



WOW— can you believe another year has passed? We “dodged a bullet” when the wildfires came right up to our perimeter and then extinguished on their own. It was a real awakening for most of us, having never thought of evacuating our peaceful homes. Last month ILV had a very useful article on emergency, “Getting ready,” and this month we address “Getting set” and “Going,” the last elements of a complete evacuation. This useful information should be filed for when the next emergency shows its ugly head.

A bright spot in 2018 was the excellent work of the Inside Leisure Village staff. Rita Linsey, our photo editor, lit up the ILV pages with photo selections from Bud Bradley, Art Akerman, Jerry Spector and others. Patty Ecker, Patrick Moore, Larry Swartz, Joseph Benti and Jerry Sortomme brightened our lives with interesting and informative articles. Barbara Crome enabled residents to advertise their services through our classified ads. All in all, these fine volunteers have served the community well through hard work and superb communication skills. Thank you!

Happy New Year!

— Tim Palmer

The Greening of LV's Electricity

■ New source for local electric power

On February 1, electric power to the Village will become “greener.” That’s when the Clean Power Alliance will join Southern California Edison to provide electrical energy to Camarillo, including Leisure Village.

The Clean Power Alliance (CPA) is a new California power provider that will deliver electricity from clean and renewable sources – such as solar, wind, and hydroelectric power. Last February, the Camarillo City Council voted to join the CPA, which now partners with Edison to meet local energy needs.

Residents are unlikely to notice any difference in service. Electricity from CPA-owned wind turbines in Kern County will be delivered to Edison and will be distributed through the existing Edison transmission system. Monthly bills to customers, as well as maintenance and repair of the electrical system



will still come from Edison.

LV residents will automatically be enrolled in CPA’s service beginning on February 1 at the lowest of three monthly rates available. The basic charge will provide about 36% of electric power from renewable sources and cost between 1% to 2%

— Please see Page 4

Renewable energy will come to Camarillo from various sources such as these wind turbines located in Kern County and owned by the Clean Power Alliance (CPA).

Villager Remembered for Four Decades of Service

By Patty Ecker



The AR was filled. Villagers greeted each other with hugs and laughter. The music was bouncy. Yellow daisies brightened each table as more than 150 residents joined the family last month to share their good fortune of knowing Villager Ernie Ohmstedt. For nearly four decades, Ernie with his wife Barbara enjoyed life here by making it better for everyone else. Ernie died on November 27 at the age of 91, and this was a party to celebrate his life by remembering his gifts to our community. What follows is a sample of his good works – always done with good humor, modesty, and persistence - as shared by his friends. Rita Linsey: One evening in 2011, sitting on the Billiards Patio, Ernie said he had an idea about creating a

— Please see Page 6

Ernie Ohmstedt and his wife Barbara were honored earlier this year by the Ed. & Rec. Committee that he chaired for sixteen years.

Photograph by RITA LINSEY



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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
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 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.

LETTERS

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

HOW TO CONTACT US

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Tim Palmer
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Stacey Jansen
The Acorn Newspapers
805-484-1949 x303

Classified advertising:
Barbara Crome,
482-9097

ABOUT INSIDE LEISURE VILLAGE

Editor: Tim Palmer
Photo Editor: Rita Linsey
Staff: Patty Ecker, Larry Swartz, Patrick Moore
Photos: Bud Bradley, Art Akkerman
Classified Ads: Barbara Crome
Contributors: Joseph Benti, Jerry Sortomme

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

February Edition Deadlines

Deadline for letters, club news, stories, photos and classified ads for the February, 2019 issue is Friday, January 11 at 5:00 p.m. The Display Advertising deadline is Monday, January 21 at noon. Publication is scheduled for Friday, February 1, 2019. Please e-mail stories and photos to 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.

UPCOMING EVENTS

AARP SMART DRIVER CLASS

By Paul Herman

Leisure Village will be hosting an 8-hour Refresher Class of the AARP Smart Driver Program on Wednesday and Friday afternoons, January 16 & 18, from 12:30 p.m. to 4:30 p.m. in the MPR. Contact Paul Herman at 444-6420 for details.

BUDGET TOWN HALL MEETING

The proposed Leisure Village Association Budget for 2019-2020 will be presented to homeowners at a Town Hall meeting on Monday, January 14, 2019 at 7:00 p.m. The details of the Budget will be explained by LV's Treasurer George Jones, and questions from the audience will be addressed. LVA's Board of Directors will take a final vote on the Budget at the February Open Board meeting.

MATTER OF BALANCE CLASS FALL PREVENTION

New FREE, 8 week, Matter of Balance class in LV begins February 7 9:30 -11:30 a.m. Contact Harriet Lit 805-484-9119 for more information about becoming one of the 12 participants.

BRIEFS

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, Jan 07, Carmen and Burnley, 1605 Burnley, 2:00-6:00 p.m., Tuesday, Jan 08, IRS Camarillo Office Bloodmobile 751 Daily Dr., 10:30 a.m.-2:00 p.m., Wednesday, Jan. 9, Salem Media Group in the Bloodmobile parallel with Verdugo Way, 4880 Santa Rosa Road, 10:00 a.m.-2:00 p.m. Wednesday, Jan. 16, JIMS Machining Bloodmobile 555 Dawson Dr. 1:00-4:40 p.m., and Friday, January 25 Sun Air Jets Bloodmobile, 855 Aviation Dr. Camarillo Airport, 10:00 a.m.-2:00 p.m.

IN MEMORIAM

Yetta Brodsky, V. 44
Ann Brown, V. 16
Harmon Cogert, V. 9
Joyce Frazier, V. 5
Peggy Kittinger, V. 17
Shirley Law, V. 30
Patrick Leicester, V. 41
Ernie Ohmstedt, V. 8

To submit a memoriam call Loretta Reshes, 388-7116

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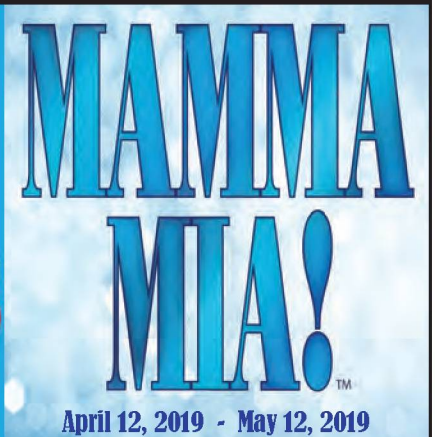


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12LV031

LV Board Considering 2019 – 2020 Budget

By Tim Palmer

On December 13, the Leisure Village Association Board of Directors held a working Board meeting to hear our Association Department Heads present their budget requirements for 2019 – 2020. Each department presented their budget for the upcoming year, with their financial needs and the anticipated increase or decrease in funds required.

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? Can we be sure our money is being spent prudently?

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, led by co-

chairmen George Jones and Merle Ruiz, consists of 12 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 capital 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 allocates 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 (meeting just held).

A town hall meeting will be held on Monday, January 14 at 7:00 p.m. to explain the budget to the community and answer any resident questions. Subsequently, the budget will be voted on by the Board of Directors in their February meeting.

Whatever the budget amount turns out to be, it can be trusted to be what is needed to run and maintain our community in the best possible manner.

LV'S ELECTRICITY *From Page 1*

less than Edison's base rate. The middle tier will deliver 50% clean energy and cost about the same as Edison's equivalent. The 100% renewable energy option will cost an estimated 8% more than that of Edison. Qualified customers will continue to have access to financial assistance, rebates and incentives.

Customers can opt out of the Clean Power Alliance at any time and return to having only Edison provide their electricity. Mailings to residents explaining the changes and rate options began in December and will continue into February.

SoCal Edison says that the two entities are not in competition, but simply will share in providing power to customers. Thirty-one cities in Southern California have joined the Clean Power Alliance, which aims to help reverse climate change by reducing the so-called carbon footprint.

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Photograph by SANDI SELDITZ

From left to right, Lolita Smith, chairperson of the Veterans Committee, Suzan LaFountaine, DAR Regent, Judy Herrera DAR member and LV resident, Dottie Frenchik, LV resident and Knitting Club member.

Villager Honored by Daughters of the American Revolution

By Judy Herrera

Leisure Village resident Dottie Frenchik was honored at the December Conejo Valley DAR chapter luncheon with a certificate of appreciation. Along with her fellow Knitting Club members, Dottie donated over 40 knitted caps and matching scarves plus 17 pairs of gloves for needy veterans in Ventura county.

The knitted items will be a part of gift baskets for Christmas. —Way to go, Dottie!

ERNIE OHMSTEDT *From Page 1*

Village email to share information about clubs and activities, but he hadn't found anyone to develop it. He paused, with a twinkle in his eye, and I found myself volunteering to try. That's how Ernie's eNews was born.

Mannie Abbate: Ernie convinced me to help him create a program of Regulation Golf Tournaments for LV golfers. (For non-golfers, that means playing on regular 18-hole courses around the County.) He suggested I put up the deposit and we'd sign up interested golfers who would pay me back. His idea was a hit. We ran that program together for twenty years. Fortunately, I didn't have to come up with that many deposits.

Cindy Fox: As a realtor, I always show clients the Billiards Room because I can point out that the extensive lighting system over the tables was designed, built, and installed by one Village volunteer, Ernie Ohmstedt. It tells them a lot about the spirit of our residents.

Elliott Sklar: I hadn't lived here very long when Ernie came up to

me and asked me to run for 1st Vice President of the Men's Golf Club. I was a hesitant newcomer and said maybe I should try for 2nd VP. Ernie said, "No, it's a much harder job." I was hooked.

Sandie Foeller: While we were on a cruise, I spent some time at the slot machines and kept losing. So I walked away. Ernie came up to my machine, took two hits, and won \$500!!! Later, he gave me a t-shirt from that cruise to mark my contribution to his win.

Jim Mainland: After a serious eye injury, I was ordered to keep my head down for 23 ½ hours a day for weeks. So I rented a special TV that allowed me to watch with my head down. It arrived unassembled and I couldn't even read the instructions. I called Ernie, who immediately came over, looked at the myriad pieces, and spent an hour on his back putting it together. It's one of the nicest things anyone ever did for me.

Dick Guttman: Ernie was a living example of compassion. Our world needs more Ernies.



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Blood Moon Over the Village



Photograph by ART AKKERMAN

"Spectacular Total Lunar Eclipse, also known as a Blood Moon, should be visible on Sunday January 20, 2019 from 9:12pm to 9:42pm over the east side of our Village as it rises above our mountains."

Are You Prepared to "Ready, Set, Go?"

Leisure Village was lucky. The November wildfires were stopped before they got to the perimeter. What did arrive is the message that residents should make certain that they will be prepared if there is a next time. Whether it's a wild fire, a flood, or an earthquake, Villagers have now been warned – put on alert – that in our community there are actions we should take as independent residents and actions we should consider as good neighbors when another emergency heads our way.

The "Ready" part was explained in last month's issue: the packed emergency kit (with necessities like water, food, medications, copies of important documents, etc.) that is already packed.

To get "Set" requires accurate information, available online, by landline, by door-to-door or a public address announcement by officers driving through the Village. The Ventura County (VC) Fire Department and Sheriff's Department is the only official source of this information. Residents can access it by registering (now) at:

www.vcalert.org
text 313131
805-648-9283

www.vcemergency.com
805-465-6660

Capt. Brian McGrath of the VC Fire Department emphasizes that all information and evacuation orders come only from County agencies, not from the Village Security Team. He advises that residents don't call our Gate officers for information; they'll be involved in assessing and reporting Village conditions to County officials. However, he tells residents, "If you feel unsafe and have a place to go, go!" at any time.

"Go," Capt. McGrath says simply means when residents get an evacuation order – by phone, text, email or a public announcement, they should "Leave immediately" and drive far away from the threat. If residents don't have a destination, such as a relative's house, go to a large parking lot, (i.e. the Outlets) if that appears to be out of harm's way.

Leisure Village adds a unique aspect to "Ready, Set, Go" – our neighbors who are not as mobile as others. VC Community Relations Officer Sheila Norman suggests that neighbors talk to each other now about an evacuation plan that assists those who don't drive or use a walker or wheelchair, so that no one is left behind.

The complete "Ready, Set, Go" Plans for wildfires and floods is available in the Rec Center office or online at www.vcalert.org.

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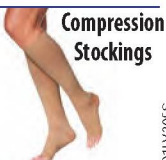
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The previous Racquet Club Open House drew dozens of eager players to the courts. Upper right: Daralyn Rosan and Don Nicksay check out the various paddles. Lower right: Lynn Aune and Carla Molter help Mike Green sign up for lessons.



Racquet Club Open House - Get Healthy and Meet New Friends

By Trish Zakas

The Racquet Club invites you to a fun-filled open house, Saturday, January 26, from 9:30 a.m. to 11:00 a.m. at the courts. The purpose is to introduce paddle tennis and pickleball to new players. Try the paddles, hit some balls, see if you like it - this is a hands-on experience. The first lesson is free in both sports; all equipment supplied by the Racquet Club (RC). For your safety, please wear tennis court shoes.

If, after trying these sports, you decide either one is for you, a package of beginner group lessons and RC membership is available for \$20 (no checks, please). Because of limited instructor availability, Village residents may sign-up for lessons in only one sport. Past experience says sessions will fill quickly.

This event is held once every two years. During the open house, club members will be easy to spot, wearing red shirts with badges that say "Ask Me." They want to help you and answer all of your questions.

Are you a rusty tennis player who wants to get back in the game? Even if you haven't played in 30 years, come to the open house to meet other village tennis buffs who are also starting again. You must have experience, know rules and scoring. Sorry, no beginner tennis lessons are available. Additionally, former ten-

nis players with injuries will find it a quick transition into pickleball or paddle tennis; both are easier on the body. Pickleball/paddle tennis courts are 1/3rd the size of a tennis court, play is in doubles format, and serves are underhand.

In case of bad weather, the open house moves indoors to the Santa Rosa Room, 9:30-11:00 a.m. There you can talk with the instructors, become familiar with the equipment,

watch short training videos and meet other budding players. The club is friendly, welcoming and committed to making your time with them enjoyable.

Wonder what you can do with old tennis and pickleballs? See the club's light-hearted crafts exhibit in the Rec Center atrium display case. It's guaranteed to give you a chuckle.

Questions? Email trish@vnet.com for answers.

REAL ESTATE

Tips on 'Staging' your Home

By Sharron Parker

In addition to good curb appeal, which has been reviewed in the past, here are some simple, affordable staging tips for the inside of your home when getting it ready for sale: Make each room look as spacious as possible. This may even mean putting some items, and even some furniture, into storage or the garage. Remove unnecessary items from countertops, tables, and shelves. Pack up family photos and collectibles as they tend to be distracting to the buyer. Keep decorative objects on shelves, tables, and even sofas in odd number groupings. Make an older looking piece of furniture look quaint and stylish by adding a throw cover. Add life and good looks to just about any living space by adding flowers or a flowering plant. Have the table set with your best china. It can make the buyer want to move in and sit down for dinner! Consider replacing the sink, faucets and toilet to make an older bathroom look much better. It's relatively quick and inexpensive.

Look at your home through the eyes of a buyer and you'll be able to see what changes need to be made. Your local Realtor will be glad to walk through the house with you and may have some helpful suggestions.



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HEALTH CORNER

DON'T BECOME A STATISTIC – 80,000 DIED OF FLU LAST WINTER!

By Janey M. Rifkin

Deaths from influenza in the last flu season (2017-18) was the highest toll recorded in decades. To put this shocking statistic into perspective, flu-related deaths usually strike about 12,000 to 20,000 annually; but during the past winter, an estimated 80,000 Americans died of the flu and its complications. The severity of the disease put more people into hospitals, caused more cases of Pneumonia and more deaths, -- particularly among children and the elderly, according to the Centers for Disease Control (CDC).

Influenza experts knew it was a very bad year; the flu vaccine (which is adjusted every year) did not work very well. They also knew that fewer people opted for protection from the deadly disease by getting inoculated

with the vaccine (now available at chain pharmacies.) Experts nevertheless strongly advise everyone to “get the flu shot!” At the least it makes illnesses less severe and saves lives.

Last year 80,000 Americans died of the flu. But, that is not the worst on record. We have to go back to the 1918 flu pandemic, which lasted almost two years, and killed more than 500,000 in this country, according to historians’ estimate. Today there is a vaccine – and be aware that the flu is highly contagious, and easily transmitted. During flu season we may come in contact with the airborne germs most anywhere.

Do you know how the vaccine works? It takes about two weeks after you receive the vaccination for antibodies to develop in the body. These antibodies provide protection against infection with the viruses



that are in the vaccine. Each season’s variable is determined and prepared to fight the most common strain (or strains) of the disease, according to scientists’ latest research.

Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three viruses: Two influenza viruses (HiNi) and an influenza B virus. There are also vaccines made to protect against

four flu viruses (called “quadrivalent” vaccines.) These protect against the same viruses as the trivalent – with an extra additional B virus.

“There are more Americans and more elderly Americans today than in decades past,” stated Dr. Daniel Jernigan, a CDC spokesman. Many such facts are taken into account when analyzing vaccines that will shape up to be a good match, he explained.

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CLUB NEWS

THE AMATEUR RADIO CLUB

By Jonathan Fox

One of the fun aspects of ham radio is being able to contact many countries around the world. This past year we received a Worked all Continents certificate. One of the most prestigious awards is the DXCC, which is awarded for making confirmed contacts with at least 100 countries or entities. Our quest to achieve that goal is getting closer and closer. Last month we added 14 more - Anguilla, Belize, Bermuda, British Virgin Islands, Chile, Guadeloupe, Iceland, Martinique, Republic of South Africa, Samoa, Saint Lucia, Senegal, Saint Maarten, and the Slovak Republic. With our new total of countries confirmed at 92, we look forward to completing our goal of 100 in 2019.

Our December meeting was a holiday party. Refreshments were served and prizes were given out at our raffle. It was a nice way to end a year filled with a lot of achievements.

You are also invited to join us at one of our meetings, the second Wednesday of every month at 2:00 p.m. in the MPR. You do not need to be a member or have an FCC license. Contact Jonathan Fox at 805-377-3697 or KJ6LV@yahoo.com.

BILLIARDS CLUB

By Patrick Price

The New Year is here and that brings a new schedule of events for the Billiards Club. The first tournament in 2019 will be straight 8-ball. It will start on Monday, February 11 at 6:00 p.m. and run Monday, Tuesday and Thursday for two weeks. Sign-up sheets will be on the bulletin board in mid-January.

The only thing happening in January is the Thursday night Billiards

socials. Scheduled at 6:00 p.m., some shoot pool in the round-robin play while others join in the LCR game in the Lanai room. Non-club members are welcome to come by and participate and perhaps join this fun club. Dues of \$7 are being collected for 2019. Please get your dues paid now to get your name in the Billiards Club book. Look in the BC booklet to see if your contact information is correct. If not, correct it when paying. Checks or cash can be deposited in the box on the bulletin board in the Billiards Room, but ONLY with an envelope and your information, including updates. Envelopes, pencils and paper are available near the box.

LV BOWLING

By Alan Singer

I hope everyone had a great holiday and received nice presents. Now we are back to business. We had our ladder tournament, and this time we had some new winners. They were, in Group A: Gail Singer, my lovely wife; Group B: Bob Argast; Group C: Greg Cannon, and in Group D: Sue Hongsermeier. Congratulations, ladies and gentlemen! It was fun, and you still have time to join and compete for the next ladder - just a dollar to get in and you could win a nice prize, but you have to join the league.

Our holiday brunch was interesting. It was hard to concentrate on bowling, with the delicious food available. We are about to start the second half, but you have time to get in. We have the second half brunch, the ladder tournament, the finals and the sweeper. Call me, Alan Singer at 805-987-7896 if you are interested. Don't miss out.

Side pot winners: Dorothy Berardis, Vi Guzman, Linda Neth, Gail Singer, Dyane Ryder 2, Peggy Rebsch, Clancey Martel, Laura Schweers, Art Titen 2, Alan Singer 2, John Albany, Al Feldman, Bill Foeller, John Hitchcock and Joe Quackenbush.

200 Games Alan Singer 243, 212.

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■ 1st— Art Akkerman — More leaves, Less Teeth Please

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CLUB NEWS

WORKSHOP FOR WRITERS

By Frank Seiden

Yes, we are now officially Workshop for Writers, having received approval from the Education and Recreation Committee. While the former name expressed the creativity in writing, the new name tells what our meetings are about. We not only enjoy the stories and poems read during each session, we encourage each other to improve by discussing the strong points in items read and also discussing weaknesses. We point out the problem posed by the weakness and offer suggestions for improvement. It is always up to the writer to make the change the way he or she thinks best. Discussions range from serious thought to humor and laughter.

The Workshop for Writers will meet on January 9 and 23, the

second and fourth Wednesdays of the month, from 2:00 to 4:00 p.m. in the Lanai Room. Perhaps understanding better what our club does, some ILV readers will be interested in joining, and we welcome visitors who want find out what we are about. In bringing a piece to read, we ask that you bring a dozen copies for distribution so those present may follow the presentation.

LV MUSIC CLUB

By Harvey Brosler

LV MUSIC CLUB MOVIE NIGHT: Hollywood films are shown in the AR from 7:00 to 9:00 p.m. on the first and third Monday. On January 7, the movie will be "The Eddy Duchin Story," a film biopic of band leader and pianist Eddy Duchin. The film stars Tyrone Power and Kim Novak, with Carmen Cavallaro at the piano.

On Monday, January 21, the movie will be "Sister Act". When a lounge singer, played by Whoopie Goldberg, witnesses her mobster boyfriend execute his chauffeur, she is placed in a witness protection program and forced to join a traditional convent where she has trouble fitting in. Admission is FREE to residents and their guests. Popcorn will be provided. Contact: Dick Guttman 805-484-5806.

LV MUSIC CLUB "OPEN MIKE" NIGHT: "Open Mike night" is scheduled in the AR from 7:00 to 9:00 p.m. on the first Friday of each month. The next "Open Mike" night will be held in the AR on Friday, January 4. Play your own musical instrument or play the organ or piano located in the AR before an audience of appreciative listeners. Whether you perform or just want to listen, come for an eve-

ning of music by talented residents and professionals. Admission is FREE to residents and their guests. Refreshments and wine will be provided. Contact: Dick Guttman 805-484-5806.



GROOVIN' EASY BIG BAND: Rehearsals by the 17 piece "Big Band" are scheduled for Tuesday evenings January 8, 15, 22, and 29 between 7:00 and 9:00 p.m. in the AR. Enjoy listening to the music with complimentary refreshments during the break at 8:00 p.m. Admission is FREE to residents and their guests. Contact: Sharon Hames: 805-445-7178.

CLUB MEMBERSHIP IS \$10 FOR A CALENDAR YEAR to cover the cost of free refreshments and any uncovered costs for sponsored events. Members will also receive updates on current activities and information on future events.



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CLUB NEWS



Photo by JOSEPH BENTI

Member Patrick Moore enjoyed the 18th green at Soule Park in Ojai, scene of the Club's last Regulation outing of 2018, unaware that one of his foursome (me) chipped his ball into a cozy spot between the green and the sand.

MEN'S GOLF

By Joseph Benti

The Club lost a legendary member last month with the passing of Ernie Ohmstedt (story on page one). A village resident since 1979, Ernie initiated many of the practices that today's club members probably think were always here—they were not until Ernie got them going. He was the sort of Villager who made our world so much better and he will deeply be missed. His long-time golfing buddy Mannie Abbate shared many of his memories with a full house at our monthly/quarterly meeting, which meant Free Pizza,

and one of our best attendances - about half of our 107 members.

Don Marquardt updated us on the status of the Club's \$700 contribution to the Village to buy new trees, mostly to plant along the course to replace dying pines, and President Sarno reiterated the widespread feeling that tournament and regulation play are being slowed down unnecessarily. He prepared a four point outline of recommendations to speed up play, mostly with common sense and consideration for those playing behind us.

Our next major event is the Chili Bowl Tournament on January 29th, hosted by the Women's Golf Club. Our regular Tuesday tournament play resumes on January 8th.

CLUB NEWS

THE MAVERICKS

By Margo Secia

The Mavericks' "Winter Ball" Dinner Dance will be held on Friday January 25, 2019 at 6:00 p.m. in the AR. Tickets are available now for \$30.00 "FOR MEMBERS ONLY". Your tickets can be purchased by calling Geri DeSimone at 805-402-1465. The last day of ticket sales will be Tuesday, January 22th due to the date the caterer would like a head count. There are 150 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 entrées are beef, chicken or veggie dinners. Dessert platters will be served at each table. Wine, beer, coffee and soda will be

provided but, as always, you may BYOB.

We are happy to have great music from "Dave 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.

PET CLUB

By Jubli Newkirk

Join us at 7:00 p.m. on Monday, January 7 in the MPR to hear animal behavior expert Deresa Teller talk about her experiences training dogs to do Search & Rescue and K9 nose work. With over 40 years' experience training dogs in a variety of settings and for different purposes, Deresa brings a wealth of knowledge and experience to share with us. Her world-wide deployments for searches include

PHOTO CLUB WINNERS • OPEN CATEGORY



■ 1st— Gregg Gillmar — Cabin and Color

multiple searches in California and work after hurricanes and bombings. This promises to be a highly informative and very interesting presentation. As always, you can come a bit early for refreshments and socializing. Non-

members are always welcome to attend our meetings. However, for just \$5 you can join or renew your membership. Put the February 11 meeting on your calendar too: 7:00 p.m. in the MPR.

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CLUB NEWS

LV RV CLUB

By Jean Tucker

The new slate of LVRV Club officers for 2019 was announced at the club December Holiday Party and a round of thank you's and applause awarded to the outgoing officers. The new officers for 2019 are: Brenda Sears, President, Jeanine Ryan, Vice President, Holly Baker and Mike Gross, Co-Secretaries, and Susan Rockwell, Treasurer.

The next meeting of the club will be on January 8 at 7:00 p.m. in the Santa Rosa Room of the Clubhouse Annex building. Come join us for a convivial evening of conversation, wine and cookies with fellow RV enthusiasts.

The next club event will be a camp-out at Hobson Beach on January 25-27. Make your own reservations on the Ventura Parks website for the Hobson Beach RV park and join us for a relaxing weekend on the beach.

Jolly Ball Group



Photo by ART AKKERMAN

Another fun day in the pool playing volleyball.

PLAYER'S GUILD

By Stan Reshes

Get ready for another tune-filled evening of song and dance with Players Guild's January 2019 production of "Entertainers Night."

Our talented cast will be singing their favorite songs and our "Tappers" will be strutting their stuff as well. It all takes place 7:30 p.m. Thursday, January 17 in the AR. And as always, those delicious goodies after the performance. Let's keep these great shows coming by becoming a member of Players Guild, if you're not already one.

RACQUET CLUB

By Len Zakas

Leisure Village Residents and Racquet Club Members will find the latest information about events, approved court designated play day/time schedules, and sign-up sheets on the bulletin board. Members also receive this information in a monthly email. Here are the highlights:

Mark Saturday, January 26 on your calendar for the Racquet Club Open house, rain or shine. We need 17 club members to volunteer to work from 9:00 a.m. to 11:30 a.m. that day helping during the event. Volunteer sign-up sheets are on the court bulletin board. Read more about the event in an article in this month's ILV.

The new Racquet Club 2019 Board Members are John Peterson, President; Sybil Totten, Vice President; Sharon O'Connor, Treasurer; Deb Beltran, Secretary; Sunshine Peterson, Membership Chairwoman; and Parker Vizzard, Hospitality. Carolee Jones will be the new writer for eNews and the Inside Leisure Village column. Contact her for any Racquet Club news you want included in each month's publication.

Sunshine is now collecting 2019 membership dues of \$7 (cash only). The next general meeting will be Wednesday, February 13, at 7:00 p.m. in the MPR.



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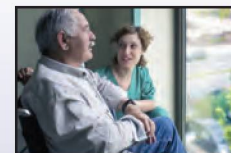
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CLUB NEWS

SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Happy New Year to everyone. Now, after the parties, we need to shed a few pounds. Dancing is a great exercise for your body and mind. The volunteers have worked hard to make sure you have a good time at the dances. We have professional musicians, dance lessons, decorations and wonderful refreshments. We would like all the villagers to give us a try. The dances are held on the second and fourth Saturday of each month and the fifth when it falls on a Saturday. Lessons are included in the \$10 per-person admission, starting at 6:30 p.m. and dancing from 7:30 to 10:00. The January schedule: 1/12 John & John Duo (kick off the New Year) -Tango lessons, and 1/26 Dance Masters (winter wonderland) - Waltz lessons.

Thank you all for attending our dances. Jackie, Louise and myself (Andrea) hope to see you there with a big smile and happy feet.

SHOWTYME

By Jennifer Stein

Showtyme Presents....On The Red Carpet with Rick Jarrett. LIGHTS... CAMERA... ACTION. Let's start the New Year off with a "Bang!" It's January, 2019 and we are going to celebrate the New

Year with one of our favorite entertainers...Mr. Rick Jarrett. So, ladies & gentlemen, get all dressed up and get your picture taken on The Red Carpet with Rick. It's your opportunity for creating memories of fun and great music, all captured on your own personal picture.



Rick Jarrett

If you are new to Showtyme, then this is your opportunity to meet Rick for the first time. And, if you have had the pleasure of seeing Rick before, then it's always a treat to experience his talents again. So, please join Showtyme on Friday, January 11 at 7:30 p.m.; doors open at 6:45. Members, no charge; non members - \$3 donation. Membership for the year is still \$10 per person...what a deal! 50/50 raffle & lots of goodies after the show. DON'T FORGET TO GET ALL DOLLED UP FOR THE CAMERA - IT'S FUN!

SINGLE ACTIVE SENIORS (SAS)

By Lee Edwards

Happy New Year!! For our first New Year dinner for 2019, we will meet at Ottavios on January 8 at 5:00 p.m. Our dinner date is always the second Tuesday each month. Please call me at 805 484-3289 to confirm your reservation.

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CLUB NEWS

VETERANS CLUB

By Lou Cappadona

We are not meeting in January 2019. We planned to have speakers about the changes and choices in our 2019 electricity rates from So Cal. Edison and the Clean Power Alliance.

Since such a program will be of special interest to an electricity dependent community like LV, Carol Moody is trying to arrange it for the large AR. John McGava, our Veterans Club President, and his committee are exploring changing our 7:00 p.m. evening meetings to lunch time. We will keep you informed of any changes at our next meeting date. Veterans Club meetings are open to all residents, not only Veterans. We schedule speakers on a wide variety of subjects.

Whether you are a veteran, related to a veteran or just want to keep up on subjects of interest, it's a great way to meet new people and share experiences.

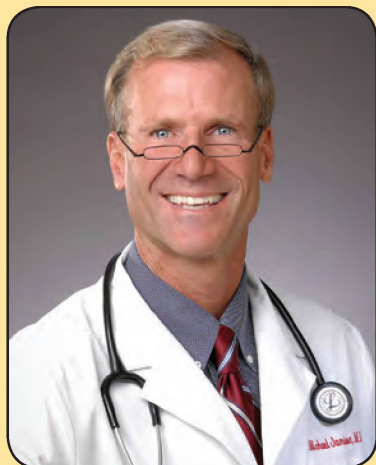
VILLAGE ARTS

By Patti Crichton

Welcome to the New Year, and we hope you will enjoy a creative and prosperous one. We enjoyed the watercolor demo by talented member, Kathy Whitesell, at our January 2 meeting, and her follow-up watercolor class. Thank you, Kathy!

We also have a watercolor class by Stephanie Fielden on January 15, and a watercolor class by Nahzy Tabrizi on January 29. If you didn't sign up at the meeting, please call Patti at 805-482-6810, to see if spaces are available.

The February meeting for Village Arts will take place at a different location: The Camarillo Art Centre, 3150 Ponderosa Drive, at the corner of Ponderosa and Eston, Please come and bring 2-3 paintings to hang in the CAC. We have been invited to display our art there from Feb. 6-24. This a great opportunity to share our art with the Camarillo community. Please come and we will have our monthly meeting, refreshments, visit, and hang our art. Meeting starts at 1:00 p.m. See you there!



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CLUB NEWS

WOMEN'S GOLF

By Patti Crichton

The President's Cup winners were announced at our December Holiday luncheon: 18'ers top player is Ann Thomas and 9'ers winner is Judi Kiskaden. Your names will be etched on the President's Cup trophy in the courtyard glass case. Congratulations!

The Edith Dowsing Memorial Tournament will take place on January 9. This year a Niner will win the trophy for the best low net score. We alternate 18'rs and 9'ers each year. Good luck! Our monthly meeting is in the Garden Room on January 9 at 2:00 p.m. Come early for refreshments, a visit, and buy 50/50 tickets.

Please mark your calendars for Saturday, January 26th as Women's Golf is hosting the Chili Bowl. This is a mixed golf tournament of men and women teams, followed by a tasty chili luncheon. Prizes will be awarded for the best chili recipe, decided by voting.

Regular weekly tournaments are on for January: 16, 23, and 30.

WOMEN'S CLUB

By Louise Romero

The Women's Club will start the New Year meeting on January 10, at 1:30 p.m. in the AR with Installation of Officers. After the general meeting, Jason Stoll will perform. Jason Stoll, an accomplished pianist, has garnered many praises and awards for his performances throughout his career. He has performed solo recitals and orchestral concerto appearances throughout California, Canada, and the United States. You don't want to miss Jason's imaginative and inspirational musical concert for your enjoyment.

See's Candy sales are Wednesday, January 16, in the AR Lobby, 4:30 to 6:30 p.m. Assorted choco-



lates, peanut brittle and chocolate mints are available at a discount and delivered on request by calling Loretta Reshes, 805-388-7116 or Barbara Crome, 805-482-9097.

Boutique is dark for January, and the Social Workshop is suspended due to non-participation. For information, call Shearon Millar, 805-603-2773.

Fundraiser sales of 2019 Axxess Cards and book are available for \$30. A great way to start saving in the New Year with many local merchants offering 2-for-1 savings and other discounts. For information, contact Shearon Millar, 805-603-2773.

February meeting preview: Steve Nicholas, "Mind Reader," will perform. Sound intriguing and mysterious? Be sure to attend and find out if he can read your mind!

WOODSHOP

By Bud Bradley

WE WISH YOU ALL A HAPPY AND PEACEFUL NEW YEAR. The Woodshop welcomes residents who are interested in joining our group of woodworkers. If you have interest and can demonstrate basic safety skills with equipment you wish to use, such as a sander, scroll saw, chops saw, band saw and drill press, please call Ron Quick at 805-603-

8456. We added 2 more keyholders to the woodshop in November.

On Tuesdays and Wednesdays, between 10:00 a.m. and noon, you will find our Woodshop Committee members available to repair most wood items for Villagers. We gratefully accept donations to help defray the cost of normal materials and supplies.

We continue to make improvements, with an eye towards safe working conditions. The entire Woodshop dust collection system is now automatic.

Through November 2018, the completed Jobs are as follows:

Resident Projects	249
LV/Club projects	54
Quickie projects	66

The Annex is set up with basic power tools and continues to add and update equipment and supplies. If you are a skilled craftsperson and can demonstrate those skills, you can gain access to more complex tools and equipment in the Main Wood Shop. We have added "Alexa" to the staff of the Woodshop for the keyholders. Come by and meet her. Finally, a reminder to current keyholders - should you have completed a project that you would like to highlight, we will post a photo of it on the bulletin board outside the shop. Email your photo to Bud Bradley at Hipbud2@gmail.com, or bring a photo to the woodshop Tuesday or Wednesday a.m..

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How Aging Affects Our Feet

By Andy Smith

Henry David Thoreau once wrote, "An early-morning walk is a blessing for the whole day." From sunup to sundown, we rely on our feet constantly to get us wherever we need to go. They are undoubtedly the unsung heroes of the human body, but over time, age-related changes - not to mention normal wear and tear - can take their toll. And for some older adults, being able to walk at all is a blessing in and of itself. So, what exactly changes with our feet as we get older?

To start with, there's a decrease in collagen production which causes the natural cushioning of the feet to diminish. Without this padding, the feet lose their ability to absorb shocks, often leading to severe soreness and pain when walking. Blood circulation can also begin to slow as we age, especially for those dealing with diabetes, vein disease, or other conditions. Proper circulation is crucial in

keeping the human body healthy, and when the feet don't get the blood supply they need, several problems can arise - severe swelling being chief among them. Arthritis, particularly in the big toe or top of the foot, can lead to stiffness, dull aches, and decreased range of motion.

While all of these changes are certainly common, seniors should not assume that foot pain is to be simply tolerated. Seniors can take steps to care for their feet, reduce their risk of the aforementioned problems, and maintain their independence. With these tips, seniors can embrace Thoreau's words and enjoy all that the day has to offer.

Foot Care Tips for Seniors

- Invest in proper footwear that conforms to the foot (not the other way around). Comfort is certainly key, but flexibility is also important. It's highly recommended that seniors buy shoes that have a half-inch gap between the tip and the longest toe.
- Take regular walks, paying par-

ticular attention to proper posture (head erect, back straight, and arms swinging).

- Have feet checked frequently by a podiatrist, especially if diagnosed with diabetes.

- Wash feet thoroughly with soap and water, especially between the toes. It's also imperative that they are dried thoroughly to help prevent fungal infections.

- Use lotion after washing/drying to reduce the risk of the skin becoming dry and cracked.

- Avoid walking while barefoot, to help avoid cuts and scrapes.

- Ensure proper toenail maintenance by cutting across the nail and avoiding trimming the corners.

- Promote proper circulation by stretching daily, keeping the feet



propped up, and wiggling toes after sitting for long periods of time.

- For any acute foot pain, apply the RICE treatment: rest, ice, compression, and elevation. Seniors should get off their feet, put ice on the injury for 20 minutes every hour, wrap it with a bandage, and keep the foot above the knee.

It's easy to take our feet for granted, but there's no denying that they play an essential role in maintaining our overall independence.

CLUB NEWS

WII BOWLING

By Ginny Bryce

On December 8, 2018, we had our General Meeting and potluck. It was a holiday theme with good food. Revisions to the by-laws were voted on by the members.

The biggest change is that caregivers can now join, even if they do not live in the village, but are taking care of someone that does.

In a special presentation, Sylvia Edmonds received a beautiful floral holiday arrangement, in appreciation for all the work and time she has given to the club.

Certificates were awarded to those who picked up the most difficult splits since the last General Meeting in July.

Wii-Bowling is held Tuesdays, Wednesdays, and Thursdays in the Club House. It is open to all. For information, please call Barbara Bell at 805-388-2264 or Betty Tierney at 805-300-6105.

WRITERS CLUB

By Harvey Brosler

WRITE-PRESENT-PARTICIPATE-ENJOY-LEARN. We all have significant events in our lives. A main purpose of the Club is to share aspects of your life, and your opinions with other residents. The Club is unique in that you become self-aware and aware of what others think on the same subject. Come to the Writers Club meeting held every Monday at 1:00 p.m. in the MPR. You may write on any topic, fiction or nonfiction, or use the Suggested Topic for that day. The more you write, the better writer you become. Microphones are provided. Residents who may consider becoming a member are invited to attend any of the meetings to listen to the presentations and participate.

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."

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COOKING WITH LARRY

“Freezer Stew” by Larry Swartz

“Hmmm, what am I going to cook for dinner tonight?”



“R-O-T-I-S-S-E-R-I-E Chicken breast. I can domsomething with this & homemade chicken stock.”



“Throw in some carrots onions, potatoes and I got stew!”



“Chop all the veggies, pay attention to size of veggie and how long it needs to cook, Larry.”



“A little dill and black pepper while the ciken and veggies sauté.”



“Peas? why not!”



Some thickener...



“Ta da, freezer stew.”



“A little dill and black pepper while the ciken and veggies sauté.”



By Larry Swartz

There are a few key factors in kitchen experimentation and since this month’s dish is a good example, there is no recipe. I know “freezer stew” sounds pretty unappetizing, so.... call it something else.

1. Learn to take a chance. In following a recipe, make a decision to substitute an item in the recipe. It won’t always turn out but each time you do it, you will increase your chances of creating something extra special the next time.

2. Try to always keep on hand items like celery, onion, car-

rots, new potatoes and the like. Chances are one of these days you’ll make a stew with leftover meat of some kind and these items fill out the dish

3. Practice making a roux.

4. Label those frozen Tupperware containers with dates and contents

5. Remember that rotisserie chickens are a great 3-4 meal item depending on how many in your family. I can make one last for at least 4 meals for me. It is very important to remember that not all parts of the chicken cook in the same amount of time, so whereas

the wings and thighs are done, the breast is usually overdone. I use it to make sandwiches, chicken salad or “Freezer stew.”

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SEE'S CANDY available. LV Women's Club 2nd and 3rd Tuesday mornings in MPR. For information call Barbara 805-482-9097 or Loretta 805-388-7116

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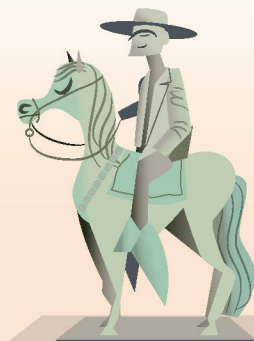
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