

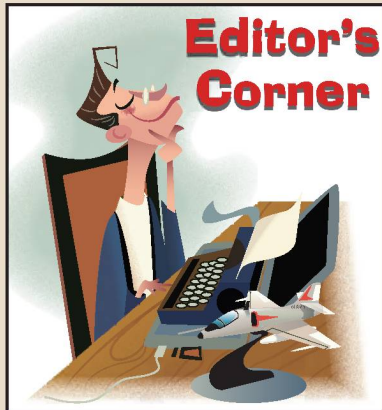
# Happy 2018 Inside Leisure Village

VOL. 39 NO. 1

AN ACTIVE SENIOR COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

JANUARY 5, 2018



Another year gone! Last year had its challenges, but they are behind us and we have great opportunities to look forward to in this New Year. 2018 can be the time to join a club that shares your interests. Already a member? Volunteer to help organize the activities, be an officer, or recruit new members. Serving the community through involvement in committees is a great way to meet people and work toward a common goal. Resolutions seem too easy to put aside; instead, establish some goals with a plan for achieving them. We have people and facilities that will help you expand your experiences and brighten your mind. We can do it in 2018!

Our lead article should get your attention. The Disaster Preparedness Exercises are designed to help us, LV residents, be prepared for disaster, no matter whether it be fire, earthquake or major power outage. It is a time to ask ourselves – are we prepared? Not many other communities care enough about their residents to have a plan. We should take advantage of our opportunity to help and be helped.

Enjoy the issue!

— Tim Palmer

## Wildfires and LV's Emergency Exercise: Teachable Moments

■ Largest wildfire in state history draws attention to importance of Village preparation

It took more than three weeks for firefighters to control the horrific wildfires that burned through Ventura and Santa Barbara last month. Leisure Village residents were safe from the flames, but not protected from the ever-present air pollution and frightening dark smoke towering across the horizon for days. With jeopardy that close, what was learned about disasters from a personal and a community point of view?

It was an eerie coincidence that the Village's long-planned Disaster Preparedness Exercise (DPX) was held on December 7 against the background of the very real Thomas Fire. The DPX, sponsored by LV's Emergency Preparedness Committee, tests its simple plan that in a disaster could provide life-saving

— Please see Page 6



Photograph by BETH THAYER

*The Thomas Fire highlights the necessity of fire awareness and preparedness.*

*EPC Co-Chair Paul Wason recorded a good response in his Village during the recent Disaster Exercise; other Villages did not.*

Photograph by RITA LINSEY



## Villager Volunteer Aids Thomas Fire Victims

By Patty Ecker

When the Thomas Wildfire exploded across the horizon on December 4, LV residents watched the huge smoke plumes or turned to news outlets for information or tried to contact family and friends who might be in harm's way, all from the security of Camarillo. Villager Sharon Shou knew she had to do more. In a matter of hours, she was on her way to the Ventura County Fairgrounds where the largest Red Cross shelter was

*Long-time Villager Sharon Shou spent weeks as a Red Cross volunteer during the recent wildfires*

Photograph by JERRY SPECTOR



being set up and where hundreds of fire victims found safety. "I wasn't sure what they'd need. But I knew I needed to be there," she explains.

Sharon, just a month before, had completed Red Cross certification for a licensed counselor. She walked into the shelter ready to help fire victims. She worked 56 hours after that first shift. "I started by observing, not asking 'How are you doing?'" As I walk through the shelter, I try to identify what a person needs right at the moment."

Sharon recalls a woman sitting alone staring at her flip phone. "I asked her if she had been in touch with anyone.

— Please see Page 8



# WE'VE GOT YOUR NUMBERS

Here are some important Village phone numbers and email addresses.

**The Main Gate:** 805-482-0716 (for guest passes, a security question, etc.) or [www.gatepass@leisurevillage.org](mailto:www.gatepass@leisurevillage.org)

**LV's Emergency Number:** 805-388-3636 (for medical problem, fire, major property problems or an intruder, not minor events like a tree branch down) LV security officers simultaneously call 911 as they respond to a resident call.

**Ventura County Alert:** To sign up for the Emergency Notification System - 805-648-9283 or [www.vcalert.org](http://www.vcalert.org) or text 313131 - to receive 'reverse 911 calls' and alerts to major emergency situations.

**Ventura County Disaster Information Hotline:** 805-465-6660 or register online at [www.vcemergency.com](http://www.vcemergency.com).



## LVTV Program Schedule

January 2018 | Channel 1390

**LVTV Committee Email:**  
[lvtvcommittee@gmail.com](mailto:lvtvcommittee@gmail.com)

### LETTERS

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

### HOW TO CONTACT US

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**Contact: John Mayer, Chairperson at 388-4642. DAILY AUDIO: 9:00 and 11:30 AM, 3:00 and 6:00 PM, narrated by Debra Guill.**

**Be sure to watch the new EPC, entire nine series, will be showing on Saturdays and Sundays at Noon.**

Day	Date	Program date time 10 am and 8 pm
Mon	1	Women's Club - Sam's Mardi Gras Band - 2011 (46 min)
Tue	2	LVA OPEN BOARD MEETING - LIVE (10 AM only)
Wed	3	LVA OPEN BOARD MEETING - TAPED
Thu	4	What Was My Line - Pat McGregor, Lenora Schreiber, Al Sarnelle (41 min)
Fri	5	LVA OPEN BOARD MEETING - TAPED
Mon	8	Cooking: Eat with Your Eyes - 4/2014 (23 min)
Tue	9	Players Guild - Rumors - 4/15/11 (1 hr. 50 min)
Wed	10	The Leisure Village Lifestyle - 1993 (25 min)
Thu	11	LVA 101- #8: Reclaimed Water - 8/25/14 (34 min)
Fri	12	Waste Not - 2004 (10 min)
Mon	15	LV Musicians Presents: Camarillo H.S. Jazz Band - 2012 (1 hours 30 min)
Tue	16	Women's Club - Comedian Al Duchame 2017 (42 min)
Wed	17	Players Guild - The Bickersons - 2011 (30 min)
Thu	18	New York Club Presents: Joe & Debbie - 8/16 (58 min)
Fri	29	What Was My Line - Ben Racowsky, Rita Linsey, Bob Sandusky (46 min)
Mon	22	Women's Club - 2 For the Show - 2010 (40 min)
Tue	23	From The Ground Up: Landscaping In LV- (38 min)
Wed	24	Showtyme - Art Douglas - 2007 (1 hr. 25 min)
Thu	25	Social Security - (29 min)
Fri	26	LVA 101 - #9: Corporation Codes & Davis Sterling - 2014 (42 min)
Mon	29	Mavericks Thrift Shop Fashion Show - 2016 (17 min)
Tue	30	L.V. Pet Fair & Parade 2014 (28 min)
Wed	31	ESO Presents: Earthquake Preparedness (90 min)

### ABOUT INSIDE LEISURE VILLAGE

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

### February Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the February 2018 issue is Tuesday, January 16 at 5:00 p.m. The Display Advertising deadline is Monday, January 22 at noon. Publication is scheduled for Friday, February 2, 2018. Please e-mail stories and photos to [editorilv@yahoo.com](mailto:editorilv@yahoo.com). Typed copy (a last resort for submissions) should be double-spaced and deposited in the ILV box in the Rec. Center hallway.



# BRIEFS

## FREE TAX PREPARATION

AARP is providing free tax preparation in Leisure Village at the Clubhouse in the Santa Rosa Room on Tuesdays and Thursdays from February 1 through April 12, 2018. Appointments are required. Times available are 12:30 p.m., 1:30 p.m., 2:30 p.m. Make your appointment at the Recreation Office after January 1. A list of necessary documents is in the appointment book and posted on the bulletin boards.

## CAMARILLO AREA TRANSIT (CAT)

The Dial-a-Ride must be personally requested the day before your trip. The CAT fixed route schedule is in the Rec Office. It is FREE to Leisure Villagers. There is no service on Saturday and Sunday. (988-4228). The CAT SHOPPER SHUTTLE is Tuesday

only from 10:00 a.m. thru 1:00 p.m. Final return trip arrives back at 3:00 p.m. For only \$1 round trip, you can go to the Target area, Ralphs, Trader Joe's etc. (383-5615)

## UNITED BLOOD SERVICES - BLOODMOBILE LOCATIONS IN CAMARILLO

Monday, January 8, Carmen and Burnley 1605 Burnley, 2:00-5:30 p.m., Wednesday, January 17, Career Education Center Bloodmobile, 465 Horizon Circle, 2:30-7:30 p.m., Monday, January 22, Carmen and Burnley 1606 Burnley, 2-5:30 p.m., and January 29, First Baptist Church 1601 Temple Avenue, 11a.m.-2:30 p.m. Questions concerning eligibility to donate, other sites, dates and times, and for appointments, call United Blood Services at 800-715-3699. Appointments can be made on line at [www.unitedbloodservices.org](http://www.unitedbloodservices.org).

# UPCOMING EVENTS

## LEISURE VILLAGE ASSOCIATION TOWN HALL MEETING

The LVA will be holding a town hall meeting to present the Association proposed budget for next year. All residents are invited to attend this open forum on this very important issue. The meeting will be held January 18, 2018 at 7:00 p.m. in the AR.

## SMART DRIVER CLASS

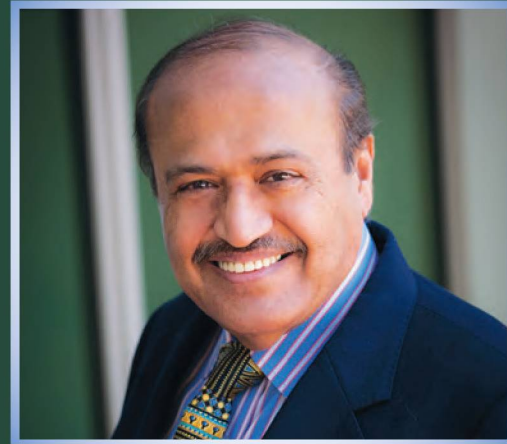
Leisure Village will be hosting an 8-hour Refresher Class of the AARP Smart Driver Program on Wednesday and Friday afternoons, January 17 & 19, from 12:30 p.m. to 4:30 p.m. in the MPR. Contact Paul Herman at 444-6420 for details.

# IN MEMORIAM

- Leonard Belcher, V. 35
- Savanna Cobble, V. 5
- Carmen Cornish, V. 8
- Irving Kay, V. 44
- Ann C. Levey, V. 8
- Elva Levine, V. 30
- Belle Lorand, V. 3
- Julie Wolfe, V. 41

To submit a memoriam call Loretta Reshes, 388-7116

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# LV Resident Ed Vasquez Recognized by Veterans Organization

By Tim Palmer

Leisure Village resident Ed Vasquez was recognized by the Gold Coast Veterans Foundation for his work in creating the Leisure Village Veterans Memorial, located in front of the Recreation Center. The award was delivered by the Leisure Village Association Board of Directors at the November Open Board Meeting. The memorial is a display of ribbons received by Leisure Village residents up through the year 2000. Ed hand-crafted each ribbon in ceramic tile to exactly duplicate the awards. Additionally, the ribbons were assembled and are displayed in the actual military precedence due each award. It is significant to note that the top left ribbon (the highest ranking ribbon) reflects the award of the Silver Star to one of our residents. The Silver Star is the third highest award given a service member and is reflective of heroic



Photograph by JERRY SPECTOR

*Leisure Village Veterans Memorial.*

achievement in combat.

The Leisure Village Veterans Memorial has been added to the Gold Coast Veterans Foundation catalog of Veterans Memorials in Ventura County.

# Leisure Village Budget

## — A Process That Can Be Trusted

By Tim Palmer

Most of us know very little about the Leisure Village Association budget process, except that it affects our Association dues each year, usually in an upward direction. How is that determined?

The formulation of the Leisure Village Association budget is a very lengthy, deliberative process that involves our fellow residents and the Board of Directors. The Finance Committee is led by resident George Jones and consists of 12 other residents who make up the committee.

The initial budget is prepared by the Association Department heads. Those departments are: Recreation Center, Security, Landscape Support, Resident Services and Administration. The initial budget consists of the anticipated costs each department will incur during the next fiscal year. Those costs are both fixed and variable, plus additional requirements not budgeted in previous years. The budget also

includes anticipated contributions to reserves and capitol expenses. It is then reviewed by the General Manager, who submits it to the Finance Committee in August.

The members of the Finance Committee, our neighbors who have extensive experience in finance, receive the budget and evaluate every item, line by line. The committee assigns two members to review each department and they consider expenses from previous years as well as other variables, prior to recommending an approved amount for their assigned department. Those recommendations are brought to the full committee in a closed meeting in November. From that meeting, the committee provides their recommendation to the Board of Directors for consideration in December.

A town hall meeting is held in January to explain the budget to the community and answer any attendant questions. Subsequently, the budget is voted on by the Board of Directors in their February meeting.

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Photos by JERRY SPECTOR

*At last month's Women's Club holiday party, members members celebrated together and raised money in a very sweet way.*

## Club in the Spotlight

### ■ The Women's Club: Solid Tradition with a New Message

Don't be misled, say its members. The Women's Club may be the oldest Leisure Village club – it was founded in 1973 – but it is not your grandmother's social organization. "Our goal is to create a spirit of good will among residents and support good works inside the Village and outside in Camarillo," says Shearon Millar, President of the Women's Club.

It is one of the most visible clubs in the Village. With 295 members (45 are men, by the way), it provides a wide range of opportunities for residents including monthly meetings that feature professional entertainment and social time. Members can also volunteer to raise money in the popular Boutiques.

The twice-monthly Boutiques offer good deals on, jewelry, handmade wooden items, and hand-sewn items like aprons or baby blankets. "We offer Villagers the opportunity to avoid buying one more thing made in Asia," explains Shearon with a smile, "and to support a good cause close to home at the same time."

Those good causes supported or paid for by the Women's Club are all around the Village. The automatic doors into the Rec Center? Donated by the Women's Club. TV sets in the Clubhouse? Donated by the Women's Club. Woodshop equipment? Benches along LV's walking paths? You know the answer. The numbers are impressive. Since 1977, the Women's Club has given \$400,000 to good causes inside and outside our Village. Member dues are \$10 per person, which underscores how valuable its fund-raising efforts like the Boutique, See's Candy Sales, and the annual Fashion Show are.

But members worry about the future. The Club and Boutiques need volunteers willing to participate a few hours a month. New residents who are still working or have just retired may be reluctant to join. Longtime member and current Club Secretary Chi Chun was at first. "I didn't know anyone when I first joined. But now here are some of my best friends," she says. "We feel good because we are doing good." The Women's Club hopes that message will be heard across the Village.



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# REALTOR CORNER

## Thinking of Selling your Home?

By Sharron Parker

Leisure Village homes have sold quickly this past year and for increased selling prices. The Ventura County Multiple Listing Service shows only 8 active listings in Leisure Village as of this date of 12/12/2017. For more specific information regarding your home or like-model homes, contact an experienced Leisure Village Realtor for a current Comparative Market Analysis.

If you're thinking of selling your home, an understanding of the California Association of Realtors Residential Listing Agreement will be helpful. Important items to consider on the listing agreement are length of listing period, listing price and commission to broker. It is wise to allow the broker to put up a sign and install a lockbox, which holds a key allowing other agents to show the property. Be sure to take precautions to protect valuables that might be accessible during showings.

The listing agreement and purchase agreement have Dispute Resolution information. The seller should read this carefully to determine his/her legal choice regarding mediation, arbitration, possible litigation. It is legal in California for a broker to represent both seller and buyer, which must be disclosed to the seller as soon as possible when presenting an offer.

Your Realtor will explain and guide you through the extensive, required paperwork, in addition to marketing your home, negotiating the offer and protecting your interests.

### DPX RESPONSE *From Page 1*

information. Residents are asked to put their "OK" signs in their front windows so volunteer coordinators (their neighbors) can assess who is safe and who is not. Committee Co-Chair Ron Franz was disappointed in the results: 67% of residents posted the OK sign. "It's apathy or denial," he says. "People think disasters happen to others." Ironically, Franz got calls from people outside the Village during the fires. "One woman asked how she could evacuate her 98-year-old mother," he recalls. "Another said she saw smoke and asked where she could go." He has no idea how they got his number.

The EPC Committee focuses on how to convince Villagers of the importance of being prepared for an emergency. "County Fire and Police officials have told us repeatedly that

Villagers should be ready to be self-sufficient for 3 to 5 days," Franz explains. "That means having your own food, water, medication, even portable lights or a generator."

Preparation for a disaster "is not a question of if but when," adds EPC Co-Chair Paul Wason. His

Village 13 responded well to the DPX. But he added that 8 villages have no EPC coordinators to help neighbors prepare for an exercise or a real emer-

gency. He urges residents to look at The Thomas Fire – nearly 900 homes destroyed, 290,000 acres burned – as motivation to help each other and ourselves be ready.

He and Ron Franz repeat the same message, "Self-reliance is the key. Practice, practice, practice, so when it happens, our instincts will kick in and keep us safe."



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# Is That a Cat, Bob?

By Patrick Moore

A recent spike in bobcat sightings reported by Leisure Village residents is not likely to subside in the near future, if state wildlife biologists' past research results continue to hold true. It is expected that California's littlest wild cat will continue to tread through the Village from time to time during the winter weeks ahead. Wildlife biologists say the bobcat is found in nearly all locations in the state with a preference for rocky, brushy hillside habitat that can be found just outside LV gates. Additionally, bobcat mating behavior is similar to that of a house cat, Fish and Wildlife said. Young are usually born spring to summer with most arriving in April and May. Litters average three kittens, born blind and dependent on mama cat for several months.

Recent increased sightings within the Leisure Village community, therefore, can be attributed to the maturity of kittens born last season coupled with prolonged winter nighttime hours that allow the primarily nocturnal cats -- again, similar to the habits of a house tabby -- to roam for longer periods. LV residents can reasonably expect, therefore, to spot the normally secretive bobcat more frequently than might otherwise be the case. This increased sighting rate does not indicate a substantial increase in the overall bobcat population.

Sporting long legs and large paws, a bobcat will average 15-20 pounds with the occasional, uncommonly



File photo

*Increased sightings of Bobcats in the LV Community have led to heightened awareness*

larger article weighing up to 30 pounds. The common name, bobcat, is a reference to the critter's short, six-seven inch-long tail that is always white in color with a black tip. That bobbed tail is the chief indicator, in addition to its much smaller size, to differentiate the relatively tiny feline from its' considerably larger cousin, the mountain lion, Southern California's only, other wild cat species.

Chief Manny Segovia, Leisure Village security supervisor, said his department response to most wildlife sighting reports will result in counseling regarding our close proximity to wildlife habitat, smack against the Conejo Creek barranca and surrounded by the Conejo Mountains and Las Posas Hills.

Observations of a more serious nature, such as a sick or injured

animal, or even more crucial cases such as animal actions that directly threaten residents, can result in LV security personnel contact with Camarillo City Animal Services officers for advise and direction, or if required, direct, in-person assistance, depending on the situation.

"We can capture and relocate rattle snakes (for instance), but for other, larger animals we will get help from animal control," Segovia said.

Nevertheless, a resident who spots a bobcat in the back yard and wishes it captured and removed as a matter of course is out of luck. It is best to remember that Leisure Village was the bobcat's back yard long before we moved in.

In ancient times, cats were worshiped as gods. They have not forgotten that.

**VILLAGE VOLUNTEER** *From Page 1*

She said she couldn't because she had no numbers in her phone." Sharon's smart phone helped solve that. She gently approached an elderly woman who wouldn't leave her cot. Slowly she admitted to Sharon that she had forgotten to bring her much-needed cane when she was evacuated from her home. Sharon alerted the Red Cross staff who provided wheelchair assistance.

The shelter was home for nearly three weeks to more than 230 people -- young and old, wealthy and home-

less, healthy and ill, Sharon says. Her goal was to make short-term positive connections with these vulnerable fire victims. A young man in bloody pants lay on a cot silently staring at the ceiling for hours. Eventually, he told her he'd been homeless, was having "flashbacks" and wished he had clean clothes. Sharon suggested they find replacements in the busy clothing warehouse, and he did. When she noted the warehouse needed volunteers, the young man nodded and began to help. After that, he stayed busy and smiling.

Sharon Shou has lived in Leisure

Village 16 years, working full time in corporate vocational rehabilitation until her retirement in June. But resting was not her style, which is why she chose to complete her professional counseling license. The Ventura shelter was her first assignment; she worked from 7:00 AM to 5:00 PM with few days off until December 21. "It was exhausting and inspiring," she explains. "So many giving so much -- food, haircuts, clothing, 80-year-olds playing with little kids. I want everyone to know how much can be accomplished when we help each other."



# Life in Paradise

*By Rick Wilkman*

If you took a survey of residents on what attracts them the most to Leisure Village, a common response would be the beautiful landscape and great expanse of turf grass that can be seen throughout the Village.

Ask the same residents what they think of drought-tolerant planting, many would say they don't like the idea of black plastic covered with white rock and a sparse planting of desert vegetation.

Living in paradise comes at a price. A significant portion of our HOA fee goes to maintaining the turf grass we have in the Village. The 2016 Master Plan from the Long Range Planning Committee

recommended implementing more drought-tolerant landscaping. So the Building and Grounds Committee came up with the idea of offering an alternative to reducing the amount of turf grass in the Village while retaining a beautiful landscape.

We call it a "Water Wise Concept Garden." It is a garden that will give our residents a visual display of plants that can be placed in selected common areas complimenting the existing landscape while reducing the amount of turf grass. Plants are selected for color and flowers ranging from blue, green, red, and white with a variety of structure and growth pattern. All plants are easy to maintain and use less water.

This "Water Wise Concept Gar-



Photography by BUD BRADLEY

*Even in the earliest stages, budding plants in the Water Wise Garden show off their potential for beauty and conservation.*

den" is planted adjacent to the West Parking Lot in front of the tower. All plants are paid for by donations from the Women's Club and this

newspaper. You are invited to stop by and see that a water wise garden can be more than white rocks and a few succulent plant



*LV Travellers paused during the tour of Edwards Air Force Base, home to an array of fascinating NASA and USAF aircraft.*

## Travel Corner

*By Carol Moody*

Happy 2018 to all. In case you missed it, we had two very successful sold out tours last month. The first was a fabulous tour to Edwards Air Force Base, and we were lucky to have with us several villagers who once lived and/or worked there. Watching the planes land from the flight line was especially rewarding for me. The second trip, to the LA Zoo, put each of us in the holiday spirit. From a delicious meal with carolers serenading us, to the interesting display of lights put on by the Zoo. Simply amazing...

On January 23 at 1:30 p.m. in the Garden Room, join us for a presentation on our trips to Hoover Dam, Yosemite, Alaska and Queen Mary/Catalina. On February 6 at 1:00 p.m. in the Garden Room, join us again for the presentation on Sunny Portugal and Canadian Rockies. Please stay tuned for many more day and short overnight tour options. In addition to the above trips, please check out the following tours also on sale now:

- Santa Anita Race Track - February 1
- Chocolate, Chocolate, Chocolate - February 7
- New Orleans and Cajun Country Tour - February 6 - 11
- Glendale Ctr.Theater - Joseph and the Amazing Dreamcoat - March 3

*The Travel Window is open Tuesdays through Thursdays 9:00-11:45 a.m.*

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# CLUB NEWS



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Photo by PATRICK MOORE

*The new "Bowtie in the Sky" – LV's state-of-the-art emergency antenna drew residents to the Club's Open House.*

## WRITERS CLUB

*By Harvey Brosler*

Elections were held at the December 18 meeting. Officers for 2018 are: Larry Kalisher, President, Harvey S. Brosler, First Vice President, and Larry Brown, Second Vice President. Suggested topics for 2018 were handed out. Members may write on any topic, fiction or nonfiction, or use the suggested topic for that day. The Club meets every Monday at 1:00 p.m. in the MPR, beginning with the first meeting of the year on January 8. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate. No special ability or prior experience required. Stories of The Month are displayed just inside the entrance to the Village Library. Contacts: Larry Kalisher 465-0042, larry.kalisher@gmail.com or Harvey Brosler 465-0006. hsbros@roadrunner.com.

On Wednesday, December 13<sup>th</sup>, the award was presented at the Club's Holiday Party. There were prizes, refreshments, and time to reflect on our Open House with photos taken by Ed Vasquez.

The contrast between the old antenna and the new "Bowtie" antenna is dramatic. To all the residents who donated to the project, we want to say thank you for making a big difference in our communication capability. Our upgraded ham radio station is now a premier facility in the Ventura County emergency services network. We look forward to using it more and more. We want to wish you a healthy and happy New Year!

## THE AMATEUR RADIO CLUB

*By Jonathan Fox*

The LV Amateur Radio Club received its first award from the International Amateur Radio Union. As a club, KJ6LV was awarded the Worked All Continents certificate. A confirmed contact must be made in all six of the world continents. For North America, we had Canada, South America was Argentina, Oceania was Australia, Asia was Asiatic Russia, Europe was Luxembourg, and for Africa, we worked Morocco.



# CLUB NEWS

## WOODSHOP

*By Bud Bradley*

If you have a desire and can demonstrate safety skills with basic equipment, a sander, scroll saw, band saw, drill press or chop saw, consider joining our group of novice woodworkers. The Woodshop Annex is now ready to use and is set up with basic power tools to allow you to play with wood and create a memory.

If you are a skilled craftsperson and can demonstrate those skills,

you can gain access to and utilize the more complex tools in the main Woodshop.

If you have questions or would like to join our group, please call Ron Quick, (805) 603-8456. Our

Woodshop Committee Members are available on Tuesdays and Wednesdays from 10:00 a.m. until 12:00 Noon to repair most wood items for Villagers. We gratefully accept donations to help defray the cost of

normal materials and supplies.

Through the first 11 months of 2017, the Woodshop has completed:

Resident projects:	278
LV/Club projects:	65
Quickie projects:	40



Photo by BUD BRADLEY

*Our new Rockler Box Joint Machine is now in our main workshop. Ron quickly demonstrates proper use, so the Villager can use the tool and enjoy the results.*

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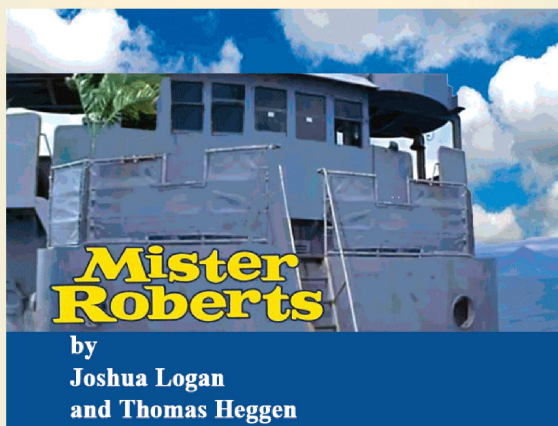




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01LV04B

**CLUB NEWS**

**WOMEN'S GOLF**

*By Patti Crichton*

January! How fortunate we are to be golfing instead of shoveling snow! January 10th is our second annual Edith Dowsing Memorial Tournament. Last year the trophy went to the winner of the Niners, Jaclyn Claros. This year, an Eighteen year old will be eligible to win the award. (We are taking turns.) January 7th, 24th, and 31st are regular weekly tournaments. Please remember to double check and sign your score cards! Men's Golf is hosting a special event on Saturday, January 27th. The Chili Bowl will be a mixed tournament followed by a tasty chili luncheon. Sign up and buy your tickets!



Photo by PATTI CRICHTON

*Windy hair day on the golf course.*

**VETERAN'S CLUB**

*By Paul Herring*

LV Veteran's Club is back and we are planning an awesome year of informative and entertaining guest speakers. Our first meeting of 2018 will be January 25 at 7:00 p.m. in the MPR. The January guest speaker will be Maja Wolfe, a representative of Ensemble-Words-Matter, powered by Clear Captions. She will demonstrate a captioned phone that displays text of conversation so you can SEE and HEAR what callers are saying to you.

The presentation is not a sales pitch. Information will also be provided about how you may get

this phone for free. Snacks and coffee provided.

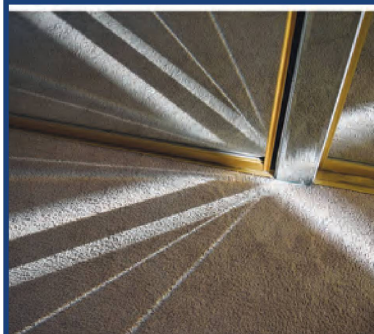
**LV PHOTO CLUB**

*Previously Camera Club*

*By Rita Linsey*

The Camera Club has a new name. We are now the "LV Photo Club". We are having new assigned categories in 2018. We started the year with "Still Life" in January. On Thursday, February 1 at 6:30 PM in the MPR our Assigned category is "Portraits." Visitors are always welcomed. Club dues are only \$10 a year. Contact: Ken Lauchner, 491-2432, ken.lauchner@roadrunner.com or Rita Linsey, 484-8653, rdlinsey@gmail.com

**CAMERA CLUB WINNERS • ASSIGNED CATEGORY**



■ 1st— Marlene Votion



■ 2nd— Doug Demers



# CLUB NEWS

## IN OTHER WORDS

By Frank Seiden

We extend our condolences to our member Al Beaudry, who lost his wife in early

In early December. Al has provided us with poems to discuss for the last couple of years.

We'll return in January with the holiday spirit still warm in our minds and with hope for a good year ahead. We start the New Year with beginning lessons in creative writing and will grow in depth over the next couple of years. Some say there are rules to writing, but there are exceptions to almost all of them, so I consider them as guidelines.

Our meetings will be January 10 and 24 in the Lanai Room from 2 to 4:00 p.m. We look forward to seeing you all with your stories and poems whether or not about holiday experiences.

## BILLIARDS CLUB

By Patrick Price

The Billiards Club will host a Scotch Doubles Tournament beginning Monday, February 5 and continuing to the 15th. Scotch doubles is a game of pool with its own rules. Randomly paired partners alternate shooting until one misses in their "inning." Then, the opposing team does the same for their inning. Sign-up sheets will be posted in January. Also, in January, we plan to practice the rules during the popular Thursday night round robin. Be there at about 6:00 p.m. to sign-up and hear the rules. You don't have to be a member of the Billiards Club to participate in the round robin practice to learn pool. LRC is available for those not playing pool. The Billiards Club will not have a membership meeting in January.

## WOMEN'S CLUB

By Louise Romero

The Women's Club will start the New Year meeting on January 11, at 1:30 p.m. in the AR. Marilyn Lazik will present Sholem Aleichem's "Storyteller." This story transports us into the life of a small Jewish village in Russia, but leaves us with a universal theme for all ages. Aleichem is a master storyteller, creating characters, conflicts and resolutions that bring both laughter and wisdom to his audience.

Marilyn Lazik graduated from UCLA in theater and English and has performed in many productions around Los Angeles and Ventura County. Don't miss her performance! Boutique, Vintage Jewelry and See's Candy sales will precede the meeting at 1:00 p.m. Bring your Food Share donations.

Join the Social Workshop on Tuesday, January 9, 16, and 23, anytime from 9:00 to 11:00 a.m. in the MPR. Boutique hours and day is from 10:00 a.m. to 2:00 p.m. in the MPR are Wednesday, January 17, 4:30 to 6:30 p.m. in the AR Lobby.

Fundraiser sales of Axxess Cards and book, offering 2-for-1 savings are available. For information contact Shearon Millar, 805-603-2773.

## SINGLE ACTIVE SENIORS

By Lee Edwards

Happy New Year! I hope everyone had a good holiday and I look forward to seeing many of you at our first dinner in 2018 – Tuesday, January 9 at Ottavios at 5:00 p.m. Please call me for your reservations: Lee Edwards, 805 484-3289. See you on the ninth!



Yummy cake to celebrate 5th anniversary of Bowling.

Photo by JERRY SPECTOR

## WII BOWLING

By Ginny Bryce

At the December 12<sup>th</sup> Annual Meeting and potluck luncheon, the following trophies were given:

- David Kiefer - First 300 game
  - Barbara Bell & Sylvia Edmonds 800 series
  - Sylvia Edmonds - 300 Queen
  - Edithe Walsh - Best Attendance
- Also, trophies were presented to

those people who have continuously bowled since the Wii Club's inception five years ago. A big thank you to Sharon Lubracki for making the lovely Anniversary cake.

Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House. It is open to all. Come join us. Occasionally, tournaments are held for those interested, both in-house and with other senior communities. For information, please call Joan Levy at 805-482-6871, or Barbara Bell at 805-388-2264.

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# CLUB NEWS

## THE MAVERICKS

By Margo Secia

The Mavericks "Winter Ball" Dinner Dance will be held on Friday January 26, 2018 at 5:30 p.m. in the AR. Tickets are available now for \$30.00 per paid-up member and \$35.00 per non-member. Your tickets can be purchased by calling John Wirtz at 384-8508, Ruth Stubba at 496-7188 or Geri DeSimone at 402-1465. The last day of ticket sales will be Tuesday, January 23, due to the date the caterer would like a head count. There are 180 tickets available for this event and no tickets will be sold at the door, so make your plans early.

Our caterer for this wonderful dinner is "Command Performance," which is the exclusive provider for food events at the Reagan Library. The choice of entrée is Slow Roasted Beef Burgundy Tips, Classic Chicken Piccata or Parmesan Risotto

Cakes. Included with each entrée is a Baby Caprese Salad with Garlic Focaccia Bread, Mashed Yukon Gold Potatoes and Grilled Vegetables. Dessert Platters will be served at each table. Wine, beer, coffee and soda will be provided but, as always, you may BYOB.

The evening will begin at 5:30 p.m. with a hors d'oeuvres station, with dinner being served at 6:00 p.m. We are happy to have great music from "The Piano-man" for your dancing and listening pleasure.

Please calendar this dinner/dance and come enjoy our very special party we have every January and start the New Year off right with great food, friends and entertainment.

## MEN'S GOLF

By Joseph Benti

Club President Gerry Sarno says the recent experiment to hold the monthly meeting at noon instead of

2:00 p.m. resulted in an improved turnout. The Club's Board will consider whether or not to make the change permanent. There is some question if the "free pizza" featured

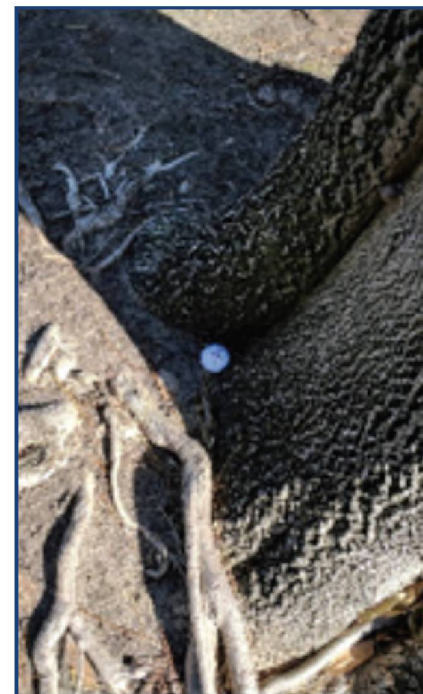


Photo by JOSEPH BENTI

"Unplayable lie," can look like this. Ball bounced into sand trap to the right, then bounced out and down the hill to rest by this tree— a one-stroke penalty to lift the ball, drop it no closer to pin and end with a sparkling five. And they call this fun? Sorry, I mean golf.

at that meeting will continue because of the cost. A reminder that the club will host the Chili Bowl Tournament, with the players from the Women's Club as guests on Saturday the 27<sup>th</sup>. Chuck Dolan and Gerry Sarno will be selling tickets starting in January. Total cost is ten dollars, one for golf and nine for the chili, Brats, wine, beer and soda to be served in the AR after the Tournament.

By the way, this is what an "unplayable lie," can look like. Yours truly managed to land a fine second shot on the green on the 9<sup>th</sup> hole, but the ball bounced into the sand trap to the right, then bounced out and down the hill to rest by this tree—a one-stroke penalty to lift the ball, drop it no closer to the pin and end with a sparkling five. And they call this fun? Sorry, I mean golf.

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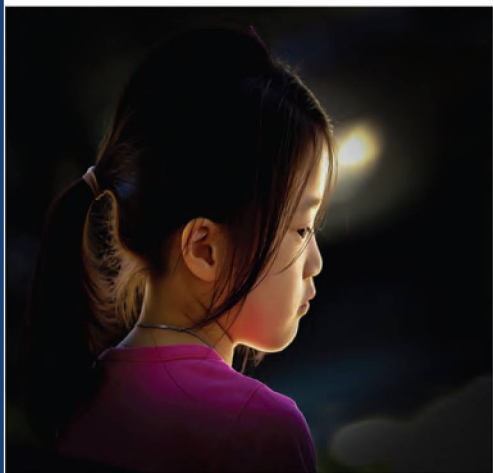
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# CLUB NEWS

## CAMERA CLUB WINNERS • OPEN CATEGORY



■ 1st— Frank DeSimone - Reflect



■ 2nd— Chris Hans - Lonesome Highway

## RACQUET CLUB

By Len Zakas

**BACKHAND Clinic for Paddle Tennis and Pickleball - Friday, January 26.** Sign-ups start January 15. More details and start times will be posted on the bulletin board. If you play both sports, sign-up for one sport only. Dues for 2018 must be paid to participate. Max participants: 24. The rain date is February 2.

2018 Racquet Club \$7 membership is due (cash only). See Sunshine on the courts.

No meeting in January. The next meeting is Wednesday, February 14 at 7:00 p.m. in the MPR.

Your 2018 officers are: Trish Zakas, President; John Peterson, Vice President; Sunshine Peterson, Membership; Sharon O’Conner, Treasurer; Dirk Field, Secretary; Merle Ruiz, Hospitality.

Round Robin play times for paddle tennis and pickleball are shared on Mondays and Wednesdays at 3:30 p.m. Check the bulletin board for practice buddy list to increase your weekly practice and playing time.

**PADDLE TENNIS:** Intermediate Open Play each Tuesday, Thursday, Saturday and Sunday at 9:00 a.m... Round Robins per above and bulletin board. Questions: email [Trish@vcnet.com](mailto:Trish@vcnet.com).

**PICKLEBALL:** Intermediate Open Play each Monday and Wednesday at 9:00 a.m. and Tuesdays, Saturdays and Sundays at 3:30 p.m.; Round Robins per above and bulletin board. If new to the sport, email Trish@vcnet.com.

**TENNIS:** Email Merle at merlruiz20@gmail.com

## PLAYER’S GUILD

By Stan Reshes

The holiday season has passed and now Players Guild gears up for a brand new year of entertainment by and for our outstanding, talented Leisure Village residents, and what a group they are! Familiar faces, new faces, and they all are excited to “strut their stuff.” Joyce Belcher has put together a great show for January, “Entertainment Night” and what is unique about this show is that the entire cast will be performing the songs of their choice, which includes our fabulous dancers. Mark the date (in your NEW calendars): Thursday, January 18, 2018 7:30 p.m. in the AR. And if you are not already a PG member, you can sign up that evening for the ridiculously low price of \$10 for the entire year. All of this and refreshments after the show. Happy New Year!

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# CLUB NEWS

## LV RV CLUB

By Jean Tucker

LVRV Club celebrates the holidays with a wonderful dinner at Jessica's Café. See our Facebook page for more pictures!

Join a group of residents with an interest in traveling and camping in a Recreational Vehicle (RV). We meet on the second Tuesday of the month at 7:00 p.m. in the Santa Rosa Room to socialize and exchange information on maintaining and traveling in an RV. Additional social events and RV camping trips add to the fun. You don't have to own an RV to join us!

### Future Events and Campouts:

**January 26-28** Hobson Beach Park. Get some sand between your toes. Make your own reservation through Ventura County Parks website.

**February 24-26** at Ojai Camp Comfort. Hug a tree, take a hike!



Photo by JACK MILLER

Make your own reservation through Ventura County Parks website..

**March 6-8** for Derby Day at Santa Anita Race Track. This event was so successful last year that we are repeating it for 2018. (See pictures on our Facebook page) We dry camp at the race track, take a tour of the track and paddock area, have a catered lunch on Derby Day and take our chances on the races. Save

*New officers Bob Zarit and Jim Bowls enjoy the Zahns company.*

the date on your calendar and look for more info in the future.

For more campout information, contact Jack Miller @ 805-233-7796.

## SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Happy New Year to all. This is the time of year to think of changes in our lives. Exercising is on the top of the list. Dancing is great for your mind and body, so please join our Saturday Night Dance Party. Not only will you exercise, but you will have fun meeting new people. Our normal dances are the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month.

On January 13<sup>th</sup>, the Ralph Mathis Band will kick off the New Year, and on January 27<sup>th</sup>, Dance Masters (let's party) will perform. The dance begins at 7:30 to 10:00. The admission \$10.00 per person. Coffee, punch and fresh popcorn provided, along with some refreshments. We still are giving our 3 bottles of wine at intermission. Remember, we are here at Leisure Village, so you do not have to travel. See you there!

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**as hospital beds?** Definitely not! Hospital beds are used for raising and lowering the patient's body out of the bed and have permanent retaining rails. In hospital beds, you can't sleep with with a partner, as they only come in twin size. On the other hand, adjustable beds come in ALL sizes, including a range of basic to deluxe models. They are designed to fit YOUR lifestyle. For example, some of today's modern adjustable beds come with massage units, programmed sleeping positions, iPhone compatibility, whisper quiet motors, and heaters. They are engineered to withstand thousands of adjustments and come in a variety of firmness levels. Another great feature is that you can even use your current furnishings.

**Buy American!** When choosing the correct adjustable bed, it's important to purchase American Made adjustable beds. Low price import brands can break down easily. Leggett and Platt is a highly respected and well-known manufacturer with 30 years in the industry. (www.leggett.com)



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01/13/2018



# CLUB NEWS



Photo by AL BENDEKGEY

The Pet Club Board presents an oversized check to representatives from Moorpark Zoo.

come all visitors. Club dues are \$5 per calendar year, if you would like to become a member. Contact Ruth Stubba at 496-7188.

## PET CLUB

By Ruth Stubba

The Pet Club ended the year with an enjoyable Holiday Dinner in the festively decorated AR. Richard Weiss played beautiful holiday music on the piano before and during dinner. After our delicious Country Harvest catered dinner, we presented three representatives from Moorpark College Zoo a very large (!) donation check (see photo) and were entertained with fond memories of our fundraiser by a slideshow of photos taken at the event and created, with music, by LV resident

Irv Bergman.

The Pet Club will be presenting another (large!) donation check to representatives from Ventura County Animal Services Camarillo Shelter at our next meeting on Monday, January 8 at 7:00 p.m. in the MPR.

Also, our 2018 Speaker Series program begins in January with speaker Dr. Deena Case-Pall, Ph.D, Companion Animal Behavior Consultant, Consulting Psychologist. She has a fun and exciting opportunity for our club members and will be at the meeting to explain all the details. Here's a hint: she is writing a book and wants our help!

We serve refreshments and wel-

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## SHUFFLEBOARD

By Diane Hawrylo

High scores submitted for an eight frame game in December 2017 were: November 15, Keith Murchland, 128; November 22, Keith Murchland, 157; November 29, Diane Fleisher, 174; and December 6, Keith Murchland, 166.

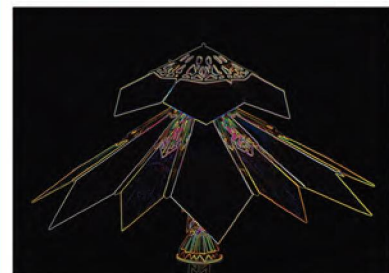
Everyone is doing very well and enjoying shuffleboard at the same time. There is a lot of enthusiasm and interest in shuffleboard. Come on by, and enjoy the fun. We regularly play shuffleboard on Wednesdays at 9:30. Villagers are invited to join. We will teach you if you don't know how. There are no dues and you can practice at any time. Come and join the fun.

A safety note: Because of uneven surfaces, wear only flat shoes, and walk only between the lanes. Never walk across the lanes.


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■ 2nd— Marlene Votion - Tiffany Lamp



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## CLUB NEWS



File photo

Come celebrate the 20th anniversary of Showtyme with *The Wonderelles*, a group of four girl singers, are a Classic 50 and 60 revue.

### SHOWTYME

*By Jerry Spector*

Get ready to rock around the clock with "The Wonderelles," a wholesome, high-energy, elegant 50s and 60s revue that is a blast from the past. From "Johnny Angel" to "Mustang Sally," from "Sugartime" to "Proud Mary," "The Wonderelles" give you a touch

of nostalgia that will leave you with a smile on your face and a song in your heart. The show is completely choreographed, with harmonies and solos. The comedy is hilarious and no one is completely safe from the very fun audience participation. Break out your blue suede shoes and cut a rug with "The Wonderelles"! Friday, January 12. Show starts 7:30 p.m.; doors open 6:45 p.m.; non-members, \$3.00 donation; refreshments served; 50/50 with 2 winners.

### VILLAGE ARTS

*By Patti Crichton*

We are excited to begin a new year with Village Arts. Our first meeting was January 3 at in the MPR. Our guest was Camarillo Art Centre board member and LV resident, Kathy Whitesell. Kathy demonstrated her watercolor techniques and shared some secret tips. Kathy will be conducting a watercolor class, to be scheduled for later in January.

President David Kiefer, will be displaying his art in the Library. Regular art workshops are scheduled for Monday, Tuesday, and Friday afternoons. The Lanai Room is available 1-5:00 p.m. for independent artists. You may use our supplies or

bring your own. Tables, watercolor, acrylic, pastel and collage materials are on site.

We look forward to watercolor artist, Stephanie Fielden at our meeting on February 7. Stephanie has an art background and has been painting and teaching watercolor at the Cancer Support Community for a number of years. She will be offering a watercolor class here at LV in February. You may sign up for the class at the February meeting.

Village Arts membership is only \$10 per year. We have talented artist demonstrations, snacks, and social time, at our monthly meetings. We meet on the first Wednesday of each month at 1:00 p.m. in the MPR, interspersed with special gatherings and events. Come out, experiment, and enjoy art activities with friends!



# COOKING WITH LARRY



## The Silent Smoker

By Larry Swartz

Preferring to remain incognito, the “silent smoker” lives in Leisure Village and roams Camarillo looking for salmon to smoke. No, he doesn’t roll it up in paper but he does season it well and smokes it in his smoker. I’ve tasted it and I can tell you it is a little bit of soft, delicate, lightly smoked heaven; and as it is with most intensely flavored food, even a little taste is extremely satisfying. Al grew up cooking and as he grows older he continues to love to cook... makes his own pickles, sauerkraut just to name a few. When you accidentally run into him at the pool, it’s never “how you doing” - it’s always “what you been cookin’”??? Never “how about those Rams,” always “how bout’ those yams”

So you might wonder why this month’s column doesn’t include a recipe for Al’s Home Smoked Salmon...

well, I said he likes to be “unknown” and I think that makes his Smoked Salmon even better plus “The Silent Stuffer” didn’t quite have the ring I was looking for in a title but, I can tell you his stuffed peppers are also pretty darn good. Actually, it’s the “stuffing” that makes these peppers so special. You could also use it to make stuffed cabbage. Always remember that if a dish can be frozen, make the best use of your time in the kitchen by doubling the recipe and freezing what’s left.

### INGREDIENTS

- 1 medium onion
- 1 medium carrot
- 1 large rib celery
- 2 cloves garlic
- 1 # ground turkey, chicken.
- Pork or any combo of the three
- 1 beaten jumbo egg – free of bruises (sorry, bad joke)

- 1 cup cooked brown rice or wild/brown rice mixture or any rice of your choice except no instant rice
- 3 medium roma tomatoes
- Italian blend seasoning
- 10 oz. can tomato sauce
- 3 chopped Roma tomatoes
- 2 red and 2 green peppers cleaned and prepped for baking

Finely dice and sauté in olive oil the first four ingredients until onion is translucent. Add a few shakes of Italian seasonings and a few grinds of black pepper. Set aside in a bowl to cool. Using the same pan, brown the meat and when almost done, add in the rice. Stir well. Add the meat/rice mixture to the bowl of cooked veggies; when slightly cooled, add egg, a small handful of parsley, 1/4th can of tomato sauce stir well; salt to taste and stuff into the waiting peppers. Top with remaining tomato sauce and chopped tomatoes. Bake covered for 35 minutes@325. Uncover and bake 15 minutes more. Remove from oven, spoon over remaining sauce and serve.

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## An Online Look Into LV’s Past



Photograph by JERRY SPECTOR

Dotti Drew taking advantage of access to ILV historical files.



## Golfers on the DL (Disabled List)



Two veteran members of the Men's Golf Club leaned on their canes as they traded progress reports in a kind of a reunion one recent Tuesday morning. Geoff Millar, on the left, is recovering from hip surgery (his second) and plans to resume playing in early February. John Wirtz, the Club's Chief Starter is recovering from recent medical procedures and says that he, too, hopes to be back in competition in February. —*Joseph Benti*

## HEALTH CORNER



# Lowering your Cholesterol Reduces Heart Attack Risk

By Andy Smith

Because there are seldom signs or symptoms of high blood cholesterol, many people are not aware that their cholesterol level may be too high. People over 65 or at risk should discuss with their doctors how often they should be tested.

### The Two Types of Cholesterol

Low-density lipoproteins (LDL), called "bad" cholesterol, carry cholesterol to all cells in your body, and can build up in the walls of your arteries. Higher LDL cholesterol levels in your blood increases your chances of getting heart disease. High-density lipoproteins (HDL), called "good" cholesterol, helps remove cholesterol from your artery walls, then the liver removes the cholesterol from your body. Lower HDL levels reduces your chances of getting heart disease.

### The Dangers of High LDL Cholesterol

Arteriosclerosis. The buildup of cholesterol, called plaque, can narrow your arteries, and can slow down or block the flow of blood to your heart.

Coronary Heart Disease (CHD). Arteriosclerosis can occur in blood vessels anywhere in your body. If plaque builds up in the coronary arteries that bring blood to your heart, the blood may not be able to bring enough oxygen to the heart muscle.

Angina. The buildup of plaque can lead to chest pain called angina, a common symptom of CHD. It happens when the heart does not receive enough oxygen-rich blood from the lungs.

Heart Attack. Some plaques may

rupture or break open, which can then form a blood clot. A clot can block the flow of blood through the artery, causing a heart attack.

### Prevention

Lowering your cholesterol level reduces your chances of plaque rupturing and a heart attack. Certain foods have types of fat that raise your cholesterol level.

### Avoid:

Saturated fat raises your LDL levels more than anything else. Choose leaner cuts of meat, low-fat dairy and monounsaturated fats, as found in olive and canola oils.

Trans fatty acids (trans fats) are in fried foods and many commercial products, such as cookies, crackers, and snack cakes. Avoid foods with partially hydrogenated oils.

Cholesterol is found in foods that come from animal sources, such as egg yolks, meat, and cheese.

### Things to do:

Eat foods rich in omega-3 fatty acids, which increase HDL cholesterol. Good sources are salmon, mackerel, herring, walnuts, almonds, and ground flaxseeds.

Increase soluble fiber, which helps lower your LDL level. Good sources are oats, oat bran, fruits, beans, lentils, and vegetables.

Add whey protein. Whey protein given as a supplement lowers both LDL and total cholesterol.

Watch your weight. Being overweight tends to increase your LDL levels, lower your HDL levels, and increase your total cholesterol. Regular exercise can help you lose weight and lower your LDL levels.

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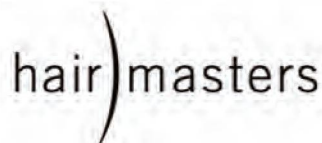
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