

# STROLL

Lake Sherwood



Celebrating resident  
**Jen Principe's**  
book launch!

Cover by Steve Sherman with Images of Life by Ashli

# How can I react less, and plan more?

Let your goals be your guide

Given the uncertainties ahead, making decisions based on your goals, or what you ultimately want to accomplish, can help you weather any market with confidence. I can give you thoughtful, timely advice and can translate your goals into a clear, actionable financial plan. That way, you'll always know where you stand. And where you're going.

For some of life's questions, you're not alone. Together we can find an answer.



**Stephen W. Davis, CIMA®**  
Managing Director—  
Wealth Management  
Senior Portfolio Manager  
805-367-3680  
stephen.w.davis@ubs.com

**The Davis Group**  
**UBS Financial Services Inc.**  
3011 Townsgate Road  
Suite 300  
Westlake Village, CA 91361  
805-367-3680  
844-892-2438



[advisors.ubs.com/davisgroup](https://advisors.ubs.com/davisgroup)



Forbes Best-In-State Wealth Advisors list is comprised of approximately 5,200 financial advisors. It was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to measure factors such as quality of practice, industry experience, compliance record, assets under management (which vary from state to state) and revenue. Neither UBS Financial Services Inc. nor its employees pay a fee in exchange for these ratings. Past performance is not an indication of future results. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. CIMA® is a registered certification mark of the Investments & Wealth Institute™ in the United States of America and worldwide. As a firm providing wealth management services to clients, UBS Financial Services Inc. offers investment advisory services in its capacity as an SEC-registered investment adviser and brokerage services in its capacity as an SEC-registered broker-dealer. Investment advisory services and brokerage services are separate and distinct, differ in material ways and are governed by different laws and separate arrangements. It is important that you understand the ways in which we conduct business, and that you carefully read the agreements and disclosures that we provide to you about the products or services we offer. For more information, please review the client relationship summary provided at [ubs.com/relationshipsummary](https://ubs.com/relationshipsummary), or ask your UBS Financial Advisor for a copy. © UBS 2022. All rights reserved. The key symbol and UBS are among the registered and unregistered trademarks of UBS. UBS Financial Services Inc. is a subsidiary of UBS AG. Member FINRA/SIPC. UBS-274296376 Exp.: 07/31/2023

## A1 CARPET FLOORING

A1 Carpet and Flooring is Westlake Village's premiere resource for high end flooring and installation services. Call today to get a free consultation and no obligation quote on all our premium hardwood, laminate, and more.



(805) 496-8500  
[www.a1carpet-to.com](http://www.a1carpet-to.com)  
2895 E. Thousand Oaks Blvd.  
Thousand Oaks, CA 91362

# Italian Cabinets

Over 40 years of Excellence

*Made In Italy*

An innovative model proposing modern coordination of straight lines, unusual materials and evocative configurations; solutions featuring special attention to details found in the profile of the 22mm thick door with its 33° shaping, never forgoing functionality. This kitchen furniture provides new rhythm to daily life and fulfils the user's wish for customisation.



# A•1

## Design Studio

Contact Us At: **805.491.6611**

Or Visit Us At: **1125 E.Thousand Oaks Blvd,  
Thousand Oaks, CA 91362**

**WOLF** **SUBZERO** **COVE**



**DURAVIT**

# GRAND KITCHEN

## Event

Get 3 additional years of warranty or \$1000 cash back

Limited-Time Offer. See store for details.



**KITCHEN & BATH CENTER**  
Family Owned & Operated Since 1982

**Agoura Hills**  
30621 Canwood St.  
818.991.8846

**Moorpark**  
14349 White Sage Rd.  
805.222.1380

**Santa Barbara**  
3920 State St.  
805.898.9883

**Oxnard**  
887 Ventura Blvd.  
805.278.0388

**NEW! Lomita**  
2413 Pacific Coast HWY  
310.802.6380

[www.wdcappliances.com](http://www.wdcappliances.com)



Available at Your Local

**WDC Kitchen & Bath Center**

**805.222.1380**

*It's about time you enjoy  
the fruits of your labor.*



*When you're looking for the home to house your collection, it helps  
to have a Forever Agent<sup>SM</sup> who can truly see your vision.*



BERKSHIRE HATHAWAY  
HomeServices  
California Realty

LUXURY  
COLLECTION

© A member of the franchise system of BHH Affiliates, LLC.



**Cindi & Suzi**  
Gortner Liu  
Realty Group

WWW.CINDIANDSUZI.COM

are proud to sponsor the annual gala  
supporting *Sherwood Cares*

# Sherwood Cares



## DIAMOND RANCH

COCKTAILS • DINNER • AFTER PARTY

SUNDAY | OCTOBER 2, 2022 | 5:30PM

SHERWOOD COUNTRY CLUB

Visit [sherwoodcares.org](http://sherwoodcares.org)  
to register before it is sold out.

*Sherwood Country Club Charitable Foundation* is the 501(c)(3) philanthropic arm of Sherwood Country Club. Since 2015, this Foundation (also called *Sherwood Cares*) has provided more than \$3.4M to 54 local charities. To learn more and how to get involved, please visit the website at [sherwoodcares.org](http://sherwoodcares.org)

## IMPORTANT PHONE NUMBERS

805-777-7882 Sherwood Valley HOA  
805-497-3037 Sherwood Lake Club  
805-496-3036 Sherwood Country Club  
805-373-5992 Sherwood Sales  
[www.lakesherwoodca.com](http://www.lakesherwoodca.com) Lake Sherwood Community Association

805-373-6884 Trentwood Gate  
805-373-9084 Stafford Gate  
805-496-1833 Sherwood Development

### COMMUNITY CONTACTS

805-449-2400 Public Works – Thousand Oaks  
818-706-1613 Public Works – Westlake Village  
800-655-4555 Southern California Edison  
877-238-0092 Southern California Gas Company  
805-522-9400 Waste Management  
805-378-3000 Water – Ventura Co. District 38

805-497-9511 Conejo Valley Unified School District  
805-374-2150 Westlake Elementary School  
805-495-7429 Colina Middle School  
805-497-6711 Westlake High School  
805-575-9900 Oaks Christian School  
805-495-7491 Thousand Oaks High School  
805-495-6494 La Reina High School  
818-889-9483 St Jude the Apostle School

805-388-4341 Ventura County Animal Regulation  
805-449-2100 City Hall – Thousand Oaks  
818-706-1613 City Hall – Westlake Village  
800-777-0133 CA Department of Motor Vehicles  
805-384-1500 Ventura County Fire  
805-497-2727 Hospital – Los Robles  
805-646-6505 Humane Society – Ventura County  
805-449-2660 Library – Thousand Oaks  
818-865-9230 Library – Westlake Village  
805-241-0897 Conejo Recreation and Parks  
818-706-1613 Westlake Village Parks and Recreation  
800-876-4766 Poison Control  
805-494-8200 Police – Thousand Oaks  
818-878-1808 Police – Westlake Village  
805-497-1641 Post Office – Thousand Oaks



DISCLAIMER: This publication is also known as *Lake Sherwood Life*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



strollmag.com

Delivering Neighborhood Connections  
© 2022 The N2 Company, Inc.

**CONTENT COORDINATORS** Evonne Marinakis  
LakeSherwood@n2co.com

Beasley Nester

**CORPORATE WRITER** Ireland Headrick  
ireland.headrick@n2co.com

**CLIENT CONCIERGE** Lydia Ricci  
lakesherwoodads@n2co.com

**PHOTOGRAPHER** Ashli Shapiro  
Images of Life by Ashli

**CREATIVE TEAM** N2 Publishing Design Team



You're invited to share your stories and photos with [lakesherwood@n2co.com](mailto:lakesherwood@n2co.com)! Please use the following schedule when you submit article information and photos. We cannot wait to see you in an upcoming issue!

November Issue: September 20  
December Issue: October 20  
January Issue: November 20

**NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.



## Karl Insurance Services Inc.

**Feel Valued As A Client!**  
Family Owned & Operated Since 1981



We are a family run boutique agency with over 5 decades of expertise in insurance tailored to fit each client's needs. We represent various top insurance companies for any type of risk; from auto & home, to life & health, along with business & workers compensation insurance too.

Contact us for personal & quality service today!

818.996.8988 (direct line)  
or email: [shant@karlinc.com](mailto:shant@karlinc.com)  
CA License#0C60298

CA License# 0C60298



# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses who make this magazine possible. Please support them in return and thank them if you get the chance!

### APPLIANCES

**WDC Kitchen & Bath Center**  
(805) 222-1380 x2234  
www.wdcappliances.com

### ARTIFICIAL TURF & PUTTING GREENS

**Turf Exchange**  
(844) 600-8873  
www.turfexchange.com/

### ARTIST

**Stephen Schubert Studios**  
(818) 421-9781  
schubertmodern.com

### AUTOMOTIVE DETAILING SERVICES

**Barrett Building Company, Inc.**  
(805) 531-1078  
barrettbuilding.com

### AUTOMOTIVE STORAGE SOLUTIONS

**Barrett Building Company, Inc.**  
(805) 531-1078  
barrettbuilding.com

### BLINDS/SHADES/CUSTOM WINDOW TREATMENTS

**The Shade Shoppe**  
(310) 801-2986  
shadeshoppe.com

### BONE HEALTH & WELLNESS

**West Coast Bone & Wellness**  
(805) 395-2663  
www.westcoastbone.com

### BUILDER/CONSTRUCTION

**Barrett Building Company, Inc.**  
(805) 531-1078  
barrettbuilding.com

### CARPET & FLOORING

**A1 Kitchen & Bath | A1 Carpet Flooring**  
(805) 491-6611  
A1KitchenRemodeling.com | A1Carpet-to.com

### CARPET CLEANING

**Berber Carpet Cleaning**  
(805) 612-7898  
berber-carpet-cleaning.business.site/

### FINANCIAL SERVICES

**Tremblay Financial Services**  
(805) 569-1982  
tremblayfinancial.com

### FIRE PROTECTION

**Sun FireDefense**  
(818) 486-4662  
www.sunfiredefense.com

### FITNESS - MOBILE

**805 Get Fit**  
(805) 368-7607

### HEATING & AIR

**Conejo Valley Air**  
(805) 499-0448  
www.conejovalleyair.com

### HOME CARE & ASSISTANCE

**Home Helpers**  
(818) 968-0992  
www.homehelpershomecare.com/

### INSURANCE

**Birte Koors - Farmers Insurance**  
(805) 494-4174

### INSURANCE AGENT

**Jessica Sawyer - State Farm Insurance**  
(805) 496-4508  
www.youragentsf.com

### Karl Insurance Services, Inc.

(818) 996-8988  
karlinc.com

### INTERIOR DESIGNER

**Grace Garza Design**  
(818) 425-1508  
gracegarzadesign.com

### IT BUSINESS SOLUTIONS

**Wits Innovation Lab**  
(805) 231-4279  
thewitslab.com

### KITCHEN AND BATH REMODELING

**A1 Kitchen & Bath | A1 Carpet Flooring**  
(805) 491-6611  
A1KitchenRemodeling.com | A1Carpet-to.com

### LUXURY MOBILE DETAILING

**Dom's Garage**  
(661) 902-1039

### LUXURY SENIOR LIVING

**Varenita of Westlake**  
77 Duesenberg Drive  
Westlake Village, CA 91362  
(805) 600-3550  
Varenita.com/Westlake

### MEDIA/PHOTOGRAPHY/VIDEOGRAPHY

**Saada Productions**  
(818) 850-8902  
saadaproductions.com

### PET GROOMING

**The Prancing Puppy**  
**Brittany Weinstein**  
(805) 630-3505  
www.prancingpuppygrooming.com

### PHOTOGRAPHY

**Images of Life by Ashli**  
(805) 796-9449  
imagesoflifebyashli.com

### PRIVATE JET CHARTER

**Sun Air Jets**  
(805) 389-9335  
sunairjets.com

### REAL ESTATE EXPERT

**Pinnacle Estate Properties**  
**Cindi Gortner & Suzi Liu**  
(805) 405-3030  
www.CindiandSuzi.com

### REAL ESTATE EXPERTS

**Nicki and Karen - Compass**  
(805) 625-0304  
www.nickiandkaren.com

### REAL ESTATE PROFESSIONALS

**Nicole Van Parys & Gary Nesen**  
**Engel & Volkers**  
(805) 795-1880  
westlakevillage.evrealstate.com

### REAL ESTATE SERVICES

**Berkshire Hathaway HomeServices**  
**California Realty**  
**Gayla Bruin, Luxury Collection Coordinator**  
1155 Lindero Canyon Road,  
Westlake Village, CA 91362  
805.373.8888  
bhhscahomes.com/luxurycollection

### SHOES

**Westlake Shoes**  
(818) 554-4108  
www.westlakeshoes.com

### WEALTH ADVISOR

**Stephen W. Davis**  
**UBS Financial Services inc.**  
(805) 367-3680  
financialservicesinc.ubs.com/team/  
davisgroup

**The Shade Shoppe**  
DESIGN MATTERS.  
WE BRING THE SHOPPE TO YOU. WE'LL MEASURE, MANUFACTURE AND INSTALL. COMPLETE FROM START TO FINISH.

CUSTOM WINDOW TREATMENTS | BLINDS | DRAPERY | SHADES | ROMAN SHADES | SHUTTERS | MOTORIZED BLINDS  
AUTOMATION VALENCES RESIDENTIAL COMMERCIAL

#1 IN LOS ANGELES AND VENTURA  
CUSTOM WINDOW COVERINGS FOR EVERY BUDGET

THESHADESHOPPE.COM | 310-801-2986  
21323 PACIFIC COAST HIGHWAY, SUITE 104, MALIBU, CA

*Giving Care The Way* You Want To Be Cared For.  
Caring For Seniors Since 2007

**Home Helpers**  
In-Home Caregivers  
Senior Care • Live-in Care  
Recuperative Care • Long-Term Care

**Schedule your free assessment today! (805) 777-8111**



Sherwood Country Club  
**2406 Swanfield Court**

Westlake Village, CA 91361  
 3 Bed | 3 Bath | Office | Gym  
 Possible 4th Bedroom | 2,835 SqFt  
 Listed for \$2,395,000

Located within the prestigious gates of Sherwood Country Club! This rare view Townhome offers a premier location at the end of Swanfield, with panoramic views of Lake Sherwood, the Santa Monica Mountains & Sherwood Country Club. This terrific floor plan offers a formal dining room, family room, 3 bedrooms and 3 baths and office, plus 2 extra rooms that could be an extra bedroom, study/library, game room or gym. The spacious Primary suite features a sitting room retreat, balcony, and incredible views! Three car garage with ample storage area and extra separate storage room. This one is a must see! This exclusive property is located within the guard gated community of Sherwood Country Club, Southern California's premiere luxury real estate community. Live the unparalleled Sherwood lifestyle, offering outstanding amenities: 2 Jack Nicklaus designed golf courses, swim, tennis, pickleball; beautiful lake Sherwood for boating, swimming, kayaking, paddle boarding and fishing to name a few!



TEAM  
**NICKI & KAREN**  
 LAPORTA CRYSTAL

**Nicki LaPorta and Karen Crystal**  
 805.390.6591 | 805.625.0304  
 teamnickiandkaren@compass.com  
 DRE 01233940 | 01346860 | DRE#01991628  
 nickiandkaren.com

**#1 Compass Team in  
 the Conejo Valley**  
 for sales volume in 2021

Compass is a licensed real estate broker, 61991028, in the state of California and operates by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. \*Data Source: The Parade, Nicki & Karen Sales Volume 2021.

**publisher's note**

**welcome  
 TO  
 Fall!**

Dear Lake Sherwood Residents,

How is it already almost autumn?! The September issue of any magazine is an important one, as it marks the changing of seasons when we shift from summer to fall. But in your hands, you hold a particularly special copy, made memorable by the contributions of our amazing residents. So much heart has been put into these pages, and we'd like to especially thank our amazing partners for making it possible for us to put *Stroll Lake Sherwood* together every month.

As you and your family look forward to the next few months of pumpkin-picking, chili cook-offs, and the lighting of delicious fall-scented candles, remember that our editorial team is always looking for your pictures and stories to

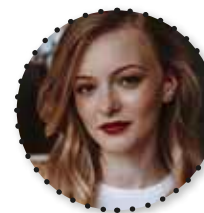
highlight in our magazine. In particular, if you have any cool volunteering opportunities coming up, we'd love to hear about them! Especially as we approach the holiday season, we here at *Stroll Lake Sherwood* would love to direct our readers to cool initiatives and programs in the greater community.

As always, it's our pleasure to compile these yearbook-style memories for you and your neighbors. We hope you love this issue as much as we do, and we hope you hold on to it for years to come.

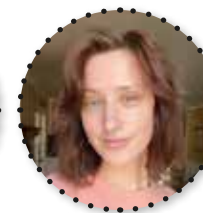
Happy September! We love Strolling with you!

Sincerely,  
 Evonne Marinakis, Beasley Nester, &  
 the *Stroll Lake Sherwood* Editorial Team

**MEET THE TEAM**



**IRELAND HEADRICK**  
 Content Writer



**BEASLEY NESTER**  
 Publication Specialist



**EVONNE MARINAKIS**  
 Relationship Specialist  
 LakeSherwood@n2co.com



**CLIENT CARE SPECIALIST**  
 LakeSherwoodADs  
 @n2co.com

*Stroll Lake Sherwood* is growing! We are looking for friendly faces to add to our team. If you are interested in writing articles, taking photos, or reporting on neighborhood events, email [LakeSherwood@n2co.com](mailto:LakeSherwood@n2co.com).

Deadlines for future issues:  
**November issue:** September 20  
**December Issue:** October 20  
**January Issue:** November 20



# We Love Our PARTNERS

If you're enjoying *Stroll Lake Sherwood*, please thank our trusted local partners.

This magazine would not exist without its partnership and support. The best way to thank them is to consider their company when choosing products or services for your family. Shop local.



# FOLLOW US ON SOCIAL!

**STAY CONNECTED WITH YOUR NEIGHBORS. KEEP TRACK OF INVITES FOR UPCOMING EVENTS. SHARE PHOTOS AND STORIES.**

In this digital age, it's easier than ever to stay connected. We love sending our residents a beautiful, full-color print magazine every month – it's a special, unique way to preserve precious family memories – but did you know that you can also find *Stroll Lake Sherwood* online?

Connect with us on Facebook and Instagram for the full *Stroll Lake Sherwood* experience. On social media, you can interact in real time with your neighbors and

respond to their stories! And always, feel free to email us at [lakesherwood@n2co.com](mailto:lakesherwood@n2co.com) with article suggestions, upcoming neighborhood events, and any creative contributions. This is YOUR magazine – and we want to make it all about YOU!



[facebook.com/StrollLakesherwood](https://facebook.com/StrollLakesherwood)



[@strolllakesherwood](https://instagram.com/strolllakesherwood)



## QUALITY. STYLE. WESTLAKE SHOES.

A family-run shoe company specializing in comfort and style.

..... Check out our fall specials! .....



Westlake Shoes  
30831 Thousand Oaks Blvd  
Westlake Village, CA 91362  
818-532-7857 • [westlakeshoes.com](http://westlakeshoes.com)

Mention you saw this ad and get a FREE teeth brushing with any grooming service you book!



Book online by scanning the QR code below or call us today

**805-501-0112**

\*Please note that we don't answer calls during business hours. Text for a faster response or leave a voicemail and we will call you back!

2233 Michael Dr.  
Newbury Park, CA 91320



[contact@prancingpuppygrooming.com](mailto:contact@prancingpuppygrooming.com) • [prancingpuppygrooming.com](http://prancingpuppygrooming.com)



# NEW?

## TO THE NEIGHBORHOOD

WE'D LOVE TO GET TO KNOW YOU!

Are you and your family new to Lake Sherwood?

If so, welcome! Since this magazine is about you and your neighbors, we warmly welcome your involvement and would love to hear from you.

Did you know our "Meet Your Neighbor" section is a great way to connect with neighbors and share a bit of you and your family? Just shoot us an email at [lakesherwood@n2co.com](mailto:lakesherwood@n2co.com) with your name and contact info, and we will get you scheduled for an upcoming issue! We will also add you to our mailing list so you can stay up-to-date on everything we're up to here at *Stroll Lake Sherwood*.

In addition to our **Meet Your Neighbor** features, we also love to include **Resident Business**, **Young Achiever**, **Precious Pets**, and **Making a Difference** stories in the pages of our magazine. If you have a business, pet, precocious child or teen, or charity you'd like us to profile, just say the word! Again, you can reach our team by email at [lakesherwood@n2co.com](mailto:lakesherwood@n2co.com).

*We look forward to hearing from you!*



# DEFEND YOUR HOME AGAINST WILDFIRES

Cold Fire Perimeter Protection that is Safe, Effective, Non-Toxic, Biodegradable, with Superior Fire Protection and Suppression

BEFORE IT'S TOO LATE, TREAT YOUR HOME WITH:

Whetline Exterior Sprinkler Systems  
Fire Resistant Window Laminates  
Sun FireDefense Clear Intumescent Coatings  
with Termite & Rot Repellent

SPRAY ON FORMULA PROVIDES YEARS LONG PROTECTION FROM HEAT & BURNING EMBERS

### HOW WILL YOU PROTECT YOUR HOME FROM WILDFIRES?

Master Flame Class 'A' Flame Retardant was tested in accordance with NFPA 255 and ASTM E84 Test for flame spread and smoke development value by SGS US Testing Surface burning characteristics of building materials.



### ADVANTAGES OF APPLYING TODAY:

- Exterior application provides years long protection.
- Prevents ignition and spread of flames.
- Non-toxic once dry and will not alter integrity of wood.
- Spray on formula dries clear on any surface (interior/exterior).
- Also contains mold/mildew, rot, and termite inhibitors.



### ASK US:

- How you can upgrade from the California Fair Plan.
- We will work to negotiate a possible discount on your fire insurance.
- About the Jackson Bill for Vanguard Vents and other products

*\*We offer an exclusive deal with a major homeowners insurance company to write homeowners insurance without the need of the California Fair Plan.*

WE ARE TREATING HOMES IN YOUR NEIGHBORHOOD TODAY! CONTACT US FOR A FREE ESTIMATE:

SOUTHERN & CENTRAL CALIFORNIA  
(818) 486-4662 [jim@sunfiredefense.com](mailto:jim@sunfiredefense.com)

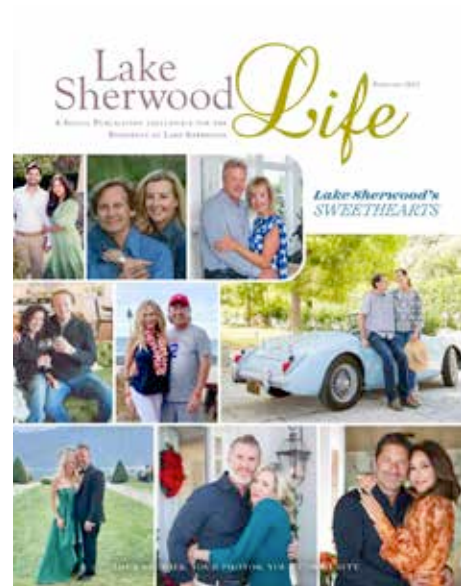
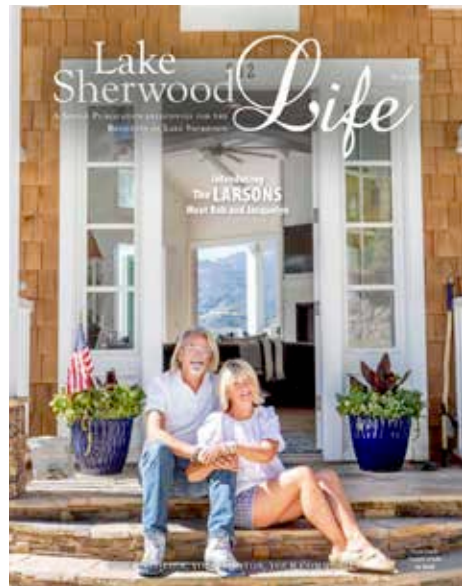
NORTHERN CALIFORNIA  
(760) 275-6677 [mygc@sunfiredefense.com](mailto:mygc@sunfiredefense.com)

For your peace of mind, protect your home with Sun FireDefense Clear Intumescent Coatings with Termite & Rot Repellent.

meet your neighbor

# Everyone Has Their *Story!*

## We Want to Hear Yours!



*Stroll Lake Sherwood* Is All About Connecting with You!

Since this magazine is about you and your neighbors, we warmly welcome your involvement and would love to hear from you! Do you know a neighbor who has a story to tell? You can nominate them to be featured! We are open to your suggestions and looking for several types of stories and content. If you have an idea for an article or feature, please let us know!

**Making a Difference:** We love to recognize and feature residents making a difference in the world. This feature article provides a chance for you to inform us about your passion or cause. We will promote your cause by generating intrigue and awareness throughout the community.

**Young Achievers:** We love to recognize our Young Achievers! Under 21? Tell us about your accomplishments. We want to know what distinguishes you. Athletic or academic? Chef or puzzle solver? What are your interests? We want to know.

**Precious Pets:** Pets are our pride and joy. Tell us about their personalities, what wags their tails, and fluffs their feathers. It would honor us to feature your companions. We will feature all pets, including turtles, horses, dogs, birds, cats, and reptiles. We don't discriminate and are always looking for neighborhood mascots to feature.

**Living Spaces:** Do you have a home you would like to showcase? Have you recently remodeled or added on a new outdoor living space? Do you have an outstanding yard or garden or know a neighbor who does? We would love to feature it (Homes can be active listings on the market.)

**Local Business Profile:** This is a popular section where we highlight you as a business owner. This is an excellent opportunity to let other Lake Sherwood neighbors know all the specifics of what you do, the services you offer, and a background on who you are and what connects you to the community.

**Meet Your Neighbors:** Are you new to the neighborhood, or have you lived in the community for decades? We feature families and individuals to provide an opportunity to get to know one another better. We love to know your favorite things about living in the neighborhood, your local go-to spots, plus learning more about your business/careers, hobbies, and interests.

**Resident Recipe:** This is where you can share your favorite recipes and cooking secrets. Share a quick and easy family meal or a fancy dessert with pictures, and you will be the talk of the neighborhood!

**Travel Tales:** Do you like to travel? Have you gone on a vacation recently? Would you like to share your adventures and experience? Then this is the place to be. Give your friends and neighbors the chance to experience your adventures and see if it would be a good fit for their vacation! We love all the pictures, too!

Have a story, but not sure how to write it? No problem, we can help! It's simple: Just email [LakeSherwood@n2co.com](mailto:LakeSherwood@n2co.com).



Sharing your story is easy; Just email us at [LakeSherwood@N2co.com](mailto:LakeSherwood@N2co.com).



# LUXURY INTERIOR DESIGN

## author ALERT!

*Local Stylist and Author's  
Debut Book!*

Lake Sherwood resident Jen Principe launched her debut book entitled "A Common Thread" at the Webster in Beverly Hills on June 7th. Jen is a celebrity fashion stylist and is known as the "soul stylist with a sole purpose" to help transform lives from the outside in. Her one of kind book intricately weaves her personal life stories of faith and fashion into a unique memoir that has already made the number one best sellers list on Amazon. It's filled with inspirational stories and fashion tips that will undoubtedly shift your perspective on your wardrobe and your life.



Provided by Resident  
Jen Principe  
Photography by  
Images Of Life By Ashli



Grace Garza Design is a full service interior design company. Our amazing team works with you from start to finish on your project. Our clients are our highest priority and bringing your dreams and visions to life is our greatest joy.

**Contact us to discuss  
your new home vision.**  
818-425-1508  
gracegarzadesign.com  
grace@gracegarzadesign.com  
@gracegarzadesign

# Are You making a Difference?

Share Your Favorite Charitable  
Organization With Us!

As we head into the holiday season, giving back to the greater community is often top of mind. Whether you and your family are involved with a local food bank, soup kitchen, or children's development organization, we'd love to hear about it. What's more, we'd love to compile a list of places for you and your neighbors to get plugged in this season. Stay tuned for more, and if you'd like to contribute, email us at [LakeSherwood@n2co.com](mailto:LakeSherwood@n2co.com).



IMAGES  
OF LIFE  
by Ashli

Portrait Photography  
805.796.9449  
[ImagesOfLifeByAshli.com](http://ImagesOfLifeByAshli.com)

ASSISTED LIVING & MEMORY CARE

OPENING  
SOON



We're committed to providing exceptional care and security for the residents and peace of mind for their families.

At Varenita™ we use an innovative mix of dedicated, highly trained senior living professionals, supportive team members, comprehensive individualized care, and advanced technology to create an environment that offers the perfect balance of independence, inspiration, and support. This is just part of what makes our communities the most innovative in senior living. We invite you to visit Varenita and experience senior living ReEnvisioned.

(805) 413-3300

[VarenitaWestlake.com](http://VarenitaWestlake.com)



ReEnvision Senior Living



# SUN AIR JETS

## A Boutique Private Aviation Firm

**Sun Air Jets is a boutique private aviation firm with headquarters located in Los Angeles (Van Nuys) and Ventura (Camarillo) counties. We provide unmatched experiences in private jet management, acquisition, charter and maintenance. Our team embraces a family approach to our business to ensure transparency and repeatedly earn our clients' trust. We pride ourselves on our exemplary safety records and make a point to also educate our clients on the nuances of the private jet industry.**

The company was founded in 1999 by an aircraft owner who realized the aircraft management industry did not always work in the best interest of its clients. Brian Council, President of Sun Air Jets, has been with the company since its inception and has been involved with every aspect of growing the enterprise from its early days to its current position as an award-winning FBO, successful aircraft management firm and world-class international jet charter company.

As an aviation tax attorney and accountant, Brian not only leads Sun Air Jets as the expert in legal, tax and financial aspects of our business, but unique to our industry, also offers that expert advice to the aircraft owners in Sun Air Jets' managed aircraft fleet. Brian holds a Bachelor of Arts degree from the University of California, Santa Barbara and a Juris Doctor degree from the University of California, Davis.

Brian states, "When I started working at Sun Air and we had the dream and concept of constructing the initial Camarillo FBO, we could never have imagined the growth and success of the organization."

What truly sets Sun Air Jets apart in this industry is our familial approach to our business. Every single client is considered a part of the Sun Air Jets family. That reputation we have built over the past 20 years, along with referrals and repeat business, has been the key to our success. Our clients are not only very well managed, but also educated on all aspects of the business to ensure complete understanding of their investment.

Each client also has the opportunity to be very involved with their managed aircraft or trip, if they so

choose. Our clients know the company President, Brian Council, and Chief Operating Officer, Steve Maloney, by name and can reach out to them at any time for a question or a conversation.

Given our industry expertise, we can advise Lake Sherwood residents on two specific fronts: First, private jet travel can be accessible to so many different types of clients. From small businesses to Fortune 500 companies, from a small group of friends taking a golf weekend up north to a famous celebrity traveling internationally – we really do see all types of clients and all types of trips on various size jets. Let us know what your needs are, and we will do our best to make your travel safe, convenient and private. Just reach out and we will be happy to chat, give you a tour or answer your questions.

Secondly, since 2021, the private aviation industry has seen an enormous influx of activity similar to the commercial aviation industry. These days, we suggest giving yourself a little extra time to plan and book trips as rules and regulations can change at a moment's notice along with so many other air travel variables.

If Sun Air Jets could meet your travel needs, please contact us by phone at (805) 389-3958 or by email at [mbrehm@sunairjets.com](mailto:mbrehm@sunairjets.com). We are located at 855 Aviation Drive, Camarillo, CA 93010. We also have a second (and even larger) address at 16706 Roscoe Boulevard, Van Nuys, CA 914076. You can find us on social media @sunairjets.



Share about your favorite local business! If you'd like to provide a testimonial for any of our wonderful advertising sponsors, simply email us at [LakeSherwood@n2co.com](mailto:LakeSherwood@n2co.com).



# DEBUNKING COMMON OSTEOPOROSIS MYTHS



**By: Dr. Candice Brady**  
*Local Bone Health Specialist,  
Orthopedic Surgeon and Owns  
the Bone Champion*

### What is Osteoporosis?

Osteoporosis is a condition where your bones become less dense and weak making them much easier to break. It is most common in post-menopausal women.

As an orthopedic surgeon, I regularly see patients in the hospital with broken bones due to osteoporosis and this can often lead to a loss of mobility and independence. It affects not only the patient, but their families. Seeing this has inspired me to start West Coast Bone Health & Wellness Center which focuses on osteoporosis prevention and osteoporosis (and osteopenia) treatment. Our goal is fracture prevention and maintenance of independence.

Let's talk about some common Osteoporosis Myths!

**Myth #1: I'm healthy, I can't have osteoporosis.**  
Osteoporosis is often called the "silent disease" and the first sign might be a broken bone or loss of height.

**Myth #2: Osteoporosis is only a problem for older Caucasian women.**  
Although most common in this group, osteoporosis is can occur in men and women of all races. One in four men and 50% of women over 50 years old will break a bone from osteoporosis. Additionally, it can occur at younger ages as well especially with risk factors like gastric bypass, diabetes, chronic steroid use, and early menopause to name a few.

**Myth #3: I don't need to take a medication for osteoporosis, I take Vitamin D and Calcium.**  
Vitamin D and Calcium Supplementation is excellent! However, if you have osteoporosis, these are insufficient on their own. They should be used as an adjunct to a medication that either makes your bone stronger or keeps your bone from getting weaker. There are many FDA approved options that are very effective in reducing risk of fracture.

I look forward to sharing more information about Bone Health with you over upcoming articles. In the meantime, it is always important to be proactive and get screened. Women over 65 and men over 70 should get a Bone Density Scan every 2 years which is covered by Medicare.

**WEST COAST**  
BONE HEALTH &  
WELLNESS CENTER

**Call:** 805-273-5478 or  
**Email:** info@westcoastbone.com if you would like to set up an appointment to discuss your bone health, telehealth appointments are also available.

**Locations:** 110 Jensen Ct, Suite 1-C, Thousand Oaks, CA 91360  
400 Camarillo Ranch Rd, Suite 101, Camarillo, CA 93012

**CALLING ALL YOUNG ACHIEVERS**  
WHAT ARE YOU UP TO THIS FALL?

We love to recognize our Young Achievers! Under 21? Tell us about your accomplishments. We want to know what you're up to this fall. Have you played a specific sport for a long time, or are you just getting started in one? Either way, we're ready to hear about it! If you (or your kiddo - we know Little League season is upon us!) have a story or pictures you'd like to share, go ahead and email us at [LakeSherwood@n2co.com](mailto:LakeSherwood@n2co.com). We'll send you a short questionnaire, and then we'll feature your story in an upcoming issue!

**We reach 550+ of the best neighborhoods in the country. You're in one.**

Learn more about Stroll, America's leading neighborhood magazine publisher, by visiting [strollmag.com](http://strollmag.com).



## QUEENS GARDEN COURT

Exceptional Sherwood updated view estate! Located on a quiet cul-de-sac in Sherwood Country Club; this spectacular lot of nearly 1.2 acres provides panoramic views overlooking the golf course and beautiful Santa Monica mountains. The stunning grounds feature an infinity pool and spa, BBQ/entertainment center, firepit, waterfall, covered loggia, and extensive mature plantings, including a hillside vineyard. The approximate 6,000 square-foot remodeled home features quality finishes with beautiful wood floors, Caesarstone countertops, and three fireplaces. The ideal floor plan includes a formal living room and dining room, large family room, adjacent gourmet double island kitchen with separate breakfast room, downstairs bedroom, game/library/or office, and four more en-suite bedrooms upstairs. The primary suite includes a separate sitting room, large balcony with unbelievable views, dual closets, and a sumptuous bath. This is truly a special location with an unprecedented view, privacy, and setting!



**Conejo Valley**  
HEATING & AIR Inc.  
"Your Satisfaction-Our Honesty-Guaranteed"

**PLUMBING & ROOPER**

**One Call Does It All!**

financing available



*Family owned and operated for 40 years*

**WE OFFER 24/7 EMERGENCY SERVICES**

Contact us at **(805) 499-0448** or visit our website **conejovalleyair.com** to see our current specials | CSLB# 536465





# an Asian ADVENTURE

Hong Kong is a stop for many tourists going to Asia. Often it is where one's trip begins or ends. We had been there several times, but, not for more than a couple of days, seeing the main sights!

Our daughter-in-law was born in Hong Kong. She came to California as a teenager. Several years ago her grandfather in Hong Kong was turning 100 years old. We were all invited to the birthday celebration. Our grandsons were quite young at the time and this was their first time there.

We were given the "royal tour" from our daughter-in-law's parents. Her mother actually had lived in a beautiful house in Hong Kong that is now a "Historical Treasure." It is right in the midst of all the high rise apartment and commercial buildings. Really something to see!

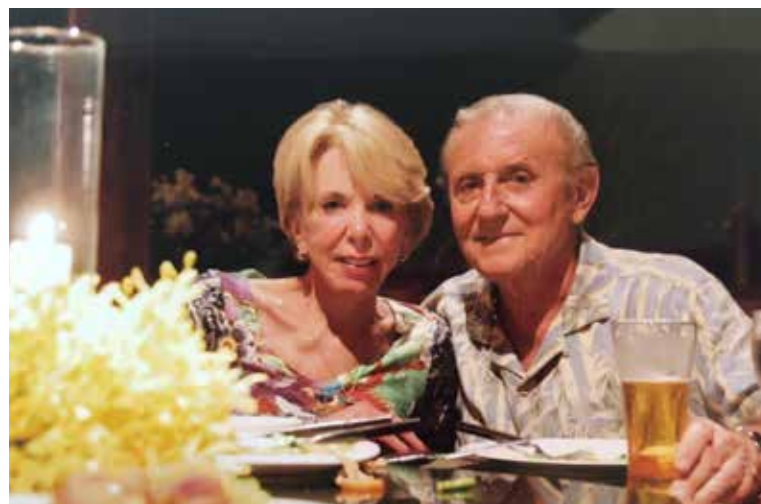
The highlight of the Hong Kong stay was being a part of the 100th birthday celebration! Ping pong is a very popular sport there. There are many ping pong clubs ( like our tennis clubs). The grandfather had been a champion Ping Pong player and was a member of a club. The

party was held there. He actually demonstrated his skills by playing the game with a young fellow ... very impressive to say the least!

Following the game, we all went into a banquet hall for a spectacular dinner! I have never seen such beautiful dishes ... that kept coming and coming! My husband, son, and I were the only caucasians at the party for about 75 people. Definitely a unique and exciting experience. We felt so privileged to have been invited!

The opportunity that followed was also a once-in-a-lifetime experience. At least for us!

Our daughter-in-law's godmother owned a compound at the Amanpuri Resort on the island of Phuket in Thailand. She



offered it to our family of six for a week. The resort is made up of 40 Thai-styled pavilions and 30 privately owned Villas or compounds looking over the beautiful Andaman Sea. It has all the amenities of a first-class luxurious resort. We were in a private compound consisting of Four beautifully appointed rooms, each standing alone, our own private pool, and Gazebo for enjoying our meals. There was a separate structure just for the staff of this compound. Each morning a woman would ask us what we would like for lunch and dinner ... then, this would be prepared for

...

•••

us and served in the gazebo with beautiful flowers, and candles ... we really felt like royalty.

Amanpuri has a spectacular beach which we used daily, the children loving it! There was a French family staying at the resort with children about the same ages as our grandkids. One was going to have a birthday party filled with many surprises. They invited all of us. At one point we heard a drum roll ... and behold, a baby elephant came down the hill to the beach! The children were allowed to feed him watermelon slices, and then the elephant entertained us all. What a surprise this was ... and so special!

We also had the opportunity to tour a bit around the island and a chance to ride on an elephant!

All in all, Hong Kong to Phuket was an exciting and different travel adventure. One never knows what opportunities may come up in life.



||||| TO LEARN MORE ABOUT THE RESORT, YOU CAN GOOGLE: |||||  
AMANPURI LUXURY HOTEL, PHUKET ISLAND, THAILAND



## CAR STORAGE Agoura Hills & Moorpark, CA

# BARRETT

AUTOMOTIVE GROUP

High-end, indoor storage facility serving all vehicles.  
Recently-opened location in Agoura Hills.

Professional detailing. Enthusiast-led events and activities.  
Concierge for service, repairs, and modifications.

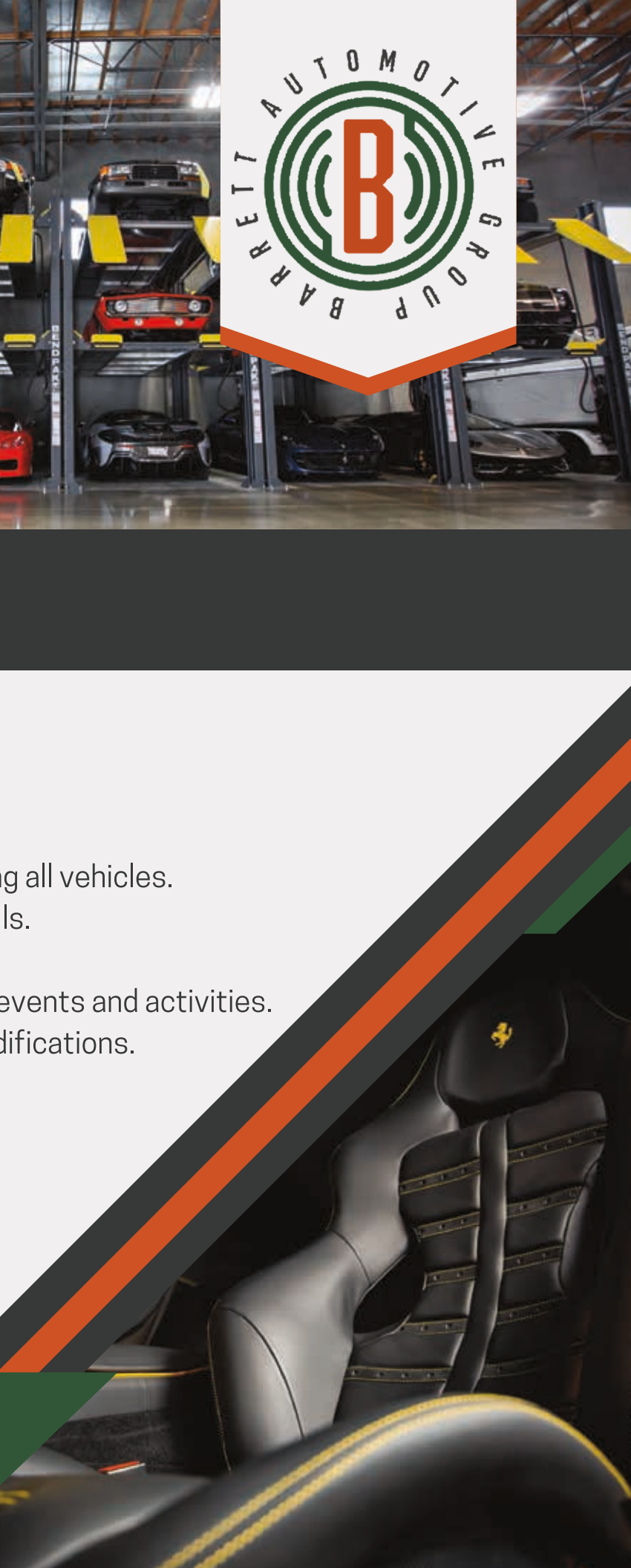
26979 Agoura Road  
Agoura Hills, CA 91301



868 Patriot Drive Unit A  
Moorpark, CA 93021



805.221.8066  
[www.BarrettAutomotiveGroup.com](http://www.BarrettAutomotiveGroup.com)



resident recipe

By Recipe and Photos by Christine Crawford

# EASY PEACH-PLUM GALETTE

My son and I have been baking together since he could stand and hold a spatula. It's a bond that is special to me, and I'm grateful that we can continue to bake together when he is at home on break from college. This delicious and easy peach plum galette recipe is a collaboration between us that we came up with when we were at home isolated with COVID-19. You can use any stone fruit in this beautiful galette. Peaches and plums are in season through September in California and are a perfect marriage of sweet, bitter, and buttery yumminess. Your family and friends will be impressed with your culinary skills! Surprisingly, it only takes 10 minutes to prep, then pop it in the oven for a glorious dessert.

**Servings:** 4-5 people

**Prep Time:** 10 minutes

**Cook Time:** 50 minutes

## Ingredients

- 1 refrigerated pie crust 9 -inch filling
- 2 Tbsp sugar plus 1 tsp. for sprinkling on crust
- 2-3 Cups peaches and plums pitted and cut into 1/4 inch wedges
- 1 Tbsp lemon juice
- 2 Tbsp ground almonds or almond meal these are the same thing.
- 2 Tbsp all-purpose flour
- 2 Tbsp unsalted butter cut into small bits
- 1/4 Cup high-quality peach or plum preserves strained if chunky or seedy

## Instructions

### Crust

Take crust out of the fridge and lay on lightly floured parchment paper until a bit above room temperature. Roll out the dough into a 12-inch circle, 1/8 inch thick. Transfer it to a large, heavy baking sheet. Preheat the oven to 400°.

### Make the Filling

In a small bowl, combine 1 Tbsp. of sugar with the ground almonds and flour. Spread this mixture evenly over the dough to within 2 inches of the edge. Arrange the peach and plum wedges on top, and dot with butter. Sprinkle one tablespoon of sugar over the fruit. Fold the edge of the dough up over the plums to create a 2-inch border. (If the dough feels cold and firm, wait for a few minutes until it softens to prevent it from cracking.) Sprinkle the border with the reserved 1 tsp. of sugar.

### Bake the Galette

Bake the galette in the middle of the oven for about 50 minutes, until the fruit is very soft and bubbling, and the crust is richly browned. If any juices have leaked onto the baking sheet, slide a knife under the galette to release it from the sheet. Brush the preserves over the hot fruit and up onto the crust. Let the galette cool to room temperature before serving. Serve with vanilla ice cream, if desired.





Photo by Julie Hoffman

Written by Fire Captain Brian Heat

# FIRE SEASON SPECIAL SECTION

## TRAINING DAY FOR CUTTING FIRE LINES IN THE DENSE FUEL OF CARLISLE CANYON

We are one of three Ventura County Fire Department Fire Crews that provide wildland fire suppression and prevention for the County of Ventura. We work with multiple agencies both in this county and our neighboring counties throughout the state of California to provide suppression of wildland fires. Last Sunday, July 17th, we took the opportunity to practice cutting firelines in the dense fuel bed of Carlisle Canyon with the invitation from the owners of Canyon Ranch. This particular area of Carlisle has not burned since the Sherwood Fire on June 30th, 1985. It is a 37-year-old fuel bed that provided great training for a fire crew to use chainsaws to cut overhead high brush. The majority of Ventura County Watershed (Wildland) area's have burned in the last 50 years with the Thomas and Woolsey Fires taking up most acreage, thus there are not many areas of the county left with an overhead high brush.

### What to do if a fire occurs is this:

1. Sign up for VAlert <https://www.readyventuracounty.org/vc-alert/> This will give you official notifications if there is a fire or law enforcement incident in your area both on your landline and cell phone.
2. Visit <https://vcfd.org/public-info/ready-set-go/> or search ready, set, go ventura in your search browser. This will give you a list of items to evacuate with and provide tips for hardening your home against wildfires.
3. During an emergency, <http://www.vcemergency.com> will provide updated information.
3. Stay attuned to social media; there are official accounts such as @vcfd and @vcsventura on Twitter.
4. Get in touch with your neighbors and exchange phone numbers; if one of you are *not* present during the emergency, it's advisable to give your neighbor a heads up that there is an incident in the area.

Early notification and evacuation are KEY to successfully keeping the public and first responders safe. Don't hesitate to evacuate; the fire environment is very dynamic and changes with the slightest wind shift.

# Ventura County Fire Station 33 Fire Prevention Event

In Effort to Increase Wildfire Preparation

**“The partnership between a fire department and the communities it serves cannot be overstated.”**

*-Robert Welsbie Battalion Chief, Battalion-3*

The Ventura County Fire Station 33 was in attendance at a Fire Prevention Event (Thursday, July 21st) in an effort to increase wildfire preparedness. The event was hosted by Tim Wickman and Julie Hoffman, owners of Canyon Ranch Studio for the community of Carlisle Canyon.

In attendance were Captain Andrea Stanley (Engine Company 33), Engineer-Paramedic Kyle Lundgren (Engine Company 33), Firefighter Tyler Miller (Engine Company 33) Scott Thomsen, Director of Communications and Public Affairs (SPEAKER), Sheila Norman, Community Education Specialist, Rod Torres, Fire Prevention Officer (SPEAKER) and Battalion Chief Robert Welsbie (SPEAKER).

Chief Robert Welsbie was quoted as saying, “The partnership between a fire department and the communities it serves cannot be overstated. In an effort to increase wildfire preparedness, the Ventura County Fire Department along with the residents of Carlisle Canyon, spent the evening discussing wildfire awareness, personal preparedness, local drought conditions, and the expected fire season outlook.”

*Fire Station 33 is located at 33 Lake Sherwood Drive, Thousand Oaks, CA 91361.*



Photo by Julie Hoffman

**Birte G. Koors, LUTCF, CSD** 31 Years in North Ranch

**Insurance and Financial Services Agency**

**Please call us for all your insurance needs.**

**Contact us at: (805) 494-4174**

**farmersagent.com/bkoors**

**Auto • Home • Life • Business • Workers Compensation**



Birte Koors and Dennis Koors are registered with and securities offered through Farmers Financial Solutions, LLC Member FINRA & SIPC

2535 Townsgate Road Suite 200 • Westlake Village



Birte & Son Dennis

CA Lic. #0735329

By Cindy Muscatel

# What I Did on My SUMMER VACATION: 2022



Eli's graduation



My fifth-grade class.



Eli driving us into Seattle.



Moe's cousins, Father's Day Brunch



My old house today



At Frosh Pond, University of Washington, where Moe first asked me to marry him.



Garfield High get together.

Reader Alert and Warning: This column is going to be all about me.

Remember when we were in grade school and our teachers would start off the year by having us write an essay titled: What I Did On My Summer Vacation? It seemed such a boring topic, but now I get it. The teacher got us writing and also telling about ourselves. He/she could learn a lot about their student from those short essays.

Maybe it seemed boring because in the old days, we didn't do much. But in the summer of 2022, our vacation wasn't boring. Like so many, we were making up for lost time. People traveled in droves to the far corners of the world: to Europe, to Iceland, to Africa and Asia. We traveled too, but on the west coast. For us, it was all about getting together with family and friends we hadn't seen since before the pandemic. We started our trip in Seattle for our grandson Eli's graduation from the University of Washington. We hadn't been on a plane for almost a year. I'd been a seasoned traveler in 2019, but in June 2022, I'd forgotten a lot. Just walking in an airport seemed strange.

Once in Seattle, the weather reminded us why we had moved to California. As Eli drove us into the city from the

airport, the down pour was so heavy I could barely see the lights of downtown. The rain continued into the following week, finally becoming a drizzle that frazzled my husband. The golf courses were so soaked that even when the deluge ended, no carts were allowed. No golf for Moe makes for a nerve-wracked Cindy! That aside, the graduation was wonderful. And we got to meet Eli's friends. Seattle is very different than the city Moe and I grew up in. And Bellevue, the once sleepy suburb, is unrecognizable. On the *one* sunny day, we went to the University of Washington where we met. Mt. Rainier was out in all its glory. We walked around campus to Frosh Pond where Moe had first told me he was going to marry me. (I was eighteen and a freshman, so I murmured something like, "that's a nice thought,") After having lunch at University Village, we took the nostalgia to drive through the neighborhoods we grew up in. (Interestingly, these areas remain untouched by time.) But as I said, the main agenda in Seattle was seeing family and friends. Our daughter lives in Bellevue, but she and the kids visit a lot.



Moe's sister's birthday ... dinner with family



Eli's graduation

...

In contrast, we hadn't seen Moe's sister for four years! We spent Father's Day with Moe's cousins, their kids and grandkids, and I got to spend time with my sister, my niece and her kids. Back in California, we had a family reunion with my side of the family, who we hadn't seen since before Covid.

One rainy morning in Seattle, I had coffee with ten friends from high school. Half of them had gone to Stevens Elementary with me. I was the first one at Starbucks and started questioning myself about setting this up. What had I been thinking? I hadn't seen these people for 25 years since our last reunion. I'd left Seattle 30 years ago. What would we have in common? What would we have to say to each other? Three hours later, we were still talking. It was an interesting phenomenon: we were senior citizens now with many life experiences behind us, some of

which we shared. But the childhood connection we'd had bonded us forever. Especially with the grade school

kids. Part of who I am today is because of Sue Ann Kay, Judy Walseth, and Sandra James. They sat beside me in class from 9 AM to 3:10 during my formative years. We absorbed the same school experiences, were in Brownies and Girl Scouts together, were student class officers together. Our family backgrounds were diverse, but our worldview evolved in those classrooms.

I don't remember how I used to end my "What I did on my Summer Vacation" essays years ago. This year, I can end by telling you how enriched I feel that I connected again with family and friends. My heart is full of gratitude.



Family reunion, three generations



Cindy's cousins



My niece, her two daughters, my daughter, my sister, and me.

# the end

## OF A DELIGHTFILLED DAY

RESIDENT STEPHANIE EAGLE

The music of silence,  
Stillness permeates the still air.  
The floating hummingbirds  
Slide in for a quick drink.

Should I linger to await  
the setting sun?  
No, upstairs in bed  
I'll share the view of  
the rising moon.

What an amazing time of night.  
The day well spent leads into  
The peaceful comfort of evening.  
Rest at the last outside on the deck.

Goodnight  
7/25/2022  
5pm



*Take Your Floors From Drab To Fab*

fire | water | mold  
carpet & tile  
installation • sales • cleaning

**berber carpet cleaning**  
Dan Berber (805) 612-7898

**24 Hour Service**

★★★★★ "Great service. Knows what he's doing and is clean and efficient. Not many left in the trades like him. I will recommend him to anyone." - Sean S

**VIDEO PRODUCTION**  
LIVE EVENTS AND BUSINESS PROMOS

**SAADA PRODUCTIONS**  
Best of Los Angeles Award Winner

QR CODE  
FIND OUT MORE

www.SaadaProductions.com  
AdamSaadaMedia@gmail.com  
818-850-8902

Live Events • Social Media Promos • Website Videos • Corporate Videos • And More

# neighborhood happenings

Provided by Steve Wilson



# 4<sup>th</sup> OF JULY FUN

*Red, White, and Brew!*

Over the July Fourth weekend, Sherwood members and their guests enjoyed our fantastic Red, White & Brew Party on the golf club lawn. Complete with bars, food, dancing, and games, this night was a huge hit! Members rode an inflatable mechanical bull, played giant beer pong and corn hole, and danced under the stars to live music from Westbound 66. What a night!





# welcome to exploring Nature with Elodie

## Big Sur and the Redwood Forest

Last week, my family went on a trip to the redwood forest. We went to a state park called Big Sur. The ecosystem is very different than Lake Sherwood. It's full of redwood trees, which are the tallest living thing in the world! Some of them are over 300' tall! Some are 1,000 years old, and some are even 2,000 years old! They can only be found in the foggy coast, which is how they get the water they need. In that area you can find lots of moss and ferns. Ferns are some of the oldest plants on Earth!

Redwood trees are evergreen, that means they don't lose their leaves in fall, they stay green all year round. Their trunks are skinny compared to their height, but still pretty thick. Even though they are 300 feet tall, their roots only go 10 feet down, but they stretch really far sideways. Their

bark can be up to 24 inches thick, and has something called tannins in it. This makes them practically invincible! They are protected from rot, insects, and even forest fires.

In the forest we saw steller's jays. They are big blue birds with a blackish tuft of feathers. They stole some potato chips from our picnic! There are rocky creeks and even waterfalls in the redwood forest. I had so much fun trying to get across the creek. It was very challenging, sometimes we even had to walk across fallen logs!

Further down the coast we saw big, fat, giant elephant seals. There were so many, just piled up, fighting and lounging. Elephant seals can weigh up to 5,000 lbs! We also saw brown pelicans diving and



hunting for fish. And we finally spotted the rare bald eagle. It flew right over our car!

Every now and then you should plan a family road trip. I recommend Big Sur and the redwood forest!





# Water Bills Are A Pain In The GRASS!



**THE MOST NATURAL LOOKING  
SYNTHETIC GRASS  
ON THE MARKET**

15 YEAR WARRANTY ON ALL TURF!

**844.600.8873**

turfexchange.com

**Cut Your Water Bill By 60%**

- Pets Love Our Grass!
- Excellent For Kids

- Looks Incredibly Real
- No More Mowing Or Gardening!



“After much research, I decided on Turf Exchange for many reasons. They are licensed and bonded, and family owned. Fantastic communication, they answered every question I had. They did an outstanding install job on my home. Total professionals, promptness, thoroughness, cleanliness and their crews who did the install are best of the best! Turf Exchange is top in the business and I wholeheartedly, 1000 percent, recommend this company!”

- Erin Brockovich

**Visit our NEW showroom!**  
20 N. Aviator St., Camarillo, CA 93010

Identical to grass  
without the upkeep!



**TURF EXCHANGE**

844.600.8873 turfexchange.com

## Simple Tips to Teach Children How to Save

**D**o your children see you pay with plastic? Do they truly understand the value of a dollar and what it means to save? Sooner or later, kids realize money doesn't grow on trees. Why not get your kids started on the right foot financially by teaching them about the green stuff? Small steps today can lay the foundation for a solid financial future.

### USE A CLEAR JAR TO SAVE DOLLARS AND COINS

Looking to teach your children about how saving is important? Start with a clear jar to save dollars and coins, whether putting in spare change or even their monthly allowance. Pass on piggy banks. Children can't see how much money is in their bank.

### LET THEM EARN THEIR OWN FUNDS

Allowing children to earn and save money, as a regular allowance or as payment for specific tasks completed, provides them with the opportunity to learn how to use it, offering important lessons about the value of hard work.

### OPEN A SAVINGS ACCOUNT

Take a trip to a brick-and-mortar bank and open a savings account for your child. One of the best ways to teach children, especially teens, to save is to put your money where your mouth is. Match their contributions to savings. If they contribute \$10, then you contribute \$10. Building a savings account at a young age is one way to lay the foundation for future financial stability.

### MAKE SAVINGS GOALS

Do your children have certain items they want to purchase? Encourage savings goals. Goals should be specific and attainable. Purchasing their favorite toy or game can motivate children and teens to save. If they have a specific purchase in mind, help them break down their goal into manageable steps.

In closing, remember to allow kids room to take risks along the way, using their missteps as teachable moments. Learning to save today is important for a child's financial future. After all, "A penny saved is a penny earned."

financial fitness

By Elizabeth McCabe and Shauna Osborne



Tim and Marcia Tremblay

### Our offices:

3902 State Street, Suite 101,  
Santa Barbara, CA 93105

32129 Lindero Canyon Rd, Suite 107,  
Westlake Village, CA 91361

204 E. Enos, Santa Maria, CA 93454

Monday-Friday: 7am-4pm or by appointment

**Call us to discuss your financial future!**  
**805.569.1982**

Check our website for upcoming seminars  
www.tremblayfinancial.com

Securities and advisory services offered through Centaurus Financial, Inc. Member FINRA and SIPC. A Registered Investment Advisor. Centaurus Financial, Inc. and Tremblay Financial Services are not affiliated.

# resident business guide

This is a current list of business owners from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and website to [lakesherwood@n2co.com](mailto:lakesherwood@n2co.com).

## ACCOUNTING FIRM

**Spectrum Financial Resources**  
**Tamara Berges, CPA, CFP**  
 (310) 963-4322  
[spectrum-cpa.com](http://spectrum-cpa.com)

## DESIGN, ENGINEERING AND REAL ESTATE Development Solution

**Amir Ali Hamidzadeh**  
 (805) 410-2700

## FASHION

### Carol Anderson by Invitation

**Susie Zweigler**  
 (805) 496-0377

[susiezweigler.cabionline.com](http://susiezweigler.cabionline.com)

## FINANCIAL ADVISOR

### Silverberg Wealth Management

**Marcus Silverberg**  
 (805) 497-7032

[www.silverwm.net/](http://www.silverwm.net/)

## FINE ARTIST AND GRAPHIC DESIGNER

### Fine Art & Design by LONA LONA

(310) 694-1664

[designbylona.com](http://designbylona.com)

## FOOD DELIVERY SCHOOL/ CAMP LUNCHES

### Bright Belly Meals

**Benon Ureda**  
 (310) 367-1210

[brightbellymeals.com](http://brightbellymeals.com)

## FURNITURE

### Wickmans Furniture

**BW and Maxwell Wickman**  
 (818) 991-4800

[wickmansfurniture.com](http://wickmansfurniture.com)

## GOLF CARTS

### Top Cart USA

**Don Cusick**  
 (805) 484-9727

[topcartusa.com](http://topcartusa.com)

## INTERIOR DESIGN: RESIDENTIAL AND COMMERCIAL

### Barbara Grushow Designs Inc

**Barbara Grushow**  
 (310) 457-0197

[barbaragrushowdesigns.com](http://barbaragrushowdesigns.com)

## LAW FIRM

### Gumm and Green, LLP

**Anita Gumm**  
 (818) 707-4233

[gummandgreen.com](http://gummandgreen.com)

### Law Offices of Kenneth Warner

**Kenneth R. Warner, Esq.**  
 (805) 371-0567

[kwarnerlaw.com](http://kwarnerlaw.com)

## MERCHANT PROCESSING SOLUTIONS

### LaRocca Integrated Solutions

**John LaRocca**  
 (747) 220-6771

[laroccais.com](http://laroccais.com)

## REAL ESTATE

### Aviara Real Estate

**Keli Dahl**  
 (818) 317-9070

[kelidahl.com](http://kelidahl.com)

### Coldwell Banker

### Global Luxury

**Jane Turner**  
 (805) 701-5435

[janeturnerforhomes.com/](http://janeturnerforhomes.com/)

### Engel & Volkers

### West Lake Village

**Nicole Van Parys & Gary Nesen**  
 (805) 795-1880

[nicolevanparys.evrealstate.com](http://nicolevanparys.evrealstate.com)

## Luxury Collection Specialist, BHHS Cal. Realty

**Cathie Post**  
 (805) 750-9633  
[cathie4re.com](http://cathie4re.com)

## McQueen & Associates

**Cord McQueen**  
 (805) 379-4666

[mcqueenandassociates.com](http://mcqueenandassociates.com)

## Team Nicki and Karen Nicki LaPorta & Karen Crystal

(805) 625-0304

[nickiandkaren.com](http://nickiandkaren.com)

## REAL ESTATE FINANCE

### London Funding

**Robert Bianchi**  
 (818) 597-8656

[londonfunding.com](http://londonfunding.com)

## REAL ESTATE/DESIGN

### Lambert & Lambert

**Craig Lambert**  
 (310) 429-6350

[craiglambert.evrealstate.com](http://craiglambert.evrealstate.com)

## SECURITY SYSTEMS

### VIP Systems

**Doug Sullivan**  
 (805) 379-1200

[vipalarm.com](http://vipalarm.com)

## SERVICE STATION

### Westlake Mobil

**Noreene Miskinnis**  
 (805) 497-7007

## TECHNOLOGY AND INTERNET CONSULTING

### Securisee Consulting, LLC

**Christopher Matthews**  
 (209) 683-4327

[securiseeconsulting.com](http://securiseeconsulting.com)

## URGENT CARE

### Westlake Village Urgent Care

**Sonia Devgan-Kacker, MD**  
 (805) 379-9125

[www.westlakevillageurgencare.com](http://www.westlakevillageurgencare.com)

## VIDEO MARKETING

### Be Film

**Geoff Franklin**  
 (805) 279-4830

[befilminc.com](http://befilminc.com)

## VIDEOGRAPHY

### Tri-Blend Media Productions

**Blake Richards**  
 (818) 825-7873

[triblendmedia.com/](http://triblendmedia.com/)

## WEALTH MANAGEMENT

### Bachman, Goldstein, Thornburg & Associates

**David L. Bachman, CFP, CRPC**  
 (805) 381-2637

[fa.ml.com/california/westlake-village/bgt\\_associates/](http://fa.ml.com/california/westlake-village/bgt_associates/)

## WINERY

### The Village Winery/Grape

**Expectations LLC**  
**B. Alan Geddes**  
 (805) 279-3393

[grapexp.com](http://grapexp.com)

## WINES, SPIRITS, GOURMET MARKET

### Duke of Bourbon

**Armand Marciano**  
 (818) 341-1234

[dukeofbourbon.com](http://dukeofbourbon.com)

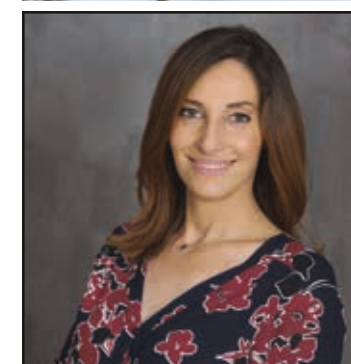


# Dom's Garage Luxury Detailing

Specializing in  
**Ceramic/Graphene Coatings**  
**Paint Correction**  
**Black Cars - Boats**

**Dom Jones**  
**661.902.1039**

@domsgarage\_



## See why millions trust us for Home, Auto & Life Insurance

### Jessica Sawyer

175 E Wilbur Road, Suite 102  
 Thousand Oaks, CA 91360-7944

(805) 496-4508

[www.youragentsf.com](http://www.youragentsf.com)

I'm here to help life go right™, by saving you time and money when you combine your home and auto insurance.

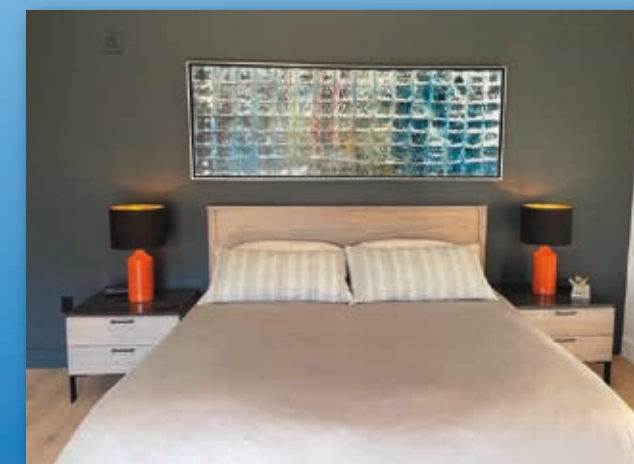
CALL ME TODAY.



License CA-0M01921

## Introducing...

Custom artwork by LA based, award-winning artist,  
**Stephen Schubert**



As seen on Bravo's, "Million Dollar Listing"  
[schubertmodern.com](http://schubertmodern.com)

[slsStudio@sbcglobal.net](mailto:slsStudio@sbcglobal.net) | 818-421-9781

## OLDEST MOBILE PERSONAL TRAINING COMPANY IN THE CONEJO VALLEY!

### Services and Benefits of 805 Get Fit include:

- Concierge in-home fitness for hyper scheduled individuals.
- High-level personal trainers with years of experience.
- Personalized Weight loss programs, with a registered dietitian available.
- Senior fitness and fall prevention programs.
- Pre-and post-physical therapy programs.

Scan to schedule your Strategy Session today!



Doug and Michelle Waldman • (805) 590-4174  
[www.805getfit.com](http://www.805getfit.com) • [info@805getfit.com](mailto:info@805getfit.com)  
 @805getfit



SUN AIR JETS

PRIVATE JET CHARTER  
 AIRCRAFT MANAGEMENT  
 FBO

Based in Southern California,  
 Operating globally

REQUEST A QUOTE TODAY

(805) 389-9301  
[charter@sunairjets.com](mailto:charter@sunairjets.com)  
[sunairjets.com](http://sunairjets.com)



NOW OFFERING  
 SUSTAINABLE AVIATION FUEL



# Have a Tech Idea in Mind?

Let Our Brainstorming Sessions Transform Your Tech Idea Into A Real Product. Contact Us To Bring Your Idea To Life.



Custom App Development



Website Design



Connected Devices



Experience Design



NFTs & Blockchain



AR/VR & Gaming



Technology Consulting



Digital Transformation



Email: [hello@thewitslab.com](mailto:hello@thewitslab.com)

Website: [www.thewitslab.com](http://www.thewitslab.com)

A Publication for the Residents of Lake Sherwood

LAKE SHERWOOD'S  
**FINEST**

A world of expertise in the neighborhood we call, home. Explore our exclusive **Sherwood Collection** at [www.nicolevanparys.evrealstate.com](http://www.nicolevanparys.evrealstate.com).



**01** CHÂTEAU ROYALE  
240 W STAFFORD ROAD  
OFFERED AT — \$12,888,000

**02** CALIFORNIA DREAMING  
2173 MARSHBROOK ROAD  
OFFERED AT — \$7,950,000

Based on information from the Association of REALTORS®/MLS as of 08/03/22. All information should be independently verified for accuracy. Each brokerage is independently owned & operated. All Engel & Völkers are Equal Opportunity Employers & fully support the principles of the Fair Housing Act.



Nicole Van Parys & Gary Nesen, calDRE 01108944 — PH: 805-795-1880