her book, Autism Over the Years.** In her presentation, Micaela will share her experiences as a young adult navigating autism in today's world. She hopes to expand community perceptions and educate others on some of the challenges that autistic people may face, as well as share the many growth opportunities that are available to children and young adults like her when their needs are respected, understood, and celebrated. The event will begin at 11 a.m. at E.P. Foster Library at 651 Main Street.

**April 15: Flamenco in the 805 is back! Namba Performing Arts Space will host the 5th annual Flamenco showcase at 7 p.m.** The show will open with the dance students of Wendy Castellanos and feature over 25 dancers from all over the 805 and the globe. The second half will feature Ana Quintero singing timeless gypsy melodies and Gerardo Morales on Flamenco guitar. At the same time, dancers Ryan Rockmore and Wendy Castellanos set the stage ablaze with thundering rhythms, entrancing movements, and heart-wrenching expressions. Get ready, Ventura! This is the pure essence of the Andalusian song. This. Is. Flamenco! 47 S. Oak St. Tickets \$25 Ticket link: [flamenco-805.ticketleap.com/flamenco/](http://flamenco-805.ticketleap.com/flamenco/) Note: Seating is minimal, so purchase your tickets early.

**April 16: The Ventura Senior Men's Group has Ian Johnson, a Ventura County fire station chief speaking.** I've asked him to cover the relationships between the multiple fire authorities when we have a significant fire. Ian says he has many stories about fighting the Thomas Fire. The group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura on the first and third Tuesdays of each month. Men of all descriptions are welcome to stop to sample our shenanigans. Contact Lyle Hotzler at 805-341-9820

**April 16: Anyone interested in time-pieces, both antique and modern, can join the Ventura County chapter of the National Association of Watch and Clock Collectors for a watch/clock marketplace, lunch, and a presentation on a horological topic.** Bring a watch or clock for a free evaluation. 11am, Campus Student Center of Ventura College, 4667 Telegraph Rd. [nawcc-ch190.com](http://nawcc-ch190.com).

**April 25: Hill Road Library, 3:30pm . Bilingual musician and artist Nathalia will visit to perform bilingual music for families and children of all ages.** Nathalia is a multi-talented singer-songwriter based out of Los Angeles. Nathalia has been a featured guest on Univision's 'Despierta America' and CBS's 'The

Talk', and her music has been featured on a number of parenting blogs and online radio stations. Get ready to dance and sing in English and Español! These events are free and open to the public. For additional information, contact the Hill Road Library at 805-677-7180. The Hill Road Library is located at 1070 S. Hill Rd. The Ventura County Library is available 24/7 at [www.ventcolibrary.org](http://www.ventcolibrary.org).

**April 26: The College Area Community Council will hold a Zoom meeting on Wednesday at 7 p.m.** Council meetings are held on the fourth Wednesday of each month and include speakers and discussion on neighborhood and community interest topics, including public safety and economic development. An invitation and link to the meeting will be sent to everyone on the CACC mailing list. CACC represents citizens in the area bounded by Mills Road on the west, Hill Road on the east, city limits on the hillsides on the north, and the 126 Freeway on the south. Visit the College Area Community Council website @ <https://caccventura.com> to learn more, to be added to the mailing list, or to access a link to the Zoom meeting."

## Ojai news and events

Chamber On The Mountain, a chamber music concert series in Ojai presents the multiple award-winning cellist, Alexander Hersh, with pianist, Dominic Cheli, for a beautiful program with a mix of solo cello and cello and piano music on Sunday, April 16, 2023, at 3:00 pm in Logan House (located at the Beatrice Wood Center for the Arts in Upper Ojai). Tickets \$30.00 at [ChamberOnTheMountain.com](http://ChamberOnTheMountain.com). Audience members are invited to meet the artists at a lovely outdoor patio reception following the performance.

Having already performed as soloist with the Houston Symphony and the Boston Pops, cellist Alexander Hersh has quickly established himself as one of the most exciting and versatile talents of his generation.

Dominic Cheli embraces the role of an artist-citizen in his multifaceted career as performer, educator, composer, and director. He is described as an "inspired keyboardist.

"Elemental," an art exhibit featuring the work of six talented Ojai artists, will run until April 30th with an opening reception Sunday, April 16th, from 3:00 - 5:00 p.m. at The Ojai Art Center. We hope you can join us.

This show promises to be a must-see exhibition for art lovers and nature enthusiasts alike. In addition, a Patio Pop-Up Show of recent work will be featured Sat. & Sun., April 15th & 16th, from 11:00 a.m. - 4:00 p.m. The exhibit and pop-up show will feature a wide range of artwork for sale.

We are thrilled to be showcasing the work of these talented local artists, each bringing their unique perspective to the theme of the elements and hope the 'Elemental' exhibit will inspire visitors to appreciate the beauty of nature and think more deeply about our relationship with the environment.

The Ojai Art Center, 113 So. Montgomery St. [www.ojaiartcenter.org](http://www.ojaiartcenter.org)

## VENTURA BOTANICAL GARDENS

### Nurturing and Growing COMMUNITY

### Free Admission for Plant Society Day

Join us on this special free day as we celebrate the plant societies and clubs that protect and promote the plants we love. Groups from throughout the county will be on site from 9am - 2pm to share their knowledge and show examples of collections unique and rare! Visit the Gardens and meet like-minded community members with a passion for plants.

JOIN US  
Saturday,  
April 8

HOURS  
9am-5pm



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Reflections on our storms by Michael Gordon

## 34th Annual Community Good Friday Service

In 1989, the very first Community Good Friday Service began in the City of Ventura. The service included the senior pastors from four churches, Horizon Foursquare Church, which is now The River Community Church, First Baptist Church, which is now Coastline Bible Church, South Coast Fellowship, which is now Journey Church Ventura, and Community Presbyterian Church which is still Community Presbyterian Church.

Today, thirty-four years later, we have approximately fifteen churches

represented and over a dozen denominations. On Good Friday, denominational differences will be set aside, and the focus will be on what all these churches have in common, which is Jesus Christ.

“I love this service!” says Senior Pastor Jim Duran of The River Community Church. “The pastors in this city have become good friends, and they love to serve together for the betterment of our community. Each pastor brings their own personality, their knowledge of the scripture, and their love for Jesus, which makes this an amazing service. The entire city of Ventura should experience our Good Friday Service.”

The 34th Annual Community Good Friday Service will be held at The River Community Church, 889 E. Santa Clara St. Ventura, CA 93001, on Friday, April 7th at 12 noon. For more information, visit: [www.TheRiverCommunity.org](http://www.TheRiverCommunity.org).

*34th Annual*  
**COMMUNITY GOOD FRIDAY SERVICE**  
**APRIL 7 - 12 NOON**  
**889 E. SANTA CLARA ST. VENTURA**

**PARTICIPATING CHURCHES**  
**ARISE CHURCH | AVENUE COMMUNITY CHURCH | AXIS CHURCH**  
**COASTLINE BIBLE CHURCH | COMMUNITY PRESBYTERIAN**  
**GRACE CHURCH | NEW SEASON CHURCH**  
**ORCHARD COMMUNITY | REDEEMER'S CHURCH**  
**THE RIVER COMMUNITY | TWO TREES**  
**TRINITY LUTHERAN CHURCH | VENTURA CHURCH OF CHRIST**  
**VENTURA MISSIONARY CHURCH | VENTURA SEVENTH DAY ADVENTIST**

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Olivia has returned to the Olivas Adobe and has new chicks. This old photo is by Geo “Hutch” Hutchison.

**OLIVAS ADOBE**  
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**Owl Festival**  
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[www.cityofventura.ca.gov/OlivasAdobeEvents](http://www.cityofventura.ca.gov/OlivasAdobeEvents)







## Her favorite time of day to paint is in the morning.

by Patricia Schallert

Betsy Laban, originally from the Duarte area, was born in Los Angeles but lived most of her life in Duarte. She moved to Ventura with her husband Mike, in July 2022 to be closer to the water.

Growing up, Betsy had been obsessed with art and took as many art classes as she could find, including drawing, painting, sketching, ceramics and even paint by numbers. She found many art classes through the Parks and Recreation Programs, art galleries and several community colleges from Duarte to Santa Barbara. She just wanted to study art in all forms and mediums.

Betsy's was influenced by Van Gogh, her husband's underwater photography, ceramic art and Impressionism. With

Impressionism, she visited galleries and would look closely at the way the artist would use their brushes, create lines and strokes on canvas and then she said she would "stand back to see how those small strokes and lines would come together to create masterpieces."

Her favorite time of day to paint is in the morning. It's quiet and the morning sunlight always, is at its best.

Betsy's favorite medium is acrylic. "I was drawn to working with acrylic paint on canvas when the world took a time out to deal with the pandemic". Acrylic paints are "more forgiving than water colors or oil painting." And so during the Covid pandemic, she began to focus more on her painting skills and started with cute "Atomic" cat images, went into silhouettes and her personal art style then began to creep into her work.

Betsy is now painting ocean and sea life. Being an observer of ocean life, she has found it has a "calming effect" she says. From the beach, she watches sea animals, the birds as they dive into the water, and the ocean waves crashing into the shore. She hopes to bring that calming feeling to her underwater paintings. Her husband is passionate



about diving and photography and will bring back amazing photos from his deep-sea diving experiences. She uses those photos as her inspiration for her octopus, sea horses and jellyfish.

Her dream project was to have her

paintings in an art gallery and currently her work hangs in the Art is Passion Gallery in Portside Ventura Harbor.

Betsy work can also be seen on her web site: [www.pinklotusart.com](http://www.pinklotusart.com) or [pinklotusartstudio@gmail.com](mailto:pinklotusartstudio@gmail.com).



## Palette Knife Workshop With Beth Summers Co-host Michelle Nosco

With a palette knife, colors remain brilliant.

You may choose to paint along with Beth (materials provided) or just observe. Michelle Nosco, will provide one-on-one instruction.

Date: Saturday, April 22. 1 - 4pm

Studio 99 @ The Bell Arts Factory. 432 N. Ventura Ave.

Buenaventura Art Assoc. members \$20

Public - non-members \$25

Observers (no materials, members or non-members) - \$10

(Materials include an 8x10 canvas panel, acrylic paint and an array of palette knives.)

# Ventura Art Scene

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DO YOU WANT TO BE LISTED AS A DONOR? YES \_\_\_ NO \_\_\_

**THANK YOU FOR SUPPORTING THE VENTURA BREEZE!**



Spring is here and the gardens are starting to bloom. Share your BEST three images taken in the Ventura Botanical Gardens throughout 2022 and spring 2023!

**ENTRY DATES:**  
**APRIL 3 - 28**  
**LEARN MORE:**



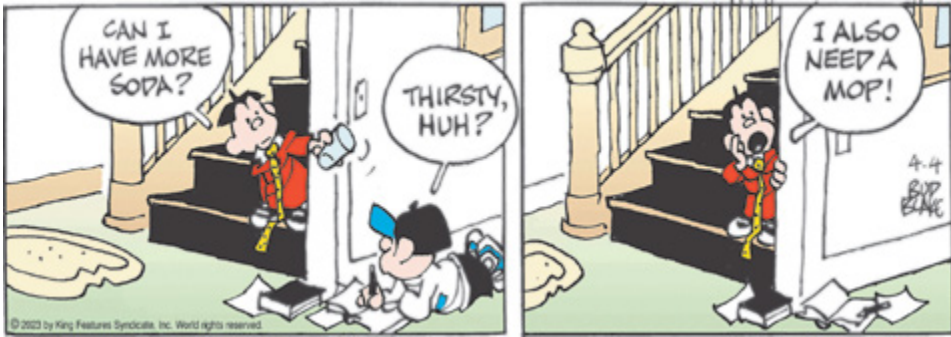
Visit the Chilean and Fynbos gardens and enjoy the blooms!

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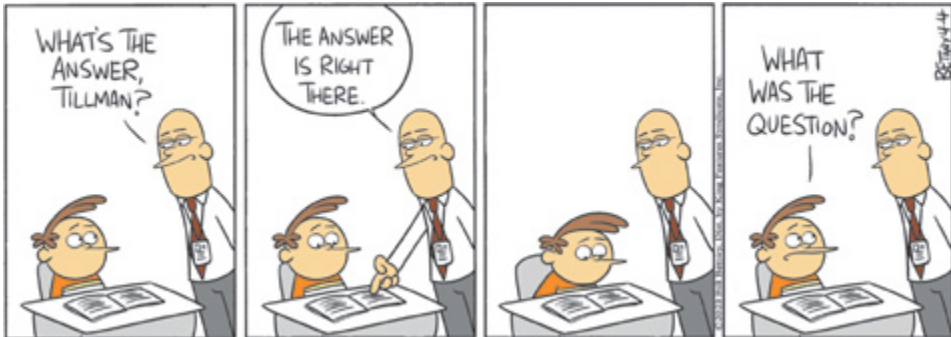
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# Lighter Breeze

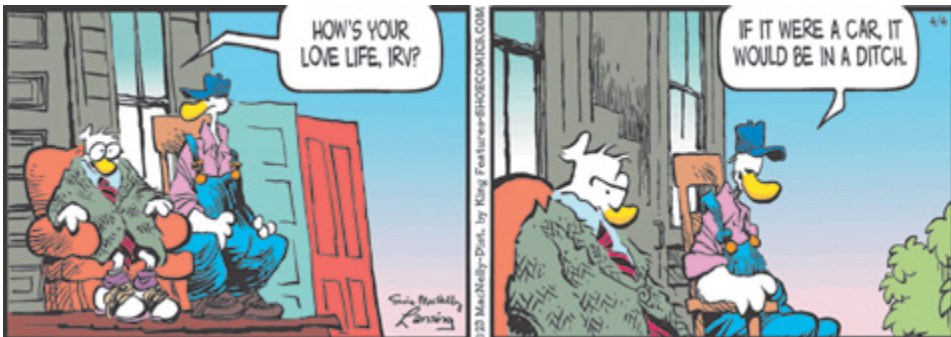
## Tiger



## Take It From The Tinkersons



## Shoe



## Marvin



## Hagar the Horrible



## Beetle Bailey



Solutions on page 13

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://venturabreeze.com))

7			8					5
	6		3					4
		4			9	1		
	1		4	7				3
2			7		5		4	
					8			9
4			5					1
	2					7	6	
9		3		4				8

## Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row, each column, and each small 3 box square contain all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦

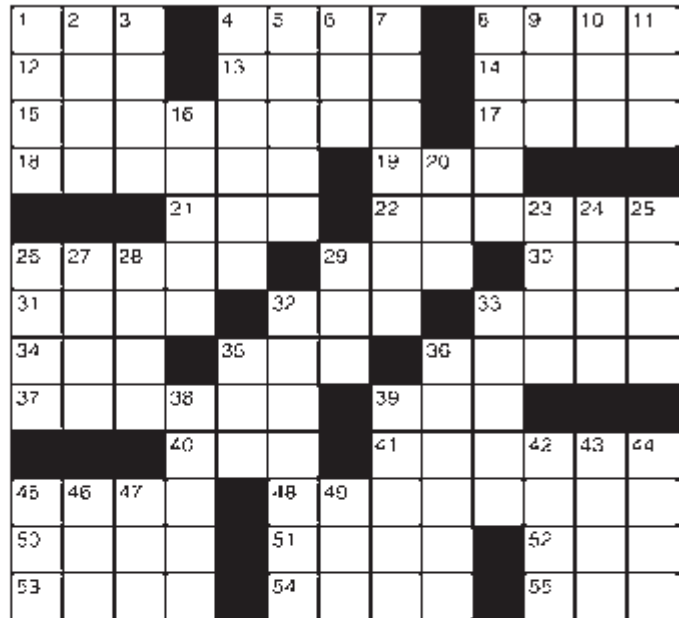
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

Solutions on page 13

## King Crossword

### ACROSS

- 1 Pot brew
- 4 Rosary component
- 8 Tempo
- 12 Rowing need
- 13 Scarce
- 14 "Damn Yankees" vamp
- 15 Polish composer Chopin
- 17 Squad
- 18 Oust from office
- 19 Not 'neath
- 21 Show to a seat, slangily
- 22 Established rule
- 26 Kick out
- 29 Cat's coat
- 30 Ms. Longoria
- 31 Chaste
- 32 River blocker
- 33 Till bills
- 34 Wyo. neighbor
- 35 Corral
- 36 Sanctify
- 37 - acid
- 39 I uau bowfiful
- 40 Khan title
- 41 Blacksmiths' blocks
- 45 Indolent
- 48 Curry powder spice
- 50 Dayton's state



- 51 "Do - others ..."
- 52 "I love." to Livy
- 53 Autograph
- 54 Take five
- 55 Bottom line

### DOWN

- 1 Bean curd
- 2 Deserve
- 3 God of war
- 4 Chicken serving
- 5 Third rock from the sun
- 6 "Exodus" hero
- 7 Propriety
- 8 Book jacket write-up
- 9 Long time
- 10 "The Greatest"
- 11 Make lace
- 16 Wimbledon tie
- 20 Where Lux. is
- 23 Actress Russo
- 24 Currier's partner
- 25 Mama - Elliot
- 26 Monumental
- 27 Dame Dench
- 28 Part of Q.E.D.
- 29 Summer cooler
- 32 Illinois city
- 33 Martini garnish
- 35 Glutton
- 36 Witticism
- 38 Synthetic fabric
- 39 Seg-ments
- 42 Persia, today
- 43 Rickey flavor
- 44 Kilt wearer
- 45 Part of UCLA
- 46 Sashimi fish
- 47 Sharp turn
- 49 French article

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**LIBRA** (September 23 to October 22) Decision time is near. Talk out your doubts with trusted advisers. If your misgivings still outweigh your enthusiasm, it's best to rethink the whole deal.

**SCORPIO** (October 23 to November 21) A situation has you puzzled. Be patient. The answers you seek will soon come from a source very close to the person at the center of your curiosity.

**SAGITTARIUS** (November 22 to December 21) Your usually active social life is in super-high gear through this week. Your hectic party-going pace eases into a period of quiet time by the weekend.

**CAPRICORN** (December 22 to January 19) You need to start narrowing down those several new options that have come your way to just the two or three you really want to pursue.

**AQUARIUS** (January 20 to February 18) It's a wise Water Bearer who nurtures a fading friendship back to vibrant health. At work, a once-shelved idea is suddenly being reconsidered.

**PISCES** (February 19 to March 20) You might feel swamped by a flood of work-related obligations, but the support of a trusted associate helps you get through each one successfully.

**BORN THIS WEEK:** You are a caring person who often puts your own needs aside to help others. You have a gift for cultivating beautiful gardens.

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## Show Time



All the characters in this production are outstanding, from the smallest role on.

**A View from House Seats**

### New Rubicon Musical Exciting and Enchanting

by Shirley Loraine

Bringing forth ages old stories can be a challenging endeavor. Imagine not only recreating but adding to it significantly to enhance the story fully. The Rubicon has done this with spectacular flair. The current “developmental world premiere” has been over four years in the making - obtaining the go-ahead from the original author’s estate, workshoping and refining, adding and subtracting. Part of the Rubicon’s Plays-in-Progress focus, *Dark of the Moon*, a New Musical has risen from an idea to reality. It was worth the wait.

The original book written by Howard Richardson and William Berney in the 1930’s pulled inspiration from a centuries-old ballad, “The Legend of Barbara Allen”. Set in the fictional Appalachian town of Buck Creek, the townspeople live in fear and suspicion of the witches and coven people they have heard live in the nearby Smokey Mountains. Trouble stirs when John, a witch-boy, becomes smitten by Barbara Allen, one of the townspeople. He begs to become human to be with her. He strikes a deal to do this, with deadly consequences.

The play version, first mounted in 1945, was the first to be designated “a play with music”, with folk music incorporated as an integral part of the story. In the workshop process, the current production blossomed into a full-scale musical, complete with a dual score featuring folk music as well as a more boisterous range further defining the witches.

The subject matter is complex. It deals with issues that surmount time - of prejudice, tolerance, fear of the unknown, the power of love, justice and adult themes. It is deeply moving and superbly presented. The Rubicon can be counted on to provide stellar talent and technical expertise. This production gives all that and more.

The lead role of Barbara Allen is fully embraced by Ava Delaney who has a beautiful voice and presence. She is well matched by Jake David Smith as John, the Witch-Boy, who masters both the wanton witch role and the trying-to-fit-in-as-human challenges. Together they are simply mesmerizing.

All the characters in this production are outstanding, from the smallest role on. Barbara’s younger brother Floyd, played by CJ Cruz, delivers a powerful

performance. His somewhat ditzzy girlfriend Ella is charmingly characterized by Anna Demari, a graduate of Rubicon’s Education Program. The pair provides a delightful subplot of their own.

The play also features Whole Hog, a Ventura-based multi-talented bluegrass band who play onstage at times, as well as offstage musicians who add the rest of the music.

Standout performances are numerous throughout. Some rip-roaring tap/buck dancing choreographed by and featuring Philip Attmore and Lauralyn McClelland provide lively segments. Outstanding vocals in additional spotlight moments feature Marc Cardiff, Michael Stone Forrest, Sylvie Davidson and Terri Bibb.

Conjur Woman Jennifer Leigh Warren, and Conjur Man Timothy Warmen expertly lead the coven with principal witches Juliette Redden, Lesli Margherita and Dylan Goike spicing up the action with superb vocal and dance skills.

Director James O’Neill has once again mounted a thoroughly engrossing theatrical experience that is not to be missed. Performances continue through April 16. [www.rubicontheatre.org](http://www.rubicontheatre.org)

**Streaming Spotlight by Cindy Summers**

### Unstable

- Netflix Original Series



Breeze rating from 1 to 4 palm trees, 4 being best.

“Unstable” stars Rob Lowe as Ellis Dragon, a biotech engineering genius known throughout the world for his inventions that battle climate change and other scientific challenges. Ellis is very charismatic and has a childlike joyfulness in the way he goes about doing his work and dealing with issues in his extraordinary life. Due to the untimely death of his wife of 30 years, we find Ellis in the midst of what most around him consider a breakdown and his son Jackson (John Owen Lowe, who is his actual son in real life) is

called away from his life in New York as a talented flutist to support his dad emotionally.

Ellis’ main ally in the company is CEO Anna Bennet (Sian Clifford) who constantly finds herself in unusual and at times embarrassing situations supporting and protecting Ellis from the press, his board of directors and at times himself. Even prior to Ellis losing his wife Anna dealt with these challenges, though now a step up with things like finding him completely naked in his office and wanting to have the board of directors to join him to ending up on the cover of Time magazine as “The Wizard of Odd” in a photo with a metal bowl on his head wearing a translucent cape and with a live hawk perched on top.

When Anna questioned Ellis as to the disappearance of the psychologist the board hired to evaluate him, she discovered that Ellis had kidnapped him and locked him in the basement of his luxury mansion due to discovering the psychologist was going to write an unflattering report and then attempted to blackmail Ellis. In a very bizarre twist of fate, the psychologist actually befriended and sought life advice from Ellis regarding his own recent breakup, and when allowed to leave, returned saying he had missed their friendship and begged to return.

Ellis would constantly belittle Jackson’s career as a flutist, wanting him to instead be more like him and follow a career in science at his dad’s company. Jackson took the opportunity at a staff karaoke night to share his flute skills, which completely floored

Ellis who made an immediate switch to saying Jackson truly had a gift and he should pursue it. Jackson himself was quite the science genius, but had no interest in following in his father’s footsteps until he saw Ellis’ latest saving invention “the biomass”, which is 10,000 more dense than a plant, and like plants sucks carbon dioxide out of the air and 100,000 would be the equivalent of planting a trillion trees and would pull 40 billion tons of climate-changing carbon gases from the air every year.

The Red Team was responsible for the biomass project and included Luna Castillo (Rachel Marsh) and Ruby Rosario (Emma Ferreira) who are both quirky geniuses that play well off each other. After sharing the details of the biomass science, Jackson became interested in working on the project as well as getting to know Ruby better after she showed some obvious advances. The main staff is rounded out by office assistant Malcolm Drummond (Aaron Branch), who is often working behind the scenes for Ellis with his crazy plans, and with Anna to help her manage Ellis’ esoteric ways.

It’s unclear if this crazy crew of misfit geniuses can save the world with their revolutionary science or if Ellis will be ousted from his own company by a controlling board of directors, but for certain viewers will enjoy clever dialog with witty exchanges and loads of laughs in every episode. Rob has a charming charisma and the father/son bond between Rob and John Owen is genuine and endearing.

Season 1: 8 - 30min Episodes

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*Dark of the Moon* by  
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