

# INSIDE LEISURE VILLAGE

VOL. 44 NO. 3

AN ACTIVE 55 PLUS COMMUNITY

SANTA ROSA ROAD, CAMARILLO, CALIFORNIA

MARCH 3, 2023

## VILLAGER PROFILE

### Life is Truly a Poem for Long Time Villager, Al Beaudry

By Lorie Raileanu

Every day – except Saturday – my dad sits down to write poetry. Some days it's one poem that he edits and perfects over the course of many hours. On other days, he can be incredibly prolific and turns out a half dozen or so. It just depends on his mood, the days' events, or anything else that gives him a spark of inspiration. Nature, family and love are key themes for him; however, he has also dug deep with heart wrenching observations to stories like the horrific Uvalde shooting and put us all in tears.

For those of us in his inner circle, we're entertained and inspired by his readings on Taco Tuesdays or Friday night dinners at my place in Village 3. Other days, I drop by a baked good or meal to his place in Village 39 and he inevitably offers to read me his latest and greatest. It's truly a gift to us and mental exercise for him. He is 87 and sharp as a tack.

And, beyond his poetry, if you can get him to tell you a story (espe-

cially about my mom and their many adventures), he won't disappoint. A trained actor, he can spin a tale better than most. He sometimes talks about his days in the Marines, or time growing up in Providence, Rhode Island, but most stories begin and end with my mom, the love of his life.

December marked the 5th anniversary of my mother's passing. During her last few years my dad was her caregiver as she sank deeper into dementia and away from him. He wrote poetry for her, of course, but he also took care of her every need and somehow managed to stay positive (most of the time). Since my mother's passing, he has published four books: three books of poetry and one children's book.

You can often see him around the village sporting one of his t-shirts that reads: "Life is a Poem," because he truly believes that everything we see, experience and feel is poetry. He supports the Alzheimer's Association and can be found at their annual dinner

that raises funds for the crucial research and medical advances they conduct. At this year's event, their event organizer, Mary Simpson, read the following poem he wrote for my mom to those gathered:

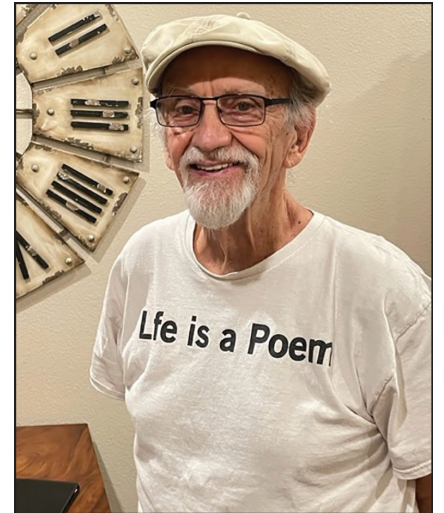
#### While I Can

While I can, I'll run to you  
I'll see to you, I'll comfort you  
I'll sing to you, I'll bring to you  
While I can

While I can I'll hold you tight  
Laugh with you, cry with you  
I'll read to you, I'll write for you  
While I can

While I can, I'll pray for you  
Ask for one more day or two  
To kiss you and caress you  
While I can

While I can, I'll bring you flowers  
Do whatever's in my power  
To keep you safe and happy  
While I can



Al, author of 3 books of poetry and a children's book, posing at his home.

*EDITORS NOTE: Al and daughter Lorie will be organizing a poetry reading for the broader community in the coming months. If you would like to participate – and bring your own poetry – or would just like to sit back and enjoy, let them know Send me a note: [lorier@rocketmail.com](mailto:lorier@rocketmail.com).*

## AROUND THE VILLAGE

### We Did It!!

By Dennis Doolittle

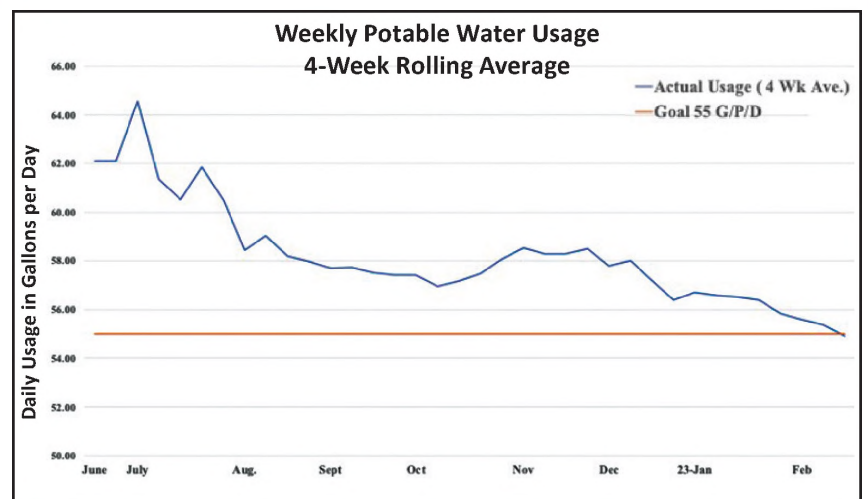
When the water committee was established, the Leisure Village goal of reaching an average of 55 gallons per person per day (GPD) of household (potable) water was set. As you can see from the attached chart, over the ensuing months we have made constant progress toward that goal. For the week ending February 19th, we actually reached it!

The Water Committee reads the Village water meters every

week and computes our usage. A four-week rolling average is used to measure the Village's progress. In three of the last four weeks, we have been under the 55 GPD target and this week our average dropped below the target to 54.91 GPD.

During the year to date we have saved over \$27,000 in household water expenses. As our usage has dropped, the budget underrun has grown at an increasing rate. If we keep this up, we will approach a \$40,000 savings this budget year.

Congratulations Villagers on



reaching the goal and showing the real meaning of "it takes a Village."

Let's keep the momentum for the long term.



## We Sell Leisure Village



**Sharron Parker** | 805-443-1998 | CalBRE #00900167

**Meryll Russell** | 805-405-0411 | CalBRE #01435748

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### February 2023 Sales

|                       |                   |                  |
|-----------------------|-------------------|------------------|
| <b>Amalfi</b>         | <b>Village 31</b> | <b>\$565,000</b> |
| <b>Bel Air</b>        | <b>Village 20</b> | <b>\$540,000</b> |
| <b>Capri</b>          | <b>Village 44</b> | <b>\$520,000</b> |
| <b>Capri</b>          | <b>Village 41</b> | <b>\$522,000</b> |
| <b>Capri</b>          | <b>Village 20</b> | <b>\$525,000</b> |
| <b>Coronado 2-car</b> | <b>Village 1</b>  | <b>\$500,000</b> |
| <b>Coronado 2-car</b> | <b>Village 24</b> | <b>\$574,000</b> |
| <b>El Dorado</b>      | <b>Village 14</b> | <b>\$600,000</b> |
| <b>El Dorado</b>      | <b>Village 25</b> | <b>\$630,000</b> |
| <b>Galaxy</b>         | <b>Village 13</b> | <b>\$652,000</b> |
| <b>Holmby</b>         | <b>Village 20</b> | <b>\$679,000</b> |
| <b>Monterey</b>       | <b>Village 23</b> | <b>\$526,500</b> |
| <b>Valencia</b>       | <b>Village 42</b> | <b>\$819,000</b> |

**We Live In The Village**  
**We Love The Village**  
**We Sell The Village**

**WeSellLeisureVillage.com**

This information is supplied directly from the Ventura County MLS as of 2/21/2023 and is deemed reliable. If your home is currently for sale, this is not intended as a solicitation.

## ABOUT INSIDE LEISURE VILLAGE

**Editor:** Jon Niemann

**Community Editor:** Dennis Doolittle

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**Art Director:** Sarah Ely

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**Display advertising:** Stacey Janson, Acorn Newspapers  
805-484-1949 x303

**Classified advertising:** Barbara Crome  
805-482-9097

**In Memoriam:** submit name and Village number of the person who has passed to: insidelleditor@gmail.com  
ATTN: In Memoriam

## 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.

## April 2023 Edition Deadlines

Club News, articles and letters: Wednesday, March 15. April issue will be available Friday, April 7. Send news, articles & letters to insidelleditor@gmail.com.

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



## AROUND THE VILLAGE

### Community News

By Dennis Doolittle

**LV Budget** - The Board approved a Fiscal Year 23/24 budget with a significant increase. The big increased items were 1) Spectrum – we received a big discount in year one and now we pay the full price; 2) adding staff to improve the landscape service, plant maintenance in particular; 3) Harrison trash removal despite going for the cheapest option; 4) inflation, the rest of the budget was well under the cost-of-living increase (COLA) we received from the SSA but the cost of many things we purchase is up significantly.

**Paint Project** – Four years ago the decision was made to paint our entire homes rather than just paint the trim. In the years since we have fallen behind due to a lost year for COVID, and this year not being able to power wash the homes with potable water due to the drought. As a result, we now have problems with the trim on homes that should have been painted

in our lost years. We now have two paint projects: A trim paint project which will paint the trim on homes that have fallen behind schedule. This project will use the old, matching paint colors. The contract for this has been issued and work has started. Villages 4, 7, 9, 11, 13, 18 and 22 are scheduled for trim painting only.

The issues associated with using non-potable water to spray wash homes have now been resolved, we have new paint specifications, and a contract has been issued to paint entire homes in Villages 6, 8 and 17. The schedule for painting will be available soon. This project will use the new paint color choices.

**LV Web Site** – Through the work of the Communications Committee a secure log on for village residents has been added to the LV website. The first application inside the secure section is available, the new Village Phonebook. The database for the phonebook will be updated monthly. An on-demand print version of the phonebook is available in the LV office for those without web access. In

development is the next application – online green sheet submission.

**Roofing** – A roofing contract for multiple residential units and for carports has been issued and work has started. Buildings scheduled for re-roofing are spread around the Village, the work schedule is based on need and then on age of the roof. A letter has been sent out to all residents who are scheduled to have their roof done.

**LV 50th Anniversary** – the Village's anniversary is coming with much planning in process for a celebration, The Main celebration will be on Sunday, October 1.

**Water** – The State of California, down to our local Camrosa Water District, had severe restrictions on drinking water in place. The Village

had set a goal of 55 gallons per person per day as our usage target. The Water Committee is proud to report that we are making significant, week-over-week reductions in our water usage; we are nearing our 55 GPD usage – well done and keep it up.

**Health Fair** – Set your calendar – the Village is holding a Health Fair on June 16th.

**Swimming Pool** – The edges of the swimming pool must be resurfaced. To do so requires the pool to be closed during the process. The swimming pool at the Rec. Center will be closed during the week of March 20th.

**Walkway Lights** – The village has approved the replacement of the lighting on the walkway through a section of the Village. Planning for this project is underway.

### Newcomers Orientation

Session II for new residents is on Saturday, March 18th from 10 am – noon and will focus on local events and their impact on LV long-range planning, why our HOA fees are increasing, maintaining and improving the exterior of your home, insurance and more.

The session features time to talk directly with Villagers who can answer questions about living in Leisure Village.

Contact Patti Schultz to RSVP or for Questions: pat-tischultz0732@gmail.com or 805-558-0732



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## VILLAGE ENTERTAINMENT

### Music and Movies

LV Music Club – Marci Lapair

The Music Club is pleased to announce the return of our St. Patrick's Dance Party on Tuesday, March 14 from 7:00 to 9:00 pm in the AR. This popular event was last canceled when the AR was closed due to Covid. Dance to a live 17-piece swing band featuring talented vocalist, Erin McPherson. The intermission entertainment will be provided by an Irish Step-Dance Troupe. Refreshments including wine, coffee and a complimentary "Irish Cream" will be served. Admission is \$10.00 (a portion of which will be donated to the Adolfo Camarillo High School Music program). Tickets will be available for purchase at all Music Club activities. For more information or to purchase tickets, please call Marci Lapair 818-399-0843 or Debbie Goodman 818-523-0731.

The Music Club's February Open "Mic" Night was dedicated in the memory of long time Leisure Village resident Ann Steigerwald. Ann was a member of the Music Club since it was originally called the Keyboard Club. She loved to sing her favorite song "Crazy" at Open "Mic" Nights. She will be missed by everyone. Richard Weiss opened the evening by playing a tribute in the memory of Ann. The audience was delighted with two new performers who were visiting family in the Village. Village 19 resident Shirley Thorpe's

son Adam, who was visiting from China sang for the first time in the United States. He also told us a little bit about his life in China. Village 25 resident Jan Bender's brother John Dare was visiting from Great Britain. John joined the Village's own computer repairman Ryan Kimery singing Mr. Tambourine Man, Bad Moon Rising and Day Tripper. Bob Bueling and Pat Cronin ended the evening by singing "Crazy" in Ann's memory.

Open "Mic" night will next be held on Friday, March 3 and April 7 at 7:00 pm in the AR. Open "Mic" Night is open to all Villagers at no charge. We serve complimentary wine and snacks. If you have a talent that you would like to share for our April Open "Mic" Night, please call Dick Guttman (805) 484-5806 no later than Wednesday, April 5.

On Monday, March 6 at 7:00 pm in the AR we will screen the movie, 'Rudy.' This movie was ranked as one of the most inspiring films of all time by the American Film Institute. It is a biographical film about the life of Daniel "Rudy" Ruettinger, who harbored dreams of playing football at the University of Notre Dame despite significant obstacles. It was the first film that the Notre Dame administration allowed filming on campus since the 1940 movie Knute Rockne. The movie is rated PG and is 1 hour and 56 minutes long.

The movie to be shown on Monday, March 20 at 7:00 pm in the AR will be 'The Shawshank

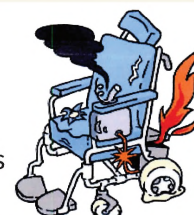
—Please see **PAGE 5**

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# VILLAGE ENTERTAINMENT

## Music Club

From PAGE 4 —

Redemption’ starring Tim Robbins and Morgan Freeman. The film, which is based on a Stephen King novel, tells the story of banker Andy Dufresne who is sentenced to life in the Shawshank State Penitentiary for the murders of his wife and her lover, despite his claims of innocence. Over the following two decades, he befriends a fellow prisoner, contraband smuggler Ellis “Red” Redding. This film has been recognized as one of the most “be-loved” films ever made. The United States Library of Congress selected the film for preservation in the National Film Registry, finding it “culturally, historically, or aesthetically significant.” It was nominated for 7 Oscars. The movie is 2 hours and 22 minutes long. Please be advised that the movie is “R” rated.

The Groovin’ Easy Swing Band rehearses Tuesday evenings be-

tween 7:00 and 9:00 pm in the AR. Come and listen to their easy listening music.

## Mighty Cash Cats

Showtyme Presents - Jennifer Stein

Showtyme Presents, “Hello, I’m Johnny Cash” starring The Mighty Cash Cats. They have toured the USA, Europe, Ireland, UK, France and Israel featuring all six decades of Johnny Cash’s music including fun Johnny & June duets. This show is as close as you can get to the real thing.

The Mighty Cash Cats have made a career out of recreating the music and presence of the Man in Black. On January 28th, The Mighty Cash Cats were inducted with honor, as a member of the California Music Hall of Fame. They stand out as an icon in the field of music for their esteemed and enduring contribution to California’s musical legacy. Mark your calendar for Friday, March 10th @7:30pm.



Doors open for the audience at 6:45pm. Showtyme’s annual membership is available before the show in the lobby. Annual membership is \$15 per person. Non-membership is a donation of \$5.00 per person.

Don’t miss a chance to experience this fantastic tribute performance of Johnny Cash in Leisure Village. 50/50 raffle will be available with 2 winners. Any questions please contact Jennifer at 805-383-1518.

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## Bad News About Bone Loss

Have you noticed your face changing shape since you lost some, or all, of your teeth?  
Are you looking “old” before your time?

**There is a reason—AND a solution.**

Whether you’ve lost some, or all, of your teeth, you may turn to bridges, or dentures, to make your mouth ‘whole’ again. But unfortunately, over time, your face can start to look, and feel different...

**...and here’s why:**

The bones in your jaw need the stimulation they get from tooth roots in order to remain strong, dense and healthy.

**Without stimulation from the root of each tooth, the bone in your jaw starts to change...and not in a good way.**

In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop...and your facial muscles start to shift out of position, adding wrinkles before it’s “time,” and changing what you’re used to seeing when you look in the mirror.

In the end, your continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up – giving you a witch-like appearance.

And, unfortunately, there’s more...Even if you’re perfectly content with your dentures or bridges, you may have trouble with the way they fit down the road, as your jawbone continues to deteriorate. Over time, there will be less muscle, and less bone, to hold your dentures in place. Nerves come closer to the surface as your gums wear down...and it’s possible to end up experiencing agony every time you take a bite.

**The “witch-like” appearance caused by bone loss...which can make you look “old” before your time.**

**The GOOD News Is:**

There is a way to stop bone loss. As soon as you get dental implants in your jaw, you can stop losing bone in that area.

**Your body can recognize the need to maintain bone levels around the implant, as it it were a natural tooth root!**

When your jawbone has an implant to attach itself to, it’s happy, and you can maintain its volume! So you may not have to suffer from the painful effects of bone loss.

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| <b>Capri</b>                  | <b>\$559,000</b> |
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| <b>Coronado 2</b>             | <b>\$530,000</b> |
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| <b>Coronado 2</b>             | <b>\$520,000</b> |
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| <b>La Jolla</b>               | <b>\$850,000</b> |
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| <b>Monterey</b>               | <b>\$450,000</b> |
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| <b>El Dorado</b> | <b>\$675,000</b> |
| <b>El Dorado</b> | <b>\$640,000</b> |
| <b>Valencia</b>  | <b>\$555,000</b> |

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# AROUND THE TOWN

## The Camarillo Ranch House

By Patricia Turner

Some of you might be aware of the fact that our beloved Leisure Village was constructed on what was once a thriving dairy farm! But who, you might inquire, was the original owner of the farm? Yes, it was our charming city's namesake, Adolfo Camarillo! Mr. Camarillo inherited the 10,000 acre parcel of land from his father in the late 1800s. The dairy was part of a ranch Mr. Camarillo developed which included an elegant Victorian style house which he had constructed in 1892 situated among stately trees.

The Victorian era architecture of the Ranch House provides a distinctive experience for the many visitors who come from all over southern California to enjoy guided tours. Every weekend the Ranch House is open for docent-led tours from 11am - 2pm by ladies dressed

in Victorian finery for only five dollars per person. The exquisite grounds surrounding the home are a lovely place to stroll and picnic while enjoying an atmosphere of days gone by.

Organizations and groups arrange special tours at their convenience. On February 14th, some members of the Horseless Carriage Club of America drove up in their fine automobiles which dated back to the early 1900s. How appropriate it was to have such historic vehicles on the property reminding us of life in Adolfo Camarillo's heyday.

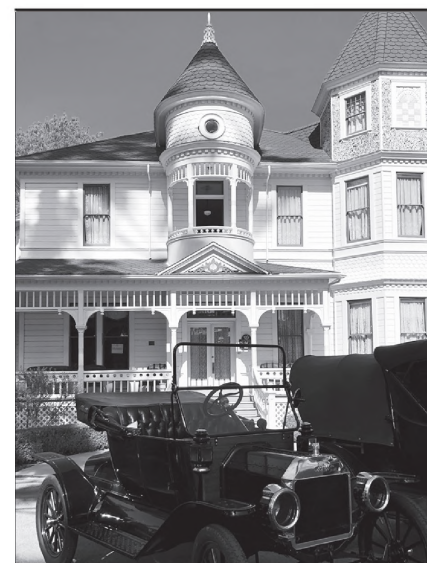
Camarillo Ranch volunteers wear many hats while learning about the Camarillo legacy that gave us the Pleasant Valley city we call home today. Festive celebrations and special events enrich the experience of our loyal volunteers.



Photos by PATRICIA & DAN TURNER

Automobiles dating back to the early 1900s on display at a recent event at the Camarillo Ranch House.

Docents participate in field trips to historic sites to enhance their knowledge of the area which they may then pass on to visitors of the



House. School children love to come to the Ranch House for interactive tours learning about Adolfo Camarillo and what life was like during the late 19th century.

On Saturday, April 29th a Volunteer Fair will take place at the Camarillo Ranch House from 11am - 1pm for those interested in becoming docents or finding ways to support this important historical landmark. Tours of the House will be included.

*EDITOR'S NOTE: LV residents Patricia Turner and Sharon Price are both docents at the Camarillo Ranch House. Docenting is a great way to get involved and share the history of our home town with others.*

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# LV Veterans Club to Meet on March 28th

■ **Featured Speaker:**  
**Author Bonnie Klapper**  
**Goldenberg**

By Louis Lapides

Villagers are invited to attend the LV Veterans Club meeting on March 28th at 1pm in the Multipurpose Room to hear author Bonnie Klapper Goldenberg. Bonnie will discuss her journey into World War II history which began when she was given a treasure trove of letters her parents had exchanged during her father's service in a U.S. Army anti-aircraft battalion from 1943 until 1945. Those letters became the foundation of her book, "Love, Abe: A Jewish GI's World War II Letters Home."

In "Love, Abe," author Bonnie Goldenberg draws from her parents' voluminous correspondence to reveal the unique perspective of a first-generation American Jewish person sent to fight the Nazis in Germany.

While contending with the vi-

cious anti-Semitism of the Nazi regime, Abe was no stranger to prejudice on the home front. An articulate observer, he shares his experiences in his letters during training stateside and his service overseas, including:

- Celebrating Passover in Hitler's Germany
- Joining the front line for Europe's biggest anti-aircraft battle at the bridge at Remagen
- Using his background in Yiddish to act as an interpreter with German civilians and POWs
- The elation of V-E Day and V-J Day
- Daily life in postwar occupied Germany
- Guarding the Ministerial Collecting Center as part of "Operation Goldcup" to recover documents scattered across Germany during the Allied bombing. In his powerful letters, Abe poured out his love, hopes and dreams for his wife and young daughter and the future he was fighting for.

This is a story unique to Abe and

his wife Lillian, but much of their experience was also shared by many Americans who served in World War II and their loved ones at home. Whether you are a veteran or not, you are most welcome to attend our meeting to hear Bonnie's exciting account from her father's letters. For more information about the LV Veterans Club, please contact the club's president Bob Bueling at bob@sympaticomusic.com.

## Love, Abe

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## VILLAGE ENTERTAINMENT

### Love All Around

Players Guild – Linda O'Neill

On February 16, Players Guild presented "Love is in the Air 2." Irv Feiles, who had been ill in January, returned his mellow voice to the stage when he started the hour off with a rendition of his wife's favorite song, "What a Wonderful World." This song was first recorded by Louis Armstrong in 1967, had trouble originally finding its audience, but, by 1999 was inducted into the Grammy Hall of Fame. Next up, long time Players Guild regular, Debra Guill lent her fabulous alto voice to Richard Weiss' expert piano accompaniment with "The Man I Love" (originally called "The Girl I Love") by George and Ira Gershwin for their 1927 satire, Strike Up the Band. The audience was treated to a little change of pace when next, Barbara Mathis and Mickey Kaufman, accompanied by

Paul Newman on guitar, took on the famous "Islands in the Stream." First released by Kenny Rogers and Dolly Parton in 1983, it was originally written by the Bee Gees for Diana Ross in an R&B style, but then reworked into a country duet.

Fourth up, long-time Players Guild favorites Bill Crome and Paul Newman sang and played guitar with a bongo assist by Marshall Smith to the folk song "Jamaican Farewell" which celebrates the beauty of the West Indian Islands. Long time Players Guild favorite, Vivian Hollander, sang a more traditional love song with "Someone to Watch Over Me." Written by Ira Gershwin for his wife, Leonore, to commemorate their marriage on September 14, 1926, it debuted in the 1926 hit, "Oh, Kay."

Then Richard Weiss displayed his considerable vocal skills, beautifully accompanying himself, singing "Some Enchanted Evening" from the Rodgers and Ham-

merstein 1949 hit South Pacific. Big change of pace when inventive Roger Florio and his clever spouse, Anne Marie, sang their parody of the George Jones/Tammy Wynette 1973 country tune, "We're Not the Jet Set." After a considerable absence from the Players Guild stage, Marshall Smith came next, accompanied by Richard Weiss with the haunting 1966 "Alfie." What's love got to do with it, you ask? Alfie, the inveterate womanizer, finally recognizes that "without true love we just exist." Next, Lynn Kremer played her ukelele and husband, Arnie Kremer played his guitar to bring us the 2015 Disney tune—an ancient love story called "Lava" which is about a volcano that goes about "looking for a mate by singing to the water."

Paul Newman soloed next with the upbeat and engaging 1999 hit "Steal My Kisses," made famous by Ben Harper and the Innocent Criminals. Paul was a busy guy during this show: next accompanying Debra Guill who lent her dulcet tones to the 1970

Van Morrison hit "Crazy Love." After this, Carol Gold sang the 1966 John Denver hit "Leaving on a Jet Plane," accompanied by Marshall Smith on bongos and Paul Newman on guitar. Somebody questioned her: Is this a love song? Carol explained this song has always been a special love song to her because of the meaning it held for her and her late husband, "the love of her life." This all male quintet (no jokes please) was next with "My Girl": Paul Newman, Irv Feiles, Bill Crome, Roger Florio and Richard Weiss parodied the 1964 Mary Wells hit, "My Guy."

Richard Weiss was as busy as Paul Newman in this show. He and Anne Marie changed the show's tone with her very soft and lovely version of the Norah Jones 2002 jazz classic "Come Away with Me." Paul followed suit with a tender "Gentle on my Mind." And lastly, after a bout of the flu, laryngitis, battles with a stomach virus and a fall flat on my face, there was me, singing Ray Charles' 1959 "Hallelujah, I Just Love Him So."



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## ART IN THE VILLAGE

# Stoner Pinky, A Real Gem

By Nicole D'Amore

Pinky (Mary) Palladino, a member of The Stoners — A Rock and Craft Group, only got into jewelry making after moving to Leisure Village 13 years ago.

"I don't know why I thought that would be something I could do, and it turned out it was," Palladino said.

"I was an athlete in school, I was never into this kind of sit-down thing," she said. But she was fascinated with the beautiful stones she saw coming out of the lapidary room.

"You learn how to cut and polish a slab and then you can learn to wire-wrap it," she said. "It's a good way to start — you learn a lot about the stones." Then you join Stoners to learn how to use what you make, she said.

"I'm absolutely not creative at all," Palladino said. But her color-coordinated, original pieces tell a different story. She can always be found at the semiannual art and craft shows in the Village, selling her unique creations, and several of her necklace and earring sets were in the recent Stoners display in the Recreation Center courtyard.

When she first started making jewelry, Palladino went to flea markets and gem shows, but limited by health issues, now she orders from Fire Mountain Gems in Oregon and other online companies, finding materials ranging from onyx, agates, jasper and labradorite to crystals, glass, even clay beads.

"I'm a color person — I look for color first," she said. "I find a focal piece first, then I look for what I've



got that works with that. Color is the biggest thing. I was a geometer-trist so I was very much into shapes and sizes. Subconsciously in the

background there is probably a connection to my interest or my eye for seeing things work together," she said. Once she establishes a pattern, she assembles it while watching TV.

"It's very relaxing," she said.

At the time she joined, Stoners was strictly a jewelry making club. When they regathered after Covid a lot of people wanted to keep going but doing something besides jewelry, she said.

"Now there are a lot of people who don't do jewelry at all," she said. "We're really a multiple interest club now. We welcome anybody that's crafty and has ideas for doing crafts."

They meet at 3 pm every Monday in the MPR room.

"We have some very creative people," she said. Once or twice a month someone teaches a craft for a nominal fee. Projects have included holiday and seasonal decorations, needle felted objects and recently they made long-stemmed roses out of dollar bills.

Born in Maryland, Palladino has led an adventurous life. She spent eighth and ninth grades in Manila as a result of her father's job. She and her

—Please see **PAGE 12**

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## A WORD ON WINE

By Barbara  
Senior

# How Long Can Wine Age?

Wine is perishable, but often improves with age. There is a lot of mystique around the aging of wine, and old wines are often sold for extraordinary prices. However, most wine is not aged, and even wine that is aged is rarely aged for long. It is estimated that 90% of wine is meant to be consumed within a year of production, and 99% of wine within 5 years. Why? Because most wines are not created with aging in mind. The winemaking techniques favor fruitiness and freshness, not extraction of the elements needed for a wine to age well.

Several factors affect wine as it ages. Most importantly, the wine must have sufficient acidity and enough tannins to be age-worthy. The wine maker's style is a very important factor since the wine must be produced with an eye towards aging. How a bottle is stored influences how it ages, as well as the condition of the cork. In general, wine has greater

potential to develop complexity and a more aromatic bouquet if it ages in a consistently cool, dark environment.

Generally red wines are more age-worthy than white wines, although there are exceptions. Cabernet Sauvignon and Syrah usually benefit from aging, being full bodied wines with enough structure to support years of aging. So how long can you age a wine? Of course, the answer is, "it depends."

Knowing a winery well is a good first step. Start in the tasting room, evaluating the current releases. Joining a wine club gives a perspective on wine-making styles, and regular shipments build your collection over time. If you find a current release you love, consider getting a half dozen bottles and laying them down. A well-made red wine can easily last 15 years, but there are no guarantees. Bring one bottle out every year or so, and you'll discover how well the wine

is aging... or not.

Last month we acquired a bottle of 1995 Diamond Creek Cabernet Sauvignon in an online silent auction for a local nonprofit. It caught my attention because 1995 is the year Don & I were married. There are a lot of unknowns about a wine that old, but that didn't stop me from wanting to be the winning bidder. I did my research and decided it could be a worthy investment, as well as a generous donation to a worthy cause.

So what research did I do? First, I researched the winery, learning that the Cabernet grapes came from a single vineyard over 50 years old, dry farmed and located in a sweet spot for Cabernet in the upper Napa Valley. I also learned that the wine-making style of Diamond Creek Winery has always been to produce long-lived wines. Then, I called my inside source and asked if she knew how the wine had been stored. Turns out, it came

from a bonafide home cellar, so it's likely it had been properly stored. The last variable was the cork, and I trusted the winery to do the best possible to protect the wine with a quality cork and a meticulous bottling process.

Now that bottle of 1995 Cabernet Sauvignon is laid down in our "cellar," aka closet, awaiting a worthy occasion to be opened. When we open it, we'll stand it upright for a couple days, then carefully open it and decant it into a wine flask, probably using a Vinturi aerator. Fingers crossed, it will be a great bottle of wine. If not, then, as Doris Day would say, "Que Sera Sera."



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THE HEALTHY VILLAGER

By Jeannie Davis, PT, MPH

# Myplate Replaces Food Pyramid Recommendations

Most people have had challenges with weight management throughout the years including the ability to keep it off, and for a few, the ability to maintain and not lose weight. We also lived through all those crazy diets where everyone was trying to take off the pounds - like the grapefruit diet, the protein diet, the Atkins diet, the low-fat diet, the keto diet and more. The truth is, dieting never really worked in the long run, but could work in the short run. So how can we manage our weight, whether to lose or gain, not diet, and get healthier so we can enjoy our life as we age to be the best we can be?

Dieting doesn't work in the long run, because to manage our weight healthfully, we need to make and maintain lifestyle changes. Most researchers agree that lifestyle changes away from the typical Western diet is the key to success for weight management. The majority of people will not lose weight from exercising alone but exercising along with lifestyle changes will result in the best outcomes.

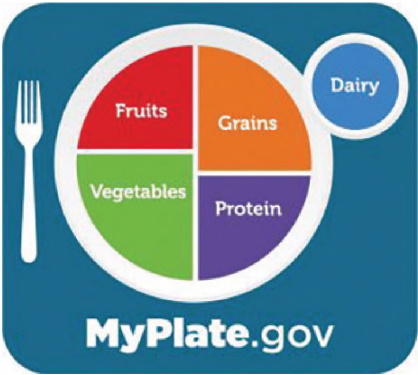
**Tips to Maintain Weight as You Age:**

Eat a balanced diet, Plan your meals and keep track of what you eat. Make small changes and Stay active. When going out to eat, make healthier choices.

It's difficult to recommend a specific balanced diet as we are all different, and some of us have health conditions that limit the foods we can eat. In general, we should abide

by the myplate website recommendations: <https://www.myplate.gov/>. The 'myplate' replaces the old food pyramid which was the standard recommendation before more recent research. Myplate recommends the below balance of food on your plate when eating a meal:

50% fruits/vegetables (30% non starchy vegetables and 20% fruits); 30% whole grains such as whole wheat flour, bulgur, oatmeal and brown rice; 20% protein such as fish/seafood, eggs, beans, peas, lentils, nuts, seeds, soy, poultry and lean meat



**General recommendations:**

Eat an assortment of foods in a variety of colors and read the nutrition facts on the label. Read the ingredients on the label, shop the perimeter of the grocery store with fresher and healthier options. Read and observe the recommended serving size for your weight goals. Plan your meals in advance and use that as a guide when you shop for your food. Food shop more than once a week, if possible, to ensure

you will have fresh produce or use frozen produce. Drink water and stay hydrated and remember to limit water/drinks after 6pm. Treat yourself to a small amount of dark chocolate a couple of times a week if it gives you pleasure, and of it's allowed in your diet. Maintaining a healthy weight as we age is the best

way to have the best quality of life, along with a healthy lifestyle.

*Editors Note: Jeannie Davis is an LV resident and medical professional. The information contained in this column is provided for educational purposes only. ILV readers assume full responsibility for the use of this information.*

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## Stoner Pinky

From PAGE 9 —

mother took a three-month trip home on a freighter ship through the Suez Canal, experiencing a hurricane in the North Atlantic.

Palladino majored in math and astronomy at Vassar College on a scholarship. Two weeks before graduation she met her future husband, Norman Palladino. Despite both being engaged to other people, she accepted his proposal the next day. A graduate of the Naval Academy, he was in flight training in New York and after marrying that summer, they began a life of hopscotching around the country following his career as a military fighter pilot with the Air Defense Command and later, after he retired from the military, in the aerospace and other industries. They lived in New York, Ohio, Virginia, Texas and California.

Their first child was born in Texas. "We were out in the west Texas desert in the middle of nothing," she said. "I was literally on my own because he was gone quite a bit." But she calls herself a fast learner and had four children in five years.

During the years the kids were growing up she created and taught a science lab for sixth graders in one school, set up an Early Childhood Education funded lab for first and third graders in math and reading, did some math tutoring and science



Photo by JON

A sample of Palladino's jewelry, in various colors.

fair judging.

They moved to Oxnard when her husband retired in 1998. He passed away in 2009 and she moved to Leisure Village the following year.

Aside from jewelry making, Palladino also does free genealogy research for people. It started when her mother, who lived in three centuries—1896-2002 — wanted to trace her Irish ancestors. One of her grandfathers had been in the Civil War and participated in the hunt for John Wilkes Booth. Palladino's father was German and her husband Italian, so that led to searches in those countries. Then she started doing it for other people.

"That's my passion," she said. "I could sit at the computer until two or three o'clock in the morning... then I'll go to bed and wake up and think I didn't look here or there. It's a math thing, it's a puzzle."

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## CLUB NEWS

### LET'S DANCE CLUB

By Patrick Price

'Let's Dance' is a new club to plan and facilitate a dance in the A/R on the third Saturday of the month. Let's Dance was created by Wayne King and Sue Lind with a group of others to replace the Forever Young dance. It features 60s, 70s and 80s music that was popular with many dancers.

Everyone who attended really enjoyed the first Let's Dance. The next one is scheduled for Saturday, March 18th from 7:30 to 10pm.

Next up for your dancing pleasure is the group "Tour Support." Many of our regular dancers are familiar with them, come out and enjoy the party. Admission will be \$10 per person. Coffee, water and punch will be provided so it's BYOB for anything else.

If you would like to invite guests from outside Leisure Village let

Wayne King (lvletsdance@gmail.com) know ASAP so he can have their name added to the required front gate list.

Although the new dance club has some volunteers, we can always use more. Contact Sue Lind at 559-304-1650 if you would like to help out. Let's DANCE!

### GRAPES R US WINE CLUB

By Barbara Senior

Grapes R Us holds monthly tasting sessions to discover wines of different varietals and to explore wine regions around the world. Our February meeting featured several boutique wineries in Santa Barbara County & Mendocino County, as well as a surprise from Trader Joes. Jon Niemann selected the wines, and he regaled us with the back stories of each winery as he took us through the wines.

Tasting sessions are on the 3rd Friday of the month at 7pm in the A/R. All LV residents and guests are welcome. Bring two glasses and water. Each session is \$15 per person.

Reservations are highly recommended. To get on our mailing list, drop a line to Barbara at grapesruslvwineclub@gmail.com or call her at 805-303-1518.

### SATURDAY NIGHT DANCE PARTY

By Andrea Moran

Hi to All! Spring is around the corner and to mark its arrival dancing is a great way to catch it. The volunteers at the Saturday Night Dance Party put on an incredible fun time. Dancing and socializing is top of the list.

March 11 - John & John Duo with Cowboy ChaCha lesson

March 25 - Wyatt Haupt with Tango lesson

\$10.00 admission per person includes the lesson and dance. 6:30 to 7:15 lesson, 7:30 dance to 10:00.

Our dance floor is the best in Ventura County. Clap your hands and enjoy the live music.

### MAVERICKS CLUB

By Vera Erskine

The Winter Ball was a big success. It was great to see everyone sporting their fine threads. The ladies were stunning and the men dapper. Our next event is "Dine & Dance" on March 24, 2023. Entertainment will be provided by Carmine.

More information is posted on the Rec. Center marquee.

Reminder: Membership dues are \$10.00 per person. Contact Geri DeSimone at 805-484-7308 for membership.

### BINGO!

By Bobi Shmerling

Join us for a fun evening of Bingo. Prize money for the Specials (4 games) are \$100 plus, the Early

—Please see **PAGE 14**



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## CLUB NEWS

### Bingo

From **PAGE 13** —

Bird and Nite Owl usually pay over \$300. Some of your friends and neighbors who have won these prizes in the past few weeks are Gail Hillesheim, Chris Finch, Marilyn Magnolia, Barbara Bevis, Edith Walsh and Joyce Belcher.

Bingo is held on Wednesday evenings at the Recreation Center in the Assembly Room. Minimum buy-in is \$13 for 18 games with payouts ranging from \$40 to \$300.

Doors open at 4:45 pm and close at 5:45 pm. Play begins at 6:00 and ends shortly after 9:00 pm. Contact John Herrera 805-419-4195.

### PLAYERS GUILD

By Linda O'Neill

On the third Thursday, March 16th at 7:30, Players Guild will present guest performer and Village

favorite Rick Jarrett. Having been a professional for 20 plus years, this man can sing! Admission is free to members; \$5.00 to non-members. Come early for a good seat.

April brings us the big play (as we call it): *Damn Yankees*, directed by Richard Weiss and produced by Joyce Belcher with the assistance of Kathy Wien. We open with a 2 pm matinee on Wednesday, April 19, followed by 7:30 pm shows on April 20, 21, 22 and end with a 2 pm matinee on Sunday April 23.

Tickets are \$15 and sales will begin in the lobby of the AR on Monday, 3/13 and continue through 4/17, from 9-11 am on Mondays, Wednesdays and Fridays.

Players Guild will be dark in May as the Village will use the AR for election business. Workshops begin again in June when Diane Carroll is directing a set of dramas. She has scheduled a casting call for Tuesday, March 21 at 7 pm in the MPR.

## VILLAGE ARTS

By Patti Crichton

We had a very creative and interesting meeting on March 1st. We were fortunate to have Ron Fullerton speak with us. He represents a Thousand Oaks Poetry group. He was inspired by the paintings of our member, Alice Williams, who paints colorful modern expressionist spiritual artwork. You may have seen her paintings in the LV Library last year. Ron and his fellow poets blend the beauty of art and poetry. What an innovative concept!

Jack Bozajian filled the LV Library with superb, vibrant oil paintings in January and February.

Francy Walsh will be displaying her pastel art for March and April. I am sure that you will fall in love with her engaging display.

The April 5th meeting time is not the usual. We will be at a different location and timeframe. Village Arts members have been invited to show their artwork at the Camarillo

Art Center (3150 Ponderosa Drive at the corner of Eston). It will be the day for members to bring 2-3 paintings to hang for the April show. Please arrive between 11am and 2pm. This will not be a regular meeting, so just come to drop off paintings. There will be a reception and award ribbons presented on Saturday, April 8th from 1-4pm. All LV residents and public are invited. Please mark your calendars.

Kathy Whitesell continues to lead her monthly watercolor classes for Village Arts members. Sign up for March 17th and April 21st classes – 1pm or 2:30pm – in the Lanai Room, materials provided, \$10 to be paid at class. Text or call Patti Crichton at 805-760-7673 to sign up. These classes fill up quickly.

The plein air group meets with Mel Rosen on Monday, March 21st at 1pm (third Monday of the month). Depending on weather conditions, see Mel at the Gazebo Garden or the Lanai Room. Bring your art supplies to paint outdoors or indoors.

—Please see **PAGE 15**

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# CLUB NEWS

## Village Arts

From PAGE 14 —

Local Camarillo artist Phyllis Doyon offers art classes in a variety of medias, at her home studio nearby. Flyers are available in the Lanai Room or call Phyllis at 805-312-3149 for further information.

Village Arts welcomes new members. Dues are \$10/year. You will be informed of art events, classes and activities.

## RACQUET CLUB

By Sharon Wilson

2023 got off to a good start despite all that rain. Though a bit delayed, our wine and cheese holiday party in January was enjoyed by many.

Our first pickleball and paddle ball tournaments of the year are on the books for March 4th and March 11th. Sign up sheets are on the bulletin board next to the tennis

courts. A \$5 registration fee is due the morning of the tournament. All are welcome to behold the spectacle of talent and effort.

Pickleball lessons are currently being held on Saturdays. Feel free to drop in between 1 and 3pm.

The next general meeting is April 12th.

See you on the courts.

## MEN'S GOLF

By Tim Palmer

Men's Golf got back into action in February after the January rains slowed our activities. We concluded our Winter Match Play Tournament with Jeff Rach making it through a tough field of 24 players to win the event. Gerry Sarno finished second, followed by Ray Nakata and Mike Oitker in third place. Max Chopra scored another ace while playing in the tournament.

Our February Regulation

Tournament was held at the River Ridge Golf Club, Vineyard Course where Bruce Hochstadter won low gross in A Flight and Gregg Neasham won low net. Dave Bengtson won low gross in B Flight and Jeff Rach won low net.

Men's Golf and Women's Golf combined to play in the Chili Bowl Tournament on Saturday, February 25. Good golf and good chili made for a great day!

## YE OLE WOODCHIPPERS

By Bud Bradley

Well, considering 2022 was a year of many changes, we had a pretty good year. January was pretty close to normal with 14 jobs completed for Villagers, 4 for the Village along with three quick jobs like cutting boards to size. We've had a couple of key crew members travelling in February so output may be compromised.

The Woodshop is open from 10am until noon, every Wednes-

day and Thursday, to accept your repair requests. During those hours, the Woodshop will be operated by Woodshop Committee members only. Keyholders are asked to not work on their own projects during these hours. There is no charge for these services unless special materials are needed to complete the repair. Finally, we gratefully accept donations for these services to help keep supplies and equipment up to date.

The Woodshop is open 7 days a week for keyholders. Notices and Rules of Operation are taped to the main woodshop door. Please make sure to sign in and out and clean up your workspace as a courtesy to those that follow. If you wish to become a keyholder, you can contact Pirate or Bud on Wednesdays or Thursdays at the shop to make an appointment to be checked out. You can also reach us by email at the addresses below.

For any other woodshop information, you can email Pirate at Bruc5150@gmail.com or Bud Bradley at Hipbud2@gmail.com.

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# CLUB NEWS

## LV BOWLING

By Gene Kinsey

Leisure Village bowlers are well into our second half of the season. We are still going strong every Friday morning at Harley's Camarillo Bowl from 9-12. There have been some surprising scores in our league.

Top men for the past month are Dick Fisher 257, Julius Hirsch 265, Ray Flores 244, Bruce Anderson 261, Joe Quackenbush 231, Charlie Hartman 234 and Gene Kinsey 216. Top women bowlers for the month are Janice Eckgren 210, Marilyn Chavin 224, Gail Singer 221, Joyce Belcher 208, Helen Hartman 202, Peggy Rebsch 247, and Bobi Shmerling 244. Remember that these are raw scores plus their established handicaps.

If you would like to join in the fun as either a regular or sub-

stitute bowler, just contact Bobi Shmerling at 805-389-1975 or Gene Kinsey at 805-796-5858. We would love to hear from you.

## WOMEN'S GOLF

By Patti Crichton

Our golf meeting is on Wednesday, March 8th at 1:30pm in the Garden Room. Snacks, 50/50 tickets (\$1-\$5) and golf updates are on the agenda.

The Eclectic Tournament took place on Feb 15th and 22nd. Awards will be announced!

Congratulations to 18'r Charlene Withers, winner of the Jane Burke Memorial Trophy!

We will have a special event including lunch, on March 29th, the fifth Wednesday of March. Stay tuned. It will be a 19th Hole party.

Apparently 19th Hole parties were standard in the beginning days of Women's Golf. As you

know, we are celebrating the 50th anniversary of Leisure Village and we are looking for old photos and stories from the beginning days of Women's Golf. If you have any pix or stories to share from days past, please contact Kathryn Robens at 805-384-2373.

Kathryn is also hosting a Golf Clinic on March 4th at 8am. She will share her expertise setting up the ball and getting a good shot. Give her a call to sign up.

The Chili Bowl on February 25th was a mixed tournament hosted by the Women. Good times! Golf and a tasty chili luncheon. Thank you to Wilma and her crew.

Women's Golf welcomes new members of any skill level. We play every Wednesday morning. Check in at the Golf Shack at 8am or come to a monthly meeting to join. Dues are just \$10/year. We put in \$2 each Wednesday for the opportunity to win some prize money = fun and exercise! Questions? Call Lynne Sack at 707-490-7668.

Theme of Clouds. The judge for the evening's photos was Jenny Zaida who joined the meeting via Zoom. Jenny is a Master's Degree student at Northern Arizona University and possibly the youngest judge for the Photo Club. Those in attendance were happy with her critiques and would be a good addition to the judge rotation.

The winners for the month were:

*Assigned Category* – Gregg Gillmar – "Falling cloud"

*Open Category* – Frank DeSimone – "This is Art"

*Mobile Category* – Chuck Herrera – "Watching the Little Mermaid"

The March Assigned Category of Creative/Photoshopped is different from the past. This theme provides an opportunity for members to show not only the creative eye with the original photo but also enhancements made with their Photoshop talents. The meeting was held March 2nd in the MPR.

The Photo Club held a second meeting in February to discuss options as to how the club can grow and better serve the membership and potential members as times and technology change. For more information regarding the Photo Club and membership contact Melody Zaida at h2obaby10@gmail.com.

## LV PHOTO CLUB

By Chuck Morrow

The Photo Club held the February meeting with an Assigned



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## CLUB NEWS

### LV WOMEN'S CLUB

By Barbara Cogert

"Finding Joy" is our topic of the March 9th Women's Club presentation. This will be an interactive presentation featuring 5 experts in their fields. We will discuss "finding joy" in our lives and help others "find joy" in theirs. There will be music and dancing along with practical tips and tricks that can and will bring you joy.

Doors will open at 12:30 and the program will begin at 1:00 pm in our Assembly Room.

The program is FREE to members and \$10 for guests. Women's Club meetings are open to the entire Village, please join us for this informative event. Remember, the WC continues to accept donations for Food Share, toiletries for a Women's shelter and "Change for Change." As always, thank you.

### TAI CHI

By Chuck Morrow

Beginner's Tai Chi class is entering the third month and students are finishing the '8 Forms.'

The students are entering the final few weeks of active practice before the class concludes, just in time for World Tai Chi Day at 10am on April 29th.

World Tai Chi Day (WTCD) is held annually on the last Saturday of April. As the name WTCD indicates, at 10 am all across the world, people will gather and practice Tai Chi. For the second year, the various Leisure Village Tai Chi classes will be demonstrated in the Picnic Area. Beginning at 9:30am, the current Beginner's Class followed by the Review and Refresh class will be demonstrating their new skills. At 10am, we will be joining other Tai Chi groups across the world in WTCD, followed by a demonstration of the Intermediate Class. Present and past Tai Chi students are invited to participate but everyone is invited to attend and enjoy the benefits of Tai Chi.

Those students completing the Beginner's class and wishing to improve their Tai Chi by attending the "Review & Refresh" class, please contact Pat at pat.hartshorn@gmail.com.

Registration is open for the Tai Chi Intermediate class by contacting Ruth at taichiruth16@gmail.com.

### 65 years of Entertainment

Conejo Players Theatre is in its 65th year of bringing the community wonderful plays and musicals, along with other special events.

Please join us for our next show, *The Secret Garden*. Adapted from the novel by Frances Hodgson

Burnett, this musical features music and lyrics by Marsha Norman and music by Lucy Simon. Various times, March 24 through April 16, Conejo Players Theatre, 351 S. Moorpark Road, Thousand Oaks. 805-495-3715; conejoplayers.org.

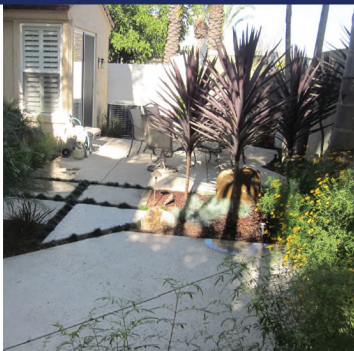
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# These LV Clubs have their Regular Meetings as Follows

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**Duplicate Bridge:** Monday and Wednesday evenings at 6:45pm in the Garden room. Vonnay Brook 805-586-7155 or cell 909-225-6100.

**Exercise & Stretch:** Monday - Friday 8:30 am and 9:00 am in the Pavilion.

Contact Donna Khacherian at 818-404-5538 for more information.

**Pet Club:** Does not hold regular meetings, but please contact Shawn Baker for information. 805-233-1725 or shawnbakerhomes@gmail.com.

**Save Our Sight & Hearing:** 1st & 3rd Thursday in Sun Room. For more info contact Terry Connor 805-482-7806.

**Workshop for Writers:** meets bi-monthly. Call Mark Sconce for further information 805-586-4485.

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**DEADLINE for the next publication is 5pm on Friday, March 17.**

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It's that time of year for *one of the two certainties of life... TAXES!* The other certainty isn't found in writing anywhere (unless your birth certificate has an expiration date on it) so it remains the great unknown for all of us.

Record keeping for taxes can be frustrating and confusing. **Don't rely on LUCK!** Here we bring you a few concepts we hope you find helpful regarding document retention and preservation.

**TIME FRAME TO KEEP DOCUMENTS:** First and foremost, *you should consult your tax professional so that your document retention is tailored to your personal situation because tax professionals are the only ones who can provide tax advice!* That said, as a general rule, most people believe they should keep tax returns for at least 3 years after filing. Usually that's because of the time limit to file an amended return and the time frame the IRS has to audit/assess additional taxes. However, because there are exceptions to the general 3-year-rule, this is NOT the best answer.

On our website we have a link to an article about someone who learned first-hand the value of keeping tax returns longer than 3 years, even when none of the exceptions applied at the time of filing. A man received an IRS request for a copy of his tax return from 5 years prior. Ironically, the IRS had records of his filings prior to that year and after, but was missing that one year. Here's a quote from the article:

"You see, the three-year statute of limitations applies only when you filed an income tax return. If you didn't file a tax return, the statute of limitations never started to run. More importantly, the statute of limitations applies only when you can prove you filed an income tax return. If the IRS doesn't have a copy of your tax return, it's going to assume you didn't file one, and you have to prove you filed it."

The author of the article did file his taxes for the year the IRS was requesting. Luckily, he had a copy that he was able to provide them. The moral of the story is that the burden to prove filing will ultimately fall on the taxpayer. Keep this in mind as you decide how many years of returns you want to store. This brings us to the next concept...

**HOW AND WHERE TO STORE DOCUMENTS:** Disasters in recent years have brought home the importance of having important documents stored in more than one place. Many are familiar with stories of Thomas Fire victims who lost their sole copies of paper documents when they lost their homes. This emphasizes the important concepts that you should have more than one copy of important documents, and copies should be stored independent of each other.

A good way to store more than one copy of an important document is to have both a hard copy and a scanned, digital copy. Digital copies should be stored so that they can be accessed independent of the physical computer (in case the computer is damaged or stolen). Make sure your scanned, digital copy is stored in a safe and secure manner that protects it from online intrusion.

**DOCUMENT DISPOSAL:** NEVER throw important documents in the regular trash! Documents with sensitive, personal information should be disposed of in a way that provides the best protection against data theft and identity theft. *Secure shredding* is an ideal way to dispose of hard copies



**LUCKY FOR YOU. BARLOWS ARE ON YOUR SIDE!**  
to serve our clients, Barlow Realty will be sponsoring a  
document shredding day at our office.  
Watch our website & this publication for more details!

Check our website today for links to the IRS website as well as the article mentioned above.

[Article referred to and quoted above is by Bob Carlson written in 07/2018 on Forbes.com.

A link to the full article is on our website.]



**Remember Barlows Have Your Back – Providing you with important and helpful information!**



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